

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55	pro km				
1	Diettrich	Georg	LC Wechloy	1970	2015	00:37:35	00:39:10	00:32:15	00:41:48	00:31:31	00:34:57	03:37:16	00:03:22	45	M40	1	6
2	Janssen	Ingo	Emder LG	1985	2015	00:37:58	00:38:39	00:34:39	00:41:58	00:34:40	00:35:02	03:42:56	00:03:27	30	M30	1	6
3	Steinke	Peter	MTV Aurich	1970	2015	00:38:26	00:39:03	00:35:08	00:42:26	00:34:38	00:35:39	03:45:20	00:03:30	45	M40	2	6
4	Fleißner	Hermann	MTV Aurich	1974	2015	00:39:19	00:40:38	00:36:07	00:43:08	00:35:17	00:35:46	03:50:15	00:03:34	41	M40	3	6
5	Lünemann	Frank	MTV Aurich	1977	2015	00:40:00	00:41:10	00:36:34	00:44:33	00:36:23	00:36:50	03:55:30	00:03:39	38	M30	2	6
6	Schmidt	Jörn	MTV Aurich	1984	2015	00:40:27	00:41:11	00:36:45	00:44:16	00:36:15	00:36:50	03:55:44	00:03:39	31	M30	3	6
7	Severiens	Gerd Jelto	Running for Jesus	1993	2015	00:40:30	00:41:19	00:36:49	00:44:17	00:36:14	00:36:45	03:55:54	00:03:39	22	MHK	1	6
8	Pingel	Thorsten	LSF Oldenburg	1975	2015	00:41:15	00:41:27	00:36:52	00:44:19	00:36:24	00:36:53	03:57:10	00:03:41	40	M40	4	6
9	Heidergott	Enno	Injoy Leer	1971	2015	00:42:32	00:41:54	00:36:22	00:43:47	00:36:04	00:36:46	03:57:25	00:03:41	44	M40	5	6
10	Wirdemann	Benjamin	LT Schafhauser Wald	1983	2015	00:41:00	00:41:37	00:37:00	00:45:04	00:36:28	00:36:57	03:58:06	00:03:41	32	M30	4	6
11	Oppenborn	Stefan	IGS Moorerland	1978	2015	00:41:23	00:41:26	00:37:15	00:44:18	00:37:06	00:37:28	03:58:56	00:03:42	37	M30	5	6
12	Wouk	Franz	Kdo SES	1965	2015	00:42:09	00:42:11	00:37:40	00:45:24	00:37:15	00:36:52	04:01:31	00:03:45	50	M50	1	6
13	Kruse	John	VW Emden	1982	2015	00:42:07	00:42:45	00:37:30	00:45:28	00:36:50	00:37:02	04:01:42	00:03:45	33	M30	6	6
14	Roßmann	Lukas	MTV Aurich	1999	2015	00:42:05	00:42:37	00:36:44	00:45:13	00:37:13	00:37:57	04:01:49	00:03:45	16	MU20	1	6
15	Franken	Stephan	Reederei Buss	1970	2015	00:41:36	00:42:13	00:37:19	00:45:25	00:37:14	00:38:33	04:02:20	00:03:45	45	M40	6	6
16	Felsmann	Axel	LSF Oldenburg	1966	2015	00:43:00	00:42:31	00:37:53	00:45:50	00:37:31	00:37:58	04:04:43	00:03:48	49	M40	7	6
17	Schröder	Frank	Emder LG	1970	2015	00:42:41	00:42:58	00:38:12	00:46:06	00:37:46	00:38:30	04:06:13	00:03:49	45	M40	8	6
18	Neumann	Boris	Landgericht Aurich	1979	2015	00:42:58	00:42:57	00:38:13	00:46:29	00:37:47	00:38:10	04:06:34	00:03:49	36	M30	7	6
19	Meenzen	Janno	MTV Aurich	1994	2015	00:43:19	00:43:28	00:37:51	00:46:56	00:37:48	00:38:27	04:07:49	00:03:51	21	MHK	2	6
20	Weinberg	Dieter	LG Harlingerland	1968	2015	00:42:40	00:42:37	00:38:29	00:46:49	00:38:44	00:38:36	04:07:55	00:03:51	47	M40	9	6
21	Steffens	Daniel	obw Emden	1988	2015	00:44:18	00:43:59	00:38:10	00:46:09	00:37:42	00:37:45	04:08:03	00:03:51	27	MHK	3	6
22	Röber	Carsten	Großefehn	1964	2015	00:44:39	00:43:27	00:38:14	00:46:20	00:37:42	00:38:18	04:08:40	00:03:51	51	M50	2	6
23	Rose	Christian	ENOVA	1984	2015	00:45:33	00:44:23	00:38:24	00:45:26	00:37:37	00:37:58	04:09:21	00:03:52	31	M30	8	6
24	Akkermann	Michael	Jennelt	1970	2015	00:43:38	00:43:54	00:38:32	00:46:33	00:38:28	00:38:36	04:09:41	00:03:52	45	M40	10	6
25	Spieker	Tammo	LT TuRa 07 Westraud	1998	2015	00:43:47	00:43:35	00:38:33	00:46:37	00:37:47	00:39:33	04:09:52	00:03:52	17	MU20	2	6
26	Ahmed	Osman	Strackholt	1987	2015	00:44:18	00:44:02	00:38:51	00:46:44	00:37:55	00:38:30	04:10:20	00:03:53	28	MHK	4	6
27	Costen	Richard	Gymnasium Ulricianum	1999	2015	00:44:54	00:44:22	00:38:55	00:47:09	00:37:58	00:37:39	04:10:57	00:03:53	16	MU20	3	6
28	Grafenburg	Janek	UEG Leer	1998	2015	00:44:26	00:44:04	00:39:06	00:47:19	00:37:46	00:38:28	04:11:09	00:03:54	17	MU20	4	6
29	Hanken	Dirk	ohne	1992	2015	00:43:56	00:44:50	00:39:00	00:46:58	00:38:15	00:38:23	04:11:22	00:03:54	23	MHK	5	6
30	Busse	Peter	Emder LG	1965	2015	00:44:14	00:44:03	00:38:29	00:47:15	00:38:47	00:38:35	04:11:23	00:03:54	50	M50	3	6
31	Menssen	Jörg	Krankenhaus Wittmund	1981	2015	00:43:27	00:44:11	00:39:18	00:47:42	00:38:55	00:39:22	04:12:55	00:03:55	34	M30	9	6
32	Piotrowski	Carsten	LG Harlingerland	1979	2015	00:43:23	00:44:06	00:38:37	00:49:00	00:38:38	00:39:22	04:13:06	00:03:55	36	M30	10	6
33	Vaupel	Sven	Team ENERCON	1990	2015	00:45:25	00:43:45	00:38:27	00:47:06	00:38:39	00:39:47	04:13:09	00:03:55	25	MHK	6	6
34	Schürmann	Lukas	IGS Aurich-West	1996	2015	00:44:43	00:44:05	00:39:20	00:47:04	00:39:28	00:38:29	04:13:09	00:03:55	19	MU20	5	6
35	Klaue	Roland	MTV-Aurich / Pizzeria H	1971	2015	00:46:18	00:43:49	00:38:20	00:46:59	00:38:17	00:39:32	04:13:15	00:03:56	44	M40	11	6
36	Henninga	Stephan	RVB Aurich/Uplengen	1986	2015	00:44:34	00:44:51	00:39:03	00:47:39	00:39:06	00:39:26	04:14:39	00:03:57	29	MHK	7	6
37	Niemöller	Edgar	Volkswagen Zentrum O	1969	2015	00:44:11	00:44:16	00:39:54	00:47:19	00:39:14	00:39:49	04:14:43	00:03:57	46	M40	12	6
38	Warsing	Hartmut	LG TV Bunde	1971	2015	00:44:12	00:44:24	00:39:29	00:47:29	00:39:08	00:40:23	04:15:05	00:03:57	44	M40	13	6
39	Wagenknecht	Till	LSF Oldenburg	1968	2015	00:43:48	00:44:08	00:39:57	00:47:44	00:39:32	00:40:00	04:15:09	00:03:57	47	M40	14	6
40	Anderlohr	Jörg	ENERCON	1978	2015	00:43:53	00:45:58	00:39:03	00:47:22	00:38:59	00:39:59	04:15:14	00:03:57	37	M30	11	6
41	von Felde	Janek	NIGE	1998	2015	00:45:15	00:45:16	00:38:21	00:47:45	00:39:05	00:40:24	04:16:06	00:03:58	17	MU20	6	6
42	Steenhardt	Wilfried	LG Teutonia Stapelmod	1966	2015	00:43:47	00:44:19	00:39:13	00:48:46	00:39:50	00:40:20	04:16:15	00:03:58	49	M40	15	6
43	Rößing	Tammo	LG Harlingerland	1997	2015	00:45:06	00:45:00	00:39:43	00:48:21	00:38:39	00:39:42	04:16:31	00:03:59	18	MU20	7	6
44	Klaasen	Jens	Emder LG	1983	2015	00:43:44	00:44:37	00:39:23	00:48:46	00:39:40	00:40:32	04:16:42	00:03:59	32	M30	12	6
45	Grest	Jens	SV Warsingsfehn	1971	2015	00:44:25	00:44:21	00:39:39	00:48:36	00:39:40	00:40:06	04:16:47	00:03:59	44	M40	16	6
46	Seeberg	Jonas	Gymnasium Ulricianum	1997	2015	00:44:36	00:44:32	00:40:27	00:48:23	00:39:36	00:39:45	04:17:19	00:03:59	18	MU20	8	6
47	Wittman	Benjamin	Baptisten Firrel	1981	2015	00:44:59	00:45:10	00:39:42	00:48:07	00:39:17	00:40:06	04:17:21	00:03:59	34	M30	13	6
48	Trebsch	Volker	Team ENERCON	1965	2015	00:44:53	00:44:40	00:40:06	00:48:35	00:39:53	00:39:55	04:18:02	00:04:00	50	M50	4	6
49	Lütschen	Axel	RVB Aurich/Uplengen	1993	2015	00:45:05	00:46:30	00:39:46	00:49:09	00:38:11	00:39:34	04:18:15	00:04:00	22	MHK	8	6
50	Ludwig	Reinhard	Lummerland Taxi Aurich	1959	2015	00:44:59	00:46:08	00:39:39	00:47:58	00:39:39	00:39:54	04:18:17	00:04:00	56	M50	5	6
51	Weber	Yannik	Gymnasium Ulricianum	1995	2015	00:45:33	00:44:23	00:40:07	00:48:47	00:39:51	00:39:38	04:18:19	00:04:00	20	MHK	9	6
52	Kruse	Jens	LG TV Bunde	1975	2015	00:44:16	00:44:56	00:40:18	00:48:52	00:39:47	00:40:20	04:18:29	00:04:00	40	M40	17	6
53	Janssen	Georg	Ihlower Loopers	1984	2015	00:44:55	00:45:01	00:40:11	00:48:40	00:39:48	00:40:12	04:18:47	00:04:01	31	M30	14	6
54	Köster	Clemens	MTV Aurich	1973	2015	00:44:51	00:45:06	00:40:20	00:48:49	00:39:46	00:41:24	04:20:16	00:04:02	42	M40	18	6
55	Recknagel	Marco	Gymnasium Ulricianum	1999	2015	00:45:12	00:44:25	00:40:48	00:49:01	00:40:07	00:40:50	04:20:23	00:04:02	16	MU20	9	6
56	Bartsch	Peter	Werder Bremen	1976	2015	00:44:52	00:45:16	00:40:29	00:48:54	00:40:27	00:40:33	04:20:31	00:04:02	39	M30	15	6
57	Wollenberg	Holger	Filsun	1975	2015	00:45:14	00:45:08	00:40:35	00:49:00	00:39:55	00:40:43	04:20:35	00:04:02	40	M40	19	6
58	Sanders	Dieter	Kilometerfresser Stapel	1977	2015	00:45:19	00:45:11	00:40:25	00:49:07	00:40:17	00:40:17	04:20:36	00:04:02	38	M30	16	6
59	Büttner	Riko	Gymnasium Ulricianum	1999	2015	00:46:29	00:46:06	00:39:59	00:48:34	00:39:40	00:39:53	04:20:41	00:04:02	16	MU20	10	6
60	Lottmann	Ralf	EWE-Wattloopers	1971	2015	00:45:42	00:45:46	00:40:13	00:48:47	00:39:51	00:40:28	04:20:47	00:04:03	44	M40	20	6
61	Kunz	Daniel	Running for Jesus	1997	2015	00:45:39	00:45:07	00:40:10	00:50:10	00:39:42	00:40:04	04:20:52	00:04:03	18	MU20	11	6
62	Papenfuß	Nils	TSG Westerstedde	1998	2015	00:44:08	00:47:09	00:41:14	00:49:12	00:39:45	00:39:39	04:21:07	00:04:03	17	MU20	12	6
63	Piotrowski	Heike	LG Harlingerland	1982	2015	00:45:42	00:45:54	00:40:15	00:48:45	00:40:14	00:40:40	04:21:30	00:04:03	33	W30	1	6
