

# 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
1	Dietrich	Georg	LC Wechloy Oldenburg	1970	2014	00:35:00	00:31:34	00:39:53	(00:31:50)	00:42:13	00:36:43	03:05:23	00:03:21	44	M40	1	6
2	Hasanaj	Meriton	MTV Aurich	1989	2014	00:35:05	00:32:57	00:40:11	(00:32:40)	00:42:35	00:37:35	03:08:23	00:03:24	25	MHK	1	6
3	Groenhagen	Achim	LG Harlingerland	1968	2014	00:37:19	00:34:40	00:42:56	(00:34:52)	00:43:09	00:39:14	03:17:18	00:03:34	46	M40	2	6
4	Witte	Daniel	LSF Oldenburg	1983	2014	00:37:29	00:34:52	00:43:22	(00:34:59)	00:43:47	00:39:13	03:18:43	00:03:35	31	M30	1	6
5	Ringering	Onno	MTV Aurich	1968	2014	00:37:29	00:34:48	00:43:23	(00:35:30)	00:43:22	00:39:52	03:18:54	00:03:35	46	M40	3	6
6	Eickholt	Matthias	Emder-LG	1986	2014	00:37:43	00:34:54	00:43:25	(00:34:59)	00:43:24	00:39:44	03:19:10	00:03:36	28	MHK	2	6
7	Waschkau	Jan	Team ENERCON	1977	2014	00:37:49	00:34:59	00:43:14	(00:35:15)	00:44:25	00:39:42	03:20:09	00:03:37	37	M30	2	6
8	Steinke	Peter	VfL Germania Leer	1970	2014	00:37:43	00:35:16	00:44:19	(00:35:57)	00:43:19	00:39:36	03:20:13	00:03:37	44	M40	4	6
9	Oppenborn	Stefan	Schule Moormerland	1978	2014	00:38:05	00:34:54	00:43:16	(00:35:24)	00:44:12	00:40:04	03:20:31	00:03:37	36	M30	3	6
10	Grigat	Holger	Hartmann Group	1973	2014	00:38:34	00:35:35	00:43:00	(00:35:24)	00:44:10	00:39:41	03:21:00	00:03:38	41	M40	5	6
11	Lünemann	Frank	MTV Aurich	1977	2014	00:38:22	00:35:12	00:44:34	(00:35:56)	00:45:26	00:40:47	03:24:21	00:03:41	37	M30	4	6
12	Penon	Jann	Gymnasium Ulricianum	1997	2014	00:38:32	00:35:30	00:44:29	(00:36:43)	00:46:01	00:40:46	03:25:18	00:03:42	17	MU20	1	6
13	Hommers	Rolf	MTV Aurich	1979	2014	00:38:41	00:35:31	00:44:41	(00:36:46)	00:45:32	00:41:37	03:26:02	00:03:43	35	M30	5	6
14	Severiens	Gerd Jelto	Weener Plastik	1993	2014	00:38:22	00:36:21	00:45:07	(00:36:41)	00:45:29	00:41:18	03:26:37	00:03:44	21	MHK	3	6
15	Schmidt	Jörn	MTV Aurich	1984	2014	00:39:54	00:36:16	00:45:02	(00:36:10)	00:45:38	00:41:15	03:28:05	00:03:45	30	M30	6	6
16	Röhr	Thomas	Gymnasium Ulricianum	1996	2014	00:39:56	00:36:27	00:45:21	(00:37:09)	00:46:12	00:41:14	03:29:10	00:03:47	18	MU20	2	6
17	Vlaardingerbroek	Kurt	Ubo-Emmius-Klinik	1968	2014	00:39:35	00:36:32	00:45:23	(00:37:11)	00:46:31	00:41:47	03:29:48	00:03:47	46	M40	6	6
18	Schmidt-Dannehl	Markus	Emder LG	1973	2014	00:39:59	00:36:59	00:45:47	(00:37:32)	00:46:27	00:42:20	03:31:32	00:03:49	41	M40	7	6
19	Rühle	Andreas	Lions Club Uplengen	1962	2014	00:40:29	00:37:02	00:45:44	(00:37:29)	00:46:28	00:42:03	03:31:46	00:03:49	52	M50	1	6
20	Mix	Manuel	Team Pro SENIS	1974	2014	00:40:48	00:37:30	00:45:48	(00:37:27)	00:46:12	00:42:00	03:32:18	00:03:50	40	M40	8	6
21	Felsmann	Axel	LSF Oldenburg	1966	2014	00:41:01	00:37:14	00:45:53	(00:37:10)	00:46:11	00:42:04	03:32:23	00:03:50	48	M40	9	6
22	Wulff	Holger	ABW Richthofen	1989	2014	00:41:13	00:37:27	00:45:44	(00:37:26)	00:46:25	00:41:57	03:32:46	00:03:50	25	MHK	4	6
23	Fleßner	Hermann	MTV Aurich	1974	2014	00:40:53	00:37:33	00:46:38	(00:37:27)	00:45:59	00:41:48	03:32:51	00:03:51	40	M40	10	6
24	de Jonge	Stefan	TuS Weene	1976	2014	00:40:04	00:36:55	00:46:35	(00:37:12)	00:47:32	00:41:48	03:32:54	00:03:51	38	M30	7	6
25	Busse	Peter	Emder LG	1965	2014	00:40:21	00:37:15	00:46:11	(00:37:42)	00:46:29	00:42:52	03:33:08	00:03:51	49	M40	11	6
26	Schröder	Frank	Emder LG	1970	2014	00:40:43	00:37:22	00:46:13	(00:38:14)	00:47:18	00:42:50	03:34:26	00:03:52	44	M40	12	6
27	Eilerts	Heere		1990	2014	00:41:24	00:37:25	00:45:23	(00:37:47)	00:48:40	00:42:11	03:35:03	00:03:53	24	MHK	5	6
28	Zoll	Andreas	LSF Oldenburg	1970	2014	00:40:31	00:37:07	00:46:01	(00:37:37)	00:48:38	00:42:56	03:35:13	00:03:53	44	M40	13	6
29	Röber	Carsten	Großbefehn	1964	2014	00:40:54	00:37:41	00:46:43	(00:38:07)	00:47:32	00:42:37	03:35:27	00:03:53	50	M50	2	6
30	Beening	Thido	UEG Leer	1996	2014	00:41:46	00:37:33	00:45:43	(00:37:25)	00:48:15	00:42:34	03:35:51	00:03:54	18	MU20	3	6
31	Oschkenat	Thore	IWK	1992	2014	00:44:02	00:39:34	00:45:23	(00:36:39)	00:46:02	00:41:05	03:36:06	00:03:54	22	MHK	6	6
32	Piotrowski	Carsten	LG Harlingerland	1979	2014	00:41:45	00:37:44	00:47:28	(00:37:44)	00:47:16	00:42:25	03:36:38	00:03:55	35	M30	8	6
33	Kruse	John	VW Emden	1982	2014	00:41:17	00:37:42	00:46:41	(00:38:20)	00:48:36	00:43:44	03:38:00	00:03:56	32	M30	9	6
34	Franken	Stephan	Reederei Buss	1970	2014	00:40:41	00:38:11	00:48:15	(00:38:55)	00:47:31	00:43:31	03:38:09	00:03:56	44	M40	14	6
35	Steenhardt	Wilfried	Weener Plastik	1966	2014	00:41:17	00:38:30	00:47:32	(00:38:50)	00:47:48	00:43:13	03:38:20	00:03:56	48	M40	15	6
36	Mäsching	Michael	Team ENERCON	1977	2014	00:40:38	00:37:35	00:50:06	(00:37:52)	00:47:05	00:43:35	03:38:59	00:03:57	37	M30	10	6
37	Schürmann	Lukas	IGS Aurich-West	1996	2014	00:41:21	00:38:23	00:47:35	(00:38:07)	00:48:29	00:43:14	03:39:02	00:03:57	18	MU20	4	6
38	Barth	Alwin	SVO Wi sünd Holtriem	1970	2014	00:40:55	00:38:46	00:47:51	(00:38:55)	00:48:21	00:43:37	03:39:30	00:03:58	44	M40	16	6
39	Menssen	Jörg	Krankenhaus Wittmund	1981	2014	00:41:59	00:38:27	00:47:33	(00:38:55)	00:49:00	00:43:50	03:40:49	00:03:59	33	M30	11	6
40	Steffens	Daniel	obw Emden	1988	2014	00:42:31	00:38:31	00:48:07	(00:38:29)	00:48:25	00:43:32	03:41:06	00:03:59	26	MHK	7	6
41	Ludwig	Reinhard	Lummerland Taxi	1959	2014	00:41:55	00:39:24	00:48:03	(00:38:34)	00:48:02	00:43:44	03:41:08	00:03:59	55	M50	3	6
42	Koenen	Niklas	FCSO	1995	2014	00:42:57	00:38:54	00:47:34	(00:39:14)	00:47:58	00:43:49	03:41:12	00:04:00	19	MU20	5	6
43	Klaue	Roland	Juwelier Kittel Aurich	1971	2014	00:42:13	00:38:07	00:47:59	(00:38:09)	00:48:03	00:44:57	03:41:19	00:04:00	43	M40	17	6
44	Pluta	Marc	Leinerstift e.V.	1997	2014	00:42:44	00:39:00	00:47:45	(00:38:16)	00:49:09	00:42:41	03:41:19	00:04:00	17	MU20	6	6
45	Wagenknecht	Till	LSF Oldenburg	1968	2014	00:41:57	00:38:47	00:47:41	(00:39:17)	00:49:19	00:43:39	03:41:23	00:04:00	46	M40	18	6
46	Grafenburg	Janek	Concordia Neermoor	1998	2014	00:42:21	00:39:31	00:47:40	(00:39:30)	00:48:32	00:43:29	03:41:33	00:04:00	16	MU20	7	6
47	Ehmig	Jonathan	Frank Behrends Heizun	1996	2014	00:42:38	00:38:44	00:47:44	(00:39:05)	00:48:44	00:44:16	03:42:06	00:04:01	18	MU20	8	6
48	Christians	Marco	LG Ostfriesland	1989	2014	00:42:34	00:38:51	00:47:47	(00:39:08)	00:48:54	00:44:03	03:42:09	00:04:01	25	MHK	8	6
49	Pelka	Alfred	Rettungsdienst Leer	1968	2014	00:42:03	00:39:12	00:48:06	(00:39:29)	00:48:50	00:44:17	03:42:28	00:04:01	46	M40	19	6
50	Jänicke	Sascha	LSF Oldenburg	1980	2014	00:41:55	00:38:36	00:48:22	(00:39:10)	00:50:02	00:43:41	03:42:36	00:04:01	34	M30	12	6
51	Trebesch	Volker	Team ENERCON	1965	2014	00:42:33	00:38:58	00:47:57	(00:39:18)	00:49:06	00:44:25	03:42:59	00:04:01	49	M40	20	6
52	Kruse	Heiko	LG TV Bunde	1993	2014	00:42:13	00:38:53	00:47:34	(00:38:50)	00:48:55	00:45:37	03:43:12	00:04:02	21	MHK	9	6
53	Hinrichs	Heinz-Dieter	LG Teutonia Stapelmo	1961	2014	00:41:24	00:38:41	00:49:06	(00:40:09)	00:49:23	00:44:47	03:43:21	00:04:02	53	M50	4	6
54	Seeberg	Jannis	Gymnasium Ulricianum	1997	2014	00:41:54	00:38:22	00:48:33	(00:38:32)	00:50:22	00:44:11	03:43:22	00:04:02	17	MU20	9	6
55	Tobiassen	Jan	MTV Aurich	1970	2014	00:42:44	00:39:23	00:48:00	(00:39:35)	00:48:57	00:44:23	03:43:27	00:04:02	44	M40	21	6
56	Möhle	Lutz	obw Emden	1972	2014	00:42:35	00:38:50	00:48:27	(00:38:49)	00:49:21	00:44:17	03:43:30	00:04:02	42	M40	22	6
57	Heien	Ingo	TuS Esens	1978	2014	00:42:20	00:39:05	00:48:44	(00:39:45)	00:49:12	00:44:34	03:43:55	00:04:03	36	M30	13	6
58	Bruns	Bernd	Hesel	1961	2014	00:42:26	00:39:16	00:49:01	(00:39:30)	00:48:51	00:44:23	03:43:57	00:04:03	53	M50	5	6
59	Meyer	Martin	Team Zugluftier	1981	2014	00:42:11	00:39:14	00:48:22	(00:40:00)	00:50:21	00:44:15	03:44:23	00:04:03	33	M30	14	6
60	Alberts	Thomas	Loppersum	1981	2014	00:41:58	00:38:55	00:48:35	(00:39:58)	00:50:49	00:44:34	03:44:51	00:04:04	33	M30	15	6
61	Janssen	Harm	Gassco Vikings	1966	2014	00:42:54	00:39:16	00:49:14	(00:39:31)	00:49:30	00:44:10	03:45:04	00:04:04	48	M40	23	6
62	Ibelings	Michael	LSF Oldenburg	1974	2014	00:42:40	00:39:34	00:48:35	(00:39:19)	00:49:34	00:44:48	03:45:11	00:04:04	40	M40	24	6
63	Ferneding	André	Team Laufrausch e.V.	1959	2014	00:42:28	00:39:45	00:48:52	(00:40:08)	00:49:42	00:44:39	03:45:26	00:04:04	55	M50	6	6
64	Entgelmeier	Lukas-M.	Gymnasium Ulricianum	1995	2014	00:42:45	00:38:42	00:48:02	(00:39:12)	00:50:52	00:45:15	03:45:36	00:04:04	19	MU20	10	6
65	Idris	Hassan	Strackholt	1990	2014	00:44:02	00:39:32	00:48:39	(00:39:59)	00:49:12	00:44:18	03:45:43	00:04:04	24	MHK	10	6
66	Kisch	Johannes	FCSO	1966	2014	00:40:33	00:37:46										

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
72	Popsuenko	Nicolai	Team BÖWE	1990	2014	00:44:14	00:39:37	00:49:36	(00:00:00)	00:49:10	00:45:00	03:47:37	00:04:07	24	MHK	13	6
73	Anderlohr	Jörg	Team ENERCON	1978	2014	00:44:10	00:39:21	00:47:39	(00:00:00)	00:52:26	00:44:12	03:47:48	00:04:07	36	M30	16	6
74	Jürens	Inga	obw Emden	1982	2014	00:43:00	00:40:12	00:49:43	(00:40:40)	00:49:37	00:45:37	03:48:09	00:04:07	32	W30	1	6
75	Fleßner	Joachim	Deutsche Post AG	1970	2014	00:43:01	00:40:10	00:49:20	(00:40:06)	00:50:30	00:45:09	03:48:10	00:04:07	44	M40	29	6
76	Newiger	Thomas	Aurich	1972	2014	00:43:14	00:40:20	00:49:37	(00:40:11)	00:49:50	00:45:37	03:48:38	00:04:08	42	M40	30	6
77	Warsing	Hartmut	A & W Bosch-Service	1971	2014	00:43:23	00:40:12	00:49:13	(00:39:58)	00:50:33	00:45:20	03:48:41	00:04:08	43	M40	31	6
78	Graßmann	Jens	Hartmann Group	1969	2014	00:43:20	00:40:25	00:49:20	(00:40:23)	00:50:17	00:45:34	03:48:56	00:04:08	45	M40	32	6
79	Ibeling	Fred	LG Ostfriesland	1966	2014	00:43:14	00:40:03	00:49:20	(00:40:18)	00:51:02	00:45:20	03:48:59	00:04:08	48	M40	33	6
80	Nitters	Ole	Zeitungsgruppe Ostfries	1995	2014	00:43:48	00:39:52	00:49:12	(00:39:58)	00:50:40	00:45:33	03:49:05	00:04:08	19	MU20	11	6
81	Beitemann	Arne	OLB / MTV Aurich Tria.	1987	2014	00:42:47	00:39:56	00:49:20	(00:41:07)	00:52:07	00:45:55	03:50:05	00:04:09	27	MHK	14	6
82	Präsang	Martin	LSF Oldenburg	1965	2014	00:42:26	00:39:48	00:49:54	(00:00:00)	00:51:52	00:46:14	03:50:14	00:04:09	49	M40	34	6
83	Wollenberg	Holger	Filsum	1975	2014	00:43:28	00:40:23	00:49:50	(00:40:25)	00:50:48	00:45:46	03:50:15	00:04:09	39	M30	17	6
84	Trebesch	Wolfgang	MTV Aurich	1957	2014	00:44:03	00:40:44	00:49:48	(00:40:19)	00:50:19	00:45:36	03:50:30	00:04:10	57	M50	7	6
85	Hanken	Dirk		1992	2014	00:43:51	00:39:02	00:49:34	(00:40:15)	00:53:51	00:44:15	03:50:33	00:04:10	22	MHK	15	6
86	Meyer	Christian	Eurotraining Stapeler	1988	2014	00:42:58	00:39:39	00:52:29	(00:39:51)	00:50:33	00:45:04	03:50:43	00:04:10	26	MHK	16	6
87	Seeberg	Jonas	Gymnasium Ulricianum	1997	2014	00:44:34	00:40:09	00:49:42	(00:39:58)	00:51:40	00:44:45	03:50:50	00:04:10	17	MU20	12	6
88	Oremek	Robert	Team ENERCON	1965	2014	00:43:51	00:40:52	00:49:55	(00:41:04)	00:50:57	00:45:38	03:51:13	00:04:10	49	M40	35	6
89	Becker	Axel	Klinikum Emden GgmbH	1960	2014	00:43:41	00:40:23	00:49:55	(00:40:43)	00:50:55	00:46:33	03:51:27	00:04:11	54	M50	8	6
90	Gerdes	Helmut	Rechtspupweg	1972	2014	00:43:36	00:40:08	00:49:49	(00:41:15)	00:51:34	00:46:22	03:51:29	00:04:11	42	M40	36	6
91	Weber	Yannik	Gymnasium Ulricianum	1995	2014	00:44:34	00:40:04	00:49:55	(00:00:00)	00:51:41	00:45:16	03:51:30	00:04:11	19	MU20	13	6
92	Hofmann	Fred	Weener Plastik	1963	2014	00:42:47	00:40:06	00:51:29	(00:40:51)	00:50:56	00:46:20	03:51:38	00:04:11	51	M50	9	6
93	Ostermoor	Frank	Concordia Versicherung	1971	2014	00:43:11	00:40:07	00:49:42	(00:41:18)	00:52:26	00:46:12	03:51:38	00:04:11	43	M40	37	6
94	Carls	Christoph	TV Norden	1964	2014	00:44:16	00:40:45	00:50:00	(00:40:44)	00:50:43	00:45:57	03:51:41	00:04:11	50	M50	10	6
95	Buhr	Rene	VFL Ockenhausen	1993	2014	00:43:58	00:41:00	00:50:29	(00:40:29)	00:51:12	00:45:11	03:51:50	00:04:11	21	MHK	17	6
96	Pilney	Karsten	SV Ems Jemgum	1989	2014	00:44:19	00:40:14	00:49:51	(00:40:24)	00:50:59	00:46:35	03:51:58	00:04:11	25	MHK	18	6
97	Kischlat	Karsten	Fielmann	1987	2014	00:43:43	00:40:25	00:50:45	(00:40:21)	00:51:11	00:46:12	03:52:16	00:04:12	27	MHK	19	6
98	Penning	Tobias	Physio Aktiv Rhauferde	1991	2014	00:44:43	00:40:47	00:49:39	(00:40:57)	00:51:31	00:45:39	03:52:19	00:04:12	23	MHK	20	6
99	Franzen	Insa	LG TV Bunde	1983	2014	00:44:02	00:40:33	00:50:22	(00:41:14)	00:50:53	00:46:43	03:52:33	00:04:12	31	W30	2	6
100	Eden	Kurt	TV Norden	1958	2014	00:44:05	00:40:53	00:49:59	(00:41:11)	00:50:49	00:46:48	03:52:34	00:04:12	56	M50	11	6
101	Gerdes	Friedrich	LG Ostfriesland/Onno B	1967	2014	00:44:02	00:40:23	00:49:54	(00:40:47)	00:52:49	00:45:39	03:52:47	00:04:12	47	M40	38	6
102	Christians	Borchard	LG Ostfriesland	1958	2014	00:44:02	00:40:51	00:49:54	(00:40:32)	00:51:51	00:46:12	03:52:50	00:04:12	56	M50	12	6
103	Claassen	Hendrik	Schüt-Duis	1995	2014	00:45:32	00:40:10	00:49:40	(00:40:11)	00:53:21	00:44:19	03:53:02	00:04:12	19	MU20	14	6
104	Hallmann	Hermann	Emder LG	1962	2014	00:44:40	00:41:17	00:49:53	(00:40:59)	00:51:19	00:46:00	03:53:09	00:04:13	52	M50	13	6
105	Lübbbers	Jochem	LG TV Bunde	1970	2014	00:43:51	00:40:51	00:50:24	(00:41:19)	00:51:45	00:46:22	03:53:13	00:04:13	44	M40	39	6
106	Müller	Lars	Team Möbel Buss	1994	2014	00:44:53	00:42:19	00:50:41	(00:41:21)	00:50:25	00:45:02	03:53:20	00:04:13	20	MHK	21	6
107	Busboom	Wilfried	TuS Detern	1971	2014	00:43:47	00:40:42	00:50:51	(00:41:31)	00:52:02	00:46:10	03:53:32	00:04:13	43	M40	40	6
108	von Felde	Janek	NIGE	1998	2014	00:45:22	00:41:25	00:52:42	(00:41:52)	00:49:34	00:44:31	03:53:34	00:04:13	16	MU20	15	6
109	Spieker	Tammo	LT TuRa 07 Westrhau	1998	2014	00:43:45	00:41:20	00:50:01	(00:40:46)	00:52:27	00:46:04	03:53:37	00:04:13	16	MU20	16	6
110	Koch	Bruno	Heidendom Runners	1994	2014	00:45:21	00:40:18	00:50:14	(00:41:01)	00:51:51	00:45:54	03:53:38	00:04:13	20	MHK	22	6
111	Wessel	Robin	FCSO	1996	2014	00:43:32	00:40:02	00:49:41	(00:40:01)	00:54:47	00:45:40	03:53:42	00:04:13	18	MU20	17	6
112	Kieslich	Sascha	1.FC Kaiserslautern	1979	2014	00:44:30	00:40:33	00:50:46	(00:41:11)	00:51:49	00:46:37	03:54:15	00:04:14	35	M30	18	6
113	Sanders	Dieter	Posaunenchor Stapelm	1977	2014	00:44:07	00:40:25	00:50:05	(00:41:00)	00:52:43	00:47:02	03:54:22	00:04:14	37	M30	19	6
114	Buß	Timo	RVB Aurich/Uplengen	1984	2014	00:45:21	00:41:31	00:49:58	(00:40:38)	00:51:50	00:45:51	03:54:31	00:04:14	30	M30	20	6
115	Wagenaar	Christian	Emder LG	1983	2014	00:44:41	00:41:28	00:50:20	(00:40:48)	00:51:48	00:46:25	03:54:42	00:04:14	31	M30	21	6
116	Wolf	Marko	LG Harlingerland	1976	2014	00:44:34	00:40:57	00:49:43	(00:38:31)	00:52:28	00:47:04	03:54:46	00:04:14	38	M30	22	6
117	Runden	Christoph	Post SV Leer	1991	2014	00:44:52	00:40:15	00:50:15	(00:41:12)	00:51:46	00:47:40	03:54:48	00:04:14	23	MHK	23	6
118	Voigt	Thies	IGS Waldschule Egels	2000	2014	00:44:55	00:40:17	00:51:18	(00:40:45)	00:52:01	00:46:22	03:54:53	00:04:14	14	MU20	18	6
119	Gastmann	Richard	BW Filsum	1961	2014	00:45:00	00:41:09	00:50:39	(00:00:00)	00:51:32	00:46:34	03:54:54	00:04:14	53	M50	14	6
120	Schilling	Stefan	Team ENERCON	1983	2014	00:45:06	00:41:05	00:50:52	(00:43:18)	00:52:08	00:46:16	03:55:27	00:04:15	31	M30	23	6
121	Liebetrau	Wilko	TRAUCO Gruppe	1977	2014	00:45:01	00:41:15	00:50:38	(00:41:28)	00:51:47	00:46:47	03:55:28	00:04:15	37	M30	24	6
122	Alts	Holger	Vfll Berumbur	1964	2014	00:44:18	00:41:36	00:51:10	(00:41:27)	00:52:15	00:46:32	03:55:51	00:04:15	50	M50	15	6
123	Rabenberg	Stefan	TuRa 07 Westrhauferde	1987	2014	00:45:14	00:41:48	00:50:50	(00:41:27)	00:51:44	00:46:17	03:55:53	00:04:15	27	MHK	24	6
124	Bergmann	Hanns	Seefahrtsschule Leer	1980	2014	00:45:45	00:41:25	00:51:11	(00:41:43)	00:51:23	00:46:13	03:55:57	00:04:16	34	M30	25	6
125	Köster	Clemens	MTV Aurich	1973	2014	00:44:11	00:40:51	00:50:05	(00:41:16)	00:52:30	00:48:31	03:56:08	00:04:16	41	M40	41	6
126	Flottemesch	Andreas	TuS Ofen	1962	2014	00:44:02	00:40:34	00:53:34	(00:40:58)	00:51:19	00:46:44	03:56:13	00:04:16	52	M50	16	6
127	Janßen	Gerriet-Thomas	LG Ostfriesland	1970	2014	00:45:22	00:41:37	00:50:46	(00:41:15)	00:51:15	00:47:22	03:56:22	00:04:16	44	M40	42	6
128	Ubben	Jan-Heiko	SV Eintracht Plaggenbu	1993	2014	00:46:46	00:41:08	00:49:43	(00:41:35)	00:52:20	00:46:32	03:56:29	00:04:16	21	MHK	25	6
129	Gienciala	Roman	Gymnasium Ulricianum	1995	2014	00:46:06	00:41:09	00:50:04	(00:41:44)	00:52:14	00:46:56	03:56:29	00:04:16	19	MU20	19	6
130	Töbelmann	Olaf	Bundeswehr Weener	1971	2014	00:43:08	00:39:55	00:49:22	(00:40:19)	00:56:11	00:48:02	03:56:38	00:04:16	43	M40	43	6
131	Büttner	Riko	Gymnasium Ulricianum	1999	2014	00:45:43	00:41:14	00:50:19	(00:41:24)	00:52:35	00:46:50	03:56:41	00:04:16	15	MU20	20	6
132	Sauer	Artur	Team ENERCON	1980	2014	00:45:03	00:41:28	00:51:19	(00:41:53)	00:52:32	00:46:22	03:56:44	00:04:16	34	M30	26	6
133	Ulferts	Frank	Polizeistation Moormerl	1968	2014	00:44:26	00:41:33	00:51:12	(00:42:17)	00:52:19	00:47:18	03:56:48	00:04:16	46	M40	44	6
134	Breise	Viktor	Aurich	1978	2014	00:46:10	00:41:56	00:51:04	(00:42:12)	00:50:38	00:47:12	03:57:00	00:04:17	36	M30	27	6
135	Grünefeld	Johann		1963	2014	00:45:35	00:41:45	00:50:25	(00:41:33)	00:52:16	00:47:01	03:57:02	00:04:17	51	M50	17	6
136	Nordbrock	Joachim		1972	2014	00:46:32	00										

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
143	Cassoli	Jair	Team ENERCON	1977	2014	00:45:22	00:42:11	00:52:11	(00:41:57)	00:51:58	00:46:04	03:57:46	00:04:18	37	M30	28	6
144	Klaas	Mark	Aurich	1975	2014	00:44:56	00:41:02	00:51:03	(00:40:02)	00:53:21	00:47:27	03:57:49	00:04:18	39	M30	29	6
145	Menke	Sven	Kdo SES	1986	2014	00:47:13	00:40:53	00:50:33	(00:40:08)	00:53:00	00:46:11	03:57:50	00:04:18	28	MHK	26	6
146	Backer	Edgar	LG Ostfriesland	1965	2014	00:44:54	00:41:28	00:51:05	(00:42:01)	00:53:57	00:47:32	03:58:56	00:04:19	49	M40	49	6
147	Behrends	Florian	SV Hinrichsfehn	1992	2014	00:45:56	00:41:32	00:51:05	(00:41:59)	00:53:28	00:46:59	03:59:00	00:04:19	22	MHK	27	6
148	Witte	Daniel	Schule Moorerland	1986	2014	00:45:46	00:41:27	00:50:50	(00:42:20)	00:54:14	00:46:53	03:59:10	00:04:19	28	MHK	28	6
149	Brem	Thomas	Emden LG	1970	2014	00:44:52	00:42:06	00:51:47	(00:42:40)	00:53:05	00:47:28	03:59:18	00:04:19	44	M40	50	6
150	Hoffmann	Karl-Heinz	Team Laufrausch e.V.	1958	2014	00:44:21	00:42:03	00:51:28	(00:42:25)	00:53:17	00:48:20	03:59:29	00:04:19	56	M50	20	6
151	Graßmann	Martin	Sparkasse Aurich-Nord	1972	2014	00:46:40	00:42:01	00:51:19	(00:41:28)	00:52:36	00:46:54	03:59:30	00:04:19	42	M40	51	6
152	Müller	Frank	Hartmann Group	1989	2014	00:45:14	00:42:53	00:52:19	(00:42:17)	00:52:40	00:46:24	03:59:30	00:04:19	25	MHK	29	6
153	Plumeyer	Lars	Ems-Jade-Kanu Aurich	1972	2014	00:46:57	00:41:30	00:47:54	(00:39:40)	00:55:24	00:47:51	03:59:36	00:04:19	42	M40	52	6
154	Krull	Gordon	MTV Aurich	1970	2014	00:45:26	00:42:03	00:51:58	(00:42:27)	00:53:08	00:47:02	03:59:37	00:04:20	44	M40	53	6
155	Albers	Sebastian	Rettungsdienst Aurich	1991	2014	00:46:44	00:41:34	00:51:34	(00:41:14)	00:53:06	00:46:40	03:59:38	00:04:20	23	MHK	30	6
156	Weerden	Sven	TV Apen 1893	1974	2014	00:44:58	00:42:04	00:51:44	(00:44:01)	00:54:01	00:46:51	03:59:38	00:04:20	40	M40	54	6
157	Berlin	Jürgen	Team ENERCON	1974	2014	00:44:29	00:40:59	00:54:58	(00:42:12)	00:52:01	00:47:15	03:59:42	00:04:20	40	M40	55	6
158	Möller	Herbert	STV Sedelsberg	1962	2014	00:46:17	00:41:57	00:51:51	(00:41:32)	00:52:23	00:47:20	03:59:48	00:04:20	52	M50	21	6
159	Piotrowski	Heike	LG Harlingerland	1982	2014	00:46:10	00:42:37	00:51:49	(00:42:11)	00:52:32	00:47:03	04:00:11	00:04:20	32	W30	3	6
160	Boomgarten	Lukas	Zeitungsgruppe Ostfries	1993	2014	00:48:17	00:41:45	00:50:53	(00:41:05)	00:51:59	00:47:37	04:00:31	00:04:20	21	MHK	31	6
161	Bender	Björn	ABW Richthofen	1978	2014	00:47:18	00:41:46	00:51:32	(00:42:04)	00:52:50	00:47:12	04:00:38	00:04:21	36	M30	30	6
162	de Buhr	Julian	Fortuna Logabirum	1999	2014	00:45:27	00:42:14	00:50:46	(00:00:00)	00:55:43	00:46:30	04:00:40	00:04:21	15	MU20	22	6
163	Brinkmann	Eva	VfL Germania Leer	1964	2014	00:45:38	00:42:35	00:51:59	(00:42:40)	00:52:46	00:48:06	04:01:04	00:04:21	50	W50	1	6
164	Schurwanz	Carsten	Aurich	1965	2014	00:45:32	00:42:09	00:51:25	(00:42:52)	00:54:04	00:47:55	04:01:05	00:04:21	49	M40	56	6
165	Ahmed	Osman	Strackholt	1987	2014	00:47:10	00:42:34	00:51:20	(00:00:00)	00:52:41	00:47:22	04:01:07	00:04:21	27	MHK	32	6
166	Freerks	Günther	LG TV Bunde	1969	2014	00:45:52	00:41:53	00:51:28	(00:42:34)	00:53:39	00:48:17	04:01:09	00:04:21	45	M40	57	6
167	Sanders	Eckhard	SuS Emden	1966	2014	00:45:21	00:41:45	00:51:40	(00:42:24)	00:54:23	00:48:03	04:01:12	00:04:21	48	M40	58	6
168	Goldswear	Karl-Dieter	VETRA Betonfertigteilew	1968	2014	00:45:34	00:42:23	00:52:07	(00:42:50)	00:53:18	00:48:00	04:01:22	00:04:21	46	M40	59	6
169	Frühling	Uwe	Polizei Aurich	1969	2014	00:45:24	00:41:50	00:52:28	(00:43:02)	00:53:35	00:48:07	04:01:24	00:04:21	45	M40	60	6
170	Edris	Ali	Strackholt	1986	2014	00:46:19	00:41:21	00:52:39	(00:00:00)	00:54:35	00:46:33	04:01:27	00:04:21	28	MHK	33	6
171	Remy	Rasmus	Klinikum Leer	1990	2014	00:46:04	00:42:24	00:51:52	(00:47:44)	00:53:42	00:47:34	04:01:36	00:04:22	24	MHK	34	6
172	Geuns, van	Lothar	Collingherst	1973	2014	00:46:02	00:42:53	00:52:43	(00:42:06)	00:52:42	00:47:18	04:01:38	00:04:22	41	M40	61	6
173	Meyer	Tönjes	TSV Hesel	1958	2014	00:45:19	00:42:05	00:52:03	(00:42:14)	00:54:33	00:47:50	04:01:50	00:04:22	56	M50	22	6
174	Fröhling	Tim	Turbine TGG	1997	2014	00:44:25	00:41:57	00:51:51	(00:42:38)	00:56:09	00:47:30	04:01:52	00:04:22	17	MU20	23	6
175	Anwand	Karl-Heinz	Ostfria Moordorf	1952	2014	00:45:57	00:42:29	00:51:50	(00:42:11)	00:53:33	00:48:05	04:01:54	00:04:22	62	M60	1	6
176	Markgraf	Jan	TSV Jahn Carolinensiel	1984	2014	00:46:34	00:44:07	00:53:04	(00:41:32)	00:51:37	00:46:43	04:02:05	00:04:22	30	M30	31	6
177	Rahmann	Jan-Hauke	Team Bunting	1993	2014	00:44:53	00:41:56	00:51:19	(00:00:00)	00:56:47	00:47:22	04:02:17	00:04:22	21	MHK	35	6
178	Kisch	Luisa	Fortuna Logabirum	1998	2014	00:46:24	00:42:03	00:52:02	(00:43:00)	00:54:14	00:47:39	04:02:22	00:04:22	16	WU20	1	6
179	Roßmann	Lukas	HSV1887	1999	2014	00:46:27	00:42:10	00:51:41	(00:42:52)	00:55:18	00:47:03	04:02:39	00:04:23	15	MU20	24	6
180	Poppen	Frank	Rettungsdienst Landkre	1990	2014	00:45:59	00:42:09	00:51:32	(00:41:24)	00:56:54	00:46:15	04:02:49	00:04:23	24	MHK	36	6
181	Kolthoff	Günther	LG TV Bunde	1975	2014	00:45:48	00:42:56	00:52:06	(00:42:50)	00:53:32	00:48:32	04:02:54	00:04:23	39	M30	32	6
182	Stolcs	Gvido	Realschule Esens	1996	2014	00:46:39	00:41:28	00:51:07	(00:41:27)	00:57:03	00:46:38	04:02:55	00:04:23	18	MU20	25	6
183	Reinken	Udo	Sparkasse Aurich-Nord	1983	2014	00:46:54	00:42:17	00:51:30	(00:41:52)	00:55:28	00:46:50	04:02:59	00:04:23	31	M30	33	6
184	Ufken	Sven	ABW Richthofen	1995	2014	00:46:32	00:42:24	00:51:22	(00:42:19)	00:54:46	00:47:58	04:03:02	00:04:23	19	MU20	26	6
185	Mayer	Reinhard	LT Schafhauser Wald	1961	2014	00:46:39	00:42:23	00:51:45	(00:42:23)	00:53:34	00:48:51	04:03:12	00:04:23	53	M50	23	6
186	Feldmann	Ralf	ABW Richthofen	1972	2014	00:46:00	00:43:24	00:52:28	(00:42:57)	00:52:47	00:48:40	04:03:19	00:04:24	42	M40	62	6
187	Kannegießer	Maggy	Fortuna Logabirum	1972	2014	00:46:22	00:42:19	00:52:06	(00:43:19)	00:54:01	00:48:46	04:03:34	00:04:24	42	W40	1	6
188	Willms	Tido	SC Dunum	1994	2014	00:46:10	00:42:36	00:51:00	(00:41:54)	00:56:58	00:47:12	04:03:56	00:04:24	20	MHK	37	6
189	Baalmann	Josef	LT TuS Aurich-Ost	1961	2014	00:45:55	00:42:56	00:52:35	(00:43:16)	00:53:53	00:48:38	04:03:57	00:04:24	53	M50	24	6
190	Recknagel	Bernd	Hotel Waldquelle	1967	2014	00:46:45	00:42:24	00:51:59	(00:42:26)	00:55:50	00:47:14	04:04:12	00:04:24	47	M40	63	6
191	Derr	Viktor	Praxis V.Derr	1981	2014	00:46:11	00:43:05	00:53:04	(00:43:17)	00:53:47	00:48:07	04:04:14	00:04:25	33	M30	34	6
192	Buß	Hinni	SVO Wi sünd Holtrien	1954	2014	00:46:03	00:42:35	00:53:09	(00:43:42)	00:54:10	00:48:26	04:04:23	00:04:25	60	M60	2	6
193	Böse	Matthias	SV Stikelkamp	1970	2014	00:46:06	00:42:46	00:52:40	(00:43:28)	00:54:38	00:48:36	04:04:46	00:04:25	44	M40	64	6
194	Pund	Jonny	Bohlen & Doyen	1998	2014	00:44:31	00:40:41	00:50:37	(00:41:33)	00:53:33	00:55:35	04:04:57	00:04:25	16	MU20	27	6
195	Auf der Landwehr	Manfred	Concordia Ihrhove	1968	2014	00:46:49	00:42:57	00:52:23	(00:43:19)	00:54:33	00:48:26	04:05:08	00:04:25	46	M40	65	6
196	Fröhling	Dirk	Butje's Bergfest	1988	2014	00:47:28	00:43:20	00:52:52	(00:42:24)	00:53:38	00:48:03	04:05:21	00:04:26	26	MHK	38	6
197	Claassen	Marcel	Störtebeker Loopers TV	1995	2014	00:46:45	00:42:34	00:52:50	(00:43:30)	00:54:50	00:49:08	04:06:07	00:04:27	19	MU20	28	6
198	Stephan	Andreas	Papenburg	1980	2014	00:46:43	00:42:49	00:52:30	(00:43:09)	00:55:13	00:48:54	04:06:09	00:04:27	34	M30	35	6
199	Asche	Tobe	SV Wiesede	1959	2014	00:46:20	00:43:25	00:53:11	(00:43:49)	00:54:12	00:49:03	04:06:11	00:04:27	55	M50	25	6
200	Groß	Michael	Team ENERCON	1984	2014	00:46:58	00:42:50	00:53:29	(00:42:32)	00:54:19	00:48:37	04:06:13	00:04:27	30	M30	36	6
201	Monnerjahn	Martin	SG Egels / MTV / Cami	1968	2014	00:47:27	00:43:09	00:52:51	(00:43:46)	00:54:10	00:48:40	04:06:17	00:04:27	46	M40	66	6
202	Hellmers	Ralf	TV Norden	1965	2014	00:46:59	00:43:22	00:53:58	(00:43:59)	00:53:51	00:48:11	04:06:21	00:04:27	49	M40	67	6
203	Brüling	Cord	Schüt-Duis	1979	2014	00:47:25	00:43:35	00:52:39	(00:43:47)	00:54:48	00:47:58	04:06:25	00:04:27	35	M30	37	6
204	Schulze	Klaus	LSF Oldenburg	1965	2014	00:46:00	00:42:50	00:53:56	(00:43:38)	00:54:19	00:49:21	04:06:26	00:04:27	49	M40	68	6
205	Aggen	Edgar	TSV Lammertsfehn	1966	2014	00:47:26	00:43:22	00:53:19	(00:43:19)	00:53:51	00:48:29	04:06:27	00:04:27	48	M40	69	6
206	Fleißner	Onno	Ihlowersfehn	1979	2014	00:46:42	00:43:00	00:53:14	(00:43:50)	00:54:41	00:49:04	04:06:41	00:04:27	35	M30	38	6

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
214	Kruse	Wilhelm	Team Möbel Buss	1966	2014	00:46:47	00:43:40	00:53:38	(00:43:51)	00:54:13	00:49:02	04:07:20	00:04:28	48	M40	73	6
215	Groninger	Jendrik	Alex.-v.-Humboldt-Schu	1996	2014	00:48:49	00:43:36	00:52:17	(00:42:20)	00:53:35	00:49:09	04:07:26	00:04:28	18	MU20	31	6
216	Maas	Uwe	Nordland Papier	1980	2014	00:47:13	00:42:31	00:53:04	(00:43:40)	00:56:05	00:48:37	04:07:30	00:04:28	34	M30	39	6
217	Wolbers	Timo	UEG Leer	1999	2014	00:46:04	00:42:33	00:53:37	(00:43:39)	00:56:54	00:48:23	04:07:31	00:04:28	15	MU20	32	6
218	Czeratzki	Marvin	FC SO	1996	2014	00:47:02	00:42:45	00:51:44	(00:43:08)	00:58:11	00:48:00	04:07:42	00:04:28	18	MU20	33	6
219	Beening	Ingo	SV Stikelkamp	1970	2014	00:46:52	00:43:34	00:52:41	(00:43:27)	00:55:49	00:48:47	04:07:43	00:04:28	44	M40	74	6
220	Tatje	Sven	Team Möbel Buss	1992	2014	00:46:03	00:42:32	00:52:59	(00:44:28)	00:56:27	00:49:44	04:07:45	00:04:28	22	MHK	39	6
221	Martens	Annemarie	Fortuna Logabirum	1984	2014	00:46:39	00:43:05	00:54:18	(00:43:17)	00:55:13	00:48:39	04:07:54	00:04:28	30	W30	4	6
222	Koens	Sven	SV Holtland	1992	2014	00:48:06	00:43:14	00:52:53	(00:44:10)	00:54:45	00:48:57	04:07:55	00:04:29	22	MHK	40	6
223	Popp	Fenja	TSV Riepe	2002	2014	00:48:18	00:42:19	00:53:33	(00:43:12)	00:55:05	00:48:51	04:08:06	00:04:29	12	WU20	2	6
224	Alberts	Torsten		1971	2014	00:48:09	00:43:39	00:52:33	(00:43:36)	00:55:01	00:48:49	04:08:11	00:04:29	43	M40	75	6
225	Jibben	Arno	LT TuS Holtriem	1969	2014	00:47:15	00:43:29	00:53:26	(00:43:28)	00:55:35	00:48:34	04:08:19	00:04:29	45	M40	76	6
226	Kattenbeck	Udo	Stadt Emden	1966	2014	00:46:50	00:43:34	00:53:27	(00:43:42)	00:54:39	00:49:51	04:08:21	00:04:29	48	M40	77	6
227	Puse	Gerd	Sparkasse LeerWittmur	1963	2014	00:47:12	00:43:32	00:54:01	(00:42:53)	00:54:17	00:49:31	04:08:33	00:04:29	51	M50	28	6
228	Boersma	Jan	WT Loppersum	1983	2014	00:47:25	00:42:51	00:53:25	(00:43:29)	00:56:12	00:48:44	04:08:37	00:04:29	31	M30	40	6
229	Egberts	Holger	Esens	1984	2014	00:48:20	00:44:19	00:52:22	(00:42:54)	00:54:41	00:49:03	04:08:45	00:04:29	30	M30	41	6
230	Meyer	Marco	TV Bunde	1980	2014	00:48:33	00:44:10	00:53:41	(00:43:59)	00:54:14	00:48:37	04:09:15	00:04:30	34	M30	42	6
231	Sanders	Daniel	LG Grobefehn	1979	2014	00:48:22	00:44:00	00:52:50	(00:43:12)	00:55:20	00:48:44	04:09:16	00:04:30	35	M30	43	6
232	Ganeshan	Kumaran	Klinikum Emden Ggmb	1983	2014	00:47:44	00:43:26	00:53:37	(00:42:57)	00:56:32	00:48:06	04:09:25	00:04:30	31	M30	44	6
233	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2014	00:46:50	00:43:59	00:53:45	(00:45:29)	00:54:53	00:49:59	04:09:26	00:04:30	47	M40	78	6
234	Siemens	Marc - Oliver	MTV Aurich	1971	2014	00:46:23	00:43:11	00:55:18	(00:44:01)	00:53:30	00:51:11	04:09:33	00:04:30	43	M40	79	6
235	Stickfort	Thorsten	Hörgeräte Meiners&Sti	1978	2014	00:47:40	00:44:20	00:54:14	(00:43:38)	00:54:20	00:49:00	04:09:34	00:04:30	36	M30	45	6
236	de Vries	Mathis	Gymnasium Ulricianum	1996	2014	00:46:39	00:43:09	00:54:17	(00:44:24)	00:55:55	00:49:39	04:09:39	00:04:30	18	MU20	34	6
237	Rieken	Helmut	Ihlower Loopers	1962	2014	00:47:57	00:43:37	00:53:47	(00:43:42)	00:55:09	00:49:12	04:09:42	00:04:30	52	M50	29	6
238	Hübner	Dennis	BSA Nord	1978	2014	00:47:37	00:43:46	00:54:02	(00:44:22)	00:55:31	00:48:47	04:09:43	00:04:30	36	M30	46	6
239	Claassen	Marco	Störtebeker Loopers TV	1988	2014	00:46:56	00:42:49	00:53:04	(00:43:54)	00:57:40	00:49:15	04:09:44	00:04:30	26	MHK	41	6
240	Ulfferts	Oltmann	SV Holtland	1964	2014	00:46:09	00:43:24	00:54:02	(00:43:48)	00:57:12	00:48:59	04:09:46	00:04:31	50	M50	30	6
241	Meyeraan	Harald	Loppersum / VW Emde	1964	2014	00:46:17	00:43:48	00:56:25	(00:44:36)	00:54:42	00:48:40	04:09:52	00:04:31	50	M50	31	6
242	Janssen	Stefan	VW Emden	1979	2014	00:47:42	00:43:10	00:53:40	(00:43:05)	00:57:33	00:47:48	04:09:53	00:04:31	35	M30	47	6
243	Pree	Michael	Bohlen & Doyen	1963	2014	00:47:12	00:43:29	00:54:03	(00:43:50)	00:55:59	00:49:16	04:09:59	00:04:31	51	M50	32	6
244	Dassel	Bastian	Strabag AG	1990	2014	00:48:04	00:43:43	00:53:52	(00:43:06)	00:55:12	00:49:10	04:10:01	00:04:31	24	MHK	42	6
245	Struckmeyer	Marcus	Gymnasium Ulricianum	1970	2014	00:45:37	00:42:59	01:00:39	(00:42:28)	00:53:22	00:47:38	04:10:15	00:04:31	44	M40	80	6
246	Cassens	Enno	Alex.-v.-Humboldt-Schu	1998	2014	00:49:19	00:42:36	00:53:53	(00:43:56)	00:55:19	00:49:13	04:10:20	00:04:31	16	MU20	35	6
247	Reinken	Dennis	Team Atemnot	1987	2014	00:46:53	00:44:13	00:53:46	(00:43:40)	00:55:52	00:49:44	04:10:28	00:04:31	27	MHK	43	6
248	Mußing	Michael	Klinikum Leer	1981	2014	00:48:13	00:43:51	00:53:55	(00:43:44)	00:55:59	00:48:33	04:10:31	00:04:31	33	M30	48	6
249	Speckmann	Karl-Heinz	HTG Ihlow	1957	2014	00:48:43	00:44:14	00:54:30	(00:43:46)	00:54:08	00:49:12	04:10:47	00:04:32	57	M50	33	6
250	Harms	Janek	traba-team	1997	2014	00:48:30	00:44:22	00:53:24	(00:44:04)	00:55:38	00:48:56	04:10:50	00:04:32	17	MU20	36	6
251	Tebben	Volker	Hartmann Group	1979	2014	00:48:26	00:43:41	00:53:54	(00:43:59)	00:55:16	00:49:37	04:10:54	00:04:32	35	M30	49	6
252	Lüürsen	Helmut	LG TV Bunde	1966	2014	00:47:42	00:43:37	00:53:43	(00:43:41)	00:55:36	00:50:31	04:11:09	00:04:32	48	M40	81	6
253	de Buhr	Hajo	Sandhorst	1981	2014	00:48:09	00:44:26	00:53:51	(00:43:48)	00:55:09	00:49:34	04:11:09	00:04:32	33	M30	50	6
254	Ihnen	Michael	Leinerstift e.V.	1962	2014	00:48:07	00:44:04	00:54:41	(00:43:04)	00:55:14	00:49:06	04:11:12	00:04:32	52	M50	34	6
255	van der Kamp	Hans Jürgen	Emder LG	1956	2014	00:48:05	00:44:07	00:55:13	(00:43:26)	00:54:45	00:49:03	04:11:13	00:04:32	58	M50	35	6
256	Daniel	Michael	Emder LG	1959	2014	00:47:05	00:44:16	00:54:10	(00:44:24)	00:55:46	00:50:09	04:11:26	00:04:32	55	M50	36	6
257	Saathoff	Eric	Emder LG	1968	2014	00:47:05	00:44:16	00:54:10	(00:44:24)	00:55:47	00:50:09	04:11:27	00:04:32	46	M40	82	6
258	Bohlen	Rainer	LSF Oldenburg	1987	2014	00:47:26	00:43:23	00:54:18	(00:43:44)	00:57:06	00:49:15	04:11:28	00:04:32	27	MHK	44	6
259	Wessalowski	Nina	LSF Oldenburg	1974	2014	00:47:59	00:44:47	00:54:49	(00:44:28)	00:55:10	00:48:55	04:11:40	00:04:33	40	W40	2	6
260	Czaja	Iris	Team ENERCON	1985	2014	00:49:48	00:43:51	00:54:14	(00:44:01)	00:55:12	00:48:48	04:11:53	00:04:33	29	WHK	1	6
261	Bikker	Stefan	Ihlow	1977	2014	00:46:31	00:43:27	00:53:53	(00:43:43)	00:55:10	00:52:53	04:11:54	00:04:33	37	M30	51	6
262	Spekker	Ingo	Sportfreunde Möhlenwa	1978	2014	00:48:36	00:44:32	00:54:31	(00:44:27)	00:55:32	00:48:44	04:11:55	00:04:33	36	M30	52	6
263	Beiden	Andre	PRO NAUTAS	1981	2014	00:49:10	00:44:13	00:53:40	(00:44:00)	00:55:34	00:49:47	04:12:24	00:04:33	33	M30	53	6
264	Poelmann	Gerold	Hartmann Group	1979	2014	00:49:42	00:43:53	00:54:13	(00:44:00)	00:55:30	00:49:07	04:12:25	00:04:33	35	M30	54	6
265	Brosig	Holger	LG Fliegerhorst Upjeve	1975	2014	00:47:45	00:43:11	00:53:48	(00:44:26)	00:56:49	00:50:54	04:12:27	00:04:33	39	M30	55	6
266	Schneider	Andreas	Aurich	1961	2014	00:48:26	00:45:00	00:54:56	(00:44:00)	00:54:45	00:49:23	04:12:30	00:04:33	53	M50	37	6
267	Diekmann	Adrian	Hauptschule Esens	1996	2014	00:46:30	00:41:31	00:54:01	(00:44:26)	01:01:05	00:49:27	04:12:34	00:04:34	18	MU20	37	6
268	Wichmann	Jochen	UEG	1957	2014	00:47:56	00:44:23	00:54:06	(00:43:29)	00:55:38	00:50:33	04:12:36	00:04:34	57	M50	38	6
269	Bleeker	Rolf	VOST	1961	2014	00:48:49	00:44:49	00:54:17	(00:43:01)	00:55:35	00:49:12	04:12:42	00:04:34	53	M50	39	6
270	Best	Michael	Mahl- und Mischbetrieb	1989	2014	00:49:06	00:44:58	00:54:57	(00:43:40)	00:54:51	00:48:50	04:12:42	00:04:34	25	MHK	45	6
271	van Goor	Rob	Aquilo	1962	2014	00:47:20	00:44:26	00:55:16	(00:44:13)	00:55:52	00:49:55	04:12:49	00:04:34	52	M50	40	6
272	Sielmann	Andy	dabei sein	1971	2014	00:48:40	00:44:54	00:54:18	(00:44:28)	00:55:13	00:49:45	04:12:50	00:04:34	43	M40	83	6
273	Nielsen	Lars	Kdo SES	1977	2014	00:48:25	00:44:23	00:54:21	(00:45:01)	00:55:39	00:50:08	04:12:56	00:04:34	37	M30	56	6
274	Apel	Michael		1973	2014	00:48:26	00:44:36	00:54:34	(00:44:27)	00:55:33	00:49:53	04:13:02	00:04:34	41	M40	84	6
275	Röben	Matthias	Polizei Aurich	1971	2014	00:48:33	00:44:44	00:54:34	(00:44:10)	00:55:42	00:49:33	04:13:06	00:04:34	43	M40	85	6
276	Best	Erwin	Wallinghausen	1975	2014	00:50:33	00:44:02	00:54:53	(00:43:39)	00:54:51	00:48:52	04:13:11	00:04:34	39	M30	57	6
277	Steffens	Jannes	Loquard	1986	2014	00:48:55	00:43:50	00:54:47	(00:43:54)	00:56:33	00:49:08	04:13:13	00:04:34	28	MHK	46	6
278	Zieker	Enrico	TuS Eintracht Hinte	1976	2014	00:48:20	00:44:27	00:54:34	(00:44:18)	00:56:19	00:49:39	04:13:19	00:04:34	38			

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
285	Schöningh	Sören	VON-DER-SEE.de	1980	2014	00:47:34	00:44:00	00:53:37	(00:44:27)	00:58:31	00:50:15	04:13:57	00:04:35	34	M30	60	6
286	Eissen	Björn	EWE-Wattoopers	1968	2014	00:48:16	00:44:44	00:54:36	(00:44:23)	00:57:01	00:49:23	04:14:00	00:04:35	46	M40	87	6
287	Büker	Markus	Team ENERCON	1968	2014	00:49:32	00:45:22	00:55:12	(00:44:30)	00:55:06	00:48:50	04:14:02	00:04:35	46	M40	88	6
288	Lücht	Thomas	Remels	1979	2014	00:48:43	00:45:06	00:54:18	(00:44:30)	00:56:01	00:49:56	04:14:04	00:04:35	35	M30	61	6
289	Hellmers	Susanne	TV Norden	1963	2014	00:47:52	00:44:19	00:55:26	(00:43:58)	00:56:14	00:50:19	04:14:10	00:04:35	51	W50	2	6
290	Gebhardt	Dieter	Sparkasse Aurich-Nord	1961	2014	00:48:47	00:44:53	00:54:08	(00:43:44)	00:55:46	00:50:38	04:14:12	00:04:35	53	M50	43	6
291	Dieling	Malte	Oll Huus	1989	2014	00:48:51	00:44:57	00:54:53	(00:44:36)	00:56:06	00:49:28	04:14:15	00:04:35	25	MHK	47	6
292	Kunz	Daniel	FC SO	1997	2014	00:42:47	00:39:07	00:48:23	(00:40:27)	01:14:27	00:49:42	04:14:26	00:04:36	17	MU20	40	6
293	Sörensen	Marc	SV Wallinghausen	1981	2014	00:48:07	00:43:54	00:54:29	(00:44:17)	00:57:50	00:50:07	04:14:27	00:04:36	33	M30	62	6
294	Peters	Hendrik	Emder LG	1991	2014	00:48:25	00:44:26	00:54:11	(00:44:40)	00:57:25	00:50:04	04:14:31	00:04:36	23	MHK	48	6
295	Deutschmann	Erwin	TSV Hesel	1966	2014	00:47:36	00:44:05	00:54:38	(00:45:35)	00:57:20	00:50:56	04:14:35	00:04:36	48	M40	89	6
296	de Vries	Reinhard	Ost-Victorbur	1961	2014	00:48:10	00:44:29	00:55:11	(00:45:14)	00:56:17	00:50:37	04:14:44	00:04:36	53	M50	44	6
297	Hopf	Simon	Aurich	1989	2014	00:48:08	00:44:04	00:54:26	(00:43:47)	00:58:42	00:49:46	04:15:06	00:04:36	25	MHK	49	6
298	Lühr	Torsten	Schnelle Gazelle	1967	2014	00:47:56	00:45:17	00:55:09	(00:44:30)	00:56:04	00:50:45	04:15:11	00:04:36	47	M40	90	6
299	Schulte	Holger	Schulte Dental	1975	2014	00:48:13	00:44:35	00:55:17	(00:44:46)	00:56:28	00:50:38	04:15:11	00:04:36	39	M30	63	6
300	Stemkowitz	Malte	Gymnasium Ulricianum	1996	2014	00:49:40	00:44:00	00:56:10	(00:43:22)	00:55:44	00:49:38	04:15:12	00:04:36	18	MU20	41	6
301	Redenius	Folkert	LT TuRa 07 Westhaud	1957	2014	00:46:42	00:43:21	00:53:20	(00:44:06)	01:01:48	00:50:05	04:15:16	00:04:36	57	M50	45	6
302	Gelhard	Thomas	LT TuS Aurich-Ost	1956	2014	00:49:15	00:45:09	00:54:24	(00:44:41)	00:56:27	00:50:02	04:15:17	00:04:36	58	M50	46	6
303	Günther	Dieke	Gymnasium Ulricianum	2000	2014	00:48:54	00:44:15	00:56:19	(00:44:01)	00:56:31	00:49:27	04:15:26	00:04:37	14	MU20	42	6
304	Geuken	Uwe	FC Bayern München	1965	2014	00:48:57	00:44:41	00:54:54	(00:45:14)	00:57:00	00:49:56	04:15:28	00:04:37	49	M40	91	6
305	Strothmann	Sascha		1974	2014	00:48:20	00:44:38	00:54:17	(00:44:17)	00:58:57	00:49:16	04:15:28	00:04:37	40	M40	92	6
306	Lohmeyer	Wiebke	SV Frisia Brinkum	1986	2014	00:48:57	00:44:58	00:55:15	(00:44:50)	00:56:59	00:49:25	04:15:34	00:04:37	28	WHK	2	6
307	Thies	Janus	Alex.-v.-Humboldt-Schu	1999	2014	00:50:19	00:44:36	00:54:46	(00:43:59)	00:56:42	00:49:12	04:15:35	00:04:37	15	MU20	43	6
308	Hillbrands	Eske	Turbine TGG	1996	2014	00:49:07	00:44:29	00:55:16	(00:44:43)	00:56:57	00:49:48	04:15:37	00:04:37	18	WU20	3	6
309	Janssen	Rainer	Oldenburg	1979	2014	00:50:22	00:44:24	00:53:55	(00:43:18)	00:56:46	00:50:19	04:15:46	00:04:37	35	M30	64	6
310	Buß	Jann-Helge	HTG Ihlow	1998	2014	00:49:39	00:44:03	00:54:40	(00:44:31)	00:57:24	00:50:26	04:16:12	00:04:37	16	MU20	44	6
311	Heikens	Berend	Tierarztpraxis Velde	1966	2014	00:48:13	00:45:11	00:54:08	(00:44:30)	00:58:33	00:50:17	04:16:22	00:04:38	48	M40	93	6
312	Harms	Johann	Karkdörper Moorlooper	1957	2014	00:48:14	00:44:24	00:55:26	(00:45:11)	00:57:40	00:50:49	04:16:33	00:04:38	57	M50	47	6
313	Hinken	Jürgen	KBV Wiesede	1963	2014	00:48:29	00:44:59	00:54:54	(00:45:25)	00:57:20	00:50:52	04:16:34	00:04:38	51	M50	48	6
314	Janßen	Daniel	Bohlen & Doyen	1997	2014	00:48:56	00:44:12	00:55:19	(00:44:29)	00:57:30	00:50:40	04:16:37	00:04:38	17	MU20	45	6
315	Foorden	Monika	LG Großefehn	1968	2014	00:48:34	00:44:29	00:54:35	(00:45:27)	00:58:06	00:50:55	04:16:39	00:04:38	46	W40	3	6
316	Gambao	Daniel	Team ENERCON	1984	2014	00:49:59	00:45:28	00:55:22	(00:40:00)	00:55:59	00:49:52	04:16:40	00:04:38	30	M30	65	6
317	Heikens	Hauke	Tierarztpraxis Velde	1996	2014	00:48:28	00:44:55	00:54:07	(00:43:25)	00:58:59	00:50:17	04:16:46	00:04:38	18	MU20	46	6
318	Schmidt	Heiner	HSM Wirtschaftsprüfer	1974	2014	00:48:18	00:45:42	00:54:49	(00:44:55)	00:57:20	00:50:42	04:16:51	00:04:38	40	M40	94	6
319	Buß	Monika	Emder LG	1971	2014	00:48:43	00:44:44	00:54:56	(00:45:39)	00:58:27	00:50:03	04:16:53	00:04:38	43	W40	4	6
320	Heilmann	Klaus	Seefahrtsschule Leer	1970	2014	00:48:25	00:44:54	00:54:23	(00:44:57)	00:58:18	00:50:55	04:16:55	00:04:38	44	M40	95	6
321	Schulz	Jannik	Alex.-v.-Humboldt-Schu	1996	2014	00:50:11	00:45:01	00:56:26	(00:43:28)	00:56:36	00:48:43	04:16:57	00:04:38	18	MU20	47	6
322	Brahms	Jann	Bohlen & Doyen	1985	2014	00:50:08	00:45:25	00:55:56	(00:44:41)	00:56:31	00:49:05	04:17:05	00:04:38	29	MHK	50	6
323	Berghaus	Wilfried	Fortuna Logabirum	1953	2014	00:49:39	00:44:46	00:55:32	(00:44:38)	00:55:51	00:51:26	04:17:14	00:04:39	61	M60	3	6
324	Bünthe	Philipp	Oberschule Westerholt	1992	2014	00:52:46	00:41:34	00:55:41	(00:45:37)	00:57:05	00:50:10	04:17:16	00:04:39	22	MHK	51	6
325	Meyer	Benjamin	Emden	1979	2014	00:49:32	00:45:43	00:55:44	(00:44:50)	00:56:25	00:49:56	04:17:20	00:04:39	35	M30	66	6
326	Frerichs	Robert	Stadt Emden	1974	2014	00:49:04	00:45:27	00:55:27	(00:45:58)	00:56:45	00:50:44	04:17:27	00:04:39	40	M40	96	6
327	de Buhr	Harald	Polizei Leer	1962	2014	00:48:15	00:44:38	00:55:21	(00:45:03)	00:57:41	00:51:35	04:17:30	00:04:39	52	M50	49	6
328	Foorden	Sven	Gymnasium Ulricianum	1997	2014	00:52:21	00:44:38	00:54:11	(00:44:04)	00:56:47	00:49:39	04:17:36	00:04:39	17	MU20	48	6
329	Rößing	Hermann	WfBM BBB Aurich Wittr	1965	2014	00:48:42	00:44:42	00:55:12	(00:44:47)	00:58:28	00:50:38	04:17:42	00:04:39	49	M40	97	6
330	Bergmann	Hannes	Emden	1985	2014	00:49:39	00:45:52	00:55:43	(00:44:58)	00:56:25	00:50:08	04:17:47	00:04:39	29	MHK	52	6
331	Stomberg	Stefan	Ihlow	1968	2014	00:49:53	00:44:29	00:54:48	(00:45:30)	00:57:53	00:50:45	04:17:48	00:04:39	46	M40	98	6
332	Alberts	Marco	GeTek	1995	2014	00:49:14	00:44:04	00:52:42	(00:44:46)	00:58:51	00:53:00	04:17:51	00:04:39	19	MU20	49	6
333	Heiken	Onno	SV Eintracht Ihlow	1997	2014	00:50:35	00:44:06	00:55:02	(00:45:34)	00:58:25	00:49:56	04:18:04	00:04:39	17	MU20	50	6
334	Röben	Holger	Team ENERCON	1973	2014	00:48:39	00:45:25	00:55:38	(00:45:58)	00:57:03	00:51:31	04:18:16	00:04:40	41	M40	99	6
335	Hedemann	Fredy	Team Möbel Buss	1962	2014	00:49:22	00:45:37	00:55:29	(00:45:07)	00:57:16	00:50:35	04:18:19	00:04:40	52	M50	50	6
336	Lambertz	Walter	Team ENERCON	1973	2014	00:51:40	00:45:36	00:55:49	(00:44:22)	00:56:12	00:49:05	04:18:22	00:04:40	41	M40	100	6
337	Behrends	Helmut	Fiese Friesen	1967	2014	00:48:18	00:44:58	00:55:19	(00:45:38)	00:58:25	00:51:25	04:18:25	00:04:40	47	M40	101	6
338	Arnoldova	Kristina	Muehlen Apotheke Pew	1984	2014	00:51:59	00:45:07	00:55:35	(00:45:34)	00:56:25	00:49:19	04:18:25	00:04:40	30	W30	5	6
339	Neuenstein	Bernd	Papenburg	1961	2014	00:49:10	00:45:09	00:55:27	(00:45:13)	00:57:20	00:51:28	04:18:34	00:04:40	53	M50	51	6
340	Weerts	Holger	LT Schaffhauser Wald	1973	2014	00:47:41	00:44:09	00:54:34	(00:44:59)	01:01:29	00:50:49	04:18:42	00:04:40	41	M40	102	6
341	de Vries	Stefan	LG Uplengen	1977	2014	00:48:46	00:45:04	00:55:36	(00:45:13)	00:58:04	00:51:12	04:18:42	00:04:40	37	M30	67	6
342	Hülshof	Lasse	TuRa 07 Westhauderfe	1999	2014	00:50:33	00:44:31	00:54:28	(00:43:45)	00:59:04	00:50:08	04:18:44	00:04:40	15	MU20	51	6
343	Harms	Jannik	HTG Ihlow	1999	2014	00:50:25	00:44:38	00:54:52	(00:45:30)	00:57:33	00:51:17	04:18:45	00:04:40	15	MU20	52	6
344	Fokken	Michael	VW Emden	1971	2014	00:49:42	00:45:07	00:55:07	(00:45:06)	00:58:31	00:50:21	04:18:48	00:04:40	43	M40	103	6
345	Ludwig	Helmut	LG Ostfriesland	1958	2014	00:49:03	00:45:14	00:55:58	(00:45:41)	00:56:46	00:51:48	04:18:49	00:04:40	56	M50	52	6
346	Tjaden	Silke	WfBM BBB Aurich Wittr	1990	2014	00:49:09	00:45:27	00:56:20	(00:44:40)	00:57:55	00:50:07	04:18:58	00:04:40	24	WHK	3	6
347	Lüken	Thomas	TEAM Nobody	1992	2014	00:49:29	00:44:52	00:55:31	(00:44:31)	00:58:39	00:50:27	04:18:58	00:04:40	22	MHK	53	6
348	Coordes	Detlef	Bohlen & Doyen	1963	2014	00:50:07	00:45:29	00:56:06	(00:45:17)	00:57:35	00:49:51	04:19:08	00:04:41	51	M50	53	6
349	Ackermann	Johannes	Stiekelkamperfehn	1954	2014	00:49:38	00:45:16	00:55:05	(00:45:36)	00:							