64	Oremek	Robert	Team ENERCON	1965	2015	00:45:38	00:45:45	00:40:29	00:49:16	00:39:51	00:40:32	04:21:31	00:04:03	50	M50	6	6
65	Hollmann	Kevin	NIGE	1997	2015	00:44:32	00:45:19	00:40:50	00:50:54	00:39:42	00:40:18	04:21:35	00:04:03	18			

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
72	Frobel	Maik	H-D HeuermannGmbH	1995	2015	00:46:13	00:46:08	00:40:27	00:49:29	00:40:29	00:40:13	04:22:59	00:04:05	20	MHK	13	6
73	Barth	Alwin	SVO Wi sünd Holtriem	1970	2015	00:45:51	00:45:54	00:41:08	00:49:20	00:40:49	00:40:26	04:23:28	00:04:05	45	M40	22	6
74	Töbelmann	Olaf	Bundeswehr Weener	1971	2015	00:45:34	00:45:46	00:41:05	00:49:51	00:40:42	00:41:28	04:24:26	00:04:06	44	M40	23	6
75	Lübbers	Jochem	LG TV Bunde	1970	2015	00:46:06	00:46:17	00:41:13	00:49:22	00:40:32	00:41:03	04:24:33	00:04:06	45	M40	24	6
76	Siemers	Enno	Südbrookmerland	1989	2015	00:48:31	00:45:38	00:40:14	00:49:31	00:40:05	00:40:45	04:24:44	00:04:06	26	MHK	14	6
77	Kisch	Luisa	Fortuna Logabirum	1998	2015	00:47:04	00:46:04	00:40:10	00:50:03	00:40:33	00:40:54	04:24:48	00:04:06	17	WU20	1	6
78	Schmidt	Thomas	SV Borussia Leer	1990	2015	00:47:04	00:46:03	00:40:33	00:48:48	00:41:17	00:41:18	04:25:03	00:04:07	25	MHK	15	6
79	Geiken	Ralf	BV Victorbur	1971	2015	00:45:34	00:46:05	00:42:29	00:50:05	00:40:05	00:40:49	04:25:07	00:04:07	44	M40	25	6
80	Fuhrmann	Simon	Enno Onnecken	1996	2015	00:46:54	00:46:17	00:41:43	00:49:32	00:40:10	00:40:32	04:25:08	00:04:07	19	MU20	15	6
81	Wiechmann	Thomas	Störtebeker Loopers TV	1971	2015	00:46:21	00:46:27	00:41:11	00:49:40	00:40:31	00:40:59	04:25:09	00:04:07	44	M40	26	6
82	Landherr	Manfred	TG Wiesmoor	1964	2015	00:44:59	00:47:02	00:41:38	00:50:40	00:40:29	00:40:52	04:25:40	00:04:07	51	M50	7	6
83	Plavenieks	Helge	SV Dornum	1977	2015	00:45:42	00:46:34	00:40:51	00:49:38	00:40:15	00:42:41	04:25:41	00:04:07	38	M30	18	6
84	Alberts	Thomas	Loppersum	1981	2015	00:45:42	00:46:22	00:41:15	00:49:50	00:40:51	00:41:42	04:25:42	00:04:07	34	M30	19	6
85	Ostermoor	Frank	Fortuna Logabirum	1971	2015	00:45:59	00:46:31	00:41:14	00:50:10	00:40:42	00:41:13	04:25:49	00:04:07	44	M40	27	6
86	Idris	Hassan	Strackholt	1990	2015	00:46:05	00:48:09	00:40:51	00:49:26	00:40:21	00:40:59	04:25:51	00:04:07	25	MHK	16	6
87	Liebetau	Wilko	TRAUCO Gruppe	1977	2015	00:47:12	00:47:03	00:41:10	00:49:34	00:40:23	00:40:30	04:25:52	00:04:07	38	M30	20	6
88	Christians	Borchard	LG Ostfriesland	1958	2015	00:46:11	00:46:24	00:40:50	00:50:34	00:40:49	00:41:05	04:25:53	00:04:07	57	M50	8	6
89	Eden	Kurt	TV Norden	1958	2015	00:46:16	00:46:18	00:41:17	00:49:39	00:40:32	00:41:57	04:25:59	00:04:07	57	M50	9	6
90	Kramer	Renate	LG TV Bunde	1978	2015	00:46:30	00:46:22	00:40:51	00:49:39	00:40:57	00:41:43	04:26:02	00:04:07	37	W30	2	6
91	van Geuns	Lothar	Collinghorst	1973	2015	00:46:44	00:46:57	00:41:21	00:49:45	00:40:22	00:40:53	04:26:02	00:04:07	42	M40	28	6
92	Kramer	Stefan	Emder LG	1968	2015	00:45:46	00:45:10	00:41:36	00:49:16	00:42:28	00:41:51	04:26:07	00:04:08	47	M40	29	6
93	Schulte	Tobias	Ihrenerfeld	1974	2015	00:47:10	00:47:25	00:41:02	00:49:59	00:40:19	00:40:29	04:26:24	00:04:08	41	M40	30	6
94	Baxmann	Thomas	Sporting Emden	1966	2015	00:45:40	00:46:47	00:41:05	00:50:10	00:41:01	00:41:45	04:26:28	00:04:08	49	M40	31	6
95	de Buhr	Julian	Fortuna Logabirum	1999	2015	00:45:44	00:46:01	00:41:22	00:51:01	00:40:38	00:41:48	04:26:34	00:04:08	16	MU20	16	6
96	Rebel	Lars	FC SO-10WPK	1999	2015	00:47:44	00:47:05	00:41:34	00:49:28	00:40:10	00:40:39	04:26:40	00:04:08	16	MU20	17	6
97	Hallmann	Hermann	Emder LG	1962	2015	00:45:53	00:46:23	00:41:43	00:49:57	00:40:45	00:42:06	04:26:47	00:04:08	53	M50	10	6
98	Brandt	Matthias	DLRG Weener	1980	2015	00:47:25	00:47:24	00:40:49	00:49:42	00:40:33	00:40:57	04:26:50	00:04:08	35	M30	21	6
99	Breise	Viktor	SpVg Aurich	1978	2015	00:47:05	00:45:55	00:42:02	00:50:16	00:40:43	00:40:54	04:26:55	00:04:08	37	M30	22	6
100	Behrens	Johannes	LSF Oldenburg	1994	2015	00:45:48	00:48:27	00:41:38	00:50:06	00:40:46	00:40:24	04:27:09	00:04:09	21	MHK	17	6
101	Afewerki	Michael	Windlooper	1987	2015	00:50:45	00:46:07	00:40:35	00:49:46	00:39:42	00:40:16	04:27:11	00:04:09	28	MHK	18	6
102	Hannover	Matthias	ZVO Zeitungsvertrieb C	1980	2015	00:47:19	00:46:37	00:41:12	00:50:15	00:40:50	00:41:23	04:27:36	00:04:09	35	M30	23	6
103	Dirks	Jannek	IGS Aurich-West	1997	2015	00:48:24	00:47:10	00:40:04	00:51:01	00:40:02	00:41:01	04:27:42	00:04:09	18	MU20	18	6
104	Nordbrock	Joachim	Boekzetelerfeh	1972	2015	00:46:30	00:46:55	00:41:28	00:50:22	00:40:44	00:41:44	04:27:43	00:04:09	43	M40	32	6
105	Derr	Viktor	Spaß mit Sport	1981	2015	00:46:21	00:46:39	00:41:56	00:50:14	00:41:07	00:42:00	04:28:17	00:04:10	34	M30	24	6
106	Trebesch	Wolfgang	MTV Aurich	1957	2015	00:46:05	00:46:52	00:42:10	00:50:04	00:41:42	00:41:39	04:28:32	00:04:10	58	M50	11	6
107	Oldigs	Tammo	SV Concordia Ihrhove	2001	2015	00:51:57	00:45:55	00:41:22	00:49:09	00:40:06	00:40:25	04:28:54	00:04:10	14	MU20	19	6
108	Janßen	Horst	Stapel	1968	2015	00:48:01	00:47:34	00:41:02	00:50:23	00:41:02	00:41:08	04:29:10	00:04:10	47	M40	33	6
109	Carls	Christoph	TV Norden	1964	2015	00:46:52	00:47:07	00:41:33	00:50:30	00:41:14	00:41:59	04:29:15	00:04:10	51	M50	12	6
110	Reimann	Klaus	Nordland Papier	1968	2015	00:46:42	00:47:06	00:41:36	00:50:27	00:41:19	00:42:16	04:29:26	00:04:11	47	M40	34	6
111	Hartema	Richard	LG Teutonia Stapelmoc	1968	2015	00:46:44	00:46:47	00:41:59	00:50:48	00:41:32	00:42:03	04:29:53	00:04:11	47	M40	35	6
112	Bordasch	Marco	Verkehrsverein Aurich	1968	2015	00:46:58	00:47:07	00:41:53	00:50:35	00:41:34	00:41:54	04:30:01	00:04:11	47	M40	36	6
113	Klump	Mario	Bünting Tee	1989	2015	00:48:10	00:47:24	00:41:04	00:50:54	00:41:24	00:41:28	04:30:24	00:04:12	26	MHK	19	6
114	Lüнемann	Thomas	RSM DPI AG	1980	2015	00:47:08	00:47:28	00:41:54	00:51:21	00:40:55	00:41:40	04:30:26	00:04:12	35	M30	25	6
115	Wolzen	Hilke	Uni Oldenburg	1988	2015	00:46:25	00:47:00	00:41:49	00:50:34	00:41:59	00:42:40	04:30:27	00:04:12	27	WHK	1	6
116	Siemers	Jannek	Läuft bei dir!	1993	2015	00:46:47	00:47:20	00:41:30	00:49:39	00:43:31	00:41:47	04:30:34	00:04:12	22	MHK	20	6
117	Schnuis	Henning	Physio Aktiv Rhauderfe	1993	2015	00:47:41	00:47:53	00:41:46	00:51:51	00:40:48	00:40:36	04:30:35	00:04:12	22	MHK	21	6
118	Klose	Christian	Landgericht Aurich	1984	2015	00:46:42	00:46:57	00:41:26	00:50:01	00:44:09	00:41:22	04:30:37	00:04:12	31	M30	26	6
119	Koppelkamm	Jan-Hendrik	Cramer_zs	1998	2015	00:47:26	00:47:25	00:41:12	00:51:42	00:41:11	00:41:47	04:30:43	00:04:12	17	MU20	20	6
120	Newiger	Thomas	Aurich	1972	2015	00:46:04	00:46:40	00:41:52	00:51:34	00:41:34	00:43:00	04:30:44	00:04:12	43	M40	37	6
121	Hoogestraat	Sonja	LG Harlingerland	1976	2015	00:47:16	00:47:44	00:42:41	00:50:50	00:40:48	00:41:44	04:31:03	00:04:12	39	W30	3	6
122	Sauer	Artur	Team ENERCON	1980	2015	00:46:54	00:47:05	00:42:08	00:50:52	00:41:45	00:42:20	04:31:04	00:04:12	35	M30	27	6
123	Stepniak	Robert	Baustoffcenter Jever	1991	2015	00:50:59	00:48:58	00:41:58	00:49:36	00:39:45	00:40:08	04:31:24	00:04:12	24	MHK	22	6
124	lbeling	Fred	LG Ostfriesland	1966	2015	00:45:50	00:48:11	00:42:20	00:51:38	00:41:27	00:41:59	04:31:25	00:04:12	49	M40	38	6
125	Runden	Christoph	Post SV Leer	1991	2015	00:47:26	00:47:37	00:41:55	00:51:03	00:41:31	00:42:00	04:31:32	00:04:13	24	MHK	23	6
126	Franzen	Insa	LG TV Bunde	1983	2015	00:47:37	00:47:41	00:42:06	00:50:38	00:41:40	00:41:58	04:31:40	00:04:13	32	W30	4	6
127	Lorenz	Simon	Emder LG	1978	2015	00:47:02	00:47:40	00:42:30	00:51:08	00:41:51	00:41:50	04:32:01	00:04:13	37	M30	28	6
128	Lütten	Max	JAG Emden	2000	2015	00:52:07	00:47:10	00:41:55	00:50:30	00:40:29	00:39:58	04:32:09	00:04:13	15	MU20	21	6
129	Sandersfeld	Malte	Baptisten Firrel	1996	2015	00:49:34	00:47:49	00:41:40	00:50:53	00:41:00	00:41:37	04:32:33	00:04:14	19	MU20	22	6
130	Alts	Holger	Vflf Berumbur	1964	2015	00:47:15	00:47:21	00:42:19	00:50:54	00:41:47	00:43:21	04:32:57	00:04:14	51	M50	13	6
131	Erchinger	Heye	FC SO-SII	1997	2015	00:48:14	00:47:55	00:43:05	00:51:19	00:41:27	00:41:09	04:33:09	00:04:14	18	MU20	23	6
132	Maas	Uwe	Nordland Papier	1980	2015	00:48:08	00:47:42	00:42:20	00:51:42	00:42:06	00:41:35	04:33:33	00:04:14	35	M30	29	6
133	Schepker	Lars	Rolf Janssen Gruppe	1980	2015	00:48:31	00:47:37	00:41:57	00:49:59	00:43:30	00:42:08	04:33:42	00:04:15	35	M30	30	6
134	Maibaum	Lars	Staatsanwaltschaft Aur	1971	2015	00:49:15	00:48:00	00:41:56	00:50:57	00:41:50	00:41:52	04:33:50	00:04:15	44	M40	39	6
135	Cassoli	Jair	Team ENERCON	1977	2015	00:48:42	00:48:04	00:43:06	00:51:08	00:41:24	00:41:37	04:34:01	00:04:15	38	M30	31	6
136	Möhlmann	Timo	Raiffeisenbank eG, Mod	1995	2015	00:48:30	00										

34. Ostfrieslandlauf 2015

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
143	Nobel	Benjamin	BBC Chartering GmbH	1986	2015	00:47:41	00:48:25	00:41:47	00:51:22	00:42:20	00:43:14	04:34:49	00:04:16	29	MHK	25	6
144	Poguntke	Martin	TV Norden	1963	2015	00:47:02	00:47:26	00:42:44	00:51:25	00:42:34	00:43:40	04:34:51	00:04:16	52	M50	15	6
145	Beek	Hannes	KGS Wiesmoor	1998	2015	00:51:14	00:48:55	00:41:43	00:50:40	00:41:11	00:41:09	04:34:52	00:04:16	17	MU20	24	6
146	Busboom	Wilfried	Posaunenchor Detern	1971	2015	00:49:09	00:47:57	00:42:03	00:51:17	00:41:54	00:42:32	04:34:52	00:04:16	44	M40	41	6
147	de Freese	Frank	EWE-Wattloopers	1982	2015	00:49:00	00:48:02	00:42:05	00:51:27	00:42:14	00:42:05	04:34:53	00:04:16	33	M30	35	6
148	Wildemann	Arne	NIGE	1998	2015	00:49:28	00:49:08	00:41:13	00:49:06	00:42:44	00:43:15	04:34:54	00:04:16	17	MU20	25	6
149	Sörensen	Marc	IN-Team Aurich	1981	2015	00:48:52	00:48:04	00:42:20	00:51:42	00:41:41	00:42:26	04:35:05	00:04:16	34	M30	36	6
150	Reeßing	Sven	Nordland Papier	1971	2015	00:49:14	00:47:59	00:42:07	00:51:16	00:42:42	00:41:49	04:35:07	00:04:16	44	M40	42	6
151	Bender	Björn	TaktLwGrp "R"	1978	2015	00:47:16	00:48:16	00:42:27	00:52:34	00:42:09	00:42:26	04:35:08	00:04:16	37	M30	37	6
152	Puse	Gerd	Sparkasse LeerWittm	1963	2015	00:48:34	00:48:30	00:42:37	00:51:13	00:42:02	00:42:22	04:35:18	00:04:16	52	M50	16	6
153	Tattje	Sven	Team Möbel Buss	1992	2015	00:47:41	00:48:24	00:43:01	00:51:43	00:42:06	00:42:32	04:35:27	00:04:16	23	MHK	26	6
154	Groß	Sven	WfbM BBB Aurich Witt	1991	2015	00:50:31	00:47:45	00:42:11	00:52:04	00:41:16	00:41:52	04:35:39	00:04:16	24	MHK	27	6
155	Mietheke	Kuno	LT TuS Aurich-Ost	1975	2015	00:49:02	00:48:24	00:42:09	00:51:37	00:42:09	00:42:23	04:35:44	00:04:16	40	M40	43	6
156	Kirschke	Rolf	Team ENERCON	1965	2015	00:47:22	00:47:57	00:43:22	00:51:52	00:42:45	00:42:33	04:35:51	00:04:17	50	M50	17	6
157	Siebens	Ivo	Ohne	1965	2015	00:47:18	00:48:33	00:42:51	00:51:38	00:42:42	00:42:52	04:35:54	00:04:17	50	M50	18	6
158	Meents	Thomas	TSV Jahn Carolinensiel	1988	2015	00:47:11	00:48:28	00:42:16	00:52:44	00:42:15	00:43:03	04:35:57	00:04:17	27	MHK	28	6
159	Janßen	Geriet-Thomas	LG Ostfriesland	1970	2015	00:48:04	00:48:15	00:42:36	00:51:49	00:42:14	00:43:01	04:35:59	00:04:17	45	M40	44	6
160	Markmeyer	Tobias	Kdo SES	1990	2015	00:50:45	00:49:20	00:42:16	00:50:49	00:41:15	00:41:34	04:35:59	00:04:17	25	MHK	29	6
161	Günther	Dieke	Gymnasium Ulricianum	2000	2015	00:48:14	00:47:55	00:42:18	00:53:07	00:41:41	00:42:50	04:36:05	00:04:17	15	MU20	26	6
162	Reiners	Steffen	Verein ehemaliger Ulric	1996	2015	00:47:41	00:47:38	00:42:33	00:50:06	00:44:50	00:43:27	04:36:15	00:04:17	19	MU20	27	6
163	Krull	Gordon	MTV Aurich	1970	2015	00:48:16	00:48:41	00:42:50	00:51:19	00:42:14	00:43:05	04:36:25	00:04:17	45	M40	45	6
164	Anwand	Karl-Heinz	Ostrf.Moordorf	1952	2015	00:47:56	00:48:26	00:42:37	00:52:08	00:41:58	00:43:21	04:36:26	00:04:17	63	M60	1	6
165	Graf	Karin	Watt'n Loopers SV Dor	1969	2015	00:48:42	00:48:08	00:42:41	00:52:03	00:41:48	00:43:07	04:36:29	00:04:17	46	W40	1	6
166	Müller	Frank	Sparkasse Aurich-Nord	1972	2015	00:48:33	00:48:05	00:42:40	00:52:39	00:41:58	00:42:34	04:36:29	00:04:17	43	M40	46	6
167	Krahn	Daniel	Haupt- u. Realschule F	1971	2015	00:48:54	00:48:40	00:42:51	00:51:38	00:41:52	00:42:34	04:36:29	00:04:17	44	M40	47	6
168	Nannen	Yannick	SV Holtland	1997	2015	00:47:42	00:48:51	00:43:22	00:51:50	00:42:42	00:42:17	04:36:44	00:04:17	18	MU20	28	6
169	Block	Wilhelm	Laufen und Meer / 2-Ra	1980	2015	00:47:25	00:48:35	00:42:36	00:52:30	00:42:32	00:43:07	04:36:45	00:04:17	35	M30	38	6
170	Zieker	Enrico	VW Emden / TuS Eintra	1976	2015	00:47:27	00:48:14	00:44:01	00:51:37	00:42:37	00:42:50	04:36:46	00:04:17	39	M30	39	6
171	Pinkernell	Niklas	NIGE	1998	2015	00:46:28	00:48:16	00:42:53	00:52:51	00:43:24	00:43:23	04:37:15	00:04:18	17	MU20	29	6
172	Witte	Daniel	IGS Moormerland	1986	2015	00:49:27	00:48:13	00:42:26	00:52:37	00:42:13	00:42:20	04:37:16	00:04:18	29	MHK	30	6
173	Lambertz	Walter	Team ENERCON	1973	2015	00:49:54	00:48:14	00:42:51	00:52:16	00:41:37	00:42:27	04:37:19	00:04:18	42	M40	48	6
174	Claassen	Marco	Störtebeker Loopers TV	1988	2015	00:47:36	00:48:54	00:42:54	00:52:11	00:42:35	00:43:10	04:37:20	00:04:18	27	MHK	31	6
175	Brem	Thomas	Emder LG	1970	2015	00:47:33	00:48:15	00:42:46	00:52:23	00:42:49	00:43:39	04:37:25	00:04:18	45	M40	49	6
176	Ludwigs	Ingo		1976	2015	00:49:12	00:48:52	00:43:00	00:51:38	00:42:16	00:42:33	04:37:31	00:04:18	39	M30	40	6
177	Meyer	Tönjes	TSV Hesel	1958	2015	00:48:10	00:48:42	00:43:03	00:52:32	00:42:20	00:42:47	04:37:34	00:04:18	57	M50	19	6
178	Janssen	Harm	Gassco Vikings	1966	2015	00:52:44	00:49:05	00:40:43	00:51:10	00:42:37	00:41:21	04:37:40	00:04:18	49	M40	50	6
179	Hoffmann	Karl-Heinz	Team Laufrusch e.V.	1958	2015	00:47:34	00:48:10	00:42:47	00:51:56	00:43:39	00:43:34	04:37:40	00:04:18	57	M50	20	6
180	de Buhr	Hajo	Aurich	1981	2015	00:48:31	00:48:35	00:42:35	00:51:53	00:42:58	00:43:19	04:37:51	00:04:18	34	M30	41	6
181	Ulferts	Oltmann	SV Holtland	1964	2015	00:49:06	00:48:01	00:42:48	00:52:36	00:42:19	00:43:04	04:37:54	00:04:19	51	M50	21	6
182	Feldmann	Ralf	TaktLwGrp "R"	1972	2015	00:48:49	00:48:47	00:42:53	00:51:47	00:42:31	00:43:20	04:38:07	00:04:19	43	M40	51	6
183	Cassens	Enno	Alex.-v.- Humboldt-Sch	1998	2015	00:49:25	00:48:49	00:42:28	00:51:31	00:42:58	00:42:58	04:38:09	00:04:19	17	MU20	30	6
184	Trebesch	Tilko	Gymnasium Ulricianum	1998	2015	00:49:11	00:47:54	00:42:35	00:53:08	00:43:08	00:42:24	04:38:20	00:04:19	17	MU20	31	6
185	Kruse	Manuel	IGS Aurich-West	1996	2015	00:48:52	00:48:45	00:42:11	00:53:47	00:43:05	00:41:45	04:38:25	00:04:19	19	MU20	32	6
186	Heyken	Wessel	AGR	1987	2015	00:49:38	00:48:32	00:42:39	00:52:06	00:42:49	00:42:50	04:38:34	00:04:19	28	MHK	32	6
187	Menneböck	Ocko	Kinderhilfe Stiftung Ron	1995	2015	00:49:14	00:47:38	00:44:30	00:51:47	00:42:48	00:42:37	04:38:34	00:04:19	20	MHK	33	6
188	Beitelmann	Arne	OLB-Ostfriesland / MTV	1987	2015	00:49:20	00:49:58	00:43:15	00:51:42	00:41:27	00:42:54	04:38:36	00:04:19	28	MHK	34	6
189	Janßen	Marlon	NIGE	1998	2015	00:47:11	00:48:42	00:43:03	00:52:51	00:43:23	00:43:31	04:38:41	00:04:19	17	MU20	33	6
190	Hüls	Uwe	TV Norden	1963	2015	00:47:34	00:48:37	00:43:29	00:52:24	00:42:44	00:43:56	04:38:44	00:04:19	52	M50	22	6
191	Kruse	Frank	VW Emden	1979	2015	00:48:26	00:48:36	00:43:20	00:52:36	00:42:07	00:43:41	04:38:46	00:04:19	36	M30	42	6
192	Wölfel	Andreas	TV Norden	1981	2015	00:48:55	00:48:38	00:43:15	00:51:39	00:42:38	00:43:48	04:38:53	00:04:19	34	M30	43	6
193	Buss	Hinrich	SVO Wi sünd Holtriem	1954	2015	00:48:09	00:48:21	00:43:05	00:52:48	00:42:25	00:44:20	04:39:08	00:04:20	61	M60	2	6
194	Schurwanz	Carsten	Aurich	1965	2015	00:48:14	00:48:59	00:42:56	00:52:02	00:42:56	00:44:07	04:39:14	00:04:20	50	M50	23	6
195	Recknagel	Bernd	Hotel Waldquelle	1967	2015	00:48:52	00:48:48	00:43:04	00:52:20	00:42:57	00:43:24	04:39:25	00:04:20	48	M40	52	6
196	Janßen	Stephan	LG Uplengen	1973	2015	00:49:09	00:48:18	00:43:12	00:51:51	00:43:14	00:43:43	04:39:27	00:04:20	42	M40	53	6
197	Willms	Hermann	Wildeboer Bauteile Gm	1976	2015	00:48:43	00:49:12	00:43:29	00:52:44	00:42:32	00:42:59	04:39:39	00:04:20	39	M30	44	6
198	Neuenstein	Bernd	LG Papenburg-Aschendu	1961	2015	00:49:04	00:48:54	00:43:25	00:52:00	00:42:43	00:43:35	04:39:41	00:04:20	54	M50	24	6
199	Müßing	Michael	Klinikum Leer	1981	2015	00:48:07	00:49:48	00:43:10	00:52:51	00:43:02	00:42:57	04:39:55	00:04:20	34	M30	45	6
200	Schmidt	Robert	MTV Aurich	1993	2015	00:48:11	00:49:20	00:43:04	00:51:36	00:44:11	00:43:48	04:40:10	00:04:21	22	MHK	35	6
201	Bica	Mihai-Gabriel	Klinikum Leer	1984	2015	00:50:58	00:49:25	00:42:58	00:51:43	00:42:48	00:42:25	04:40:17	00:04:21	31	M30	46	6