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
356	Gerdes	Joachim	Volksbank Westraude	1979	2014	00:47:40	00:43:54	00:54:16	(00:43:33)	01:03:29	00:50:12	04:19:31	00:04:41	35	M30	68	6
357	Martens	Wilhelm		1957	2014	00:49:13	00:45:17	00:55:44	(00:45:44)	00:57:48	00:51:29	04:19:31	00:04:41	57	M50	55	6
358	Joswig	Udo	Petrusgemeinde Loga	1955	2014	00:48:05	00:45:28	00:56:10	(00:45:21)	00:58:51	00:50:58	04:19:32	00:04:41	59	M50	56	6
359	Erdwiens	Dennes	GeTek	1993	2014	00:49:39	00:45:29	00:55:16	(00:44:53)	00:57:30	00:51:39	04:19:33	00:04:41	21	MHK	55	6
360	Henkel	Dieter	BV Pfalzdorf	1970	2014	00:50:00	00:45:57	00:55:54	(00:45:20)	00:56:53	00:50:49	04:19:33	00:04:41	44	M40	106	6
361	Bordasch	Marco	Verkehrsverein Aurich e	1968	2014	00:50:55	00:45:52	00:55:55	(00:45:43)	00:56:54	00:50:02	04:19:38	00:04:41	46	M40	107	6
362	Gerdes	Gerke	HaGe	1998	2014	00:51:22	00:47:01	00:55:36	(00:43:31)	00:56:39	00:49:09	04:19:47	00:04:41	16	MU20	55	6
363	Smid	Pascale	Aurich	1970	2014	00:50:02	00:44:21	00:55:31	(00:45:13)	00:58:19	00:51:40	04:19:53	00:04:41	44	W40	5	6
364	Bölle	Andreas	Nordland Papier	1968	2014	00:48:47	00:44:42	00:57:39	(00:44:43)	00:56:21	00:52:26	04:19:55	00:04:41	46	M40	108	6
365	Paul	Sascha	SpVg Aurich	1981	2014	00:49:52	00:45:31	00:55:45	(00:45:26)	00:58:29	00:50:23	04:20:00	00:04:42	33	M30	69	6
366	Oltrop	Frank	Blau- Weiß Borssum	1965	2014	00:52:35	00:45:06	00:54:50	(00:44:10)	00:57:18	00:50:15	04:20:04	00:04:42	49	M40	109	6
367	Mock	Benjamin	Seefahrtsschule Leer	1984	2014	00:47:40	00:43:37	00:54:02	(00:44:25)	01:04:31	00:50:17	04:20:07	00:04:42	30	M30	70	6
368	Schild	Stefan	Hartmann Group	1964	2014	00:50:24	00:49:47	00:56:24	(00:44:00)	00:54:28	00:49:07	04:20:10	00:04:42	50	M50	57	6
369	Grote	Werner	Fortuna Logabirum	1971	2014	00:50:31	00:45:59	00:55:39	(00:45:03)	00:57:00	00:51:01	04:20:10	00:04:42	43	M40	110	6
370	Aden	Hans-Dieter	TuS Eintracht Hinte	1958	2014	00:48:15	00:44:57	00:57:39	(00:46:00)	00:57:54	00:51:29	04:20:14	00:04:42	56	M50	58	6
371	Meyer	Manfred	Borromäus-Hospital	1963	2014	00:49:42	00:45:23	00:55:40	(00:44:59)	00:57:49	00:51:41	04:20:15	00:04:42	51	M50	59	6
372	Geisemeyer	Lothar	Team Bunting	1959	2014	00:47:13	00:44:29	01:00:22	(00:45:43)	00:56:46	00:51:25	04:20:15	00:04:42	55	M50	60	6
373	Karic	Nico	Team BÖWE	1989	2014	00:48:51	00:44:43	00:55:12	(00:44:30)	00:59:44	00:51:46	04:20:16	00:04:42	25	MHK	56	6
374	Jürgens	John	TuS Detern	1992	2014	00:48:53	00:45:24	00:54:47	(00:44:10)	00:59:20	00:52:11	04:20:35	00:04:42	22	MHK	57	6
375	Löseke	Oliver	Sparkasse Aurich-Nord	1972	2014	00:50:29	00:45:37	00:56:26	(00:46:03)	00:57:00	00:51:13	04:20:45	00:04:42	42	M40	111	6
376	Steinigeweg	Hauke Konstant	Sparkasse Aurich-Nord	1983	2014	00:50:03	00:44:47	00:56:04	(00:45:57)	00:58:42	00:51:12	04:20:48	00:04:42	31	M30	71	6
377	Lowin	Volker	LT TuS Aurich-Ost	1955	2014	00:48:14	00:45:10	00:57:23	(00:45:31)	00:56:36	00:53:28	04:20:51	00:04:43	59	M50	61	6
378	Lübbbers	Verena	RAe Dr. Fenner, Bockh	1981	2014	00:49:42	00:45:39	00:56:16	(00:45:57)	00:57:30	00:51:46	04:20:53	00:04:43	33	W30	6	6
379	Hummerich	Ludwig	Ender LG	1960	2014	00:48:52	00:45:53	00:57:11	(00:46:11)	00:57:13	00:51:45	04:20:54	00:04:43	54	M50	62	6
380	Untied	Anke	Fortuna Logabirum	1969	2014	00:50:08	00:45:23	00:56:03	(00:46:18)	00:57:52	00:51:29	04:20:55	00:04:43	45	W40	6	6
381	Buscher-Grönefeld	Uwe	Posaunenchor Idafehn	1966	2014	00:48:45	00:44:57	00:55:31	(00:45:53)	00:59:32	00:52:12	04:20:57	00:04:43	48	M40	112	6
382	Ubben	Bernd	Ubben-Haus Laufteam	1959	2014	00:49:46	00:45:39	00:56:25	(00:46:18)	00:57:01	00:52:08	04:20:59	00:04:43	55	M50	63	6
383	Wilken	Günther	TUS Leerhufe/Hovel	1968	2014	00:49:26	00:45:55	00:56:22	(00:46:04)	00:57:46	00:51:31	04:21:00	00:04:43	46	M40	113	6
384	Hartwiger	Björn	TuRa 07 Westrauderfe	1977	2014	00:49:09	00:46:23	00:56:12	(00:45:33)	00:57:30	00:51:50	04:21:04	00:04:43	37	M30	72	6
385	Dirksen	Aaron	TSV Hesel	1998	2014	00:50:09	00:45:16	00:55:49	(00:44:37)	00:58:43	00:51:10	04:21:07	00:04:43	16	MU20	56	6
386	Coordes	Malte	ABW Richtofen	1995	2014	00:51:47	00:45:10	00:56:27	(00:46:35)	00:58:05	00:49:39	04:21:08	00:04:43	19	MU20	57	6
387	Grimm	Uwe	VfL Berumbur	1969	2014	00:49:46	00:45:46	00:56:18	(00:46:19)	00:57:33	00:51:49	04:21:12	00:04:43	45	M40	114	6
388	Welling	Torsten	MTV Wittmund	1964	2014	00:49:41	00:45:56	00:56:06	(00:46:15)	00:58:33	00:50:57	04:21:13	00:04:43	50	M50	64	6
389	Müller	Jann	Ulricianum / MTV Aurich	2000	2014	00:50:36	00:46:08	00:56:03	(00:44:53)	00:57:12	00:51:17	04:21:16	00:04:43	14	MU20	58	6
390	Janssen	Mike	Butje's Bergfest	1990	2014	00:50:01	00:45:23	00:55:59	(00:45:52)	00:58:36	00:51:20	04:21:19	00:04:43	24	MHK	58	6
391	Harms	Meinhard	TSV Riepe	1950	2014	00:49:59	00:46:07	00:56:33	(00:45:56)	00:58:12	00:50:28	04:21:19	00:04:43	64	M60	5	6
392	Hommers	Gretus	Loppersum	1950	2014	00:49:25	00:45:47	00:56:59	(00:46:40)	00:56:50	00:52:20	04:21:21	00:04:43	64	M60	6	6
393	Meyerhoff	Lothar	Störtebeker Loopers TV	1961	2014	00:51:24	00:46:22	00:56:24	(00:45:52)	00:56:20	00:50:58	04:21:28	00:04:43	53	M50	65	6
394	Meier	Heide	Störtebeker Loopers TV	1971	2014	00:49:30	00:46:21	00:56:35	(00:45:58)	00:57:10	00:52:00	04:21:36	00:04:43	43	W40	7	6
395	Wagner	André	Nordland Papier	1968	2014	00:49:16	00:45:53	00:57:20	(00:46:42)	00:57:30	00:51:40	04:21:39	00:04:43	46	M40	115	6
396	Willms	Johannes	Baptistengemeinde	1969	2014	00:49:26	00:46:04	00:57:20	(00:45:48)	00:58:00	00:50:51	04:21:41	00:04:43	45	M40	116	6
397	Berghaus	Jens	Realschule Aurich	1959	2014	00:49:00	00:45:51	00:56:32	(00:45:51)	00:58:42	00:51:36	04:21:41	00:04:43	55	M50	66	6
398	Rohner	Judith	TuS Ofen	1963	2014	00:50:01	00:45:43	00:56:27	(00:45:53)	00:57:29	00:52:16	04:21:56	00:04:44	51	W50	3	6
399	Schulte	Tristan	Alex.-v.-Humboldt-Schu	1999	2014	00:52:04	00:45:33	00:56:07	(00:00:00)	00:56:37	00:51:36	04:21:57	00:04:44	15	MU20	59	6
400	Jütting	Sönke	FC SO	1998	2014	00:52:01	00:45:16	00:58:01	(00:44:22)	00:57:26	00:49:14	04:21:58	00:04:44	16	MU20	60	6
401	Coordes	Johannes	Team ENERCON	1969	2014	00:49:04	00:45:52	00:56:08	(00:44:58)	00:59:59	00:50:55	04:21:58	00:04:44	45	M40	117	6
402	Reiners	Oliver	obw Emden	1994	2014	00:52:22	00:45:26	00:56:06	(00:44:51)	00:58:14	00:49:53	04:22:01	00:04:44	20	MHK	59	6
403	Kastrup	Christian	Emden Finanzamtsläufe	1988	2014	00:50:37	00:44:56	00:54:47	(00:46:17)	01:01:01	00:50:42	04:22:03	00:04:44	26	MHK	60	6
404	Lonser	Sylvia	Raumausstattung A. Vo	1980	2014	00:50:33	00:46:47	00:56:45	(00:46:18)	00:57:23	00:50:40	04:22:08	00:04:44	34	W30	7	6
405	Saßen	Olaf	LSF Oldenburg	1978	2014	00:53:11	00:45:50	00:55:41	(00:45:13)	00:58:00	00:49:29	04:22:11	00:04:44	36	M30	73	6
406	Hartema	Richard	LG Teutonia Stapelmod	1968	2014	00:49:15	00:46:17	00:57:59	(00:45:25)	00:57:50	00:50:56	04:22:17	00:04:44	46	M40	118	6
407	Hinrichs	Stephan	Ostfriesische Brandkas	1974	2014	00:51:37	00:46:25	00:56:14	(00:44:58)	00:56:41	00:51:23	04:22:20	00:04:44	40	M40	119	6
408	Reuter	Nils	Aurich	1988	2014	00:51:06	00:46:23	00:56:23	(00:45:17)	00:57:35	00:50:54	04:22:21	00:04:44	26	MHK	61	6
409	Meyer	Jörg	LG Fliegerhorst Upjeve	1962	2014	00:49:01	00:46:35	00:57:11	(00:46:35)	00:57:57	00:51:38	04:22:22	00:04:44	52	M50	67	6
410	Seiwald	Talea	Fortuna Logabirum	2001	2014	00:51:16	00:44:28	00:55:57	(00:45:02)	00:59:38	00:51:08	04:22:27	00:04:44	13	WU20	4	6
411	Kühne	Peter		1972	2014	00:50:41	00:46:10	00:56:36	(00:46:06)	00:57:35	00:51:35	04:22:37	00:04:44	42	M40	120	6
412	Folkerts	Friedrich	Feuerwehr Hollen	1965	2014	00:49:35	00:45:46	00:56:31	(00:46:47)	00:58:31	00:52:15	04:22:38	00:04:44	49	M40	121	6
413	Lüken	Marco	Oberschule Westerholt	1997	2014	00:49:44	00:44:58	00:55:54	(00:46:23)	00:58:05	00:54:01	04:22:42	00:04:45	17	MU20	61	6
414	Stucke	Thorsten	Ubbo-Emmius-Klinik	1974	2014	00:49:49	00:46:05	00:56:51	(00:45:55)	00:57:54	00:52:07	04:22:46	00:04:45	40	M40	122	6
415	Fluß	Bernd	WfbM BBB Aurich Wittr	1973	2014	00:49:24	00:46:24	00:56:29	(00:45:54)	00:58:42	00:51:50	04:22:49	00:04:45	41	M40	123	6
416	Hoofdmann	Klaus	TuS Westerende	1983	2014	00:53:28	00:46:46	00:55:14	(00:43:35)	00:58:00	00:49:29	04:22:57	00:04:45	31	M30	74	6
417	Olthoff	Matthias	Weener Plastik	1973	2014	00:49:44	00:45:51	00:56:39	(00:46:08)	00:58:55	00:51:55	04:23:04	00:04:45	41	M40	124	6
418	Baumann	Friedhelm	TSV Hesel	1960	2014	00:49:21	00:46:05	00:56:48	(00:46:41)	00:58:22	00:52:30	04:23:06	00:04:45	54	M50	68	6
419	Staude	Hartmut	Staude-Clan	1971	2014	00:49:29	00:45:29	00:55:50	(00:44:51)	01:00:31	00:51:49	04:23:08					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
427	Bolte	Richard	Lions Club Uplengen	1959	2014	00:49:34	00:45:52	00:56:01	(00:45:56)	01:00:24	00:51:42	04:23:33	00:04:45	55	M50	70	6
428	Kruse-Edenhuizer	Hilko	Strabag AG	1970	2014	00:52:29	00:46:28	00:57:32	(00:45:53)	00:57:58	00:49:10	04:23:37	00:04:46	44	M40	127	6
429	Ahrendt	Michael	SV Dornum	1970	2014	00:50:18	00:45:56	00:56:29	(00:46:18)	00:58:24	00:52:32	04:23:39	00:04:46	44	M40	128	6
430	Kleene	Holger	obw Emden	1971	2014	00:50:52	00:46:16	00:55:43	(00:44:43)	00:57:37	00:53:12	04:23:40	00:04:46	43	M40	129	6
431	Hildebrandt	Theodor	LG Ostfriesland	1956	2014	00:49:32	00:46:10	00:57:19	(00:47:08)	00:57:34	00:53:13	04:23:48	00:04:46	58	M50	71	6
432	Smidt	Mike	Emder Kanu Club	1971	2014	00:50:31	00:45:53	00:56:54	(00:47:52)	00:59:15	00:51:16	04:23:49	00:04:46	43	M40	130	6
433	Löschen	Veronique	Kdo SES	1980	2014	00:50:22	00:45:40	00:55:45	(00:46:52)	00:59:25	00:52:38	04:23:50	00:04:46	34	W30	8	6
434	Schulz	Michael	Emder LG	1962	2014	00:50:14	00:45:54	00:56:21	(00:46:30)	00:58:51	00:52:30	04:23:50	00:04:46	52	M50	72	6
435	Dannecker	Michael	Emder LG	1970	2014	00:49:44	00:46:57	00:56:15	(00:46:43)	00:58:17	00:52:37	04:23:50	00:04:46	44	M40	131	6
436	Karge	Niklas	Gymnasium Ulricianum	1999	2014	00:52:39	00:45:29	00:56:36	(00:45:18)	00:58:24	00:50:44	04:23:52	00:04:46	15	MU20	64	6
437	Kröger	Michael	Physio Aktiv Rhauferde	1972	2014	00:50:17	00:45:16	00:56:28	(00:46:04)	00:59:41	00:52:11	04:23:53	00:04:46	42	M40	132	6
438	Gumbrecht-Vinke	Dagmar	IGS Aurich-West	1957	2014	00:49:38	00:46:30	00:57:44	(00:46:55)	00:58:06	00:51:56	04:23:54	00:04:46	57	W50	4	6
439	Janssen	Karsten	SV Hage	1981	2014	00:50:23	00:45:48	00:56:11	(00:46:15)	00:59:34	00:52:02	04:23:58	00:04:46	33	M30	76	6
440	Ammermann	Ralf	Moormerland	1967	2014	00:50:13	00:47:10	00:56:44	(00:46:49)	00:57:56	00:51:58	04:24:01	00:04:46	47	M40	133	6
441	Jelden	Carsten	Potshausen	1986	2014	00:51:22	00:46:31	00:56:53	(00:46:26)	00:58:20	00:51:00	04:24:06	00:04:46	28	MHK	64	6
442	Meinema	Alle-Jan	SG Moordorf	1961	2014	00:50:52	00:47:08	00:57:04	(00:45:49)	00:57:39	00:51:33	04:24:16	00:04:46	53	M50	73	6
443	Rieken	Volker	doerlooper.de	1967	2014	00:49:25	00:45:08	00:55:26	(00:45:25)	01:01:28	00:52:59	04:24:26	00:04:46	47	M40	134	6
444	Janssen	Hendrik	Holter SV	1991	2014	00:52:51	00:44:22	00:54:16	(00:42:45)	01:01:53	00:51:09	04:24:31	00:04:46	23	MHK	65	6
445	Schoon	Reiner	LG Großefehn	1964	2014	00:50:18	00:46:58	00:57:17	(00:46:58)	00:58:05	00:52:01	04:24:39	00:04:47	50	M50	74	6
446	Carstens	Markus	Team ENERCON	1976	2014	00:50:32	00:45:58	00:56:55	(00:46:11)	00:59:19	00:52:00	04:24:44	00:04:47	38	M30	77	6
447	Aeilts	Matthias	TSV Hesel	1968	2014	00:50:37	00:46:29	00:56:46	(00:45:36)	00:58:03	00:52:50	04:24:45	00:04:47	46	M40	135	6
448	Pilney	Bettina	DLRG Leer	1962	2014	00:47:24	00:44:11	01:05:49	(00:46:48)	00:56:40	00:50:47	04:24:51	00:04:47	52	W50	5	6
449	Strasser	Carsten	Firrel	1968	2014	00:51:16	00:46:08	00:56:34	(00:46:24)	00:58:24	00:52:31	04:24:53	00:04:47	46	M40	136	6
450	Klaassen	Jens	LG Glave Gruppe	1987	2014	00:50:05	00:44:29	00:54:58	(00:44:04)	01:03:46	00:51:37	04:24:55	00:04:47	27	MHK	66	6
451	Greis	Heike	LSF Oldenburg	1965	2014	00:50:34	00:46:45	00:57:05	(00:46:42)	00:58:27	00:52:06	04:24:57	00:04:47	49	W40	8	6
452	Bratz	Helmut	Ubbo-Emmius-Klinik	1953	2014	00:51:08	00:45:56	00:57:11	(00:46:16)	00:58:37	00:52:07	04:24:59	00:04:47	61	M60	7	6
453	Baumann	Marion	TuS Zetel	1971	2014	00:50:00	00:46:12	00:57:44	(00:46:17)	00:58:36	00:52:28	04:25:00	00:04:47	43	W40	9	6
454	Goos	Anja	Emder LG	1972	2014	00:48:54	00:45:55	00:58:48	(00:46:21)	00:58:53	00:52:33	04:25:03	00:04:47	42	W40	10	6
455	Gärtner	Axel	FeG Aurich	1969	2014	00:47:49	00:44:28	00:53:51	(00:43:47)	00:54:54	01:04:03	04:25:05	00:04:47	45	M40	137	6
456	Franken	Maiko	Reederei Buss	1979	2014	00:50:47	00:45:56	00:56:40	(00:46:36)	00:59:08	00:52:35	04:25:06	00:04:47	35	W30	9	6
457	Schulz	Michael	Gassco Vikings	1967	2014	00:51:20	00:46:43	00:56:27	(00:46:40)	00:58:51	00:51:55	04:25:16	00:04:47	47	M40	138	6
458	Wiegens	Ulrich	TuS Eintracht Hinte	1955	2014	00:50:31	00:46:42	00:57:14	(00:46:25)	00:58:42	00:52:09	04:25:18	00:04:47	59	M50	75	6
459	Brüsehoff	Wichert	TV Oldersum	1966	2014	00:50:31	00:47:08	00:56:52	(00:47:05)	00:57:38	00:53:12	04:25:21	00:04:47	48	M40	139	6
460	Klöver	Günther	BV Akelsbarg	1983	2014	00:51:18	00:46:26	00:57:09	(00:47:12)	00:59:30	00:50:59	04:25:22	00:04:47	31	M30	78	6
461	Janssen	Nanno	Fortuna Logabirum	1967	2014	00:51:45	00:45:46	00:56:38	(00:46:07)	00:59:43	00:51:34	04:25:26	00:04:47	47	M40	140	6
462	Taaks	Michael	TV Moormerland	1978	2014	00:50:17	00:46:47	00:56:49	(00:46:44)	00:59:45	00:51:51	04:25:29	00:04:48	36	M30	79	6
463	Janssen	Stefan	obw Emden	1981	2014	00:50:36	00:45:56	00:57:29	(00:45:24)	00:59:32	00:51:57	04:25:30	00:04:48	33	M30	80	6
464	Ottjes	Uwe	Team Möbel Buss	1966	2014	00:50:15	00:47:41	00:58:01	(00:46:53)	00:59:01	00:50:33	04:25:31	00:04:48	48	M40	141	6
465	Duhlies	Frank	Du-It Dienstleistungen	1960	2014	00:50:15	00:46:48	00:57:14	(00:46:56)	00:58:42	00:52:32	04:25:31	00:04:48	54	M50	76	6
466	Barth	Andreas	Elektro Barth	1975	2014	00:50:39	00:46:18	00:57:03	(00:47:34)	00:59:36	00:52:03	04:25:39	00:04:48	39	M30	81	6
467	Schoone	Jens	Bohlen & Doyen	1976	2014	00:51:27	00:46:08	00:56:14	(00:46:54)	00:59:52	00:51:59	04:25:40	00:04:48	38	M30	82	6
468	Wellendorf	Tom	Klinikum Emden GgmbH	1999	2014	00:53:51	00:46:08	00:57:21	(00:40:56)	00:57:07	00:51:15	04:25:42	00:04:48	15	MU20	65	6
469	Reiners	Timm	Gymnasium Ulricianum	1999	2014	00:49:16	00:45:48	00:56:13	(00:46:20)	01:01:48	00:52:38	04:25:43	00:04:48	15	MU20	66	6
470	Saathoff	Katharina	FCSO	2000	2014	00:51:36	00:47:02	00:56:34	(00:45:16)	00:59:16	00:51:20	04:25:48	00:04:48	14	WU20	5	6
471	Uffenbrink	Kai	NIGE	2000	2014	00:54:35	00:45:53	00:55:57	(00:44:18)	00:59:30	00:49:55	04:25:50	00:04:48	14	MU20	67	6
472	van Jinnelt	Anita	mtv hohenkirchen	1965	2014	00:51:39	00:47:05	00:57:42	(00:46:34)	00:57:52	00:51:36	04:25:54	00:04:48	49	W40	11	6
473	Harms	Marco	Gymnasium Ulricianum	1999	2014	00:52:40	00:45:29	00:56:36	(00:45:28)	01:00:00	00:51:11	04:25:56	00:04:48	15	MU20	68	6
474	Cordes	Carsten	TRAUCO Gruppe	1995	2014	00:50:34	00:46:05	00:56:04	(00:44:53)	01:02:10	00:51:05	04:25:58	00:04:48	19	MU20	69	6
475	Röttger	Moritz	IGS Aurich-West	1999	2014	00:51:34	00:46:21	00:56:36	(00:45:18)	01:00:39	00:50:52	04:26:02	00:04:48	15	MU20	70	6
476	Böhlend	Kay	Sonntagsläufer Wechlo	1965	2014	00:53:22	00:45:42	00:56:15	(00:46:04)	00:58:50	00:51:55	04:26:04	00:04:48	49	M40	142	6
477	Günther	Alwin	SVO Wi sünd Holtriem	1973	2014	00:50:17	00:45:55	00:57:36	(00:46:40)	00:59:19	00:52:58	04:26:05	00:04:48	41	M40	143	6
478	Heckhoff	Andreas	Borromäus-Hospital Lee	1964	2014	00:50:38	00:46:10	00:57:35	(00:47:00)	00:59:24	00:52:24	04:26:11	00:04:48	50	M50	77	6
479	Frick	Marvin	NIGE	1998	2014	00:51:26	00:46:09	00:55:56	(00:44:55)	00:59:46	00:53:00	04:26:17	00:04:48	16	MU20	71	6
480	Borens	Stefan	Team ENERCON	1985	2014	00:55:34	00:46:10	00:56:31	(00:44:32)	00:57:39	00:50:23	04:26:17	00:04:48	29	MHK	67	6
481	Blaurock	Andreas	obw Emden	1968	2014	00:52:31	00:46:59	00:56:17	(00:46:43)	00:59:04	00:51:33	04:26:24	00:04:49	46	M40	144	6
482	Siemens	Hermann	Hammelwarter Sprinter	1967	2014	00:50:43	00:46:19	00:57:54	(00:46:13)	00:58:39	00:52:50	04:26:25	00:04:49	47	M40	145	6
483	Steffens	Viola	Emder LG	1975	2014	00:50:47	00:46:50	00:57:24	(00:47:05)	00:58:57	00:52:33	04:26:31	00:04:49	39	W30	10	6
484	Fleißner	Jochen	Klinikum Emden GgmbH	1965	2014	00:52:14	00:46:14	00:57:11	(00:45:59)	00:58:57	00:52:02	04:26:38	00:04:49	49	M40	146	6
485	Rogga	Markus	Störtebeker Loopers TV	1977	2014	00:50:15	00:46:03	00:57:39	(00:46:42)	01:00:14	00:52:30	04:26:41	00:04:49	37	M30	83	6
486	Fröhling	Klaus	Volkswagen Emden	1972	2014	00:50:40	00:46:39	00:57:14	(00:46:04)	01:00:10	00:51:59	04:26:42	00:04:49	42	M40	148	6
487	Frey	Stefan	Team ENERCON	1973	2014	00:52:02	00:46:54	00:56:23	(00:46:11)	00:59:26	00:51:57	04:26:42	00:04:49	41	M40	147	6
488	Simmering	Tobias	KBV Mullberg	1998	2014	00:50:40	00:45:10	00:56:40	(00:48:03)	01:00:30	00:53:44	04:26:44	00:04:49	16	MU20	72	6
489	Habben	Berend	Wybelsum	1960	2014	00:51:13	00:46:51	00:57:03	(00:46:42)	00:59:21	00:52:18	04:26:46	00:04:49	54	M50	78	6
490	Büscher	Johann	Büsches	1968	2014	00:50:53	00:46:57	00:58:02	(00:46:35)	00:59:08	00:51:50	04:26:50	00:04:49	46	M40	149	6
491	Frey	Christian	Perior	1982	2014	00:50:34	00:46:15	00:56:59	(00:46:								

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
498	Grübner	Tim	Sparkasse Aurich-Nord	1975	2014	00:51:28	00:46:37	00:57:29	(00:45:56)	00:59:14	00:52:21	04:27:09	00:04:49	39	M30	86	6
499	Janssen	Nanno	UEG Leer	1998	2014	00:51:23	00:46:38	00:56:18	(00:46:39)	01:00:19	00:52:36	04:27:14	00:04:49	16	MU20	74	6
500	Saathoff	Jann	Ludwigsdorf	1991	2014	00:50:00	00:46:15	00:58:06	(00:46:38)	01:00:27	00:52:26	04:27:14	00:04:49	23	MHK	68	6
501	Reemts	Stefan	SV Warsingsfehn	1982	2014	00:50:52	00:47:20	00:58:11	(00:46:53)	00:57:56	00:52:57	04:27:16	00:04:49	32	M30	87	6
502	Reil	Stephan	Lauffreud TuS Eversten	1967	2014	00:50:37	00:46:52	00:57:02	(00:47:24)	01:00:04	00:52:41	04:27:16	00:04:49	47	M40	153	6
503	Janssen	Geroald	Team ENERCON	1966	2014	00:49:50	00:46:51	00:57:58	(00:46:59)	00:59:58	00:52:41	04:27:18	00:04:49	48	M40	154	6
504	Schlachter	Manfred	traba-team	1978	2014	00:51:29	00:47:03	00:57:50	(00:47:17)	00:59:07	00:51:50	04:27:19	00:04:50	36	M30	88	6
505	Schubert	Manfred	LLT Wallernhausen	1949	2014	00:50:36	00:47:12	00:58:29	(00:47:24)	00:58:36	00:52:26	04:27:19	00:04:50	65	M60	8	6
506	Herd	Fabian	IGS Waldschule Egels	2002	2014	00:51:08	00:46:37	00:55:47	(00:44:17)	01:01:02	00:52:47	04:27:21	00:04:50	12	MU20	75	6
507	Fockens	Jan	Jantjes Team	1982	2014	00:52:29	00:47:12	00:57:13	(00:46:36)	00:58:51	00:51:36	04:27:21	00:04:50	32	M30	89	6
508	Bley	Stefan	Sachverständigenbüro	1994	2014	00:51:10	00:46:29	00:57:01	(00:46:43)	01:00:09	00:52:36	04:27:25	00:04:50	20	MHK	69	6
509	Koop	Stefan	Team ENERCON	1983	2014	00:51:06	00:46:47	00:57:15	(00:47:00)	00:59:41	00:52:41	04:27:30	00:04:50	31	M30	90	6
510	Bloem	Günter	vfl viktorija flachsmeer	1984	2014	00:51:30	00:47:06	00:57:41	(00:47:18)	00:58:43	00:52:34	04:27:34	00:04:50	30	M30	91	6
511	Schäfer	Marco Julian	Manitowoc Runners	1992	2014	00:49:40	00:45:52	00:57:28	(00:45:55)	01:00:45	00:53:53	04:27:38	00:04:50	22	MHK	70	6
512	Tabbert	Frank	Gassco Vikings	1965	2014	00:51:18	00:46:57	00:58:20	(00:46:39)	00:58:54	00:52:14	04:27:43	00:04:50	49	M40	155	6
513	Willems	Horst	Jennett	1969	2014	00:50:54	00:47:40	00:57:53	(00:47:20)	00:58:21	00:52:57	04:27:45	00:04:50	45	M40	156	6
514	Weber	Mirko	Team BÖWE	1990	2014	00:49:07	00:46:53	00:59:33	(00:45:31)	00:59:38	00:52:39	04:27:50	00:04:50	24	MHK	71	6
515	Biller	Hilko	Ludwigsdorf	1988	2014	00:49:51	00:46:20	00:58:00	(00:44:18)	01:02:07	00:51:33	04:27:51	00:04:50	26	MHK	72	6
516	Walczak	Jacek	ORGADATA AG	1982	2014	00:51:59	00:47:23	00:57:31	(00:47:02)	00:59:01	00:51:58	04:27:52	00:04:50	32	M30	92	6
517	Kruse	Frank	VW Emden	1979	2014	01:05:00	00:44:32	00:53:59	(00:43:42)	00:55:31	00:48:51	04:27:53	00:04:50	35	M30	93	6
518	Ebel	Carsten	Emden	1966	2014	00:51:46	00:47:02	00:56:34	(00:46:37)	01:00:18	00:52:13	04:27:53	00:04:50	48	M40	157	6
519	Otten	Hajo	TuS Zetel	1968	2014	00:52:00	00:47:26	00:57:08	(00:47:36)	00:59:34	00:51:45	04:27:53	00:04:50	46	M40	158	6
520	Wilken	Anja	LG Uplengen	1970	2014	00:50:36	00:47:03	00:58:26	(00:46:59)	00:58:39	00:53:18	04:28:02	00:04:50	44	W40	12	6
521	Eger	Sieghard	Wald- und Feldläufer	1968	2014	00:50:32	00:45:50	00:55:33	(00:45:04)	00:57:54	00:58:14	04:28:03	00:04:50	46	M40	159	6
522	Schultz	Heinz	VfR Heisfelde	1949	2014	00:50:13	00:47:10	00:58:21	(00:48:15)	00:59:34	00:52:48	04:28:06	00:04:50	65	M60	9	6
523	Kramer	Manfred	LG Werder-Ossis	1962	2014	00:50:15	00:46:37	00:57:01	(00:46:55)	01:00:37	00:53:40	04:28:10	00:04:50	52	M50	80	6
524	Lüken	Ehrenfried	ABW Richthofen	1964	2014	00:51:03	00:46:46	00:57:34	(00:46:53)	00:59:28	00:53:20	04:28:11	00:04:50	50	M50	81	6
525	Krawietz	Miriam	Emder LG	1977	2014	00:51:10	00:45:56	00:57:53	(00:47:31)	01:00:32	00:52:41	04:28:12	00:04:50	37	W30	11	6
526	Bock	Kathrin	Graf Anton Günther Sch	1987	2014	00:50:40	00:47:17	00:57:02	(00:47:44)	01:00:11	00:53:09	04:28:19	00:04:51	27	WHK	4	6
527	Van Thai	Anh	WfbM BBB Aurich Wittr	1972	2014	00:53:21	00:47:24	00:57:46	(00:46:18)	00:58:18	00:51:32	04:28:21	00:04:51	42	M40	160	6
528	Bruns	Jan-Uwe	MAN-Service	1972	2014	00:52:47	00:46:39	00:57:22	(00:46:45)	00:59:47	00:51:57	04:28:32	00:04:51	42	M40	161	6
529	Baumann	Hermann	Klinikum Emden Ggmb	1970	2014	00:50:57	00:46:58	00:57:32	(00:46:55)	01:00:21	00:52:59	04:28:47	00:04:51	44	M40	162	6
530	Aderhold	Holger	Team ENERCON	1970	2014	00:50:31	00:46:41	00:58:07	(00:47:29)	00:59:40	00:53:51	04:28:50	00:04:51	44	M40	163	6
531	Hanssen	Heyo	SC Wiesens	1961	2014	00:50:05	00:46:33	00:58:31	(00:47:27)	01:00:29	00:53:14	04:28:52	00:04:51	53	M50	82	6
532	Gronewold	Elke	TV Norden	1967	2014	00:50:30	00:46:51	00:57:56	(00:47:28)	00:59:51	00:53:49	04:28:57	00:04:51	47	W40	13	6
533	Janssen	Sandra	LSF Oldenburg	1984	2014	00:49:48	00:46:15	00:57:38	(00:46:53)	01:01:17	00:54:00	04:28:58	00:04:51	30	W30	12	6
534	Agena	Lukas	HTG Ihlow	2000	2014	00:51:40	00:44:37	00:57:31	(00:46:28)	01:03:08	00:52:05	04:29:01	00:04:51	14	MU20	76	6
535	Fellenberg	Dirk	Team Atemnot	1984	2014	00:50:58	00:44:13	00:58:19	(00:47:30)	01:01:02	00:54:33	04:29:05	00:04:51	30	M30	94	6
536	Daniel	Arne	Hochschule Emden	1992	2014	00:52:02	00:44:15	00:53:47	(00:51:01)	01:01:53	00:57:08	04:29:05	00:04:51	22	MHK	73	6
537	Nobel	Benjamin	BBC Chartering	1986	2014	00:48:13	00:52:21	00:54:35	(00:50:17)	00:55:46	00:58:11	04:29:06	00:04:51	28	MHK	74	6
538	Glamann	Graff	TV Norden	1965	2014	00:51:17	00:47:04	00:57:08	(00:46:36)	01:00:16	00:53:28	04:29:13	00:04:52	49	M40	164	6
539	Müller	Gerrit	Team Möbel Buss	1961	2014	00:52:48	00:47:42	00:58:00	(00:46:53)	00:59:04	00:51:49	04:29:23	00:04:52	53	M50	83	6
540	Harms	Jörg	Schüt-Duis	1965	2014	00:51:10	00:47:08	00:57:52	(00:47:22)	00:59:58	00:53:16	04:29:24	00:04:52	49	M40	165	6
541	Bussen	Udo	EWE-Wattloopers	1988	2014	00:51:23	00:47:06	00:57:23	(00:47:25)	01:00:23	00:53:10	04:29:25	00:04:52	26	MHK	75	6
542	Reemts	Sven	OFD Nds. LBV Aurich	1991	2014	00:50:29	00:46:53	00:59:14	(00:47:22)	00:59:53	00:53:01	04:29:30	00:04:52	23	MHK	76	6
543	Franken	Uwe	Polizei Aurich	1976	2014	00:52:40	00:44:36	00:59:02	(00:48:05)	01:00:16	00:52:59	04:29:33	00:04:52	38	M30	95	6
544	Bolte	Thomas	EWE-Wattloopers	1965	2014	00:51:22	00:47:04	00:57:36	(00:47:25)	01:00:22	00:53:10	04:29:34	00:04:52	49	M40	166	6
545	Renken	Manfred	Störtebeker Loopers TV	1958	2014	00:51:24	00:47:14	00:58:29	(00:47:38)	00:59:32	00:52:58	04:29:37	00:04:52	56	M50	84	6
546	de Boer	Wilhelm	SV Dornum	1961	2014	00:50:20	00:46:51	00:58:29	(00:48:16)	01:00:36	00:53:35	04:29:51	00:04:52	53	M50	85	6
547	Sandersfeld	Johann	LG Uplengen	1955	2014	00:51:10	00:46:44	00:57:51	(00:48:00)	01:01:09	00:52:58	04:29:52	00:04:52	59	M50	86	6
548	Janssen	Christoff	de Heizungsloopers	1993	2014	00:54:04	00:48:49	00:57:34	(00:45:14)	00:58:56	00:50:33	04:29:56	00:04:52	21	MHK	77	6
549	Dettmer	Thorsten	Leinerstift e.V.	1965	2014	00:51:12	00:47:30	00:58:38	(00:47:45)	00:59:29	00:53:07	04:29:56	00:04:52	49	M40	167	6
550	Thoben	Femke	Klinikum Leer	1993	2014	00:51:19	00:47:24	00:58:23	(00:47:43)	01:00:12	00:52:39	04:29:57	00:04:52	21	WHK	5	6
551	Martens	Michael	Team ENERCON	1982	2014	00:50:48	00:46:49	00:57:24	(00:46:50)	01:00:58	00:54:02	04:30:01	00:04:52	32	M30	96	6
552	John	Detlef	Team ENERCON	1969	2014	00:51:07	00:47:27	00:57:52	(00:47:31)	01:00:27	00:53:18	04:30:11	00:04:53	45	M40	168	6
553	Glanzer	Elfriede	SVO Wi sünd Holtriem	1961	2014	00:51:51	00:47:21	00:58:24	(00:47:33)	00:59:22	00:53:20	04:30:18	00:04:53	53	W50	6	6
554	Watermeyer	Stephan		1962	2014	00:52:27	00:47:16	00:58:08	(00:46:59)	01:00:11	00:52:31	04:30:33	00:04:53	52	M50	87	6
555	Wachtendorf	Thomas	MTV Aurich	1965	2014	00:51:18	00:46:59	00:57:45	(00:48:10)	01:01:04	00:53:29	04:30:35	00:04:53	49	M40	169	6
556	Lümken	Matthias		1984	2014	00:50:29	00:46:56	00:58:46	(00:48:11)	01:01:03	00:53:25	04:30:39	00:04:53	30	M30	97	6
557	Dickmann	Norbert	Nordland Papier	1968	2014	00:51:22	00:47:15	00:58:48	(00:46:51)	00:59:50	00:53:26	04:30:41	00:04:53	46	M40	170	6
558	Gerdes	Stephan	Bau-Oldie	1970	2014	00:51:05	00:46:18	00:57:10	(00:46:28)	01:00:01	00:56:15	04:30:49	00:04:53	44	M40	171	6
559	Gross	Peter	Emden	1968	2014	00:52:35	00:47:23	00:58:01	(00:46:38)	01:00:16	00:52:42	04:30:57	00:04:53	46	M40	172	6
560	Albers	Jürgen	Klinikum Leer	1969	2014	00:51:59	00:48:10	00:57:15	(00:46:25)	01:00:49	00:52:48	04:31:01	00:04:54	45	M40	173	6
561	Janssen	Jann Bruno	Sportpark Tannenhaus	1993	2014	00:52:45	00:47:03	00:56:31	(00:45:14)	01:02:48	00:51:54	04:31:01	00:04:54	21	MHK	78	6
562	Michaelsen	Finn	FCSO	1999	2014	00:54:41	00:47:29	00:57:59	(00:47:08)	01:00:19	00:50:33	04:31:0					



# 33. Ostfrieslandlauf 2014

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
569	Nagel	Hermann	SV Concordia Neermoc	1956	2014	00:50:46	00:47:02	00:57:58	(00:47:19)	01:01:32	00:54:02	04:31:20	00:04:54	58	M50	90	6
570	Eichhorn	Tobias	ABW Richthofen	1983	2014	00:51:58	00:46:57	00:58:39	(00:46:32)	01:00:26	00:53:22	04:31:22	00:04:54	31	M30	98	6
571	Freeseemann	Gerhold	TuRa 07 Westrhauerfe	1964	2014	00:50:37	00:46:58	00:58:23	(00:47:07)	01:01:57	00:53:35	04:31:30	00:04:54	50	M50	91	6
572	Emken	Nico	LG Großefehn	1997	2014	00:53:02	00:48:13	00:57:44	(00:45:50)	00:59:14	00:53:17	04:31:30	00:04:54	17	MU20	78	6
573	Jäckle	Tobias	Krankenhaus Wittmund	1978	2014	00:52:17	00:47:36	00:58:39	(00:47:34)	00:59:29	00:53:30	04:31:31	00:04:54	36	M30	99	6
574	Brahms	Steffi	LT TuS Aurich-Ost	1974	2014	00:52:03	00:47:59	00:58:44	(00:47:36)	00:59:59	00:52:47	04:31:32	00:04:54	40	W40	14	6
575	Witten	Bernhard	Leda Gruppe	1952	2014	00:50:43	00:45:51	00:59:26	(00:47:16)	01:03:15	00:52:17	04:31:32	00:04:54	62	M60	10	6
576	Tunder	Garrell	SC Wissens	1955	2014	00:50:56	00:48:06	00:59:09	(00:48:56)	00:59:14	00:54:16	04:31:41	00:04:54	59	M50	92	6
577	Friedrichs	Marten	IGS Waldschule Egels	1999	2014	00:55:57	00:47:58	00:57:47	(00:47:12)	00:59:25	00:50:39	04:31:46	00:04:54	15	MU20	79	6
578	Hoek	Rainer	AXA Center Hoek	1978	2014	00:52:28	00:47:19	00:58:23	(00:47:10)	01:00:16	00:53:22	04:31:48	00:04:54	36	M30	100	6
579	Jever	Karlheinz	Emder LG	1964	2014	00:50:46	00:47:11	00:57:58	(00:48:52)	01:01:07	00:54:50	04:31:52	00:04:54	50	M50	93	6
580	Sprenger	Robert	LSF Oldenburg	1962	2014	00:51:05	00:47:19	00:58:18	(00:48:03)	01:00:45	00:54:26	04:31:53	00:04:54	52	M50	94	6
581	Janßen	Gerd	Bohlen & Doyen	1968	2014	00:51:37	00:47:30	00:57:42	(00:47:45)	01:00:20	00:54:45	04:31:54	00:04:54	46	M40	177	6
582	Schmidt	Jochen	WfbM BBB Aurich Wittr	1971	2014	00:53:21	00:48:40	00:57:47	(00:47:40)	00:58:54	00:53:14	04:31:56	00:04:55	43	M40	178	6
583	Concheiro	Kai	Emder LG	1985	2014	00:51:48	00:47:51	00:58:08	(00:46:45)	01:01:20	00:52:51	04:31:58	00:04:55	29	MHK	79	6
584	Schacha	Dirk	ORGADATA AG	1971	2014	00:51:10	00:47:15	00:57:29	(00:47:26)	01:02:09	00:54:00	04:32:03	00:04:55	43	M40	179	6
585	Rumpf	Bernhard	Weener/Holthuserheide	1966	2014	00:52:47	00:48:22	00:59:13	(00:47:45)	00:59:12	00:52:33	04:32:07	00:04:55	48	M40	180	6
586	Meenken	Mareke	MaJa-Team	1962	2014	00:51:36	00:47:32	00:58:20	(00:47:57)	01:00:58	00:53:43	04:32:09	00:04:55	52	W50	7	6
587	Rietman	Karin	SVO Wi sünd Holtriem	1971	2014	00:52:24	00:46:59	00:58:33	(00:47:40)	01:00:59	00:53:14	04:32:09	00:04:55	43	W40	15	6
588	Flachowsky	Elia	Kdo SES	1990	2014	00:54:11	00:47:38	00:57:22	(00:46:02)	01:00:18	00:52:46	04:32:15	00:04:55	24	MHK	80	6
589	Harberts	Lothar	ELV Elektronik AG	1974	2014	00:51:58	00:47:51	00:58:02	(00:48:50)	01:01:13	00:53:25	04:32:29	00:04:55	40	M40	181	6
590	de Vries	Heino	N-Ports Emden	1974	2014	00:51:58	00:47:22	00:58:14	(00:48:12)	01:01:14	00:53:43	04:32:31	00:04:55	40	M40	182	6
591	Ruhr	Stefan	Feuerwehr Suurhusen	1976	2014	00:52:35	00:47:23	00:59:35	(00:47:32)	01:00:17	00:52:42	04:32:32	00:04:55	38	M30	101	6
592	Warsing	Udo	LEDA Feurige Welten	1971	2014	00:52:54	00:48:37	00:59:12	(00:47:52)	00:59:30	00:52:29	04:32:42	00:04:55	43	M40	183	6
593	Cramer	Frank	Spetzerfehn	1975	2014	00:53:11	00:47:42	00:59:06	(00:46:47)	00:58:50	00:53:54	04:32:43	00:04:55	39	M30	102	6
594	Oetter	Detlef		1964	2014	00:52:48	00:47:48	00:59:30	(00:47:33)	00:59:28	00:53:09	04:32:43	00:04:55	50	M50	95	6
595	Sporré	Jürgen	Evang.-reform. Kirche	1955	2014	00:51:50	00:47:07	00:57:58	(00:47:38)	01:01:02	00:54:46	04:32:43	00:04:55	59	M50	96	6
596	Brandt	Michael	IGS Waldschule Egels	1984	2014	00:53:39	00:47:26	00:58:40	(00:49:04)	01:00:21	00:52:41	04:32:47	00:04:55	30	M30	103	6
597	Beek	Hannes	KGS Wiesmoor	1998	2014	00:57:07	00:45:08	00:56:35	(00:43:23)	01:00:24	00:53:43	04:32:57	00:04:56	16	MU20	80	6
598	Müller	Lothar	Onkologie Leer - Emde	1961	2014	00:52:28	00:47:45	00:58:47	(00:47:47)	01:00:12	00:53:45	04:32:57	00:04:56	53	M50	97	6
599	Schröder	Kristina	IGS Aurich-West	1997	2014	00:52:32	00:46:33	00:59:04	(00:47:50)	01:01:18	00:53:31	04:32:58	00:04:56	17	WU20	7	6
600	Buse	Rudi	H.-D.Heuermann GmbH	1967	2014	00:50:20	00:47:32	00:59:49	(00:47:36)	01:00:51	00:54:28	04:33:00	00:04:56	47	M40	184	6
601	de Buhr	Frank	TuS Westerende	1971	2014	00:53:13	00:48:11	00:58:44	(00:47:51)	00:59:30	00:53:24	04:33:02	00:04:56	43	M40	185	6
602	Goldenstein	Mark	Onno Behrends GmbH	1981	2014	00:54:28	00:47:23	00:57:49	(00:48:30)	01:00:14	00:53:08	04:33:02	00:04:56	33	M30	104	6
603	Jacobs	Sven	Gymnasium Ulricianum	2001	2014	00:51:55	00:47:55	00:58:57	(00:48:38)	01:01:25	00:52:53	04:33:05	00:04:56	13	MU20	81	6
604	Jacobs	Andreas	Polizei Aurich / MTV Au	1972	2014	00:51:54	00:47:55	00:58:57	(00:48:39)	01:01:26	00:52:54	04:33:06	00:04:56	42	M40	186	6
605	Engels	Jarno	Malermeister Franko Er	2003	2014	00:51:51	00:47:20	00:58:07	(00:47:44)	01:01:18	00:54:30	04:33:06	00:04:56	11	MU20	82	6
606	Graf	Hauke	Watt'n Looper SV Dorn	1996	2014	00:52:37	00:47:23	00:58:22	(00:47:32)	01:01:57	00:52:49	04:33:08	00:04:56	18	MU20	83	6
607	Scheepker	Alfred	TV Norden	1954	2014	00:52:58	00:48:30	00:58:35	(00:48:00)	00:59:05	00:54:03	04:33:11	00:04:56	60	M60	11	6
608	Gerbers	Steffen	Gerbers & Gerbers	1986	2014	00:53:24	00:47:59	00:58:39	(00:47:44)	01:00:11	00:53:06	04:33:19	00:04:56	28	MHK	81	6
609	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2014	00:52:46	00:48:06	00:59:10	(00:48:46)	01:00:08	00:53:12	04:33:22	00:04:56	44	W40	16	6
610	Maskus	Arne	Seefahrtsschule Leer	1991	2014	00:52:15	00:46:45	00:57:09	(00:47:35)	01:02:03	00:55:12	04:33:24	00:04:56	23	MHK	82	6
611	Zimmermann	Reiner		1975	2014	00:51:23	00:47:33	00:59:45	(00:48:44)	01:01:01	00:53:42	04:33:24	00:04:56	39	M30	105	6
612	Schuurmann	Jens	IGS Aurich-West	1996	2014	00:56:18	00:48:01	00:59:38	(00:47:31)	00:57:24	00:52:04	04:33:25	00:04:56	18	MU20	84	6
613	Reimann	Klaus	Nordland Papier	1968	2014	00:47:10	00:57:25	00:51:32	(00:41:54)	00:52:33	01:04:51	04:33:31	00:04:56	46	M40	187	6
614	Feimann	Johannes	Nordland Papier	1966	2014	00:51:48	00:48:17	00:58:17	(00:48:35)	01:00:59	00:54:14	04:33:35	00:04:56	48	M40	188	6
615	Eden	Jelde	Oberschule Westerholt	1997	2014	00:55:38	00:46:49	00:55:55	(00:46:14)	01:01:12	00:54:01	04:33:35	00:04:56	17	MU20	85	6
616	Weelborg	Stefan	Physio Aktiv Rhauerfe	1987	2014	00:52:59	00:49:43	00:59:36	(00:47:22)	01:00:13	00:51:06	04:33:37	00:04:56	27	MHK	83	6
617	Holzschläger	Heiko	FC Stern Völlenerfehn	1986	2014	00:52:15	00:47:36	00:58:43	(00:48:08)	01:00:46	00:54:17	04:33:37	00:04:56	28	MHK	84	6
618	Marquardt	Karlo	PuMaKG	1979	2014	00:53:08	00:47:08	00:58:30	(00:47:46)	01:01:44	00:53:10	04:33:40	00:04:56	35	M30	106	6
619	Dobler	Marc	TG Wiesmoor	1979	2014	00:51:26	00:47:23	00:58:12	(00:47:51)	01:02:37	00:54:02	04:33:40	00:04:56	35	M30	107	6
620	Holl	Aike		1942	2014	00:53:36	00:48:33	00:58:26	(00:46:25)	00:59:16	00:53:51	04:33:42	00:04:56	72	M70	1	6
621	Heeren	Adrian	ABW Richthofen	1995	2014	00:51:55	00:48:35	00:58:40	(00:47:15)	01:01:12	00:53:21	04:33:43	00:04:56	19	MU20	86	6
622	Nissen	Frank	LT TuS Aurich-Ost	1961	2014	00:51:33	00:47:34	00:58:19	(00:47:26)	01:02:27	00:53:51	04:33:44	00:04:56	53	M50	98	6
623	Stahlberg	Michael	Pylonen-Peter	1975	2014	00:48:49	00:44:37	00:54:34	(00:44:20)	00:57:15	01:08:30	04:33:45	00:04:56	39	M30	108	6
624	Seitz	Jonny	Nordland Papier	1965	2014	00:52:22	00:49:25	00:59:53	(00:00:00)	00:59:02	00:53:05	04:33:47	00:04:57	49	M40	189	6
625	Reineck	Max	FC SO	1996	2014	00:52:19	00:48:24	01:01:03	(00:00:00)	01:00:16	00:51:54	04:33:56	00:04:57	18	MU20	87	6
626	Pupkes	Gerhard	PuMaKG	1967	2014	00:53:09	00:47:13	00:58:58	(00:47:35)	01:00:56	00:53:43	04:33:59	00:04:57	47	M40	190	6
627	Janßen	Stephan	TTC Remels	1973	2014	00:48:49	00:44:15	01:05:56	(00:43:56)	00:54:49	01:00:15	04:34:04	00:04:57	41	M40	191	6
628	Brauer	Siegfried	WfbM BBB Aurich Wittr	1958	2014	00:53:22	00:47:25	00:57:58	(00:47:13)	01:02:01	00:53:19	04:34:05	00:04:57	56	M50	99	6
629	Keiser	Andre	Seefahrtsschule Leer	1990	2014	00:53:47	00:49:44	00:57:11	(00:47:35)	01:00:17	00:53:09	04:34:08	00:04:57	24	MHK	85	6
630	Meyer	Andrea	Kdo SES	1981	2014	00:55:57	00:47:22	01:00:21	(00:53:30)	01:00:34	00:49:56	04:34:10	00:04:57	33	W30	13	6
631	Heyken	Wessel	LHV	1987	2014	00:54:08	00:47:48	00:58:08	(00:46:41)	01:00:09	00:54:01	04:34:14	00:04:57	27	MHK	86	6
632	Koch	Martin	Loga	1966	2014	00:51:46	00:47:48	00:58:39	(00:47:13)	01:02:05	00:54:02	04:34:20	00:04:57	48	M40	192	6
633	Alvermann	Wolfgang	BBS II Emden	1949	2014	00:52:14	00:48:10	00:									

**33. Ostfrieslandlauf 2014**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
640	Schoone	Matthias		1970	2014	00:53:26	00:47:41	01:01:07	(00:46:03)	01:00:28	00:52:12	04:34:54	00:04:58	44	M40	195	6
641	Meents	Enno	TUS Leerhafe/Hovel	1966	2014	00:52:23	00:48:12	00:58:59	(00:47:27)	01:01:34	00:53:48	04:34:56	00:04:58	48	M40	196	6
642	Lüpkes	Jörg	Aurich	1981	2014	00:53:21	00:46:28	00:57:21	(00:50:25)	01:03:29	00:54:19	04:34:58	00:04:58	33	M30	109	6
643	Tapper	Elmar	LG Ostfriesland	1979	2014	00:52:00	00:48:46	00:58:39	(00:48:20)	01:00:59	00:54:36	04:35:00	00:04:58	35	M30	110	6
644	Dreesmann	Jens	Kdo SES	1972	2014	00:54:25	00:48:01	00:58:49	(00:47:34)	01:00:43	00:53:05	04:35:03	00:04:58	42	M40	197	6
645	Tammen	Jan-Gerd	HTG Ihlow	1997	2014	00:51:35	00:48:50	00:58:58	(00:47:51)	01:03:08	00:52:32	04:35:03	00:04:58	17	MU20	88	6
646	Vollenweider	Alexander	Team ENERCON	1988	2014	00:53:39	00:48:10	01:00:11	(00:48:09)	01:00:02	00:53:03	04:35:05	00:04:58	26	MHK	88	6
647	Alberts-Tammena	Friso	Fortuna Wirdum	1972	2014	00:52:02	00:47:58	00:58:21	(00:46:50)	01:01:21	00:55:29	04:35:11	00:04:58	42	M40	198	6
648	Tammen	Friedo	Großsander	1976	2014	00:53:39	00:48:31	00:58:27	(00:48:05)	01:00:45	00:54:02	04:35:24	00:04:58	38	M30	111	6
649	Keiser	Johann	N-Cut24	1962	2014	00:53:27	00:48:33	00:59:24	(00:47:53)	01:00:09	00:53:51	04:35:24	00:04:58	52	M50	102	6
650	Engels	Franko	Malermesler Franko Er	1970	2014	00:52:08	00:47:33	00:58:32	(00:47:57)	01:01:29	00:55:43	04:35:25	00:04:58	44	M40	199	6
651	Taapken	Sönke	LG Großefehn	1998	2014	00:53:16	00:48:27	00:57:37	(00:47:56)	01:02:53	00:53:17	04:35:30	00:04:58	16	MU20	89	6
652	Schatt	Olaf	Turbine TGG	1967	2014	00:52:28	00:49:21	00:59:39	(01:00:02)	01:00:32	00:53:32	04:35:32	00:04:58	47	M40	200	6
653	Vesper	Sören	VW Emden	1975	2014	00:51:43	00:47:05	00:58:48	(00:49:02)	01:03:11	00:54:49	04:35:36	00:04:58	39	M30	112	6
654	Schuhmacher	Daniel	Strabag AG	1987	2014	00:52:24	00:47:14	01:01:10	(00:47:50)	01:00:20	00:54:32	04:35:40	00:04:59	27	MHK	89	6
655	Kiesé	Kersten	TuS Esens	1964	2014	00:52:22	00:47:48	00:58:53	(00:48:55)	01:01:27	00:55:12	04:35:42	00:04:59	50	M50	103	6
656	Seele	Rüdiger	Ostfriesische Brandkas	1965	2014	00:54:03	00:48:16	00:58:38	(00:49:06)	01:00:34	00:54:14	04:35:45	00:04:59	49	M40	201	6
657	Voß	Friedrich	Niedersachsen Ports	1961	2014	00:52:34	00:47:23	01:00:17	(00:48:31)	01:01:14	00:54:18	04:35:46	00:04:59	53	M50	104	6
658	Thörner	Klaus	obw Emden	1964	2014	00:52:48	00:48:31	00:58:50	(00:48:37)	01:00:50	00:54:49	04:35:48	00:04:59	50	M50	105	6
659	Wehming	Claudia	Stadt Oldenburg	1978	2014	00:51:13	00:46:05	01:03:38	(00:47:39)	01:00:32	00:54:22	04:35:50	00:04:59	36	W30	14	6
660	Bohlen	Mathias	Dekra Wilhelmshaven	1978	2014	00:51:49	00:47:54	00:59:57	(00:48:13)	01:02:50	00:53:22	04:35:52	00:04:59	36	M30	113	6
661	Kralisch	Carsten	LG TV Bunde	1966	2014	00:53:25	00:48:38	01:01:02	(00:48:14)	00:59:23	00:53:25	04:35:53	00:04:59	48	M40	202	6
662	Merker	Matthias	Gassco Vikings	1974	2014	00:52:16	00:48:32	00:59:45	(00:48:24)	01:01:26	00:54:04	04:36:03	00:04:59	40	M40	203	6
663	Gellmers	Ihno	FCSO	1996	2014	00:52:34	00:48:24	01:01:05	(00:47:36)	01:00:16	00:53:47	04:36:06	00:04:59	18	MU20	90	6
664	Pauw	Marek	Reederei Buss	1991	2014	00:54:57	00:51:03	01:02:31	(00:52:10)	00:57:26	00:50:11	04:36:08	00:04:59	23	MHK	90	6
665	Fleßner	Janka	HTG Ihlow	2001	2014	00:53:19	00:49:03	00:57:59	(00:45:01)	01:01:43	00:54:06	04:36:10	00:04:59	13	MU20	8	6
666	Claaßen	Achim	Ostfriesische Brandkas	1980	2014	00:51:28	00:47:16	00:58:25	(00:47:38)	01:01:32	00:57:31	04:36:12	00:04:59	34	M30	114	6
667	Doden	Peter	GeTek	1959	2014	00:54:05	00:48:42	00:58:38	(00:48:02)	01:01:11	00:53:41	04:36:17	00:04:59	55	M50	106	6
668	Krummwiede	Marc	Oldenburg	1970	2014	00:55:07	00:48:45	00:59:15	(00:48:31)	00:59:44	00:53:27	04:36:18	00:04:59	44	M40	204	6
669	Engels	Renko	Malermesler Engels	2000	2014	00:51:13	00:48:20	00:59:32	(00:48:10)	01:02:10	00:55:03	04:36:18	00:04:59	14	MU20	91	6
670	Keiser	Heidrun	LG Uplengen	1957	2014	00:52:06	00:48:42	00:59:54	(00:49:03)	01:00:43	00:54:57	04:36:22	00:04:59	57	M50	8	6
671	Post	Reinhard	SV Stern Schwerinsdor	1962	2014	00:53:50	00:47:57	00:58:31	(00:47:13)	01:02:15	00:53:54	04:36:27	00:04:59	52	W50	107	6
672	Fortmann	Peter	SG Egels-Popens	1966	2014	00:52:35	00:48:13	00:58:20	(00:47:41)	01:03:28	00:53:51	04:36:27	00:04:59	48	M40	205	6
673	Hayen	Simon	Alex.-v.-Humboldt-Schu	1998	2014	00:53:40	00:47:49	00:58:46	(00:47:47)	01:01:26	00:54:49	04:36:30	00:04:59	16	MU20	92	6
674	Zimmermann	Thorsten	Team ENERCON	1972	2014	00:53:15	00:48:39	00:59:13	(00:48:03)	01:01:55	00:53:30	04:36:32	00:04:59	42	M40	206	6
675	Gerhardt	Mario	LG Fliegerhorst Upjeve	1967	2014	00:51:37	00:47:24	00:58:26	(00:47:32)	01:03:15	00:55:58	04:36:40	00:05:00	47	M40	207	6
676	Tunde	Hartmut	MTV Aurich	1961	2014	00:51:21	00:47:41	00:58:06	(00:49:45)	01:04:50	00:54:43	04:36:41	00:05:00	53	M50	108	6
677	Hinrichs	Detert	Lauffreff Harlingerland	1970	2014	00:52:10	00:48:27	01:00:35	(00:48:34)	00:59:57	00:55:34	04:36:43	00:05:00	44	M40	208	6
678	de Jonge	Birgit	OFD Nds. LBV Aurich	1978	2014	00:52:09	00:48:13	00:59:13	(00:48:46)	01:01:41	00:55:29	04:36:45	00:05:00	36	W30	15	6
679	Foordten	Wilfried	TG Wiesmoor	1964	2014	00:51:54	00:48:03	00:58:59	(00:49:05)	01:02:10	00:55:41	04:36:47	00:05:00	50	M50	109	6
680	Suntken	Julian	TC Südbrookmerland	1993	2014	00:53:41	00:48:49	00:59:36	(00:48:06)	01:01:28	00:53:14	04:36:48	00:05:00	21	MHK	91	6
681	Baumann	Onno	Leinerstift e.V.	1968	2014	00:54:42	00:49:37	01:00:23	(00:47:59)	00:58:51	00:53:23	04:36:56	00:05:00	46	M40	209	6
682	Wölfel	Andreas	TV Norden	1981	2014	00:47:50	00:43:18	01:21:14	(00:44:27)	00:55:07	00:49:31	04:37:00	00:05:00	33	M30	115	6
683	Palm	Andree	Lücht & Palm	1975	2014	00:53:29	00:49:06	01:00:52	(00:49:00)	01:00:17	00:53:17	04:37:01	00:05:00	39	M30	116	6
684	Trauernicht	Anne	Intersport Peters Wiesn	1969	2014	00:51:39	00:48:31	00:59:42	(00:49:15)	01:01:55	00:55:21	04:37:08	00:05:00	45	W40	17	6
685	Zimmermann	Dirk	Gymnasium Ulricianum	1997	2014	00:51:21	00:46:32	00:58:02	(00:47:50)	01:05:28	00:55:45	04:37:08	00:05:00	17	MU20	93	6
686	Hamacher	Henning		1974	2014	00:52:33	00:47:34	00:57:54	(00:49:55)	01:04:20	00:54:49	04:37:10	00:05:00	40	M40	210	6
687	Gerdes	Arnim	Onno Behrends GmbH	1969	2014	00:51:16	00:47:23	00:57:50	(00:48:50)	01:05:14	00:55:28	04:37:11	00:05:00	45	M40	211	6
688	de Vries	Michael	Leif Support	1972	2014	00:50:36	00:45:48	00:56:56	(00:45:45)	01:07:14	00:56:38	04:37:12	00:05:00	42	M40	212	6
689	Eckardt	Andreas	Kdo SES	1985	2014	00:51:28	00:47:41	01:00:21	(00:47:59)	01:02:58	00:54:46	04:37:14	00:05:00	29	MHK	92	6
690	Knop	Thomas	Jade Hochschule	1967	2014	00:54:16	00:48:31	00:59:07	(00:48:05)	01:01:08	00:54:17	04:37:19	00:05:00	47	M40	213	6
691	Quiet-Beldyk	Petra	Stadt Oldenburg	1967	2014	00:52:06	00:48:30	01:01:51	(00:47:54)	01:00:32	00:54:25	04:37:24	00:05:00	47	W40	18	6
692	de Vries	Tido	ELV Elektronik AG	1987	2014	00:53:03	00:47:58	00:58:14	(00:48:20)	01:02:37	00:55:35	04:37:27	00:05:00	27	MHK	93	6
693	Scholz	Alfred	Emder LG	1953	2014	00:52:02	00:48:09	01:00:09	(00:48:29)	01:02:16	00:54:58	04:37:34	00:05:01	61	M60	13	6
694	Schuster	Remmer	LT Schafhauser Wald	1962	2014	00:52:19	00:48:25	00:59:11	(00:48:52)	01:02:23	00:55:16	04:37:34	00:05:01	52	M50	110	6
695	Gillesen	Thorben	FCSO	1997	2014	00:54:45	00:48:37	00:59:46	(00:47:16)	01:00:46	00:53:41	04:37:35	00:05:01	17	MU20	94	6
696	Tammen	Alfred	Team Bunting	1965	2014	00:53:03	00:49:04	00:58:58	(00:48:53)	01:01:58	00:54:35	04:37:38	00:05:01	49	M40	214	6
697	Omairi	Adnan	Team ENERCON	1981	2014	00:55:20	00:48:03	00:59:27	(00:47:35)	01:01:35	00:53:16	04:37:41	00:05:01	33	M30	117	6
698	Möhlmann	Sven	FCSO	1997	2014	00:54:51	00:48:38	00:59:45	(00:47:18)	01:00:47	00:53:43	04:37:44	00:05:01	17	MU20	95	6
699	Fischer	Helmuth	Störtebeker Loopers TV	1964	2014	00:51:24	00:47:48	00:58:33	(00:48:48)	01:03:52	00:56:09	04:37:46	00:05:01	50	M50	111	6
700	Engels-Bakker	Janke	Malermesler Franko Er	1974	2014	00:52:07	00:48:41	00:59:49	(00:48:09)	01:02:10	00:55:03	04:37:50	00:05:01	40	W40	19	6
701	Kohls	Nico	Sportschule Lanzendorf	1995	2014	00:55:42	00:49:15	00:59:26	(00:47:47)	01:01:32	00:51:58	04:37:53	00:05:01	19	MU20	96	6
702	Kopietz	Manuel	TRAUCO Gruppe	1996	2014	00:55:38	00:47:27	00:57:14	(00:47:52)	01:03:52	00:53:44	04:37:55	00:05:01	18	MU20	97	6
703	Hemken	Norbert	AOK Die Gesundheitsk	1972	2014	00:54:22	00:48:34	00:57:50	(00:49:47)	01:02:26	00:54:45	04:37:57	00:05:01	42	M40</		