202	Offenbrink	Kai	NIGE	2000	2015	00:48:42	00:49:54	00:42:53	00:53:12	00:42:37	00:43:04	04:40:22	00:04:21	15	MU20	34	6
203	Janßen	Benjamin	Realschule Aurich	2000	2015	00:51:36	00:49:48	00:43:39	00:51:36	00:42:54	00:40:55	04:40:28	00:04:21	15	MU20	35	6
204	Gelhard	Thomas	LT TuS Aurich-Ost	1956	2015	00:48:57	00:49:26	00:43:07	00:52:45	00:43:20	00:43:02	04:40:37	00:04:21	59	M50	25	6
205	Balzen	Timo	Bünting Tee	1996	2015	00:51:43	00:48:26	00:42:47	00:53:38	00:41:39	00:42:26	04:40:39	00:04:21	19	MU20	36	6
206	Böse	Matthias	SV Stikelkamp	1970	2015	00:48:51	00:48:44	00:43:23	00:52:30	00:42:57	00:44:19	04:40:44	00:04:21	45	M40	54	6
207	Schwarzenberg	Hannes															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
214	Villamil	David	Team ENERCON	1986	2015	00:50:39	00:48:37	00:43:48	00:52:16	00:43:46	00:42:45	04:41:51	00:04:22	29	MHK	37	6
215	Michaelsen	Claus	Für Jesus	1969	2015	00:49:46	00:50:12	00:43:14	00:52:42	00:42:31	00:43:37	04:42:02	00:04:22	46	M40	58	6
216	Diepenbroek	Daniel	Emder LG	1979	2015	00:49:58	00:48:44	00:43:48	00:52:52	00:43:01	00:43:40	04:42:03	00:04:22	36	M30	47	6
217	Weerts	Holger	Lauffreij Schafhauser V	1973	2015	00:49:19	00:50:21	00:43:58	00:52:06	00:42:48	00:43:32	04:42:04	00:04:22	42	M40	59	6
218	Redenius	Folkert	LT TuRa 07 Westrhaud	1957	2015	00:48:40	00:49:32	00:43:13	00:52:18	00:44:07	00:44:18	04:42:08	00:04:22	58	M50	27	6
219	Pree	Wolfgang	LG Harlingerland	1962	2015	00:49:17	00:49:21	00:44:05	00:52:47	00:43:00	00:43:47	04:42:17	00:04:23	53	M50	28	6
220	Siebelts	Arnd	Bosselverein Free weg	1967	2015	00:50:09	00:48:35	00:42:38	00:53:35	00:43:05	00:44:16	04:42:18	00:04:23	48	M40	60	6
221	Marnowsky	Volker	Team Laufrausch	1961	2015	00:50:28	00:49:26	00:42:58	00:53:08	00:43:16	00:43:16	04:42:32	00:04:23	54	M50	29	6
222	Hellmers	Ralf	TV Norden	1965	2015	00:48:50	00:48:38	00:43:15	00:51:39	00:44:22	00:46:04	04:42:48	00:04:23	50	M50	30	6
223	Anders	Christoph	Bünting Tee	1983	2015	00:49:14	00:48:36	00:43:07	00:56:24	00:42:35	00:43:08	04:43:04	00:04:23	32	M30	48	6
224	Beening	Ingo	BBS Aurich	1970	2015	00:49:18	00:49:25	00:43:32	00:53:04	00:43:26	00:44:25	04:43:10	00:04:23	45	M40	61	6
225	de Freese	Timo	Tischlerei Pannhusen&	1992	2015	00:49:39	00:52:34	00:43:09	00:53:35	00:41:48	00:42:54	04:43:39	00:04:24	23	MHK	38	6
226	Best	Erwin	Wallinghausen	1975	2015	00:50:19	00:49:43	00:43:39	00:53:26	00:43:25	00:43:08	04:43:40	00:04:24	40	M40	62	6
227	Jütting	Bianca	SuS Timmel	1987	2015	00:49:54	00:49:55	00:44:18	00:52:58	00:42:57	00:43:38	04:43:40	00:04:24	28	WHK	2	6
228	Götz	Hartmut	Kdo SES	1972	2015	00:50:50	00:49:35	00:42:17	00:53:58	00:43:37	00:43:25	04:43:42	00:04:24	43	M40	63	6
229	Langer	Timo	TSV Jahn Carolinensiel	1973	2015	00:50:25	00:49:42	00:43:33	00:53:13	00:43:09	00:43:52	04:43:54	00:04:24	42	M40	64	6
230	Willms	Wilko	LG Harlingerland	1973	2015	00:50:05	00:49:23	00:43:25	00:53:36	00:43:19	00:44:10	04:43:58	00:04:24	42	M40	65	6
231	Gerdes	Gerke	Realschule 10b	1998	2015	00:52:09	00:49:30	00:43:22	00:52:38	00:43:04	00:43:26	04:44:09	00:04:24	17	MU20	38	6
232	Enders	Wilhelm	REHAU AG+Co	1967	2015	00:50:11	00:49:41	00:44:07	00:52:53	00:43:14	00:44:06	04:44:12	00:04:24	48	M40	66	6
233	Hossaini	Elias	Alex.-v.- Humboldt-Sch	1996	2015	00:50:29	00:48:39	00:43:52	00:53:28	00:42:43	00:45:10	04:44:21	00:04:25	19	MU20	39	6
234	Hübner	Dennis	Finkenburschule Wittm	1978	2015	00:48:41	00:49:45	00:44:31	00:53:22	00:43:45	00:44:28	04:44:32	00:04:25	37	M30	49	6
235	Tabbert	Frank	LG Ostfriesland/Gassco	1965	2015	00:49:51	00:49:47	00:43:55	00:53:29	00:43:17	00:44:39	04:44:58	00:04:25	50	M50	31	6
236	Otten	Christian	IGS Aurich-West	1996	2015	00:49:16	00:51:06	00:43:23	00:53:32	00:43:14	00:44:31	04:45:02	00:04:25	19	MU20	40	6
237	Alberts	Torsten	Vetra Beton	1971	2015	00:49:38	00:49:16	00:43:44	00:53:29	00:44:18	00:44:43	04:45:08	00:04:25	44	M40	67	6
238	Horn	Marco	Quarzwerk Marx	1986	2015	00:49:55	00:49:17	00:44:08	00:53:52	00:43:44	00:44:13	04:45:09	00:04:25	29	MHK	39	6
239	Hoofdmann	Klaus	TuS Westerende	1983	2015	00:50:30	00:49:30	00:43:13	00:54:12	00:43:15	00:44:35	04:45:15	00:04:25	32	M30	50	6
240	Eilerts	Thade	LG Harlingerland	1988	2015	00:49:41	00:50:28	00:44:20	00:53:37	00:43:16	00:44:10	04:45:32	00:04:26	27	MHK	40	6
241	Fleißner	Onno	Ihlowerfehn	1979	2015	00:49:59	00:49:16	00:45:07	00:53:11	00:43:41	00:44:33	04:45:47	00:04:26	36	M30	51	6
242	Willms	Jann	NIGE	1998	2015	00:49:58	00:52:25	00:44:04	00:53:30	00:42:52	00:43:42	04:46:31	00:04:27	17	MU20	41	6
243	Saathoff	Detlef	Veenhusen	1966	2015	00:49:10	00:49:47	00:44:04	00:55:14	00:43:55	00:44:27	04:46:37	00:04:27	49	M40	68	6
244	Bartz	Matthias	Ubbo-Emmuis-Gymnas	1997	2015	00:50:41	00:50:09	00:43:18	00:54:30	00:44:09	00:44:08	04:46:55	00:04:27	18	MU20	42	6
245	Arnoldova	Kristina	Mühlen Apotheke Pews	1984	2015	00:50:29	00:50:10	00:43:59	00:53:19	00:44:07	00:45:08	04:47:12	00:04:27	31	W30	5	6
246	Kuhlmann	Gerrit	Vfl Jheringsfehn	1990	2015	00:57:23	00:50:50	00:41:46	00:52:51	00:42:05	00:42:26	04:47:21	00:04:27	25	MHK	41	6
247	Geuken	Uwe	FC Bayern München	1965	2015	00:52:42	00:50:39	00:43:52	00:53:00	00:43:33	00:43:42	04:47:28	00:04:27	50	M50	32	6
248	Domschky	Christian	SG Egels-Popens	1979	2015	00:50:36	00:50:38	00:44:23	00:53:45	00:43:38	00:44:33	04:47:33	00:04:27	36	M30	52	6
249	Beening	Stefanie	Bollingen	1969	2015	00:50:12	00:50:12	00:44:42	00:53:18	00:44:12	00:44:59	04:47:35	00:04:28	46	W40	2	6
250	Schmidt	Heiner	HSM Wirtschaftsprüfer	1974	2015	00:50:41	00:50:01	00:44:31	00:53:51	00:43:52	00:44:43	04:47:39	00:04:28	41	M40	69	6
251	Geisemeyer	Lothar	Bünting Tee	1959	2015	00:49:39	00:50:22	00:44:52	00:53:48	00:44:27	00:44:32	04:47:40	00:04:28	56	M50	33	6
252	Eichhorn	Tobias	TaktLwGrp "R"	1983	2015	00:50:05	00:50:30	00:44:26	00:53:25	00:44:22	00:44:54	04:47:42	00:04:28	32	M30	53	6
253	Mross	Timm	Team ENERCON	1981	2015	00:50:18	00:50:33	00:44:29	00:54:14	00:43:39	00:44:29	04:47:42	00:04:28	34	M30	54	6
254	Schnorrenberg	Michael	Emden	1968	2015	00:50:38	00:51:02	00:43:54	00:53:50	00:43:44	00:44:36	04:47:44	00:04:28	47	M40	70	6
255	Gastmann	Richard	Ammersum	1961	2015	00:53:47	00:50:55	00:43:52	00:54:25	00:42:25	00:42:25	04:47:49	00:04:28	54	M50	34	6
256	Markgraf	Jan	TSV Jahn Carolinensiel	1984	2015	00:46:52	00:48:11	00:42:01	00:53:48	00:49:31	00:47:32	04:47:55	00:04:28	31	M30	55	6
257	Kruse	Wilhelm	Team Möbel Buss	1966	2015	00:50:08	00:50:16	00:44:42	00:53:52	00:44:26	00:44:38	04:48:02	00:04:28	49	M40	71	6
258	Saathoff	Katharina	FC SO-SI	2000	2015	00:51:54	00:49:14	00:44:21	00:53:51	00:44:09	00:44:45	04:48:14	00:04:28	15	WU20	3	6
259	Wiemann	Martin	TaktLwGrp "R"	1980	2015	00:51:17	00:51:19	00:44:21	00:53:30	00:43:50	00:44:17	04:48:34	00:04:28	35	M30	56	6
260	van Loh	NlIs	SV Eintracht Nüttermo	1992	2015	00:50:41	00:51:39	00:44:23	00:53:38	00:43:33	00:44:57	04:48:51	00:04:29	23	MHK	42	6
261	Janssen	Claudia	TV Norden	1980	2015	00:50:16	00:50:36	00:44:53	00:53:23	00:44:25	00:45:25	04:48:58	00:04:29	35	W30	6	6
262	Thies	Janus	Alex.-v.- Humboldt-Sch	1999	2015	00:51:10	00:49:49	00:43:57	00:53:28	00:45:31	00:45:08	04:49:03	00:04:29	16	MU20	43	6
263	Bergmann	Hanns	Briese Schifffahrt	1980	2015	00:51:27	00:50:55	00:44:43	00:54:29	00:43:30	00:44:02	04:49:06	00:04:29	35	M30	57	6
264	Bikker	Eike	Raiffeisenbank eG, Mod	1990	2015	00:50:31	00:51:21	00:44:12	00:54:22	00:44:17	00:44:43	04:49:26	00:04:29	25	MHK	43	6
265	Geerken	Henning	Angelsburger Waldläufe	1969	2015	00:50:45	00:50:52	00:45:15	00:53:34	00:44:15	00:44:52	04:49:33	00:04:29	46	M40	72	6
266	Janßen	Henning	Kdo SES	1979	2015	00:49:48	00:49:05	00:42:14	00:52:02	00:42:25	00:54:04	04:49:38	00:04:29	36	M30	58	6
267	Apel	Michael	Moormerland	1973	2015	00:51:34	00:51:00	00:44:37	00:53:51	00:44:05	00:44:33	04:49:40	00:04:29	42	M40	73	6
268	Müller	Jann	Gymnasium Ulricianum	2000	2015	00:50:58	00:50:36	00:44:45	00:53:48	00:44:31	00:45:02	04:49:40	00:04:29	15	MU20	44	6
269	Brahms	Jann	Bohlen & Doyen	1985	2015	00:52:43	00:52:00	00:44:43	00:52:40	00:43:16	00:44:23	04:49:45	00:04:30	30	M30	59	6