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
711	Pflanzner	Hans	Alex.-v.-Humboldt-Schu	1954	2014	00:52:27	00:47:50	00:59:36	(00:48:29)	01:01:41	00:56:51	04:38:25	00:05:02	60	M60	14	6
712	Hagen	Wolfgang	HaGe	1967	2014	00:53:46	00:48:56	00:59:27	(00:48:16)	01:01:37	00:54:50	04:38:36	00:05:02	47	M40	218	6
713	Seeborg	Heinz-Dieter	Gymnasium Ulricianum	1962	2014	00:53:25	00:48:42	00:59:32	(00:49:15)	01:02:11	00:54:46	04:38:36	00:05:02	52	M50	113	6
714	Köiber	Richard	TV Norden	1966	2014	00:54:45	00:48:26	01:02:27	(00:47:58)	00:59:26	00:53:33	04:38:37	00:05:02	48	M40	219	6
715	Hoefler	Martin	Kdo SES	1988	2014	00:52:57	00:47:32	00:59:19	(00:47:56)	01:03:31	00:55:19	04:38:38	00:05:02	26	MHK	94	6
716	Heyen	Uwe	LG Großefehn	1960	2014	00:52:32	00:48:38	00:59:30	(00:49:34)	01:01:30	00:56:32	04:38:42	00:05:02	54	M50	114	6
717	Goudschaal	Daniel	FTC Hollen	1999	2014	00:53:44	00:48:02	00:59:33	(00:47:44)	01:03:32	00:53:54	04:38:45	00:05:02	15	MU20	98	6
718	Heinrichsdorf	Ulf-Fabian	Stadt Leer	1982	2014	00:52:21	00:48:39	01:00:13	(00:49:56)	01:01:52	00:55:43	04:38:48	00:05:02	32	M30	121	6
719	Collmann	Christian	Filsum	1982	2014	00:54:48	00:46:32	00:59:28	(00:53:34)	01:02:44	00:55:17	04:38:49	00:05:02	32	M30	122	6
720	Behrmann	Kevin	Thai Box Team Norden	1995	2014	00:54:12	00:49:25	01:00:41	(00:47:59)	01:01:26	00:53:05	04:38:49	00:05:02	19	MU20	99	6
721	Hemken	Jan	LG Fliegerhorst Upjever	1966	2014	00:54:48	00:50:03	01:00:05	(00:48:11)	01:00:25	00:53:34	04:38:55	00:05:02	48	M40	220	6
722	Prikker	Weert-Peter	Fortuna Logabirum	1959	2014	00:51:42	00:48:09	00:59:23	(00:48:42)	01:04:41	00:55:09	04:39:04	00:05:02	55	M50	115	6
723	Gerdes	Uwe	Jackmoorskamp	1966	2014	00:53:47	00:48:38	00:59:12	(00:48:17)	01:02:38	00:54:51	04:39:06	00:05:02	48	M40	221	6
724	Recknagel	Sven	Gymnasium Ulricianum	1996	2014	00:53:43	00:49:28	01:00:59	(00:48:02)	01:02:02	00:53:08	04:39:20	00:05:03	18	MU20	100	6
725	Janßen-Frerichs	Herma	LT Schaffhauser Wald	1964	2014	00:52:48	00:48:58	00:59:52	(00:49:21)	01:02:26	00:55:17	04:39:21	00:05:03	50	W50	9	6
726	Anders	Christoph	Team Bunting	1983	2014	00:51:53	00:46:23	00:57:31	(00:48:01)	01:02:24	01:01:12	04:39:23	00:05:03	31	M30	123	6
727	Gärtner-Kunkel	Andreas	LSF Oldenburg	1957	2014	00:50:15	00:56:29	01:08:36	(00:00:00)	00:55:10	00:48:54	04:39:24	00:05:03	57	M50	116	6
728	Goudschaal	Karl-Heinz	TV Norden	1968	2014	00:53:25	00:48:22	00:59:13	(00:48:42)	01:05:19	00:53:15	04:39:34	00:05:03	46	M40	222	6
729	Hofmann	Jakobus	Weener Plastik	1954	2014	00:52:20	00:49:36	00:59:45	(00:48:57)	01:01:41	00:56:13	04:39:35	00:05:03	60	M60	15	6
730	Hanneken	Holger		1980	2014	00:53:47	00:50:02	01:01:19	(00:48:04)	01:01:18	00:53:13	04:39:39	00:05:03	34	M30	124	6
731	Ottjes	Matthias	LG Uplengen	1964	2014	00:54:23	00:48:29	00:59:50	(00:48:46)	01:02:24	00:54:36	04:39:42	00:05:03	50	M50	117	6
732	Adloff	Stephan	Team ENERCON	1976	2014	00:52:50	00:48:47	00:59:59	(00:49:20)	01:02:35	00:55:34	04:39:45	00:05:03	38	M30	125	6
733	Oltmanns	Matthias	H.-D.Heuermann GmbH	1991	2014	00:55:09	00:47:35	00:59:48	(00:47:42)	01:00:52	00:56:23	04:39:47	00:05:03	23	MHK	95	6
734	Beening	Stefanie	Bollingen	1969	2014	00:55:38	00:50:10	01:01:20	(00:00:00)	01:00:19	00:52:20	04:39:47	00:05:03	45	W40	21	6
735	Krallmann	Martin	Mittegroßefehn	1976	2014	01:03:44	00:47:29	00:58:02	(00:47:33)	00:57:39	00:52:56	04:39:50	00:05:03	38	M30	126	6
736	Steinke	Rolf	SV Warsingsfehn	1967	2014	00:52:57	00:48:23	01:03:22	(00:48:53)	01:01:02	00:54:12	04:39:56	00:05:03	47	M40	223	6
737	Gerdes	Carmen	SVO Wi sünd Holtriem	1974	2014	00:53:06	00:48:38	00:59:19	(00:49:11)	01:03:20	00:55:34	04:39:57	00:05:03	40	W40	22	6
738	Saathoff	Hinrich	Fortuna Wirdum	1952	2014	00:54:10	00:48:38	01:00:15	(00:49:18)	01:01:26	00:55:30	04:39:59	00:05:03	62	M60	16	6
739	Wiltfang	Anja		1985	2014	00:54:18	00:49:03	01:00:10	(00:48:20)	01:01:42	00:54:47	04:40:00	00:05:03	29	WHK	7	6
740	Brunet	Holger	Team Bunting	1966	2014	00:53:39	00:49:03	00:58:42	(00:48:39)	01:04:49	00:53:50	04:40:03	00:05:03	48	M40	224	6
741	Lapies	Lukas	Kdo SES	1992	2014	00:53:40	00:54:06	00:59:15	(00:00:00)	00:59:12	00:53:54	04:40:07	00:05:03	22	MHK	96	6
742	Möhlmann	Manfred	SC Wiesens	1964	2014	00:53:22	00:48:56	00:59:40	(00:49:16)	01:02:16	00:55:57	04:40:11	00:05:03	50	M50	118	6
743	Ippen	Jannes	Onno Behrends GmbH	1993	2014	01:03:59	00:43:18	00:58:37	(00:48:31)	01:01:16	00:53:08	04:40:18	00:05:04	21	MHK	97	6
744	Wolbers	Klaus	BMW TEKKEN	1979	2014	00:51:59	00:48:45	01:01:49	(00:49:27)	01:02:39	00:55:09	04:40:21	00:05:04	35	M30	127	6
745	Stanke	Detlef	SpVgg Upleward	1974	2014	00:53:27	00:48:33	00:58:49	(00:48:12)	01:04:33	00:55:06	04:40:28	00:05:04	40	M40	225	6
746	Roß	Stefan		1954	2014	00:52:43	00:49:04	01:01:48	(00:50:07)	01:01:15	00:55:38	04:40:28	00:05:04	60	M60	17	6
747	Tjarks	Alfred	EWE-Wattloopers	1959	2014	00:53:32	00:49:06	01:00:32	(00:49:54)	01:02:21	00:54:59	04:40:30	00:05:04	55	M50	119	6
748	Nanninga	Karl-Heinz	SG Moordorf	1966	2014	00:53:30	00:48:21	01:01:12	(00:49:41)	01:03:14	00:54:15	04:40:32	00:05:04	48	M40	226	6
749	Röhr	Liesa	Gymnasium Ulricianum	1998	2014	00:54:09	00:48:30	00:59:41	(00:49:15)	01:04:16	00:53:56	04:40:32	00:05:04	16	WU20	10	6
750	Bußmann	Heiko	LT TuS Holtriem	1966	2014	00:54:37	00:49:12	00:59:59	(00:49:28)	01:01:49	00:54:57	04:40:34	00:05:04	48	M40	227	6
751	Scheper	Jens	BMW TEKKEN	1984	2014	00:54:16	00:46:10	01:02:06	(00:49:27)	01:02:40	00:55:23	04:40:35	00:05:04	30	M30	128	6
752	Meyer	Markus	SV Nortmoor	1982	2014	00:55:14	00:49:59	01:00:47	(00:50:15)	00:57:45	00:56:50	04:40:35	00:05:04	32	M30	129	6
753	Gerdes	Gerhard	HaGe	1963	2014	00:53:46	00:48:57	00:59:27	(00:48:16)	01:03:36	00:54:50	04:40:36	00:05:04	51	M50	120	6
754	Janssen	Holger	SG Moordorf	1984	2014	00:53:42	00:49:14	01:00:45	(00:49:16)	01:03:10	00:53:55	04:40:46	00:05:04	30	M30	130	6
755	Siemer	Jens	Papenburg	1981	2014	00:53:03	00:48:47	00:58:29	(00:48:18)	01:05:58	00:54:35	04:40:52	00:05:04	33	M30	131	6
756	Alberts	Bernd	TV Norden	1975	2014	00:54:14	00:49:16	00:59:51	(00:48:42)	01:03:27	00:54:06	04:40:54	00:05:04	39	M30	132	6
757	Troff	Marie	SV - Wymeer - Boen	1994	2014	00:54:15	00:48:14	00:59:35	(00:48:27)	01:03:55	00:54:58	04:40:57	00:05:04	20	WHK	8	6
758	Möhlmann	Jürgen	Moorerland	1971	2014	00:54:48	00:49:34	01:00:09	(00:50:12)	01:01:05	00:55:22	04:40:58	00:05:04	43	M40	228	6
759	Junker	Jan	LG Uplengen	1996	2014	00:53:58	00:48:34	01:01:06	(00:48:50)	01:02:21	00:54:59	04:40:58	00:05:04	18	MU20	101	6
760	Brehmer	Detlef	Gassco Vikings	1955	2014	00:53:10	00:49:17	01:00:40	(00:49:10)	01:03:10	00:54:46	04:41:03	00:05:04	59	M50	121	6
761	Janssen	Ilka	LG Ostfriesland	1992	2014	00:52:58	00:49:20	00:58:50	(00:48:21)	01:04:03	00:55:53	04:41:04	00:05:04	22	WHK	9	6
762	Kühling	Paul	FC Sedelsberg	1971	2014	00:54:43	00:49:23	01:00:41	(00:49:02)	01:01:17	00:55:05	04:41:09	00:05:04	43	M40	229	6
763	Lamberts	Gina	Aquilo	1967	2014	00:52:08	00:50:04	01:01:56	(00:49:59)	01:02:15	00:54:49	04:41:12	00:05:05	47	W40	23	6
764	Bruns	Karsten	Ostfriesische Volksbank	1981	2014	00:53:15	00:47:09	01:04:15	(00:48:17)	01:02:26	00:54:09	04:41:14	00:05:05	33	M30	133	6
765	Piel	Tanjev	ABW Richthofen	1994	2014	00:52:44	00:48:24	01:01:14	(00:50:35)	01:03:55	00:54:58	04:41:15	00:05:05	20	MHK	98	6
766	Popp	Rolf	R.u.F. Concordia Emde	1959	2014	00:53:50	00:49:38	01:00:35	(00:49:40)	01:01:00	00:56:12	04:41:15	00:05:05	55	M50	122	6
767	Langen	Claudia	MTV Aurich	1973	2014	00:52:09	00:48:44	01:01:17	(00:50:10)	01:03:26	00:55:43	04:41:19	00:05:05	41	W40	24	6
768	Deharde	Meike	KGS Wiesmoor	1999	2014	00:54:55	00:48:25	00:59:34	(00:49:27)	01:04:05	00:54:22	04:41:21	00:05:05	15	WU20	11	6
769	Lerf	Hanna	LT TuS Aurich-Ost	1967	2014	00:53:38	00:48:54	00:59:47	(00:51:12)	01:03:12	00:55:59	04:41:30	00:05:05	47	W40	25	6
770	Niehuisen	Erwin	Volkswagen Emden	1974	2014	00:54:00	00:49:44	01:00:14	(00:48:06)	01:02:04	00:55:33	04:41:35	00:05:05	40	M40	230	6
771	Buss	Leon	KGS Großefehn	2001	2014	00:55:09	00:48:59	00:57:41	(00:48:14)	01:04:06	00:55:40	04:41:35	00:05:05	13	MU20	102	6
772	Timmer	Uli	Elisabethfehn	1971	2014	00:53:17	00:49:20	01:00:50	(00:48:52)	01:02:59	00:55:10	04:41:36	00:05:05	43	M40	231	6
773	Bergmann	Klaus	Seefahrtsschule Leer	1958	2014	00:49:22	00:44:56	00:54:18	(01:09:47)	01:17:30	00:55:34	04:41:40	00:05:05	56	M50	123	6
774	de Buhr	Gert	Mahl- und Mischbetrieb	1972	2014	00:51:47	00:46:42	01:06:24	(00:51:46)	00:59:36	00:57:20	04:41:49	00:05:05	42	M40		

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
782	Dirks	Andreas	Störtebeker Loopers TV	1964	2014	00:54:02	00:48:52	01:00:33	(00:49:32)	01:02:37	00:56:13	04:42:17	00:05:06	50	M50	125	6
783	Kleen	Franziska	Team Möbel Buss	1997	2014	00:53:03	00:47:49	00:59:19	(00:54:47)	01:08:00	00:54:08	04:42:19	00:05:06	17	WU20	12	6
784	Dubiel	Carsten	Hirsch-Apothek Ween	1949	2014	00:54:09	00:49:19	01:01:16	(00:49:32)	01:01:56	00:55:49	04:42:29	00:05:06	65	M60	18	6
785	Grotzinger	Detlef		1959	2014	00:54:25	00:52:29	01:02:31	(00:46:55)	00:59:40	00:53:25	04:42:30	00:05:06	55	M50	126	6
786	Ufkes	Thilo	Gymnasium Ulricianum	2001	2014	00:53:20	00:48:16	01:01:25	(00:49:45)	01:04:47	00:54:42	04:42:30	00:05:06	13	MU20	105	6
787	Sieling	Heiko	Alex.-v.-Humboldt-Schu	1961	2014	00:53:42	00:48:59	00:59:53	(00:48:31)	01:05:48	00:54:16	04:42:38	00:05:06	53	M50	127	6
788	Huisinga	Anne	LG TV Bunde	1967	2014	00:52:39	00:49:42	00:59:56	(00:49:00)	01:04:23	00:56:01	04:42:41	00:05:06	47	W40	27	6
789	Lünning	Jens	Stadt Leer	1974	2014	00:53:04	00:50:13	01:01:33	(00:50:30)	01:02:09	00:55:43	04:42:42	00:05:06	40	M40	235	6
790	Kobuch	Herma	LT Schafhauser Wald	1968	2014	00:56:23	00:49:30	01:00:34	(00:49:13)	01:01:27	00:54:50	04:42:44	00:05:06	46	W40	28	6
791	Graalmann	Stefan		1968	2014	00:54:40	00:50:09	01:00:41	(00:49:10)	01:01:46	00:55:33	04:42:49	00:05:06	46	M40	236	6
792	Gerdes	Hendrik	HaGe	1996	2014	00:57:02	00:48:16	00:59:54	(00:47:58)	01:02:05	00:55:32	04:42:49	00:05:06	18	MU20	106	6
793	Willms	Marcel	SV Ochtersum	1990	2014	00:54:11	00:48:26	00:58:53	(00:48:00)	01:04:58	00:56:22	04:42:50	00:05:06	24	MHK	99	6
794	Bruns	Hermann	Wildeboer Bauteile Gm	1976	2014	00:54:46	00:48:50	00:59:29	(00:49:45)	01:04:27	00:55:18	04:42:50	00:05:06	38	M30	134	6
795	Flügge	Maike	RAe Dr. Fenner, Bockh	1966	2014	00:52:13	00:48:42	01:01:55	(00:49:41)	01:03:37	00:56:24	04:42:51	00:05:06	48	W40	29	6
796	Seeger	Marvin	HTG Ihlow	2001	2014	00:53:04	00:46:44	01:06:43	(00:43:54)	01:02:05	00:54:17	04:42:53	00:05:06	13	MU20	107	6
797	Janssen	Marcel	Walle	1994	2014	00:54:58	00:48:51	00:59:06	(00:48:42)	01:04:59	00:54:59	04:42:53	00:05:06	20	MHK	100	6
798	Lindemann	Johannes	GS Ostrhauderfehn	1969	2014	00:55:50	00:50:49	00:59:32	(00:47:58)	01:02:24	00:54:22	04:42:57	00:05:06	45	M40	237	6
799	Magarin	Rico	Sparkasse LeerWittmur	1988	2014	00:55:49	00:49:43	01:00:54	(00:48:26)	01:02:41	00:53:50	04:42:57	00:05:06	26	MHK	101	6
800	Henken	Olaf	BMW TEKKEN	1977	2014	00:52:47	00:48:38	01:00:09	(00:51:29)	01:05:27	00:55:57	04:42:58	00:05:06	37	M30	135	6
801	Daron	Ulrich	Nordland Papier	1967	2014	00:52:52	00:49:17	01:01:36	(00:50:00)	01:02:25	00:56:54	04:43:04	00:05:07	47	M40	238	6
802	Haus	Timo	Klinikum Emden Ggmb	1978	2014	00:57:22	00:49:10	00:58:54	(00:48:21)	01:03:26	00:54:16	04:43:08	00:05:07	36	M30	136	6
803	Agena	Julian	HTG Ihlow	1998	2014	00:53:03	00:47:20	00:58:21	(00:48:09)	01:07:16	00:57:14	04:43:14	00:05:07	16	MU20	108	6
804	Keck	Tammo	Ostfriesische Brandkas	1995	2014	00:54:27	00:49:26	01:00:43	(00:49:08)	01:02:17	00:56:22	04:43:15	00:05:07	19	MU20	109	6
805	Wilts	Poppe	SpVgg Upleward	1953	2014	00:53:26	00:49:02	01:01:37	(00:49:22)	01:02:59	00:56:13	04:43:17	00:05:07	61	M60	19	6
806	Michalak	Karl-Heinz	Kdo SES	1957	2014	00:54:31	00:51:29	01:01:12	(00:49:42)	01:01:34	00:54:36	04:43:22	00:05:07	57	M50	128	6
807	Korporal	Horst	De Padlooper	1966	2014	00:54:36	00:50:01	01:00:46	(00:50:02)	01:02:19	00:55:40	04:43:22	00:05:07	48	M40	239	6
808	Heller	Karsten	Ihlowerfehn	1967	2014	00:55:53	00:50:06	01:01:45	(00:00:00)	01:01:20	00:54:19	04:43:23	00:05:07	47	M40	240	6
809	Garthe	Peter		1971	2014	00:53:27	00:48:59	01:01:35	(00:49:21)	01:04:34	00:54:49	04:43:24	00:05:07	43	M40	241	6
810	Renken	Bernd	LG Emden	1949	2014	00:52:49	00:48:50	01:01:22	(00:49:12)	01:04:40	00:55:44	04:43:25	00:05:07	65	M60	20	6
811	Süßen	Sonja	LG Ostfriesland	1978	2014	00:53:45	00:49:14	01:00:47	(00:49:59)	01:03:38	00:56:02	04:43:26	00:05:07	36	W30	17	6
812	Ziegler	Frank	Teestube Eiland	1967	2014	00:53:23	00:48:54	01:00:05	(00:48:45)	01:06:34	00:54:31	04:43:27	00:05:07	47	M40	242	6
813	Eidam	Jens	ORGADATA AG	1984	2014	00:53:57	00:49:56	01:01:27	(01:23:11)	01:04:28	00:53:42	04:43:30	00:05:07	30	M30	137	6
814	Janssen	Drees	LG Ostfriesland	1962	2014	00:54:36	00:49:50	01:00:47	(00:51:23)	01:02:50	00:55:38	04:43:41	00:05:07	52	M50	129	6
815	Schwede	Malte	NIGE	1999	2014	00:54:53	00:48:52	01:01:41	(00:48:05)	01:02:46	00:55:36	04:43:48	00:05:07	15	MU20	110	6
816	Stecher	Martina	MTV Wittmund	1964	2014	00:54:46	00:49:02	01:00:30	(00:49:50)	01:03:25	00:56:06	04:43:49	00:05:07	50	W50	10	6
817	Janssen	Enno	Feuerwehr Ihlowerfehn	1964	2014	00:55:37	00:49:29	00:59:25	(00:49:10)	01:04:07	00:55:12	04:43:50	00:05:07	50	M50	130	6
818	Saathoff	Rainer	Onno Behrends GmbH	1990	2014	00:56:59	00:51:20	01:01:11	(00:48:31)	01:01:16	00:53:09	04:43:55	00:05:07	24	MHK	102	6
819	Rull	Reiner	Petkumer Achterdieklo	1969	2014	00:54:21	00:48:49	01:01:27	(00:48:20)	01:04:45	00:54:40	04:44:02	00:05:08	45	M40	243	6
820	Güttner	David	NIGE	1980	2014	00:57:31	00:50:43	01:01:50	(00:50:20)	01:00:53	00:53:05	04:44:02	00:05:08	34	M30	138	6
821	Mudder	Michael	Bauunternehmen Micha	1972	2014	00:54:56	00:49:40	01:01:41	(00:48:45)	01:02:35	00:55:12	04:44:04	00:05:08	42	M40	244	6
822	Willms	Johann		1956	2014	00:54:47	00:51:12	01:00:34	(00:49:31)	01:02:12	00:55:23	04:44:08	00:05:08	58	M50	131	6
823	Stöter	Kai	Volksbank Westrauden	1976	2014	00:56:37	00:49:08	01:00:19	(00:49:33)	01:03:05	00:55:04	04:44:13	00:05:08	38	M30	139	6
824	Weber	Siegfried	Team Möbel Buss	1962	2014	00:55:00	00:49:36	01:00:42	(00:49:10)	01:03:39	00:55:18	04:44:15	00:05:08	52	M50	132	6
825	Boekhoff	Hermann	SV Bentstreek	1961	2014	00:54:04	00:49:32	01:00:38	(00:49:25)	01:02:23	00:57:38	04:44:15	00:05:08	53	M50	133	6
826	Bakker	Heinz	Backemoor	1956	2014	00:53:01	00:49:56	01:01:18	(00:49:34)	01:03:30	00:56:34	04:44:19	00:05:08	58	M50	134	6
827	Anscheit	Peter	Fortuna Logabirum	1965	2014	00:54:13	00:49:24	00:59:47	(00:00:00)	01:04:12	00:56:43	04:44:19	00:05:08	49	M40	245	6
828	Schenker	Laurent	Gymnasium Ulricianum	1996	2014	00:52:37	00:56:09	00:58:02	(00:47:47)	01:01:51	00:55:45	04:44:24	00:05:08	18	MU20	111	6
829	Mannott	Henryk	Alex.-v.-Humboldt-Schu	2000	2014	00:56:43	00:49:47	01:01:36	(00:49:19)	01:02:11	00:54:12	04:44:29	00:05:08	14	MU20	112	6
830	Wallat	Stephan	Emsradio	1972	2014	00:54:46	00:48:51	01:00:27	(00:49:46)	01:04:25	00:56:05	04:44:34	00:05:08	42	M40	246	6
831	Watermann	Dennis	FC Stern Völlenerfehn	1985	2014	00:54:42	00:50:04	01:01:21	(00:49:55)	01:02:35	00:55:59	04:44:41	00:05:08	29	MHK	103	6
832	Bruns	Deeke	FTC Hollen	2000	2014	00:55:31	00:49:35	00:59:49	(00:49:14)	01:05:00	00:54:47	04:44:42	00:05:08	14	MU20	113	6
833	Guilhauman	Eric	MVM IT-Management	1994	2014	00:54:49	00:50:47	01:00:43	(00:50:40)	01:02:57	00:55:33	04:44:49	00:05:08	20	MHK	104	6
834	Scholla	Jürgen	Ubbo-Emmius-Klinik	1956	2014	00:54:03	00:49:11	01:00:26	(00:49:38)	01:04:16	00:56:54	04:44:50	00:05:08	58	M50	135	6
835	Basa	Frank	Die Laufschnecken	1976	2014	00:54:11	00:50:34	01:01:52	(00:49:11)	01:03:00	00:55:13	04:44:50	00:05:08	38	M30	140	6
836	Tammen	Kai	Fortuna Veenhusen	1963	2014	00:53:47	00:50:23	01:00:39	(00:49:59)	01:05:04	00:54:59	04:44:52	00:05:09	51	M50	136	6
837	Habben	Eimo	Aurich	1958	2014	00:55:50	00:49:30	01:00:56	(00:51:04)	01:01:45	00:56:52	04:44:53	00:05:09	56	M50	137	6
838	Ehmig	Heiko	KG Ehmig /Bti	1969	2014	00:54:34	00:50:14	01:00:54	(00:50:28)	01:03:02	00:56:11	04:44:55	00:05:09	45	M40	247	6
839	Schmidt	Heiko	TUS Leerhufe/Hovel	1972	2014	00:56:01	00:50:34	01:01:04	(00:49:16)	01:01:44	00:55:33	04:44:56	00:05:09	42	M40	248	6
840	Goldswear	Theo	TuS Collinghorst	1953	2014	00:53:11	00:49:55	01:00:13	(00:50:04)	01:05:20	00:56:26	04:45:05	00:05:09	61	M60	21	6
841	Reefling	Sven	Nordland Papier	1971	2014	00:56:49	00:49:39	00:57:28	(00:51:27)	01:05:55	00:55:16	04:45:07	00:05:09	43	M40	249	6
842	Pleis	Ingo	Ammersum	1980	2014	00:54:05	00:49:07	00:59:16	(00:48:42)	01:05:59	00:56:42	04:45:09	00:05:09	34	M30	141	6
843	Bohmfalk	Tom	Ostf. Turn-u. Sportförd	1957	2014	00:54:38	00:49:50	01:01:37	(00:50:34)	01:03:30	00:55:44	04:45:19	00:05:09	57	M50	138	6
844	Heyen	Jörg	Bohlen & Doyen	1970	2014	00:54:14	00:48:31	01:01:57	(00:53:33)	01:03:33	00:57:10	04:45:25	00:05:09	44	M40	250	6
845	Mohrmann	Michael	Taabo Nord	1964	2014	00:55:27	00:50:07	01:01:34	(00:49:04)	01:02:50	00:55:31	04:45:29	00:05:09</				

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
853	Seyen	Gerd	LSF Oldenburg	1971	2014	00:58:31	00:50:23	01:00:22	(00:49:24)	01:02:09	00:54:28	04:45:53	00:05:10	43	M40	252	6
854	Harms	Sylvia	Sparkasse Aurich-Nord	1966	2014	00:54:32	00:50:23	01:01:26	(00:50:13)	01:03:38	00:55:55	04:45:54	00:05:10	48	W40	31	6
855	Koehler	Torsten	Hartmann Group	1965	2014	00:52:32	00:50:22	01:02:17	(00:49:01)	01:03:27	00:57:17	04:45:55	00:05:10	49	M40	253	6
856	Ernst	Hinrich	Klinikum Leer	1955	2014	00:55:46	00:48:55	00:59:47	(00:50:30)	01:06:01	00:55:26	04:45:55	00:05:10	59	M50	141	6
857	Roßmann	Bernnd	NUR DER HSV	1974	2014	00:55:04	00:48:53	01:03:12	(00:51:18)	01:02:39	00:56:07	04:45:55	00:05:10	40	M40	254	6
858	Schlecht	Michael	WfbM BBB Aurich Wittr	1989	2014	00:52:50	00:51:04	01:01:09	(00:48:52)	01:06:56	00:53:57	04:45:56	00:05:10	25	MHK	105	6
859	Cordes	Manfred	Wiesmoor-Wiesederfeh	1960	2014	00:54:01	00:51:10	01:01:34	(00:49:43)	01:03:12	00:56:02	04:45:59	00:05:10	54	M50	142	6
860	Baumann	Jörg	Gemeinde Hinte	1974	2014	00:54:55	00:50:14	01:01:21	(00:50:03)	01:02:49	00:56:53	04:46:12	00:05:10	40	M40	255	6
861	Kochan	Norman	Flessner Tiefbau GmbH	1985	2014	00:54:48	00:50:49	01:01:09	(00:50:30)	01:03:53	00:55:37	04:46:16	00:05:10	29	MHK	106	6
862	Dannen	Siegfried	SV Wymeer/Boen eV	1961	2014	00:55:29	00:49:17	01:03:33	(00:50:17)	01:03:32	00:54:31	04:46:22	00:05:10	53	M50	143	6
863	Willms	Jochen	SCHARFF / TRAUCO	1981	2014	00:55:48	00:51:17	01:02:30	(00:49:30)	01:02:14	00:54:35	04:46:24	00:05:10	33	M30	143	6
864	Poppen	Helmut	Störtebeker Loopers TV	1950	2014	00:54:39	00:49:28	01:02:17	(00:49:57)	01:03:17	00:56:48	04:46:29	00:05:10	64	M60	24	6
865	Loers	Monika	TG Wiesmoor	1975	2014	00:55:22	00:50:21	01:01:24	(00:50:28)	01:03:11	00:56:13	04:46:31	00:05:10	39	W30	18	6
866	Peters	Wolfgang	TuS Eintracht Hinte	1967	2014	00:55:04	00:50:55	01:01:51	(00:50:15)	01:02:18	00:56:24	04:46:32	00:05:10	47	M40	256	6
867	Christians	Reenhold	Emdrer LG	1950	2014	00:52:06	00:49:25	01:02:30	(00:50:03)	01:04:19	00:58:16	04:46:36	00:05:10	64	M60	25	6
868	Friedrichs	Jürgen	Pievens	1971	2014	00:55:14	00:49:59	01:00:46	(00:50:14)	01:03:51	00:56:50	04:46:40	00:05:10	43	M40	257	6
869	Kiehl	Werner	TuS Eintracht Hinte	1951	2014	00:55:09	00:51:19	01:01:58	(00:49:49)	01:02:25	00:55:59	04:46:50	00:05:11	63	M60	26	6
870	Hesse	Noah	FCSO	1999	2014	00:52:35	00:52:22	01:03:02	(00:55:23)	01:03:40	00:55:16	04:46:55	00:05:11	15	MU20	114	6
871	Heyen	Frank	Alex.-v.-Humboldt-Schu	1980	2014	00:55:26	00:49:46	01:01:29	(00:48:31)	01:04:59	00:55:22	04:47:02	00:05:11	34	M30	144	6
872	Knopf	Jannes	Gymnasium Ulricianum	1997	2014	00:56:14	00:49:34	01:00:45	(00:48:04)	01:07:36	00:52:59	04:47:08	00:05:11	17	MU20	115	6
873	Kohler	Sören	IGS Aurich-West	1982	2014	00:48:11	00:44:11	01:23:43	(01:00:04)	01:00:40	00:50:24	04:47:09	00:05:11	32	M30	145	6
874	Mertins	Klaus-Dieter	obw Emden	1956	2014	00:53:12	00:49:15	01:03:47	(00:51:18)	01:04:24	00:56:41	04:47:19	00:05:11	58	M50	144	6
875	Sanders	Bonno	LG Loquard	1967	2014	00:56:54	00:48:52	01:00:05	(00:00:00)	01:05:41	00:55:56	04:47:28	00:05:11	47	M40	258	6
876	Rogge	Hendrik	RVB Aurich/Uplengen	1990	2014	00:56:38	00:48:58	01:00:16	(00:49:25)	01:06:02	00:55:35	04:47:29	00:05:11	24	MHK	107	6
877	Dirksen	Martin	Stadt Emden	1970	2014	00:54:33	00:49:30	01:01:55	(00:50:06)	01:05:59	00:55:33	04:47:30	00:05:11	44	M40	259	6
878	Gerdes	Manfred	Ockenhausen	1964	2014	00:55:53	00:50:20	01:01:49	(00:50:20)	01:03:30	00:55:58	04:47:30	00:05:11	50	M50	145	6
879	Post	Eva	TSV Riepe	1973	2014	00:53:48	00:49:50	01:01:52	(00:50:28)	01:04:43	00:57:21	04:47:34	00:05:11	41	W40	32	6
880	Schulte	Joachim	Barßel	1976	2014	00:55:14	00:50:18	01:02:32	(00:49:17)	01:03:32	00:55:59	04:47:35	00:05:11	38	M30	146	6
881	Willems	Heye	LVM - Versicherung Lea	1953	2014	00:53:32	00:49:44	01:02:10	(00:50:02)	01:04:54	00:57:16	04:47:36	00:05:11	61	M60	27	6
882	Langer	Timo	TSV Jahn Carolinensiel	1973	2014	00:56:51	00:50:08	00:57:38	(00:51:48)	01:01:55	01:01:09	04:47:41	00:05:12	41	M40	260	6
883	Beheshty	Julian	Rettungsdienst Aurich	1989	2014	00:53:29	00:48:56	01:03:55	(00:49:17)	01:09:41	00:51:41	04:47:42	00:05:12	25	MHK	108	6
884	Meinen	Andrea	Ubbo-Emmius-Klinik	1991	2014	00:55:52	00:50:56	01:01:37	(00:49:56)	01:02:58	00:56:22	04:47:45	00:05:12	23	WHK	11	6
885	Süßen	Dennis	Ubbo-Emmius-Klinik	1966	2014	00:57:24	00:51:39	01:01:36	(00:51:06)	01:02:21	00:54:46	04:47:46	00:05:12	48	M40	261	6
886	Willing	Rainer	ABW Richthofen	1993	2014	00:53:33	00:46:53	00:57:47	(00:53:13)	01:13:57	00:55:36	04:47:46	00:05:12	21	MHK	109	6
887	Hansen	Christian	Ingenieurbüro Post & H	1962	2014	00:55:03	00:50:31	01:01:29	(00:50:14)	01:03:48	00:56:58	04:47:49	00:05:12	52	M50	146	6
888	Meppen	Nico	TSV Jahn Carolinensiel	1978	2014	00:56:15	00:50:45	01:02:04	(00:49:51)	01:02:56	00:55:56	04:47:56	00:05:12	36	M30	147	6
889	Schröder	Friedhelm	TV Norden	1960	2014	00:56:15	00:50:45	01:02:03	(00:49:52)	01:02:56	00:55:57	04:47:56	00:05:12	54	M50	147	6
890	Rogge	Diedrich	SV Bentstreek	1966	2014	00:56:02	00:50:34	01:01:39	(00:50:07)	01:03:33	00:56:10	04:47:58	00:05:12	48	M40	262	6
891	Speckmann	Inka	Aurich	1968	2014	00:54:55	00:50:24	01:01:53	(00:51:16)	01:04:26	00:56:22	04:48:00	00:05:12	46	W40	33	6
892	Sievers	Jörn	MTV Aurich	1965	2014	00:54:37	00:51:15	01:02:15	(00:50:46)	01:03:03	00:56:54	04:48:04	00:05:12	49	M40	263	6
893	Sauer-Ufkes	Gudrun	LIONS Ihlow-Südbrook	1965	2014	00:55:28	00:50:38	01:01:55	(00:51:12)	01:03:22	00:56:41	04:48:04	00:05:12	49	W40	34	6
894	Kurrelvink	Andrea	Leif Support	1972	2014	00:54:53	00:49:43	01:02:00	(00:50:55)	01:04:52	00:56:38	04:48:06	00:05:12	42	W40	35	6
895	Sikken	Linda	Emdrer LG	1970	2014	00:54:11	00:50:16	01:02:44	(00:51:01)	01:04:03	00:56:54	04:48:08	00:05:12	44	W40	36	6
896	de Freese	Gerd	Hatshausen	1968	2014	00:55:20	00:50:57	01:02:13	(00:49:16)	01:04:03	00:55:45	04:48:18	00:05:12	46	M40	264	6
897	Flessner	Hendrik	Alex.-v.-Humboldt-Schu	1997	2014	00:52:54	00:47:09	00:57:23	(00:00:00)	01:18:35	00:52:19	04:48:20	00:05:12	17	MU20	116	6
898	Boekhoff	Günther	TG Wiesmoor	1950	2014	00:54:19	00:49:28	01:01:25	(00:50:52)	01:05:06	00:58:09	04:48:27	00:05:12	64	M60	28	6
899	Schoon	Petra	SV Bentstreek	1967	2014	00:55:26	00:50:30	01:01:51	(00:50:07)	01:03:12	00:57:28	04:48:27	00:05:12	47	W40	37	6
900	Dorf Müller	Hans Peter	LG Fliegerhorst Upjevel	1962	2014	00:54:49	00:50:36	01:01:40	(00:48:16)	01:04:25	00:56:59	04:48:29	00:05:12	52	M50	148	6
901	Grevier	Katrin	Lg Papenburg	1976	2014	00:54:16	00:49:37	01:03:21	(00:52:35)	01:05:27	00:55:49	04:48:30	00:05:12	38	W30	19	6
902	Krella	Felix	WfbM BBB Aurich Wittr	1994	2014	01:00:11	00:49:52	01:00:21	(00:48:37)	01:05:10	00:52:57	04:48:31	00:05:12	20	MHK	110	6
903	Reiners	Jens	LG Uplengen	1963	2014	00:53:57	00:49:49	01:02:55	(00:50:12)	01:05:28	00:56:27	04:48:36	00:05:13	51	M50	149	6
904	Pagel	Joke	Lions Club Uplengen	1959	2014	00:55:06	00:50:19	01:01:54	(00:50:41)	01:04:23	00:56:54	04:48:36	00:05:13	55	M50	150	6
905	Flottemesch	Hilko	TSV Jahn Carolinensiel	1974	2014	00:55:50	00:50:16	01:01:37	(00:50:41)	01:05:45	00:55:12	04:48:40	00:05:13	40	M40	265	6
906	Hillrichs	Sabine	TuS Ofen	1965	2014	00:55:31	00:50:32	01:03:10	(00:49:23)	01:03:52	00:55:35	04:48:40	00:05:13	49	W40	38	6
907	Reefing	Oliver	MTV Jever	2000	2014	00:56:48	00:49:13	01:01:33	(00:49:58)	01:05:55	00:55:16	04:48:45	00:05:13	14	MU20	117	6
908	Lücht	Mathias	Fortuna Logabirum	1968	2014	00:54:44	00:51:02	01:01:51	(00:50:54)	01:04:30	00:56:41	04:48:48	00:05:13	46	M40	266	6
909	Roskam	Markus	Gymnasium Ulricianum	1996	2014	00:56:56	00:50:19	01:01:07	(00:49:08)	01:04:41	00:55:50	04:48:53	00:05:13	18	MU20	118	6
910	Rückbrod	Andrea	TV Norden	1964	2014	00:55:24	00:51:15	01:02:49	(00:50:25)	01:02:35	00:56:53	04:48:56	00:05:13	50	W50	11	6
911	Festers	Andre	Werder Fehntjer	1980	2014	00:55:04	00:49:31	01:00:53	(00:49:25)	01:06:22	00:57:09	04:48:59	00:05:13	34	M30	148	6
912	Roofls	Waltraud	Störtebeker Loopers TV	1966	2014	00:54:41	00:50:56	01:02:28	(00:50:27)	01:03:45	00:57:10	04:49:00	00:05:13	48	W40	39	6
913	Ries	Sven	Wittmund	1974	2014	00:59:16	00:51:39	01:01:05	(00:49:59)	01:01:25	00:55:36	04:49:01	00:05:13	40	M40	267	6
914	Knipper	Wilfried	Rhauderfeh	1969	2014	00:53:23	00:48:52	01:00:59	(00:48:55)	01:10:11	00:55:40	04:49:05	00:05:13	45	M40	268	6
915	Schulz	Evelyn	Sparkasse-Emden Zins	1957	2014	00:54:57	00:51:06	01:02:17	(00:50:29)	01:04:01	00:56:45	04:49:06	00:05:13	57	W50	12	6
916	Becker	Gertrud	Sparkasse-Emden Zins	1959	2014	00:54:57	00:51:06	01:02:17	(00:50:29)	01:04:02	00:56:45	04:49:07	00:05:13	55	W50	13	6
917	Schürmann	Egon	J Jeans Janssen	19													

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
924	Boekhoff	Jessika	Beerepoot Agri - Nortm	1988	2014	00:56:30	00:50:51	01:01:10	(00:49:36)	01:04:26	00:56:39	04:49:36	00:05:14	26	WHK	12	6
925	Hayen	Ivonne	Krankenhaus Wittmund	1972	2014	00:56:22	00:50:17	01:01:35	(00:50:10)	01:04:24	00:57:00	04:49:38	00:05:14	42	W40	40	6
926	Schomerus	Niklas	HTG Ihlw	1999	2014	00:51:50	00:47:20	01:11:43	(00:57:40)	01:05:31	00:53:22	04:49:46	00:05:14	15	MU20	119	6
927	Heijen	Harald	LG TV Bunde	1975	2014	00:54:48	00:50:33	01:03:35	(00:50:49)	01:04:00	00:56:52	04:49:48	00:05:14	39	M30	151	6
928	Eilts	Harald	EWWE-Wattoopers	1964	2014	00:55:39	00:51:43	01:01:17	(00:49:50)	01:04:47	00:56:25	04:49:51	00:05:14	50	M50	153	6
929	Evers	Enno	Polizeiinspektion Aurich	1993	2014	00:56:34	00:50:05	01:00:53	(00:49:41)	01:06:26	00:55:54	04:49:52	00:05:14	21	MHK	111	6
930	Stojanovic	Petar	traba-team	1977	2014	00:55:15	00:50:33	01:02:50	(00:50:12)	01:04:49	00:56:30	04:49:57	00:05:14	37	M30	152	6
931	Betten	Frioso	Holte	1996	2014	00:58:52	00:50:59	01:01:30	(00:48:59)	01:03:58	00:54:40	04:49:59	00:05:14	18	MU20	120	6
932	Betten	Frioso	Petkumer Achterdieklo	1968	2014	00:57:51	00:50:50	01:03:21	(00:48:55)	01:03:35	00:54:22	04:49:59	00:05:14	46	M40	271	6
933	Wübbenhorst	Volker	Eversmeer	1983	2014	00:57:34	00:50:10	01:01:29	(00:48:29)	01:05:51	00:54:56	04:50:00	00:05:14	31	M30	153	6
934	Gerken	Julia	Gymnasium Ulricianum	1998	2014	00:54:36	00:50:08	01:02:28	(00:49:06)	01:05:49	00:57:00	04:50:01	00:05:14	16	WU20	14	6
935	Ludwigs	Joachim	Stadt Emden	1969	2014	00:55:32	00:50:22	01:02:21	(00:50:07)	01:04:43	00:57:06	04:50:04	00:05:14	45	M40	272	6
936	Olin	Frank	Lummerland Taxi Aurich	1968	2014	00:59:02	00:51:12	01:02:24	(00:49:33)	01:02:08	00:55:19	04:50:05	00:05:14	46	M40	273	6
937	Badberg	Wilhelm	TG Wiesmoor	1944	2014	00:55:06	00:50:58	01:02:13	(00:50:42)	01:05:07	00:56:51	04:50:15	00:05:14	70	M70	2	6
938	Saathoff	Dieter	Huneke Strassen- und	1967	2014	00:55:49	00:51:20	01:02:31	(00:49:57)	01:04:08	00:56:28	04:50:16	00:05:14	47	M40	274	6
939	Fischer	Christian	TG Wiesmoor	1960	2014	00:55:06	00:50:58	01:02:13	(00:50:42)	01:05:07	00:56:52	04:50:16	00:05:14	54	M50	154	6
940	Friedrichs	Nils	Aurich	1970	2014	00:56:29	00:52:21	01:03:16	(00:50:09)	01:02:32	00:55:44	04:50:22	00:05:14	44	M40	275	6
941	Tamminga	Kai	Team ENERCON	1974	2014	00:56:39	00:51:25	01:03:54	(00:50:59)	01:02:41	00:55:45	04:50:24	00:05:15	40	M40	276	6
942	Wolters	Karsten	Sparkasse Aurich-Nord	1968	2014	00:57:03	00:51:39	01:02:29	(00:50:01)	01:03:40	00:55:34	04:50:25	00:05:15	46	M40	277	6
943	Kujas	Anja	Petkumer Achterdieklo	1969	2014	00:57:52	00:50:34	01:03:39	(00:49:33)	01:02:36	00:55:47	04:50:28	00:05:15	45	W40	41	6
944	Herfurth	Oliver	Aurich	1973	2014	00:55:11	00:50:16	01:01:00	(00:49:47)	01:07:22	00:56:41	04:50:30	00:05:15	41	M40	278	6
945	Steffens	Derk	Emder LG	2001	2014	00:51:42	00:52:41	01:02:33	(00:47:19)	01:07:24	00:56:15	04:50:35	00:05:15	13	MU20	121	6
946	Ommen	Kirsten	Alex.-v.-Humboldt-Schu	1982	2014	00:57:03	00:50:34	01:02:01	(00:51:05)	01:04:02	00:56:58	04:50:38	00:05:15	32	W30	20	6
947	Schoon	Simon	Gymnasium Ulricianum	1997	2014	00:57:44	00:51:14	01:02:18	(00:48:34)	01:04:25	00:54:58	04:50:39	00:05:15	17	MU20	122	6
948	Schaefer	Klaus	Kirche Läufer Wilhelmsh	1967	2014	00:56:01	00:51:08	01:02:43	(00:50:36)	01:04:19	00:56:35	04:50:46	00:05:15	47	M40	279	6
949	Freundenberg	Gesa	Ihlowerfehn	1982	2014	00:54:31	00:50:18	01:04:12	(00:51:24)	01:04:51	00:56:54	04:50:46	00:05:15	32	W30	21	6
950	Hintze	Klaus	Concordia Neermoor	1968	2014	00:56:02	00:50:42	01:02:34	(00:51:37)	01:04:32	00:56:58	04:50:48	00:05:15	46	M40	280	6
951	Schmidt	Günther	LG Uplengen	1959	2014	00:54:55	00:50:58	01:02:59	(00:51:29)	01:05:08	00:56:55	04:50:55	00:05:15	55	M50	155	6
952	Bohlen	Stefan	B-Plast2000	1992	2014	00:47:41	00:43:23	00:59:04	(00:00:00)	01:19:31	01:01:20	04:50:59	00:05:15	22	MHK	112	6
953	Schmidt	Verena	Klinikum Emden Gmbh	1993	2014	00:54:33	00:50:10	01:03:12	(00:51:25)	01:06:21	00:56:50	04:51:06	00:05:15	21	WHK	13	6
954	Lohre	Peter	Sparkasse Aurich-Nord	1962	2014	00:55:35	00:50:43	01:03:23	(00:51:26)	01:04:12	00:57:13	04:51:06	00:05:15	52	M50	156	6
955	Schmidt	Hartmut	tbd radsport team wies	1962	2014	00:53:25	00:50:39	01:03:05	(00:51:47)	01:06:25	00:57:32	04:51:06	00:05:15	52	M50	157	6
956	Hakvoort	Myriam	TSV-Jahn Carolinensiel	1977	2014	00:57:02	00:51:07	01:02:01	(00:51:24)	01:04:02	00:56:57	04:51:09	00:05:15	37	W30	22	6
957	Adick	Matthias	Lummerland Taxi Aurich	1962	2014	00:54:24	00:52:14	01:02:19	(00:49:55)	01:05:06	00:57:08	04:51:11	00:05:15	52	M50	158	6
958	Adick	Kristina	Gymnasium Ulricianum	1996	2014	00:56:58	00:51:04	01:02:39	(00:50:15)	01:04:16	00:56:14	04:51:11	00:05:15	18	WU20	15	6
959	Fenderl	Thomas	LT Spaß mit Sport	1976	2014	00:56:31	00:50:38	01:02:03	(00:50:22)	01:05:32	00:56:28	04:51:12	00:05:15	38	M30	154	6
960	Busch	Markus	Gymnasium Ulricianum	1979	2014	00:57:06	00:51:19	01:01:13	(00:50:00)	01:04:15	00:57:19	04:51:12	00:05:15	35	M30	155	6
961	Heeren	Antonia	NIGE	1996	2014	00:55:52	00:51:14	01:02:30	(00:51:58)	01:05:15	00:56:22	04:51:13	00:05:15	18	WU20	16	6
962	Pottberg	Hauke	BBS 2 Leer	1997	2014	00:57:00	00:51:43	01:03:30	(00:49:51)	01:03:46	00:55:19	04:51:18	00:05:15	17	MU20	123	6
963	Pottberg	Hauke	VfB Uplengen e.V.	1981	2014	00:55:55	00:51:13	01:03:33	(00:52:23)	01:03:04	00:57:33	04:51:18	00:05:15	33	W30	23	6
964	Mintken	Stephan	LG Fliegerhorst Upjeve	1970	2014	00:56:48	00:50:58	01:02:05	(00:51:09)	01:05:02	00:56:27	04:51:20	00:05:16	44	M40	281	6
965	Rahmann	Uwe	Team ENERCON	1980	2014	00:59:02	00:53:21	01:03:19	(00:48:54)	01:02:10	00:53:30	04:51:22	00:05:16	34	M30	156	6
966	Riedel	Mirko	Klingelege Papierwerke	1977	2014	00:56:21	00:50:57	01:01:09	(00:48:14)	01:05:48	00:57:09	04:51:24	00:05:16	37	M30	157	6
967	Ulbrich	Christian	Huneke Strassen- und	1989	2014	00:56:40	00:50:57	01:02:17	(00:50:14)	01:05:47	00:55:56	04:51:37	00:05:16	25	MHK	113	6
968	Sleuwen	Sophie-Helene	IGS Aurich-West	1994	2014	00:54:22	00:50:41	01:02:21	(00:50:09)	01:07:43	00:56:35	04:51:42	00:05:16	20	WHK	14	6
969	Hinrichs	Rena	LG Großefehn	1994	2014	00:54:22	00:50:42	01:02:21	(00:00:00)	01:07:43	00:56:36	04:51:44	00:05:16	20	WHK	15	6
970	Stroman	Diedrich	obw Emden	1984	2014	00:51:25	00:48:46	01:04:50	(00:00:00)	01:09:29	00:57:16	04:51:46	00:05:16	30	M30	158	6
971	Stroman	Anett	LG Fliegerhorst Upjeve	1980	2014	00:56:46	00:50:38	01:02:17	(00:50:51)	01:04:48	00:57:17	04:51:46	00:05:16	34	W30	24	6
972	Holzappel	Lutz	TV Norden	1958	2014	00:54:29	00:50:26	01:03:11	(00:54:56)	01:05:20	00:58:21	04:51:47	00:05:16	56	M50	159	6
973	Busker	Kai	AOK Die Gesundheitsk	1978	2014	00:56:44	00:51:33	01:02:30	(00:51:08)	01:06:13	00:54:51	04:51:51	00:05:16	36	M30	159	6
974	Khan	Sieschan	Kdo SES	1985	2014	00:57:28	00:52:26	01:02:26	(00:50:17)	01:03:05	00:56:33	04:51:58	00:05:16	29	MHK	114	6
975	Stender	Tim	Seefahrtschule Leer	1992	2014	00:56:30	00:51:04	01:02:12	(00:52:50)	01:03:36	00:58:54	04:52:16	00:05:17	22	MHK	115	6
976	Webermann	Ingo	Zeitungsgruppe Ostfries	1983	2014	00:58:03	00:52:11	01:01:26	(00:50:10)	01:04:40	00:55:59	04:52:19	00:05:17	31	M30	160	6
977	Groß	Sven	WfBm BBB Aurich Wittr	1991	2014	00:58:29	00:51:07	01:02:00	(00:50:08)	01:04:56	00:55:52	04:52:24	00:05:17	23	MHK	116	6
978	Nanninga	Jochen	TV Norden	1967	2014	00:55:23	00:51:13	01:02:36	(00:51:53)	01:05:10	00:58:04	04:52:26	00:05:17	47	M40	282	6
979	Sigl	Gudrun	MTV Aurich	1973	2014	00:55:04	00:51:18	01:03:00	(00:52:03)	01:04:45	00:58:21	04:52:28	00:05:17	41	W40	42	6
980	May	Julian	Aurich	1994	2014	00:57:52	00:51:22	01:02:31	(00:50:23)	01:04:03	00:56:46	04:52:34	00:05:17	20	MHK	117	6
981	Hoffmann	Luise	Ostfriesische Volksbank	1958	2014	00:55:19	00:51:10	01:02:53	(00:51:02)	01:04:41	00:58:31	04:52:34	00:05:17	56	W50	14	6
982	Koop	Thomas	Nordland Papier	1967	2014	00:58:26	00:51:02	01:02:51	(00:00:00)	01:05:12	00:55:04	04:52:35	00:05:17	47	M40	283	6
983	Janssen	Silke	SV Borussia Leer	1975	2014	00:57:08	00:51:50	01:03:06	(00:51:49)	01:04:33	00:56:04	04:52:41	00:05:17	39	W30	25	6
984	Beckmann	Adrian		1984	2014	00:57:01	00:51:03	01:03:29	(00:50:37)	01:04:32	00:56:39	04:52:44	00:05:17	30	M30	161	6
985	Ansheit	Mareike	Fortuna Logabirum	1997	2014	00:54:52	00:50:04	01:02:47	(00:51:29)	01:08:22	00:56:43	04:52:48	00:05:17	17	WU20	17	6
986	Otten	Elmar	DLRG Weener	1982	2014	00:59:09	00:51:24	01:01:27	(00:51:04)	01:04:36	00:56:17	04:52:53	00:05:17	32	M30	162	6
987	Begitt	Kurt	Watt'n Looper SV Dorn	1947	2014	00:55:32	00:51:33	01:02:20	(00:51:32)	01:05:05							

**33. Ostfrieslandlauf 2014**

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
995	Strohschnieder	Rosa	SZ Saterland	1951	2014	00:57:09	00:51:31	01:03:12	(00:51:04)	01:04:13	00:57:05	04:53:10	00:05:18	63	W60	1	6
996	Drost	Fritz	MTV Wittmund	1943	2014	00:55:59	00:51:58	01:02:33	(00:51:40)	01:04:35	00:58:09	04:53:14	00:05:18	71	M70	3	6
997	Voorwold	Jörg	Ruderverein	1975	2014	00:56:08	00:49:04	01:00:58	(00:48:15)	01:10:28	00:56:36	04:53:14	00:05:18	39	M30	163	6
998	Stüben	Martin	Störtebeker Loopers TV	1968	2014	00:56:33	00:51:39	01:02:46	(00:50:17)	01:04:04	00:58:13	04:53:15	00:05:18	46	M40	285	6
999	Beckers	Achim	VfL Germania Leer	1959	2014	00:57:08	00:51:48	01:03:16	(00:50:56)	01:04:37	00:56:30	04:53:19	00:05:18	55	M50	161	6
1000	Buss	Günter	GeTek	1965	2014	00:55:30	00:51:00	01:03:08	(00:52:38)	01:06:14	00:57:27	04:53:19	00:05:18	49	M40	286	6
1001	Buss	Sebastian	UEG Leer	2000	2014	01:03:03	00:53:58	01:02:24	(00:48:44)	01:00:37	00:53:17	04:53:19	00:05:18	14	MU20	125	6
1002	Janssen	Imke	LT TuS Aurich-Ost	1976	2014	00:56:39	00:51:06	01:03:12	(00:51:08)	01:05:11	00:57:11	04:53:19	00:05:18	38	W30	26	6
1003	Wessels	Ewald	Seefahrtsschule Leer	1978	2014	00:56:16	00:51:06	01:02:03	(00:50:37)	01:06:45	00:57:11	04:53:21	00:05:18	36	M30	164	6
1004	Wessels, Dr.	Jochen	Zahnpflegezentrum Aurich	1959	2014	00:54:21	00:55:31	01:07:03	(00:54:30)	01:03:17	00:53:09	04:53:21	00:05:18	55	M50	162	6
1005	Heien	Elisabeth	LT Schafhauser Wald	1958	2014	00:55:46	00:51:17	01:02:44	(00:52:15)	01:05:49	00:57:49	04:53:25	00:05:18	56	W50	16	6
1006	Nowinski	Karl-Heinz	Team ENERCON	1967	2014	00:55:32	00:51:37	01:03:46	(00:51:45)	01:04:37	00:57:56	04:53:28	00:05:18	47	M40	287	6
1007	Ahlers	Sascha	Sodasan	1978	2014	01:03:06	00:54:04	01:02:25	(00:48:16)	01:00:38	00:53:17	04:53:30	00:05:18	36	M30	165	6
1008	Büchen	Lasse	NIGE	1998	2014	00:55:10	00:49:02	01:03:38	(00:51:26)	01:06:13	00:59:34	04:53:37	00:05:18	16	MU20	126	6
1009	Grünefeld	Tjarko	Nortmoor	1961	2014	00:59:14	00:51:07	01:03:27	(00:50:29)	01:04:25	00:55:33	04:53:46	00:05:18	53	M50	163	6
1010	Müller	Wilhelm	Emder LG	1950	2014	00:55:29	00:51:18	01:02:40	(00:52:01)	01:05:17	00:59:04	04:53:48	00:05:18	64	M60	30	6
1011	Poppen	Gaby	Klinikum Leer	1965	2014	00:56:32	00:51:18	01:02:31	(00:51:23)	01:05:49	00:57:38	04:53:48	00:05:18	49	W40	45	6
1012	Müller	Jens	Hartmann Group	1977	2014	00:58:00	00:51:37	01:03:40	(00:50:30)	01:04:26	00:56:10	04:53:53	00:05:18	37	M30	166	6
1013	Klinkenberg	Enno	TV Norden	1949	2014	00:54:48	00:50:55	01:03:06	(00:51:37)	01:05:24	00:59:43	04:53:56	00:05:18	65	M60	31	6
1014	Mou	Ka Yan		1957	2014	00:56:22	00:51:39	01:03:49	(00:52:24)	01:05:17	00:56:52	04:53:59	00:05:18	57	M50	164	6
1015	Eilers	Jörg Hendrik		1977	2014	00:58:59	00:51:49	01:03:34	(00:50:31)	01:02:21	00:57:16	04:53:59	00:05:18	37	W30	27	6
1016	Poththast	Hiltrud	HC Moormerland	1972	2014	00:55:58	00:51:49	01:03:35	(00:51:55)	01:04:43	00:58:02	04:54:07	00:05:19	42	W40	46	6
1017	Brötje	Helge	Ubbo-Emmius-Klinik	1972	2014	00:57:17	00:52:21	01:03:35	(00:53:20)	01:03:34	00:57:22	04:54:09	00:05:19	42	M40	288	6
1018	Ubben	Timo	Ubben-Haus Laufteam	1988	2014	00:57:59	00:50:40	01:01:46	(00:50:37)	01:07:24	00:56:25	04:54:14	00:05:19	26	MHK	118	6
1019	Rudolph	Matthias	MTV Jever	1969	2014	01:08:21	00:49:13	00:59:27	(00:48:51)	01:01:42	00:55:41	04:54:24	00:05:19	45	M40	289	6
1020	Schmidt	Karin	LT TuS Aurich-Ost	1960	2014	00:55:31	00:52:44	01:02:54	(00:51:16)	01:04:16	00:59:04	04:54:29	00:05:19	54	W50	17	6
1021	Klapproth	Christian	Raiffeisenbank eG, Mod	1985	2014	00:56:42	00:51:34	01:04:41	(00:50:35)	01:05:06	00:56:29	04:54:32	00:05:19	29	MHK	119	6
1022	Bauer	Rolf	Nordland Papier	1968	2014	00:54:59	00:51:25	01:01:49	(00:51:06)	01:07:02	00:59:23	04:54:38	00:05:19	46	M40	290	6
1023	Schweer	Claus	Raiffeisenbank eG, Mod	1969	2014	00:56:49	00:51:51	01:04:41	(00:51:37)	01:04:09	00:57:10	04:54:40	00:05:19	45	M40	291	6
1024	Seck	Stephanie	Krankenhaus Wittmund	1979	2014	00:58:13	00:51:21	01:04:14	(00:50:29)	01:04:42	00:56:10	04:54:40	00:05:19	35	W30	28	6
1025	Oldrop	Kerstin	Heide-Apotheke Weene	1977	2014	00:56:05	00:51:51	01:03:45	(00:52:03)	01:04:49	00:58:11	04:54:41	00:05:19	37	W30	29	6
1026	Schmidt	Hermann	FC Stern Völlenerfehn	1955	2014	01:00:00	00:52:52	01:04:47	(00:52:53)	01:07:09	00:49:54	04:54:42	00:05:19	59	M50	165	6
1027	Balssen	Michael	Südbrookmerland	1988	2014	00:58:48	00:53:28	01:03:48	(00:50:14)	01:03:32	00:55:16	04:54:52	00:05:19	26	MHK	120	6
1028	Behrends	Stefan	Nücke	1971	2014	00:56:41	00:51:22	01:03:58	(00:51:33)	01:05:14	00:57:38	04:54:53	00:05:19	43	M40	292	6
1029	Bildhauer	Silke	HRS Osthrauderfehn	1980	2014	00:56:29	00:52:22	01:04:35	(00:52:22)	01:04:27	00:57:01	04:54:54	00:05:19	34	W30	30	6
1030	Sperlich	Ralf	Ostfriesische Volksbank	1970	2014	00:57:37	00:52:02	01:03:27	(00:50:14)	01:05:13	00:56:36	04:54:55	00:05:19	44	M40	293	6
1031	Hüttenberger	Michael	SG Stedesdorf	1955	2014	00:56:56	00:51:11	01:04:27	(00:51:20)	01:04:37	00:57:45	04:54:56	00:05:19	59	M50	166	6
1032	Schoolmann	Johann	Laufen und Meer	1981	2014	00:56:30	00:51:31	01:02:42	(00:51:36)	01:05:24	00:58:50	04:54:57	00:05:19	33	M30	167	6
1033	Münchow	Michaela	Friedeburg	1971	2014	00:56:08	00:51:33	01:03:50	(00:52:09)	01:05:07	00:58:22	04:55:00	00:05:19	43	W40	47	6
1034	Buhr	Detlef	Team Bunting	1978	2014	00:55:02	00:51:10	01:03:26	(00:50:09)	01:08:47	00:56:42	04:55:07	00:05:20	36	M30	168	6
1035	Uden	Hermann	LG Ostfriesland	1950	2014	00:55:35	00:51:53	01:04:21	(00:53:32)	01:04:19	00:59:00	04:55:08	00:05:20	64	M60	32	6
1036	Hopf	Friedemann	Ubbo-Emmius-Klinik	1959	2014	00:56:04	00:51:39	01:02:52	(00:51:29)	01:07:29	00:57:08	04:55:12	00:05:20	55	M50	167	6
1037	Kohn	Martina	VfL Germania Leer	1974	2014	00:57:56	00:53:28	01:03:55	(00:50:45)	01:03:07	00:56:50	04:55:16	00:05:20	40	W40	48	6
1038	Fleißner	Sönke	LT TuS Aurich-Ost	1992	2014	00:55:41	00:49:03	01:00:57	(00:48:09)	01:10:52	00:58:44	04:55:17	00:05:20	22	MHK	121	6
1039	Fleißner	Sönke	SpVg Aurich D1	2001	2014	00:53:15	00:50:12	01:06:43	(00:50:15)	01:06:17	00:58:50	04:55:17	00:05:20	13	MU20	128	6
1040	Kruse	Manuel	IGS Aurich-West	1996	2014	00:58:09	00:49:11	01:05:44	(00:47:55)	01:04:40	00:57:33	04:55:17	00:05:20	18	MU20	127	6
1041	Rühling	Michael	LT TuS Aurich-Ost	1971	2014	00:57:11	00:52:40	01:04:00	(00:52:19)	01:05:24	00:56:14	04:55:29	00:05:20	43	M40	294	6
1042	de Vries	Jan	Oll Huus	1986	2014	00:58:40	00:53:53	01:04:10	(00:49:16)	01:03:47	00:55:15	04:55:45	00:05:20	28	MHK	122	6
1043	Eilerts	Jürgen	SC Wiesens	1966	2014	00:54:54	00:51:02	01:00:03	(00:52:17)	01:09:23	01:00:23	04:55:45	00:05:20	48	M40	295	6
1044	Urner	Thorsten	LG Fliegerhorst Upjeve	1967	2014	00:56:10	00:50:12	01:01:59	(00:51:54)	01:10:30	00:56:58	04:55:49	00:05:20	47	M40	296	6
1045	Stumpe	Ralf	Schützenverein Holterfe	1986	2014	00:56:16	00:50:39	01:04:07	(00:51:08)	01:06:32	00:58:20	04:55:54	00:05:20	28	MHK	123	6
1046	Boekhoff	Karin	Hospizininitiative	1962	2014	00:55:41	00:51:33	01:02:25	(00:51:07)	01:06:05	01:00:12	04:55:56	00:05:21	52	W50	18	6
1047	Aden	Melanie	LG Großefehn	1972	2014	00:55:57	00:51:38	01:03:33	(00:00:00)	01:06:45	00:58:18	04:56:11	00:05:21	42	W40	49	6
1048	Steinke	Hilde	SV Concordia Neermode	1945	2014	00:55:14	00:53:19	01:04:57	(00:53:07)	01:03:53	00:58:50	04:56:13	00:05:21	69	W60	2	6
1049	Beening	Anneke	UEG Leer	1996	2014	00:58:13	00:51:27	01:02:52	(00:52:34)	01:06:22	00:57:19	04:56:13	00:05:21	18	WU20	19	6
1050	Freese	Klaus	LT TuS Aurich-Ost	1969	2014	00:56:07	00:51:02	01:02:47	(00:51:54)	01:08:55	00:57:27	04:56:18	00:05:21	45	M40	297	6
1051	Stumpe	Ludwig	Osthrauderfehn	1956	2014	00:56:20	00:50:39	01:04:13	(00:51:05)	01:06:53	00:58:21	04:56:26	00:05:21	58	M50	168	6
1052	Runde	Rainer	LG TV Bunde	1971	2014	00:56:45	00:51:46	01:05:25	(00:52:30)	01:05:35	00:58:01	04:56:32	00:05:21	43	M40	298	6
1053	Blank	Torsten	Stadt Leer	1977	2014	00:57:54	00:52:28	01:04:13	(00:51:18)	01:04:03	00:56:57	04:56:35	00:05:21	37	M30	169	6
1054	Barth	Jan-Uwe	Sparkasse LeerWittm	1979	2014	00:55:33	00:51:19	01:03:46	(00:52:13)	01:07:07	00:58:55	04:56:40	00:05:21	35	M30	170	6
1055	Iken	Jens	KBV Biersum	1969	2014	00:56:25	00:51:54	01:04:11	(00:51:28)	01:06:07	00:58:04	04:56:41	00:05:21	45	M40	299	6
1056	Deepen	Nina	Stadt Emden	1990	2014	00:57:01	00:51:27	01:03:49	(00:52:44)	01:06:20	00:58:07	04:56:44	00:05:21	24	WHK	16	6
1057	Kohl	Jürgen	Ski Club Wangerland	1967	2014	00:56:51	00:50:09	01:03:26	(00:51:48)	01:05:15	01:01:09	04:56:50	00:05:21	47	M40	300	6
1058	Goldenstein	Siegfried		1971	2014	00:57:23	00:52:37	01:04:32	(00:50:58)	01:04:38	00:57:43	04:56:53	00:05:22	43	M40	301	6
1059	Brümmer	H															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1066	Kamann	Friedhelm	Ubbo-Emmius-Klinik	1956	2014	00:57:22	00:52:21	01:03:35	(00:51:54)	01:05:51	00:58:18	04:57:27	00:05:22	58	M50	171	6
1067	Geiken	Heike	LT TuS Aurich-Ost	1968	2014	00:57:12	00:52:07	01:04:04	(00:52:32)	01:05:51	00:58:13	04:57:27	00:05:22	46	W40	51	6
1068	Steinmeyer	Benedikt	Gymnasium Ulricianum	1999	2014	00:55:38	00:49:50	01:02:14	(00:52:39)	01:10:17	00:59:29	04:57:28	00:05:22	15	MU20	129	6
1069	Münk	Michael	Bohlen & Doyen	1986	2014	01:00:47	00:52:53	01:03:36	(00:50:33)	01:03:31	00:56:42	04:57:29	00:05:22	28	MHK	125	6
1070	Segger	Jakob Ole	Seefahrtschule Leer	1992	2014	01:00:15	00:52:39	01:02:09	(00:49:30)	01:03:36	00:58:55	04:57:34	00:05:22	22	MHK	126	6
1071	Große	Daniel	Polizei Aurich /MTV Ho	1981	2014	00:52:10	00:48:45	01:06:19	(00:47:50)	01:09:54	01:00:30	04:57:38	00:05:22	33	M30	172	6
1072	Aden	Frauke	LG Großefehn	1971	2014	00:56:27	00:51:51	01:04:24	(00:52:08)	01:06:42	00:58:18	04:57:42	00:05:22	43	W40	52	6
1073	Weers	Ina	OFD Niedersachsen	1982	2014	00:56:37	00:53:19	01:03:51	(00:00:00)	01:05:36	00:58:25	04:57:48	00:05:23	32	W30	31	6
1074	Grimm	Andre	LT TuS Aurich-Ost	1979	2014	00:58:37	00:51:58	01:05:07	(00:51:35)	01:05:40	00:56:36	04:57:58	00:05:23	35	M30	173	6
1075	Michel	Sara	Emder LG	1974	2014	00:57:23	00:52:27	01:04:39	(00:52:32)	01:05:19	00:58:17	04:58:05	00:05:23	40	W40	53	6
1076	Kramer	Alexander	EWE-Wattoopers	1971	2014	00:55:51	00:50:55	01:02:32	(00:49:48)	01:12:02	00:56:47	04:58:07	00:05:23	43	M40	303	6
1077	Mansholt	Kai	Sparkasse Aurich-Nord	1995	2014	00:56:15	00:52:31	01:05:03	(00:52:35)	01:04:36	00:59:46	04:58:11	00:05:23	19	MU20	130	6
1078	Severiens	Gerold	Fortuna Logabirum	1948	2014	00:56:34	00:52:17	01:03:59	(00:52:20)	01:07:03	00:58:18	04:58:11	00:05:23	66	M60	33	6
1079	Tietjen	Anja	Alex.-v.-Humboldt-Schu	1968	2014	00:56:41	00:52:29	01:03:37	(00:52:07)	01:06:06	00:59:24	04:58:17	00:05:23	46	W40	54	6
1080	Beening	Jan	Bollingen	1965	2014	00:55:38	00:50:10	01:01:21	(00:00:00)	01:05:01	01:06:14	04:58:24	00:05:23	49	M40	304	6
1081	Bohlsen	Stefan	Fortuna Logabirum	1964	2014	00:58:50	00:53:02	01:03:04	(00:51:01)	01:05:56	00:57:39	04:58:31	00:05:23	50	M50	172	6
1082	Möhlmann	Berend		1963	2014	00:57:07	00:51:58	01:04:05	(00:52:29)	01:06:31	00:58:50	04:58:31	00:05:23	51	M50	173	6
1083	Bohlen	Gerhard	Krankenhaus Wittmund	1953	2014	00:57:56	00:52:06	01:04:40	(00:52:33)	01:05:40	00:58:15	04:58:37	00:05:23	61	M60	34	6
1084	Sell	Erwin		1967	2014	00:57:40	00:51:28	01:04:03	(00:50:27)	01:04:23	01:01:04	04:58:38	00:05:23	47	M40	305	6
1085	Behrens	Petra	LSF Oldenburg	1965	2014	00:59:04	00:52:12	01:03:28	(00:50:54)	01:05:48	00:58:08	04:58:40	00:05:23	49	W40	55	6
1086	Wiesner	Stephan	LG Fliegerhorst Upjeve	1974	2014	00:59:15	00:51:07	01:03:41	(00:52:04)	01:07:42	00:56:59	04:58:44	00:05:24	40	M40	306	6
1087	Henning	Friedo	DONG	1964	2014	00:57:30	00:52:36	01:04:05	(00:51:06)	01:06:10	00:58:26	04:58:47	00:05:24	50	M50	174	6
1088	Schmieder	Dirk	Seefahrtschule Leer	1981	2014	00:58:38	00:52:56	01:04:22	(00:52:07)	01:04:50	00:58:06	04:58:52	00:05:24	33	M30	174	6
1089	Penning	H.D.	TV Oldersum	1968	2014	00:58:44	00:51:19	01:04:48	(00:52:11)	01:05:27	00:58:38	04:58:56	00:05:24	46	M40	307	6
1090	Schindler	Bernd	Fortuna Logabirum	1962	2014	00:55:05	00:51:06	01:02:33	(00:52:58)	01:09:03	01:01:09	04:58:56	00:05:24	52	M50	175	6
1091	Giesenberg	Georg	TTV Großheide	1949	2014	00:56:05	00:52:58	01:03:59	(00:52:14)	01:05:53	01:00:02	04:58:57	00:05:24	65	M60	35	6
1092	Boumann	Anja	Ambulatorium Aurich	1972	2014	00:59:08	00:47:00	01:06:24	(00:53:27)	01:07:01	00:59:25	04:58:58	00:05:24	42	W40	56	6
1093	Coordes	Ingo	Aurich	1981	2014	00:58:07	00:52:20	01:04:15	(00:52:17)	01:06:29	00:57:54	04:59:05	00:05:24	33	M30	175	6
1094	Mansholt	Sabine	VfB Uplengen	1971	2014	00:57:37	00:51:25	01:04:49	(00:52:15)	01:06:40	00:58:36	04:59:07	00:05:24	43	W40	57	6
1095	Müller	Rainer	TV Friedeburg	1942	2014	00:56:30	00:52:50	01:04:59	(00:53:15)	01:05:38	00:59:11	04:59:08	00:05:24	72	M70	4	6
1096	Rabenstein	Stina	Podo-Praxis Rabenstein	1977	2014	00:58:02	00:53:05	01:05:07	(00:51:35)	01:04:15	00:58:42	04:59:11	00:05:24	37	W30	32	6
1097	Grimm	Thomas	VfL Berumbur	1961	2014	00:55:44	00:51:37	01:02:36	(00:52:11)	01:07:31	01:01:48	04:59:16	00:05:24	53	M50	176	6
1098	Schleppregrell	Ulrich	Team Laufrausch Older	1957	2014	01:01:22	00:53:24	01:04:01	(00:54:19)	01:03:41	00:56:52	04:59:20	00:05:24	57	M50	177	6
1099	Bruns	Sandra	NW Steuerberatungsge	1976	2014	00:55:22	00:50:27	01:01:38	(00:50:21)	01:05:54	01:06:01	04:59:22	00:05:24	38	W30	33	6
1100	Eisenhauer	Manny	Wi sünd Holtriem	1966	2014	00:58:41	00:53:06	01:03:35	(00:52:36)	01:04:35	00:59:28	04:59:25	00:05:24	48	M40	308	6
1101	Huhne	Torsten	Oil Huus	1984	2014	00:58:42	00:53:52	01:04:59	(00:50:23)	01:05:13	00:56:42	04:59:28	00:05:24	30	M30	176	6
1102	Müller	Thomas	de Heizungsoopers	1989	2014	00:57:03	00:52:51	01:02:50	(00:50:49)	01:08:24	00:58:22	04:59:30	00:05:24	25	MHK	127	6
1103	Hoppmann	Jannik	Ihrhove	1993	2014	00:58:39	00:52:03	01:02:48	(00:51:04)	01:07:25	00:58:42	04:59:37	00:05:24	21	MHK	128	6
1104	Beening	Armin	Backemoor	1967	2014	00:57:39	00:52:20	01:04:46	(00:52:32)	01:06:00	00:58:54	04:59:39	00:05:25	47	M40	309	6
1105	Wagner	Richard	LT Kanalratten	1958	2014	00:55:55	00:53:00	01:04:32	(00:52:46)	01:06:09	01:00:04	04:59:40	00:05:25	56	M50	178	6
1106	Wagener	Erhard	de Heizungsoopers	1972	2014	00:58:42	00:52:59	01:02:34	(00:50:48)	01:08:28	00:56:59	04:59:42	00:05:25	42	M40	310	6
1107	Janßen	Thomas	RVB Aurich/Uplengen	1981	2014	00:58:30	00:52:54	01:03:42	(00:53:25)	01:05:29	00:59:10	04:59:45	00:05:25	33	M30	177	6
1108	Ennen	Hans-Georg	LG Großefehn	1966	2014	00:58:24	00:52:16	01:03:45	(00:51:55)	01:06:58	00:58:28	04:59:51	00:05:25	48	M40	311	6
1109	Grüßing	Johann	LG Uplengen	1958	2014	00:57:58	00:52:10	01:04:11	(00:00:00)	01:06:56	00:58:38	04:59:53	00:05:25	56	M50	179	6
1110	Janssen	Bernd	Emder LG	1965	2014	00:55:41	00:51:49	01:04:57	(00:53:20)	01:07:39	00:59:51	04:59:57	00:05:25	49	M40	312	6
1111	Feucht	Thomas	Radiologische Gem.cha	1977	2014	01:00:18	00:55:14	01:03:55	(00:51:44)	01:04:23	00:56:12	05:00:02	00:05:25	37	M30	178	6
1112	Frerichs	Michael	WT Loppersum	1969	2014	00:59:11	00:51:24	01:04:09	(00:00:00)	01:06:58	00:58:26	05:00:08	00:05:25	45	M40	313	6
1113	Gronewold	Anja	Team AURICHER EIFER	1977	2014	00:55:45	00:51:49	01:05:51	(00:53:29)	01:06:42	01:00:03	05:00:10	00:05:25	37	W30	34	6
1114	Fresemann	Silvia	Stadwerke Leer AöR	1966	2014	00:56:37	00:52:40	01:04:01	(00:52:32)	01:08:02	00:58:50	05:00:10	00:05:25	48	W40	58	6
1115	Giertz	Axel	ORGADATA AG	1974	2014	01:00:39	00:53:11	01:04:48	(00:00:00)	01:05:54	00:55:47	05:00:19	00:05:25	40	M40	314	6
1116	Wirgenings	Ursula	MTV Aurich	1965	2014	00:56:25	00:52:24	01:03:41	(00:53:18)	01:09:00	00:58:57	05:00:27	00:05:25	49	W40	59	6
1117	Krisp	Susann	Borromäus - Hospital L	1973	2014	00:57:41	00:53:07	01:04:10	(00:52:08)	01:06:05	00:59:25	05:00:28	00:05:25	41	W40	60	6
1118	von Preyss	Bodo	Pro Senis	1939	2014	00:56:56	00:52:37	01:05:02	(01:05:39)	01:05:31	01:00:23	05:00:29	00:05:25	75	M70	5	6
1119	Flemming	Dana	Feedback	1976	2014	00:57:57	00:52:45	01:04:13	(00:52:29)	01:06:48	00:58:54	05:00:37	00:05:26	38	W30	35	6
1120	Klaus	Annafrid	Feedback	1989	2014	00:57:56	00:52:45	01:04:14	(00:52:29)	01:06:48	00:58:54	05:00:37	00:05:26	25	WHK	17	6
1121	Trauernicht	Tanja	Laufen und Meer	1975	2014	00:58:18	00:52:34	01:05:43	(00:52:37)	01:06:02	00:58:01	05:00:38	00:05:26	39	W30	36	6
1122	Stocker	Manfred	WfbM BBB Aurich Wittr	1992	2014	01:00:11	00:50:41	01:00:59	(00:52:35)	01:09:07	00:59:45	05:00:43	00:05:26	22	MHK	129	6
1123	Ihnen	Ralf	MTV Aurich-Handball	1947	2014	00:57:41	00:51:38	01:04:38	(00:52:24)	01:08:04	00:58:42	05:00:43	00:05:26	67	M60	36	6
1124	Tammen-Bauer	Heidi	Studio Larisca	1978	2014	00:57:32	00:52:54	01:04:50	(00:53:15)	01:06:16	00:59:13	05:00:45	00:05:26	36	W30	37	6
1125	Hoppe	Michael	Hartmann Group	1964	2014	00:57:01	00:52:13	01:05:00	(00:52:49)	01:06:42	00:59:50	05:00:46	00:05:26	50	M50	180	6
1126	Niemeyer	Petra	AFS Komitee Ostfriesla	1969	2014	00:58:41	00:53:46	01:04:49	(00:52:17)	01:05:26	00:58:09	05:00:51	00:05:26	45	W40	61	6
1127	Schulte	Carmen	Fitmacher Zetel	1983	2014	00:57:24	00:52:53	01:04:46	(00:53:27)	01:06:10	00:59:39	05:00:52	00:05:26	31	W30	38	6
1128	Manthey-Janssen	Anke	Aurich	1969	2014	00:57:39	00:52:36	01:04:30	(00:53:55)	01:06:54	00:59:15	05:00:54	00:05:26	45	W40	62	6
1129	Bohlen	Antje	TV Friedeburg	1987	2014	00:57:55	00:53:12	01:04									



## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
1137	Daro	Jörg	EWE-Wattloopers	1962	2014	00:57:27	00:52:15	01:03:47	(00:52:34)	01:08:58	00:59:36	05:02:03	00:05:27	52	M50	182	6
1138	Severiens	Harm	Bundeswehr Weener	1956	2014	00:56:56	00:52:58	01:05:45	(00:53:02)	01:06:43	00:59:47	05:02:09	00:05:27	58	M50	183	6
1139	Odion	Jean-Yann	ABW Richthofen	1993	2014	01:00:08	00:53:02	01:06:26	(00:52:20)	01:05:23	00:57:11	05:02:10	00:05:27	21	MHK	131	6
1140	Däuber	Günter	Judo Team Leer VFR H	1961	2014	00:58:34	00:53:26	01:04:19	(00:52:05)	01:08:02	00:57:50	05:02:11	00:05:27	53	M50	184	6
1141	Klostermann	Helmut	VW Emden	1955	2014	00:59:21	00:54:07	01:07:00	(00:52:12)	01:04:02	00:57:47	05:02:17	00:05:27	59	M50	185	6
1142	Janssen	Jann		1972	2014	00:57:43	00:52:37	01:05:45	(00:53:14)	01:06:44	00:59:28	05:02:17	00:05:27	42	M40	316	6
1143	Koenen	Joachim	JOKO	1966	2014	00:57:23	00:53:42	01:03:35	(00:52:12)	01:09:35	00:58:10	05:02:25	00:05:28	48	M40	317	6
1144	Schollmanns	Marcel	ABW Richthofen	1996	2014	00:57:32	00:52:54	01:06:26	(00:51:08)	01:09:24	00:56:10	05:02:26	00:05:28	18	MU20	133	6
1145	Lüken	Heiko	SC Wiesens	1969	2014	00:56:03	00:52:51	01:04:32	(00:55:19)	01:07:13	01:01:55	05:02:34	00:05:28	45	M40	318	6
1146	Meints	Karin	LG Großefehn	1962	2014	00:57:37	00:52:35	01:04:47	(00:52:22)	01:07:37	01:00:05	05:02:41	00:05:28	52	W50	20	6
1147	Nuske	Alexander	Team ENERCON	1971	2014	00:57:11	00:54:08	01:04:29	(00:52:44)	01:06:23	01:00:34	05:02:45	00:05:28	43	M40	319	6
1148	Meentz	Holger	TUS Leerhafe/Hovel	1971	2014	00:59:29	00:52:46	01:04:33	(00:52:42)	01:08:05	00:57:56	05:02:49	00:05:28	43	M40	320	6
1149	Fisser	Gisela	TV Norden	1965	2014	00:57:29	00:52:54	01:05:12	(00:53:11)	01:07:29	00:59:47	05:02:51	00:05:28	49	W40	63	6
1150	Menzel	Stefan	Seefahrtsschule Leer	1991	2014	00:58:20	00:53:37	01:05:47	(00:52:04)	01:07:03	00:58:16	05:03:03	00:05:28	23	MHK	132	6
1151	Geiken	Marion	LT TuS Aurich-Ost	1966	2014	00:57:50	00:51:55	01:04:17	(00:52:55)	01:09:52	00:59:22	05:03:16	00:05:28	48	W40	64	6
1152	Meyer	Anlje	LG Uplengen	1956	2014	00:56:47	00:52:49	01:05:33	(00:53:40)	01:07:19	01:00:51	05:03:19	00:05:29	58	W50	21	6
1153	Onken	Steffi	Krankenhaus Wittmund	1972	2014	00:56:24	00:52:23	01:04:08	(00:57:57)	01:10:35	00:59:49	05:03:19	00:05:29	42	W40	65	6
1154	Gensicke	Torsten	Wiesmoor	1967	2014	00:58:55	00:53:45	01:04:40	(00:52:32)	01:06:10	00:59:52	05:03:22	00:05:29	47	M40	321	6
1155	Janssen	Tobias	Alex.-v.-Humboldt-Schu	1998	2014	00:57:41	00:53:39	01:03:50	(00:50:43)	01:09:20	00:58:53	05:03:23	00:05:29	16	MU20	134	6
1156	Janssen	Sören	Seefahrtsschule Leer	1987	2014	00:58:00	00:53:02	01:06:06	(00:52:18)	01:08:04	00:58:13	05:03:25	00:05:29	27	MHK	133	6
1157	Bültena	Uwe	Team Bünting	1965	2014	00:57:32	00:52:29	01:05:38	(00:53:40)	01:05:27	01:02:26	05:03:32	00:05:29	49	M40	322	6
1158	Tammen	Jutta	Sonnen-Apotheke Leer	1985	2014	00:56:59	00:52:49	01:05:01	(00:53:04)	01:08:39	01:00:04	05:03:32	00:05:29	29	WHK	19	6
1159	Tinnemeyer	Oswald	LT TuRa 07 Westrhaud	1952	2014	00:56:40	00:52:49	01:04:08	(00:53:35)	01:10:22	00:59:34	05:03:33	00:05:29	62	M60	37	6
1160	Dreesman	Arno	LHV	1976	2014	00:59:16	00:53:43	01:05:25	(00:54:00)	01:06:38	00:58:31	05:03:33	00:05:29	38	M30	180	6
1161	Schmidt	Lydia	SV Holtland	1963	2014	00:56:58	00:53:00	01:05:22	(00:53:24)	01:07:47	01:00:32	05:03:39	00:05:29	51	W50	22	6
1162	Romaneeßen	Gerd	Theater Brockzetel-Wie	1963	2014	00:59:04	00:52:16	01:04:50	(00:53:14)	01:07:14	01:00:17	05:03:41	00:05:29	51	M50	186	6
1163	Ubben	Hilmar	Gymnasium Ulricianum	2002	2014	00:57:58	00:53:05	01:05:20	(00:54:57)	01:07:23	00:59:55	05:03:41	00:05:29	12	MU20	135	6
1164	Kleemann	Holger	N-Cut24	1965	2014	00:58:51	00:53:16	01:05:14	(00:53:14)	01:07:08	00:59:14	05:03:43	00:05:29	49	M40	323	6
1165	Kuhn	Gerald	W.K. / Ithow	1967	2014	00:59:13	00:53:45	01:04:46	(00:53:12)	01:06:49	00:59:11	05:03:44	00:05:29	47	M40	324	6
1166	Keck	Birgit	LG Ostfriesland	1967	2014	00:56:38	00:53:01	01:05:01	(00:52:50)	01:08:36	01:00:28	05:03:44	00:05:29	47	W40	66	6
1167	Berling	Leo	Nordland Papier	1958	2014	00:58:24	00:47:15	01:06:46	(00:55:14)	01:09:21	01:02:03	05:03:49	00:05:29	56	M50	187	6
1168	Nauschütt	Björn	Ostfriesische Volksbank	1973	2014	00:57:40	00:53:12	01:05:55	(00:53:24)	01:07:00	01:00:11	05:03:58	00:05:29	41	M40	325	6
1169	von Hebel	Kerstin	LSF Oldenburg	1980	2014	00:59:03	00:52:46	01:04:28	(01:08:10)	01:08:15	00:59:31	05:04:03	00:05:29	34	W30	39	6
1170	Oltmanns	Bianca	Weener Plastik	1983	2014	00:58:50	00:52:57	01:01:07	(00:47:34)	01:15:42	00:55:27	05:04:03	00:05:29	31	W30	40	6
1171	Schön	Rosie	DLRG Leer	1969	2014	01:00:02	00:54:34	01:03:50	(00:55:03)	01:06:53	00:58:46	05:04:05	00:05:29	45	W40	67	6
1172	Friesenborg	Monika	Stadt Emden	1969	2014	01:02:07	00:52:24	01:04:23	(00:52:41)	01:05:59	00:59:20	05:04:13	00:05:29	45	W40	68	6
1173	Meyburg	Frank	Ich laufe für Glücksbote	1969	2014	01:03:17	00:52:08	01:01:36	(00:51:24)	01:09:45	00:57:28	05:04:14	00:05:29	45	M40	326	6
1174	Bruhnen	Hans-Günter	BSG Voba Jever	1954	2014	00:57:55	00:52:37	01:05:18	(00:53:30)	01:08:17	01:00:07	05:04:14	00:05:29	60	M60	38	6
1175	Friedrichs	Wilhelm	Strabag AG	1952	2014	00:58:18	00:52:53	01:06:48	(00:52:42)	01:07:30	00:58:47	05:04:16	00:05:30	62	M60	39	6
1176	Watermeyer	Ute	BMW TEKKEN	1968	2014	01:00:19	00:53:47	01:04:11	(00:51:20)	01:06:38	00:59:21	05:04:16	00:05:30	46	W40	69	6
1177	Janssen	Joachim	VOST	1967	2014	01:01:29	00:55:53	01:06:20	(00:52:36)	01:03:55	00:56:43	05:04:20	00:05:30	47	M40	327	6
1178	Reblin	Hans Sören	IGS Aurich-West	1997	2014	00:58:53	00:53:24	01:06:33	(00:51:41)	01:05:47	00:59:47	05:04:24	00:05:30	17	MU20	136	6
1179	Gippert	Hans-Jürgen	TG Wiesmoor	1944	2014	00:57:13	00:52:42	01:04:53	(00:52:37)	01:09:55	00:59:43	05:04:26	00:05:30	70	M70	6	6
1180	Diener	Thomas	TRAUCO Gruppe	1963	2014	00:58:25	00:52:12	01:04:46	(00:52:51)	01:09:24	00:59:40	05:04:27	00:05:30	51	M50	188	6
1181	Hüttinga	Jens	N-Cut24	1968	2014	00:58:51	00:53:24	01:05:14	(00:53:13)	01:07:46	00:59:12	05:04:27	00:05:30	46	M40	328	6
1182	Nowinski	Renate	Lummerland Taxi Aurich	1969	2014	00:57:53	00:52:39	01:04:33	(00:53:19)	01:08:41	01:00:48	05:04:34	00:05:30	45	W40	70	6
1183	Radke	Rudolf	Oldenburg	1984	2014	00:58:52	00:53:01	01:04:25	(00:00:00)	01:09:16	00:59:03	05:04:37	00:05:30	30	M30	181	6
1184	Bruns	Simon	Seefahrtsschule Leer	1994	2014	00:56:15	00:51:25	01:02:45	(00:00:00)	01:13:10	01:01:02	05:04:37	00:05:30	20	MHK	134	6
1185	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2014	00:58:58	00:53:40	01:04:45	(00:52:57)	01:07:50	00:59:24	05:04:37	00:05:30	58	M50	189	6
1186	Rudolph	Jan-Andre	Kdo SES	1970	2014	00:58:49	00:52:00	01:06:09	(00:52:56)	01:07:14	01:00:30	05:04:42	00:05:30	44	M40	329	6
1187	Abheiden	Monique	FC Frisia Völlenerkönig	1980	2014	00:59:36	00:52:31	01:04:22	(00:52:36)	01:09:10	00:59:06	05:04:45	00:05:30	34	W30	41	6
1188	Ley	Katharina	NIGE	2000	2014	00:59:13	00:55:46	01:05:50	(00:52:12)	01:07:41	00:56:24	05:04:54	00:05:30	14	WU20	21	6
1189	Bretschneider	Alexander	Leinerstift e.V.	1998	2014	00:59:29	00:52:39	01:01:28	(00:48:35)	01:08:06	01:03:16	05:04:58	00:05:30	16	MU20	137	6
1190	Garrelts	Elke	SC Wiesens	1971	2014	00:57:49	00:53:16	01:06:32	(00:54:08)	01:07:19	01:00:05	05:05:01	00:05:30	43	W40	71	6
1191	Busch	Miriam	Stadt Emden	1971	2014	00:58:11	00:53:00	01:05:00	(00:54:09)	01:07:39	01:01:11	05:05:01	00:05:30	43	W40	72	6
1192	Burazer	Vedran	ENOVA	1987	2014	00:59:59	00:51:59	01:06:32	(00:55:14)	01:10:42	00:55:51	05:05:03	00:05:30	27	MHK	135	6
1193	Klaaßen	Jan	Nordland Papier	1971	2014	00:58:53	00:52:24	01:04:40	(00:54:08)	01:07:04	01:02:04	05:05:05	00:05:30	43	M40	330	6
1194	van Hoorn	Dieter	Jantjes Team	1955	2014	00:59:09	00:52:25	01:04:48	(00:53:11)	01:09:21	00:59:23	05:05:06	00:05:30	59	M50	190	6
1195	Daniel	Simone	Emder LG	1962	2014	00:58:22	00:53:43	01:05:56	(00:54:30)	01:07:01	01:00:05	05:05:07	00:05:30	52	W50	23	6
1196	Schweer	Ilka	Veenhusen	1999	2014	00:58:20	00:51:38	01:05:15	(00:50:25)	01:09:42	01:00:13	05:05:08	00:05:30	15	WU20	22	6
1197	Beer	Philipp	Gymnasium Ulricianum	1996	2014	00:59:22	00:53:51	01:06:04	(00:52:56)	01:09:05	00:56:48	05:05:10	00:05:31	18	MU20	138	6
1198	Gravel	Manfred	TuRa 07 Westrhauderfer	1962	2014	00:58:11	00:53:34	01:05:38	(00:53:46)	01:07:52	00:59:56	05:05:11	00:05:31	52	M50	191	6
1199	Rappert	Jan	HSM Wirtschaftsprüfer	1994	2014	01:01:52	00:48:22	01:02:05	(00:49:36)	01:13:08	00:59:58	05:05:25	00:05:31	20	MHK	136	6
1200	Tunder	Alma	SC Wiesens	1957	2014	00:57:49	00:53:16	01:06:56	(00:54:46)	01:07:18	01:00:06	05:05:25	00:05:31	57	W50	24	6

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1208	Kramer	Marion	TuRa 07 Westrhauderfehn	1967	2014	00:58:37	00:53:09	01:05:39	(00:52:58)	01:08:39	00:59:47	05:05:51	00:05:31	47	W40	75	6
1209	Cornelis	Manu	BW Borssum	1972	2014	00:59:23	00:53:14	01:05:09	(00:53:39)	01:07:32	01:00:34	05:05:52	00:05:31	42	W40	76	6
1210	Habedank	Wolfgang	Ramsloh	1957	2014	00:58:07	00:54:04	01:05:32	(00:53:32)	01:08:56	00:59:21	05:06:00	00:05:31	57	M50	192	6
1211	Wollny	Gehard	Emder LG	1944	2014	00:57:40	00:54:09	01:05:37	(00:53:21)	01:08:11	01:00:32	05:06:09	00:05:32	70	M70	7	6
1212	Janssen	Uwe	LSF Oldenburg	1983	2014	00:56:57	00:52:10	01:02:45	(00:49:42)	01:06:12	01:08:11	05:06:15	00:05:32	31	M30	182	6
1213	Bruns	Henning	EWE NETZ GmbH	1996	2014	01:00:01	00:55:21	01:03:48	(00:52:07)	01:07:33	00:59:35	05:06:18	00:05:32	18	MU20	139	6
1214	Förster-Riemann	Daniela	EWE-Wattloopers	1967	2014	00:57:50	00:53:13	01:05:34	(00:53:11)	01:09:57	00:59:50	05:06:24	00:05:32	47	W40	77	6
1215	Terviel	Bärbel	LG Uplengen	1957	2014	00:57:56	00:52:10	01:04:32	(00:00:00)	01:10:51	01:00:57	05:06:26	00:05:32	57	W50	25	6
1216	Böke-Aden	Karin	TuS Eintracht Hinte	1959	2014	00:58:49	00:53:17	01:06:03	(00:53:17)	01:08:16	01:00:06	05:06:31	00:05:32	55	W50	26	6
1217	Stern	Katrin	Seefahrtschule Leer	1982	2014	00:58:32	00:52:08	01:02:41	(00:52:05)	01:11:27	01:01:45	05:06:33	00:05:32	32	W30	43	6
1218	Hoffmann	Frank	SV Ofenerdiek	1964	2014	00:57:02	00:51:31	01:04:50	(00:52:35)	01:12:50	01:00:22	05:06:35	00:05:32	50	M50	193	6
1219	Huisinga	Amke	Reederei Buss	1992	2014	00:58:44	00:53:16	01:05:55	(00:54:01)	01:08:02	01:00:39	05:06:36	00:05:32	22	WHK	20	6
1220	Gersch	Siegfried	TSV Riepe	1942	2014	00:57:36	00:55:33	01:05:46	(00:53:09)	01:07:20	01:00:22	05:06:37	00:05:32	72	M70	8	6
1221	Thien	Corinna		1969	2014	00:57:35	00:53:34	01:04:44	(00:53:18)	01:09:45	01:01:02	05:06:40	00:05:32	45	W40	78	6
1222	Schmeink	Meret	Turbine TGG	1996	2014	00:59:21	00:54:52	01:04:12	(00:53:05)	01:09:14	00:59:10	05:06:49	00:05:32	18	WU20	23	6
1223	Leggedör	Markus	Fleischerei Leggedör	1979	2014	00:58:57	00:53:51	01:04:59	(00:53:15)	01:08:52	01:00:16	05:06:55	00:05:32	35	M30	183	6
1224	Meyer	Stefan	Team ENERCON	1978	2014	00:58:32	00:54:49	01:06:10	(00:52:54)	01:07:46	00:59:41	05:06:58	00:05:32	36	M30	184	6
1225	Schoneboom	Hans-Günter	Emder LG	1966	2014	00:57:17	00:53:07	01:05:36	(00:54:21)	01:09:21	01:01:44	05:07:05	00:05:33	48	M40	333	6
1226	Willms	Rainer	Wildeboer Bauteile Gm	1975	2014	00:59:30	00:53:30	01:05:19	(00:54:01)	01:08:37	01:00:11	05:07:07	00:05:33	39	M30	185	6
1227	Damm	Lena	Emden	1997	2014	01:01:03	00:55:12	01:06:13	(00:53:13)	01:05:56	00:58:52	05:07:16	00:05:33	17	WU20	24	6
1228	Reiners	Werner	Rettungsdienst Aurich	1968	2014	00:58:29	00:52:40	01:06:53	(00:52:44)	01:09:23	00:59:54	05:07:19	00:05:33	46	M40	334	6
1229	Mansholt	Jens	Friese, Franzen & P. St	1982	2014	00:59:31	00:52:11	01:05:23	(00:51:57)	01:10:27	00:59:51	05:07:23	00:05:33	32	M30	186	6
1230	Pommer	Marika	Heisfelder Zahnhaus	1990	2014	00:59:21	00:53:48	01:06:26	(00:53:12)	01:07:39	01:00:14	05:07:28	00:05:33	24	WHK	21	6
1231	Fuhrmann	Simon	Enno Onnecken	1996	2014	01:02:27	00:54:45	01:08:20	(00:52:23)	01:07:06	00:54:50	05:07:28	00:05:33	18	MU20	140	6
1232	Reiners	Bernhard	Skatclub Molinari	1968	2014	00:59:19	00:54:15	01:05:47	(00:52:35)	01:08:44	00:59:25	05:07:30	00:05:33	46	M40	335	6
1233	Holst	Uwe	LT TuS Aurich-Ost	1959	2014	00:58:36	00:53:07	01:05:32	(00:51:02)	01:09:20	01:00:56	05:07:31	00:05:33	55	M50	194	6
1234	Beening	Mai	FCSO	1998	2014	00:58:41	00:53:23	01:05:19	(00:53:31)	01:10:14	00:59:57	05:07:34	00:05:33	16	WU20	25	6
1235	Schoon	Birte	FCSO	1997	2014	00:58:41	00:53:23	01:05:19	(00:53:31)	01:10:14	00:59:58	05:07:35	00:05:33	17	WU20	26	6
1236	Schaa	Johann	SV Teutonia Stapelmoor	1954	2014	00:58:46	00:52:13	01:07:01	(00:54:43)	01:09:23	01:00:15	05:07:38	00:05:33	60	M60	40	6
1237	Mammen	Stephan	obw Emden	1974	2014	01:00:19	00:53:29	01:04:28	(00:52:31)	01:09:21	01:00:04	05:07:41	00:05:33	40	M40	336	6
1238	Wienerkamp	Jens	WfbM BBB Aurich Wittr	1991	2014	00:58:56	00:53:14	01:06:42	(00:52:57)	01:11:19	00:57:32	05:07:43	00:05:33	23	MHK	139	6
1239	Wienerkamp	Jens	ENTDECKERGARTEN	1973	2014	00:59:03	00:54:07	01:06:16	(00:54:20)	01:07:56	01:00:21	05:07:43	00:05:33	41	W40	79	6
1240	Freitag	Norbert	MTV Aurich	1948	2014	00:59:14	00:54:20	01:05:09	(00:54:15)	01:09:01	01:00:00	05:07:44	00:05:33	66	M60	41	6
1241	Hook	Michael	Watt'n Looper SV Dorn	1966	2014	00:57:53	00:52:20	01:07:05	(00:53:29)	01:10:01	01:00:26	05:07:45	00:05:33	48	M40	337	6
1242	Post- de Buhr	Karin	Mahl- und Mischbetrieb	1974	2014	01:00:17	00:56:11	01:06:23	(00:51:45)	01:07:36	00:57:21	05:07:48	00:05:33	40	W40	80	6
1243	Dreyer	Martina	Concordia Versicherung	1964	2014	00:59:00	00:53:53	01:07:15	(00:53:51)	01:07:39	01:00:02	05:07:49	00:05:33	50	W50	27	6
1244	Fischer	Uwe	Rhauderfehn	1963	2014	00:59:13	00:53:20	01:04:43	(00:53:04)	01:11:06	00:59:27	05:07:49	00:05:33	51	M50	195	6
1245	Meents	Hans-Hermann	TUS Leerhafen/Hovel	1965	2014	00:58:54	00:53:31	01:04:39	(00:53:31)	01:11:57	00:58:54	05:07:55	00:05:33	49	M40	338	6
1246	Schmidt	Olaf	Team ENERCON	1964	2014	01:01:08	00:52:35	01:09:11	(00:51:55)	01:06:49	00:58:14	05:07:57	00:05:34	50	M50	196	6
1247	Broer	Inken	Gymnasium Ulricianum	1999	2014	00:57:30	00:52:46	01:04:57	(00:53:05)	01:13:48	00:58:58	05:07:59	00:05:34	15	WU20	27	6
1248	Broer	Frank	LG Ostfriesland	1970	2014	00:57:29	00:52:47	01:04:57	(00:53:06)	01:13:48	00:58:59	05:08:00	00:05:34	44	M40	339	6
1249	Melle	Daniel	NIGE	1995	2014	01:00:38	00:55:29	01:06:45	(00:50:08)	01:09:32	00:55:40	05:08:04	00:05:34	19	MU20	141	6
1250	Iken	Christian	WfbM BBB Aurich Wittr	1995	2014	00:59:38	00:54:40	01:07:28	(00:00:00)	01:07:44	00:58:37	05:08:07	00:05:34	19	MU20	142	6
1251	Garder	Dennis	Team ENERCON	1986	2014	01:00:55	00:54:56	01:05:17	(00:52:07)	01:11:02	00:56:01	05:08:11	00:05:34	28	MHK	140	6
1252	Efkes	Janna	Hartmann Group	1992	2014	00:58:05	00:52:47	01:06:38	(00:50:50)	01:10:33	01:00:08	05:08:11	00:05:34	22	WHK	22	6
1253	Meyer zu Bergstedt	Thomas	Heimatblatt	1970	2014	00:59:27	00:52:00	01:03:32	(00:53:32)	01:06:08	01:07:10	05:08:17	00:05:34	44	M40	340	6
1254	Rohden	Marko	Oberschule Westerholt	1998	2014	01:03:52	00:51:42	01:05:37	(00:52:42)	01:10:47	00:56:21	05:08:19	00:05:34	16	MU20	143	6
1255	Bassler	Heiko	LG Großefehn	1968	2014	01:00:11	00:53:58	01:05:04	(00:53:33)	01:08:54	01:00:18	05:08:25	00:05:34	46	M40	341	6
1256	Hildebrand	Hermann	Polizei Aurich	1959	2014	00:59:59	00:53:47	01:06:17	(00:54:10)	01:08:22	01:00:10	05:08:35	00:05:34	55	M50	197	6
1257	Wiemers	Sven	MVM IT-Management	1985	2014	01:00:02	00:54:24	01:07:04	(00:52:28)	01:10:02	00:57:05	05:08:37	00:05:34	29	MHK	141	6
1258	Remmers	Siebelt	TRAUCO Gruppe	1979	2014	00:59:12	00:53:19	01:05:47	(00:55:19)	01:10:10	01:00:10	05:08:38	00:05:34	35	M30	187	6
1259	Gerken	Theo	LG Ostfriesland	1944	2014	00:58:38	00:54:11	01:06:44	(00:55:23)	01:08:18	01:00:52	05:08:43	00:05:34	70	M70	9	6
1260	Goeman	Ude	Oberschule Norden	1969	2014	01:01:46	00:53:53	01:06:02	(00:53:38)	01:08:16	00:58:52	05:08:49	00:05:34	45	M40	342	6
1261	Groenewold	Anne	LG TV Bunde	1966	2014	00:58:21	00:53:52	01:07:18	(00:53:52)	01:09:19	00:59:59	05:08:49	00:05:34	48	W40	81	6
1262	Fleßner	Gert	EWE-Wattloopers	1985	2014	00:59:09	00:53:15	01:05:59	(00:53:09)	01:10:10	01:00:25	05:08:58	00:05:35	29	MHK	142	6
1263	Marschall	Iris	TV Norden	1966	2014	00:58:09	00:55:55	01:05:41	(00:53:41)	01:07:43	01:01:30	05:08:58	00:05:35	48	W40	82	6
1264	Bildhauer	Torsten	HRS Ostrhauderfehn	1968	2014	00:58:40	00:53:44	01:06:29	(00:55:04)	01:08:44	01:01:22	05:08:59	00:05:35	46	M40	343	6
1265	Wienrank	Horst	SV Dornum	1960	2014	01:00:03	00:54:10	01:06:01	(00:52:49)	01:08:58	00:59:47	05:08:59	00:05:35	54	M50	198	6
1266	Seiwald	Ulrich	Concordia Ihrhove	1969	2014	00:57:57	00:53:03	01:06:21	(00:54:00)	01:09:27	01:02:13	05:09:01	00:05:35	45	W40	83	6
1267	Balzen	Sascha	CITYGUIDE AG	1978	2014	01:01:45	00:57:13	01:09:43	(00:58:21)	01:07:03	00:53:23	05:09:07	00:05:35	36	M30	188	6
1268	Heinrichs	Don	Seefahrtschule Leer	1992	2014	01:00:51	00:50:53	01:06:10	(00:00:00)	01:11:32	00:59:42	05:09:08	00:05:35	22	MHK	143	6
1269	Antons	Janna	Polizei Aurich	1990	2014	00:59:03	00:53:26	01:06:19	(00:55:00)	01:09:53	01:00:28	05:09:09	00:05:35	24	WHK	23	6
1270	Mayer	Marlene	LT Schafhauser Wald	1962	2014	00:59:33	00:54:33	01:06:56	(00:53:23)	01:07:49	01:00:29	05:09:20	00:05:35	52	W50	28	6
1271	Alwes	Wolfgang		1950	2014	01:00:07	00										

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
1279	Klaaßen	Roswitha	Krummhörn	1958	2014	00:58:59	00:53:56	01:06:29	(00:54:45)	01:08:59	01:01:24	05:09:47	00:05:36	56	W50	29	6
1280	Janßen	Gerrit	W.K. / Ihlow	1975	2014	00:58:53	00:52:57	01:05:22	(00:53:23)	01:10:34	01:02:02	05:09:48	00:05:36	39	M30	192	6
1281	Schlaugk	Birgit	Team Laufrausch e.V.	1974	2014	01:01:22	00:54:11	01:07:13	(00:53:56)	01:07:18	00:59:45	05:09:49	00:05:36	40	W40	85	6
1282	Bunger	Annika	TV Bunde	1984	2014	00:59:35	00:54:59	01:06:45	(00:54:05)	01:07:13	01:01:19	05:09:51	00:05:36	30	W30	44	6
1283	Budnick	Margret	TSV-Jahn Carolinensiel	1954	2014	00:59:05	00:54:35	01:06:38	(00:54:03)	01:08:58	01:00:42	05:09:58	00:05:36	60	W60	3	6
1284	Schön	Kilian	DLRG Leer	2002	2014	01:00:00	00:55:09	01:06:14	(00:55:07)	01:10:53	00:57:54	05:10:10	00:05:36	12	MU20	144	6
1285	Anscheit	Janneke	Fortuna Logabirum	2001	2014	00:58:31	00:53:22	01:08:46	(00:00:00)	01:08:15	01:01:18	05:10:12	00:05:36	13	WU20	29	6
1286	Abken	Reinhard	Abken Bau Utarp	1944	2014	00:58:29	00:54:34	01:06:21	(00:53:49)	01:09:06	01:01:48	05:10:18	00:05:36	70	M70	10	6
1287	Appel	Gudrun	KBV Stedesdorf	1968	2014	00:57:28	00:53:37	01:06:53	(00:54:35)	01:09:59	01:02:23	05:10:20	00:05:36	46	W40	86	6
1288	Flockenhagen	Helge	Weener Plastik	1983	2014	00:59:43	00:53:15	01:05:02	(00:55:12)	01:12:34	00:59:47	05:10:21	00:05:36	31	M30	193	6
1289	Boksch	Jakob	Seefahrtsschule Leer	1992	2014	01:00:29	00:51:38	01:02:43	(00:55:56)	01:15:37	00:59:54	05:10:21	00:05:36	22	MHK	144	6
1290	Stanzel	Andrea		1974	2014	00:59:48	00:52:27	01:07:57	(00:53:52)	01:09:08	01:01:03	05:10:23	00:05:36	40	W40	87	6
1291	Eilers	Matthias	Friese, Franzen & P. St	1985	2014	00:59:01	00:54:14	01:05:35	(00:52:35)	01:10:44	01:01:02	05:10:36	00:05:36	29	MHK	145	6
1292	König	Wolfgang	NIGE	1954	2014	00:59:23	00:54:04	01:06:45	(00:54:39)	01:09:18	01:01:06	05:10:36	00:05:36	60	M60	43	6
1293	Wilken	Gerd	Team Wilts	1960	2014	00:57:37	00:53:45	01:05:14	(00:53:55)	01:09:19	01:04:42	05:10:37	00:05:36	54	M50	199	6
1294	Janssen	Adda	Wallinghausen	1966	2014	00:58:51	00:54:37	01:05:38	(00:55:35)	01:10:22	01:01:09	05:10:37	00:05:36	48	W40	88	6
1295	Fecht	Sabine	Neukamperfehn	1966	2014	01:00:56	00:54:55	01:08:24	(00:54:36)	01:06:44	00:59:45	05:10:44	00:05:37	48	W40	89	6
1296	Scholtalbers	Hendrik	SV Hesel	1959	2014	01:00:56	00:54:55	01:08:24	(00:54:36)	01:06:44	00:59:46	05:10:45	00:05:37	55	M50	200	6
1297	Fokken	Markus	Leinerstift e.V.	1981	2014	01:02:45	00:53:41	01:05:28	(00:54:36)	01:08:33	01:00:19	05:10:46	00:05:37	33	M30	194	6
1298	Groeneveld	Michael	Frisch-Auf Wybelsum	1971	2014	01:00:40	00:52:05	01:07:38	(00:54:08)	01:09:08	01:01:17	05:10:48	00:05:37	43	M40	346	6
1299	Spannhoff	Hannelore	SV Stern Schwerinsdorf	1953	2014	00:58:51	00:54:38	01:05:57	(00:54:36)	01:09:30	01:01:53	05:10:49	00:05:37	61	W60	4	6
1300	Janßen	Friedrich	Stadt Emden	1965	2014	00:58:31	00:54:12	01:07:10	(00:55:12)	01:09:40	01:01:16	05:10:49	00:05:37	49	M40	90	6
1301	Coordes	Karola	BV Hoffnung Ludwigsdd	1984	2014	00:59:43	00:54:08	01:06:47	(00:54:02)	01:09:16	01:00:56	05:10:50	00:05:37	30	W30	45	6
1302	de Freese	Heino	Huneke Strassen- und	1980	2014	01:03:29	00:55:31	01:05:03	(00:52:48)	01:07:58	00:59:02	05:11:03	00:05:37	34	M30	195	6
1303	Lotz	Boris	SV Stern Schwerinsdorf	1972	2014	00:58:51	00:54:38	01:05:58	(00:54:38)	01:09:44	01:01:56	05:11:07	00:05:37	42	M40	347	6
1304	Höfker	Inka	MTV Aurich	1972	2014	01:00:39	00:52:54	01:05:07	(00:54:43)	01:09:45	01:02:42	05:11:07	00:05:37	42	W40	91	6
1305	Lichtsinn	Timo	HTG Ihlow	1997	2014	01:00:23	00:52:17	01:05:39	(00:53:01)	01:11:24	01:01:26	05:11:09	00:05:37	17	MU20	145	6
1306	Katzer	Julian	FCSO	1999	2014	00:58:37	00:51:26	01:16:57	(00:00:00)	01:08:55	00:55:17	05:11:12	00:05:37	15	MU20	146	6
1307	Wüst	Maurice	Alex.-v.-Humboldt-Schu	1994	2014	00:59:33	00:52:34	01:04:39	(00:53:12)	01:12:47	01:01:43	05:11:16	00:05:37	20	MHK	146	6
1308	Groenewold	Frank	Selverde	1971	2014	00:59:32	00:54:08	01:06:59	(00:53:53)	01:10:03	01:00:35	05:11:17	00:05:37	43	M40	348	6
1309	Grensemann	Gerrit	LG Großefehn	1968	2014	00:58:52	00:53:54	01:07:25	(00:53:39)	01:10:10	01:00:57	05:11:18	00:05:37	46	M40	349	6
1310	Hesse	Thomas	LG Fliegerhorst Upjeve	1969	2014	00:59:19	00:54:40	01:07:38	(00:55:56)	01:08:29	01:01:16	05:11:22	00:05:37	45	M40	350	6
1311	Dirks	Michael	Rettungsdienst Aurich	1992	2014	01:00:54	00:52:43	01:06:38	(00:52:32)	01:11:17	00:59:53	05:11:25	00:05:37	22	MHK	147	6
1312	Krey	Sandor	Therapiezentrum Rajen	1971	2014	01:00:11	00:53:23	01:05:36	(00:54:09)	01:10:00	01:02:17	05:11:27	00:05:37	43	M40	351	6
1313	August	Dieter	Die Continentale	1960	2014	00:58:49	00:52:34	01:04:06	(00:52:30)	01:16:41	00:59:21	05:11:31	00:05:37	54	M50	201	6
1314	Hildebrandt	Lothar	Emder LG	1968	2014	00:58:48	00:53:57	01:07:14	(00:54:44)	01:09:45	01:01:48	05:11:32	00:05:37	46	M40	352	6
1315	Gerdes	Anke	TuRa 07 Westrauderfe	1969	2014	00:58:34	00:54:43	01:05:55	(00:54:08)	01:12:03	01:00:17	05:11:32	00:05:37	45	W40	92	6
1316	Hinderks	Jochen	Club Cranium	1980	2014	01:00:45	00:56:57	01:07:22	(00:53:25)	01:06:59	00:59:32	05:11:35	00:05:37	34	M30	196	6
1317	Bohlen	Gerhard		1967	2014	01:01:20	00:54:46	01:07:33	(00:53:17)	01:08:52	00:59:06	05:11:37	00:05:37	47	M40	353	6
1318	Gruben	Dirk	SV Potshausen	1971	2014	00:59:39	00:54:42	01:09:19	(00:53:59)	01:07:24	01:00:36	05:11:40	00:05:38	43	M40	354	6
1319	Wessels	Gerda	Laufen und Meer / Zah	1976	2014	01:02:10	00:55:30	01:07:04	(00:53:10)	01:06:11	01:00:45	05:11:40	00:05:38	38	W30	46	6
1320	Stockfisch	Michael	LEDA Feurige Welten	1967	2014	00:59:14	00:53:49	01:06:03	(00:54:28)	01:11:23	01:01:12	05:11:41	00:05:38	47	M40	355	6
1321	Ruesink	Anne	Schule Moormerland	1997	2014	01:02:40	00:53:37	01:05:32	(00:53:40)	01:07:28	01:02:27	05:11:44	00:05:38	17	WU20	30	6
1322	Best	Carola	SG Moordorf	1976	2014	00:59:46	00:53:02	01:06:45	(00:55:23)	01:10:53	01:01:19	05:11:45	00:05:38	38	W30	47	6
1323	Janssen	Gerd	Sandhorst	1953	2014	00:59:31	00:54:44	01:07:12	(00:54:46)	01:08:51	01:01:30	05:11:48	00:05:38	61	M60	45	6
1324	Lübben	Maika	Emder LG	1976	2014	00:59:06	00:54:09	01:07:15	(00:54:52)	01:09:44	01:01:48	05:12:02	00:05:38	38	W30	48	6
1325	Jürgens	Hendrik	Westerende-Kirchloog	1996	2014	01:01:16	00:52:55	01:05:38	(00:51:42)	01:11:24	01:00:51	05:12:04	00:05:38	18	MU20	147	6
1326	Nanninga	Wubbo	Nordland Papier	1966	2014	00:59:48	00:53:02	01:06:13	(00:55:15)	01:10:59	01:02:04	05:12:06	00:05:38	48	M40	356	6
1327	Penning	Hartmut	Fortuna Logabirum	1951	2014	01:00:19	00:55:24	01:06:08	(00:54:21)	01:08:42	01:01:37	05:12:10	00:05:38	63	M60	46	6
1328	Gerken	Regina	Fortuna Wirdum	1965	2014	01:00:07	00:55:16	01:06:53	(00:53:59)	01:10:25	00:59:30	05:12:11	00:05:38	49	W40	93	6
1329	Cammenga	Neele	Gymnasium Ulricianum	1997	2014	01:01:19	00:55:06	01:06:13	(00:53:52)	01:09:05	01:00:31	05:12:14	00:05:38	17	WU20	31	6
1330	Boekhoff	Daniel	Turbine TGG	1998	2014	01:02:30	00:55:24	01:08:54	(00:52:40)	01:06:40	00:58:47	05:12:15	00:05:38	16	MU20	148	6
1331	Eisenhauer	Nils	IGS Waldschule Egels	2000	2014	00:59:25	00:52:13	01:09:36	(00:55:12)	01:07:07	01:04:01	05:12:22	00:05:38	14	MU20	149	6
1332	Janßen	Holger	Ostfriesische Volksbank	1968	2014	00:59:05	00:55:19	01:06:22	(00:54:03)	01:09:39	01:01:57	05:12:22	00:05:38	46	M40	357	6
1333	Schneider	Jan	IGS Waldschule Egels	2000	2014	00:59:27	00:52:17	01:09:37	(00:55:13)	01:07:06	01:04:02	05:12:29	00:05:38	14	MU20	150	6
1334	Harken-Rößing	Wilma	WfbM BBB Aurich Wittr	1965	2014	00:58:58	00:55:41	01:06:16	(00:53:54)	01:10:28	01:01:07	05:12:30	00:05:38	49	W40	94	6
1335	Föllrichs	Fritz	Allstars 2002	1968	2014	01:00:31	00:54:42	01:09:19	(00:54:00)	01:07:24	01:00:36	05:12:32	00:05:38	46	M40	358	6
1336	Boelsen	Mareike	DLRG Leer	1999	2014	01:00:02	00:54:28	01:06:24	(00:55:04)	01:10:40	01:01:06	05:12:40	00:05:39	15	WU20	32	6
1337	Hollwege	Ralf	VfL Berumbur	1962	2014	00:57:50	00:52:29	01:03:28	(00:00:00)	01:12:45	01:06:10	05:12:42	00:05:39	52	M50	202	6
1338	Ukena	Heinrich		1961	2014	01:01:16	00:54:14	01:06:53	(00:54:39)	01:09:28	01:00:51	05:12:42	00:05:39	53	M50	203	6
1339	Determann	Ute	MTV Aurich	1961	2014	01:00:38	00:55:54	01:07:14	(00:54:06)	01:08:24	01:00:34	05:12:44	00:05:39	53	W50	30	6
1340	Harms	Dieter	Aurich - Kirchdorf	1969	2014	01:01:14	00:54:42	01:07:01	(00:54:28)	01:09:56	00:59:54	05:12:47	00:05:39	45	M40	359	6
1341	Stolorz	Sascha	BSG Landkreis Wesern	1977	2014	00:57:29	00:52:55	01:08:46	(00:54:17)	01:10:54	01:02:49	05:12:53	00:05:39	37	M30	197	6
1342	Campan	Holger	LG Großefehn	1982	2014	01:0											

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1350	Vosberg	Natalia	Team ENERCON	1984	2014	01:01:23	00:55:17	01:07:26	(00:54:11)	01:08:19	01:00:56	05:13:21	00:05:39	30	W30	49	6
1351	Doden	Meinhard	GeTek	1962	2014	01:00:31	00:55:01	01:07:35	(00:55:11)	01:09:08	01:01:10	05:13:25	00:05:39	52	M50	205	6
1352	Kostelnik	Daniel	SGS Germany	1980	2014	00:59:09	00:53:09	01:06:15	(00:52:32)	01:11:58	01:03:00	05:13:31	00:05:40	34	M30	199	6
1353	Janssen	Margret	MTV Aurich	1974	2014	00:58:30	00:54:00	01:08:37	(00:56:16)	01:09:43	01:02:41	05:13:31	00:05:40	40	W40	95	6
1354	Weintschke	Uwe	LT Oldenburg Süd	1959	2014	00:59:33	00:56:47	01:07:39	(00:52:54)	01:08:28	01:01:06	05:13:33	00:05:40	55	M50	206	6
1355	Pfaffinger	Bernd	TV Norden	1947	2014	00:59:37	00:55:29	01:07:57	(00:55:00)	01:08:38	01:01:57	05:13:38	00:05:40	67	M60	48	6
1356	Pape	Michael	Polizei Aurich	1967	2014	01:01:17	00:55:50	01:07:15	(00:53:27)	01:09:42	00:59:43	05:13:47	00:05:40	47	M40	362	6
1357	Veenhuis	Linda	Fortuna Logabirum	1965	2014	01:00:29	00:55:02	01:07:07	(00:54:24)	01:10:15	01:00:55	05:13:48	00:05:40	49	W40	96	6
1358	Dultmeyer	Yvonne	Saterland	1978	2014	01:00:18	00:56:13	01:06:53	(00:54:01)	01:09:18	01:01:10	05:13:52	00:05:40	36	W30	50	6
1359	Krisp	Stephan	Meyer Werft GmbH	1972	2014	00:57:55	00:56:00	01:07:36	(00:54:47)	01:12:56	00:59:25	05:13:52	00:05:40	42	M40	363	6
1360	Langer	Fabian	Team BÖWE	1993	2014	00:56:54	00:54:24	01:07:13	(00:55:53)	01:15:27	01:00:01	05:13:59	00:05:40	21	MHK	148	6
1361	Stengler	Manuel	de Heizungsloopers	1981	2014	00:59:17	00:52:52	01:07:42	(00:53:28)	01:12:36	01:01:33	05:14:00	00:05:40	33	M30	200	6
1362	Auf der Landwehr	Doris	Schuhmann	1969	2014	00:58:42	00:55:03	01:06:29	(00:56:21)	01:11:27	01:02:23	05:14:04	00:05:40	45	W40	97	6
1363	Densow	Detlef	LT TuS Aurich-Ost	1965	2014	00:58:41	00:54:06	01:07:07	(00:54:38)	01:09:56	01:04:17	05:14:07	00:05:40	49	M40	364	6
1364	Janssen	Anna-Lena	Polizei Aurich/Wittmund	1992	2014	00:58:52	00:53:40	01:07:27	(00:53:22)	01:11:09	01:02:59	05:14:07	00:05:40	22	WHK	24	6
1365	Saathoff	Jarek	IGS Waldschule Egels	2003	2014	01:05:17	00:55:35	01:10:41	(00:51:38)	01:06:09	00:56:28	05:14:10	00:05:40	11	MU20	151	6
1366	Korbmacher	Simon	Team ENERCON	1985	2014	01:00:21	00:55:42	01:08:08	(01:04:43)	01:09:38	01:00:30	05:14:19	00:05:40	29	MHK	149	6
1367	Heyenga	Dennis	Seefahrtsschule Leer	1993	2014	00:59:30	00:51:35	01:06:23	(00:50:24)	01:13:45	01:03:07	05:14:20	00:05:40	21	MHK	150	6
1368	Thiems	Derk	EWE-Wattloopers	1971	2014	01:02:45	00:54:44	01:08:30	(00:52:18)	01:08:13	01:00:11	05:14:23	00:05:40	43	M40	365	6
1369	Lehmann	Ewald	LG Ostfriesland	1954	2014	00:59:32	00:55:00	01:07:13	(00:54:46)	01:11:12	01:01:27	05:14:24	00:05:41	60	M60	49	6
1370	Lenz	Hans-Hermann	Klinikum Leer	1952	2014	00:58:41	00:52:12	01:05:21	(00:51:48)	01:05:44	01:12:29	05:14:27	00:05:41	62	M60	50	6
1371	Fokken	Michael	Oldenburg	1970	2014	01:01:59	00:55:44	01:11:25	(00:54:00)	01:06:30	00:58:52	05:14:30	00:05:41	44	M40	366	6
1372	Fokken	Richard	TuS Weene	1982	2014	01:01:59	00:55:44	01:11:24	(00:00:00)	01:06:31	00:58:53	05:14:31	00:05:41	32	M30	201	6
1373	Brouwer	Bodo	Stadt Emden	1952	2014	00:59:46	00:54:37	01:07:07	(00:55:10)	01:10:50	01:02:11	05:14:31	00:05:41	62	M60	51	6
1374	Brouwer	Bodo	RSM DPI AG	1971	2014	01:00:09	00:55:37	01:07:46	(00:57:26)	01:09:32	01:01:27	05:14:31	00:05:41	43	M40	367	6
1375	Ayach	Igor	IGS Aurich-West	1996	2014	00:58:52	00:53:05	01:05:31	(00:51:41)	01:13:33	01:03:30	05:14:31	00:05:41	18	MU20	152	6
1376	Behrends	Gabriele	Ubbo-Emmius-Klinik	1971	2014	01:00:29	00:54:41	01:07:10	(00:55:12)	01:09:35	01:02:39	05:14:34	00:05:41	43	W40	98	6
1377	Janssen	Heiko	WfbM BBB Aurich Wittn	1974	2014	01:01:39	00:53:15	01:09:10	(00:53:54)	01:10:02	01:00:29	05:14:35	00:05:41	40	M40	368	6
1378	Schädler	Susan	Fortuna Logabirum	1959	2014	01:07:36	00:54:22	01:04:43	(00:53:32)	01:08:41	00:59:13	05:14:35	00:05:41	55	W50	33	6
1379	Akermann	Jens	Leer	1983	2014	01:00:11	00:55:28	01:06:31	(00:54:55)	01:10:15	01:02:16	05:14:41	00:05:41	31	M30	202	6
1380	Willms	Wilfried	Schützenverein extum	1960	2014	01:00:37	00:55:05	01:08:44	(00:53:49)	01:09:49	01:00:30	05:14:45	00:05:41	54	M50	207	6
1381	Fießner	Wilko	Alex.-v.-Humboldt-Schu	2000	2014	00:59:58	00:53:27	01:03:44	(00:50:01)	01:18:59	00:58:37	05:14:45	00:05:41	14	MU20	153	6
1382	Schlunck	Maike	Gymnasium Ulricianum	1996	2014	00:59:51	00:54:08	01:08:28	(00:54:18)	01:10:59	01:01:23	05:14:49	00:05:41	18	WU20	34	6
1383	Jelden	Jan Gerd	TV Norden	1955	2014	00:59:07	00:54:33	01:06:37	(00:54:46)	01:12:50	01:01:46	05:14:53	00:05:41	59	M50	208	6
1384	Brörkens	Dirk	Schützenverein Hesel (	1973	2014	01:00:14	00:54:52	01:07:53	(00:55:42)	01:10:15	01:01:42	05:14:56	00:05:41	41	M40	369	6
1385	Fröhling	Torsten		1970	2014	01:02:45	00:55:25	01:08:30	(00:52:39)	01:08:00	01:00:19	05:14:59	00:05:41	44	M40	370	6
1386	Bohlen	Uwe	Wildeboer Bauteile Gm	1977	2014	01:02:43	00:56:30	01:09:18	(00:53:46)	01:08:00	00:58:32	05:15:03	00:05:41	37	M30	203	6
1387	ter Veer	Olaf		1973	2014	01:03:26	00:54:54	01:08:27	(00:52:38)	01:08:01	01:00:20	05:15:08	00:05:41	41	M40	371	6
1388	Steinmeier	Marion	Ubbo-Emmius-Klinik	1969	2014	01:01:03	00:56:06	01:07:41	(00:54:06)	01:08:57	01:01:23	05:15:10	00:05:41	45	W40	99	6
1389	Ahrendts	Mamme	Alex.-v.-Humboldt-Schu	2000	2014	01:03:16	00:54:30	01:07:11	(00:52:13)	01:07:45	01:02:31	05:15:13	00:05:41	14	MU20	154	6
1390	Alberts	Alfred	GeTek	1967	2014	01:00:55	00:55:01	01:07:39	(00:00:00)	01:10:32	01:01:09	05:15:16	00:05:41	47	M40	372	6
1391	Schmeding	Kim Sarah	Gymnasium Ulricianum	1997	2014	00:59:51	00:54:20	01:08:28	(00:54:19)	01:10:59	01:01:44	05:15:22	00:05:42	17	WU20	35	6
1392	Heuermann	Dara		1995	2014	01:02:39	00:56:29	01:06:07	(00:54:01)	01:09:50	01:00:17	05:15:22	00:05:42	19	WU20	36	6
1393	Schmeding	Jörg	Druckerei Meyer	1966	2014	00:59:51	00:54:20	01:08:28	(00:54:19)	01:10:59	01:01:45	05:15:23	00:05:42	48	M40	373	6
1394	Hippen	Johann	ORGADATA AG	1967	2014	00:59:36	00:55:07	01:06:27	(00:54:54)	01:10:45	01:03:33	05:15:28	00:05:42	47	M40	374	6
1395	Entjer	Uta	Sparkasse-Emden Zins	1969	2014	00:59:49	00:54:36	01:07:07	(00:55:10)	01:11:53	01:02:11	05:15:36	00:05:42	45	W40	100	6
1396	Ebberts	Ontja	Baptisten Firrel	1970	2014	00:59:53	00:54:36	01:08:07	(00:00:00)	01:11:25	01:01:38	05:15:39	00:05:42	44	W40	101	6
1397	Koch	Gerald	Baptisten Firrel	1962	2014	00:59:53	00:54:36	01:08:08	(00:00:00)	01:11:25	01:01:38	05:15:40	00:05:42	52	M50	209	6
1398	Poppen	Jelka	UEG	2001	2014	01:01:15	00:55:38	01:11:16	(00:54:21)	01:06:42	01:00:52	05:15:43	00:05:42	13	WU20	37	6
1399	Dreyer	Hans	Team Wilts	1971	2014	01:01:16	00:55:38	01:11:15	(00:54:25)	01:06:42	01:00:53	05:15:44	00:05:42	43	M40	375	6
1400	Stark	Regina	LG TV Bunde	1963	2014	01:01:39	00:54:51	01:07:43	(00:53:58)	01:10:55	01:00:36	05:15:44	00:05:42	51	W50	34	6
1401	Knabe	Henriette	Gymnasium Ulricianum	1997	2014	00:59:51	00:54:47	01:08:32	(00:54:20)	01:10:58	01:01:38	05:15:46	00:05:42	17	WU20	38	6
1402	Campen	Birgit	Die Balkangriller	1990	2014	01:00:11	00:54:59	01:06:38	(00:54:23)	01:11:25	01:02:40	05:15:53	00:05:42	24	WHK	25	6
1403	Orlik	Nele	Die Balkangriller	1995	2014	01:00:11	00:54:59	01:06:37	(00:54:23)	01:11:26	01:02:40	05:15:53	00:05:42	19	WU20	39	6
1404	Eisenhauer	Kathrin	Die Balkangriller	1987	2014	01:00:11	00:54:59	01:06:38	(00:54:23)	01:11:26	01:02:40	05:15:54	00:05:42	27	WHK	26	6
1405	Kuhlmann	Gerda	Die Balkangriller	1995	2014	01:00:11	00:54:59	01:06:39	(00:54:23)	01:11:26	01:02:40	05:15:55	00:05:42	19	WU20	40	6
1406	Drost	Helge	Sparkasse Wilhelmshav	1974	2014	01:00:15	00:55:36	01:08:08	(00:55:42)	01:10:15	01:01:42	05:15:56	00:05:42	40	M40	376	6
1407	Behnke	Claudia	KBV Wiesederfehn	1974	2014	00:59:27	00:55:36	01:08:23	(00:55:28)	01:09:51	01:02:44	05:16:01	00:05:42	40	W40	102	6
1408	Schulz	Uwe	Ostfr. Schulmuseum Fc	1979	2014	01:01:03	00:55:47	01:08:36	(00:55:43)	01:09:03	01:01:36	05:16:05	00:05:42	35	M30	204	6
1409	Stelling	Nicola	Schüt-Duis	1967	2014	01:01:24	00:53:10	01:11:34	(00:53:48)	01:09:31	01:00:29	05:16:08	00:05:42	47	W40	103	6
1410	Dasenbrook	Svenja	Die Heidel-Bärinnen	1984	2014	01:01:32	00:55:09	01:07:06	(00:55:05)	01:10:53	01:01:38	05:16:18	00:05:43	30	W30	51	6
1411	Feierabend	Jens	Weener Plastik	1970	2014	01:02:56	00:56:23	01:07:06	(00:00:00)	01:10:18	00:59:43	05:16:26	00:05:43	44	M40	377	6
1412	Hinrichs	Knut	Gymnasium Ulricianum	1996	2014	00:58:42	00:54:01	01:09:32	(00:59:18)	01:10:43	01:03:31	05:16:29	00:05:43	18	MU20	156	6
1413	Höft	Henry	Gymnasium Ulricianum	1996	2014	00:58:4											