270	Grensemann	Kai	Sparkasse Emden	1995	2015	00:50:52	00:49:31	00:44:40	00:53:58	00:45:00	00:45:46	04:49:47	00:04:30	20	MHK	44	6
271	Hanneken	Holger		1980	2015	00:50:10	00:51:57	00:44:06	00:54:28	00:44:11	00:44:55	04:49:47	00:04:30	35	M30	60	6
272	Doden	Alfred	LT TuS Holttriem	1958	2015	00:49:45	00:50:27	00:45:08	00:54:47	00:44:29	00:45:18	04:49:54	00:04:30	57	M50	35	6
273	Kern	Ulrich	Marinestützpunkt Wilhe	1969	2015	00:51:29	00:50:43	00:44:37	00:54:26	00:43:57	00:44:57	04:50:09	00:04:30	46	M40	74	6
274	Dassel	Bastian	STRABAG AG	1990	2015	00:51:09	00:50:41	00:43:58	00:54:42	00:43:57	00:45:45	04:50:12	00:04:30	25	MHK	45	6
275	Boersma	Jan	Rolf Janssen Gruppe	1983	2015	00:50:40	00:50:56	00:44:38	00:54:50	00:44:35	00:44:35	04:50:14	00:04:30	32	M30	61	6
276	Feldiek	Georg	Weener Plastik	1956	2015	00:50:09	00:52:31	00:44:45	00:53:34	00:43:56	00:45:24	04:50:19	00:04:30	59	M50	36	6
277	Haake	Ingo	AOK Norden / VfFl B'bu	1969	2015	00:50:29	00:50:34	00:45:00	00:54:31	00:44:29	00:45:27	04:50:30	00:04:30	46	M40	75	6
278	Rose	Jens	Holz und Bau Weener	1986	2015	00:51:20	00:51:04	00:44:34	00:54:14	00:44:41							

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
285	Junker	Imke	Borromäus Hospital Leer	1987	2015	00:50:33	00:50:56	00:45:08	00:54:44	00:44:27	00:45:12	04:51:00	00:04:31	28	WHK	3	6
286	Biel	Sönke	Injoy Leer	1985	2015	00:50:34	00:50:56	00:45:08	00:54:44	00:44:27	00:45:12	04:51:01	00:04:31	30	M30	64	6
287	Nghiern	Minh Duc	WfbM BBB Aurich Wittn	1993	2015	00:49:01	00:51:01	00:45:04	00:54:38	00:44:44	00:46:34	04:51:02	00:04:31	22	MHK	48	6
288	Schweers	Bernd	Westoverledigen	1979	2015	00:51:44	00:51:04	00:44:47	00:54:36	00:44:48	00:44:30	04:51:29	00:04:31	36	M30	65	6
289	Eissen	Björn	EWE-Wattoopers	1968	2015	00:51:13	00:51:11	00:44:53	00:54:35	00:44:23	00:45:16	04:51:31	00:04:31	47	M40	78	6
290	Bruns	Jan-Uwe	MAN Service Emden	1972	2015	00:51:46	00:51:39	00:44:45	00:54:38	00:44:26	00:44:29	04:51:43	00:04:31	43	M40	79	6
291	Kruse-Edenhuizer	Hilko	STRABAG AG	1970	2015	00:51:19	00:50:53	00:44:42	00:54:41	00:44:24	00:45:46	04:51:45	00:04:31	45	M40	80	6
292	Wolbers	Timo	UEG Leer	1999	2015	00:51:25	00:52:03	00:44:46	00:54:13	00:44:54	00:44:26	04:51:47	00:04:31	16	MU20	45	6
293	Fokken	Michael	VW Emden	1971	2015	00:50:40	00:50:54	00:45:20	00:55:52	00:44:58	00:44:05	04:51:49	00:04:31	44	M40	81	6
294	Schut	Frank	VfL Berumbur	1969	2015	00:51:50	00:50:37	00:44:35	00:54:08	00:44:28	00:46:18	04:51:56	00:04:32	46	M40	82	6
295	Hinrichs	Hermann	WT Loppersum / Max M	1979	2015	00:50:58	00:51:20	00:44:44	00:55:20	00:44:43	00:44:53	04:51:58	00:04:32	36	M30	66	6
296	Hagen	Wolfgang	SPORTGEMEINSCHAFT	1967	2015	00:50:40	00:50:27	00:44:50	00:54:53	00:45:06	00:46:04	04:52:00	00:04:32	48	M40	83	6
297	Lindtner	Michael	MTV Aurich	1970	2015	00:50:40	00:50:36	00:45:40	00:54:29	00:45:16	00:45:32	04:52:13	00:04:32	45	M40	84	6
298	Dieling	Malte	Oll Huus	1989	2015	00:51:02	00:50:38	00:45:02	00:55:03	00:44:50	00:45:44	04:52:19	00:04:32	26	MHK	49	6
299	Frerichs	Timo	Remels	1994	2015	00:52:01	00:51:38	00:45:20	00:55:35	00:43:44	00:44:07	04:52:25	00:04:32	21	MHK	50	6
300	Bootjer	Eric	RVB Aurich/Uplengen	1966	2015	00:51:18	00:51:35	00:45:01	00:54:38	00:44:50	00:45:09	04:52:31	00:04:32	49	M40	85	6
301	Ammermann	Ralf	VW Emden	1967	2015	00:51:42	00:51:41	00:45:21	00:54:45	00:44:15	00:44:48	04:52:32	00:04:32	48	M40	86	6
302	Albers	Jens	TG Wiesmoor	1975	2015	00:50:03	00:50:33	00:44:18	00:54:22	00:45:13	00:48:04	04:52:33	00:04:32	40	M40	87	6
303	Bunger	Marcel	STRABAG AG	1994	2015	00:52:19	00:50:41	00:45:09	00:54:42	00:43:59	00:45:45	04:52:35	00:04:32	21	MHK	51	6
304	Rings	Peter	LSF Oldenburg	1950	2015	00:50:50	00:51:16	00:45:29	00:54:37	00:44:53	00:45:35	04:52:40	00:04:32	65	M60	3	6
305	Eilßel	Sandra	Emder LG	1985	2015	00:51:10	00:50:54	00:45:20	00:55:52	00:44:56	00:44:45	04:52:57	00:04:33	30	W30	7	6
306	Wilhelms	Tobias	IGS Moormerland	1999	2015	00:52:08	00:51:50	00:44:35	00:55:13	00:44:41	00:44:31	04:52:58	00:04:33	16	MU20	46	6
307	Heilmann	Klaus	Seefahrtsschule Leer	1970	2015	00:50:52	00:50:56	00:45:02	00:55:00	00:45:53	00:45:19	04:53:02	00:04:33	45	M40	88	6
308	Nielsen	Lars	Kdo SES	1977	2015	00:50:47	00:51:03	00:45:24	00:56:18	00:44:45	00:44:55	04:53:12	00:04:33	38	M30	67	6
309	Feith	Patrick	SV Arle	1994	2015	00:51:07	00:52:56	00:44:33	00:55:29	00:44:35	00:44:36	04:53:16	00:04:33	21	MHK	52	6
310	Schnabel	Indra	LT TuS Aurich-Ost	1978	2015	00:51:54	00:51:19	00:45:04	00:55:13	00:44:32	00:45:23	04:53:25	00:04:33	37	W30	8	6
311	Smid	Pascale	Aurich	1970	2015	00:51:26	00:51:28	00:45:03	00:54:48	00:45:10	00:45:36	04:53:31	00:04:33	45	W40	3	6
312	Schmidt	Mattes	Gymnasium Ulricianum	1997	2015	00:53:14	00:50:14	00:46:08	00:55:04	00:44:57	00:44:13	04:53:50	00:04:33	18	MU20	47	6
313	Meyerhoff	Lothar	Störtebeker Loopers TV	1961	2015	00:51:16	00:51:48	00:45:31	00:54:29	00:44:56	00:45:52	04:53:52	00:04:33	54	M50	38	6
314	Paul	Sascha	SpVg Aurich	1981	2015	00:51:08	00:51:01	00:45:37	00:55:32	00:45:24	00:45:15	04:53:57	00:04:33	34	M30	68	6
315	Tabiassen	Jan	MTV Aurich	1970	2015	00:58:59	00:55:56	00:39:23	00:55:49	00:42:07	00:41:44	04:53:58	00:04:33	45	M40	89	6
316	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2015	00:51:26	00:51:08	00:46:04	00:55:00	00:44:52	00:45:30	04:54:00	00:04:33	48	M40	90	6
317	Jelden	Carsten	Team ENERCON	1986	2015	00:50:05	00:49:01	00:43:33	01:04:01	00:43:49	00:43:32	04:54:01	00:04:34	29	MHK	53	6
318	Schmeding	Jörg	Druckerei Meyer	1966	2015	00:52:03	00:52:13	00:44:57	00:54:31	00:44:54	00:45:24	04:54:02	00:04:34	49	M40	91	6
319	Harms	Joachim	traba-team	1961	2015	00:51:33	00:51:44	00:45:12	00:55:05	00:45:11	00:45:18	04:54:03	00:04:34	54	M50	39	6
320	Hilgen	Uwe	Feuerwehr Friedrichsfe	1961	2015	00:51:36	00:51:50	00:45:46	00:54:15	00:45:00	00:45:38	04:54:05	00:04:34	54	M50	40	6
321	Doden	Johann	Emder LG	1959	2015	00:54:13	00:51:10	00:44:38	00:54:27	00:44:26	00:45:21	04:54:15	00:04:34	56	M50	41	6
322	Sanders	Daniel	LG Großefehn	1979	2015	00:52:16	00:50:48	00:45:19	00:54:28	00:45:29	00:45:56	04:54:16	00:04:34	36	M30	69	6
323	Wiemers	Sven	MVM IT-Management	1985	2015	00:50:42	00:50:15	00:46:17	00:55:04	00:45:17	00:46:47	04:54:22	00:04:34	30	M30	70	6
324	Beekhuis	Gottfried	Watt'n Looper SV Dorn	1954	2015	00:51:05	00:50:52	00:45:30	00:55:45	00:45:37	00:45:37	04:54:26	00:04:34	61	M60	4	6
325	Lücht	Thomas	Ammerland-Klinik West	1979	2015	00:53:10	00:52:38	00:45:41	00:54:32	00:44:05	00:44:26	04:54:32	00:04:34	36	M30	71	6
326	Buss	Sebastian	UEG Leer	2000	2015	00:53:47	00:51:39	00:44:50	00:54:28	00:44:43	00:45:07	04:54:34	00:04:34	15	MU20	48	6
327	Ukena	Hartmut	Hinte	1968	2015	00:50:56	00:51:46	00:45:35	00:55:23	00:44:47	00:46:14	04:54:41	00:04:34	47	M40	92	6
328	van Jinnelt	Anita	MTV Hohenkirchen	1965	2015	00:51:57	00:51:21	00:45:46	00:54:54	00:45:21	00:45:22	04:54:41	00:04:34	50	W50	2	6
329	Rößing	Hermann	WfbM BBB Aurich Wittn	1965	2015	00:51:33	00:51:14	00:45:42	00:55:30	00:45:12	00:45:33	04:54:44	00:04:34	50	M50	42	6
330	Hellmers	Susanne	TV Norden	1966	2015	00:51:31	00:51:24	00:45:47	00:55:09	00:45:11	00:45:42	04:54:44	00:04:34	49	W40	4	6
331	Bergmann	Klaus	Seefahrtsschule Leer	1958	2015	00:53:50	00:52:04	00:45:26	00:55:01	00:44:14	00:44:15	04:54:50	00:04:34	57	M50	43	6
332	Henkel	Dieter	BV Pfalzdorf	1970	2015	00:51:39	00:51:39	00:44:59	00:55:34	00:45:00	00:46:03	04:54:54	00:04:34	45	M40	93	6
333	Manott	Niklas	NIGE	1997	2015	00:50:19	00:51:14	00:45:55	00:55:53	00:45:10	00:46:29	04:55:00	00:04:34	18	MU20	49	6
334	Schulte	Holger	Schulte Dental Filsun	1975	2015	00:51:56	00:51:52	00:45:13	00:55:28	00:44:54	00:45:39	04:55:02	00:04:34	40	M40	94	6
335	Meyer	Guido	LT TuRa 07 Westrhau	1970	2015	00:51:24	00:51:12	00:45:14	00:56:15	00:45:28	00:45:46	04:55:19	00:04:35	45	M40	95	6
336	Siwald	Talea	Fortuna Logabirum	2001	2015	00:53:04	00:50:42	00:44:57	00:57:29	00:43:29	00:45:40	04:55:21	00:04:35	14	WU20	4	6
337	Ideus	Rainer	LT TuS Aurich-Ost	1964	2015	00:51:11	00:51:26	00:45:47	00:55:43	00:45:30	00:45:46	04:55:23	00:04:35	51	M50	44	6
338	Meyer	Florian	Seefahrtsschule Leer	1992	2015	00:53:28	00:52:12	00:45:35	00:54:43	00:44:47	00:44:45	04:55:30	00:04:35	23	MHK	54	6
339	Schwede	Malte	NIGE	1999	2015	00:51:25	00:52:35	00:44:53	00:54:52	00:45:19	00:46:29	04:55:33	00:04:35	16	MU20	50	6
340	Andrees	Natalie	LG Fliegerhorst Upjeve	1984	2015	00:51:52	00:51:48	00:45:06	00:55:25	00:45:27	00:46:05	04:55:43	00:04:35	31	W30	9	6
341	Ebel	Carsten	Emden	1966	2015	00:51:27	00:51:59	00:45:44	00:55:29	00:44:45	00:46:26	04:55:50	00:04:35	49	M40	96	6
342	Brahms	Stephanie	LT TuS Aurich-Ost	1974	2015	00:52:31	00:51:30	00:45:23	00:55:27	00:45:15	00:45:45	04:55:51	00:04:35	41	W40	5	6
343	Welling	Torsten	MTV Wittmund	1964	2015	00:51:55	00:51:33	00:45:42	00:55:19	00:45:26	00:45:57	04:55:52	00:04:35	51	M50	45	6
344	Janssen	Nanno	Fortuna Logabirum	1967	2015	00:51:53	00:51:38	00:46:36	00:55:21	00:45:03	00:45:21	04:55:52	00:04:35	48	M40	97	6
345	Backer	Edgar	LG Ostfriesland	1965	2015	00:55:59	00:50:33	00:45:11	00:54:04	00:43:37	00:46:29	04:55:53	00:04:35	50	M50	46	6
346	Efrem	Awet	Windlooper	1988	2015	01:00:28	00:50:14	00:43:22	00:55:19	00:42:34	00:43:57	04:55:54	00:04:35	27	MHK	55	6
347	Meinema	Alle-Jan	SG Moordorf	1961	2015	00:51:29	00:52:10	00:45:19	00:55:41	00:45:12	00:46:08	04:55:59	00:04:35	54	M50	47	6
348	Meinen	Gerold	BSC Burhufe	1963	2015	00:51:29	00:51:50	00:45:37	00:55:28	00:45:20	00:46:19	04:56:03	00:04:35	52	M50	48	6
349	Kloppenburg	Arn															

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
356	Lühr	Torsten	TausendfußLeer	1967	2015	00:51:37	00:52:19	00:45:53	00:54:55	00:45:17	00:46:35	04:56:36	00:04:36	48	M40	102	6
357	Beiden	Andre	HöFuL	1981	2015	00:52:22	00:53:18	00:45:30	00:55:33	00:44:52	00:45:04	04:56:39	00:04:36	34	M30	73	6
358	Lukahsen	Marcel	EWE-Wattoopers	1996	2015	00:54:44	00:51:19	00:45:21	00:54:42	00:44:32	00:46:03	04:56:41	00:04:36	19	MU20	51	6
359	de Riese	Reiner	LT SC Ihrhove 07	1959	2015	00:51:44	00:52:04	00:45:54	00:55:22	00:44:54	00:46:45	04:56:43	00:04:36	56	M50	50	6
360	Harms	Johann	Karkdörper Moorlooper	1957	2015	00:52:20	00:52:04	00:45:46	00:55:36	00:45:05	00:45:53	04:56:44	00:04:36	58	M50	51	6
361	de Buhr	Harald	Polizei Leer	1962	2015	00:51:56	00:51:59	00:45:56	00:55:34	00:45:18	00:46:01	04:56:44	00:04:36	53	M50	52	6
362	Bussen	Udo	EWE-Wattoopers	1988	2015	00:52:35	00:52:48	00:45:43	00:55:04	00:44:32	00:46:03	04:56:45	00:04:36	27	MHK	56	6
363	Jütting	Manuel	Apen	1986	2015	00:54:15	00:52:12	00:45:25	00:55:10	00:45:10	00:44:34	04:56:46	00:04:36	29	MHK	57	6
364	Steenblock	Reemt	Baptisten Firrel	1994	2015	00:52:00	00:52:04	00:45:44	00:56:11	00:45:10	00:45:38	04:56:47	00:04:36	21	MHK	58	6
365	Hesse	Noah	FCSO-SI	1999	2015	00:52:50	00:51:40	00:46:21	00:57:07	00:44:25	00:44:29	04:56:52	00:04:36	16	MU20	52	6
366	Steffens	Viola	Emder LG	1975	2015	00:51:26	00:51:22	00:45:34	00:55:57	00:45:57	00:46:38	04:56:54	00:04:36	40	W40	6	6
367	Westphal	Torben	Team ENERCON	1980	2015	00:55:57	00:51:57	00:44:34	00:55:11	00:44:05	00:45:19	04:57:03	00:04:36	35	M30	74	6
368	Bolte	Thomas	EWE-Wattoopers	1965	2015	00:52:33	00:52:49	00:45:44	00:55:00	00:45:02	00:46:03	04:57:11	00:04:36	50	M50	53	6
369	Cramer	Frank	Spetzerfehn	1975	2015	00:53:30	00:51:31	00:45:35	00:55:13	00:45:01	00:46:26	04:57:16	00:04:37	40	M40	103	6
370	Weerts-Duin	Meike	Fortuna Logabirum	1976	2015	00:51:17	00:52:54	00:46:05	00:55:21	00:45:11	00:46:33	04:57:21	00:04:37	39	W30	10	6
371	Alberts	Marco	GeTek	1995	2015	00:53:20	00:55:21	00:46:58	00:54:38	00:43:31	00:43:49	04:57:37	00:04:37	20	MHK	59	6
372	Feucht	Thomas	Radiologie Aurich	1977	2015	00:53:46	00:49:07	00:42:48	00:57:24	00:47:28	00:47:06	04:57:39	00:04:37	38	M30	75	6
373	Boomgaarden	Andre	Moomerland	1977	2015	00:51:51	00:52:41	00:46:15	00:55:35	00:45:26	00:45:55	04:57:43	00:04:37	38	M30	76	6
374	Coordes	Jc	Team ENERCON	1969	2015	00:52:03	00:51:24	00:46:14	00:56:06	00:45:12	00:46:48	04:57:47	00:04:37	46	M40	104	6
375	Gebel	Dietrich	Die Laufschnecken	1989	2015	00:51:21	00:52:03	00:44:38	00:57:18	00:45:49	00:46:50	04:57:59	00:04:37	26	MHK	60	6
376	Frerichs	Robert	TV Norden	1974	2015	00:58:41	00:51:38	00:45:23	00:53:50	00:43:31	00:44:59	04:58:02	00:04:37	41	M40	105	6
377	Borus	Alexander	.	1984	2015	00:53:50	00:51:37	00:45:55	00:55:32	00:45:48	00:45:21	04:58:03	00:04:37	31	M30	77	6
378	Concheiro	Kai	Emder LG	1985	2015	00:52:41	00:52:00	00:45:55	00:55:10	00:45:56	00:46:25	04:58:07	00:04:37	30	M30	78	6
379	Saathoff	Jarek	IGS Waldschule Egels	2003	2015	00:53:58	00:52:18	00:46:04	00:54:34	00:46:04	00:45:11	04:58:09	00:04:37	12	MU20	53	6
380	de Buhr	Hans-Jürgen	Schulte Dental Filsum	1969	2015	00:52:32	00:53:01	00:45:48	00:55:52	00:45:16	00:45:45	04:58:14	00:04:37	46	M40	106	6
381	Freidel	Insa	Rettungsdienst Wittmur	1985	2015	00:52:04	00:51:49	00:45:07	00:55:59	00:45:59	00:47:16	04:58:14	00:04:37	30	W30	11	6
382	Pilney	Bettina	LT SV Ems Jemgum	1962	2015	00:51:34	00:51:23	00:46:52	00:55:39	00:46:01	00:46:50	04:58:19	00:04:38	53	W50	3	6
383	Hinrichs	Christoph	Polizei Leer	1975	2015	00:52:16	00:52:03	00:45:53	00:56:19	00:45:18	00:46:36	04:58:25	00:04:38	40	M40	107	6
384	Koch	Martin	Loga	1966	2015	00:52:33	00:51:50	00:46:36	00:55:35	00:46:24	00:45:28	04:58:26	00:04:38	49	M40	108	6
385	Rauert	Jan	IGNW	1982	2015	00:55:11	00:52:04	00:45:59	00:56:26	00:44:49	00:44:03	04:58:32	00:04:38	33	M30	79	6
386	Kattenbeck	Udo	Stadt Emden	1966	2015	00:55:54	00:52:54	00:44:52	00:54:22	00:45:13	00:45:19	04:58:34	00:04:38	49	M40	109	6
387	Stucke	Thorsten	PFL-Stift Esens	1974	2015	00:51:38	00:52:06	00:46:07	00:56:58	00:45:08	00:46:41	04:58:38	00:04:38	41	M40	110	6
388	Lütten	Christian	IGS Aurich-West	1968	2015	00:52:20	00:53:28	00:46:09	00:55:31	00:44:54	00:46:16	04:58:38	00:04:38	47	M40	111	6
389	Ahrendt	Michael	SV Dornum	1970	2015	00:52:00	00:52:32	00:46:02	00:56:23	00:46:09	00:45:39	04:58:45	00:04:38	45	M40	112	6
390	Oltrop	Ralf	Gassco Vikings	1969	2015	00:52:30	00:52:20	00:46:23	00:55:45	00:45:15	00:46:33	04:58:46	00:04:38	46	M40	113	6
391	Kempen	Sönke	Briese Schifffahrt	1995	2015	00:52:24	00:53:47	00:44:56	00:55:48	00:44:48	00:47:04	04:58:47	00:04:38	20	MHK	61	6
392	Meier	Heide	Störtebeker Loopers TV	1971	2015	00:51:50	00:51:31	00:46:33	00:56:15	00:46:16	00:46:24	04:58:49	00:04:38	44	W40	7	6
393	Staude	Hartmut	Padlooper	1971	2015	00:53:03	00:52:44	00:45:25	00:55:55	00:45:37	00:46:05	04:58:49	00:04:38	44	M40	114	6
394	Bohlen	Steffen	SV Großefehn	1997	2015	00:54:50	00:53:18	00:45:12	00:55:04	00:45:52	00:44:42	04:58:58	00:04:38	18	MU20	54	6
395	Smidt	Oliver	ENERCON	1970	2015	00:53:01	00:52:04	00:46:07	00:56:16	00:45:51	00:45:46	04:59:05	00:04:38	45	M40	115	6
396	Hayen	Simon	Alex.-v.-Humboldt-Sch	1998	2015	00:53:25	00:52:21	00:47:01	00:56:37	00:44:37	00:45:04	04:59:05	00:04:38	17	MU20	55	6
397	Lüken	Marco	SVO Wi sünd Holttriem	1997	2015	00:52:14	00:51:11	00:46:12	00:57:18	00:45:03	00:47:11	04:59:09	00:04:38	18	MU20	56	6
398	Siemers	Frank	Klingeel / Weener Ener	1974	2015	00:55:51	00:52:47	00:45:39	00:54:42	00:44:50	00:45:22	04:59:11	00:04:38	41	M40	116	6
399	Nanninga	Jochen	TV Norden	1967	2015	00:51:43	00:52:30	00:46:33	00:56:23	00:46:04	00:46:14	04:59:27	00:04:39	48	M40	117	6
400	Meyer	Jörg	LG Fliegerhorst Upjevel	1962	2015	00:51:52	00:51:53	00:46:36	00:56:09	00:46:17	00:46:42	04:59:29	00:04:39	53	M50	54	6
401	Wilken	Günther	TUS Leerhafen - Hovel e.V.	1968	2015	00:52:47	00:52:03	00:46:12	00:56:10	00:45:34	00:46:47	04:59:33	00:04:39	47	M40	118	6
402	Popp	Wilfried	TSV Riepe	1965	2015	00:51:52	00:52:12	00:46:49	00:57:01	00:45:23	00:46:22	04:59:39	00:04:39	50	M50	55	6
403	Hedemann	Fredy	Team Möbel Buss	1962	2015	00:52:30	00:52:26	00:45:13	00:55:27	00:45:13	00:48:55	04:59:44	00:04:39	53	M50	56	6
404	Berghaus	Jens	Realschule Aurich	1959	2015	00:52:01	00:52:43	00:46:11	00:56:26	00:45:54	00:46:53	05:00:08	00:04:39	56	M50	57	6
405	Hausschild	Luciano	Team ENERCON	1979	2015	00:52:40	00:52:42	00:46:08	00:55:55	00:46:01	00:46:49	05:00:15	00:04:39	36	M30	80	6
406	Buss	Bjarne	Gymnasium Ulricianum	1999	2015	00:56:12	00:53:50	00:47:39	00:54:51	00:43:35	00:44:13	05:00:20	00:04:39	16	MU20	57	6
407	Janke	Volkmar	Baptisten Firrel	1963	2015	00:52:36	00:52:02	00:45:57	00:57:26	00:46:14	00:46:06	05:00:21	00:04:39	52	M50	58	6