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1421	Schmidt	Joner	Schule Moormerland	1999	2014	00:58:54	00:53:24	01:09:21	(00:51:47)	01:13:03	01:02:20	05:17:02	00:05:43	15	MU20	157	6
1422	Strasser	Jan Oliver	JFV Leer	1999	2014	01:00:33	00:54:27	01:08:25	(00:56:01)	01:16:04	00:57:36	05:17:05	00:05:43	15	MU20	158	6
1423	Brachthäuser	Joachim	WfbM BBB Aurich Witr	1973	2014	01:00:18	00:54:30	01:06:17	(00:53:17)	01:16:47	00:59:18	05:17:10	00:05:44	41	M40	378	6
1424	Meinen	Thorsten	Bohlen & Doyen	1974	2014	01:02:33	00:54:54	01:07:24	(00:55:08)	01:10:22	01:01:57	05:17:10	00:05:44	40	M40	379	6
1425	Harms	Hinrikus	egoo	1957	2014	00:59:52	00:54:47	01:08:31	(00:54:38)	01:11:20	01:02:41	05:17:11	00:05:44	57	M50	210	6
1426	Klusmann	Birte	Ostfriesische Volksbank	1970	2014	00:59:54	00:55:32	01:07:56	(00:56:01)	01:11:32	01:02:18	05:17:12	00:05:44	44	W40	104	6
1427	Schröder	Sabrina	MTV Aurich	1977	2014	00:59:53	00:54:16	01:08:17	(00:55:12)	01:12:36	01:02:11	05:17:13	00:05:44	37	W30	55	6
1428	Schuster	Silke	LT TuS Aurich-Ost	1977	2014	00:59:53	00:54:16	01:08:17	(00:55:13)	01:12:36	01:02:11	05:17:13	00:05:44	37	W30	54	6
1429	Brinkmann	Frieda	Fortuna Logabirum	1960	2014	01:04:58	00:54:22	01:08:08	(00:54:57)	01:08:28	01:01:27	05:17:23	00:05:44	54	W50	35	6
1430	Ross	Armin	Zahnmedizin-Aurich	1982	2014	00:59:08	00:56:32	01:09:08	(00:55:07)	01:08:33	01:04:04	05:17:25	00:05:44	32	M30	205	6
1431	Regling	Matthis	KGS Wiesmoor	1999	2014	01:00:02	00:55:38	01:07:24	(00:54:44)	01:13:43	01:00:41	05:17:28	00:05:44	15	MU20	159	6
1432	Kaiser	Jens	Enno Onnecken	1972	2014	01:02:59	00:56:06	01:08:18	(00:52:40)	01:11:13	00:58:58	05:17:34	00:05:44	42	M40	380	6
1433	Swart	Helmut	Weener Plastik	1964	2014	00:59:32	00:54:34	01:06:01	(00:55:12)	01:14:23	01:03:05	05:17:35	00:05:44	50	M50	211	6
1434	Tjards	Helmut	LT TuS Aurich-Ost	1964	2014	01:02:22	00:57:45	01:09:13	(00:52:00)	01:08:01	01:00:20	05:17:41	00:05:44	50	M50	212	6
1435	Eilers	Anna-Lena	Silomon's Stramme Wa	1987	2014	00:59:46	00:55:35	01:08:02	(00:55:33)	01:10:24	01:03:56	05:17:43	00:05:44	27	WHK	28	6
1436	Kleinau	Swen	Reederei Buss	1967	2014	01:00:06	00:55:41	01:08:28	(00:00:00)	01:11:08	01:02:21	05:17:44	00:05:44	47	M40	381	6
1437	Arzdorf	Harry	Bundeswehr Sanz WTN	1975	2014	01:06:25	00:56:30	01:08:22	(00:52:23)	01:07:00	00:59:27	05:17:44	00:05:44	39	M30	206	6
1438	Ahrendt	Astrid	LG Wilhelmshaven	1957	2014	00:59:45	00:55:13	01:09:13	(00:56:22)	01:11:36	01:01:57	05:17:44	00:05:44	57	W50	36	6
1439	Haak	Timo	MTV Aurich	1980	2014	01:00:56	00:57:02	01:08:00	(00:55:18)	01:10:40	01:01:07	05:17:45	00:05:44	34	M30	207	6
1440	Merker	Birgit	SpVgg Upleward	1973	2014	00:59:48	00:55:32	01:09:31	(00:56:03)	01:11:32	01:01:28	05:17:51	00:05:44	41	W40	105	6
1441	Seehusen	Hanno	IGS Waldschule Egels	2001	2014	01:02:04	00:54:10	01:11:37	(00:58:16)	01:06:20	01:03:43	05:17:54	00:05:44	13	MU20	160	6
1442	Joswig	Almuth	Fortuna Logabirum	1957	2014	01:01:09	00:55:02	01:08:22	(00:57:00)	01:10:58	01:02:27	05:17:58	00:05:44	57	W50	37	6
1443	Streekmann	Silvia	Leer	1979	2014	01:01:48	00:56:24	01:08:36	(00:55:50)	01:09:29	01:01:42	05:17:59	00:05:44	35	W30	56	6
1444	Streekmann	Niels	Leer	1978	2014	01:01:48	00:56:25	01:08:36	(00:55:50)	01:09:30	01:01:42	05:18:01	00:05:44	36	M30	208	6
1445	Reil	Hermann Georg		1950	2014	01:00:09	00:56:27	01:08:27	(00:55:19)	01:09:35	01:03:24	05:18:02	00:05:44	64	M60	53	6
1446	Frey	Inga		1980	2014	01:02:10	00:56:00	01:07:36	(00:54:47)	01:12:57	00:59:25	05:18:08	00:05:45	34	W30	57	6
1447	Buß	Monika		1959	2014	01:00:17	00:55:19	01:08:56	(00:52:47)	01:10:22	01:03:15	05:18:09	00:05:45	55	W50	38	6
1448	Heikens	Sonja		1981	2014	01:02:02	00:55:48	01:09:02	(00:56:55)	01:09:22	01:01:56	05:18:10	00:05:45	33	W30	58	6
1449	Schoolmann	Claus	Volkswagen Emden	1977	2014	01:00:03	00:55:36	01:07:54	(00:55:48)	01:10:36	01:04:03	05:18:12	00:05:45	37	M30	209	6
1450	Linser	Ulrich	MTV Wittmund	1954	2014	01:01:25	00:55:10	01:08:21	(00:55:23)	01:10:26	01:02:57	05:18:19	00:05:45	60	M60	54	6
1451	Brake	Uwe	MK Siemer Tortechnik	1965	2014	01:02:10	00:56:34	01:07:57	(00:53:37)	01:09:25	01:02:14	05:18:20	00:05:45	49	M40	382	6
1452	Janssen	Monika	NW Steuerberatungsge	1969	2014	01:03:23	00:56:49	01:06:40	(00:56:16)	01:10:04	01:01:24	05:18:20	00:05:45	45	W40	106	6
1453	Wilken	Foltmar	TRAUCO Gruppe	1966	2014	01:00:27	00:54:13	01:08:07	(01:01:04)	01:12:36	01:03:02	05:18:25	00:05:45	48	M40	383	6
1454	Prost	Thomas	Nordland Papier	1963	2014	00:59:55	00:57:34	01:08:44	(00:00:00)	01:10:25	01:01:49	05:18:27	00:05:45	51	M50	213	6
1455	Ebeling	Joachim	Briesse Schifffahrt	1963	2014	01:01:50	00:57:15	01:11:45	(00:58:34)	01:06:58	01:00:40	05:18:28	00:05:45	51	M50	214	6
1456	Gerken	Keno	IGS Aurich-West	1998	2014	01:01:44	00:56:13	01:13:54	(00:59:30)	01:06:01	01:00:38	05:18:30	00:05:45	16	MU20	161	6
1457	Rutkat	Tobias	IGS Aurich-West	1996	2014	01:00:46	00:54:01	01:09:33	(00:52:00)	01:10:44	01:03:32	05:18:36	00:05:45	18	MU20	162	6
1458	Wilken	Wilfried	Altliga Holti/Nortm/Stike	1950	2014	01:00:19	00:55:01	01:08:22	(00:57:05)	01:11:48	01:03:09	05:18:39	00:05:45	64	M60	55	6
1459	Schrader	Anke	Pestalozzischule Ween	1961	2014	00:59:10	00:54:50	01:10:13	(00:58:39)	01:11:42	01:02:47	05:18:42	00:05:45	53	W50	39	6
1460	Siefkes	Jürgen	Aurich	1980	2014	01:01:02	00:55:21	01:08:26	(00:55:41)	01:10:27	01:03:28	05:18:44	00:05:45	34	M30	210	6
1461	Menssen	Armin	Club Cranium	1981	2014	01:01:19	00:57:18	01:08:21	(00:54:49)	01:11:13	01:00:34	05:18:45	00:05:45	33	M30	211	6
1462	Ley	André	Polizei Aurich	1967	2014	01:01:15	00:55:50	01:07:15	(00:54:14)	01:12:34	01:01:52	05:18:46	00:05:45	47	M40	384	6
1463	Gerdas	Timo	LG Großefehn	1996	2014	00:58:57	00:55:05	01:09:03	(00:54:45)	01:12:56	01:02:52	05:18:53	00:05:45	18	MU20	163	6
1464	de Buhr	Sonja		1980	2014	01:01:26	00:57:27	01:08:20	(00:54:49)	01:11:13	01:00:33	05:18:59	00:05:45	34	W30	59	6
1465	Alexy	Kerstin	LG Uplengen	1971	2014	00:59:40	00:55:06	01:07:54	(00:00:00)	01:12:05	01:04:16	05:19:01	00:05:46	43	W40	107	6
1466	Reents	Peter	LT Schafhauser Wald	1945	2014	01:00:55	00:55:52	01:08:58	(00:57:19)	01:10:49	01:02:44	05:19:18	00:05:46	69	M60	56	6
1467	Siwek	Mateus	Team ENERCON	1981	2014	01:02:14	00:54:49	01:08:11	(00:53:41)	01:11:13	01:02:53	05:19:20	00:05:46	33	M30	212	6
1468	Dahlweg	Frank	Kautex Leer	1978	2014	01:03:05	00:56:58	01:07:46	(00:55:09)	01:10:26	01:01:11	05:19:26	00:05:46	36	M30	213	6
1469	Boelsen	Anouk	Ubbo-Emmius-Gymnas	2002	2014	01:03:11	00:56:39	01:08:36	(00:00:00)	01:10:14	01:00:46	05:19:26	00:05:46	12	WU20	43	6
1470	Schmidt	Helga	EWE-Wattloopers	1965	2014	01:00:01	00:56:28	01:08:18	(00:55:37)	01:11:28	01:03:12	05:19:27	00:05:46	49	W40	108	6
1471	Busse	Mirjam	Emder LG	1978	2014	01:01:14	00:55:14	01:08:54	(00:56:57)	01:10:46	01:03:24	05:19:32	00:05:46	36	W30	60	6
1472	Abkemeyer	Daniela	Team ENERCON	1983	2014	00:59:17	00:55:57	01:09:16	(00:57:16)	01:11:36	01:03:45	05:19:51	00:05:46	31	W30	61	6
1473	Palma	Petra	TUS Leerhufe/Hovel	1965	2014	01:00:18	00:56:10	01:09:12	(00:55:53)	01:11:04	01:03:08	05:19:52	00:05:46	49	W40	109	6
1474	Boelsen	Amke	Karl-Brunns-Realschule	1961	2014	01:03:14	00:56:53	01:08:47	(00:00:00)	01:10:22	01:00:46	05:20:02	00:05:47	53	W50	40	6
1475	Tjaden	Manuela	Emder LG	1964	2014	00:59:50	00:55:08	01:09:30	(00:55:53)	01:11:32	01:04:03	05:20:03	00:05:47	50	W50	41	6
1476	de Buhr	Renate	Emder LG	1949	2014	00:59:50	00:55:08	01:09:30	(00:55:53)	01:11:31	01:04:04	05:20:03	00:05:47	65	W60	4	6
1477	Bruns	Willi		1939	2014	01:01:42	00:56:52	01:08:54	(00:00:00)	01:10:06	01:02:34	05:20:08	00:05:47	75	M70	11	6
1478	Gerriets	Elke	Krankenhaus Wittmund	1969	2014	01:01:38	00:56:27	01:08:38	(00:56:14)	01:10:35	01:02:51	05:20:09	00:05:47	45	W40	110	6
1479	Damm	Dirk	AOK Die Gesundheitsk	1964	2014	01:01:03	00:55:13	01:19:10	(00:53:13)	01:05:56	00:58:52	05:20:14	00:05:47	50	M50	215	6
1480	Schmidt	Christine	MTV Aurich	1987	2014	01:02:02	00:56:07	01:09:51	(00:55:52)	01:10:17	01:02:08	05:20:25	00:05:47	27	WHK	29	6
1481	Saager	Jens		1976	2014	01:02:05	00:56:39	01:07:43	(00:54:27)	01:13:01	01:00:58	05:20:26	00:05:47	38	M30	214	6
1482	Frerichs	Jason	TV Norden	2001	2014	01:08:25	00:57:47	01:11:27	(01:10:29)	00:56:45	01:06:03	05:20:27	00:05:47	13	MU20	164	6
1483	Neumann	Eckhard	FT Spetzerfehn	1953	2014	01:01:04	00:55:43	01:08:51	(00:59:14)	01:11:32	01:03:22	05:20:32	00:05:47	61	M60	57	6
1484	Rudi	Elvira		1974	2014	01:04:57	00:56:34	01:07:26	(00:57:11)	01:08:35	01:03:04	05:20:36	00:05:47	40	W40	111	6
1485	Penner	Fl															

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1492	Hiersemann	Timo	obw Emden	1993	2014	01:00:12	00:55:14	01:09:02	(00:00:00)	01:15:43	01:00:42	05:20:53	00:05:48	21	MHK	152	6
1493	Eilts	Heiko	SGS Germany	1971	2014	01:02:40	00:55:49	01:08:45	(00:56:28)	01:10:49	01:03:00	05:21:03	00:05:48	43	M40	386	6
1494	Loesing	Ernst	Team ENERCON	1966	2014	01:00:22	00:56:33	01:08:04	(00:55:03)	01:12:03	01:04:03	05:21:05	00:05:48	48	M40	387	6
1495	Baumann	Brigitte	Emder-LG	1963	2014	00:59:11	00:54:00	01:12:34	(00:58:05)	01:12:06	01:03:19	05:21:10	00:05:48	51	W50	43	6
1496	Janssen	Holger	TuS Esens	1963	2014	01:02:45	00:56:13	01:08:59	(00:56:10)	01:10:55	01:02:21	05:21:13	00:05:48	51	M50	217	6
1497	Dirks	Hilka	MTV Wittmund	1975	2014	01:01:39	00:56:28	01:09:21	(00:56:50)	01:11:00	01:02:49	05:21:17	00:05:48	39	W30	63	6
1498	Reuther	Thorsten	Leinerstift e.V.	1979	2014	01:03:03	00:56:47	01:10:24	(00:55:37)	01:09:36	01:01:28	05:21:18	00:05:48	35	M30	215	6
1499	Oltmanns	Julika	BSA Nord OHG	1980	2014	01:02:24	00:56:17	01:08:29	(00:55:12)	01:10:40	01:03:29	05:21:19	00:05:48	34	W30	64	6
1500	Sterk	Tyrone	de Heizungsloopers	1997	2014	01:04:28	00:58:27	01:07:40	(00:53:29)	01:08:13	01:02:42	05:21:30	00:05:48	17	MU20	165	6
1501	Schoone	Talea	LG Großefehn	1981	2014	00:59:35	00:55:51	01:08:44	(00:57:30)	01:13:26	01:04:00	05:21:36	00:05:48	33	W30	65	6
1502	Kühnel	Simon	Seefahrtsschule Leer	1994	2014	01:00:29	00:54:52	01:07:59	(00:54:37)	01:15:28	01:02:59	05:21:47	00:05:49	20	MHK	153	6
1503	Hagen	Gerhard	Walle	1961	2014	01:00:21	00:54:57	01:08:27	(00:56:13)	01:12:40	01:05:24	05:21:49	00:05:49	53	M50	218	6
1504	Herman	Dagmar	Gymnastikgruppe Moor	1972	2014	01:02:42	00:56:45	01:09:10	(00:56:50)	01:10:55	01:02:21	05:21:53	00:05:49	42	W40	113	6
1505	Hoppmann	Gerrit	ENOVA	1963	2014	01:07:19	00:53:40	01:08:12	(00:54:56)	01:10:34	01:02:09	05:21:54	00:05:49	51	M50	219	6
1506	Kahmann	Margret	Ubbo-Emmius-Klinik	1958	2014	01:01:57	00:56:05	01:08:56	(00:57:01)	01:11:03	01:03:53	05:21:54	00:05:49	56	W50	44	6
1507	Klunder	Jochen	LG Großefehn	1967	2014	01:01:38	00:56:34	01:09:19	(00:56:32)	01:10:49	01:03:37	05:21:57	00:05:49	47	M40	388	6
1508	Ennen	Ewald	AOK Die Gesundheitsk	1961	2014	01:01:38	00:56:33	01:09:19	(00:59:07)	01:10:49	01:03:39	05:21:58	00:05:49	53	M50	220	6
1509	Siepert	Holger	MTV Wittmund	1952	2014	01:01:16	00:55:48	01:08:12	(00:56:11)	01:12:41	01:04:08	05:22:05	00:05:49	62	M60	60	6
1510	Ottersberg	Hanna	Team Möbel Buss	1973	2014	01:01:37	00:55:56	01:09:38	(00:55:29)	01:11:08	01:03:47	05:22:06	00:05:49	41	W40	114	6
1511	Siepert	Maria	MTV Wittmund	1956	2014	01:01:17	00:55:48	01:08:12	(00:56:10)	01:12:42	01:04:07	05:22:06	00:05:49	58	W50	45	6
1512	Meyer	Ines	Südbrookmerland	1988	2014	01:02:19	00:55:39	01:07:43	(00:55:33)	01:14:43	01:02:05	05:22:29	00:05:49	26	WHK	30	6
1513	Henning	Torsten	Stadt Emden	1972	2014	01:01:07	00:56:52	01:08:43	(00:55:52)	01:12:36	01:03:15	05:22:33	00:05:49	42	M40	389	6
1514	Hinrichs	Hans-Jürgen	SV Elisabethfehn	1953	2014	01:01:06	00:56:39	01:09:30	(00:00:00)	01:11:41	01:03:39	05:22:35	00:05:49	61	M60	61	6
1515	Hammers	Miriam	Alex.-v.-Humboldt-Schu	1997	2014	01:03:53	00:56:28	01:07:37	(00:55:12)	01:13:03	01:01:38	05:22:39	00:05:49	17	WU20	44	6
1516	Klaas	Ute	Ubbo-Emmius-Klinik	1978	2014	01:00:51	00:54:58	01:11:05	(00:54:05)	01:11:20	01:04:32	05:22:46	00:05:50	36	W30	66	6
1517	Baier	Andreas	Teamfahrschule Keplin	1976	2014	01:04:10	00:57:51	01:08:44	(00:55:18)	01:10:54	01:01:08	05:22:47	00:05:50	38	M30	216	6
1518	Zeiler	Regina	MTV Aurich	1957	2014	00:55:06	00:51:16	01:15:55	(01:01:19)	01:14:13	01:06:20	05:22:50	00:05:50	57	W50	46	6
1519	Wollermann	Manfred	MTV Wittmund	1942	2014	01:00:23	00:56:24	01:09:09	(00:57:23)	01:11:30	01:05:24	05:22:50	00:05:50	72	M70	12	6
1520	Ahrens	Eike	Seefahrtsschule Leer	1991	2014	00:58:48	00:56:29	01:09:28	(00:58:50)	01:12:47	01:05:19	05:22:51	00:05:50	23	MHK	154	6
1521	Janssen	Thomas	Team Bunting	1974	2014	01:00:39	00:52:10	01:04:28	(01:00:11)	01:16:55	01:08:41	05:22:53	00:05:50	40	M40	390	6
1522	Steenhoff	Heiner	Germania Holterfehn	1960	2014	01:02:40	00:58:01	01:09:14	(00:56:18)	01:10:28	01:02:36	05:22:59	00:05:50	54	M50	221	6
1523	Bley	Tobias	GeTek	1994	2014	01:00:54	00:54:57	01:07:38	(00:00:00)	01:15:27	01:04:04	05:23:00	00:05:50	20	MHK	155	6
1524	Neuberg	Felix	Seefahrtsschule Leer	1989	2014	01:02:32	00:58:30	01:10:50	(00:54:49)	01:08:45	01:02:32	05:23:09	00:05:50	25	MHK	156	6
1525	Baumann	Georg Ihno	TV Greetesiel	1961	2014	01:00:59	00:54:50	01:07:46	(00:55:52)	01:16:20	01:03:19	05:23:14	00:05:50	53	M50	222	6
1526	Musiol	Jan-Ole	Laufen und Meer	1998	2014	00:58:31	00:56:07	01:13:34	(00:57:24)	01:11:43	01:03:20	05:23:15	00:05:50	16	MU20	166	6
1527	Kanthak	Maren	SF Möhlenwarf	1988	2014	01:02:23	00:56:15	01:09:35	(00:56:38)	01:14:19	01:00:51	05:23:23	00:05:50	26	WHK	31	6
1528	Huisken	Siegrid	Silomon's Stramme Wa	1955	2014	01:03:02	00:56:29	01:09:41	(00:56:13)	01:10:34	01:03:59	05:23:45	00:05:51	59	W50	47	6
1529	Doden	Ina	Völkerball läuft	1972	2014	01:03:17	00:52:08	01:09:06	(00:57:09)	01:15:13	01:04:10	05:23:54	00:05:51	42	W40	115	6
1530	Campen	Timo	SC 13 Eichen Wiesens	1980	2014	01:04:51	00:57:21	01:09:32	(00:54:51)	01:09:33	01:02:38	05:23:55	00:05:51	34	M30	217	6
1531	Meyer	Ulrich	Stiekelkamperfehn	1958	2014	01:01:31	00:57:27	01:09:15	(00:57:30)	01:11:31	01:04:19	05:24:03	00:05:51	56	M50	223	6
1532	Janssen	Günter	MTV Aurich	1943	2014	01:01:34	00:56:54	01:09:12	(00:57:33)	01:12:01	01:04:31	05:24:12	00:05:51	71	M70	13	6
1533	Seehusen	Andreas	ORGADATA AG	1979	2014	01:02:48	00:56:54	01:08:15	(00:56:30)	01:12:40	01:03:37	05:24:14	00:05:51	35	M30	218	6
1534	Pape	Sina-Marie	Gymnasium Ulricianum	1997	2014	01:03:06	00:55:38	01:09:47	(00:54:03)	01:12:54	01:02:50	05:24:15	00:05:51	17	WU20	45	6
1535	Kanthak	Herbert	obw Emden	1961	2014	01:00:29	00:55:13	01:10:53	(00:55:32)	01:13:59	01:03:50	05:24:24	00:05:51	53	M50	224	6
1536	Kanthak	Lea		1995	2014	01:00:28	00:55:13	01:10:53	(00:55:32)	01:13:59	01:03:51	05:24:24	00:05:51	19	WU20	46	6
1537	Koenen	Michael	Allianz, Weener	1973	2014	01:01:59	00:56:51	01:09:39	(00:55:38)	01:13:41	01:02:15	05:24:25	00:05:51	41	M40	391	6
1538	Kochmann	Tammy	Gymnasium Ulricianum	1997	2014	00:59:51	00:55:42	01:09:48	(00:55:20)	01:14:20	01:04:45	05:24:26	00:05:51	17	WU20	47	6
1539	Rozmer	Roman	SV Harlebuch	1973	2014	01:04:38	00:57:04	01:08:33	(00:00:00)	01:10:27	01:03:56	05:24:38	00:05:52	41	M40	392	6
1540	Schweitzer	Felix	Turbine TGG	1959	2014	01:05:11	00:56:51	01:07:16	(01:00:00)	01:12:58	01:02:32	05:24:48	00:05:52	55	M50	225	6
1541	Hülshof	Britta	LT TuRa 07 Westhaud	1969	2014	01:01:39	00:57:35	01:10:16	(00:57:21)	01:10:52	01:04:30	05:24:52	00:05:52	45	W40	116	6
1542	Schmidt	Laura	MTV Aurich	1994	2014	01:01:08	00:56:09	01:10:17	(00:56:06)	01:11:30	01:05:50	05:24:54	00:05:52	20	WHK	32	6
1543	Grüßing	Thade	SV Bentstreek	2000	2014	01:07:25	00:58:05	01:09:52	(00:58:30)	01:08:21	01:01:17	05:25:00	00:05:52	14	MU20	167	6
1544	Rieken	Uda	BV Vorwärts Plaggenbu	1967	2014	01:03:11	00:56:37	01:10:03	(00:56:13)	01:11:33	01:03:38	05:25:02	00:05:52	47	W40	117	6
1545	Rudnick	Dietmar	LG Großefehn	1965	2014	01:02:26	00:57:57	01:09:32	(00:00:00)	01:11:33	01:03:42	05:25:10	00:05:52	49	M40	393	6
1546	Janssen	Christina	UEG Leer	1996	2014	01:03:23	00:56:39	01:08:30	(00:56:13)	01:12:08	01:04:45	05:25:25	00:05:52	18	WU20	48	6
1547	Schmidt	Thomas		1963	2014	01:02:12	00:56:12	01:10:30	(00:56:34)	01:11:57	01:04:35	05:25:26	00:05:52	51	M50	226	6
1548	Tobiassen	Renate	OFD Nds. LBV Aurich	1970	2014	01:02:14	00:56:20	01:09:14	(00:56:18)	01:13:16	01:04:26	05:25:30	00:05:53	44	W40	118	6
1549	Janssen	Beate	Klinikum Emden Ggmb	1969	2014	00:59:59	00:56:18	01:11:04	(00:57:46)	01:13:22	01:04:51	05:25:34	00:05:53	45	W40	119	6
1550	Mansholt	Derk	MTV Wittmund	1948	2014	01:01:42	00:55:33	01:10:13	(00:58:12)	01:13:41	01:04:25	05:25:34	00:05:53	66	M60	62	6
1551	Weber	Mara	IGS Aurich-West	1997	2014	01:01:53	00:56:03	01:08:47	(00:57:00)	01:15:31	01:03:32	05:25:46	00:05:53	17	WU20	49	6
1552	Schmidt	Heike	HTG Ihlow	2000	2014	01:03:00	00:54:47	01:12:57	(00:55:33)	01:11:53	01:03:10	05:25:47	00:05:53	14	WU20	50	6
1553	Wendeling	Sara	Emder LG	1970	2014	01:01:51	00:56:11	01:09:35	(00:57:21)	01:13:19	01:04:51	05:25:47	00:05:53	44	W40	120	6
1554	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2014	01:01:36	00:56:53	01:10:41	(00:56:07)	01:12:23	01:04:15	05:25:48	00:05:53	56	M50	227	6
1555	Fritz	Thorben	KGS Wiesmoor	1999	2014	01:08:03	00:55:40	01:09:41	(00:00:00)	01:11:11	01:01:16	05:25:51	00:05:53	15			

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1563	Hallenga	Gunda	SC Tannenhausen	1983	2014	01:02:20	00:56:28	01:10:42	(00:55:21)	01:13:14	01:03:40	05:26:24	00:05:54	31	W30	67	6
1564	Gemperlern	Henning	Seefahrtsschule Leer	1985	2014	01:00:53	00:57:21	01:08:26	(00:57:30)	01:13:13	01:06:32	05:26:25	00:05:54	29	MHK	157	6
1565	Robbe	Mathias	Team ENERCON	1988	2014	01:04:02	00:56:41	01:09:54	(00:54:12)	01:13:46	01:02:06	05:26:29	00:05:54	26	MHK	158	6
1566	Brink	Armin	BMW TEKKEN	1962	2014	01:07:26	00:56:33	01:09:13	(00:54:56)	01:11:12	01:02:06	05:26:30	00:05:54	52	M50	228	6
1567	Schunck	Bernd	Aurich	1950	2014	01:01:19	00:58:35	01:10:39	(00:58:02)	01:12:45	01:03:13	05:26:31	00:05:54	64	M60	63	6
1568	Sanders	Janna	Firrel	1999	2014	01:03:18	00:56:29	01:09:24	(00:56:40)	01:13:51	01:03:30	05:26:32	00:05:54	15	WU20	51	6
1569	Janssen	Carsten	Alex.-v.-Humboldt-Schu	2001	2014	01:04:37	00:55:07	01:11:05	(00:56:38)	01:13:09	01:02:35	05:26:33	00:05:54	13	MU20	171	6
1570	Görtemaker	Pia	Firrel	2000	2014	01:03:18	00:56:33	01:09:25	(00:56:40)	01:13:51	01:03:30	05:26:37	00:05:54	14	WU20	52	6
1571	Denker	Wilma	Ostfriesische Volksbank	1966	2014	01:02:58	00:57:44	01:09:48	(00:57:45)	01:11:47	01:04:24	05:26:41	00:05:54	48	W40	124	6
1572	Heeren	Bernhard		1975	2014	01:02:21	00:56:09	01:09:13	(00:56:34)	01:13:14	01:05:48	05:26:45	00:05:54	39	M30	219	6
1573	Kopietz-Fecht	Daniel	Nordwest-Blumen Wies	1994	2014	01:05:09	00:57:55	01:07:54	(00:55:27)	01:14:15	01:01:36	05:26:49	00:05:54	20	MHK	159	6
1574	Neugebauer	Bärbel	TV Norden	1965	2014	01:04:00	00:57:11	01:09:19	(00:57:47)	01:10:49	01:05:31	05:26:50	00:05:54	49	W40	125	6
1575	Voß	Maiko	Sparkasse LeerWittm	1988	2014	01:04:30	00:58:16	01:11:22	(00:58:25)	01:10:58	01:01:44	05:26:50	00:05:54	26	WHK	33	6
1576	Dirks	Frank	Schiedsrichter, Ostfris	1966	2014	01:02:08	00:56:27	01:09:51	(00:55:56)	01:14:48	01:03:38	05:26:52	00:05:54	48	M40	395	6
1577	Schoon	Günter	EWE-Wattoopers	1964	2014	01:03:21	00:57:15	01:11:26	(00:56:54)	01:11:34	01:03:19	05:26:55	00:05:54	50	M50	229	6
1578	Garlichs	Wiebke	Oldenburg	1987	2014	01:04:29	00:55:00	01:11:15	(00:54:58)	01:13:16	01:02:58	05:26:58	00:05:54	27	WHK	34	6
1579	Saathoff	Marita	Emder LG	1969	2014	01:01:59	00:57:15	01:10:51	(00:58:26)	01:06:31	01:10:22	05:26:58	00:05:54	45	W40	126	6
1580	Akkermann	Ralf	SV Stikelkamp	1968	2014	01:01:56	00:59:33	01:08:40	(00:56:55)	01:11:28	01:05:29	05:27:06	00:05:54	46	M40	397	6
1581	Penning	Hermann	Raiffeisenbank eG, Mod	1969	2014	01:01:56	00:59:33	01:08:40	(00:56:56)	01:11:28	01:05:29	05:27:06	00:05:54	45	M40	396	6
1582	Aden	Mario	Bohlen & Doyen	1969	2014	01:03:00	00:57:45	01:09:43	(00:55:25)	01:13:46	01:03:04	05:27:18	00:05:54	45	M40	398	6
1583	Onken	Reina	Lauffreunde Wittmund	1972	2014	01:04:55	00:57:15	01:12:02	(00:56:30)	01:11:24	01:01:43	05:27:19	00:05:54	42	W40	127	6
1584	Diekmann	Bianca	Lauffreunde Wittmund	1975	2014	01:04:55	00:57:15	01:12:02	(00:56:30)	01:11:24	01:01:43	05:27:19	00:05:54	39	W30	68	6
1585	Bamberger	Michael	LSF Oldenburg	1952	2014	01:02:49	00:52:10	01:12:03	(00:56:29)	01:16:18	01:04:02	05:27:22	00:05:55	62	M60	64	6
1586	Lücht	Sarah	Schüt-Duis	1989	2014	01:06:51	00:54:00	01:07:27	(00:56:03)	01:14:34	01:04:30	05:27:22	00:05:55	25	WHK	35	6
1587	Witte	Marlies	LT Spaß mit Sport	1960	2014	01:01:07	00:56:42	01:10:51	(00:58:22)	01:13:17	01:05:31	05:27:28	00:05:55	54	W50	49	6
1588	Franzen	Wilfried	SV Teutonia Stapelmod	1945	2014	01:01:59	00:56:43	01:10:57	(00:00:00)	01:13:00	01:04:49	05:27:28	00:05:55	69	M60	65	6
1589	Bunger	Timo	Leer	1979	2014	01:05:07	00:59:35	01:10:34	(00:54:06)	01:09:58	01:02:15	05:27:29	00:05:55	35	M30	220	6
1590	Garrelts	Bernd	Team ENERCON	1976	2014	01:02:11	00:57:42	01:11:17	(00:55:34)	01:12:25	01:03:59	05:27:34	00:05:55	38	M30	221	6
1591	Budde	Thies	Seefahrtsschule Leer	1993	2014	01:06:08	00:55:50	01:08:15	(00:52:35)	01:15:27	01:02:01	05:27:41	00:05:55	21	MHK	160	6
1592	Veldkamp	Sabrina	Pro Senis	1981	2014	01:06:02	00:54:58	01:06:09	(00:54:40)	01:18:35	01:01:57	05:27:41	00:05:55	33	W30	69	6
1593	Janssen	Marina	Oldenburg	1988	2014	01:04:28	00:57:01	01:12:06	(00:58:43)	01:10:16	01:03:50	05:27:41	00:05:55	26	WHK	36	6
1594	Röwe	Marco	EWE-Wattoopers	1980	2014	01:03:00	00:57:48	01:10:48	(00:57:18)	01:12:24	01:03:43	05:27:43	00:05:55	34	M30	222	6
1595	Schäfer	Heiner	SZ Collhusen	1951	2014	01:02:51	00:58:15	01:10:25	(00:57:26)	01:17:03	00:59:09	05:27:43	00:05:55	63	M60	66	6
1596	Sattler	Wolfgang	Fortuna Logabirum	1947	2014	01:01:49	00:55:03	01:09:15	(00:56:17)	01:13:04	01:08:40	05:27:51	00:05:55	67	M60	67	6
1597	Bruns	Aike	ENOVA	1995	2014	01:02:51	00:55:36	01:13:06	(00:54:20)	01:13:50	01:02:30	05:27:53	00:05:55	19	MU20	172	6
1598	Ertwiens	Heinz-Peter	ORGADATA AG	1969	2014	01:03:09	00:56:50	01:09:43	(00:57:32)	01:14:38	01:03:35	05:27:55	00:05:55	45	M40	399	6
1599	Welsch	Marco	IGS Waldschule Egels	2001	2014	01:08:58	00:57:22	01:09:08	(00:55:07)	01:08:32	01:04:01	05:28:01	00:05:55	13	MU20	173	6
1600	Eggerstorf	Fritz	Box Club Norden	1952	2014	01:01:06	00:56:54	01:09:28	(00:57:34)	01:12:01	01:08:44	05:28:13	00:05:55	62	M60	68	6
1601	Monnerjahn	Lara	MTV Aurich / Camilo Ru	1995	2014	01:03:04	00:57:31	01:09:39	(00:57:50)	01:12:42	01:05:18	05:28:14	00:05:55	19	WU20	53	6
1602	Kiehl	Anette	TuS Eintracht Hinte	1955	2014	01:03:04	00:57:28	01:10:14	(00:57:34)	01:13:08	01:04:26	05:28:20	00:05:56	59	W50	50	6
1603	Bohte	Jasmin	Briese	1985	2014	01:03:56	00:57:55	01:10:07	(00:57:26)	01:13:08	01:03:15	05:28:21	00:05:56	29	WHK	37	6
1604	Loesing	Tobias	Turbine TGG	1997	2014	01:03:07	00:58:01	01:09:10	(00:55:28)	01:11:40	01:06:26	05:28:24	00:05:56	17	MU20	174	6
1605	Veldhuis	Karin	Leer	1969	2014	01:02:31	00:58:00	01:10:26	(00:57:01)	01:13:13	01:04:23	05:28:33	00:05:56	45	W40	128	6
1606	Mennenga	Michelle	Agility Team Die Nordli	1995	2014	00:59:40	00:54:56	01:09:23	(00:56:05)	01:18:26	01:06:12	05:28:37	00:05:56	19	WU20	54	6
1607	Heyen	Elke	Waddensee Bären Esee	1971	2014	01:02:38	00:57:25	01:09:28	(00:57:20)	01:13:15	01:05:55	05:28:41	00:05:56	43	W40	129	6
1608	Raue	Siegfried	Schüt-Duis	1992	2014	01:06:52	00:55:19	01:07:28	(00:52:38)	01:14:34	01:04:29	05:28:42	00:05:56	22	MHK	161	6
1609	Eilts	Ronald	BBS Jever	1971	2014	01:03:04	00:57:23	01:11:56	(00:57:34)	01:13:09	01:03:11	05:28:43	00:05:56	43	M40	400	6
1610	Sandersfeld	Hilke	FCSO	1994	2014	00:59:13	00:56:06	01:11:59	(00:00:00)	01:14:19	01:07:20	05:28:57	00:05:56	20	WHK	38	6
1611	Sandersfeld	Daniel	TRAUCO Gruppe	1972	2014	00:59:14	00:56:06	01:11:58	(00:00:00)	01:14:20	01:07:20	05:28:58	00:05:56	42	M40	401	6
1612	Sweers	Olaf	SV Wittmund	1968	2014	01:03:19	00:58:29	01:08:43	(00:58:13)	01:14:47	01:03:57	05:29:15	00:05:57	46	M40	402	6
1613	Tjardes	Martina	Flick GmbH	1971	2014	01:03:10	00:56:54	01:11:11	(00:58:37)	01:13:03	01:05:06	05:29:24	00:05:57	43	W40	130	6
1614	Schneider	Steffi		1970	2014	01:04:19	00:56:38	01:12:13	(00:57:31)	01:12:44	01:03:38	05:29:32	00:05:57	44	W40	131	6
1615	Kazmal	Gülhat	Klinikum Leer	1992	2014	01:01:59	00:56:38	01:09:02	(00:55:36)	01:11:41	01:10:13	05:29:33	00:05:57	22	WHK	39	6
1616	Ortgies	Annelie	TV Norden	1950	2014	01:03:00	00:57:58	01:10:24	(00:58:08)	01:13:16	01:04:58	05:29:36	00:05:57	64	W60	5	6
1617	Liebert	Karin	Klinikum Leer	1964	2014	01:01:52	00:57:42	01:12:19	(00:58:38)	01:13:17	01:04:30	05:29:40	00:05:57	50	W50	51	6
1618	Niehuisen	Frank	AOK Die Gesundheitsk	1970	2014	01:01:02	00:56:55	01:10:31	(00:59:32)	01:15:12	01:06:07	05:29:47	00:05:57	44	M40	403	6
1619	Alferink	Claudia	TuRa Lauftreff	1961	2014	01:03:00	00:58:54	01:10:22	(00:57:43)	01:13:23	01:04:22	05:30:01	00:05:57	53	W50	52	6
1620	Fabbi	Gabriel	Team Möbel Buss	1968	2014	01:01:37	00:57:34	01:09:55	(00:58:06)	01:12:42	01:08:15	05:30:03	00:05:57	46	M40	404	6
1621	Hinrichs	Janna	Polizei Aurich/Wittmund	1994	2014	01:03:43	00:57:13	01:12:23	(00:57:44)	01:13:43	01:03:05	05:30:07	00:05:58	20	WHK	40	6
1622	Uphoff	Insa	BMW TEKKEN	1967	2014	01:01:13	00:56:27	01:12:05	(00:57:00)	01:13:39	01:06:44	05:30:08	00:05:58	47	W40	132	6
1623	Bley	Cornelia	Tus Horsten	1967	2014	01:01:35	00:57:19	01:10:49	(00:58:45)	01:13:55	01:06:32	05:30:10	00:05:58	47	W40	133	6
1624	Stöckmann	Doris		1964	2014	01:04:00	00:57:35	01:11:00	(00:00:00)	01:12:46	01:04:50	05:30:11	00:05:58	50	W50	53	6
1625	Janssen	Ingrid	WfbM BBB Aurich Wittr	1968	2014	01:02:36	00:56:03	01:11:35	(00:59:53)	01:15:08	01:04:49	05:30:11	00:05:58	46	W40	134	6
1626	Lingner	Gerhard	TuRa 07 Westrhauderfe	1949	2014	01:02:15	00:57:36	01:10:16	(00:57								

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
1634	Beifus	Jenny	Gymnasium Ulricianum	2001	2014	01:06:20	00:56:31	01:11:22	(00:57:24)	01:13:37	01:02:58	05:30:48	00:05:58	13	WU20	55	6
1635	Smid	Frank-Michael	SCHARFF / TRAUCO	1964	2014	01:01:20	00:56:34	01:11:17	(00:58:03)	01:15:16	01:06:23	05:30:50	00:05:58	50	M50	230	6
1636	Rau	Michaela	NIGE	1996	2014	01:01:48	00:54:38	01:07:55	(00:59:12)	01:23:15	01:03:20	05:30:56	00:05:58	18	WU20	56	6
1637	Höft	Helmut	LT TuS Aurich-Ost	1959	2014	01:02:51	00:58:39	01:11:11	(00:59:18)	01:13:13	01:05:15	05:31:09	00:05:59	55	M50	231	6
1638	Klimaschka-Behre	Ursula	Gymnasium Ulricianum	1957	2014	01:02:16	00:57:14	01:11:00	(00:59:42)	01:16:07	01:04:43	05:31:20	00:05:59	57	W50	54	6
1639	Voß	Traute	Kanalratten	1967	2014	01:03:56	00:57:46	01:10:33	(00:59:44)	01:12:37	01:06:30	05:31:22	00:05:59	47	W40	135	6
1640	Heinks	Dieter	GeTek	1969	2014	01:02:07	00:57:56	01:12:39	(00:57:32)	01:14:11	01:04:34	05:31:27	00:05:59	45	M40	406	6
1641	Groen	Carsten	Physio Aktiv Rhaderfe	1986	2014	01:04:31	00:55:44	01:09:52	(00:57:26)	01:15:56	01:05:27	05:31:30	00:05:59	28	MHK	162	6
1642	Mannott	Antje	TSV-Jahn Carolinensiel	1955	2014	01:01:59	00:57:30	01:11:32	(00:57:56)	01:15:02	01:05:31	05:31:34	00:05:59	59	W50	55	6
1643	Baller	Holger	OGV	1971	2014	01:03:36	00:57:00	01:10:38	(00:59:23)	01:15:49	01:04:33	05:31:36	00:05:59	43	M40	407	6
1644	Baller	Stine	OGV	1999	2014	01:03:36	00:57:00	01:10:38	(00:59:22)	01:15:49	01:04:33	05:31:36	00:05:59	15	WU20	57	6
1645	Tölg	Claudia	obw Emden	1964	2014	01:02:30	00:57:01	01:10:01	(00:56:43)	01:14:38	01:07:27	05:31:37	00:05:59	50	W50	56	6
1646	Voß	Pascal	Leinerstift e.V.	2001	2014	01:03:55	00:59:12	01:09:01	(00:55:26)	01:16:15	01:03:16	05:31:39	00:05:59	13	MU20	176	6
1647	Lüür	Fennechiena	EFG Augustfehn	1963	2014	01:04:20	00:57:32	01:09:20	(00:57:01)	01:14:14	01:06:17	05:31:43	00:05:59	51	W50	57	6
1648	Drieling	Timo	Seefahrtsschule Leer	1993	2014	01:00:14	00:54:51	01:14:40	(01:01:00)	01:15:53	01:06:05	05:31:43	00:05:59	21	MHK	163	6
1649	Tembusch	Judith	Kdo SES	1983	2014	01:01:19	00:58:42	01:13:02	(00:57:26)	01:15:27	01:03:14	05:31:44	00:05:59	31	W30	70	6
1650	Frühling	Gerald	Laufen und Meer / VW	1970	2014	01:03:31	00:57:14	01:10:51	(00:58:11)	01:15:00	01:05:22	05:31:58	00:06:00	44	M40	408	6
1651	Tjardes	Ralf	BV Plaggenburg	1969	2014	01:03:10	00:56:35	01:12:43	(00:58:55)	01:17:13	01:02:30	05:32:11	00:06:00	45	M40	409	6
1652	Schulte	Wilhelm	Barßel	1941	2014	01:02:52	00:58:03	01:12:14	(00:58:32)	01:12:30	01:06:35	05:32:14	00:06:00	73	M70	15	6
1653	Gross	Silke	Emden	1969	2014	01:11:18	00:57:40	01:11:36	(00:56:06)	01:10:22	01:01:21	05:32:17	00:06:00	45	W40	136	6
1654	Heising	Lena	Alex.-v.-Humboldt-Schu	1998	2014	01:03:11	00:59:14	01:09:53	(00:57:28)	01:14:58	01:05:02	05:32:18	00:06:00	16	WU20	58	6
1655	Gerken	Angelika	Krankenhaus Wittmund	1967	2014	01:03:52	00:56:57	01:12:05	(00:58:05)	01:14:51	01:04:38	05:32:23	00:06:00	47	W40	137	6
1656	Lienemann	Jann Malte	Gymnasium Ulricianum	1997	2014	01:05:47	00:57:59	01:09:31	(00:56:35)	01:13:16	01:05:52	05:32:25	00:06:00	17	MU20	177	6
1657	Krieger-Hetzke	Helga	TV Norden	1964	2014	01:04:00	00:58:38	01:10:57	(00:58:35)	01:12:33	01:06:20	05:32:28	00:06:00	50	W50	58	6
1658	Fischer	Andreas	Rhaderfehn	1983	2014	01:03:55	00:57:15	01:10:40	(00:57:16)	01:15:43	01:05:01	05:32:34	00:06:00	31	M30	225	6
1659	Soring	Gerd	Wittmund	1960	2014	01:10:56	00:55:58	01:09:41	(00:56:24)	01:13:00	01:03:05	05:32:40	00:06:00	54	M50	232	6
1660	Schwickert	Ralph	Sozialgericht Aurich	1965	2014	01:04:56	00:58:44	01:11:41	(00:56:47)	01:14:07	01:03:22	05:32:50	00:06:00	49	M40	410	6
1661	Heyen	Milena	Laufen und Meer	1999	2014	01:03:40	00:56:34	01:09:59	(00:57:59)	01:18:47	01:03:53	05:32:53	00:06:01	15	WU20	59	6
1662	Wilken	Sebastian	Team ENERCON	1987	2014	01:04:39	00:56:22	01:09:28	(00:57:42)	01:09:45	01:12:45	05:32:59	00:06:01	27	MHK	164	6
1663	Seiwald	Eeske	Concordia Ihrhove	2005	2014	01:02:32	00:57:00	01:14:26	(00:59:17)	01:14:55	01:04:08	05:33:01	00:06:01	9	WU20	60	6
1664	Freitag	Theda	LT TuS Aurich-Ost	1951	2014	01:03:16	00:58:13	01:11:46	(00:58:28)	01:14:16	01:05:30	05:33:01	00:06:01	63	W60	6	6
1665	Horoba	Lucas	Team ENERCON	1987	2014	01:05:19	00:52:46	01:15:03	(01:04:06)	01:09:28	01:10:29	05:33:05	00:06:01	27	MHK	165	6
1666	Frerichs	Dennis	WfbM BBB Aurich Wittr	1993	2014	01:05:54	00:56:29	01:12:14	(00:58:30)	01:15:17	01:03:12	05:33:06	00:06:01	21	MHK	166	6
1667	Meyer	Claudia	Spielmannszug MARX	1977	2014	01:03:22	00:58:35	01:11:55	(00:58:32)	01:13:57	01:05:17	05:33:06	00:06:01	37	W30	71	6
1668	Meyerholz	Lisa	Gymnasium Ulricianum	1997	2014	01:05:48	00:58:16	01:09:59	(00:56:40)	01:13:16	01:05:53	05:33:12	00:06:01	17	WU20	61	6
1669	Graef	Wulf	fit in die kiste	1948	2014	01:03:15	00:57:31	01:10:48	(00:57:19)	01:15:59	01:05:48	05:33:21	00:06:01	66	M60	70	6
1670	Abbas	Martina	Holtusen	1990	2014	01:04:19	00:58:06	01:10:33	(00:58:13)	01:15:07	01:05:17	05:33:22	00:06:01	24	WHK	43	6
1671	Wellendorf	Kathrin	Larissa	1985	2014	01:03:39	00:58:22	01:11:16	(00:57:50)	01:14:37	01:05:32	05:33:26	00:06:01	29	WHK	44	6
1672	Mudder	Sandra	LG Ostfriesland	1964	2014	01:02:34	00:58:26	01:10:47	(00:58:38)	01:15:15	01:06:27	05:33:29	00:06:01	50	W50	59	6
1673	Köster	Holger	Wohn-Welten-Wiesmod	1978	2014	01:11:06	00:56:57	01:08:36	(00:53:18)	01:12:40	01:04:13	05:33:32	00:06:01	36	M30	226	6
1674	Meents	Marion	TUS Leerhufe/Hovel	1967	2014	01:05:18	00:58:53	01:11:12	(00:58:28)	01:13:29	01:04:44	05:33:36	00:06:01	47	W40	138	6
1675	Ramaker	Harald	SV Wargensfehn	1963	2014	01:03:57	00:58:31	01:10:47	(00:57:21)	01:14:23	01:06:03	05:33:41	00:06:01	51	M50	233	6
1676	Heckhoff	Ulrike	VfL Germania Leer/Jud	1965	2014	01:01:41	00:57:40	01:11:15	(01:01:13)	01:17:23	01:05:56	05:33:55	00:06:02	49	W40	139	6
1677	Andreessen	Silke	Emder LG	1978	2014	01:02:47	00:58:02	01:13:16	(00:58:17)	01:15:03	01:04:48	05:33:56	00:06:02	36	W30	72	6
1678	Schütte	Silke	Mittegroßfehn	1973	2014	01:05:01	01:01:38	01:12:02	(00:58:59)	01:11:53	01:03:34	05:34:08	00:06:02	41	W40	140	6
1679	Jürgens	Britta	Krankenhaus Wittmund	1965	2014	01:03:10	00:57:28	01:11:33	(00:58:18)	01:15:55	01:06:05	05:34:11	00:06:02	49	W40	141	6
1680	Henninga	Inga	Für Merie	1998	2014	01:01:31	00:58:56	01:10:38	(01:04:46)	01:16:25	01:06:48	05:34:18	00:06:02	16	WU20	62	6
1681	Buss	Herbert	SV Stielkamp	1959	2014	01:03:58	00:58:31	01:10:48	(00:57:21)	01:15:19	01:05:45	05:34:21	00:06:02	55	M50	234	6
1682	Weber	Holger	SV Stern Schwerinsdor	1994	2014	01:04:27	00:58:01	01:11:28	(00:59:35)	01:14:24	01:06:04	05:34:24	00:06:02	20	MHK	167	6
1683	Boger	Arthur	Alex.-v.-Humboldt-Schu	1997	2014	01:09:01	00:56:22	01:08:55	(00:00:00)	01:18:23	01:01:45	05:34:26	00:06:02	17	MU20	178	6
1684	Wolter	Alexandra	Laufen und Meer	1974	2014	01:03:31	00:57:14	01:10:52	(00:58:11)	01:18:53	01:03:59	05:34:29	00:06:02	40	W40	142	6
1685	Friedrich	Corinna	Silomon's Stramme Wa	1955	2014	01:04:31	00:59:34	01:15:45	(00:59:14)	01:10:47	01:03:56	05:34:33	00:06:02	59	W50	60	6
1686	Broek	Manfred	SZ Saterland	1949	2014	01:02:32	00:59:22	01:10:24	(00:59:34)	01:14:43	01:07:49	05:34:50	00:06:03	65	M60	71	6
1687	Rehfeldt	Bernnd	TSG Hatten-Sandkrug	1945	2014	01:02:54	00:58:23	01:11:54	(00:57:34)	01:13:43	01:07:57	05:34:51	00:06:03	69	M60	72	6
1688	Engelbart	Sarah	Gymnasium Ulricianum	1998	2014	01:01:00	00:54:24	01:13:51	(00:57:44)	01:25:06	01:00:40	05:35:01	00:06:03	16	WU20	63	6
1689	Wendland	Iris		1965	2014	01:14:35	00:57:01	01:07:52	(00:55:24)	01:13:25	01:02:17	05:35:10	00:06:03	49	W40	143	6
1690	Juilfs	Eilert	LG Großfehn	1945	2014	01:04:15	00:58:33	01:11:17	(00:58:31)	01:16:02	01:05:11	05:35:18	00:06:03	69	M60	73	6
1691	Granitz	Petra	LT TuS Aurich-Ost	1971	2014	01:04:23	00:57:03	01:10:55	(00:56:35)	01:16:33	01:06:27	05:35:21	00:06:03	43	W40	144	6
1692	Sanders	Dörte	Emden	1973	2014	01:04:28	00:59:21	01:12:23	(00:58:07)	01:15:16	01:03:59	05:35:27	00:06:03	41	W40	145	6
1693	Riepert	Deborah	NIGE	1997	2014	01:06:07	00:57:43	01:12:39	(00:56:53)	01:16:25	01:02:36	05:35:30	00:06:03	17	WU20	64	6
1694	Wenninga	Lothar	Schiffswerft Dierich Gr	1972	2014	01:02:42	00:58:18	01:10:38	(00:57:16)	01:10:36	01:13:19	05:35:33	00:06:03	42	M40	411	6
1695	Robin	Wilhelm	Nordland Papier	1963	2014	01:10:08	00:54:39	01:03:29	(01:02:50)	01:28:07	00:59:18	05:35:41	00:06:04	51	M50	235	6
1696	Damm	Remmer	GS Ihrhove	1951	2014	01:03:45	00:58:40	01:15:17	(00:58:27)	01:14:14	01:03:47	05:35:43	00:06:04	63	M60	74	6
1697	Suntken	Tajana	LT TuS Aurich-Ost	1969	2014												



09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1705	Bunjes	Rolf	Naturheilpraxis Bunjes	1950	2014	01:09:57	00:56:53	01:12:48	(00:55:28)	01:12:59	01:03:42	05:36:19	00:06:04	64	M60	75	6
1706	Heuermann-Stein	Maike	Aurich	1986	2014	01:05:29	00:59:19	01:13:57	(00:57:01)	01:13:03	01:04:32	05:36:20	00:06:04	28	WHK	45	6
1707	Müller	Hotte	Hafenpraxis Emden	1959	2014	01:10:32	00:57:29	01:12:42	(00:57:30)	01:12:22	01:03:34	05:36:39	00:06:05	55	M50	236	6
1708	Wyszotzki	Janneke	Team Möbel Buss	1995	2014	01:04:16	00:58:03	01:15:33	(00:57:21)	01:12:37	01:06:15	05:36:44	00:06:05	19	WU20	67	6
1709	Aden	Gertrud	SV Großefehn	1959	2014	01:03:29	01:00:11	01:12:13	(00:58:31)	01:13:57	01:06:55	05:36:45	00:06:05	55	W50	62	6
1710	Löhn	Karen	Moormerland	1963	2014	01:00:57	01:08:44	01:10:22	(01:09:02)	01:12:06	01:04:39	05:36:48	00:06:05	51	W50	63	6
1711	Meyerjürgens	Andrea	Bad Zwischenahn	1972	2014	01:04:02	00:58:23	01:12:53	(00:59:33)	01:15:33	01:06:00	05:36:51	00:06:05	42	W40	147	6
1712	Meyer	Martina	Rudnick Mode,-Baby ur	1980	2014	01:04:13	00:58:15	01:08:29	(00:55:13)	01:21:22	01:04:38	05:36:57	00:06:05	34	W30	73	6
1713	Wittenberg	Peter	obw Emden	1949	2014	01:03:44	00:57:12	01:12:16	(00:58:39)	01:16:27	01:07:25	05:37:04	00:06:05	65	M60	76	6
1714	Saathoff	Silvia	Ubbo-Emmius-Klinik	1970	2014	01:06:33	00:57:43	01:10:42	(00:58:31)	01:17:10	01:04:56	05:37:04	00:06:05	44	W40	148	6
1715	Harms	Sonja	Günter Harms Heizung	1973	2014	01:03:05	00:57:52	01:14:33	(00:58:43)	01:16:10	01:05:30	05:37:10	00:06:05	41	W40	149	6
1716	Dahlkötter	Marc	Seefahrtsschule Leer	1990	2014	01:06:19	00:59:54	01:12:42	(00:58:04)	01:15:53	01:02:25	05:37:13	00:06:05	24	MHK	168	6
1717	Freeseemann	Michael	EWE-Wattoopers	1973	2014	01:02:25	00:58:24	01:11:59	(00:59:34)	01:18:48	01:05:37	05:37:13	00:06:05	41	M40	414	6
1718	Meyerhoff	Maike	TuS Collinghorst	1971	2014	01:03:56	00:58:30	01:14:35	(00:58:16)	01:15:32	01:04:48	05:37:21	00:06:05	43	W40	150	6
1719	Bednarz	Sophie	NIGE	1997	2014	01:05:36	01:00:22	01:12:01	(01:00:59)	01:14:27	01:04:57	05:37:23	00:06:05	17	WU20	68	6
1720	Wolckenhaar	Enno	TC Grün Weiß	1938	2014	01:03:23	00:58:33	01:13:20	(00:59:20)	01:15:14	01:06:55	05:37:25	00:06:05	76	M70	16	6
1721	Janhsen	Siegfried		1953	2014	01:03:16	00:57:44	01:15:55	(01:01:19)	01:14:12	01:06:20	05:37:27	00:06:05	61	M60	77	6
1722	Jürrens	Benjamin	Klinikum Emden Ggmb	1986	2014	01:05:07	00:57:15	01:11:52	(00:58:28)	01:15:19	01:07:55	05:37:28	00:06:05	28	MHK	169	6
1723	Schulze	Daniel	Nordwest-Blumen Wies	1994	2014	01:04:54	00:57:38	01:12:24	(00:58:09)	01:16:26	01:06:28	05:37:50	00:06:06	20	MHK	170	6
1724	Jakuseva	Kristina	Ubbo-Emmius-Klinik	1991	2014	01:04:21	00:58:47	01:11:49	(00:59:38)	01:15:37	01:07:19	05:37:53	00:06:06	23	WHK	46	6
1725	Aßmus	Sonka		1982	2014	01:05:10	00:59:43	01:12:20	(00:59:03)	01:15:09	01:05:36	05:37:58	00:06:06	32	W30	74	6
1726	Heßbrüggen	Paula	NIGE	1996	2014	01:08:24	00:57:30	01:10:03	(01:00:41)	01:16:14	01:05:50	05:38:01	00:06:06	18	WU20	69	6
1727	Kassmann	Gunvor	VOST	1981	2014	01:04:11	01:00:28	01:12:55	(00:58:56)	01:15:18	01:05:21	05:38:13	00:06:06	33	W30	75	6
1728	Hayenga	Manuel	IGS Waldschule Egels	2001	2014	01:09:31	00:55:24	01:09:18	(00:53:30)	01:20:14	01:03:46	05:38:13	00:06:06	13	MU20	180	6
1729	Hoppe	Heinz-Hermann	Nordland Papier	1967	2014	01:04:54	01:00:17	01:11:37	(01:02:05)	01:16:30	01:04:58	05:38:16	00:06:06	47	M40	415	6
1730	Klöpmpges	Axel	Lummerland Taxi Auric	1961	2014	01:03:27	00:58:15	01:12:08	(01:03:09)	01:19:12	01:05:28	05:38:30	00:06:07	53	M50	237	6
1731	Hirsch	Gero	Raiffeisenbank Wiesede	1968	2014	01:05:02	00:59:13	01:12:30	(00:58:53)	01:15:43	01:06:06	05:38:34	00:06:07	46	M40	416	6
1732	Kopietz	Monika	TRAUCO Gruppe	1973	2014	01:06:25	00:58:06	01:11:48	(00:59:17)	01:16:21	01:06:00	05:38:40	00:06:07	41	W40	151	6
1733	Janßen	Julia-Marie	NIGE	1997	2014	01:03:28	00:58:02	01:12:51	(00:58:07)	01:18:34	01:05:52	05:38:47	00:06:07	17	WU20	70	6
1734	Memenga	Dennis	IGS Waldschule Egels	2000	2014	01:09:31	00:55:23	01:08:26	(00:55:20)	01:25:12	01:00:17	05:38:49	00:06:07	14	MU20	181	6
1735	de Buhr	Jens	VW Emden	1968	2014	01:05:11	00:59:01	01:13:26	(00:58:56)	01:15:39	01:05:33	05:38:50	00:06:07	46	M40	417	6
1736	Koormann	Jannes	Gymnasium Ulricianum	1997	2014	01:02:01	01:04:28	01:12:44	(01:05:44)	01:09:07	01:00:31	05:38:51	00:06:07	17	MU20	182	6
1737	Ihnen	Joachim	SC Wiesens	1960	2014	01:04:07	00:57:22	01:11:31	(00:57:15)	01:18:21	01:07:33	05:38:54	00:06:07	54	M50	238	6
1738	Thies	Anne-Sophie	Hartmann Group	1995	2014	01:08:09	01:01:29	01:12:24	(00:56:53)	01:13:55	01:03:02	05:38:59	00:06:07	19	WU20	71	6
1739	Huisinga	Hanna	Klinge Paperwerke	1990	2014	01:06:38	00:58:59	01:12:53	(00:58:10)	01:15:33	01:05:02	05:39:05	00:06:07	24	WHK	47	6
1740	Loers	Helmut	SV Blau Weiß Filsum	1952	2014	01:05:19	00:59:07	01:12:42	(00:57:37)	01:15:55	01:06:03	05:39:06	00:06:07	62	M60	78	6
1741	Horn	Vanessa	NIGE	1996	2014	01:06:09	00:57:58	01:12:56	(00:58:40)	01:16:22	01:06:01	05:39:26	00:06:08	18	WU20	72	6
1742	Schmitz	Oliver	Hartmann Group	1971	2014	01:05:24	00:59:44	01:13:30	(00:57:46)	01:15:43	01:05:18	05:39:39	00:06:08	43	M40	418	6
1743	Alberts	Emmi	Odinga's Hof ,Ihlow	1991	2014	01:00:04	00:52:20	01:05:45	(00:51:50)	01:39:26	01:02:25	05:40:00	00:06:08	23	WHK	48	6
1744	Steinke	Dietrich	SV Concordia Neermoo	1941	2014	01:03:56	01:00:43	01:13:31	(01:00:10)	01:14:08	01:07:52	05:40:10	00:06:08	73	M70	17	6
1745	Schumacher	Anja	Ostfriesische Volksbank	1969	2014	01:05:07	00:59:24	01:13:25	(00:59:39)	01:15:31	01:06:49	05:40:16	00:06:09	45	W40	153	6
1746	Möhlmann	Gudrun	Ostfriesische Volksbank	1970	2014	01:05:06	00:59:24	01:13:26	(00:59:40)	01:15:31	01:06:49	05:40:16	00:06:09	44	W40	152	6
1747	Schürmann	Ulrike	Klinikum Emden Ggmb	1962	2014	01:02:23	00:57:45	01:13:03	(00:59:30)	01:19:14	01:07:52	05:40:17	00:06:09	52	W50	64	6
1748	Henning	Yannick	Laufen und Meer	1999	2014	01:03:15	01:00:53	01:16:10	(00:57:32)	01:16:26	01:03:39	05:40:23	00:06:09	15	MU20	183	6
1749	Behrens-Kuhl	Marlies	Klinikum Leer	1972	2014	01:06:09	00:59:15	01:12:19	(00:59:04)	01:15:59	01:06:52	05:40:34	00:06:09	42	W40	154	6
1750	Rossmann	Katja	obw Emden	1983	2014	01:05:20	00:59:04	01:13:35	(00:58:28)	01:15:11	01:07:28	05:40:38	00:06:09	31	W30	76	6
1751	Dickhöfer	Holger	Enno Onnecken	1972	2014	01:05:13	01:00:35	01:12:59	(00:59:34)	01:15:44	01:06:12	05:40:43	00:06:09	42	M40	419	6
1752	Acar	Gazi	HSM Wirtschaftsprüfer	1988	2014	01:06:54	00:57:52	01:13:19	(00:58:12)	01:14:57	01:07:43	05:40:45	00:06:09	26	MHK	171	6
1753	Cornelius	Eike	TSV Jahn Carolinensiel	1979	2014	01:03:13	00:57:13	01:14:43	(01:01:19)	01:16:45	01:08:58	05:40:52	00:06:09	35	M30	227	6
1754	Böhme	Arne		1985	2014	01:05:39	01:01:35	01:14:12	(01:02:32)	01:15:07	01:04:22	05:40:55	00:06:09	29	MHK	172	6
1755	van Raden	Pia	Gymnasium Ulricianum	1998	2014	01:08:35	00:59:17	01:12:03	(00:57:57)	01:14:43	01:06:18	05:40:56	00:06:09	16	WU20	73	6
1756	Meyer	Miriam	Flachsmeer	1993	2014	01:02:53	00:58:54	01:14:07	(01:11:45)	01:19:06	01:06:01	05:41:01	00:06:09	21	WHK	49	6
1757	Dubiel	Regina	Hirsch-Apotheke Ween	1958	2014	01:04:32	01:00:00	01:13:33	(01:00:34)	01:16:18	01:06:56	05:41:19	00:06:10	56	W50	65	6
1758	Buss	Bernhard	Team Möbel Buss	1949	2014	01:04:54	01:04:00	01:15:21	(00:58:07)	01:12:45	01:04:21	05:41:21	00:06:10	65	M60	79	6
1759	Kleen	Heinrich	LG Großefehn	1959	2014	01:03:11	00:59:29	01:13:29	(01:00:51)	01:17:14	01:08:08	05:41:31	00:06:10	55	M50	239	6
1760	de Boer	Hannelore	Klinikum Leer	1968	2014	01:06:09	00:59:29	01:13:24	(00:59:28)	01:16:41	01:06:05	05:41:48	00:06:10	46	W40	155	6
1761	Severiens	Henriette	Fortuna Logabirum	1954	2014	01:05:30	00:59:18	01:12:37	(01:00:24)	01:17:01	01:07:23	05:41:49	00:06:10	60	W60	8	6
1762	Reiter	H.Hermann	SV Stikelkamp	1965	2014	01:06:48	00:59:33	01:12:12	(00:59:13)	01:17:03	01:06:28	05:42:04	00:06:10	49	M40	420	6
1763	Häuser	Niko	Team ENERCON	1978	2014	01:06:40	01:00:25	01:14:37	(00:59:30)	01:15:21	01:05:08	05:42:11	00:06:11	36	M30	228	6
1764	Janke-Neeland	Susanne	Aurich	1963	2014	01:03:36	01:00:40	01:14:26	(01:00:38)	01:16:43	01:06:47	05:42:12	00:06:11	51	W50	66	6
1765	Ackermann	Nico	KGS Wiesmoor	1999	2014	01:08:05	00:56:49	01:09:49	(00:58:24)	01:20:08	01:07:22	05:42:13	00:06:11	15	MU20	184	6
1766	Rebnau	Monika	Sparkasse-Emden Zins	1966	2014	01:07:56	00:59:06	01:13:15	(00:58:04)	01:17:06	01:04:50	05:42:13	00:06:11	48	W40	156	6
1767	Müller	Kathrin	SV Neptun Emden	1975	2014	01:04:51	00:59:42	01:13:38	(00:59:57)	01:17:08	01:06:57	05:42:16	00:06:11	39	W30	77	6
1768	Harms	Hilke	Karkdörper Moorlooper	1997	2014	01:05:35	00:57:58	01:18:30	(00:57:45)	01:16:14	01:04:01	05:42:18	00:06:11	17			