408	Lübbers	Verena	RAe Dr. Fenner Bockho	1981	2015	00:51:49	00:51:33	00:46:31	00:56:44	00:46:41	00:47:06	05:00:24	00:04:39	34	W30	12	6
409	Prestl	Tim	Die Drei Lauffreunde	1978	2015	00:52:10	00:58:15	00:46:25	00:55:06	00:44:05	00:44:26	05:00:27	00:04:39	37	M30	81	6
410	Rakel	Frank	Kurt sien Trupp	1975	2015	00:52:07	00:52:34	00:45:56	00:56:03	00:45:49	00:48:03	05:00:32	00:04:40	40	M40	119	6
411	Best	Michael	Mahl- und Mischbetrieb	1989	2015	00:53:04	00:52:08	00:46:36	00:56:30	00:46:01	00:46:23	05:00:42	00:04:40	26	MHK	62	6
412	Meents	Enno	TUS Leerhafen - Hovel	1966	2015	00:52:36	00:52:34	00:46:40	00:56:32	00:45:34	00:46:46	05:00:42	00:04:40	49	M40	120	6
413	Pasternak	Vladislav	Seefahrtsschule Leer	1987	2015	00:54:03	00:53:16	00:45:57	00:55:57	00:44:58	00:46:33	05:00:44	00:04:40	28	MHK	63	6
414	Schäfer	Marco	Manitowoc Runners	1992	2015	00:52:25	00:51:58	00:46:31	00:56:23	00:46:10	00:47:21	05:00:48	00:04:40	23	MHK	64	6
415	Mühlenbrock	Holger	Landgericht Aurich	1982	2015	00:54:26	00:53:42	00:46:15	00:55:33	00:45:28	00:45:27	05:00:51	00:04:40	33	M30	82	6
416	Struckmeyer	Marcus	Gymnasium Ulricianum	1970	2015	00:48:30	00:48:27	00:46:59	01:00:39	00:43:36	00:52:43	05:00:54	00:04:40	45	M40	121	6
417	Goldenstein	Michael	Ingenieurbüro Post & H	1987	2015	00:52:40	00:55:39	00:45:56	00:55:09	00:45:55	00:45:41	05:01:00	00:04:40	28	MHK	65	6
418	Löseke	Oliver	Sparkasse Aurich-Nord	1972	2015	00:52:39	00:54:06	00:45:22	00:56:43	00:45:44	00:46:30	05:01:04	00:04:40	43	M40	122	6
419	Melzer	Carsten	Emder LG	1969	2015	00:52:27	00:52:44	00:46:42	00:57:07	00:45:55	00:46:09	05:01:04	00:04:40	46	M40	123	6

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
427	Krawietz	Miriam	Emder LG	1977	2015	00:51:39	00:52:50	00:47:32	00:56:17	00:47:01	00:46:07	05:01:26	00:04:40	38	W30	13	6
428	Rieken	Volker	doerlooper.de	1967	2015	00:52:19	00:52:18	00:46:18	00:57:15	00:46:03	00:47:18	05:01:31	00:04:40	48	M40	125	6
429	Pleis	Ingo	Ammersum	1980	2015	00:51:49	00:54:44	00:46:25	00:58:05	00:43:56	00:46:34	05:01:33	00:04:41	35	M30	83	6
430	Steffens	Derk	Emder LG	2001	2015	00:55:12	00:54:44	00:46:29	00:56:56	00:44:13	00:44:02	05:01:36	00:04:41	19	MU20	60	6
431	Blauröck	Marco	obw Emden	1996	2015	00:56:15	00:53:50	00:44:02	00:55:43	00:44:05	00:47:45	05:01:40	00:04:41	14	MU20	61	6
432	Pelka	Alfred	Rettungsdienst Leer	1968	2015	00:44:39	00:45:10	00:46:24	01:06:06	00:51:51	00:47:40	05:01:50	00:04:41	47	M40	126	6
433	Wolbers	Josef	Deutsche Rentenversic	1966	2015	00:53:08	00:52:50	00:46:35	00:56:34	00:46:07	00:46:46	05:02:00	00:04:41	49	M40	127	6
434	Iken	Christian	WfbM BBB Aurich Wittr	1995	2015	00:54:26	00:50:52	00:46:32	00:56:22	00:46:56	00:46:55	05:02:03	00:04:41	20	MHK	66	6
435	Bloem	Günter	VfL Victoria Flachsmee	1968	2015	00:52:50	00:53:37	00:46:16	00:56:39	00:45:59	00:46:54	05:02:15	00:04:41	47	M40	128	6
436	Flachowsky	Elia	Hartmann Group	1990	2015	00:52:18	00:52:47	00:46:34	00:56:26	00:47:02	00:47:09	05:02:16	00:04:41	25	MHK	67	6
437	Grübner	Tim	Sparkasse Aurich-Nord	1975	2015	00:53:16	00:52:45	00:46:36	00:56:42	00:46:15	00:46:48	05:02:22	00:04:41	40	M40	129	6
438	Kobuch	Herma	Lauffreff Schafhauser V	1968	2015	00:52:39	00:52:20	00:46:32	00:57:17	00:46:09	00:47:25	05:02:22	00:04:41	47	W40	10	6
439	Eckstein	Sascha	Peichert Luijtens & Eck	1975	2015	00:52:14	00:52:38	00:46:29	00:56:51	00:46:37	00:47:51	05:02:40	00:04:42	40	M40	130	6
440	Zelmanski	Ingo	Hol ab! Getränkemarkt	1969	2015	00:52:10	00:52:43	00:47:19	00:58:34	00:45:56	00:45:58	05:02:40	00:04:42	46	M40	131	6
441	Edzards	Julian	Schafhauser Wald	1992	2015	00:53:08	00:52:38	00:46:53	00:58:27	00:45:01	00:46:34	05:02:41	00:04:42	23	MHK	68	6
442	Meyeraan	Harald	Loppersum / VW Emde	1964	2015	00:47:58	00:48:24	00:42:41	00:52:52	00:48:07	01:02:39	05:02:41	00:04:42	51	M50	61	6
443	Folkerts	Ingrid	Fortuna Logabirum	1966	2015	00:57:19	00:53:17	00:45:49	00:55:42	00:45:28	00:45:22	05:02:57	00:04:42	49	W40	11	6
444	Foorden	Monika	LG Großefehn	1968	2015	00:53:04	00:53:17	00:46:26	00:57:36	00:45:52	00:46:49	05:03:04	00:04:42	47	W40	12	6
445	Ahlers	Sascha	Sodasan	1978	2015	00:53:47	00:53:27	00:46:27	00:56:53	00:45:44	00:46:49	05:03:07	00:04:42	37	M30	84	6
446	Heiken	Onno	Schachclub Aurich	1997	2015	00:54:12	00:52:23	00:46:40	00:57:19	00:46:49	00:45:44	05:03:07	00:04:42	18	MU20	62	6
447	Runden	Michael	Stadt Leer	1961	2015	00:53:28	00:53:19	00:46:41	00:56:42	00:46:12	00:46:47	05:03:09	00:04:42	54	M50	62	6
448	Kisch	Annette	Fortuna Logabirum	1966	2015	00:51:55	00:52:43	00:46:59	00:57:38	00:46:29	00:47:30	05:03:14	00:04:42	49	W40	13	6
449	Wagner	Andre	Nordland Papier	1968	2015	00:52:26	00:53:37	00:47:03	00:55:44	00:46:47	00:47:47	05:03:24	00:04:42	47	M40	132	6
450	Varga	Erwin	Berumerfehn	1969	2015	00:52:41	00:53:07	00:46:35	00:57:55	00:46:01	00:47:11	05:03:30	00:04:42	46	M40	133	6
451	Reents	Helke	MLP Emden	1999	2015	00:52:39	00:52:56	00:46:15	00:57:36	00:46:37	00:47:27	05:03:30	00:04:42	16	WU20	6	6
452	Peters	Hendrik	Emder LG	1991	2015	00:53:16	00:53:32	00:46:20	00:56:17	00:45:37	00:48:29	05:03:31	00:04:42	24	MHK	69	6
453	Güttner	David	NIGE	1980	2015	00:51:59	00:51:36	00:46:10	00:57:10	00:46:32	00:50:14	05:03:41	00:04:42	35	M30	85	6
454	Schlink	Daniel	Neukamperfehn	1996	2015	00:57:15	00:53:01	00:46:24	00:56:39	00:44:42	00:45:43	05:03:44	00:04:43	19	MU20	63	6
455	Baller	Holger	OGV	1971	2015	00:57:52	00:52:53	00:45:45	00:55:51	00:45:21	00:46:03	05:03:45	00:04:43	44	M40	134	6
456	Hinken	Jürgen	KBV Wiesede Boßeln	1963	2015	00:52:24	00:52:54	00:47:03	00:57:01	00:46:49	00:47:37	05:03:48	00:04:43	52	M50	63	6
457	Schmidt	Olaf	Team ENERCON	1964	2015	00:52:11	00:51:22	00:46:30	00:56:24	00:47:26	00:50:04	05:03:57	00:04:43	51	M50	64	6
458	Pleis	Michael	Blau-Weiß Filsum	1991	2015	00:54:20	00:54:04	00:46:45	00:57:45	00:43:59	00:47:10	05:04:03	00:04:43	24	MHK	70	6
459	Reemts	Ramona	LG Harlingerland	1984	2015	00:52:08	00:52:34	00:46:54	00:59:36	00:46:28	00:46:23	05:04:03	00:04:43	31	W30	14	6
460	Zimmermann	Thorsten	Team ENERCON	1972	2015	00:53:55	00:53:51	00:46:53	00:56:38	00:46:03	00:46:47	05:04:07	00:04:43	43	M40	135	6
461	Janssen	Lotte	Gymnasium Ulricianum	2004	2015	00:55:02	00:52:40	00:45:10	00:57:22	00:47:09	00:46:50	05:04:13	00:04:43	11	WU20	7	6
462	Smidt	Mike	Team Erdinger	1971	2015	00:53:43	00:52:53	00:47:23	00:56:54	00:46:05	00:47:17	05:04:15	00:04:43	44	M40	136	6
463	Bathow	Thomas	AGRAVIS Ems-Jade G	1987	2015	00:53:48	00:53:11	00:46:33	00:57:10	00:46:11	00:47:24	05:04:17	00:04:43	28	MHK	71	6
464	Baumann	Onno	Leinerstift e.V.	1968	2015	00:53:11	00:53:20	00:47:15	00:56:56	00:46:34	00:47:01	05:04:17	00:04:43	47	M40	137	6
465	Schmidt	Jan	sportfreunde möhlenwa	1992	2015	01:01:06	00:51:25	00:44:32	00:55:47	00:45:02	00:46:26	05:04:18	00:04:43	23	MHK	72	6
466	Büscher	Johann	Büschies	1968	2015	00:53:12	00:53:46	00:46:53	00:56:57	00:45:50	00:47:41	05:04:19	00:04:43	47	M40	138	6
467	Coordes	Malte	TaktLwGrp "R"	1995	2015	00:52:27	00:51:42	00:47:04	00:58:17	00:45:44	00:49:14	05:04:28	00:04:43	20	MHK	73	6
468	Damm	Becci	Augenoptik Ralf Damm	1983	2015	00:53:38	00:52:46	00:46:22	00:57:15	00:46:48	00:47:39	05:04:28	00:04:43	32	W30	15	6
469	Olthoff	Karin	LG Teutonia Stapelmod	1975	2015	00:53:53	00:52:59	00:46:40	00:57:17	00:46:27	00:47:17	05:04:33	00:04:43	40	W40	14	6
470	Metz	Thorsten	Borromäus Hospital Lee	1987	2015	00:56:15	00:54:22	00:47:19	00:56:10	00:45:14	00:45:13	05:04:33	00:04:43	28	MHK	74	6
471	Lonser	Sylvia	Wiefelstede	1980	2015	00:52:55	00:53:35	00:47:16	00:57:03	00:46:29	00:47:16	05:04:34	00:04:43	35	W30	16	6
472	Faß	Johann	good voran emden	1957	2015	00:53:11	00:52:34	00:45:52	00:58:25	00:46:58	00:47:37	05:04:37	00:04:43	58	M50	65	6
473	Rücker	Konstantin	NIGE	1998	2015	00:52:29	00:53:47	00:46:29	00:57:39	00:46:25	00:47:50	05:04:39	00:04:43	17	MU20	64	6
474	Waalkens	Holger	Tichelwarf	1969	2015	00:53:24	00:53:03	00:46:33	00:57:26	00:46:52	00:47:25	05:04:43	00:04:43	46	M40	139	6
475	Büker	Markus	Team ENERCON	1968	2015	00:53:54	00:55:02	00:46:19	00:57:02	00:45:32	00:47:00	05:04:49	00:04:44	47	M40	140	6
476	Bleeker	Rolf	VOST	1961	2015	00:54:04	00:54:31	00:47:21	00:57:05	00:46:13	00:45:51	05:05:05	00:04:44	54	M50	66	6