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40	pro km				
1776	Plaisier	Martina	Prinzessin Lillifée	1982	2014	01:06:09	01:03:23	01:12:33	(00:58:07)	01:16:18	01:04:15	05:42:38	00:06:11	32	W30	80	6
1777	Ulferts	Anke	Heisfelder Zahnhaus	1970	2014	01:05:17	00:58:34	01:12:22	(00:59:48)	01:19:34	01:06:51	05:42:38	00:06:11	44	W40	159	6
1778	Kitlas-Dieling	Martha	LG Ostfriesland	1959	2014	01:05:44	00:58:46	01:13:31	(00:59:48)	01:16:47	01:07:51	05:42:39	00:06:11	55	W50	68	6
1779	Nörden	Nadine	BMW TEKKEN	1993	2014	01:06:55	01:00:04	01:13:46	(00:00:00)	01:15:59	01:06:05	05:42:49	00:06:11	21	WHK	50	6
1780	Buurman	Ellen	LT TuS Aurich-Ost	1948	2014	01:04:08	00:59:16	01:13:34	(01:01:41)	01:17:39	01:08:17	05:42:54	00:06:11	66	W60	9	6
1781	Fröhlich	Sebastian	obw Emden	1982	2014	01:09:11	00:58:44	01:13:58	(00:58:09)	01:13:37	01:07:27	05:42:57	00:06:11	32	M30	229	6
1782	Schiemann-Lillie	Martin	LT TuS Aurich-Ost	1955	2014	01:04:08	01:00:27	01:13:24	(00:59:54)	01:16:39	01:08:19	05:42:57	00:06:11	59	M50	240	6
1783	Klinkenborg	Silvia	LG TV Bunde	1970	2014	01:03:05	00:58:54	01:12:30	(01:00:16)	01:20:06	01:08:28	05:43:03	00:06:12	44	W40	160	6
1784	Motz	Heinz-Georg	LT TuS Aurich-Ost	1962	2014	01:01:42	00:57:36	01:12:47	(01:00:02)	01:19:10	01:11:53	05:43:08	00:06:12	52	M50	241	6
1785	Haseborg	Jan	HSM Wirtschaftsprüfer	1961	2014	01:06:58	00:59:28	01:12:22	(00:58:51)	01:18:01	01:06:20	05:43:09	00:06:12	53	M50	242	6
1786	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2014	01:04:26	01:02:20	01:13:24	(01:03:28)	01:15:23	01:07:36	05:43:09	00:06:12	48	M40	422	6
1787	Hinrichs	Andrea	Oberschule Westerholt	1998	2014	01:12:39	00:57:52	01:12:41	(00:58:59)	01:16:00	01:03:58	05:43:10	00:06:12	16	WU20	75	6
1788	Gloger	Helga	Naturkindergarten Groß	1974	2014	01:05:06	00:59:11	01:15:32	(00:59:56)	01:18:55	01:04:26	05:43:10	00:06:12	40	W40	161	6
1789	Heibült	Christian	SV Holtland	1940	2014	01:09:53	01:01:20	01:13:04	(00:58:55)	01:12:14	01:06:47	05:43:18	00:06:12	74	M70	18	6
1790	Tirrel	Heiner	Seefahrtsschule Leer	1990	2014	01:08:08	00:58:57	01:13:38	(00:59:17)	01:18:49	01:03:46	05:43:18	00:06:12	24	MHK	173	6
1791	Kirchhoff	Janna	VHS Ossilooop	1990	2014	01:06:06	01:01:30	01:13:07	(00:59:12)	01:15:45	01:07:06	05:43:34	00:06:12	24	WHK	51	6
1792	Korpilla	Claudia	Zeitungsgruppe Ostfries	1966	2014	01:04:22	00:58:08	01:13:09	(00:59:35)	01:19:58	01:08:11	05:43:48	00:06:12	48	W40	162	6
1793	Meyer	Erhard	Sparkasse LeerWittmur	1962	2014	01:03:08	00:59:17	01:13:36	(00:58:57)	01:18:19	01:09:30	05:43:50	00:06:12	52	M50	243	6
1794	Bollhorst	Rena	NIGE	1996	2014	01:06:04	01:01:08	01:13:38	(01:01:34)	01:16:47	01:06:14	05:43:51	00:06:12	18	WU20	76	6
1795	Meyer	Ingrid	Stadt Emden	1965	2014	01:04:39	00:59:58	01:13:35	(01:00:29)	01:17:54	01:07:46	05:43:52	00:06:12	49	W40	163	6
1796	Poppen	Sabine	VW Emden	1970	2014	01:04:40	00:59:58	01:13:36	(01:00:30)	01:17:53	01:07:46	05:43:53	00:06:12	44	W40	164	6
1797	Meeneken	Ellen	BBC Chartering	1986	2014	01:05:56	00:55:24	01:14:50	(01:05:41)	01:18:09	01:09:41	05:44:00	00:06:13	28	WHK	52	6
1798	Hanssen	Anke	SC Wiesens	1991	2014	01:03:42	01:01:35	01:13:26	(00:59:04)	01:17:15	01:08:10	05:44:08	00:06:13	23	WHK	53	6
1799	Rohlf's	Ronja	SVO Wi sünd Holtriem	1997	2014	01:04:26	00:59:19	01:14:30	(01:02:21)	01:17:31	01:08:23	05:44:09	00:06:13	17	WU20	77	6
1800	Koch	Natascha	Sportfreunde Möhlenwa	1986	2014	01:04:28	00:58:52	01:14:39	(01:00:42)	01:17:49	01:08:25	05:44:13	00:06:13	28	WHK	54	6
1801	Büscher	Monika	Lariska	1981	2014	01:03:24	00:58:59	01:12:35	(00:59:08)	01:21:34	01:07:47	05:44:19	00:06:13	33	W30	81	6
1802	Sich	Ute	MTV Aurich	1972	2014	01:05:32	00:58:42	01:13:46	(00:59:23)	01:18:28	01:07:51	05:44:19	00:06:13	42	W40	165	6
1803	Fauerbach	Thea	SVO Wi sünd Holtriem	1963	2014	01:04:37	01:00:13	01:13:55	(00:59:27)	01:18:05	01:07:29	05:44:19	00:06:13	51	W50	69	6
1804	Naumann	Juliana	Gymnasium Ulricianum	1997	2014	01:03:21	00:57:50	01:11:36	(01:03:29)	01:22:04	01:09:35	05:44:26	00:06:13	17	WU20	78	6
1805	Ubben	Anna-Lena	Borromäus Hospital	1995	2014	01:08:09	01:00:23	01:14:07	(00:58:40)	01:17:29	01:04:24	05:44:32	00:06:13	19	WU20	79	6
1806	Pruin	Christian	Team Wilts	1981	2014	01:05:19	00:59:52	01:13:44	(01:01:28)	01:17:12	01:08:29	05:44:36	00:06:13	33	M30	230	6
1807	Fleßner	Franziska	Aurich	1985	2014	01:07:27	01:01:34	01:11:56	(00:59:39)	01:16:23	01:07:18	05:44:38	00:06:13	29	WHK	55	6
1808	Treue	Najat	Klinikum Emden Ggmb	1974	2014	01:03:41	00:58:53	01:13:41	(01:00:09)	01:17:42	01:10:41	05:44:38	00:06:13	40	W40	166	6
1809	Klinkenborg	Margit	TV Norden	1952	2014	01:06:35	00:59:37	01:13:24	(00:59:50)	01:17:25	01:07:42	05:44:43	00:06:13	62	W60	10	6
1810	Sluiter	Helga	Nordgeorgsfehn	1963	2014	01:05:10	00:59:36	01:13:20	(01:00:36)	01:18:13	01:08:30	05:44:49	00:06:13	51	W50	70	6
1811	Benthien	Andrea	OFD-Nds. - LBV Aurich	1968	2014	01:04:59	00:59:31	01:14:19	(00:58:25)	01:18:27	01:07:35	05:44:51	00:06:13	46	W40	167	6
1812	Gruben	Regina	OFD-Nds. - LBV Aurich	1990	2014	01:05:00	00:59:31	01:14:19	(00:58:25)	01:18:28	01:07:35	05:44:53	00:06:14	24	WHK	56	6
1813	Volger	Wybe	Blomberg	1968	2014	01:06:18	00:58:57	01:15:25	(01:00:15)	01:16:00	01:08:13	05:44:53	00:06:14	46	W40	168	6
1814	Dirksen	Elke	Krankenhaus Wittmund	1966	2014	01:06:17	00:58:57	01:15:18	(00:59:42)	01:16:16	01:08:13	05:45:01	00:06:14	48	W40	169	6
1815	Lüpkes	Talea	Ubbo-Emmius-Klinik	1993	2014	01:03:14	00:59:14	01:14:29	(01:02:20)	01:19:58	01:08:13	05:45:08	00:06:14	21	WHK	57	6
1816	Teiwes	Marion	Sparkasse Aurich-Nord	1958	2014	01:07:31	01:00:33	01:13:10	(00:59:50)	01:16:40	01:07:29	05:45:23	00:06:14	56	W50	71	6
1817	Waalkens	Manfred	LT TuS Aurich-Ost	1951	2014	01:06:04	00:58:40	01:13:05	(00:59:43)	01:18:56	01:08:42	05:45:27	00:06:14	63	M60	80	6
1818	Koch	Jannek	REHAU AG + Co.	1992	2014	01:06:59	00:59:47	01:17:04	(00:58:59)	01:16:14	01:05:23	05:45:27	00:06:14	22	MHK	174	6
1819	Greulich	Ines	Ubbo-Emmius-Klinik	1966	2014	01:06:30	01:01:07	01:14:06	(01:00:07)	01:16:00	01:07:45	05:45:28	00:06:14	48	W40	170	6
1820	Flitz	German	Chile / LSF Oldenburg	1947	2014	01:06:50	00:58:36	01:13:45	(01:01:40)	01:17:02	01:09:22	05:45:35	00:06:14	67	M60	81	6
1821	Harms	Frank	Großefehn	1982	2014	01:07:19	00:59:13	01:12:06	(01:02:25)	01:19:31	01:07:38	05:45:47	00:06:14	32	M30	231	6
1822	Wester	Fenna	Weener	1954	2014	01:02:52	00:59:18	01:16:44	(00:58:14)	01:17:04	01:09:55	05:45:53	00:06:15	60	W60	11	6
1823	Meyer	Karin	Moormerland	1955	2014	01:03:36	01:00:27	01:13:37	(01:00:22)	01:18:19	01:09:56	05:45:55	00:06:15	59	W50	72	6
1824	Michel	Gisela	Team Wilts	1961	2014	01:05:19	00:59:51	01:13:44	(01:01:30)	01:17:19	01:09:43	05:45:56	00:06:15	53	W50	73	6
1825	Wiegmann	Hartmut	Sparkasse LeerWittmur	1966	2014	01:10:01	01:00:36	01:14:16	(00:58:24)	01:13:47	01:07:24	05:46:04	00:06:15	48	M40	423	6
1826	Neumann	Inga	MTV Aurich	1971	2014	01:05:35	00:59:03	01:13:56	(01:00:34)	01:19:43	01:08:01	05:46:18	00:06:15	43	W40	171	6
1827	Hinz	Claudia	SC Wiesens	1972	2014	01:05:58	01:00:04	01:14:00	(01:00:06)	01:17:59	01:08:20	05:46:21	00:06:15	42	W40	172	6
1828	Hedemann	Franziska	LT TuS Aurich-Ost	1990	2014	01:06:27	00:58:31	01:12:27	(00:59:21)	01:21:16	01:08:02	05:46:43	00:06:16	24	WHK	58	6
1829	Münk	Linda	LT TuS Aurich-Ost	1972	2014	01:06:26	00:58:33	01:12:27	(00:59:21)	01:21:15	01:08:02	05:46:43	00:06:16	42	W40	173	6
1830	Erdmann	Jutta	Kassenärztliche Ver. Ni	1979	2014	01:06:27	00:58:33	01:12:27	(00:59:21)	01:21:15	01:08:04	05:46:46	00:06:16	35	W30	82	6
1831	Wilhelms	Hannes	TSV Lammertsfehn	1994	2014	01:07:54	00:59:08	01:11:12	(00:58:50)	01:21:23	01:07:15	05:46:52	00:06:16	20	MHK	175	6
1832	Ubben	Marie	EDEKA	1958	2014	00:58:01	01:02:57	01:15:37	(01:01:52)	01:18:54	01:11:34	05:47:03	00:06:16	56	W50	74	6
1833	Schild	Jesse	Freunde der kleinen Alk	2000	2014	01:13:30	01:00:28	01:08:46	(00:00:00)	01:23:01	01:01:18	05:47:03	00:06:16	14	MU20	185	6
1834	Kleen-Holtz	Wibke	Höchte Running	1974	2014	01:05:12	01:00:49	01:15:48	(01:04:33)	01:17:51	01:07:31	05:47:11	00:06:16	40	W40	174	6
1835	Klemme	Maik	obw Emden	1985	2014	01:09:32	00:59:54	01:16:31	(00:57:43)	01:13:48	01:07:29	05:47:14	00:06:16	29	WHK	59	6
1836	Keplin	Traute	Teamfahrerschule Keplin	1973	2014	01:06:32	01:01:14	01:14:18	(01:00:51)	01:17:40	01:07:51	05:47:35	00:06:16	41	W40	175	6
1837	Freeseemann	Egon	Team Bunting	1966	2014	01:07:19	01:00:46	01:13:37	(01:00:16)	01:18:41	01:07:13	05:47:36	00:06:16	48	M40	424	6
1838	Bernhard	Bianca	Teamfahrerschule Keplin	1967	2014	01:06:34	01:01:15	01:14:18	(01:00:53)	01:17:41	01:07:52	05:47:40	00:06:17	47	W40	176	6
1839	Nie	Richard	RuF Rheider														

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1847	Strüfing	Helke	Zahnmedizin-Aurich	1995	2014	01:04:43	01:00:50	01:16:52	(00:58:22)	01:21:56	01:04:04	05:48:25	00:06:17	19	WU20	81	6
1848	Heyenga	Petra	Die Laufschnellen	1964	2014	01:06:48	01:01:19	01:16:13	(01:01:34)	01:15:49	01:08:22	05:48:31	00:06:17	50	W50	75	6
1849	Schepers	Jens	Ostrhauderfehn	1974	2014	01:07:44	01:00:35	01:14:51	(01:00:45)	01:17:33	01:07:52	05:48:35	00:06:18	40	M40	426	6
1850	Eden	Christina	Rhauderfehn	1973	2014	01:07:44	01:00:35	01:14:51	(01:00:45)	01:17:33	01:07:52	05:48:35	00:06:18	41	W40	179	6
1851	Sandelmann	Monika	Kirche Läuf Wilhelmsh	1957	2014	01:05:20	01:00:47	01:17:13	(01:01:41)	01:18:03	01:07:18	05:48:41	00:06:18	57	W50	76	6
1852	Wiemer	Siemen	Rettungsdienst Aurich	1991	2014	01:00:18	00:54:03	01:06:12	(00:54:04)	01:36:24	01:11:52	05:48:49	00:06:18	23	MHK	176	6
1853	Wilts	Hermann	TV Norden	1946	2014	01:03:50	00:59:36	01:14:47	(01:03:07)	01:21:05	01:09:36	05:48:54	00:06:18	68	M60	83	6
1854	Görder	Laura	Enno Onnecken	1992	2014	01:07:16	01:03:29	01:15:33	(01:00:01)	01:16:26	01:06:23	05:49:07	00:06:18	22	WHK	60	6
1855	Janssen	Focko	IGS Aurich-West	1949	2014	01:05:11	01:00:23	01:14:33	(01:00:55)	01:19:02	01:10:09	05:49:18	00:06:18	65	M60	84	6
1856	Draht	Daye	IGS Aurich-West	1998	2014	01:05:29	00:59:35	01:16:19	(00:59:55)	01:20:37	01:07:25	05:49:25	00:06:18	16	WU20	82	6
1857	Weers	Werner	Sparkasse LeerWittmur	1952	2014	01:05:11	01:01:13	01:14:24	(01:00:31)	01:18:58	01:09:47	05:49:33	00:06:19	62	M60	85	6
1858	Auras	Karl-Heinz	TRAUCO Gruppe	1958	2014	01:09:09	01:03:27	01:20:23	(01:00:10)	01:12:54	01:03:41	05:49:34	00:06:19	56	M50	245	6
1859	Schmidt	Günther	Wiede-wiede-Günni	1956	2014	01:08:58	01:00:56	01:14:49	(01:01:52)	01:17:06	01:07:51	05:49:40	00:06:19	58	M50	246	6
1860	Nüsse	Sandra	REHAU AG + Co.	1980	2014	01:08:04	01:01:13	01:15:45	(00:59:25)	01:17:05	01:07:35	05:49:42	00:06:19	34	W30	84	6
1861	Ottersberg	Bianca	LG Großefehn	1991	2014	01:07:02	01:00:27	01:16:22	(01:01:16)	01:18:26	01:07:30	05:49:47	00:06:19	23	WHK	61	6
1862	Hinrichs	Maik	LG Großefehn	1990	2014	01:07:03	01:00:28	01:16:21	(01:01:16)	01:18:26	01:07:30	05:49:48	00:06:19	24	WHK	62	6
1863	Dannen	Frauke	Fortuna Logabirum	1970	2014	01:07:38	01:02:03	01:14:57	(01:00:46)	01:17:47	01:07:26	05:49:51	00:06:19	44	W40	180	6
1864	Hahn	Ines	TV Norden	1967	2014	01:06:09	00:59:47	01:15:20	(01:02:40)	01:18:23	01:10:23	05:50:02	00:06:19	47	W40	181	6
1865	Gossling	Karl	LG Bunde	1946	2014	01:02:28	01:03:44	01:15:51	(01:03:18)	01:17:15	01:10:58	05:50:16	00:06:19	68	M60	86	6
1866	Grünert	Nicole	Borromäus Hospital	1976	2014	01:07:06	01:00:18	01:15:15	(01:01:46)	01:19:10	01:08:30	05:50:19	00:06:19	38	W30	85	6
1867	Schnau	Heinz-Artur	RVB Aurich/Uplengen	1959	2014	01:05:04	01:01:53	01:15:08	(01:02:13)	01:18:35	01:09:43	05:50:23	00:06:19	55	M50	247	6
1868	Möhlmann	Gerda	Sparkasse Aurich-Nord	1965	2014	01:05:49	01:00:31	01:14:03	(01:00:14)	01:21:08	01:09:07	05:50:38	00:06:20	49	W40	182	6
1869	Eden	Thorsten	Kreuzfahrten Sinning	1978	2014	01:12:18	01:01:24	01:14:09	(01:00:36)	01:16:53	01:05:55	05:50:39	00:06:20	36	M30	233	6
1870	Siebels	Gerd	Fortuna Logabirum	1953	2014	01:06:51	01:00:28	01:14:21	(01:01:43)	01:19:04	01:10:04	05:50:48	00:06:20	61	M60	87	6
1871	Saathoff	Johann	BV Hoffnung Ludwigsdd	1986	2014	01:06:16	01:01:21	01:14:30	(01:01:01)	01:19:48	01:09:02	05:50:57	00:06:20	28	MHK	177	6
1872	Becker	Sonja	Reederei Buss	1967	2014	01:06:03	01:00:38	01:15:01	(01:02:37)	01:18:55	01:10:23	05:51:00	00:06:20	47	W40	183	6
1873	Ammermann	Lars	Team Bünting	1972	2014	01:06:36	01:00:06	01:13:30	(01:03:52)	01:23:24	01:07:28	05:51:04	00:06:20	42	M40	427	6
1874	Köhler	Laura	Seefahrtsschule Leer	1992	2014	01:07:58	01:01:21	01:16:06	(01:01:28)	01:17:39	01:08:10	05:51:14	00:06:20	22	WHK	63	6
1875	Ott	Christian	Alex.-v.-Humboldt-Schu	1977	2014	01:06:30	01:02:10	01:16:42	(00:59:16)	01:18:36	01:07:22	05:51:20	00:06:21	37	M30	234	6
1876	Larionow	Olga	Pro Senis	1971	2014	01:06:03	01:01:59	01:14:52	(01:02:53)	01:18:36	01:09:54	05:51:24	00:06:21	43	W40	184	6
1877	Renken	Maik	Sodasan	1987	2014	01:14:18	01:05:59	01:12:00	(00:00:00)	01:15:55	01:03:33	05:51:45	00:06:21	27	MHK	178	6
1878	Door	Martina	Ostfriesische Brandkas	1989	2014	01:08:21	01:00:34	01:15:10	(01:01:33)	01:19:27	01:08:20	05:51:52	00:06:21	25	WHK	64	6
1879	Kruse	Bernhard	WfbM BBB Aurich Wittm	1990	2014	01:08:59	01:03:12	01:14:07	(00:59:11)	01:21:51	01:03:44	05:51:53	00:06:21	24	MHK	179	6
1880	Dehne	Rainer-Trade	Team ENERCON	1964	2014	01:04:23	01:11:11	01:11:57	(01:11:08)	01:17:29	01:06:55	05:51:55	00:06:21	50	M50	248	6
1881	Harms	Annegret	de Optimisten	1961	2014	01:07:38	01:01:26	01:17:17	(01:01:46)	01:18:05	01:07:44	05:52:10	00:06:21	53	W50	77	6
1882	Appel	Olaf	Bauernstuben Groß Ho	1963	2014	01:07:08	01:01:09	01:15:23	(01:00:33)	01:19:23	01:09:07	05:52:10	00:06:21	51	M50	249	6
1883	Dirks	Nadine	TRAUCO Gruppe	1996	2014	01:09:33	01:01:36	01:16:53	(01:02:15)	01:16:41	01:07:28	05:52:11	00:06:21	18	WU20	83	6
1884	Rademacher	Janneke		1999	2014	01:05:06	00:58:41	01:17:26	(01:02:14)	01:19:54	01:11:10	05:52:17	00:06:22	15	WU20	84	6
1885	Henkys	René	RAe Dr. Fenner, Bockh	1965	2014	01:09:13	01:01:24	01:15:14	(01:01:40)	01:19:14	01:07:17	05:52:22	00:06:22	49	M40	428	6
1886	Gerdes	Lena	IGS Waldschule Egels	2000	2014	01:09:47	00:58:30	01:14:06	(00:59:30)	01:19:25	01:10:38	05:52:26	00:06:22	14	WU20	85	6
1887	Niem.-Speckman	Klaas	AFS Komitee Ostfriesla	1971	2014	01:07:25	01:02:10	01:17:09	(01:03:44)	01:17:07	01:08:42	05:52:33	00:06:22	43	M40	429	6
1888	Petersen	Marieanne	LT Spaß mit Sport	1954	2014	01:06:20	01:00:26	01:15:04	(01:01:59)	01:21:25	01:09:18	05:52:33	00:06:22	60	W60	12	6
1889	Hempfenmacher	Julia	Sportfreunde Möhlenwä	1992	2014	01:05:59	00:59:54	01:16:49	(00:59:14)	01:21:20	01:08:35	05:52:37	00:06:22	22	WHK	65	6
1890	Freese	Timo	Eversmeer	1996	2014	01:12:53	01:03:22	01:15:15	(00:57:40)	01:15:35	01:05:45	05:52:50	00:06:22	18	MU20	186	6
1891	Penner	Tomke	Löwen-Apotheke	1992	2014	01:00:11	00:55:29	01:10:06	(00:59:44)	01:39:26	01:07:39	05:52:51	00:06:22	22	WHK	66	6
1892	Bossen	Dirk	KGS Wiesmoor	1966	2014	01:07:11	01:00:27	01:14:35	(01:01:00)	01:20:28	01:10:12	05:52:53	00:06:22	48	M40	430	6
1893	Rosenkranz	Ines	Alex.-v.-Humboldt-Schu	1985	2014	01:09:55	01:01:31	01:15:28	(01:01:04)	01:18:19	01:07:47	05:53:00	00:06:22	29	WHK	67	6
1894	Vollborth	Nina	Klinikum Leer	1983	2014	01:06:42	01:00:16	01:14:28	(00:59:34)	01:18:19	01:13:17	05:53:02	00:06:22	31	W30	86	6
1895	Leggewie	Arndt	Seefahrtsschule Leer	1992	2014	01:09:36	01:03:38	01:16:33	(01:09:27)	01:03:37	01:19:40	05:53:04	00:06:22	22	MHK	180	6
1896	Evers	Gerlinde	BVL Langefeld	1964	2014	01:08:40	01:03:28	01:15:52	(01:01:03)	01:17:42	01:07:31	05:53:13	00:06:23	50	W50	78	6
1897	Hieronimus	Valeska	Ostfriesische Brandkas	1986	2014	01:08:21	01:00:34	01:16:08	(01:01:29)	01:19:32	01:08:39	05:53:14	00:06:23	28	WHK	68	6
1898	Kutscher	Heino	Berumbur	1973	2014	01:10:50	01:02:21	01:14:44	(01:00:53)	01:18:31	01:07:02	05:53:28	00:06:23	41	M40	431	6
1899	Pennig	Friedrich-Karl	Turbine TGG	1948	2014	01:08:40	01:01:39	01:16:21	(01:00:00)	01:17:44	01:09:04	05:53:28	00:06:23	66	M60	88	6
1900	Boelmann	Jens	VW Emden	1967	2014	01:10:12	01:01:06	01:15:39	(01:00:33)	01:19:57	01:06:43	05:53:37	00:06:23	47	M40	432	6
1901	Wischeropp	Thomas	Klingelege Papierwerke	1969	2014	01:05:36	00:59:50	01:14:46	(01:01:44)	01:24:08	01:09:17	05:53:37	00:06:23	45	M40	433	6
1902	Trauer	Dörthe	Tannenhausen	1977	2014	01:06:17	01:01:35	01:15:57	(01:01:31)	01:19:07	01:11:20	05:54:16	00:06:24	37	W30	87	6
1903	Buss	Janna	Ubbo-Emmius-Klinik	1955	2014	01:06:10	01:01:33	01:15:43	(01:03:28)	01:21:06	01:09:46	05:54:18	00:06:24	59	W50	79	6
1904	Heitbrink	Hedda	RAe Dr. Fenner, Bockh	1981	2014	01:09:10	01:01:28	01:13:24	(01:02:33)	01:20:48	01:09:41	05:54:31	00:06:24	33	W30	88	6
1905	Büter	Dila	Leinerstift e.V.	1980	2014	01:12:08	01:02:08	01:14:26	(01:01:02)	01:17:43	01:08:16	05:54:41	00:06:24	34	W30	89	6
1906	Schmidt	Gudrun	Rettungsdienst Landkre	1978	2014	01:10:36	01:01:20	01:15:31	(01:00:23)	01:19:15	01:08:00	05:54:42	00:06:24	36	W30	90	6
1907	Brörmann	Sabine	obw Emden	1963	2014	01:06:39	01:03:04	01:16:14	(01:01:09)	01:18:51	01:09:54	05:54:42	00:06:24	51	W50	80	6
1908	Roman	Monika		1981	2014	01:11:10	01:02:28	01:16:11	(01:01:35)	01:18:31	01:06:59	05:55:19	00:06:25	33	W30	91	6
1909	Saathoff	Gerd	Fahr und Reitverein Fil	1965	2014	01:08:02	01:01:06	01:16:34	(01:01:09)	01:21:50	01:07:51	05:55:23	00:06:25	49	M40	434	6
1910	Caspers	Claudia	Flachsmeer	1983	201												

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1918	Hofeditz	Michael	Postbank Finanzberatung	1957	2014	01:10:13	01:03:45	01:14:46	(01:00:04)	01:18:30	01:09:07	05:56:21	00:06:26	57	M50	250	6
1919	Dirks	Anne	TG Wiesmoor	1962	2014	01:04:52	01:01:07	01:17:37	(01:03:03)	01:21:56	01:10:50	05:56:22	00:06:26	52	W50	82	6
1920	Zimmer	Nicole	Sparkasse LeerWittm	1979	2014	01:10:04	01:02:15	01:18:11	(01:01:04)	01:18:36	01:07:24	05:56:30	00:06:26	35	W30	94	6
1921	Piepho	Andrea	Sodasan	1972	2014	01:10:23	01:03:15	01:15:34	(01:05:10)	01:20:20	01:07:14	05:56:46	00:06:26	42	W40	186	6
1922	Memenga	Janine	IGS Waldschule Egels	1997	2014	01:09:57	00:58:30	01:12:47	(00:59:02)	01:25:07	01:10:38	05:56:59	00:06:27	17	WU20	87	6
1923	Hans	Martina	TRAUCO Gruppe	1984	2014	01:09:35	01:01:37	01:18:07	(01:02:27)	01:19:17	01:08:35	05:57:11	00:06:27	30	W30	95	6
1924	Pohlenz	Frank	Aurich	1958	2014	01:13:21	01:03:20	01:17:25	(01:00:38)	01:15:24	01:07:43	05:57:13	00:06:27	56	M50	251	6
1925	Meyer	Jörg	Emder LG	1956	2014	01:08:57	01:00:22	01:18:55	(01:03:08)	01:20:10	01:08:53	05:57:17	00:06:27	58	M50	252	6
1926	Penon	Focko	Gymnasium Ulricianum	1971	2014	01:12:13	01:00:31	01:13:21	(01:00:59)	01:24:01	01:07:13	05:57:19	00:06:27	43	M40	436	6
1927	Brun	Sonja	Pro Senis	1964	2014	01:06:02	01:02:59	01:18:13	(01:03:55)	01:20:16	01:09:55	05:57:25	00:06:27	50	W50	83	6
1928	Grüßing	Imke	SV Bentstreek	1970	2014	01:08:14	01:01:34	01:17:35	(01:03:11)	01:20:38	01:09:28	05:57:29	00:06:27	44	W40	187	6
1929	de Vries	Wilma	TB. Twixlum	1970	2014	01:10:25	01:02:40	01:16:52	(01:01:45)	01:20:02	01:07:33	05:57:32	00:06:27	44	W40	199	6
1930	de Vries	Bernd	TB. Twixlum	1971	2014	01:10:25	01:02:40	01:16:52	(01:01:45)	01:20:02	01:07:33	05:57:32	00:06:27	43	M40	437	6
1931	Barth	Silke	SVO Wi sünd Holtriem	1972	2014	01:08:31	01:01:40	01:15:46	(01:03:04)	01:21:25	01:10:16	05:57:38	00:06:27	42	W40	189	6
1932	Dahlweg	Christiane	Holtland	1980	2014	01:08:28	01:01:30	01:17:00	(01:02:25)	01:21:56	01:08:52	05:57:46	00:06:27	34	W30	96	6
1933	Streubel-Männick	Sonja	DLRG Langeoog	1968	2014	01:09:36	01:02:29	01:17:21	(01:03:05)	01:18:48	01:09:47	05:58:01	00:06:28	46	W40	190	6
1934	Janßen	Imke	FF Oldersum	1982	2014	01:07:43	01:01:37	01:17:39	(01:02:46)	01:19:54	01:11:20	05:58:13	00:06:28	32	W30	97	6
1935	Kruse	Margret	Südbrookmerland	1966	2014	01:08:24	01:02:03	01:17:48	(01:01:25)	01:20:16	01:09:47	05:58:18	00:06:28	48	W40	191	6
1936	Abramowski	Birgit	Ubbo-Emmius-Klinik	1958	2014	01:06:26	01:01:02	01:17:07	(01:02:55)	01:22:30	01:11:13	05:58:18	00:06:28	56	W50	84	6
1937	Buß	Edda	Pewsum	1953	2014	01:06:54	01:02:31	01:17:53	(01:01:53)	01:20:01	01:11:02	05:58:21	00:06:28	61	W60	13	6
1938	Heyen	Doris	Laufen und Meer	1968	2014	01:06:25	01:01:05	01:17:08	(01:03:49)	01:22:26	01:11:18	05:58:22	00:06:28	46	W40	192	6
1939	Schlichting	Mareike	MTV Aurich	1997	2014	01:11:34	01:02:15	01:19:59	(01:03:07)	01:16:47	01:08:10	05:58:45	00:06:29	17	WU20	88	6
1940	Grebener	Susanne	Lauffreff Pewsum	1964	2014	01:07:22	01:02:30	01:17:53	(01:01:49)	01:20:00	01:11:03	05:58:48	00:06:29	50	W50	85	6
1941	Sandelmann	Dieter	Kirche Läuft Wilhelmsh	1953	2014	01:06:49	01:04:29	01:17:54	(01:04:02)	01:19:57	01:09:40	05:58:49	00:06:29	61	M60	89	6
1942	Folkerts	Ingrid	FTC Hollen	1966	2014	01:07:34	01:02:52	01:18:00	(00:59:19)	01:17:28	01:12:56	05:58:50	00:06:29	48	W40	193	6
1943	Folkerts	Imke	FTC Hollen	2000	2014	01:07:34	01:02:52	01:18:00	(00:59:18)	01:17:28	01:12:56	05:58:50	00:06:29	14	WU20	89	6
1944	Ölscher	Heinz	Bürgerverein	1954	2014	01:08:46	01:01:16	01:16:24	(01:01:45)	01:23:41	01:09:01	05:59:08	00:06:29	60	M60	90	6
1945	Röben	Hinrich	LT TuS Aurich-Ost	1956	2014	01:08:44	01:02:07	01:19:01	(01:03:58)	01:18:32	01:10:45	05:59:09	00:06:29	58	M50	253	6
1946	Groß	Nicole	SV Potshausen	1973	2014	01:11:10	01:01:41	01:17:08	(01:02:21)	01:18:45	01:10:28	05:59:12	00:06:29	41	W40	194	6
1947	Südhoff	Roswitha	Ostfriesische Volksbank	1964	2014	01:07:50	00:59:50	01:18:27	(01:01:41)	01:23:15	01:09:53	05:59:15	00:06:29	50	W50	86	6
1948	Dieken-Wallerowit	Johanne	LG Ostfriesland	1966	2014	01:08:34	01:02:18	01:18:24	(01:03:14)	01:20:16	01:09:48	05:59:20	00:06:29	48	W40	195	6
1949	Homeyer	Freja	Seefahrtschule Leer	1988	2014	01:09:09	01:04:44	01:18:24	(00:59:48)	01:17:20	01:09:50	05:59:27	00:06:29	26	WHK	69	6
1950	Geiken	Silvia	BV Victorbur	1971	2014	01:08:46	01:03:36	01:18:33	(01:02:56)	01:18:47	01:09:49	05:59:31	00:06:29	43	W40	196	6
1951	Meilvang	Jens	BBC Chartering	1973	2014	01:07:51	01:02:03	01:20:08	(01:01:21)	01:20:02	01:09:41	05:59:45	00:06:30	41	M40	438	6
1952	Deecken	Werner	Aurich	1951	2014	01:09:42	01:01:54	01:14:02	(01:00:55)	01:24:29	01:09:44	05:59:51	00:06:30	63	M60	91	6
1953	Janßen	Wilma	Hospiz	1974	2014	01:07:53	01:02:52	01:16:40	(01:03:27)	01:22:08	01:10:33	06:00:06	00:06:30	40	W40	197	6
1954	Seifert	Gitta	Plagenburg	1967	2014	01:09:28	01:02:49	01:16:43	(01:05:22)	01:21:15	01:09:55	06:00:10	00:06:30	47	W40	198	6
1955	Middelkamp	Heike	VfL Oythe / Trauco	1960	2014	01:09:35	01:04:07	01:18:39	(01:02:48)	01:19:17	01:08:35	06:00:13	00:06:30	54	W50	87	6
1956	Schulte	Kendra	Freie Lunge Bentstreek	1996	2014	01:07:57	01:00:56	01:18:34	(01:04:41)	01:22:26	01:10:35	06:00:28	00:06:30	18	WU20	90	6
1957	Bohnet	Ernst		1946	2014	01:04:22	00:58:51	01:17:07	(00:57:23)	01:19:28	01:20:40	06:00:28	00:06:30	68	M60	92	6
1958	Frerichs	Sönke	LHV	1992	2014	01:08:21	01:02:17	01:17:24	(01:04:02)	01:22:00	01:10:31	06:00:33	00:06:30	22	MHK	182	6
1959	Sigl	Maries	MTV Aurich	1995	2014	01:08:21	01:02:16	01:17:25	(01:04:03)	01:22:00	01:10:31	06:00:33	00:06:30	19	WU20	91	6
1960	van Anken	Anneke	Klinikum Leer	1990	2014	01:10:58	01:02:01	01:15:08	(01:00:24)	01:23:07	01:09:30	06:00:44	00:06:31	24	WHK	70	6
1961	Heinrichsd.-Bakke	Steffi	Ostfriesische Volksbank	1979	2014	01:07:50	01:01:22	01:18:28	(01:02:40)	01:23:16	01:09:53	06:00:49	00:06:31	35	W30	98	6
1962	Appel	Wilfried	LG TV Bunde	1959	2014	01:08:28	01:02:59	01:17:43	(01:03:19)	01:20:04	01:11:39	06:00:53	00:06:31	55	M50	254	6
1963	Appel	Edith	LG TV Bunde	1957	2014	01:08:29	01:03:00	01:17:45	(01:03:19)	01:20:05	01:11:39	06:00:58	00:06:31	57	W50	88	6
1964	Böde	Mareike	LG Harlingerland	1999	2014	01:07:59	01:03:33	01:16:33	(01:04:52)	01:21:40	01:11:26	06:01:11	00:06:31	15	WU20	92	6
1965	Kruse	Mareke	Wiesmoor	1991	2014	01:08:57	01:03:13	01:17:36	(01:03:35)	01:20:46	01:10:43	06:01:15	00:06:31	23	WHK	71	6
1966	Hartkemeyer	Anne	obw Emden	1985	2014	01:11:27	01:06:18	01:17:02	(00:59:59)	01:17:49	01:08:40	06:01:16	00:06:31	29	WHK	72	6
1967	Brun	Melanie	Hartmann Group	1990	2014	01:09:47	01:02:21	01:15:34	(01:00:36)	01:23:33	01:10:29	06:01:44	00:06:32	24	WHK	73	6
1968	Friedrich	Daniela	Sodasan	1982	2014	01:12:24	01:03:39	01:15:38	(01:05:10)	01:23:16	01:06:48	06:01:45	00:06:32	32	W30	99	6
1969	Sap	Gisela	Klinikum Leer	1955	2014	01:08:19	01:02:26	01:17:10	(01:03:34)	01:22:21	01:11:30	06:01:46	00:06:32	59	W50	89	6
1970	Marro	Julia		1996	2014	01:03:16	00:58:17	01:14:20	(00:59:08)	01:16:47	01:29:09	06:01:49	00:06:32	18	WU20	93	6
1971	Rückbeil	Tina	RVB Aurich/Uplengen	1976	2014	01:13:17	01:03:36	01:18:44	(01:04:11)	01:18:52	01:07:55	06:02:24	00:06:32	38	W30	100	6
1972	Schmidt	Angelika		1961	2014	01:09:35	01:03:10	01:20:27	(01:02:37)	01:18:55	01:10:22	06:02:29	00:06:33	53	W50	90	6
1973	Schulte	Britta	Hartmann Group	1988	2014	01:10:21	01:02:50	01:15:36	(01:00:41)	01:23:33	01:10:15	06:02:35	00:06:33	26	WHK	74	6
1974	Schetzberg	Christoph	NIGE	1997	2014	01:09:20	00:59:45	01:19:54	(01:03:18)	01:24:32	01:09:07	06:02:38	00:06:33	17	MU20	187	6
1975	Pruin	Doris	Multi Süd	1976	2014	01:06:10	01:02:07	01:19:53	(01:01:55)	01:21:01	01:13:27	06:02:38	00:06:33	38	W30	101	6
1976	Gerdes	Rosemarie	Pro Senis	1960	2014	01:07:11	01:03:01	01:18:13	(01:03:55)	01:23:43	01:10:35	06:02:43	00:06:33	54	W50	91	6
1977	Bretzler	Onke	Tierarztpraxis Velde	1997	2014	01:08:38	01:01:59	01:15:26	(01:02:00)	01:28:31	01:08:12	06:02:46	00:06:33	17	MU20	188	6
1978	Nipshagen	Grato	LT Schafhauser Wald	1958	2014	01:06:34	01:02:14	01:17:47	(01:01:29)	01:22:36	01:13:45	06:02:56	00:06:33	56	M50	255	6
1979	Leesch	Kristin	Ostfriesische Volksbank	1979	2014	01:07:03	01:02:36	01:18:24	(01:03:12)	01:22:47	01:12:07	06:02:57	00:06:33	35	W30	102	6
1980	Groen	Alwin	VW Emden	1965	2014	01:13:15	01:01:25	01:15:14	(01:02:00)	01:23:37	01:09:28	06:02:59	00:06:33	49	M40	439	6
1981	Oujarda	Siham	Pro Senis	1981	2014	01:11:37	01:02:59	01:18:13	(01:05:39)	01:20:16	01:09:55	06:03:00	00:06:33	33	W30	103	6</

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
1989	Hermann	Kerli	SC Collhusen	1948	2014	01:11:37	01:04:28	01:18:03	(01:03:46)	01:19:58	01:10:59	06:05:05	00:06:35	66	M60	94	6
1990	Schwegmann	Gunda	Frisia Loga	1961	2014	01:10:33	01:04:34	01:18:05	(01:04:37)	01:20:11	01:11:43	06:05:06	00:06:35	53	W50	92	6
1991	Reusch	Kelly	Seefahrtsschule Leer	1992	2014	01:07:24	00:59:44	01:15:40	(01:05:12)	01:31:05	01:11:19	06:05:12	00:06:36	22	MHK	183	6
1992	Saathoff	Inga	Klinikum Emden Ggmb	1985	2014	01:10:05	01:04:41	01:18:52	(01:04:20)	01:19:39	01:11:58	06:05:15	00:06:36	29	WHK	75	6
1993	Janssen	Linda	Aurich	1972	2014	01:11:56	01:03:32	01:18:54	(01:03:59)	01:20:56	01:10:15	06:05:33	00:06:36	42	W40	201	6
1994	Wagner	Marion	EWE-Wattloopers	1968	2014	01:13:42	01:04:43	01:19:21	(01:02:24)	01:18:43	01:09:09	06:05:38	00:06:36	46	W40	202	6
1995	Hagen	Nantke	HaGe	1990	2014	01:11:52	01:02:44	01:18:08	(01:02:36)	01:23:41	01:09:15	06:05:40	00:06:36	24	WHK	76	6
1996	Weißmann	Nastasja	Emder LG	1978	2014	01:11:47	01:03:03	01:17:34	(01:03:46)	01:22:21	01:10:55	06:05:40	00:06:36	36	W30	105	6
1997	Mombaerts	Claudia	Emder LG	1969	2014	01:11:47	01:03:03	01:17:35	(01:03:47)	01:22:21	01:10:57	06:05:43	00:06:36	45	W40	203	6
1998	Ahrends	Rena	Oberschule Westerholt	1999	2014	01:14:56	00:59:35	01:22:11	(00:58:48)	01:20:55	01:08:15	06:05:52	00:06:36	15	WU20	95	6
1999	Harms	Nadine	Team ENERCON	1988	2014	01:08:23	01:03:05	01:19:00	(01:04:06)	01:21:40	01:13:45	06:05:53	00:06:36	26	WHK	77	6
2000	Sponnier	Lisa	Gymnasium Ulricianum	1998	2014	01:09:31	01:02:28	01:15:46	(01:01:53)	01:25:37	01:12:34	06:05:56	00:06:36	16	WU20	96	6
2001	Erdmann	Laura	Gymnasium Ulricianum	1995	2014	01:15:02	01:03:36	01:16:25	(01:02:40)	01:21:58	01:09:05	06:06:06	00:06:36	19	WU20	97	6
2002	Meyer	Andrea	Ubbo-Emmius-Klinik	1994	2014	01:06:58	01:05:14	01:20:15	(01:02:03)	01:22:53	01:10:52	06:06:12	00:06:37	20	WHK	78	6
2003	Becker	Heike	Moormerland	1964	2014	01:09:09	01:03:35	01:18:11	(01:04:29)	01:22:53	01:12:27	06:06:15	00:06:37	50	W50	93	6
2004	Weber	Mareike	Emder LG	1986	2014	01:11:05	01:04:42	01:18:54	(01:04:20)	01:19:39	01:11:58	06:06:18	00:06:37	28	WHK	79	6
2005	Boelsen	Karsten	Volkswagen	1970	2014	01:06:04	00:58:18	01:35:25	(01:14:44)	01:19:50	01:06:51	06:06:28	00:06:37	44	M40	440	6
2006	Betten	Anna	Schulzentrum Collhuse	1986	2014	01:11:23	01:03:33	01:19:37	(01:03:53)	01:20:20	01:11:52	06:06:45	00:06:37	28	WHK	80	6
2007	Wilken	Helge	LG Ostfriesland	1961	2014	01:12:09	00:58:47	01:16:12	(01:06:33)	01:25:33	01:14:25	06:07:06	00:06:38	53	M50	258	6
2008	Meyer	Michael	Leer	1971	2014	01:10:27	01:01:15	01:11:21	(01:01:27)	01:28:28	01:15:36	06:07:07	00:06:38	43	M40	441	6
2009	Janssen	Melanie	OFD-Nds. - LBV Aurich	1980	2014	01:14:00	01:03:32	01:18:54	(01:03:58)	01:20:56	01:10:15	06:07:37	00:06:38	34	W30	106	6
2010	Holtz	Nils	GeTek	1996	2014	01:11:41	01:03:25	01:19:04	(00:59:44)	01:27:18	01:06:16	06:07:44	00:06:38	18	MU20	189	6
2011	Krause	Neele	Gymnasium Ulricianum	1997	2014	01:09:24	01:03:32	01:19:19	(01:04:21)	01:24:54	01:10:53	06:08:02	00:06:39	17	WU20	98	6
2012	Hein	Regine	SV Dornum	1966	2014	01:09:39	01:01:43	01:23:42	(01:02:06)	01:20:24	01:12:41	06:08:09	00:06:39	48	W40	204	6
2013	Lüpkens	Dorathena	LT Schafhauser Wald	1962	2014	01:09:18	01:05:00	01:18:52	(01:03:42)	01:22:33	01:12:38	06:08:21	00:06:39	52	W50	94	6
2014	Backer	Gudrun	Victorbur	1967	2014	01:11:36	01:03:37	01:19:18	(01:05:52)	01:24:01	01:09:54	06:08:26	00:06:39	47	W40	205	6
2015	Brehmer	Dirk	Aurich	1943	2014	01:11:04	01:04:57	01:18:05	(01:04:08)	01:23:28	01:11:08	06:08:42	00:06:39	71	M70	19	6
2016	Manninga	Sonja	TV Norden	1970	2014	01:11:15	01:02:42	01:16:49	(01:03:16)	01:25:18	01:12:38	06:08:42	00:06:39	44	W40	206	6
2017	Baumgarten	Petra	Lummerland Taxi Aurich	1970	2014	01:12:53	01:06:44	01:19:15	(01:03:33)	01:19:12	01:10:43	06:08:47	00:06:39	44	W40	207	6
2018	Knoop	Imke		1989	2014	01:11:11	01:03:21	01:17:55	(01:03:43)	01:24:36	01:11:44	06:08:47	00:06:39	25	WHK	81	6
2019	Dechow	Ingo	Sparkasse Aurich-Nord	1970	2014	01:17:07	01:04:16	01:18:52	(01:00:53)	01:19:50	01:09:05	06:09:10	00:06:40	44	M40	442	6
2020	Harms	Stefan	IGS Waldschule Egels	1999	2014	01:12:07	01:00:54	01:17:34	(01:05:45)	01:27:19	01:11:22	06:09:16	00:06:40	15	MU20	190	6
2021	Einhaus	Sonja	Hartmann Group	1970	2014	01:12:05	01:04:09	01:20:26	(01:03:39)	01:22:09	01:10:28	06:09:17	00:06:40	44	W40	208	6
2022	Bley	Lydia	MTV Aurich	1959	2014	01:08:25	01:03:15	01:20:06	(01:04:39)	01:24:55	01:12:40	06:09:21	00:06:40	55	W50	95	6
2023	Neumann	Ulrike	WfbM BBB Aurich Witr	1995	2014	01:10:34	01:04:31	01:22:21	(00:00:00)	01:15:16	01:16:48	06:09:30	00:06:40	19	WU20	99	6
2024	Kletzander	Marika		1981	2014	01:11:11	01:03:17	01:18:17	(01:03:57)	01:24:36	01:12:13	06:09:34	00:06:40	33	W30	107	6
2025	Uecker	Britta	Schüt-Duis	1961	2014	01:10:42	01:03:39	01:17:42	(01:03:04)	01:25:35	01:12:07	06:09:45	00:06:40	53	W50	96	6
2026	Wiltfang	Johann	Ostfriesische Volksbank	1956	2014	01:13:38	01:06:52	01:18:27	(01:01:42)	01:20:59	01:09:52	06:09:48	00:06:41	58	M50	259	6
2027	Stern	Thomas	Seefahrtsschule Leer	1970	2014	01:21:03	01:07:06	01:23:02	(01:09:10)	01:16:57	01:01:44	06:09:52	00:06:41	44	M40	443	6
2028	Lüpkens	Folkmar	LT Schafhauser Wald	1960	2014	01:10:55	01:04:59	01:18:52	(01:03:38)	01:22:33	01:12:36	06:09:55	00:06:41	54	M50	260	6
2029	Stüwe	Sören	Team Möbel Buss	1991	2014	01:19:45	01:04:44	01:18:50	(00:59:28)	01:19:11	01:07:28	06:09:58	00:06:41	23	MHK	184	6
2030	Bigalski	Doris	Realschule Aurich	1976	2014	01:10:20	01:03:37	01:17:47	(00:56:23)	01:24:20	01:13:54	06:09:58	00:06:41	38	W30	108	6
2031	Bigalski	Volker	Realschule Aurich	1974	2014	01:10:20	01:03:37	01:17:47	(01:01:00)	01:24:21	01:13:54	06:09:59	00:06:41	40	M40	444	6
2032	Czerniakowski	Marion	Heseler Dauerläufer	1967	2014	01:09:49	01:04:18	01:20:34	(01:04:05)	01:21:55	01:13:32	06:10:08	00:06:41	47	W40	209	6
2033	Bunjes	Lisa	Naturheilpraxis Bunjes	1956	2014	01:10:22	01:04:17	01:20:10	(01:04:17)	01:22:30	01:13:26	06:10:45	00:06:42	58	W50	97	6
2034	Heuer	Ute	Emder LG	1961	2014	01:08:58	01:03:30	01:18:08	(01:03:59)	01:23:47	01:16:33	06:10:56	00:06:42	53	W50	98	6
2035	Groenewold	Lisai	Club Cranium	1981	2014	01:10:17	01:03:02	01:20:04	(01:05:03)	01:23:04	01:14:41	06:11:08	00:06:42	33	W30	109	6
2036	Janshen	Kathrin	Team ENERCON	1992	2014	01:10:37	01:04:59	01:22:03	(01:05:16)	01:21:53	01:11:41	06:11:13	00:06:42	22	WHK	82	6
2037	Steinfeld	Antje		1972	2014	01:10:25	01:04:33	01:20:35	(01:06:52)	01:24:38	01:11:03	06:11:14	00:06:42	42	W40	210	6
2038	Kuiper	Helmut	Emder LG	1957	2014	01:09:16	01:02:28	01:16:49	(01:03:03)	01:29:39	01:13:12	06:11:24	00:06:42	57	M50	261	6
2039	Bockhöfer	Christoph	RAe Dr. Fenner, Bockh	1966	2014	01:16:37	01:10:53	01:22:43	(01:10:19)	01:02:17	01:18:56	06:11:26	00:06:42	48	M40	445	6
2040	Schwindtke	Theresa	NIGE	1996	2014	01:16:32	01:04:06	01:20:51	(01:03:38)	01:21:12	01:08:55	06:11:36	00:06:42	18	WU20	100	6
2041	Habben	Lothar	BV Vorwärts Plaggenbu	1967	2014	01:11:33	01:03:38	01:19:11	(01:02:39)	01:24:03	01:13:17	06:11:42	00:06:43	47	M40	446	6
2042	Baumann	Heike	Ostfriesische Brandkas	1987	2014	01:09:39	01:04:11	01:20:02	(01:03:55)	01:27:07	01:10:44	06:11:43	00:06:43	27	WHK	83	6
2043	Gatena	Sandra	Emder LG	1983	2014	01:11:06	01:04:41	01:18:57	(01:04:20)	01:25:05	01:11:58	06:11:47	00:06:43	31	W30	110	6
2044	Heuer	Haike	Ubbo-Emmius-Klinik	1966	2014	01:09:35	01:03:53	01:18:12	(01:05:53)	01:23:47	01:16:33	06:12:00	00:06:43	48	W40	211	6
2045	Prins	Sandra	Huneke Strassen- und	1986	2014	01:09:56	01:02:35	01:18:20	(01:02:54)	01:29:26	01:12:07	06:12:24	00:06:43	28	WHK	84	6
2046	Folkerts	Bastian	Su Timmel	1993	2014	01:09:26	01:03:39	01:22:42	(01:05:08)	01:24:51	01:12:16	06:12:54	00:06:44	21	MHK	185	6
2047	Siefken	Georg	SZ Saterland	1947	2014	01:13:31	01:05:20	01:19:14	(01:04:02)	01:21:54	01:13:03	06:13:02	00:06:44	67	M60	95	6
2048	Harms	Lisa	Fa. Ruma/ Großwolder	1970	2014	01:11:03	01:05:02	01:20:17	(01:04:28)	01:22:46	01:14:02	06:13:10	00:06:44	44	W40	212	6
2049	Damm	Gudrun	Klinikum Emden Ggmb	1973	2014	01:08:01	01:03:10	01:19:09	(01:03:30)	01:28:32	01:14:19	06:13:11	00:06:44	41	W40	213	6
2050	Kruse	Kai	Team Möbel Buss	1984	2014	01:19:45	01:05:27	01:19:54	(01:04:39)	01:19:27	01:09:35	06:14:08	00:06:45	30	M30	236	6
2051	Fecht	Antke	Beekmann's Interieur &	1992	2014	01:10:13	01:04:55	01:20:38	(01:08:11)	01:25:35	01:12:55	06:14:16	00:06:45	22	WHK	85	6
2052	Meyer	Marieke	EFG Ostrhauderfehn / L	2000	2014	01:11:39	01:02:33	01:20:37	(01:06:53)	01:26:29	01:13:12	06:14:30	00:06:46	14	WU20		

## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
2060	Kamann	Imke	Norden	1987	2014	01:10:30	01:05:42	01:27:17	(01:02:34)	01:21:31	01:10:53	06:15:53	00:06:47	27	WHK	86	6
2061	Strasser	Sonja	Firrel	1971	2014	01:08:47	01:04:15	01:21:47	(01:07:08)	01:25:49	01:15:17	06:15:55	00:06:47	43	W40	214	6
2062	Dorenbusch	Kerstin	obw Emden	1975	2014	01:14:59	01:06:57	01:20:35	(01:04:11)	01:21:42	01:11:45	06:15:58	00:06:47	39	W30	111	6
2063	Endjer	Ilse Theda		1966	2014	01:11:59	01:08:34	01:23:03	(01:05:06)	01:21:19	01:11:19	06:16:14	00:06:47	48	W40	215	6
2064	Holtz	Katja	LK Leer	1967	2014	01:10:51	01:04:25	01:22:01	(01:06:04)	01:24:40	01:14:25	06:16:22	00:06:48	47	W40	216	6
2065	Schömig	Kerstin	GS Hinte	1968	2014	01:12:01	01:04:56	01:20:08	(01:06:13)	01:24:14	01:15:26	06:16:45	00:06:48	46	W40	217	6
2066	Groen	Diana	Hartmann Group	1990	2014	01:13:19	01:05:01	01:21:30	(01:04:43)	01:23:37	01:13:29	06:16:56	00:06:48	24	WHK	87	6
2067	Tieben	Marietta	Nordland Papier	1962	2014	01:10:29	01:07:35	01:20:49	(00:00:00)	01:25:22	01:12:43	06:16:58	00:06:48	52	W50		6
2068	van Scharrel	Heidy		1958	2014	01:09:27	01:04:59	01:23:13	(01:06:34)	01:26:27	01:13:04	06:17:10	00:06:48	56	W50	103	6
2069	Hippen	Katherina	NIGE	1997	2014	01:11:48	01:03:37	01:20:27	(01:06:37)	01:30:29	01:10:51	06:17:12	00:06:49	17	WU20	102	6
2070	Habben	Anna-Christine	TUS Leerhafen/Hovel	1994	2014	01:10:54	01:04:19	01:19:54	(01:03:56)	01:27:43	01:14:28	06:17:18	00:06:49	20	WHK	88	6
2071	Siemens	Ingrid	MTV Wittmund	1988	2014	01:12:27	01:05:19	01:23:28	(01:07:14)	01:23:21	01:12:48	06:17:23	00:06:49	26	WHK	89	6
2072	Hicklen	Günter	VfL Fortuna Veenhusen	1956	2014	01:10:51	01:05:45	01:22:14	(01:06:26)	01:25:08	01:13:37	06:17:35	00:06:49	58	M50	262	6
2073	Dänekas	Gabi	LG Uplengen	1960	2014	01:12:56	01:05:04	01:23:13	(01:06:21)	01:23:19	01:13:04	06:17:36	00:06:49	54	W50	104	6
2074	Wodak	Reinhard	Perior	1950	2014	01:09:29	01:07:44	01:21:23	(01:04:07)	01:22:07	01:16:54	06:17:37	00:06:49	64	M60	97	6
2075	Schild	Corinna	Freunde der kleinen All	1964	2014	01:13:30	01:03:59	01:21:16	(01:04:11)	01:24:05	01:14:56	06:17:46	00:06:49	50	W50	105	6
2076	Karbach	Ralf	DRK Leer	1974	2014	01:17:05	01:04:07	01:20:14	(01:03:11)	01:27:04	01:09:29	06:17:59	00:06:49	40	M40	448	6
2077	Sönneken	Lisa	Klinikum Leer	1992	2014	01:10:44	01:05:44	01:21:17	(01:06:59)	01:25:06	01:15:28	06:18:19	00:06:50	22	WHK	90	6
2078	Cramer	Jonas	Seefahrtsschule Leer	1988	2014	01:12:38	01:05:38	01:22:30	(01:05:06)	01:22:56	01:14:40	06:18:22	00:06:50	26	MHK	186	6
2079	Spring	Elisabeth	Wittmund	1959	2014	01:10:55	01:05:13	01:19:00	(01:03:42)	01:27:30	01:15:54	06:18:32	00:06:50	55	W50	106	6
2080	Meier	Anke	Ubbo-Emmius-Klinik	1973	2014	01:12:09	01:05:11	01:21:24	(01:06:37)	01:25:32	01:14:26	06:18:42	00:06:50	41	W40	218	6
2081	Witte	Hermann	LT Spaß mit Sport	1958	2014	01:10:34	01:05:25	01:22:45	(01:05:08)	01:25:35	01:14:46	06:19:05	00:06:51	56	M50	263	6
2082	Janssen	Meike	Gymnasium Ulricianum	1969	2014	01:09:28	01:07:41	01:22:35	(01:07:25)	01:25:24	01:13:57	06:19:05	00:06:51	45	W40	219	6
2083	Bütow	Sabine	Friedeburg	1965	2014	01:10:22	01:05:20	01:21:55	(01:05:33)	01:27:01	01:14:36	06:19:14	00:06:51	49	W40	220	6
2084	Schüttle	Renke	Seefahrtsschule Leer	1994	2014	01:14:49	01:08:21	01:26:20	(01:00:58)	01:20:38	01:09:08	06:19:16	00:06:51	20	MHK	187	6
2085	Bangert	Inka	EWE-Wattloopers	1973	2014	01:17:25	01:06:30	01:20:21	(01:05:47)	01:23:16	01:11:49	06:19:21	00:06:51	41	W40	221	6
2086	Frerichs	Rieke	LG Grobfehn	1948	2014	01:12:00	01:06:29	01:20:50	(01:06:39)	01:27:52	01:12:30	06:19:41	00:06:51	66	M60	98	6
2087	Brunken	Elke		1961	2014	01:05:16	01:00:04	01:15:04	(01:03:38)	01:30:00	01:29:20	06:19:44	00:06:51	53	W50	107	6
2088	Post	Paula	SV Stern Schwerinsdorf	1997	2014	01:13:54	01:05:20	01:20:40	(01:04:05)	01:26:09	01:13:47	06:19:50	00:06:51	17	WU20	103	6
2089	Post	Stine	SV Stern Schwerinsdorf	2002	2014	01:13:55	01:05:20	01:20:41	(01:04:05)	01:26:09	01:13:48	06:19:53	00:06:51	12	WU20	104	6
2090	Sühwold	Simon	Stadtwerke Leer AoR	1971	2014	01:13:33	01:05:56	01:20:26	(01:06:03)	01:25:32	01:14:30	06:19:57	00:06:51	43	M40	449	6
2091	Sühwold	Meike	Ostfriesische Volksbank	1973	2014	01:13:34	01:05:55	01:20:27	(01:06:05)	01:25:31	01:14:30	06:19:57	00:06:51	41	W40	222	6
2092	Rosfeldt	Annika	Ihlowferohn	1980	2014	01:10:23	01:05:25	01:22:36	(01:06:31)	01:26:37	01:15:03	06:20:04	00:06:52	34	W30	112	6
2093	Pilarczyk	Bartosz	WfBM BBB Aurich Wittr	1995	2014	01:15:23	01:07:40	01:22:45	(01:04:59)	01:23:02	01:11:15	06:20:05	00:06:52	19	MU20	191	6
2094	Foorden	Andrea	Team ENERCON	1965	2014	01:12:07	01:07:29	01:20:01	(01:08:43)	01:25:02	01:16:05	06:20:44	00:06:52	49	W40	223	6
2095	Gerjets	Doris	AOK Die Gesundheitsk	1967	2014	01:11:57	01:06:57	01:19:07	(01:03:28)	01:28:09	01:14:35	06:20:45	00:06:52	47	W40	224	6
2096	Griggel	Stefan	Ostfriesische Volksbank	1971	2014	01:11:01	01:02:45	01:21:09	(01:05:38)	01:28:00	01:17:55	06:20:50	00:06:52	43	M40	450	6
2097	Hanssen	Traute	SC Wissens	1966	2014	01:12:54	01:05:40	01:22:09	(01:04:17)	01:25:30	01:14:47	06:21:00	00:06:53	48	W40	225	6
2098	Eilers	Christa	Silomon´s Stramme Wa	1959	2014	01:13:57	01:06:42	01:21:15	(01:05:15)	01:25:04	01:14:06	06:21:04	00:06:53	55	W50	108	6
2099	Wattjes	Marco	Retterungsdienst Aurich	1991	2014	01:12:26	01:05:15	01:23:23	(01:04:54)	01:27:11	01:14:09	06:22:24	00:06:54	23	MHK	188	6
2100	Ubbens	Amanda	Hesel	1964	2014	01:13:43	01:05:19	01:20:36	(01:06:13)	01:28:08	01:14:46	06:22:32	00:06:54	50	W50	109	6
2101	Sinning	Ludwig	Kreuzfahrten Sinning L	1963	2014	01:12:18	01:04:39	01:20:21	(01:11:45)	01:30:44	01:14:40	06:22:42	00:06:54	51	M50	265	6
2102	Gülseren	Denise	IMPEX DENTAL GmbH	1983	2014	01:13:27	01:06:12	01:24:06	(01:05:08)	01:23:27	01:15:44	06:22:56	00:06:55	31	W30	113	6
2103	Seemann	Mellanie	Ev.-luth. Kindergarten F	1980	2014	01:14:11	01:05:36	01:20:46	(01:05:51)	01:27:08	01:15:26	06:23:07	00:06:55	34	W30	114	6
2104	Schroeder	Dorathe	Emder Lg	1952	2014	01:12:33	01:06:12	01:21:09	(01:06:02)	01:27:26	01:15:52	06:23:12	00:06:55	62	W60	15	6
2105	Gruben	Anton	SV Potshausen	1942	2014	01:12:32	01:08:25	01:24:20	(01:07:19)	01:21:03	01:16:58	06:23:18	00:06:55	72	M70	20	6
2106	Eisenhauer	Timm	IGS Waldschule Egels	2002	2014	01:12:16	01:07:18	01:24:57	(01:29:53)	01:07:08	01:31:58	06:23:37	00:06:55	12	MU20	192	6
2107	Kleen	Ellen	Laufen und Meer	1960	2014	01:11:25	01:10:16	01:21:12	(01:05:20)	01:25:36	01:15:24	06:23:53	00:06:56	54	W50	110	6
2108	Fremy	Kerstin	TUS Glarum	1964	2014	01:13:47	01:07:51	01:21:09	(01:06:38)	01:26:16	01:15:07	06:24:10	00:06:56	50	W50	111	6
2109	Siebels	Dieter	HC Exelsior Winschoter	1966	2014	01:16:41	01:05:38	01:23:00	(01:07:23)	01:24:13	01:15:04	06:24:36	00:06:57	48	M40	451	6
2110	Saathoff	Karin	Boxengel	1966	2014	01:16:42	01:05:38	01:23:01	(01:07:23)	01:24:13	01:15:03	06:24:37	00:06:57	48	W40	226	6
2111	Tränapp	Anna	KGS Wiesmoor	2000	2014	01:14:18	01:06:23	01:19:55	(01:06:29)	01:32:19	01:11:57	06:24:52	00:06:57	14	WU20	105	6
2112	Akkermann	Heike	Raiffeisenbank eG, Mo	1994	2014	01:10:57	01:05:34	01:25:16	(01:07:03)	01:27:54	01:15:18	06:24:59	00:06:57	20	WHK	91	6
2113	Münzel	Anne	GS Leezdorf - Vier gew	1977	2014	01:14:12	01:07:07	01:22:21	(01:07:31)	01:27:10	01:14:41	06:25:31	00:06:58	37	W30	115	6
2114	von Garrel	Constanze	NIGE	1996	2014	01:14:55	01:05:55	01:22:09	(01:06:43)	01:27:42	01:14:55	06:25:36	00:06:58	18	WU20	106	6
2115	Folkers	Christine	Realschule Esens	1978	2014	01:14:26	01:08:27	01:19:49	(01:13:30)	01:28:12	01:14:46	06:25:40	00:06:58	36	W30	116	6
2116	Wilken	Gerhold	Sparkasse LeerWittmur	1954	2014	01:15:06	01:05:27	01:25:32	(01:18:29)	01:24:18	01:15:20	06:25:43	00:06:58	60	M60	99	6
2117	Voß	Johann	Hatshausen	1954	2014	01:13:39	01:05:29	01:22:33	(01:07:22)	01:26:51	01:17:19	06:25:51	00:06:58	60	M60	100	6
2118	Tattje	Lena	NIGE	1996	2014	01:14:55	01:05:57	01:22:23	(01:06:44)	01:27:51	01:14:59	06:26:05	00:06:58	18	WU20	107	6
2119	Sandrock	Dieter	LG TV Bunde	1947	2014	01:11:56	01:06:35	01:19:48	(01:09:13)	01:28:24	01:19:41	06:26:24	00:06:58	67	M60	101	6
2120	Kassas	Sarah	Realschule Esens	1998	2014	01:14:25	01:08:48	01:20:47	(01:13:30)	01:27:59	01:14:37	06:26:36	00:06:59	16	WU20	108	6
2121	Dirks	Anneliese	obw Emden	1965	2014	01:14:36	01:08:46	01:23:47	(01:08:52)	01:26:02	01:13:33	06:26:44	00:06:59	49	W40	227	6
2122	Loers	Uwe	Fecht & Helmig	1969	2014	01:15:16	01:08:44	01:23:59	(01:07:43)	01:23:28	01:15:23	06:26:50	00:06:59	45	M40	452	6
2123	Fecht	Udo	Fecht & Helmig	1969	2014	01:15:17	01:08:45	01:23:59	(01:07:43)	01:23:29	01:15:22	06:26:52	00:06:59	45</			

**33. Ostfrieslandlauf 2014**

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
2131	Kleen	Stephanie	Großefehn	1983	2014	01:14:54	01:09:15	01:22:33	(01:07:23)	01:26:52	01:14:22	06:27:56	00:07:00	31	W30	117	6
2132	Peeken	Gerd	SV Wittmund	1973	2014	01:22:29	01:07:54	01:21:42	(01:06:39)	01:22:15	01:13:37	06:27:57	00:07:00	41	M40	456	6
2133	Podlich	Günter	Leer	1964	2014	01:19:02	01:07:04	01:22:48	(01:05:10)	01:25:32	01:13:36	06:28:02	00:07:00	50	M50	266	6
2134	Hörning	Christian	Perior	1981	2014	01:16:29	01:07:08	01:20:50	(01:05:26)	01:31:51	01:12:13	06:28:31	00:07:01	33	M30	237	6
2135	Dam	Monika		1980	2014	01:15:25	01:05:57	01:23:25	(01:07:24)	01:24:16	01:20:05	06:29:08	00:07:01	34	W30	118	6
2136	Heimann	Sonja	MTV Wittmund	1967	2014	01:14:16	01:09:38	01:23:29	(01:07:32)	01:26:55	01:14:50	06:29:08	00:07:01	47	W40	231	6
2137	Wibel	Eckhart	Kurt sien Trupp	1938	2014	01:15:05	01:06:35	01:24:09	(01:08:37)	01:28:27	01:15:07	06:29:23	00:07:02	76	M70	21	6
2138	Groenewold	Elke	Hirsch Apotheke	1974	2014	01:21:06	01:07:18	01:22:37	(01:05:06)	01:25:36	01:13:37	06:30:14	00:07:03	40	W40	232	6
2139	Franke	Mirja	Bad Zwischenahn	1971	2014	01:12:59	01:08:36	01:24:35	(01:08:01)	01:27:27	01:16:38	06:30:15	00:07:03	43	W40	233	6
2140	Ihlow	Werner	TV Norden	1945	2014	01:15:18	01:08:11	01:26:48	(01:09:53)	01:23:53	01:16:07	06:30:17	00:07:03	69	M60	103	6
2141	Zirpins	Burghardt	obw Emden	1957	2014	01:13:55	01:06:28	01:22:14	(01:06:20)	01:30:37	01:17:24	06:30:38	00:07:03	57	M50	267	6
2142	Schaefer	Birgit	Kirche Läuft Wilhelmsh	1969	2014	01:16:33	01:08:39	01:23:47	(01:06:10)	01:25:35	01:16:08	06:30:42	00:07:03	45	W40	234	6
2143	Christians	Helga	EWE-Wattoopers	1950	2014	01:13:54	01:05:43	01:25:16	(01:10:12)	01:29:12	01:16:44	06:30:49	00:07:03	64	W60	16	6
2144	Rulfs	Janna	Gymnasium Utricianum	2001	2014	01:14:46	01:07:14	01:22:48	(01:07:47)	01:27:23	01:18:41	06:30:52	00:07:03	13	WU20	110	6
2145	Boelsen	Helmer		1959	2014	01:17:09	01:06:07	01:22:12	(01:06:35)	01:30:04	01:15:43	06:31:15	00:07:04	55	M50	268	6
2146	Förster	Heide	Hartmann Group	1962	2014	01:15:36	01:08:02	01:22:18	(01:05:56)	01:27:44	01:17:35	06:31:15	00:07:04	52	W50	112	6
2147	Saathoff	Gerlinde	LT TuS Aurich-Ost	1965	2014	01:12:31	01:07:14	01:23:47	(01:11:37)	01:30:30	01:17:19	06:31:21	00:07:04	49	W40	235	6
2148	Emondts	Julia	Gymnasium Utricianum	1998	2014	01:18:47	01:04:46	01:28:36	(01:04:41)	01:25:07	01:14:29	06:31:45	00:07:04	16	WU20	111	6
2149	Janssen	Laura	Oberschule Westerholt	1998	2014	01:16:35	01:06:41	01:24:20	(01:07:15)	01:27:06	01:17:17	06:31:59	00:07:05	16	WU20	112	6
2150	Oltmanns	Gebhard	Modellfliegergruppe O-f	1951	2014	01:14:26	01:07:54	01:24:02	(01:07:16)	01:29:09	01:16:29	06:32:00	00:07:05	63	M60	104	6
2151	Wessels-Hoppen	Anja	Sparkasse Aurich-Nord	1965	2014	01:11:26	01:10:06	01:24:48	(01:09:16)	01:31:53	01:13:47	06:32:00	00:07:05	49	W40	236	6
2152	Roßmann	Sigrid	NUR DER HSV	1980	2014	01:13:33	01:06:03	01:23:44	(01:08:41)	01:34:04	01:14:45	06:32:09	00:07:05	34	W30	119	6
2153	Janssen- Weber	Linda	SV Stern Schwerinsdor	1962	2014	01:13:56	01:07:15	01:22:10	(01:06:53)	01:32:29	01:16:38	06:32:28	00:07:05	52	W50	113	6
2154	Doden	Frauke	Emder Laufgemeinsha	1976	2014	01:17:36	01:06:11	01:22:18	(01:09:49)	01:27:35	01:19:08	06:32:48	00:07:05	38	W30	120	6
2155	Bodenstab	Antje	BMW TEKKEN	1963	2014	01:13:30	01:07:08	01:21:54	(01:08:20)	01:32:20	01:18:13	06:33:05	00:07:06	51	W50	114	6
2156	Lange	Susanne	Leda Gruppe	1966	2014	01:20:50	01:02:58	01:32:23	(01:05:37)	01:26:18	01:10:59	06:33:28	00:07:06	48	W40	237	6
2157	Gruben	Susanne	SV Potshausen	1975	2014	01:14:32	01:08:25	01:24:20	(01:09:36)	01:29:18	01:16:56	06:33:31	00:07:06	39	W30	121	6
2158	Edenhuizen	Tjark	Gymnasium Utricianum	2001	2014	01:16:22	01:10:01	01:22:29	(01:05:53)	01:26:46	01:18:34	06:34:12	00:07:07	13	MU20	193	6
2159	Behrends	Susanne	Team Bunting	1983	2014	01:17:41	01:08:57	01:23:36	(01:09:05)	01:29:05	01:15:06	06:34:25	00:07:07	31	W30	122	6
2160	Cornelius	Frank	Crocodies Ihlow	1984	2014	01:18:40	01:09:11	01:21:58	(01:06:27)	01:29:57	01:14:44	06:34:30	00:07:07	30	M30	238	6
2161	Siefken	Heike	Ubbo-Emmius-Klinik	1969	2014	01:16:12	01:09:02	01:26:32	(01:07:25)	01:26:23	01:16:25	06:34:34	00:07:07	45	W40	238	6
2162	Brunken	Jörg	Großdendorf	1983	2014	01:11:03	01:07:15	01:27:28	(01:08:10)	01:31:53	01:17:09	06:34:48	00:07:08	31	M30	239	6
2163	Kleinau	Sabine	Team EDEKA Jemgum	1967	2014	01:13:05	01:08:40	01:23:03	(01:08:36)	01:31:33	01:18:27	06:34:48	00:07:08	47	W40	239	6
2164	Steltenkamp	Friederike	Strabag AG	1988	2014	01:17:22	01:09:03	01:23:00	(01:04:08)	01:26:47	01:18:54	06:35:06	00:07:08	26	WHK	92	6
2165	Buskohl	Daniela	Ostfriesische Brandkas	1983	2014	01:14:02	01:07:33	01:23:10	(01:07:40)	01:31:15	01:19:06	06:35:06	00:07:08	31	W30	123	6
2166	Büürma	Sabine	TV Bunde	1973	2014	01:14:01	01:07:27	01:23:26	(01:07:24)	01:32:19	01:18:13	06:35:26	00:07:08	41	W40	240	6
2167	Willms	Frauke	IGS Aurich-West	1995	2014	01:15:41	01:09:11	01:23:24	(01:08:00)	01:28:51	01:18:45	06:35:52	00:07:09	19	WU20	113	6
2168	Romaneeßen	Insa	IGS Aurich-West	1996	2014	01:15:41	01:09:11	01:23:25	(01:07:59)	01:28:52	01:18:44	06:35:53	00:07:09	18	WU20	114	6
2169	Baumann	Sandra	Team Bunting	1983	2014	01:14:01	01:07:33	01:23:10	(01:07:40)	01:32:45	01:19:06	06:36:35	00:07:10	31	W30	124	6
2170	Schmalwasser	Sören	Team Bunting	1964	2014	01:15:36	01:09:19	01:25:53	(01:09:20)	01:29:32	01:17:07	06:37:27	00:07:10	50	M50	269	6
2171	Kröger	Sabine	Team Eddie Nortmoor	1969	2014	01:15:36	01:09:19	01:25:53	(01:09:20)	01:29:32	01:17:07	06:37:27	00:07:10	45	W40	241	6
2172	Homöle	Werner	Team Bunting	1964	2014	01:15:13	01:08:35	01:24:30	(01:08:45)	01:31:37	01:17:59	06:37:54	00:07:11	50	M50	270	6
2173	Berends	Kerstin	Team Bunting	1970	2014	01:15:13	01:08:36	01:24:31	(01:11:01)	01:31:38	01:17:59	06:37:57	00:07:11	44	W40	242	6
2174	van Düllen	Kathrin	Ihlow	1978	2014	01:16:19	01:08:34	01:25:32	(01:09:48)	01:28:05	01:19:45	06:38:15	00:07:11	36	W30	125	6
2175	Vogel	Manfred	Kurt sien Trupp	1955	2014	01:16:05	01:08:52	01:24:28	(01:09:48)	01:31:05	01:19:21	06:39:51	00:07:13	59	M50	271	6
2176	Fischer	Anke	Ubbo-Emmius-Klinik	1978	2014	01:16:40	01:09:38	01:25:48	(01:10:06)	01:28:23	01:19:46	06:40:15	00:07:13	36	W30	126	6
2177	Lindemann	Deli	SCR Rhauderfehn	1951	2014	01:17:50	01:09:51	01:25:19	(01:09:19)	01:30:01	01:17:15	06:40:16	00:07:14	63	W60	17	6
2178	Bock	Insa	DLRG OG Esens	1964	2014	01:17:12	01:07:16	01:23:52	(01:09:00)	01:33:49	01:18:31	06:40:40	00:07:14	50	W50	115	6
2179	Veenster	Tanja	VfL Jheringsfehn	1973	2014	01:17:05	01:10:13	01:25:40	(01:08:51)	01:29:33	01:18:20	06:40:51	00:07:14	41	W40	243	6
2180	Looft	Friederike	Seefahrtsschule Leer	1987	2014	01:18:06	01:12:01	01:27:48	(01:06:33)	01:28:48	01:14:10	06:40:53	00:07:14	27	WHK	93	6
2181	Eiben	Heike	Lebenshilfe gGmbH Au	1974	2014	01:17:35	01:09:09	01:23:40	(01:09:35)	01:32:43	01:17:54	06:41:01	00:07:14	40	W40	244	6
2182	Rath	Johann	ELV Elektronik AG	1963	2014	01:18:13	01:09:19	01:24:44	(01:09:41)	01:31:17	01:17:56	06:41:29	00:07:15	51	M50	272	6
2183	Cord	Torben	BBC Chartering	1985	2014	01:06:18	01:16:57	01:15:49	(01:19:20)	01:37:31	01:25:18	06:41:53	00:07:15	29	MHK	189	6
2184	Girts	Wolfgang	SV Stern Schwerinsdor	1952	2014	01:18:33	01:13:09	01:22:12	(01:07:40)	01:32:30	01:16:37	06:43:01	00:07:16	62	M60	105	6
2185	Behrends	Manfred	Schützenverein Leerha	1958	2014	01:18:04	01:11:04	01:23:27	(01:09:47)	01:30:37	01:20:21	06:43:33	00:07:17	56	M50	273	6
2186	Weber	Hilke	LT TuS Aurich-Ost	1995	2014	01:16:23	01:08:50	01:28:03	(01:07:52)	01:31:07	01:19:48	06:44:11	00:07:18	19	WU20	115	6
2187	Dorenbusch	Thomas	LT TuS Aurich-Ost	1994	2014	01:16:24	01:08:50	01:28:03	(01:07:51)	01:31:07	01:19:48	06:44:12	00:07:18	20	MHK	190	6
2188	Bross-Anscheit	Insa	Klinikum Leer	1972	2014	01:17:54	01:10:25	01:26:59	(01:09:43)	01:29:54	01:20:07	06:45:19	00:07:19	42	W40	245	6
2189	Schmidt	Andrea	ORGADATA AG	1991	2014	01:17:13	01:09:06	01:23:34	(01:10:57)	01:36:07	01:20:01	06:46:01	00:07:20	23	WHK	94	6
2190	Schildt	Wiebke	obw Emden	1991	2014	01:17:17	01:12:01	01:27:39	(01:08:02)	01:32:05	01:17:47	06:46:49	00:07:21	23	WHK	95	6
2191	Siebelts	Evke-Maria	IGS Waldschule Egels	1999	2014	01:22:42	01:13:34	01:19:39	(00:59:43)	01:35:39	01:15:46	06:47:20	00:07:21	15	WU20	116	6
2192	Hagen	Effi	Team Bunting	1982	2014	01:17:41	01:08:56	01:26:31	(01:10:14)	01:35:09	01:19:33	06:47:50	00:07:22	32	W30	127	6
2193	Mertin	Isabella	Gymnasium Utricianum	1998	2014	01:19:09	01:08:27	01:28:36	(01:08:59)	01:33:46	01:20:43	06:50:41	00:07:25	16	WU20	117	6
2194	Gerkens	Heike		1979</													

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
2202	Lindner	Kristina	REHAU AG + Co.	1994	2014	01:19:59	01:12:30	01:30:10	(01:13:04)	01:32:50	01:18:43	06:54:12	00:07:29	20	WHK	97	6
2203	Schuschke	Lena	Seefahrtsschule Leer	1993	2014	01:21:03	01:12:30	01:27:46	(01:12:37)	01:31:05	01:22:06	06:54:30	00:07:29	21	WHK	98	6
2204	Meppen	Marion	TSV Jahn Caroliniensiel	1978	2014	01:18:58	01:12:31	01:30:12	(01:13:11)	01:32:50	01:21:17	06:55:48	00:07:30	36	W30	130	6
2205	Meyer	Helga	SV Potshausen	1963	2014	01:17:21	01:11:50	01:29:22	(01:15:33)	01:36:53	01:20:25	06:55:51	00:07:30	51	W50	116	6
2206	Draht	Carolina	Laufen und Meer	1963	2014	01:17:55	01:11:04	01:30:25	(01:13:05)	01:34:32	01:22:07	06:56:03	00:07:31	51	W50	117	6
2207	Dreesch-Rosenda	Meike	TuRa 07 Westrhaudefe	1969	2014	01:18:13	01:13:12	01:31:15	(01:14:03)	01:31:49	01:22:48	06:57:17	00:07:32	45	W40	250	6
2208	Tjarks	Erna	Team ENERCON	1979	2014	01:19:00	01:09:26	01:25:41	(01:10:57)	01:41:41	01:21:46	06:57:34	00:07:32	35	W30	131	6
2209	Claassen	Gerd	LG Ostfriesland	1945	2014	01:18:04	01:11:11	01:28:26	(01:13:12)	01:37:42	01:22:45	06:58:08	00:07:33	69	M60	106	6
2210	Schwegmann	Arnold	Frisia Loga	1962	2014	01:19:00	01:12:44	01:30:43	(01:13:49)	01:33:49	01:22:28	06:58:44	00:07:34	52	M50	275	6
2211	Pollmann	Henrike	WfBM BBB Aurich Wittr	1993	2014	01:20:04	01:09:53	01:29:37	(01:12:46)	01:37:16	01:22:14	06:59:04	00:07:34	21	WHK	99	6
2212	Grüssing	Ettje	SCR Rhaudefehn	1954	2014	01:20:35	01:13:09	01:31:14	(01:14:03)	01:31:50	01:22:50	06:59:38	00:07:34	60	W60	18	6
2213	Soffner	Judith	Leinerstift e.V.	1966	2014	01:20:26	01:13:17	01:29:29	(01:09:55)	01:35:27	01:22:16	07:00:55	00:07:36	48	W40	251	6
2214	Janssen	Lea	NIGE	1997	2014	01:18:51	01:10:37	01:30:41	(01:15:05)	01:37:52	01:24:13	07:02:14	00:07:37	17	WU20	118	6
2215	Brinkmann	Erdwin	Sparkasse Aurich-Nord	1961	2014	01:19:22	01:14:16	01:29:24	(01:13:28)	01:38:09	01:21:55	07:03:06	00:07:38	53	M50	276	6
2216	Meierholz	Stephan	Wilhelmshaven	1965	2014	01:22:49	01:10:57	01:28:15	(01:14:05)	01:37:14	01:24:04	07:03:19	00:07:38	49	M40	457	6
2217	Ringering	Astrid	Kindergarten Neermoor	1976	2014	01:21:14	01:14:01	01:32:49	(01:14:04)	01:32:18	01:23:33	07:03:55	00:07:39	38	W30	132	6
2218	Wübbels	Birte	FC SO	1997	2014	01:20:52	01:12:53	01:33:16	(01:14:31)	01:35:52	01:22:51	07:05:44	00:07:41	17	WU20	119	6
2219	Lünning	Claudia	FhV Hesel	1974	2014	01:20:14	01:13:25	01:32:15	(01:14:54)	01:35:25	01:26:18	07:07:37	00:07:43	40	W40	252	6
2220	Niestrat	Malte	IGS Waldschule Egels	1998	2014	01:22:23	01:13:36	01:30:25	(01:14:39)	01:35:44	01:28:06	07:10:14	00:07:46	16	MU20	194	6
2221	Hedemann	Anja	Team Möbel Buss	1964	2014	01:23:16	01:14:50	01:29:28	(01:15:42)	01:37:15	01:25:37	07:10:26	00:07:46	50	W50	118	6
2222	Freudenberg	Sabine	Geonovo	1966	2014	01:21:07	01:12:11	01:29:22	(01:10:19)	01:35:05	01:33:40	07:11:25	00:07:47	48	W40	253	6
2223	Sahbaz	Faruk	Sparkasse Aurich-Nord	1963	2014	01:21:55	01:20:11	01:30:02	(01:15:02)	01:31:29	01:27:55	07:11:32	00:07:47	51	M50	277	6
2224	Peters	Andre'	IGS Waldschule Egels	1999	2014	01:19:31	01:12:03	01:30:27	(01:09:11)	01:38:00	01:31:57	07:11:58	00:07:48	15	MU20	195	6
2225	Schürmann	Martin	Klinikum Emden Gmbh	1960	2014	01:24:32	01:14:57	01:36:19	(01:18:02)	01:37:43	01:22:29	07:16:00	00:07:52	54	M50	278	6
2226	Bruns	Alke	Teutonia Stapelmoor	1978	2014	01:21:19	01:14:02	01:32:47	(01:14:02)	01:43:26	01:25:49	07:17:23	00:07:54	36	W30	133	6
2227	Wogt	Matthias	ABW Richthofen	1994	2014	01:28:58	01:13:46	01:29:30	(01:23:24)	01:39:16	01:26:03	07:17:33	00:07:54	20	MHK	191	6
2228	Engels	Heinz	Wiesmoor	1976	2014	01:26:53	01:19:30	01:34:24	(01:18:11)	01:35:35	01:25:32	07:21:54	00:07:59	38	M30	240	6
2229	Kleen	Heike	Team Möbel Buss	1977	2014	01:26:53	01:19:30	01:34:26	(01:18:11)	01:35:35	01:25:32	07:21:56	00:07:59	37	W30	134	6
2230	Wöhrlt	Wolfgang	MTV Wittmund	1944	2014	01:22:29	01:14:19	01:32:12	(01:19:20)	01:43:12	01:30:26	07:22:38	00:07:59	70	M70	22	6
2231	de Vries	Sigi	Team Bunting	1964	2014	01:23:00	01:19:00	01:35:34	(01:23:09)	01:37:22	01:28:53	07:23:49	00:08:01	50	W50	119	6
2232	Schmidt	Marion	VHS-Laufen	1956	2014	01:22:16	01:12:43	01:37:12	(01:17:25)	01:42:55	01:33:43	07:28:49	00:08:06	58	W50	120	6
2233	Neugebauer	Gabriele	VHS Ossilooop	1963	2014	01:31:35	01:21:38	01:41:16	(01:19:59)	01:45:12	01:30:44	07:50:25	00:08:29	51	W50	121	6
2234	Wagner	Ina	Borromäus Hospital	1992	2014	01:38:31	01:25:31	01:42:41	(01:22:14)	01:43:23	01:38:50	08:08:56	00:08:50	22	WHK	100	6
2235	Paschke	Sina	NIGE	1997	2014	01:33:00	01:25:33	01:50:26	(01:26:31)	01:49:22	01:39:15	08:17:36	00:08:59	17	WU20	120	6
2236	Janssen	Heinrich	MTV Aurich	1934	2014	01:36:04	01:31:07	01:48:30	(01:31:06)	01:51:22	01:41:42	08:28:45	00:09:11	80	M80	1	6
2237	Janssen	Heiko	MTV Aurich	1962	2014	01:36:04	01:31:07	01:48:30	(01:31:06)	01:51:22	01:41:42	08:28:45	00:09:11	52	M50		6
2238	Ross	Ursula	IFI Kinderheim Leer	1966	2014	01:39:47	01:29:42	01:52:53	(01:30:05)	01:50:15	01:37:36	08:30:13	00:09:13	48	W40	254	6
2239	Hardy	Stefan		1994	2014	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	20	MHK		6
2240	Damm	Ralf	Augenoptik Ralf Damm	1974	2014	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	40	M40		6
2241	Kalski	Thomas	MTV Aurich	1971	2014	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	43	M40		6
2242	Fecht	Tina	SV Nortmoor	1982	2014	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	32	W30	135	6
2243	Behrends	Bettina		1978	2014	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	36	W30	136	6
	Meyer	Werner	Neermoor	1971	2014	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	43	M40		5
	Müller	Magnus	VfL Ockenhausen	1941	2014	00:00:00	00:00:00	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	73	M70		5
	Schlichting	Jens	MTV Aurich	1964	2014		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	50	M50		5
	Akkermann	Andrea	Concordia Ihrhove	1967	2014	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	47	W40		5
	Henseler	Marita			2014	00:00:00		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	2014			5
	Dickmann	Clemens	Nordland Papier	1967	2014	00:46:35	00:42:16	00:53:04	00:00:00		00:55:15	03:17:10		47	M40		5
	Wirdemann	Benjamin	LT Schafhauser Wald	1983	2014	00:40:25	00:36:58	00:45:53	00:37:11	00:46:40		03:27:07		31	M30		5
	von Fehren	Hans-Joachim	Ostfriesische Volksbank	1968	2014		00:45:39	00:54:10	00:00:00	00:59:01	00:52:48	03:31:38		46	M40		5
	Kässens	Hermann-Josef	Nordland Papier	1965	2014	00:48:28		00:55:33	00:00:00	00:59:08	00:52:59	03:36:08		49	M40		5
	Wedetinsae	Teklemariam	LG Uplengen	1988	2014	00:45:26	00:38:16	00:45:51	00:37:24	00:50:24		03:37:21		26	MHK		5
	Bartsch	Andreas	Arndt   Bartsch & Partne	1978	2014	00:50:39	00:46:46	00:59:07	00:00:00	01:01:52		03:38:24		36	M30		5
	Deke	Jelto	obw Emden	1995	2014	00:54:29	00:48:39	01:00:03	00:00:00		00:57:32	03:40:43		19	MU20		5
	Dirks	Simon	Wiesmoor	1998	2014	00:50:19	00:45:10	00:56:51	00:00:00	01:12:14		03:44:34		16	MU20		5
	van der Berg	Axel	Gassco Vikings	1973	2014	00:55:05	00:49:46	01:02:06	00:00:00		00:58:36	03:45:33		41	M40		5
	Janssen	Georg	SV Eintracht Plaggenbu	1984	2014	00:43:37	00:40:43	00:50:28	00:40:36	00:51:08		03:46:32		30	M30		5
	Siepker	Johannes		1999	2014	00:56:49	00:51:26	01:01:39	00:00:00		01:00:52	03:50:46		15	MU20		5
	Arends	Henning	Seefahrtsschule Leer	1992	2014	00:56:30	00:50:48	01:01:59	00:00:00	01:01:38		03:50:55		22	MHK		5
	Cöller	Michael	Huneke Strassen- und	1977	2014	00:56:21	00:50:57	01:02:00	00:00:00	01:05:47		03:55:05		37	M30		5
	Plavenieks	Helge	SV Dornum	1977	2014	00:46:10	00:41:31	00:51:40	00:42:55	00:58:16		04:00:32		37	M30		5
	Dimantopoulos	Angelos	ENOVA	1983	2014	00:59:53	00:51:46	01:05:31	00:00:00	01:04:07		04:01:17		31	M30		5
	Goetz	Hartmut	Kdo SES Ostfriesland	1972	2014	00:47:45	00:42:59	00:51:51	00:42:22	00:57:06		04:02:03		42	M40		5
	Tiemann	Ivo	MTV Aurich Triathlon	1965	2014	00:45:39	00:42:53	00:52:15		00:53:08	00:49:35	04:03:30		49	M40		5
	Breise	Juri	Sachverständigenbüro	1973	2014	00:49:16	00:44:28	00:56:00	00:44:10		00:51:02	04:04:56		41	M40		5
	Horn	Marco	Quarzwerk Marx	1986	2014		00:43:33	00:53:40	00:43:47	00:55:00	00:49:08	04:05:08		28	MHK		5
	Fischer	Michael	Michael Fischer	1964	2014	00:57:06	00:51:30	01:03:32	00:00:00	01:13:25		04:05:33		50	M50		5
	Ehrlich	Heinz	Emder LG	1961	2014	00:45											



## 33. Ostfrieslandlauf 2014

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Wollenhaupt	Sebastian	FCSO	1994	2014	00:46:00	00:41:23	00:51:18	00:42:33		01:07:20	04:08:34		20	MHK		5
	Bille	Olaf	Emden	1962	2014	01:03:51	00:55:55	01:08:43	00:00:00		01:00:34	04:09:03		52	M50		5
	Eilers	Alina-Christin	IGS Waldschule Egels	2000	2014	01:00:47	00:54:59	01:11:49	00:00:00		01:03:36	04:11:11		14	WU20		5
	Dirks	Heiko	Hartmann Group	1977	2014	00:49:11	00:44:29	00:54:13	00:46:42	00:59:54		04:14:29		37	M30		5
	Park	Harm	TuS Weene	1953	2014	00:47:38		00:58:01	00:44:39	00:56:20	00:50:33	04:17:11		61	M60		5
	Wirths	Frank	LG Fliegerhorst Upjever	1981	2014	00:49:21	00:46:07	00:57:46	00:46:06	00:58:48		04:18:08		33	M30		5
	Damm	Rebecca	Ralf Damm Augenoptik	1983	2014	00:51:10	00:46:55	00:56:52	00:46:04	00:59:10		04:20:11		31	W30		5
	Lemke	Rene	Polizeiinspektion Leer/E	1992	2014	00:49:39	00:44:45	00:55:57		01:01:45	00:49:30	04:21:36		22	MHK		5
	Mäcken	Sven	MTV Aurich	1991	2014	00:51:09	00:46:29	00:57:01	00:46:43	01:00:27		04:21:49		23	MHK		5
	Melzer	Carsten	Team ENERCON	1969	2014	00:51:22	00:46:28	00:57:30	00:47:10	01:00:01		04:22:31		45	M40		5
	Kern	Ulrich	Marinestützpunkt Wilhe	1969	2014		00:47:58	00:58:25	00:47:15	00:57:28	00:51:46	04:22:52		45	M40		5
	Amft	Marcus	LG Fliegerhorst Upjever	1973	2014		00:50:05	01:00:06	00:39:43	01:00:24	00:53:34	04:23:52		41	M40		5
	Dirksen	Simone	Weener	1953	2014		00:57:51	01:09:38	00:00:00	01:14:08	01:03:21	04:24:58		61	W60		5
	Heyken	Jens	Mykonostouristen	1983	2014	00:50:23	00:47:28	00:58:18	00:46:25	01:03:14		04:25:48		31	M30		5
	Strangmann	Dirk	EWE-Wattloopers	1970	2014	00:58:43	00:47:37	00:57:42	00:46:55	01:00:17		04:31:14		44	M40		5
	Ottersberg	Jörg	LG Fliegerhorst Upjever	1970	2014	00:52:57	00:51:09	00:59:03	00:48:43		01:00:49	04:32:41		44	M40		5
	Bootjer	Erich	RVB Aurich/Uplengen	1966	2014	00:53:44	00:47:33	00:57:39		01:00:21	00:53:26	04:32:43		48	M40		5
	Adams	Günther	LG EVU-Straße	1965	2014	00:54:51	00:49:19	01:00:53	00:49:15		00:59:48	04:34:06		49	M40		5
	Janssen	Theo	Schatteburg	1960	2014	00:56:07	00:50:02		00:49:22	01:04:00	00:56:23	04:35:54		54	M50		5
	Peters	Thielko	NIGE	1997	2014	00:54:32	00:50:39		00:49:33	01:08:03	00:53:16	04:36:03		17	MU20		5
	Ubben	Ehlke	MTV Aurich	1962	2014		00:48:13	00:59:34	00:49:33	01:03:28	00:56:06	04:36:54		52	M50		5
	Thoben	Martin	ELV Elektronik AG	1970	2014	00:54:32	00:49:30	00:59:40	00:49:26	01:04:51		04:37:59		44	M40		5
	Tülp	Wiebke	RAe Dr. Fenner, Bockh	1996	2014	01:08:03	00:59:20		00:00:00	01:25:36	01:06:40	04:39:39		18	WU20		5
	Janssen	Johann	MTV Aurich	1964	2014	00:52:15	00:48:24	00:59:34		01:05:16	00:56:31	04:42:00		50	M50		5
	Seidler	Dieter	Ubbo-Emmius-Klinik	1961	2014	00:53:36	00:48:47	01:00:04		01:02:32	00:57:20	04:42:19		53	M50		5
	Hedemann	Alke	Team Möbel Buss	1995	2014	00:53:03	00:47:56	00:59:20	00:50:59	01:08:00	00:54:07	04:42:26		19	WU20		5
	Mendonca	Angelo	Team ENERCON	1977	2014	00:55:40	00:52:47	01:02:47	00:51:09		01:00:07	04:42:30		37	M30		5
	Storm	Christian	LT TuS Aurich-Ost	1979	2014	00:54:19	00:49:57	01:01:51	00:49:30	01:07:01		04:42:38		35	M30		5
	Meise	Andre	RVB Aurich/Uplengen	1991	2014	00:57:22	00:49:55	01:02:52	00:52:40		01:00:25	04:43:14		23	MHK		5
	Tränapp	Andreas	Warsingsfehn	1983	2014	00:55:43	00:51:11		00:52:35	01:05:23	00:58:59	04:43:51		31	M30		5
	Gerdes	Achim	Lions Club Uplengen	1952	2014	00:56:00	00:50:59	01:02:21	00:51:33	01:04:47		04:45:40		62	M60		5
	Bica Mihai	Gabriel	Klinikum Leer	1984	2014	00:56:33		01:00:12	00:53:18	01:01:53	00:54:11	04:46:07		30	M30		5
	Busemann	Heike	AOK Die Gesundheitsk	1971	2014	00:55:42	00:51:34	01:02:24	00:51:08	01:06:04		04:46:52		43	W40		5
	Gastmann	Thorsten	Team ENERCON	1981	2014	01:00:07	00:52:56	01:04:10	00:52:33		00:58:26	04:48:12		33	M30		5
	Pupkes	Andreas	B-Plast2000	1980	2014	00:59:23	00:52:40	01:04:42	00:51:25		01:00:05	04:48:15		34	M30		5
	Wempen	Holger	bartax.de	1975	2014	01:06:06	00:48:32	00:59:50	00:51:30	01:03:31		04:49:29		39	M30		5
	Hildebrandt	Volkmar	TuS Weene	1955	2014	00:54:13	00:49:58	01:01:52		01:05:22	00:58:06	04:49:31		59	M50		5
	Buß	Coob	SV Eintracht Ihlow	1961	2014	00:55:25	00:50:07	01:01:48		01:07:20	00:56:37	04:51:17		53	M50		5
	Roofis	Martina	LT TuS Aurich-Ost	1978	2014	00:57:11	00:52:00	01:04:01	00:52:36	01:05:44		04:51:32		36	W30		5
	Schindler	Jannik	SV Warsingsfehn	1997	2014		00:51:20	01:04:47	00:52:12	01:05:27	00:58:39	04:52:25		17	MU20		5
	Groeneveld	Thomas	Volksbank Westraude	1985	2014	00:57:12	00:53:39	01:05:08	00:51:11	01:05:18		04:52:28		29	MHK		5
	Janssen	Engeline	LG Ostfriesland	1964	2014	00:59:57	00:52:36	01:07:49	00:52:26		01:01:39	04:54:27		50	W50		5
	Zacher	Thomas	FC Schalke 04	1964	2014	00:58:47	00:52:39	01:04:33	00:51:52	01:07:00		04:54:51		50	M50		5
	Köhler	Carsten	Ostfriesische Volksbank	2000	2014	00:57:36	00:52:02	01:03:27		01:05:13	00:56:36	04:54:54		14	MU20		5
	Behrends	Michael	esposium.de	1985	2014	00:56:37		01:02:21	00:52:39	01:06:16	00:57:28	04:55:21		29	MHK		5
	Otto	Silke	VfL Berumbur	1968	2014	00:57:17	00:53:07	01:04:32	00:52:57	01:07:45		04:55:38		46	W40		5
	Willms	Henning	Hartmann Group	1976	2014	00:55:58	00:54:27	01:04:06	00:52:18	01:09:24		04:56:13		38	M30		5
	Klein	Birgit	Team Laufrausch e.V.	1981	2014	01:01:23	00:53:24	01:06:16	00:54:20		01:01:14	04:56:37		33	W30		5
	Giebelhausen	Stephan	Rhauderfehn	1977	2014	00:55:07	00:49:53	01:00:58	00:49:49	01:20:59		04:56:46		37	M30		5
	Peters	Rainer	Emder LG	1951	2014	00:56:48		01:03:29	00:50:45	01:06:59	00:58:52	04:56:53		63	M60		5
	Kramer	Frank	Aurich	1958	2014	00:58:51	00:49:44	01:03:26	00:52:41	01:13:48		04:58:30		56	M50		5
	Kampen	Tabea	Gymnasium Ulricianum	1998	2014	01:01:12	00:54:11		00:54:39	01:09:39	01:00:31	05:00:12		16	WU20		5
	Heinrich	Beate	Emder LG	1967	2014	00:57:38	00:52:33	01:07:35	00:53:31	01:10:10		05:01:27		47	W40		5
	Cisek	Andre	Kdo SES	1984	2014	00:55:00		01:06:07	00:52:55	01:07:14	01:00:15	05:01:31		30	M30		5
	Scholz	Martin	Seefahrtsschule Leer	1990	2014	01:01:55	00:54:06	01:07:36	00:55:57		01:03:09	05:02:43		24	MHK		5
	Sikken	Bart	Emder LG	1970	2014	00:55:56		01:04:36	00:51:53	01:08:24	01:02:13	05:03:02		44	M40		5
	Heidenreich	Nils	HSM Wirtschaftsprüfer	1993	2014	01:03:47	00:54:50	01:08:10	00:54:37		01:01:57	05:03:21		21	MHK		5
	Möller-Rönisch	Lukas	Seefahrtsschule Leer	1991	2014	00:56:07	00:50:46	01:02:09	00:47:55	01:26:26		05:03:23		23	MHK		5
	Beekmann	Ann-Katrin	Briese Schifffahrt	1984	2014	00:59:11	00:55:15	01:08:01	00:54:21	01:11:06		05:07:54		30	W30		5
	Bröhl	Malte	Team Möbel Buss	1992	2014	00:58:43		01:06:36	00:54:27	01:09:32	00:59:23	05:08:41		22	MHK		5
	Saathoff	Holger	Raiffeisenbank eG, Mo	1973	2014	01:02:36	00:55:42		00:56:00	01:11:21	01:03:20	05:08:59		41	M40		5
	Campe	Wolf Julian	ENOVA	1984	2014	01:01:37	00:55:33	01:08:05	00:55:13	01:09:40		05:10:08		30	M30		5
	Janssen	Martina	Ubbo-Emmius-Klinik	1964	2014	00:59:49	00:55:15	01:07:40	00:56:37	01:12:26		05:11:47		50	W50		5
	Krems	Hans-Jürgen	Fortuna Wirdum	1959	2014	01:00:07	00:55:17	01:06:52	00:53:58	01:16:22		05:12:36		55	M50		5
	Hage	Jana Malina	IGS Waldschule Egels	2000	2014	01:06:45	00:55:02	01:11:50	00:55:54		01:03:36	05:13:07		14	WU20		5
	Jordan	Torsten	Ostfriesische Brandkas	1972	2014	00:58:51	01:02:03		00:54:13	01:13:48	01:05:49	05:14:44		42	M40		5
	Langen	Christoph	Seefahrtsschule Leer	1988	2014	00:59:13	00:53:37	01:05:46		01:15:59	01:00:39	05:15:14		26	MHK		5
	Spannhoff	Rainer	Emder LG	1964	2014	01:06:33		01:07:15	00:54:58	01:09:45	00:58:52	05:17:23		50	M50		5
	Schäfer	Karl-Heinz	SC Wiesens	1958	2014	00:53:58	01:03:04	01:15:56		01:07:07	01:00:23	05:20:28		56	M50		5
	Bruhnken	Marvin	NIGE	1996	2014	00:58:40		01:13:12	00:55:36	01:13:22	01:00:19	05:21:09		18	MU20		5
	Frühling	Anna	Gymnasium Ulricianum	1999	2014	01:02:52	00:56:35		00:58:36	01:16:18	01:07:01	05:21:22		15	WU20		5

## 33. Ostfrieslandlauf 2014

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Beekmann	Jens	Gymnasium Ulricianum	1996	2014		00:54:53	01:06:22	00:58:27	01:18:12	01:04:18	05:22:12		18	MU20		5
	Ali	Diana	Gymnasium Ulricianum	2000	2014	01:06:26	00:56:45	01:12:48	00:58:49		01:08:20	05:23:08		14	WU20		5
	Mandel	Hanna	Alex.-v.-Humboldt-Schu	1997	2014	01:03:53	00:56:50	01:15:45	01:03:44		01:02:56	05:23:08		17	WU20		5
	Gembler	Johann	Schuhhaus Gembler	1960	2014	01:01:00	00:55:35	01:08:26		01:14:41	01:03:31	05:23:13		54	M50		5
	Rieken	Magnus	Jever	1947	2014	01:01:33	00:58:32	01:10:47	00:57:50	01:14:42		05:23:24		67	M60		5
	Wanitschek	Bianka		1978	2014		00:57:56	01:10:24	00:55:28	01:15:43	01:04:10	05:23:41		36	W30		5
	Glück	Matthias	Huneke Strassen- und	1980	2014	01:05:46	00:58:32	01:11:18	00:56:53		01:11:23	05:23:52		34	M30		5
	de Wall	Tomke	Flick GmbH	1990	2014		00:56:55	01:10:03	00:58:36	01:13:21	01:05:06	05:24:01		24	WHK		5
	Walter	Tajana	Klinikum Leer	1981	2014	01:03:07	00:56:40	01:09:12		01:11:59	01:03:23	05:24:21		33	W30		5
	Schäfer-Horatzek	Dorothee	SZ Collhusen	1950	2014	01:02:51	00:58:14	01:10:25	00:57:26	01:17:02		05:25:58		64	W60		5
	Krüger	Heinrich	Seefahrtsschule Leer	1990	2014	00:57:19	00:53:50	01:14:41		01:15:52	01:05:48	05:27:30		24	MHK		5
	Hommers	Gerhard	LT SV Ems Jemgum	1954	2014		00:58:34	01:12:48	00:58:23	01:13:01	01:06:14	05:29:00		60	M60		5
	Oltthoff	Uwe	Emder LG	1968	2014		00:58:02	01:13:16	00:58:16	01:15:04	01:04:48	05:29:26		46	M40		5
	Claaßen	Christa	WfbM BBB Aurich Wittr	1960	2014	01:01:23		01:09:29	00:58:52	01:15:11	01:05:16	05:30:11		54	W50		5
	Klapdor	Maria		1957	2014		01:09:50	01:27:01	00:00:00	01:33:05	01:21:01	05:30:57		57	W50		5
	Weiss	Kristina	Team Atemnot	1983	2014	01:04:19		01:11:55	00:57:11	01:13:05	01:04:48	05:31:18		31	W30		5
	Ihnen	Gunda	LT TuS Aurich-Ost	1964	2014	01:02:54		01:11:51	00:59:08	01:13:25	01:05:28	05:32:46		50	W50		5
	Hinrichs	Onno	Team Wilts	1990	2014	01:02:20	00:58:10	01:11:19		01:16:57	01:04:27	05:33:13		24	MHK		5
	Peglow	Marcel	Seefahrtsschule Leer	1991	2014	01:11:58	01:00:16	01:15:30	00:59:29		01:06:41	05:33:54		23	MHK		5
	Möhlmann	Gisela	LG Uplengen	1969	2014	01:05:10	01:00:18		01:02:08		01:18:45	05:35:37		45	W40		5
	de Buhr	Heinz	Lions Club Uplengen	1959	2014	01:07:40	01:03:32	01:12:43	00:58:49	01:16:38		05:39:22		55	M50		5
	Braams	Herma	SC Dunum	1956	2014	01:05:09	01:00:20	01:15:12	01:00:40	01:18:24		05:39:45		58	W50		5
	Otten	Judith	Zeitungsgruppe Ostfries	1984	2014	01:02:27	00:57:34	01:12:29		01:19:58	01:08:11	05:40:39		30	W30		5
	Jansen	Theresia	ELV Elektronik AG	1971	2014	01:09:10	01:02:10	01:17:26	01:01:44		01:11:36	05:42:06		43	W40		5
	Uweilius	Gyleen	obw Emden	1985	2014	01:25:35	01:13:14	01:34:23	00:00:00		01:29:40	05:42:52		29	WHK		5
	Ackmann	Helmut	Stadt Emden	1954	2014		01:00:43	01:16:49	01:01:53	01:18:41	01:10:16	05:48:22		60	M60		5
	Siemens	Ralf	Hartmann Group	1964	2014	01:05:19	01:00:23	01:12:17		01:23:20	01:08:21	05:49:40		50	M50		5
	Bodenstab	Ingo	BMW TEKKEN	1971	2014	01:11:28	01:05:01	01:17:54	01:04:43		01:12:16	05:51:22		43	M40		5
	Stehen	Thomas	Seefahrtsschule Leer	1988	2014	01:11:58	01:05:27	01:16:40	01:05:05		01:13:24	05:52:34		26	MHK		5
	Koops	Erwin	Sparkasse LeerWittmur	1972	2014		01:01:22	01:17:33	01:02:28	01:21:52	01:09:46	05:53:01		42	M40		5
	Ohling	Andreas	Emder LG	1965	2014	01:09:52	01:05:32	01:19:10	01:03:46		01:15:52	05:54:12		49	W40		5
	Janssen	Annika	SV Blomberg- Neuscho	1984	2014	01:13:30	01:03:53	01:18:10	01:02:43	01:17:52		05:56:08		30	W30		5
	Langenberg	Udo	Team ENERCON	1961	2014		01:06:57	01:19:28	01:02:13	01:19:00	01:09:53	05:57:31		53	M50		5
	Löning	Inka	Ostfriesische Volksbank	1980	2014	01:07:51	00:59:40	01:17:37		01:22:47	01:09:52	05:57:47		34	W30		5
	Hanneken	Sandra	Tiger Balm Team	1974	2014	01:10:29	01:07:35		01:04:51	01:25:22	01:12:54	06:01:11		40	W40		5
	Kröger	Randeep	Team Möbel Buss	1997	2014	01:06:52		01:19:12	01:04:06	01:22:48	01:09:51	06:02:49		17	MU20		5
	Wendt	Angelika	Emder LG	1962	2014	01:09:39	01:02:33	01:16:45		01:23:11	01:11:52	06:04:00		52	W50		5
	Pensegrau	Leon	IGS Waldschule Egels	1999	2014	01:05:39	00:59:32		01:14:36	01:35:42	01:10:12	06:05:41		15	MU20		5
	Poppen	Gert-Rudolf	Haxtum	1959	2014	01:09:29	01:07:44	01:22:47	01:04:42		01:21:17	06:05:59		55	M50		5
	Mons	Lena	Hartmann Group	1985	2014		01:05:22	01:19:32	01:08:04	01:22:49	01:12:49	06:08:36		29	WHK		5
	Peters	Edith	Emder LG	1959	2014	01:12:33	01:05:33	01:20:21	01:03:53	01:27:03		06:09:23		55	W50		5
	Störk-Müller	Margret	obw Emden	1967	2014	01:32:30	01:22:58		00:00:00	01:44:39	01:31:24	06:11:31		47	W40		5
	Hölscher	Gerhard	Naturheilpraxis Bunjes	1955	2014	01:16:11	01:09:01		01:06:07	01:26:54	01:13:32	06:11:45		59	M50		5
	Petersen	Niklas	Seefahrtsschule Leer	1994	2014	01:14:18	01:08:26	01:27:13	01:05:22		01:17:27	06:12:46		20	MHK		5
	van Lengen	Heinrich	LG Großefehn	1940	2014	01:13:19	01:08:17	01:20:51	01:06:39	01:23:59		06:13:05		74	M70		5
	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2014	01:09:18	01:02:33	01:21:13		01:21:26	01:18:44	06:13:14		61	M60		5
	Lixfeld-Sozomeno	Bettina	Reederei Buss	1967	2014	01:13:26	01:04:44	01:25:04		01:22:16	01:11:54	06:17:24		47	W40		5
	Warner	Jenni	Hartmann Group	1985	2014	01:13:58	01:05:24	01:19:34		01:24:37	01:14:40	06:18:13		29	WHK		5
	Hiernomius	Norbert	obw Emden	1974	2014	01:00:37	01:11:59	01:27:36	01:08:03	01:32:02		06:20:17		40	M40		5
	Bohlen	Josef	Stappelmoor	1955	2014	01:14:48		01:22:33	01:07:22	01:26:51	01:14:23	06:25:57		59	M50		5
	Blödorn	Annika	NIGE	1995	2014	01:19:16	01:04:55	01:24:03	01:06:11	01:34:56		06:29:21		19	WU20		5
	Nagel	Anja		1968	2014	01:21:06	01:10:16	01:29:23	01:10:10		01:18:58	06:29:53		46	W40		5
	Fischer	Lena	obw Emden	1990	2014	01:14:40	01:09:31	01:34:23	01:12:43		01:22:26	06:33:43		24	WHK		5
	Knabe	Inken	Gymnasium Ulricianum	2001	2014	01:20:37	01:07:17	01:30:13	01:10:05		01:30:04	06:38:16		13	WU20		5
	Bednarekt	Anna	Gymnasium Ulricianum	2001	2014	01:20:37	01:07:20	01:31:11	01:11:11		01:30:27	06:40:46		13	WU20		5
	Müler	Werner	Fortuna Logabirum	1949	2014	01:20:32	01:12:47	01:29:57	01:13:57		01:33:07	06:50:20		65	M60		5
	Brelage	Lisa-Marie	Alex.-v.-Humboldt-Schu	1997	2014	01:18:48	01:11:58	01:30:57	01:13:39	01:38:41		06:54:03		17	WU20		5
	Paschen	Sigrid	MTV Wittmund	1960	2014	01:22:30	01:14:20	01:32:12	01:19:20	01:43:12		07:11:34		54	W50		5
	Wiebel	Alexander	loony loopers	1959	2014	01:29:49	01:17:17	01:35:16	01:18:44	01:46:23		07:27:29		55	M50		5
	Hattermann	Gretchen		1950	2014	01:41:27	01:25:39	01:42:48		01:46:10	01:34:55	08:10:59		64	W60		5
	Duis	Hartmut	Duis Innenladen	1968	2014			00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		46	M40		4
	Hendriks	Martin	Rettenungsdienst Aurich	1994	2014	00:00:00	00:00:00		00:00:00	00:00:00		00:00:00		20	MHK		4
	Lindtner	Michael	MTV Aurich	1970	2014			00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		44	M40		4
	Müller	Robert	SV Wymeer-Boen	1983	2014	00:00:00	00:00:00	00:00:00	00:00:00			00:00:00		31	M30		4
	Schweers	Bernd		1979	2014	00:00:00	00:00:00			00:00:00	00:00:00	00:00:00		35	M30		4
	Seeger	Hartmut	LT Aurich-Ost	1967	2014	00:00:00	00:00:00			00:00:00	00:00:00	00:00:00		47	M40		4
	Eiken	Ulrike	Praxis Johann Priet Aur	1982	2014	00:00:00	00:00:00		00:00:00		00:00:00	00:00:00		32	W30		4
	Klinkenberg	Wiebke		1990	2014	00:00:00	00:00:00	00:00:00	00:00:00			00:00:00		24	WHK		4
	Menzel	Martje	IGS Aurich-West	1999	2014	00:00:00		00:00:00	00:00:00	00:00:00		00:00:00		15	WU20		4
	Galitschkin	Henning	Polizei Leer	1983	2014	00:42:12	00:38:56	00:48:09	00:00:00			02:09:17		31	M30		4

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Janssen	Michael	Emder LG	1970	2014	00:42:11	00:39:06	00:48:30	00:00:00			02:09:47		44	M40		4
	Reinmold	Heinz	LG Harlingerland	1949	2014	00:42:58	00:40:59	00:47:28	00:00:00			02:11:25		65	M60		4
	Lübbers	Jann	FCSO	1997	2014	00:44:12	00:40:57	00:49:50	00:00:00			02:14:59		17	MU20		4
	Nannen	Yannick	SV Holtland	1997	2014	00:42:58	00:40:58	00:51:03	00:00:00			02:14:59		17	MU20		4
	Schwinning	Rene	ORGADATA AG	1991	2014	00:47:37	00:43:44	00:53:08	00:00:00			02:24:29		23	MHK		4
	Munk	Thomas	Westrhauderfehn	1968	2014	00:48:25	00:44:12	00:58:49	00:00:00			02:31:26		46	M40		4
	Schneider	Jan	VfL Germania Leer	1999	2014	00:51:40	00:45:33	00:55:15	00:00:00			02:32:28		15	MU20		4
	Dirks	Bernd	Krankenhaus Wittmund	1996	2014	00:50:44	00:45:25	00:57:07	00:00:00			02:33:16		18	MU20		4
	Gaponenko	Edgar	Seefahrtsschule Leer	1993	2014	00:52:56	00:45:45	00:59:22	00:00:00			02:38:03		21	MHK		4
	Kreienbrock	Carsten	Leer	1968	2014	00:52:18	00:47:35	00:58:20	00:00:00			02:38:13		46	M40		4
	Hinderks	Hermann	Nordland Papier	1968	2014	00:51:51	00:47:16	00:59:11	00:00:00			02:38:18		46	M40		4
	Mennenga	Ralf	Emder LG / VW Emden	1976	2014	00:40:19	00:37:00	00:45:36	00:37:31			02:40:26		38	M30		4
	Sanders	Uwe	Weener Plastik	1986	2014	00:49:28	00:52:12	01:01:27	00:00:00			02:43:07		28	MHK		4
	Scholz	Matthias	RVB Aurich/Uplengen	1990	2014	00:53:27	00:48:02	01:01:57	00:00:00			02:43:26		24	MHK		4
	Martens	Heini	Stedesdorf	1963	2014	00:52:12	00:49:59	01:02:02	00:00:00			02:44:13		51	M50		4
	Henninga	Stephan	RVB Aurich/Uplengen	1986	2014	00:40:48	00:37:54	00:47:18	00:38:45			02:44:45		28	MHK		4
	Poppe	Sabine	LG Großefehn	1965	2014	00:54:28	00:50:42	01:02:44	00:00:00			02:47:54		49	W40		4
	Behrends	Andre	Polizei Aurich	1990	2014	00:42:34	00:38:17	00:47:42	00:39:50			02:48:23		24	MHK		4
	Peters	Nils	obw Emden	1984	2014		00:48:59	01:04:50	00:00:00		00:57:15	02:51:04		30	M30		4
	Warnecke	Dirk	ENOVA	1969	2014		00:50:17	00:57:41	00:00:00	01:05:07		02:53:05		45	M40		4
	Otto	Jürgen	VfL Berumbur	1964	2014	00:58:16	00:52:54	01:04:15	00:00:00			02:55:25		50	M50		4
	Sparringa	Hinrich	Landwirtschaftskammer	1969	2014	00:54:27	00:58:16	01:03:19	00:00:00			02:56:02		45	M40		4
	Rose	Christian	ENOVA	1984	2014			00:48:05	00:38:13	00:49:20	00:43:40	02:59:18		30	M30		4
	Saathoff	Nadine	Heisfelder Zahnhaus	1983	2014	00:59:21	00:53:48	01:06:26	00:00:00			02:59:35		31	W30		4
	Brettschneider	Lucas	Gymnasium Rhauderfehn	1995	2014	00:56:05		01:01:08	00:00:00	01:03:28		03:00:41		19	MU20		4
	Hedlefs	Enno	LT Schafhauser Wald	1965	2014	00:59:07	00:54:18	01:07:33	00:00:00			03:00:58		49	M40		4
	Möller	Thomas	Ubbo-Emmius-Klinik	1962	2014	00:59:23	00:54:31	01:07:11	00:00:00			03:01:05		52	M50		4
	Pollmann	Marlene	Uplengen	1968	2014	01:00:37	00:54:31	01:06:04	00:00:00			03:01:12		46	W40		4
	Lienland	Andre	ORGADATA AG	1982	2014	00:51:10	01:08:56	01:03:09	00:00:00			03:03:15		32	M30		4
	Schröder	Johann	Klinikum Leer	1957	2014	01:02:02	00:58:10		00:00:00		01:04:55	03:05:07		57	M50		4
	Janßen	Sören	TTC Remels	2001	2014	00:59:06		01:05:56	00:00:00		01:00:15	03:05:17		13	MU20		4
	Hannover	Matthias	Zeitungsgruppe Ostfriesland	1980	2014	00:47:06	00:43:07	00:52:25	00:42:53			03:05:31		34	M30		4
	Tammen	Andre	Lücht & Palm	1995	2014	01:09:13	00:52:42	01:04:58	00:00:00			03:06:53		19	MU20		4
	Fischer	Kuno	Leda Gruppe	1981	2014	01:03:33	00:56:16	01:10:02	00:00:00			03:09:51		33	M30		4
	Reents	Ralf	LG Harlingerland	1969	2014		00:44:07	00:54:03	00:44:03		00:49:33	03:11:46		45	M40		4
	Winkler	Georg	TV Norden	1947	2014	01:03:39	00:57:12	01:13:32	00:00:00			03:14:23		67	M60		4
	Mehner	Manja	Kdo SES	1980	2014	01:04:32	00:58:42	01:13:01	00:00:00			03:16:15		34	W30		4
	Hummerich	Niklas	Emder LG	1995	2014	00:48:45	00:45:52	00:56:32	00:45:11			03:16:20		19	MU20		4
	Holzrüter	Lars	Gymnasium Ulricianum	1996	2014	00:50:38	00:45:43	00:56:14	00:45:51			03:18:26		18	MU20		4
	Youssefi	Ahmed	Team Laufrausch	1977	2014	00:50:48	00:45:36	00:56:38	00:45:38			03:18:40		37	M30		4
	Pospischil	Falk	NIGE	1997	2014	00:45:38		00:52:46		00:53:25	00:47:58	03:19:47		17	MU20		4
	Kuper	Wolfgang	Baptisten Firrel	1970	2014	00:50:37	00:46:14	00:57:04	00:46:04			03:19:59		44	M40		4
	Harken	Söhnke	NIGE	1996	2014	01:01:45	00:56:11	01:22:08	00:00:00			03:20:04		18	MU20		4
	de Freese	Timo	Tischlerei Pannhusen u	1992	2014	00:52:36	00:55:15	01:32:19	00:00:00			03:20:10		22	MHK		4
	von Kentzinsky	Roland	TG Wiesmoor	1948	2014	00:49:50	00:46:06	00:56:51	00:47:41			03:20:28		66	M60		4
	Theermann	Lisa	Vg VeWa	1990	2014	01:04:59	00:59:27	01:16:36	00:00:00			03:21:02		24	WHK		4
	Runden	Michael	Stadt Leer	1961	2014	00:50:56	00:46:56		00:50:14		00:55:14	03:23:20		53	M50		4
	Goudschaal	Johann	Kirchengemeinde Holle	1964	2014	00:50:33	00:46:52	00:58:29	00:47:56			03:23:50		50	M50		4
	de Riese	Reiner	LT SC Ihrhove 07	1959	2014	00:48:45	00:44:22			00:58:39	00:52:12	03:23:58		55	M50		4
	Steiger	Melina	FCSO	1999	2014	01:06:53		01:08:42	00:00:00		01:08:43	03:24:18		15	WU20		4
	Schmidt	Jörg	Emder LG	1970	2014	00:49:37	00:45:27	00:57:38	00:52:23			03:25:05		44	M40		4
	Immega	Stephan	LG Harlingerland	1984	2014	00:52:15	00:48:17	00:55:59	00:49:20			03:25:51		30	M30		4
	Goudschaal	Rolf		1950	2014	01:08:41	01:02:22	01:17:25	00:00:00			03:28:28		64	M60		4
	Schnabel	Indra	LT TuS Aurich-Ost	1978	2014	00:52:05	00:48:09	01:00:27	00:48:42			03:29:23		36	W30		4
	Schröder	Eike	Klinikum Emden GmbH	1988	2014	00:54:52	00:48:20	01:00:06	00:48:46			03:32:04		26	MHK		4
	Friedrich	Wolfgang	Leinerstift e.V.	1963	2014	00:53:23	00:48:52	01:00:13	00:52:26			03:34:54		51	M50		4
	Wiechers	Wilko	Volkswagen Emden	1987	2014		00:50:47	01:01:06	00:49:58		00:53:10	03:35:01		27	MHK		4
	Seehaus	Jens	WfbM BBB Aurich Wittra	1991	2014	00:56:22	00:48:50	01:02:05	00:48:48			03:36:05		23	MHK		4
	Janßen	Kathrin	WfbM BBB Aurich Wittra	1992	2014	01:10:38	01:04:18	01:21:29	00:00:00			03:36:25		22	WHK		4
	Reents	Heike	Emden	1999	2014	00:58:01	00:51:52	01:00:49	00:48:10			03:38:52		15	WU20		4
	Buß	Sven	LG Fliegerhorst Upjever	1968	2014	00:54:07	00:49:12			01:04:20	00:55:09	03:42:48		46	M40		4
	Schroers	Christian	ENOVA	1992	2014		00:49:24	00:57:39	00:47:26	01:10:51		03:45:20		22	MHK		4
	de Wall	Michael	Schüt-Duis	1969	2014	00:52:15			00:49:09	01:06:33	00:57:32	03:45:29		45	M40		4
	Jeron	August	LT TuS Aurich-Ost	1956	2014	00:54:14			00:51:49	01:04:29	00:57:55	03:48:27		58	M50		4
	Brümmer	Günter	Nordland Papier	1966	2014	00:52:57		01:00:12		01:02:07	00:57:07	03:52:23		48	M40		4
	Weinberg	Rita	LT Schafhauser Wald	1967	2014	00:55:48			00:53:06	01:07:22	00:58:20	03:54:36		47	W40		4
	Hesselbrock	Georg	Nordland Papier	1963	2014	00:52:20			00:48:25	01:01:37	01:12:55	03:55:17		51	M50		4
	Reiners	Maike	Praxis Waßmann	1970	2014	00:59:18	00:54:15	01:05:47	00:57:07			03:56:27		44	W40		4
	Jänen	Hermann	Nordland Papier	1954	2014	01:10:27		01:21:44	00:00:00	01:25:47		03:57:58		60	M60		4
	Poppinga	Heike	VfL Berumbur	1964	2014	01:00:45	00:55:05	01:08:00	00:54:24			03:58:14		50	W50		4
	Wehmeier	Moritz	Nutrixion	1997	2014	01:01:39	00:53:28	01:03:58	00:59:41			03:58:46		17	MU20		4

## 33. Ostfrieslandlauf 2014

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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
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Quarg	Karin	BSG Volksbank Jever e	1957	2014	00:59:45	00:55:14	01:09:13	00:56:22			04:00:34		57	W50		4
	Eden	Ilona	FCSO	1969	2014	01:01:39	00:56:05	01:09:15	00:56:16			04:03:15		45	W40		4
	Esch	Klaus	Collinghorst	1964	2014	00:57:49	00:53:06			01:11:36	01:01:13	04:03:44		50	M50		4
	Schröder	Christina	Leda Gruppe	1994	2014	01:20:50	01:14:04	01:32:22	00:00:00			04:07:16		20	WHK		4
	Cobus	Thomas	Bohlen & Doyen	1971	2014	01:06:51	00:57:04	01:09:40	00:56:55			04:10:30		43	M40		4
	Hemberger	Mareike	Carl von Ossietzky Univ	1990	2014	01:04:38	00:58:20	01:12:25	00:56:23			04:11:46		24	WHK		4
	Mennenga	Andre	Emder LG	1961	2014	00:59:14	00:55:03			01:15:42	01:02:06	04:12:05		53	M50		4
	Störig	Wiebke	Gymnasium Ulricianum	2000	2014	01:03:34	00:56:27	01:08:53	01:03:24			04:12:18		14	WU20		4
	Sudholt	Laurenz	Seefahrtsschule Leer	1987	2014	01:03:35	00:58:34	01:12:36	01:00:13			04:14:58		27	MHK		4
	Großmann	Gabriele	Alex.-v.-Humboldt-Schu	1982	2014	01:08:23	01:01:20	01:11:41	00:55:31			04:16:55		32	W30		4
	Diener	Wilfried	VfB Uplengen	1962	2014	01:05:01	00:59:24		01:04:49		01:08:25	04:17:39		52	M50		4
	Musiol	Anja	Laufen und Meer	1973	2014			01:14:58	00:53:16	01:05:56	01:03:49	04:17:59		41	W40		4
	Farwer	Gertrud		1958	2014	01:03:37	01:00:25	01:13:40	01:00:22			04:18:04		56	W50		4
	Schmarje	Malte	Seefahrtsschule Leer	1993	2014	01:07:04	01:00:44	01:16:31	00:58:29			04:22:48		21	MHK		4
	Sorger	Daniel	Hartmann Group	1974	2014	01:22:19		01:20:17	00:00:00	01:40:34		04:23:10		40	M40		4
	Bassler	Annika	Autopark Schunke	1997	2014	01:07:07	01:00:08	01:14:27	01:01:40			04:23:22		17	WU20		4
	Schunke	Michael	Autopark Schunke	1967	2014	01:07:06	01:00:08	01:14:30	01:01:42			04:23:26		47	M40		4
	Kathe	Jessica	RVB Aurich	1992	2014	01:06:50	00:59:32	01:15:20	01:02:38			04:24:20		22	WHK		4
	Fan	Leo	FCSO	2000	2014	01:06:36		01:12:05	00:58:35		01:08:56	04:26:12		14	MU20		4
	Hartmann	Ilka	Hartmann Group	1971	2014	01:09:10	01:03:26		01:03:45		01:15:15	04:31:36		43	W40		4
	Scheffler	Andrea	LT TuS Aurich-Ost	1966	2014	01:03:56			01:01:14	01:22:03	01:08:02	04:35:15		48	W40		4
	Ridder	Keno	Leer	1970	2014			01:16:37	01:01:30	01:14:48	01:05:26	04:38:21		44	M40		4
	Jacobs	Moritz	Seefahrtsschule Leer	1992	2014	01:12:37	01:06:24	01:20:30	01:04:25			04:43:56		22	MHK		4
	Gluns	Waltraud	Suurhusen	1965	2014	01:11:24	01:06:41	01:21:11	01:07:06			04:46:22		49	W40		4
	Ihnken	Kira	NIGE	1997	2014	01:07:58	01:00:23	01:34:07	01:06:35			04:49:03		17	WU20		4
	Leuchters	Stina	FCSO	1999	2014	01:11:50	01:06:21	01:20:45	01:10:35			04:49:31		15	WU20		4
	Siemens	Günther	BBC Chartering	1974	2014		00:51:24	01:20:09		01:28:51	01:09:40	04:50:04		40	M40		4
	Lühr	Heidi	Novapax	1969	2014	01:09:39		01:22:35	01:04:49		01:13:37	04:50:40		45	W40		4
	Rabenberg	Jens	RVB Aurich/Uplengen	1979	2014	01:14:25	01:08:50	01:24:07	01:09:41			04:57:03		35	M30		4
	Gerdes	Doris	Sodasan	1967	2014	01:18:53	01:08:03	01:24:48	01:09:18			05:01:02		47	W40		4
	Bischof	Wiebke	Seefahrtsschule Leer	1992	2014	01:18:06	01:13:37	01:31:14	01:11:04			05:14:01		22	WHK		4
	Hellmann	Sascha	obw Emden	1986	2014	01:15:54	01:07:31	01:22:36	01:28:25			05:14:26		28	MHK		4
	Hoppmann	Lena	Ihrhove	1991	2014	01:18:25	01:12:45	01:31:12	01:17:02			05:19:24		23	WHK		4
	Pohl	Michael	Reederei Baltrum-Linie	1978	2014	01:23:39	01:15:44	01:33:03	01:17:08			05:29:34		36	W30		4
	Müller	Beate		1965	2014	01:22:19	01:14:21		01:16:09	01:37:20		05:30:09		49	W40		4
	Pape	Maja	obw Emden	1993	2014	01:29:06	01:12:35	01:42:50	01:07:12			05:31:43		21	WHK		4
	Kim	Flora	obw Emden	1980	2014	01:30:24	01:13:15		01:21:49		01:29:39	05:35:07		34	W30		4
	Peters	Sarah	obw Emden	1988	2014	01:26:05		01:34:22	01:12:43		01:22:27	05:35:37		26	WHK		4
	Schilling	Judith	Seefahrtsschule Leer	1991	2014	01:41:44		01:51:06	01:29:16	01:48:56		06:51:02		23	WHK		4
	Böseler	Jürgen	TuS Ofen	1960	2014				00:00:00	00:00:00	00:00:00	00:00:00		54	M50		3
	Dannecker	Okko		1984	2014		00:00:00		00:00:00		00:00:00	00:00:00		30	M30		3
	Dogs	Timo	Collinghorst	1977	2014			00:00:00	00:00:00		00:00:00	00:00:00		37	M30		3
	Fisser	Rolf	TSV Holtrop	1972	2014			00:00:00	00:00:00		00:00:00	00:00:00		42	M40		3
	Hinrichs	Enno	LG Großefehn	1961	2014				00:00:00	00:00:00	00:00:00	00:00:00		53	M50		3
	Meyer	Wiard	SV Potshausen	1962	2014				00:00:00	00:00:00	00:00:00	00:00:00		52	M50		3
	Pößiger	Wolfgang	Wilhelmshaven	1948	2014	00:00:00			00:00:00		00:00:00	00:00:00		66	M60		3
	Reddel	Daniel		1990	2014			00:00:00	00:00:00	00:00:00		00:00:00		24	MHK		3
	Rose	Jens	Boen	1986	2014	00:00:00		00:00:00	00:00:00			00:00:00		28	MHK		3
	Seiwald	Thorsten	Concordia Ihrhove	1971	2014	00:00:00			00:00:00	00:00:00		00:00:00		43	M40		3
	Kramer	Stefan	Emder LG	1998	2014			00:00:00	00:00:00		00:00:00	00:00:00		16	MU20		3
	Eihusen	Heike	LG Uplengen	1966	2014	00:00:00	00:00:00		00:00:00			00:00:00		48	W40		3
	Ideus	Edith	Kanalratten Ihlow	1963	2014	00:00:00			00:00:00		00:00:00	00:00:00		51	W50		3
	Kutz	Heike	Fortuna Logabirum	1980	2014	00:00:00	00:00:00	00:00:00				00:00:00		34	W30		3
	Jahnke	Keita	TUS Leerhufe/Hovel	1995	2014	00:00:00			00:00:00	00:00:00		00:00:00		19	WU20		3
	Kruse	Ahlike	RVB Aurich	1996	2014		00:00:00		00:00:00		00:00:00	00:00:00		18	WU20		3
	Lindner	Julia		1996	2014	00:00:00	00:00:00		00:00:00			00:00:00		18	WU20		3
	Fischer	Dennis	Schule Moormerland	1999	2014		00:51:51	01:02:18	00:00:00			01:54:09		15	MU20		3
	Detterer	Jan	VOST	1961	2014	01:01:29	00:55:52		00:00:00			01:57:21		53	M50		3
	Kieselhorst	Klaus	Team ENERCON	1959	2014	01:02:37	00:57:17		00:00:00			01:59:54		55	M50		3
	Hoppe	Matthias	EWE-Wattloopers	1971	2014	01:04:40	00:56:29		00:00:00			02:01:09		43	M40		3
	Kuwan	Kerstin	EWE-Wattloopers	1968	2014		00:57:25		00:00:00		01:04:51	02:02:16		46	W40		3
	Harms	Günter	Günter Harms Heizung	1967	2014	01:02:26	01:01:08		00:00:00			02:03:34		47	M40		3
	Heres	Malte	Ostfriesische Brandkas	1984	2014	01:06:22	00:58:45		00:00:00			02:05:07		30	M30		3
	Garrels	Remo	VfB Uplengen e.V.	1976	2014	00:40:37	00:37:35	00:47:23				02:05:35		38	M30		3
	Ukena	Neele	FCSO	1999	2014	01:05:06	01:00:31		00:00:00			02:05:37		15	WU20		3
	Garrels	Martin	Schützenverein Leerha	1987	2014	01:06:25	00:59:16		00:00:00			02:05:41		27	MHK		3
	Priet	Meike	TuRa 07 Westrhaudefe	1960	2014	01:04:46	01:02:29		00:00:00			02:07:15		54	W50		3
	Rose	Sylke	Ostfriesische Volksbank	1971	2014	01:07:50	00:59:50		00:00:00			02:07:40		43	W40		3
	Lampert	Karsten	Reederei Buss	1981	2014	01:09:21	01:01:09		00:00:00			02:10:30		33	M30		3
	de Jonge	Johann	Fortuna Logabirum	1960	2014	01:05:18		01:08:47	00:00:00			02:14:05		54	M50		3

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Straßenburg	Kirstin	Ostfriesische Volksbank	1970	2014	01:11:14	01:04:56		00:00:00			02:16:10		44	W40		3
	Schwoon	Henning	Seefahrtsschule Leer	1994	2014	01:11:58	01:07:32		00:00:00			02:19:30		20	MHK		3
	Heyen	Petra	Strabag AG	1969	2014	01:16:34	01:10:05		00:00:00			02:26:39		45	W40		3
	Feldiek	Georg	Weener Plastik	1956	2014	00:45:39	00:42:26				00:59:45	02:27:50		58	M50		3
	Buntjer	Frauke	Sparkasse LeerWittmur	1989	2014	00:47:48	00:43:58			00:56:46		02:28:32		25	WHK		3
	Engel	Nadine	Klinikum Leer	1994	2014	01:19:01	01:13:47		00:00:00			02:32:48		20	WHK		3
	Janssen-de Wall	Jan	Zahnmedizin-Aurich	1972	2014	00:48:47	00:44:17				01:04:03	02:37:07		42	M40		3
	Hinrichs	Silke	LG Großefehn	1990	2014		00:51:46		00:50:13		00:56:40	02:38:39		24	WHK		3
	Ulbrich	Stefan	Team Bünting	1986	2014	00:52:54	00:50:54				00:55:59	02:39:47		28	MHK		3
	Detmar	Take	Leinerstift e.V.	2000	2014				00:47:20	01:01:12	00:52:55	02:41:27		14	MU20		3
	Helmers	Oliver	Seefahrtsschule Leer	1992	2014	00:49:44		00:55:31		00:56:21		02:41:36		22	MHK		3
	Brake	Elke	Team Wilts	1986	2014	01:16:28		01:26:43	00:00:00			02:43:11		28	WHK		3
	Peters	Jörg	Fortuna Logabirum	1966	2014	00:59:12	00:51:08				00:56:18	02:46:38		48	M40		3
	Wessels	Harm	Team ENERCON	1955	2014	00:54:23	00:50:48				01:02:14	02:47:25		59	M50		3
	Kiwall	Christian	Emden	1981	2014		00:54:23		00:53:56		01:01:32	02:49:51		33	M30		3
	Paterek	Jana	FCSO	1999	2014	00:52:11			00:49:44		01:08:35	02:50:30		15	WU20		3
	Penning	Günter	Polizei Leer	1967	2014			00:59:03	00:49:55	01:03:33		02:52:31		47	M40		3
	Janßen	Stefan	HSM Wirtschaftsprüfer	1970	2014	01:06:59		00:59:43	00:47:54			02:54:36		44	M40		3
	Falkenthal	Kai	Hartmann Group	1965	2014	00:54:21		01:02:43		01:03:39		03:00:43		49	M40		3
	Eilers	Mirco	Gymnasium Ulricianum	1997	2014	00:56:39	00:50:47			01:17:06		03:04:32		17	MU20		3
	Petzold	Burkhard	Seefahrtsschule Leer	1967	2014	01:06:02	00:59:22		00:59:41			03:05:05		47	M40		3
	Meyer	Freerk	Seefahrtsschule Leer	1963	2014		00:57:54	01:10:54	00:58:27			03:07:15		51	M50		3
	Rostgaard	Kathrine	BBC Chartering	1986	2014	01:06:17				00:51:59	01:09:39	03:07:55		28	WHK		3
	Quarg	Bruno	BSG Volksbank Jever e	1953	2014	01:03:03	00:58:32	01:11:38				03:13:13		61	M60		3
	Hahn	Andreas	Hartmann Group	1964	2014	01:01:30		01:03:01		01:12:26		03:16:57		50	M50		3
	Höppner	Anke	de Optimisten	1962	2014	01:10:41	01:06:17		01:05:19			03:22:17		52	W50		3
	Christoffers	Inka	obw Emden	1995	2014	01:44:25		01:43:06	00:00:00			03:27:31		19	WU20		3
	Baumfalk	Monika	Ubbo-Emmius-Klinik	1964	2014			01:14:34	01:00:40	01:18:37		03:33:51		50	W50		3
	Klingen	Hannelore	TPSK Köln	1960	2014				01:02:30	01:21:30	01:11:00	03:35:00		54	W50		3
	Müller	Anja	Sodasan	1968	2014	01:18:54	01:08:03		01:09:18			03:36:15		46	W40		3
	Emken	Alexander	Nordwest-Blumen Wies	1993	2014	01:16:44	01:08:35		01:11:18			03:36:37		21	MHK		3
	de Beer	Irina	Leda Gruppe	1987	2014		01:14:04		01:05:38	01:26:18		03:46:00		27	WHK		3
	Gerjets	Lisa-Marie	obw Emden	1995	2014	01:17:23				01:33:42	01:17:28	04:08:33		19	WU20		3
	Schipper	Kai	IGS Waldschule Egels	2002	2014		01:14:28	01:35:20	01:33:05			04:22:53		12	MU20		3
	Adelmund	Stephan		1989	2014	00:00:00			00:00:00			00:00:00		25	MHK		2
	Aeilts	Andreas	Emder LG	1965	2014			00:00:00		00:00:00	00:00:00	00:00:00		49	M40		2
	Asche	Volker	LFS Oldenburg	1974	2014		00:00:00		00:00:00			00:00:00		40	M40		2
	Best	Thomas	AOK Niedersachsen	1976	2014			00:00:00	00:00:00			00:00:00		38	M30		2
	Boohfalk	Uwe	Störtebeker Loopers TV	1974	2014		00:00:00	00:00:00				00:00:00		40	M40		2
	Buss	Hanno		1966	2014				00:00:00		00:00:00	00:00:00		48	M40		2
	Cibis	Stefan	VTB Varel	1970	2014			00:00:00			00:00:00	00:00:00		44	M40		2
	de Boer	Focko	Spaß mit Sport	1961	2014	00:00:00	00:00:00					00:00:00		53	M50		2
	Düring	Christian	Kdo SES	1989	2014			00:00:00	00:00:00			00:00:00		25	MHK		2
	Fabricius	Heiko		1993	2014		00:00:00		00:00:00			00:00:00		21	MHK		2
	Galonske	Peter	MTV Aurich	1969	2014				00:00:00	00:00:00		00:00:00		45	M40		2
	Heibült	Sebastian	Auerker Snaker Ostfries	1975	2014		00:00:00				00:00:00	00:00:00		39	M30		2
	Herz-Kloptow	Heinz-Hermann	LHV	1978	2014				00:00:00	00:00:00		00:00:00		36	M30		2
	Janßen	Andreas	Schwimmverein Hesel	1967	2014				00:00:00		00:00:00	00:00:00		47	M40		2
	Meenken	Wilfried	LG Ostfriesland	1976	2014				00:00:00		00:00:00	00:00:00		38	M30		2
	Meyer	Timo	MTV Aurich	1980	2014	00:00:00			00:00:00			00:00:00		34	M30		2
	Neumann	Boris	Fortuna Logabirum	1979	2014	00:00:00			00:00:00			00:00:00		35	M30		2
	Osewold	Heinz	ISG Nordland	1963	2014			00:00:00		00:00:00		00:00:00		51	M50		2
	Pollmann	Manfred	TG Wiesmoor	1945	2014			00:00:00	00:00:00			00:00:00		69	M60		2
	Röker	Lennert		1992	2014	00:00:00		00:00:00				00:00:00		22	MHK		2
	Salge	Arthur	Schule Moormerland	1947	2014	00:00:00	00:00:00					00:00:00		67	M60		2
	Scherf	Martin		1979	2014				00:00:00	00:00:00		00:00:00		35	M30		2
	Schoone	Ingo		1980	2014				00:00:00		00:00:00	00:00:00		34	M30		2
	Schröter	Werner	HC Moormerland	1943	2014	00:00:00	00:00:00					00:00:00		71	M70		2
	Tentler	Dimitri	Oldenburger Rennschn	1966	2014			00:00:00	00:00:00			00:00:00		48	M40		2
	Trauernicht	Harald	LG Großefehn	1969	2014	00:00:00		00:00:00				00:00:00		45	M40		2
	Treichel	Stefan	Oldenburg	1986	2014	00:00:00	00:00:00					00:00:00		28	MHK		2
	Ulferts	Andreas	TuS Ofen	1966	2014					00:00:00	00:00:00	00:00:00		48	M40		2
	Wallenstein	Frank		1969	2014			00:00:00	00:00:00			00:00:00		45	M40		2
	Willms	Wilko	LG Harlingerland	1972	2014	00:00:00					00:00:00	00:00:00		42	M40		2
	Akkermann	Jannes	SV Stikelkamp	2006	2014		00:00:00				00:00:00	00:00:00		8	MU20		2
	Beening	Lennart	SV Stikelkamp	2004	2014		00:00:00		00:00:00			00:00:00		10	MU20		2
	Gerdes	Lukas	Schule Uplengen	1999	2014		00:00:00				00:00:00	00:00:00		15	MU20		2
	Gerdes	Colin	NIGE	1997	2014	00:00:00		00:00:00				00:00:00		17	MU20		2
	Kleene	Leif-Erik	TV Oldersum	1999	2014	00:00:00		00:00:00				00:00:00		15	MU20		2
	Meyer	Hilko	FSCO	1998	2014				00:00:00		00:00:00	00:00:00		16	MU20		2

09.04. bis 23.05.2014

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Münch	Lukas	1. FC Köln	1997	2014	00:00:00	00:00:00					00:00:00		17	MU20		2
	Penning	Jonas	SV Hesel	1999	2014	00:00:00		00:00:00				00:00:00		15	MU20		2
	Rebel	Lars	FC SO	1999	2014		00:00:00	00:00:00				00:00:00		15	MU20		2
	Spannier	Max	Gymnasium Aurich	2000	2014				00:00:00		00:00:00	00:00:00		14	MU20		2
	Ufkes	Tammo	MTV Aurich	1999	2014				00:00:00		00:00:00	00:00:00		15	MU20		2
	Borggräfe	Nina		1980	2014		00:00:00		00:00:00			00:00:00		34	W30		2
	Borgmann	Claudia	FT Spetzerfehn	1966	2014			00:00:00	00:00:00			00:00:00		48	W40		2
	Busch	Inga		1982	2014		00:00:00		00:00:00			00:00:00		32	W30		2
	Buse	Wiebke		1981	2014		00:00:00		00:00:00			00:00:00		33	W30		2
	de Boer	Tineke	Klinikum Leer	1993	2014	00:00:00	00:00:00					00:00:00		21	WHK		2
	Eilers	Anna	SV Dornum	1993	2014		00:00:00		00:00:00			00:00:00		21	WHK		2
	Eilers	Franziska	SV Dornum	1989	2014		00:00:00		00:00:00			00:00:00		25	WHK		2
	Folten	Sarah		1992	2014		00:00:00	00:00:00				00:00:00		22	WHK		2
	Fröhling	Antonia		1973	2014		00:00:00	00:00:00				00:00:00		41	W40		2
	Hogenkamp	Lara	BuDLZ	1972	2014				00:00:00	00:00:00		00:00:00		42	W40		2
	Hoogestraat	Sonja	LG Harlingerland	1976	2014	00:00:00				00:00:00		00:00:00		38	W30		2
	Janßen	Nina	TSV Jahn Carolinensiel	1979	2014				00:00:00		00:00:00	00:00:00		35	W30		2
	Janssen	Anna		1989	2014		00:00:00				00:00:00	00:00:00		25	WHK		2
	Lillie	Angelika		1992	2014		00:00:00		00:00:00			00:00:00		22	WHK		2
	Lindemann	Bettina		1969	2014				00:00:00		00:00:00	00:00:00		45	W40		2
	Lübben	Wiebke	TSV Jahn Carolinensiel	1979	2014				00:00:00		00:00:00	00:00:00		35	W30		2
	Meenken	Janna	Böwe Team Aurich	1994	2014		00:00:00		00:00:00			00:00:00		20	WHK		2
	Müller	Marme	TuRa 07 Westrauderfe	1988	2014		00:00:00		00:00:00			00:00:00		26	WHK		2
	Neehus	Anna-Lena		1994	2014		00:00:00		00:00:00			00:00:00		20	WHK		2
	Ramaker	Birgit	Emder LG	1972	2014					00:00:00	00:00:00	00:00:00		42	W40		2
	Bontjer	Stefanie		1995	2014		00:00:00		00:00:00			00:00:00		19	WU20		2
	Cabrera-Otten	Vidine	TuS Zetel	1997	2014				00:00:00		00:00:00	00:00:00		17	WU20		2
	Erdwiens	Leandra	ORGA Data AG	2002	2014		00:00:00				00:00:00	00:00:00		12	WU20		2
	Hinzte	Hilke		2000	2014		00:00:00				00:00:00	00:00:00		14	WU20		2
	Kruse	Astrid	SuS Timmel	1998	2014		00:00:00	00:00:00				00:00:00		16	WU20		2
	Behrends	Ann-Katrin	Team ENERCON	1991	2014		00:51:39		00:00:00			00:51:39		23	WHK		2
	Brandt	Svenja	PI Aurich	1990	2014		00:53:37		00:00:00			00:53:37		24	WHK		2
	Eiben	Eibo	LT Schafhauser Wald	1943	2014				00:00:00		00:59:12	00:59:12		71	M70		2
	Determann	Jürgen	MTV Aurich	1958	2014				00:00:00		01:00:33	01:00:33		56	M50		2
	von Leliwa	Julia	Hartmann Group	1981	2014		01:08:11		00:00:00			01:08:11		33	W30		2
	Teepe	Torben	Fortuna Logabirum	1993	2014	00:38:24	00:35:52					01:14:16		21	MHK		2
	Platte	Hans-Joachim	Wiesmoor	1953	2014			01:16:14	00:00:00			01:16:14		61	M60		2
	Senner	Jonas	Team BÖWE	1997	2014	00:45:37	00:42:50					01:28:27		17	MU20		2
	Graf	Karin	Watt'n Looper SV Dorn	1969	2014	00:46:00	00:43:17					01:29:17		45	W40		2
	Doden	Alfred	LT TuS Holtriem	1958	2014	00:47:19	00:45:06					01:32:25		56	M50		2
	Wehmeier	Tim	Nutrixion Energy	1999	2014	00:51:35	00:46:21					01:37:56		15	MU20		2
	Trevisan	Aramis	Team ENERCON	1987	2014	00:54:54			00:44:48			01:39:42		27	MHK		2
	Hauschild	Luciano	Team ENERCON	1979	2014	00:52:10	00:48:29					01:40:39		35	M30		2
	Kluin	Dietmar	Leinerstift e.V.	1962	2014		00:50:43		00:50:38			01:41:21		52	M50		2
	Baudein	Dirk	Nordland Papier	1960	2014	00:50:43			00:51:41			01:42:24		54	M50		2
	Laparose	Kai	Hartmann Group	1972	2014	00:46:14				00:56:27		01:42:41		42	M40		2
	Peters	Max	Gymnasium Ulricianum	1997	2014				00:48:35		00:54:59	01:43:34		17	MU20		2
	de Buhr	Oskar	Schule am Patersweg II	1951	2014	00:54:39	00:50:14					01:44:53		63	M60		2
	Mennenga	Anja	Emder LG	1966	2014	00:54:41	00:51:10					01:45:51		48	W40		2
	Peters	Timo	Gymnasium Ulricianum	1996	2014	00:56:52	00:49:25					01:46:17		18	MU20		2
	Cramer	Helmut	Wirtschaftsb .der Stadt	1960	2014	00:55:10	00:51:36					01:46:46		54	M50		2
	Beerepoot	Koen	SV Nortmoor	1981	2014	00:56:30	00:50:51					01:47:21		33	M30		2
	Jacobs	Thomas	EWE-Wattoopers	1964	2014	00:59:27	00:47:56					01:47:23		50	M50		2
	Lammers	Johann	Holtland	1963	2014	00:54:06	00:53:30					01:47:36		51	M50		2
	Broß	Rainer	SV Ems Jemgum	1969	2014	00:57:12	00:52:25					01:49:37		45	M40		2
	Lautenbach	Niels	Löwen-Apotheke	1990	2014	00:56:41	00:53:16					01:49:57		24	MHK		2
	Wallerowitz	Ewald	LG Ostfriesland	1965	2014	00:59:54	00:50:17					01:50:11		49	M40		2
	Escherhaus	Maik	Hartmann Group	1978	2014	00:49:41				01:00:36		01:50:17		36	M30		2
	Nguyen	Toni	IGS Aurich-West	1994	2014	01:00:35	00:49:59					01:50:34		20	MHK		2
	Rabe-Frädrich	Günther	Ubbo-Emmius-Gymnas	1948	2014	00:58:11	00:53:16					01:51:27		66	M60		2
	Gerdes	Angela	LG Ostfriesland	1962	2014	00:58:21	00:53:08					01:51:29		52	W50		2
	Knak	Thomas	SC Dunum	1964	2014	00:58:21	00:54:01					01:52:22		50	M50		2
	Unruh	Andrej	Nordland Papier	1972	2014				00:51:40	01:03:39		01:55:19		42	M40		2
	Müler	Guido	Ostfriesische Volksbank	1976	2014			01:03:26	00:52:26			01:55:52		38	M30		2
	Bloem	Nicole	Uplengen	1972	2014	01:01:12	00:55:00					01:56:12		42	W40		2
	Frerichs	Manfred	Emder LG	1958	2014					01:03:07	00:54:22	01:57:29		56	M50		2
	Makai	Laszlo	Sodasan	1972	2014	01:03:07	00:55:10					01:58:17		42	M40		2
	Eilers	Hannah	Gymnasium Ulricianum	1996	2014	01:03:06	00:55:38					01:58:44		18	WU20		2
	Buss	Günter	MTV Aurich / Gassco V	1971	2014				00:55:41		01:03:20	01:59:01		43	M40		2
	Puse	Merit	Alex.-v.-Humboldt-Sch	2002	2014	01:04:37	00:55:07					01:59:44		12	WU20		2
	Stüwe	Andreas	Wittmund	1975	2014	00:59:16					01:02:48	02:02:04		39	M30		2

## 33. Ostfrieslandlauf 2014

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Ohling	Renke	obw Emden	1994	2014	01:01:50					01:00:30	02:02:20		20	MHK		2
	Graef	Merle		1989	2014		01:01:20		01:01:36			02:02:56		25	WHK		2
	Noack	Timo	Zeitungsgruppe Ostfries	1993	2014	00:57:39		01:07:24				02:05:03		21	MHK		2
	Koenigs	Traudchen	Sparkasse-Emden Zins	1964	2014	01:07:55			00:57:11			02:05:06		50	W50		2
	Müller	Meike	Team ENERCON	1985	2014				00:59:41		01:07:55	02:07:36		29	WHK		2
	Lemke	Klaas	RVB Aurich/Uplengen	1989	2014	00:59:21		01:09:15				02:08:36		25	MHK		2
	Leßmann	Marene	Hartmann Group	1978	2014				00:58:43	01:15:50		02:14:33		36	W30		2
	Schulte	Ansgar	Weener Plastik	1973	2014					01:11:24	01:04:10	02:15:34		41	M40		2
	Baldus	Martin	Hartmann Group	1964	2014	01:03:06		01:13:07				02:16:13		50	M50		2
	Friedrich	Ilona		1974	2014	01:02:16				01:15:44		02:18:00		40	W40		2
	Schmidt	Miriam	obw Emden	1984	2014		01:09:16		01:08:48			02:18:04		30	W30		2
	Fennen	Kerstin	Team ENERCON	1991	2014	01:08:40					01:12:44	02:21:24		23	WHK		2
	Feldhuis	Angela	FC SO	1999	2014					01:19:53	01:08:35	02:28:28		15	WU20		2
	Hüls	Henri	obw Emden	1968	2014			01:24:48	01:05:30			02:30:18		46	M40		2
	Kielmann	Taika	obw Emden	1993	2014	01:30:23			01:29:41			03:00:04		21	WHK		2
	Faber	Gerrit	Hartmann Group	1954	2014				01:20:53	01:45:22		03:06:15		60	M60		2
	Wollmann	Frank	obw Emden	1969	2014			01:43:06		01:44:39		03:27:45		45	M40		2
	Achtermann	Remmert		1990	2014			00:00:00				00:00:00		24	MHK		1
	Aleksejev	Dmitri	Hartmann Group	1984	2014			00:00:00				00:00:00		30	M30		1
	Anton	Tjade		1989	2014				00:00:00			00:00:00		25	MHK		1
	Antons	Wilhelm	Klinge	1959	2014					00:00:00		00:00:00		55	M50		1
	Aukes	Jann-Jeffrey	SuS Strackholt	1992	2014						00:00:00	00:00:00		22	MHK		1
	Bagdonas	Ugnius	Tagesklinik	1988	2014				00:00:00			00:00:00		26	MHK		1
	Bahle	Jan-Hermann		1990	2014						00:00:00	00:00:00		24	MHK		1
	Bakker	Jens		1982	2014				00:00:00			00:00:00		32	M30		1
	Bartels	Klaus	LT Oldenburg Süd	1969	2014						00:00:00	00:00:00		45	M40		1
	Beekuis	Gottfried	SV Dornum	1954	2014						00:00:00	00:00:00		60	M60		1
	Behrends	Habbo	SV Holtland	1992	2014		00:00:00					00:00:00		22	MHK		1
	Beine	Christian	MTV Aurich	1972	2014				00:00:00			00:00:00		42	M40		1
	Berding	Detlef	Stadt Oldenburg	1968	2014			00:00:00				00:00:00		46	M40		1
	Berghaus	Jann	SG Egels-Popens	1958	2014					00:00:00		00:00:00		56	M50		1
	Bergmann	Thomas	LV Wuppertsal	1964	2014						00:00:00	00:00:00		50	M50		1
	Biel	Sönke		1985	2014				00:00:00			00:00:00		29	MHK		1
	Bilker	Jannik	SV Dornum	1992	2014						00:00:00	00:00:00		22	MHK		1
	Birkner	Jan	Gymnasium Aurich	1967	2014	00:00:00						00:00:00		47	M40		1
	Blache	Daniel	SV Eintracht Nüttermo	1993	2014				00:00:00			00:00:00		21	MHK		1
	Bley	Ernst	TuS Horsten	1958	2014						00:00:00	00:00:00		56	M50		1
	Bock	Uwe	LT TuS Aurich-Ost	1961	2014	00:00:00						00:00:00		53	M50		1
	Bohlen	Heinrich	TuS Zetel	1947	2014				00:00:00			00:00:00		67	M60		1
	Bohlen	Hans-Peter	TG Wiesmoor	1966	2014			00:00:00				00:00:00		48	M40		1
	Böhling	Wolfgang		1970	2014				00:00:00			00:00:00		44	M40		1
	Bohm Falk	Uwe	Störtebeker Loopers TV	1971	2014				00:00:00			00:00:00		43	M40		1
	Borcherding	Dirk	MTV Wittmund	1960	2014						00:00:00	00:00:00		54	M50		1
	Brot	Jean-Jaques		1966	2014	00:00:00						00:00:00		48	M40		1
	Bruns	Eike	Friedeburg	1987	2014				00:00:00			00:00:00		27	MHK		1
	Bruns	Alexander	FSCO		2014				00:00:00			00:00:00		2014			1
	Buse	Keno		1994	2014				00:00:00			00:00:00		20	MHK		1
	Buss	Habbe	LG Großefehn	1948	2014				00:00:00			00:00:00		66	M60		1
	Campen	Günter	Team Enercon	1974	2014				00:00:00			00:00:00		40	M40		1
	Caspers	Tobias	Ihrhove	1987	2014						00:00:00	00:00:00		27	MHK		1
	Cassens	Thomas	TSV Jahn Carolinensiel	1977	2014						00:00:00	00:00:00		37	M30		1
	Conrads	Christian		1981	2014						00:00:00	00:00:00		33	M30		1
	Cornelis	Frank	BW Borssum	1972	2014				00:00:00			00:00:00		42	M40		1
	Cremer	Benjamin	LG Ostfriesland	1980	2014						00:00:00	00:00:00		34	M30		1
	Dengkohl	Frank	Fortuna Wirdum	1960	2014						00:00:00	00:00:00		54	M50		1
	Doden	Maike	Triathlon Club Bremen	1971	2014						00:00:00	00:00:00		43	M40		1
	Durla	Heiko		1967	2014				00:00:00			00:00:00		47	M40		1
	Eden	Manfred		1959	2014				00:00:00			00:00:00		55	M50		1
	Erdmann	Jakob	Störtebeker Loopers TV	1956	2014				00:00:00			00:00:00		58	M50		1
	Faßhauer	Andreas	LG Ostfriesland	1968	2014		00:00:00					00:00:00		46	M40		1
	Fecht	Uwe	SV Stikelkamp	1970	2014		00:00:00					00:00:00		44	M40		1
	Fitz	Matthias		1962	2014						00:00:00	00:00:00		52	M50		1
	Folkerts	Detlef	OFB-LBV Aurich	1961	2014					00:00:00		00:00:00		53	M50		1
	Folten	Joachim		1964	2014		00:00:00					00:00:00		50	M50		1
	Fresemann	Harbert	Fortuna Logabirum	1964	2014	00:00:00						00:00:00		50	M50		1
	Garten	Hartmut	Kurt sein Trupp	1952	2014					00:00:00		00:00:00		62	M60		1
	Gebel	Dietrich		1989	2014				00:00:00			00:00:00		25	MHK		1
	Gerdes	Heinz	LG Ostfriesland	1943	2014				00:00:00			00:00:00		71	M70		1
	Gerdes	Heiko	Ruderverein Leer	1965	2014		00:00:00					00:00:00		49	M40		1
	Goudschaal	Arno		1980	2014				00:00:00			00:00:00		34	M30		1

## 33. Ostfrieslandlauf 2014

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Gronewold	Karlheinz	FT Spetzerfehn	1967	2014					00:00:00		00:00:00		47	M40		1
	Günsel	Lutz	Aurich	1969	2014				00:00:00			00:00:00		45	M40		1
	Habben	Bernd		1982	2014		00:00:00					00:00:00		32	M30		1
	Habicht	Thorsten	Schüt-Duis	1959	2014					00:00:00		00:00:00		55	M50		1
	Harberts	Frank	SV Großefehn	1969	2014			00:00:00				00:00:00		45	M40		1
	Harms	Gerhard		1963	2014				00:00:00			00:00:00		51	M50		1
	Hartmann, Dr.	Niels	Hartmann Group	1975	2014					00:00:00		00:00:00		39	M30		1
	Hausmann	Heiko	SuS Strackholt	1988	2014						00:00:00	00:00:00		26	MHK		1
	Heddens	Arno		1968	2014	00:00:00						00:00:00		46	M40		1
	Herlyn	Gerrit		1949	2014						00:00:00	00:00:00		65	M60		1
	Herten	Wilko		1992	2014				00:00:00			00:00:00		22	MHK		1
	Hertzfel	Steffen	Werderaner Laufkitzen	1985	2014				00:00:00			00:00:00		29	MHK		1
	Heyse	Gerd		1960	2014		00:00:00					00:00:00		54	M50		1
	Hiernonimus	Horst	Störtebeker Loopers TV	1967	2014				00:00:00			00:00:00		47	M40		1
	Höfers	Daniel		1991	2014						00:00:00	00:00:00		23	MHK		1
	Hoheisel	Stephan	Seefahrtsschule Leer	1989	2014				00:00:00			00:00:00		25	MHK		1
	Homes	Martin	Germania Wiesmoor	1970	2014				00:00:00			00:00:00		44	M40		1
	Jakob	Johann		1964	2014		00:00:00					00:00:00		50	M50		1
	Jakobs	Stefan		1982	2014				00:00:00			00:00:00		32	M30		1
	Jakobs	Günter	Drei-Lauf Freunde	1968	2014			00:00:00				00:00:00		46	M40		1
	Janssen	Tido	Gymnasium Aurich	1993	2014				00:00:00			00:00:00		21	MHK		1
	Janßen	Martin	TuS Sandhorst	1952	2014				00:00:00			00:00:00		62	M60		1
	Janssen	Erik	LT Aurich-Ost		2014				00:00:00			00:00:00		2014			1
	Janßen	Sven	SV Eintracht Plaggenbu	1994	2014					00:00:00		00:00:00		20	MHK		1
	Janßen	Tino		1991	2014						00:00:00	00:00:00		23	MHK		1
	Janßen	Wilko		1988	2014						00:00:00	00:00:00		26	MHK		1
	Janßen	Armin		1982	2014						00:00:00	00:00:00		32	M30		1
	Janssen	Gerold		1967	2014		00:00:00					00:00:00		47	M40		1
	Janssen	Paul	MTV Aurich	1964	2014						00:00:00	00:00:00		50	M50		1
	Janssen	Roelf	Concordia Neermoor	1956	2014		00:00:00					00:00:00		58	M50		1
	Jaspers	Manfred		1947	2014				00:00:00			00:00:00		67	M60		1
	Kalkwarf	Dieter		1972	2014	00:00:00						00:00:00		42	M40		1
	Kammann	Sebastian		1983	2014		00:00:00					00:00:00		31	M30		1
	Kettwig	Lothar	SV Stikelkamp	1990	2014		00:00:00					00:00:00		24	MHK		1
	Klein	Henning		1977	2014						00:00:00	00:00:00		37	M30		1
	Klemme	Hannes	Jugendfeuerwehr Walle	1985	2014				00:00:00			00:00:00		29	MHK		1
	Knottnerus-Meyer	Stefan	Enercon Aurich	1965	2014				00:00:00			00:00:00		49	M40		1
	Korte	Lukas	SV Surwold	1968	2014				00:00:00			00:00:00		46	M40		1
	Köster	Kevin		1982	2014				00:00:00			00:00:00		32	M30		1
	Kremer	Nikolaus		1974	2014	00:00:00						00:00:00		40	M40		1
	Kretzschmer	Klaus	Naturfreunde Plauen	1942	2014	00:00:00						00:00:00		72	M70		1
	Krull	Werner	Kanalratten Ihlow	1966	2014				00:00:00			00:00:00		48	M40		1
	Kügler	Helge	Bremer TV	1986	2014						00:00:00	00:00:00		28	MHK		1
	Kuiper	Henning	ORGA Data AG	1988	2014						00:00:00	00:00:00		26	MHK		1
	Lambertus	Hans-Dieter	Emden	1961	2014						00:00:00	00:00:00		53	M50		1
	Langer	Sebastian		1987	2014						00:00:00	00:00:00		27	MHK		1
	Lentz	Joachim	Team Enercon	1968	2014				00:00:00			00:00:00		46	M40		1
	Lienemann	Bernhard		1967	2014			00:00:00				00:00:00		47	M40		1
	Lindemann	Holger		1968	2014		00:00:00					00:00:00		46	M40		1
	Löwe	Peter	Aurich	1967	2014		00:00:00					00:00:00		47	M40		1
	Luther	Simon	GGG Emden	1979	2014						00:00:00	00:00:00		35	M30		1
	Mansholt	Gert		1963	2014				00:00:00			00:00:00		51	M50		1
	Manssen	Jürgen		1963	2014		00:00:00					00:00:00		51	M50		1
	Meenken	Christoph	Plaggenburg	1989	2014				00:00:00			00:00:00		25	MHK		1
	Meenken	Jammo		1994	2014						00:00:00	00:00:00		20	MHK		1
	Meinen	Willi		1987	2014						00:00:00	00:00:00		27	MHK		1
	Meints	Hendrik		1980	2014				00:00:00			00:00:00		34	M30		1
	Meyer	Bastian		1994	2014				00:00:00			00:00:00		20	MHK		1
	Meyer	Dietmar		1969	2014				00:00:00			00:00:00		45	M40		1
	Meyer	Christian	SV Stikelkamp	1991	2014		00:00:00					00:00:00		23	MHK		1
	Meyer	Rolf	Fortuna Logabirum	1969	2014			00:00:00				00:00:00		45	M40		1
	Meyerhoff	Andreas	SuS Rechtsweg	1993	2014				00:00:00			00:00:00		21	MHK		1
	Möhlmann	Werner	CVJM Neermoor	1964	2014				00:00:00			00:00:00		50	M50		1
	Müller	Manfred		1956	2014				00:00:00			00:00:00		58	M50		1
	Müller	Heinrich	ESV Triathlon Team	1959	2014	00:00:00						00:00:00		55	M50		1
	Ommen	Wessel	SV Holtland	1993	2014		00:00:00					00:00:00		21	MHK		1
	Paulus	Felix	Gymnasium Aurich	1994	2014				00:00:00			00:00:00		20	MHK		1
	Peinert	Stefan	TSG Break 90	1972	2014			00:00:00				00:00:00		42	M40		1
	Penshorn	David		1978	2014	00:00:00						00:00:00		36	M30		1
	Peters	Holger	Fortuna Wirdum	1975	2014						00:00:00	00:00:00		39	M30		1
	Peters	Andreas		1968	2014						00:00:00	00:00:00		46	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 km 65,40	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km						
	Plagge	Kurt	FC SO	1962	2014				00:00:00			00:00:00		52	M50		1
	Prestl	Tim	LT Schaffhausener Wal	1978	2014						00:00:00	00:00:00		36	M30		1
	Prosuhn	Michael	Wittmund	1962	2014						00:00:00	00:00:00		52	M50		1
	Pupkes	Werner	Aurich	1965	2014				00:00:00			00:00:00		49	M40		1
	Reshöft	Jan	OHV Aurich	1972	2014				00:00:00			00:00:00		42	M40		1
	Reuter	Uwe	Leer	1965	2014	00:00:00						00:00:00		49	M40		1
	Richter	Christian		1986	2014	00:00:00						00:00:00		28	MHK		1
	Riemeyer	Günter	Emder LG	1959	2014				00:00:00			00:00:00		55	M50		1
	Ringering	Eduard	De Vedriten	1966	2014				00:00:00			00:00:00		48	M40		1
	Röber	Lennert		1992	2014				00:00:00			00:00:00		22	MHK		1
	Rossmann	Dirk		1979	2014				00:00:00			00:00:00		35	M30		1
	Scheibe	Andreas		1964	2014		00:00:00					00:00:00		50	M50		1
	Scherf	Markus		1979	2014						00:00:00	00:00:00		35	M30		1
	Schmidt	Jonas		1990	2014			00:00:00				00:00:00		24	MHK		1
	Schmidt	Sven		1986	2014						00:00:00	00:00:00		28	MHK		1
	Schmidt	Michael		1959	2014	00:00:00						00:00:00		55	M50		1
	Schulte	Henning	Blau-Weiß Filsum	1991	2014						00:00:00	00:00:00		23	MHK		1
	Schultz	Andree	Emder Bac	1970	2014						00:00:00	00:00:00		44	M40		1
	Schwarz	Thorsten	MTV Aurich	1967	2014		00:00:00					00:00:00		47	M40		1
	Schwitters	Mense	MTV Aurich	1948	2014				00:00:00			00:00:00		66	M60		1
	Stafforst	Lars	SV Wittmund	1967	2014				00:00:00			00:00:00		47	M40		1
	Steffen	Jost		1965	2014		00:00:00					00:00:00		49	M40		1
	Stephens	Peter		1987	2014				00:00:00			00:00:00		27	MHK		1
	Suhr	Helge	Kreis Steinfurt	1966	2014				00:00:00			00:00:00		48	M40		1
	Tertilt	Rainer	NYRR	1968	2014				00:00:00			00:00:00		46	M40		1
	Tjaden	Stefan		1979	2014				00:00:00			00:00:00		35	M30		1
	Vogel	Günther	Sports 2	1948	2014				00:00:00			00:00:00		66	M60		1
	von Anken	Jan		1965	2014						00:00:00	00:00:00		49	M40		1
	Wahlen	Enno		1987	2014			00:00:00				00:00:00		27	MHK		1
	Watte	Daniel	LFS Münster	1983	2014						00:00:00	00:00:00		31	M30		1
	Weis	Sascha		1991	2014		00:00:00					00:00:00		23	MHK		1
	Welter	Georg		1968	2014			00:00:00				00:00:00		46	M40		1
	Wiechmann	Steffen	Germania Leer	1988	2014				00:00:00			00:00:00		26	MHK		1
	Wiechmann	Thomas	Störtebeker Loopers TV	1971	2014			00:00:00				00:00:00		43	M40		1
	Wiemken	Horst	Wi sünd Holtriem	1968	2014						00:00:00	00:00:00		46	M40		1
	Wilbers	Wilhelm	OLB Aurich	1962	2014				00:00:00			00:00:00		52	M50		1
	Willms	Jakobus	TSV Riepe	1940	2014				00:00:00			00:00:00		74	M70		1
	Willms	Menno	DG Wiesederfehn	1963	2014			00:00:00				00:00:00		51	M50		1
	Wolf	Christian	FC Dorndorf	1978	2014				00:00:00			00:00:00		36	M30		1
	Wolken	Klaas			2014				00:00:00			00:00:00		2014			1
	Wolken	Gerd		1969	2014			00:00:00				00:00:00		45	M40		1
	Wollmann	Klaus		1994	2014				00:00:00			00:00:00		20	MHK		1
	Wortelen	Enno		1987	2014					00:00:00		00:00:00		27	MHK		1
	Zelmer	Guido		1973	2014				00:00:00			00:00:00		41	M40		1
	Ziemann	Reiner		1964	2014		00:00:00					00:00:00		50	M50		1
	Zimmermann	Ute	MTV Aurich	1994	2014				00:00:00			00:00:00		20	MHK		1
	Zubenko	Mykhalo	Hartmann Group	1960	2014			00:00:00				00:00:00		54	M50		1
	Adams	Luca		1997	2014				00:00:00			00:00:00		17	MU20		1
	Aden	Hilko		1995	2014	00:00:00						00:00:00		19	MU20		1
	Becker	Gerrit		2000	2014						00:00:00	00:00:00		14	MU20		1
	Behrends	Marcel	Bünting Leer	1998	2014		00:00:00		00:00:00			00:00:00		16	MU20		1
	Beyer	Felix		1997	2014				00:00:00			00:00:00		17	MU20		1
	Beyrich	Leon	MTV Aurich	1998	2014				00:00:00			00:00:00		16	MU20		1
	Biller	Tammo	Ludwigsdorf	1995	2014				00:00:00			00:00:00		19	MU20		1
	Boekhoff	Stephan		2002	2014		00:00:00					00:00:00		12	MU20		1
	Bohmfalk	Ingo	KGS Großefehn	1997	2014				00:00:00			00:00:00		17	MU20		1
	de Beer	Dominik	Wirdum	2000	2014				00:00:00			00:00:00		14	MU20		1
	Dirks	Stefan	Gymnasium Aurich	1996	2014				00:00:00			00:00:00		18	MU20		1
	Duin	Thomas		1997	2014			00:00:00				00:00:00		17	MU20		1
	Fitz	Florian		2003	2014						00:00:00	00:00:00		11	MU20		1
	Fröhling	Keno	Nortmoor	2000	2014		00:00:00					00:00:00		14	MU20		1
	Gerdes	Jörg	BV Ludwigsdorf	2000	2014				00:00:00			00:00:00		14	MU20		1
	Gerdes	Malte		2003	2014		00:00:00					00:00:00		11	MU20		1
	Groen	Eike	Easy Fitness	1995	2014	00:00:00						00:00:00		19	MU20		1
	Heeren	San-Friso	Gymnasium Aurich	1997	2014				00:00:00			00:00:00		17	MU20		1
	Henning	Kirsten	MTV Aurich	2003	2014				00:00:00			00:00:00		11	MU20		1
	Hesselbrock	Felix	Nordland	1999	2014						00:00:00	00:00:00		15	MU20		1
	Homes	Erik	Germania Wiesmoor	2000	2014				00:00:00			00:00:00		14	MU20		1
	Janssen	Nick	MSG Ultras	1998	2014				00:00:00			00:00:00		16	MU20		1
	Keßler	Lazar	NIGE	1998	2014						00:00:00	00:00:00		16	MU20		1
	Koens	Olivier		1995	2014		00:00:00					00:00:00		19	MU20		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Köhler	Jan-Aiko	Ender LG	1997	2014			00:00:00				00:00:00		17	MU20		1
	Lenne	Augustin	EAC	1998	2014			00:00:00				00:00:00		16	MU20		1
	Löbges	Maximilian	SuS Berumerfehn	2002	2014				00:00:00			00:00:00		12	MU20		1
	Möhlmann	Joke	SC Wiesens	1998	2014						00:00:00	00:00:00		16	MU20		1
	Monnerjahn	Hauke	Kickers Emden	2005	2014		00:00:00					00:00:00		9	MU20		1
	Müller	Leon	Möbel Buss, Wiesmoor	1996	2014				00:00:00			00:00:00		18	MU20		1
	Niestrat	Lukas		1996	2014					00:00:00		00:00:00		18	MU20		1
	Pristat	Oliver	ABW Wittmund	1996	2014						00:00:00	00:00:00		18	MU20		1
	Prygeda	Lars	MSG Ultras	1996	2014				00:00:00			00:00:00		18	MU20		1
	Rademacher	Hauke		1998	2014					00:00:00		00:00:00		16	MU20		1
	Reiners	Timo	SV Holtland	2001	2014						00:00:00	00:00:00		13	MU20		1
	Reiners	Steffen	Gymnasium Aurich	1996	2014						00:00:00	00:00:00		18	MU20		1
	Robbe	Thomas	Schule Uplengen	1998	2014		00:00:00					00:00:00		16	MU20		1
	Rößing	Tammo	LG Harlingerland	1997	2014				00:00:00			00:00:00		17	MU20		1
	Rost	Matthis	JFV Harlingerland	1999	2014				00:00:00			00:00:00		15	MU20		1
	Schröder	Sven		2000	2014		00:00:00					00:00:00		14	MU20		1
	Stern	Otto	Seefahrtsschule Leer	2006	2014				00:00:00			00:00:00		8	MU20		1
	Sukowsk	Niklas		1999	2014						00:00:00	00:00:00		15	MU20		1
	Weber	Johannes		1997	2014				00:00:00			00:00:00		17	MU20		1
	Weber	Wilko		1997	2014				00:00:00			00:00:00		17	MU20		1
	Weerda	Erik	Gymnasium Aurich	1995	2014				00:00:00			00:00:00		19	MU20		1
	Adams	Silvia		1971	2014				00:00:00			00:00:00		43	W40		1
	Akkermann	Kerstin		1970	2014						00:00:00	00:00:00		44	W40		1
	Albers	Lena	OFB-LBV Aurich	1994	2014			00:00:00				00:00:00		20	WHK		1
	Albrecht	Sylke	Team Laufrausch e.V.	1962	2014				00:00:00			00:00:00		52	W50		1
	Andresen	Hanna		1958	2014		00:00:00					00:00:00		56	W50		1
	Battermann	Regina	Lauftreff	1951	2014		00:00:00					00:00:00		63	W60		1
	Beidnick	Janina	TSV Carloniensiel	1979	2014						00:00:00	00:00:00		35	W30		1
	Bihn	Sylvia	MTV Hohenkirchen	1963	2014		00:00:00					00:00:00		51	W50		1
	Bontjer	Traute		1978	2014		00:00:00					00:00:00		36	W30		1
	Börgener	Sonja		1985	2014					00:00:00		00:00:00		29	WHK		1
	Brückelmann	Silke		1963	2014					00:00:00		00:00:00		51	W50		1
	Bültena	Wiebke	Diabetes Programm De	1988	2014						00:00:00	00:00:00		26	WHK		1
	Buss	Mareike		1994	2014				00:00:00			00:00:00		20	WHK		1
	Buss	Helga	SV Stikelkamp	1982	2014		00:00:00					00:00:00		32	W30		1
	Cannenbley	Britta	Leer	1968	2014	00:00:00						00:00:00		46	W40		1
	Caspers	Elise		1967	2014				00:00:00			00:00:00		47	W40		1
	Christoffers	Jutta	TG Wiesmoor	1961	2014				00:00:00			00:00:00		53	W50		1
	Conrads	Geesa	SG Friedrichsfehn	1977	2014				00:00:00			00:00:00		37	W30		1
	Dänekas	Doris	LG Uplengen	1993	2014				00:00:00			00:00:00		21	WHK		1
	de Beer	Peggy		1976	2014		00:00:00					00:00:00		38	W30		1
	de Wall	Ina	SV Stikelkamp	2014	2014		00:00:00					00:00:00		2014			1
	Dirks	Anja		1956	2014				00:00:00			00:00:00		58	W50		1
	Dröge	Anke	Spaß mit Sport	1960	2014	00:00:00						00:00:00		54	W50		1
	Duin	Imke	SV Holtland	1993	2014			00:00:00				00:00:00		21	WHK		1
	Ehming	Dörte		1971	2014				00:00:00			00:00:00		43	W40		1
	Eilers	Alina	SV Dornum	1993	2014						00:00:00	00:00:00		21	WHK		1
	Eilers	Amke	OFB-LBV Aurich	1968	2014					00:00:00		00:00:00		46	W40		1
	Eyhusen	Melanie	Fortuna Logabirum	1975	2014		00:00:00					00:00:00		39	W30		1
	Fischer	Heike	TG Wiesmoor	1968	2014				00:00:00			00:00:00		46	W40		1
	Friedrichs	Tomke		1993	2014				00:00:00			00:00:00		21	WHK		1
	Fröhling	Annegret		1966	2014				00:00:00			00:00:00		48	W40		1
	Ganeshan	Theresa	Klinikum Emden	1985	2014				00:00:00		00:00:00	00:00:00		29	WHK		1
	Garrelts-Brüling	Anja	Frauen Koch Kurs	1966	2014				00:00:00			00:00:00		48	W40		1
	Goldenstein	Angelika		1966	2014				00:00:00			00:00:00		48	W40		1
	Götz	Beate	Plaggenburg	1979	2014				00:00:00			00:00:00		35	W30		1
	Günsel	Christina	Aurich	1970	2014				00:00:00			00:00:00		44	W40		1
	Hedemann-Greve	Silke		1967	2014				00:00:00			00:00:00		47	W40		1
	Hilbrands	Ingrid	de Heizungsooper	1959	2014	00:00:00						00:00:00		55	W50		1
	Hilrichs	Kim	TSV Jahn Carolinensiel	1985	2014				00:00:00			00:00:00		29	WHK		1
	Homes	Imke	Germania Wiesmoor	1970	2014				00:00:00			00:00:00		44	W40		1
	Ibrahimovic	Alena	Klinikum Leer	1990	2014		00:00:00					00:00:00		24	WHK		1
	Jabke	Britta	IGS Aurich-West	1971	2014				00:00:00			00:00:00		43	W40		1
	Jacobsen-Herlyn	Lise		1959	2014						00:00:00	00:00:00		55	W50		1
	Jakobs	Hilde		1981	2014		00:00:00					00:00:00		33	W30		1
	Janhsen	Helene	LT Ogenbargen	1989	2014						00:00:00	00:00:00		25	WHK		1
	Janosch	Janine		1993	2014						00:00:00	00:00:00		21	WHK		1
	Janssen	Laura		1994	2014						00:00:00	00:00:00		20	WHK		1
	Janßen	Michaela	Fortuna Logabirum	1974	2014		00:00:00					00:00:00		40	W40		1
	Jelten	Tina		1978	2014		00:00:00					00:00:00		36	W30		1
	Jest	Ute	LT Aurich-Ost		2014						00:00:00	00:00:00		2014			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
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Junker	Imke	Fortuna Logabirum	1987	2014				00:00:00			00:00:00		27	WHK		1
	Jürens	Helena	Störtebeker Loopers TV	1973	2014				00:00:00			00:00:00		41	W40		1
	Kalela	Petteri	BSG Nordland	1970	2014	00:00:00						00:00:00		44	W40		1
	Köhler	Heidi	Gemeinde Hinte	1969	2014				00:00:00			00:00:00		45	W40		1
	Kohlert	Sabrina	Turbine TGG	1984	2014				00:00:00			00:00:00		30	W30		1
	Köllmann	Arne	B-Plast 2000	1994	2014				00:00:00			00:00:00		20	WHK		1
	Koops	Rena		1976	2014		00:00:00					00:00:00		38	W30		1
	Köster	Ria	Trauco Gruppe	1969	2014				00:00:00			00:00:00		45	W40		1
	Kramer	Marina	Rettungsdienst Aurich	1993	2014		00:00:00					00:00:00		21	WHK		1
	Lampert	Nicole		1985	2014		00:00:00					00:00:00		29	WHK		1
	Lamschuss	Christiane	TuS Hinte	1960	2014				00:00:00			00:00:00		54	W50		1
	Leaksen	Motti	BSG Nordland	1963	2014	00:00:00						00:00:00		51	W50		1
	Liedke	Martina	TuS Hinte	1967	2014				00:00:00			00:00:00		47	W40		1
	Meinders	Monika	FT Spetzerfehn	1980	2014			00:00:00				00:00:00		34	W30		1
	Meyer	Dierka	SV Potshausen	1994	2014				00:00:00			00:00:00		20	WHK		1
	Meyer	Manuela	Möbel Buss, Wiesmoor	1979	2014			00:00:00				00:00:00		35	W30		1
	Müller-Eschen	Astrid	GS-Ottermeer	1973	2014				00:00:00			00:00:00		41	W40		1
	Niestrat	Sonja		1971	2014					00:00:00		00:00:00		43	W40		1
	Offermann	Nicole		1969	2014						00:00:00	00:00:00		45	W40		1
	Ommen	Angelika	Störtebeker Loopers TV	1971	2014				00:00:00			00:00:00		43	W40		1
	Ott	Valentina	LT Aurich-Ost	1979	2014	00:00:00						00:00:00		35	W30		1
	Post	Heike	Posaunenchor Remels	1979	2014		00:00:00					00:00:00		35	W30		1
	Reef	Katrin	TB -Burgsteinfurt	1961	2014				00:00:00			00:00:00		53	W50		1
	Reents	Konstanze	SG Friedrichsfehn	1975	2014				00:00:00			00:00:00		39	W30		1
	Rehfeldt	Monika	TSG Hatten Sandkrug	1951	2014						00:00:00	00:00:00		63	W60		1
	Reiners	Bettina	OFB-LBV Aurich	1970	2014					00:00:00		00:00:00		44	W40		1
	Remes	Laura	BSG Nordland	1980	2014	00:00:00						00:00:00		34	W30		1
	Reuter	Marion	Landkreis Aurich	1975	2014				00:00:00			00:00:00		39	W30		1
	Romberg	Petra	MTV Aurich	1970	2014				00:00:00			00:00:00		44	W40		1
	Rosenheinrich	Karin	Landkreis Aurich	1959	2014				00:00:00			00:00:00		55	W50		1
	Rost	Mika	SV Wittmund	1963	2014				00:00:00			00:00:00		51	W50		1
	Rulfs	Gesine		1993	2014				00:00:00			00:00:00		21	WHK		1
	Schettler	Sabine	Aurich	1972	2014				00:00:00			00:00:00		42	W40		1
	Schierenberg	Aike	TuS Esens	1992	2014					00:00:00		00:00:00		22	WHK		1
	Schöningh	Sarah		1981	2014						00:00:00	00:00:00		33	W30		1
	Schoone	Petra		1957	2014			00:00:00				00:00:00		57	W50		1
	Schwill	Sarah		1990	2014				00:00:00			00:00:00		24	WHK		1
	Schwitters	Petra	MTV Aurich	1950	2014				00:00:00			00:00:00		64	W60		1
	Seeger	Stephanie	SV Eintracht Ihlow	1991	2014						00:00:00	00:00:00		23	WHK		1
	Sleuwen	Marie-Charlotte	IGS Aurich-West	1994	2014				00:00:00			00:00:00		20	WHK		1
	Smit	Maike		1968	2014				00:00:00			00:00:00		46	W40		1
	Smit	Manuela	TSV Riepe	1970	2014			00:00:00				00:00:00		44	W40		1
	Steffen	Jana		1990	2014		00:00:00					00:00:00		24	WHK		1
	Stephens	Jennifer		1990	2014				00:00:00			00:00:00		24	WHK		1
	Stercken	Eva		1968	2014				00:00:00			00:00:00		46	W40		1
	Stöhr	Daniela	OFB-LBV Aurich	1967	2014	00:00:00						00:00:00		47	W40		1
	Südbeck	Nina		1975	2014	00:00:00						00:00:00		39	W30		1
	Utesch	Swantje		1980	2014						00:00:00	00:00:00		34	W30		1
	Weber	Nathalie		1985	2014	00:00:00						00:00:00		29	WHK		1
	Weninger	Gaby		1962	2014	00:00:00						00:00:00		52	W50		1
	Werkmeister	Grete		1991	2014				00:00:00			00:00:00		23	WHK		1
	Wessels	Andrea	TuRa Marienhaf	1969	2014				00:00:00			00:00:00		45	W40		1
	Wolter	Anita		1956	2014				00:00:00			00:00:00		58	W50		1
	Arit	Laura	IGS Aurich-West	1999	2014				00:00:00			00:00:00		15	WU20		1
	Bloser	Sophie	IGS Aurich-West	1999	2014				00:00:00			00:00:00		15	WU20		1
	Böden	Sina	Gymnasium Aurich	2004	2014				00:00:00			00:00:00		10	WU20		1
	Boekhoff	Jana	Schule Uplengen	1997	2014		00:00:00					00:00:00		17	WU20		1
	Brummund	Alexia	MTV Aurich	1997	2014				00:00:00			00:00:00		17	WU20		1
	Campan	Marita	TuS Weene	1996	2014				00:00:00			00:00:00		18	WU20		1
	de Buhr	Miriam	Fortuna Logabirum	1996	2014		00:00:00					00:00:00		18	WU20		1
	Deyen	Imke	Klinikum Leer	1995	2014		00:00:00					00:00:00		19	WU20		1
	Doyen	Imke	Tagesklinik	1995	2014				00:00:00			00:00:00		19	WU20		1
	Ettelt	Laura	MTV Aurich	1997	2014				00:00:00			00:00:00		17	WU20		1
	Foche	Michele	Schule Uplengen	1998	2014		00:00:00					00:00:00		16	WU20		1
	Gottlieb	Sarah		1999	2014				00:00:00			00:00:00		15	WU20		1
	Gräß	Anna	TV Leer	1997	2014	00:00:00						00:00:00		17	WU20		1
	Grotjahn	Lilli	MTV Aurich	1997	2014				00:00:00			00:00:00		17	WU20		1
	Günsel	Hille	Aurich	2000	2014				00:00:00			00:00:00		14	WU20		1
	Hambach	Lena	Emder LG	2001	2014				00:00:00			00:00:00		13	WU20		1
	Hesse	Tanila	Polizei Leer	1995	2014				00:00:00			00:00:00		19	WU20		1
	Hong	Li Yu	TC Esens	1997	2014	00:00:00						00:00:00		17	WU20		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
						10,50km	9,90km	12,00km	10,00km	11,90km	11,10km	65,40					
	Hoppmann	Merle		1996	2014						00:00:00	00:00:00		18	WU20		1
	Janssen	Christina		1998	2014				00:00:00			00:00:00		16	WU20		1
	Janßen	Anna		1996	2014			00:00:00				00:00:00		18	WU20		1
	Kaiser	Anna-Lena	Kaiser	1998	2014		00:00:00					00:00:00		16	WU20		1
	Knotterus-Meyer	Jantje	Gymnasium Aurich	1998	2014				00:00:00			00:00:00		16	WU20		1
	Könnecke	Hedda	Gymnasium Aurich	1997	2014				00:00:00			00:00:00		17	WU20		1
	Langensiepen	Anna	Gymnasium Aurich	1999	2014				00:00:00			00:00:00		15	WU20		1
	Martini	Sabrina	Schule Uplengen	1997	2014		00:00:00					00:00:00		17	WU20		1
	Menzel	Eefke		2001	2014			00:00:00				00:00:00		13	WU20		1
	Meyer	Alina		2001	2014				00:00:00			00:00:00		13	WU20		1
	Müller	Ina	Gymnasium Aurich	2000	2014				00:00:00			00:00:00		14	WU20		1
	Naatjes	Janna		1996	2014				00:00:00			00:00:00		18	WU20		1
	Niehuisen	Melanie	8FL1	1999	2014				00:00:00			00:00:00		15	WU20		1
	Ockenga	Kea	MTV Aurich	1998	2014						00:00:00	00:00:00		16	WU20		1
	Ohling	Sandra	Emder LG	1997	2014				00:00:00			00:00:00		17	WU20		1
	Pospasil	Marie	Gymnasium Aurich	1999	2014				00:00:00			00:00:00		15	WU20		1
	Rama	Edona	Gymnasium Aurich	2000	2014				00:00:00			00:00:00		14	WU20		1
	Rohlfs	Renska	SVO Wi sünd Holtriem	2000	2014				00:00:00			00:00:00		14	WU20		1
	Rost	Hennina	JFV Harlingerland	2000	2014				00:00:00			00:00:00		14	WU20		1
	Rother	Pauline	TuS Ofen	1996	2014		00:00:00					00:00:00		18	WU20		1
	Saathoff	Marlin Lena	Ihlow	2000	2014				00:00:00			00:00:00		14	WU20		1
	Schilling	Jule	IGS Aurich-West	1997	2014				00:00:00			00:00:00		17	WU20		1
	Schultz	Adriana		1999	2014				00:00:00			00:00:00		15	WU20		1
	Smid	Nanke	LT TuRa 07 Westraud	2000	2014						00:00:00	00:00:00		14	WU20		1
	Söneken	Fenna	Schule Uplengen	1998	2014		00:00:00					00:00:00		16	WU20		1
	Thies	Maine	SV Nortmoor	1998	2014	00:00:00						00:00:00		16	WU20		1
	Tiner	Melanie		2000	2014				00:00:00			00:00:00		14	WU20		1
	Trebesch	Tabea	Gymnasium Aurich	1998	2014				00:00:00			00:00:00		16	WU20		1
	von Garrel	Charlotte	8FL1	1999	2014				00:00:00			00:00:00		15	WU20		1
	Wegener	Johanna	SpVg Aurich	1998	2014						00:00:00	00:00:00		16	WU20		1
	Wessels	Julia	Gymnasium Aurich	2000	2014				00:00:00			00:00:00		14	WU20		1
	Zelmer	Sophia	Gymnasium Aurich	1999	2014				00:00:00			00:00:00		15	WU20		1
	Diekmann	Jan	JFV Aurich	1998	2014	00:45:16						00:45:16		16	MU20		1
	Bienow	Ralf	Team Laufrausch Olden	1966	2014	00:45:59						00:45:59		48	M40		1
	Lentke	Keno	TV Leer	1994	2014	00:47:50						00:47:50		20	MHK		1
	Janßen	Aron	FCSO	1999	2014	00:48:07						00:48:07		15	MU20		1
	Trebesch	Tilko	Gymnasium Ulricianum	1998	2014	00:48:38						00:48:38		16	MU20		1
	Edzards	Julian	Schafhauser Wald	1992	2014		00:49:01					00:49:01		22	MHK		1
	Erfkamp	Manfred	LK Leer	1959	2014	00:50:17						00:50:17		55	M50		1
	Pieperz	Marten	Barromäus Hospital	1961	2014	00:50:49						00:50:49		53	M50		1
	Janßen	Monika	LT TuS Aurich-Ost	1995	2014	00:51:03						00:51:03		19	WU20		1
	Sopke	Stefan	Krankenhaus Wittmund	1968	2014	00:54:28						00:54:28		46	M40		1
	Hahs	Ralf	Leer	1960	2014	00:54:47						00:54:47		54	M50		1
	Collmann	Sabine	Laufen und Meer	1972	2014	00:56:34						00:56:34		42	W40		1
	Hinrichs	Hermann	WT Loppersum	1979	2014	00:56:53						00:56:53		35	M30		1
	Beier	Markus		1966	2014	00:57:31						00:57:31		48	M40		1
	Mennenga-Steffen	Elke	Canum	1974	2014	00:57:40						00:57:40		40	W40		1
	Petrusch	Anja	Emden	1986	2014	00:58:01						00:58:01		28	WHK		1
	Piehler	Nils	Enno Onneck	1991	2014	00:59:09						00:59:09		23	MHK		1
	Peters	Janneke	Fortuna Logabirum	1977	2014	00:59:14						00:59:14		37	W30		1
	Freese	Michael	Team ENERCON	1979	2014				00:59:22			00:59:22		35	M30		1
	Ahrenholtz	Horst-Dieter		1965	2014				00:59:25			00:59:25		49	M40		1
	Janssen	Alwin	Bensersiel	1970	2014						00:59:31	00:59:31		44	M40		1
	Korte	Michael	Klinge Paperwerke	2000	2014	01:00:50						01:00:50		14	MU20		1
	Middelkamp	Bernhard	VfL Oythe / Trauco	1956	2014	01:00:56						01:00:56		58	M50		1
	Bruns	Helmut	TuS Eintracht Hinte	1951	2014	01:02:00						01:02:00		63	M60		1
	Tiemeyer	Karsten	ORGADATA AG	1968	2014				01:02:11			01:02:11		46	M40		1
	Schmidt	Angela	obw Emden	1961	2014	01:03:03						01:03:03		53	W50		1
	Waldmann	Frank	LG Großefehn	1955	2014	01:03:13						01:03:13		59	M50		1
	Ewen	Hayo	VfL Berumbur	1965	2014	01:03:52						01:03:52		49	M40		1
	Peters	Fokko	FCSO	1987	2014	01:03:52						01:03:52		27	MHK		1
	Ocken	Heike	Die Heidel-Bärinnen	1982	2014	01:04:39						01:04:39		32	W30		1
	Battermann	Markus	ELV Elektronik AG	1985	2014	01:06:39						01:06:39		29	MHK		1
	Böde	Mareike	LG Harlingerland	1999	2014	01:07:59						01:07:59		15	MU20		1
	Hausmann	Hilke	Emder LG	1961	2014	01:08:33						01:08:33		53	W50		1
	Garbrands	Tomke	IGS Waldschule Egels	2002	2014	01:09:58						01:09:58		12	WU20		1
	Horsch	Christopher	Seefahrtsschule Leer	1985	2014	01:10:11						01:10:11		29	MHK		1
	Immega	Hannelore	SV Werdum	1953	2014	01:13:35						01:13:35		61	W60		1
	Krüger	Anne	Gymnasium Ulricianum	1998	2014						01:16:09	01:16:09		16	WU20		1
	El-Zein	Kudor	WfbM BBB Aurich Wittr	1994	2014						01:16:47	01:16:47		20	MHK		1
	Klein	Astrid	Störtebeker Loopers TV	1972	2014						01:17:38	01:17:38		42	W40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1 10,50km	Lauf 2 9,90km	Lauf 3 12,00km	Lauf 4 10,00km	Lauf 5 11,90km	Lauf 6 11,10km	Endzeit km 65,40	Durch- schnitt pro km	Alter	AK	Platz	Etappen
	Brahms	Heike	WfbM BBB Aurich Wittr	1970	2014						01:20:12	01:20:12		44	W40		1
	Töpel	Karsten	Bohlen & Doyen	1978	2014			01:22:17				01:22:17		36	M30		1
	Möhlmeier	Timo	Schiffswerft Diedrich Gr	1990	2014	01:23:00						01:23:00		24	MHK		1
	Pruin	Erich	DRK Leer	1964	2014	01:24:33						01:24:33		50	M50		1
	Saathoff	Erika		1950	2014	01:41:27						01:41:27		64	W60		1