477	Trevisan	Aramis Schwank	Team ENERCON	1987	2015	00:55:08	00:52:59	00:45:41	00:55:56	00:51:44	00:43:39	05:05:07	00:04:44	28	MHK	75	6
478	Nordbrock	Herbert	Weener Plastik	1967	2015	00:54:18	00:53:04	00:46:53	00:57:49	00:46:53	00:46:11	05:05:08	00:04:44	48	M40	141	6
479	Dege	Andreas	Klinikum Leer	1982	2015	00:56:10	00:54:46	00:46:57	00:56:37	00:45:13	00:45:34	05:05:17	00:04:44	33	M30	86	6
480	Hartmann	Frank	Beekmann/Nehtsen	1971	2015	00:50:48	00:50:15	00:43:26	00:58:29	00:44:26	00:47:53	05:05:17	00:04:44	44	M40	142	6
481	Untied-Plassmeier	Anke	Fortuna Logabirum	1969	2015	00:53:12	00:53:10	00:46:58	00:57:25	00:47:10	00:47:29	05:05:24	00:04:44	46	W40	15	6
482	Andrees	Björn	LG Fliegerhorst Upjevel	1980	2015	00:54:15	00:52:56	00:47:22	00:55:34	00:48:32	00:46:48	05:05:27	00:04:44	35	M30	87	6
483	Grimm	Uwe	VfL Berumbur	1969	2015	00:52:40	00:53:36	00:46:52	00:56:47	00:47:44	00:48:02	05:05:41	00:04:44	46	M40	143	6
484	Bohnen	Michael	DYNAMO LOHE	1984	2015	00:54:38	00:53:55	00:46:42	00:57:51	00:46:07	00:46:34	05:05:47	00:04:44	31	M30	88	6
485	Aggen	Timo	Blau-Weiß Filsum	1997	2015	00:54:16	00:54:07	00:47:16	00:57:51	00:45:34	00:46:46	05:05:50	00:04:44	18	MU20	65	6
486	Dieken	Manfred	CVJM Aurich	1975	2015	00:54:32	00:55:30	00:47:45	00:56:00	00:45:44	00:46:20	05:05:51	00:04:45	40	M40	144	6
487	Damm	Itze	Augenoptik Ralf Damm	1974	2015	00:53:38	00:52:46	00:48:02	00:57:12	00:46:49	00:47:40	05:06:07	00:04:45	41	M40	145	6
488	Baumann	Hermann	Klinikum Emden	1970	2015	00:53:24	00:53:57	00:46:59	00:57:47	00:46:26	00:47:37	05:06:10	00:04:45	45	M40	146	6
489	Kuhlemann	Holger	Rolf Janssen Gruppe	1982	2015	00:54:41	00:54:33	00:46:34	00:56:46	00:46:02	00:47:37	05:06:13	00:04:45	33	M30	89	6
490	Balssen	Michael	Rolf Janssen Gruppe	1988	2015	00:54:37	00:54:34	00:46:35	00:56:46	00:46:02	00:47:39	05:06:13	00:04:45	27	MHK	76	6
491	Dettmer	Thorsten	Leinerstift e.V.	1965	2015	00:54:25	00:53:20	0									

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	km 64,55	pro km				
498	Habben	Berend	Wybelsum	1960	2015	00:52:45	00:52:44	00:47:30	00:58:29	00:47:15	00:47:42	05:06:25	00:04:45	55	M50	68	6
499	Lenke	Renè	Polizei Leer	1992	2015	00:54:07	00:55:49	00:46:22	00:58:00	00:46:09	00:46:11	05:06:38	00:04:45	23	MHK	80	6
500	Kotas	Peter	Team ENERCON	1985	2015	00:55:54	00:55:03	00:47:27	00:57:00	00:45:51	00:45:29	05:06:44	00:04:45	30	M30	90	6
501	Kampen	Tabea	Gymnasium Ulricianum	1998	2015	00:54:56	00:53:26	00:46:32	00:57:46	00:46:33	00:47:42	05:06:55	00:04:46	17	WU20	8	6
502	Janßen	Siegfried	Lg-Ostfriesland	1955	2015	00:54:57	00:53:26	00:46:32	00:57:47	00:46:34	00:47:42	05:06:58	00:04:46	60	M60	5	6
503	Berrens	Hartmut	SC07 Ihrhove	1962	2015	00:54:03	00:54:32	00:53:32	00:55:45	00:44:16	00:44:51	05:06:59	00:04:46	53	M50	69	6
504	Danne	Siegfried	SV Wymeer/Boen	1961	2015	00:53:57	00:53:46	00:47:17	00:57:42	00:46:56	00:47:23	05:07:01	00:04:46	54	M50	70	6
505	Ziegler	Frank	Teestube Eiland	1967	2015	00:53:02	00:53:22	00:47:46	00:57:42	00:47:24	00:47:56	05:07:12	00:04:46	48	M40	149	6
506	Erwiens	Hermann	LG Ostfriesland	1970	2015	00:52:46	00:52:54	00:47:53	00:57:45	00:47:27	00:48:28	05:07:13	00:04:46	45	M40	150	6
507	Stafforst	Lars	-	1967	2015	00:55:41	00:54:58	00:47:21	00:56:49	00:45:32	00:46:52	05:07:13	00:04:46	48	M40	151	6
508	Jever	Karlheinz	Emder LG	1964	2015	00:52:37	00:54:33	00:47:00	00:57:51	00:46:25	00:48:48	05:07:14	00:04:46	51	M50	71	6
509	Maschke	Jannis	Team ENERCON	1978	2015	00:50:52	00:51:05	00:44:33	00:55:05	00:44:05	01:01:35	05:07:15	00:04:46	37	M30	91	6
510	Kramer	Manfred	LG Werder-Ossis	1962	2015	00:52:55	00:53:11	00:46:54	00:56:41	00:47:09	00:50:25	05:07:15	00:04:46	53	M50	72	6
511	Schultz	Heinz	VfR Heisfelde	1949	2015	00:53:20	00:53:38	00:47:51	00:57:32	00:47:18	00:47:40	05:07:19	00:04:46	66	M60	6	6
512	Lümken	Matthias	Team Ostfriesland	1984	2015	00:52:53	00:59:03	00:47:20	00:55:46	00:45:32	00:46:54	05:07:28	00:04:46	31	M30	92	6
513	von Kentzinsky	Roland	TG Wiesmoor	1948	2015	00:53:42	00:53:27	00:47:36	00:57:40	00:47:17	00:47:46	05:07:28	00:04:46	67	M60	7	6
514	Baumann	Jannik	Orgadata AG	1995	2015	01:00:18	00:54:32	00:47:39	00:56:25	00:44:36	00:44:00	05:07:30	00:04:46	20	MHK	81	6
515	Gerdes	Gerhard	G	1963	2015	00:54:25	00:54:05	00:47:25	00:56:34	00:46:50	00:48:13	05:07:32	00:04:46	52	M50	73	6
516	Willems	Horst	Jennelt	1969	2015	00:53:42	00:54:06	00:47:51	00:57:25	00:46:38	00:47:55	05:07:37	00:04:46	46	M40	152	6
517	Rosenkranz	Tim	Gemeinnützige Werkstä	1988	2015	00:55:02	00:55:19	00:47:05	00:57:16	00:46:01	00:47:00	05:07:43	00:04:46	27	MHK	82	6
518	Günther	Stephan	LC Wechloy Oldenburg	1970	2015	00:53:34	00:54:05	00:47:23	00:58:20	00:46:44	00:47:38	05:07:44	00:04:46	45	M40	153	6
519	Ihnen	Michael	Leinerstift e.V.	1962	2015	00:52:25	00:58:45	00:46:52	00:56:50	00:46:49	00:46:06	05:07:47	00:04:46	53	M50	74	6
520	Bruns	Sandra	NW Steuerberatungsge	1976	2015	00:53:48	00:53:37	00:48:15	00:57:31	00:46:58	00:47:39	05:07:48	00:04:46	39	W30	17	6
521	Meyer	Manfred	Borromäus Hospital Lee	1963	2015	00:54:52	00:56:22	00:46:50	00:56:25	00:46:19	00:47:12	05:08:00	00:04:47	52	M50	75	6
522	Böhm	Jörg	Kurt sien Trupp	1965	2015	00:56:07	00:53:12	00:46:54	00:57:08	00:46:29	00:48:11	05:08:01	00:04:47	50	M50	76	6
523	Ferguson	Conor	ENOVA	1982	2015	00:54:23	00:52:29	00:54:10	00:56:23	00:44:14	00:46:24	05:08:03	00:04:47	33	M30	93	6
524	Reuter	Nils	Moorlooper	1988	2015	00:54:43	00:55:21	00:47:24	00:57:59	00:45:48	00:46:52	05:08:07	00:04:47	27	MHK	83	6
525	Schoon	Reiner	LG Wilken	1964	2015	00:54:12	00:53:42	00:47:20	00:57:42	00:47:16	00:47:56	05:08:08	00:04:47	51	M50	77	6
526	Janßen-Frerichs	Herma	Lauffreß Schafhauser V	1964	2015	00:53:48	00:54:30	00:47:24	00:57:28	00:47:14	00:47:45	05:08:09	00:04:47	51	W50	4	6
527	Bunjes	Axel	LT TuRa 07 Westrauda	1960	2015	00:54:16	00:53:54	00:47:32	00:57:16	00:47:07	00:48:11	05:08:16	00:04:47	55	M50	78	6
528	Peters	Wolfgang	TuS Eintracht Hinte	1967	2015	00:53:12	00:53:32	00:47:46	00:57:41	00:47:47	00:48:23	05:08:21	00:04:47	48	M40	154	6
529	Heyen	Stefan	Bünting Tee	1988	2015	00:54:25	00:54:07	00:46:37	00:58:18	00:47:03	00:48:01	05:08:31	00:04:47	27	MHK	84	6
530	Goos	Anja	Emder LG	1972	2015	00:52:57	00:54:27	00:47:50	00:57:48	00:47:45	00:47:44	05:08:31	00:04:47	43	W40	16	6
531	Wiechers	Wilko	Volkswagen Emden	1987	2015	00:55:37	00:55:30	00:47:16	00:57:10	00:46:07	00:47:00	05:08:40	00:04:47	28	MHK	85	6
532	Homm	Julia	FCSo- 10WPK	1998	2015	00:55:18	00:54:49	00:48:08	00:57:59	00:46:23	00:46:05	05:08:42	00:04:47	17	WU20	9	6
533	Weerts	Steffen	RVB Aurich/Uplengen	1991	2015	00:53:03	00:54:24	00:47:41	00:58:04	00:48:24	00:47:13	05:08:49	00:04:47	24	MHK	86	6
534	Steingeweg	Hauke	Sparkasse Aurich-Nord	1983	2015	00:54:08	00:52:44	00:47:34	00:57:49	00:48:30	00:48:11	05:08:56	00:04:47	32	M30	94	6
535	Thörner	Klaus	obw Emden	1964	2015	00:54:04	00:53:40	00:47:37	00:57:50	00:47:37	00:48:15	05:09:03	00:04:47	51	M50	79	6
536	Reil	Stephan	TuS Eversten, Oldenbu	1967	2015	00:52:41	00:54:36	00:47:53	00:58:15	00:48:08	00:47:33	05:09:06	00:04:48	48	M40	155	6
537	Börgener	Sonja	RAe Dr. Fenner Bockh	1985	2015	00:54:50	00:54:09	00:47:36	00:58:10	00:46:46	00:47:35	05:09:06	00:04:48	30	W30	18	6
538	Rogga	Marcus	Störtebeker Loopers TV	1977	2015	00:54:40	00:53:43	00:47:58	00:57:54	00:46:33	00:48:23	05:09:11	00:04:48	38	M30	95	6
539	Sievers	Christian	Briese Schiffahrt	1984	2015	00:53:58	00:53:22	00:47:57	00:57:53	00:48:09	00:47:53	05:09:12	00:04:48	31	M30	96	6
540	Otten	Elmar	DLRG Weener	1982	2015	00:53:58	00:53:53	00:47:35	00:57:58	00:47:29	00:48:35	05:09:28	00:04:48	33	M30	97	6
541	Kruse	Andreas	K & W Tauchservice	1990	2015	00:56:35	00:54:59	00:46:44	00:57:49	00:47:19	00:46:10	05:09:36	00:04:48	25	MHK	87	6
542	Garrelts	Hilmar	Friedeburg	1972	2015	00:56:09	00:56:00	00:47:20	00:57:10	00:46:29	00:46:37	05:09:45	00:04:48	43	M40	156	6
543	Haus	Timo	Klinikum Emden	1978	2015	00:54:21	00:56:06	00:46:58	00:58:50	00:46:21	00:47:13	05:09:49	00:04:48	37	M30	98	6
544	Doden	Peter	GeTek	1959	2015	00:54:03	00:54:31	00:48:14	00:57:21	00:46:57	00:48:52	05:09:58	00:04:48	56	M50	80	6
545	Cramer	Markus	Post SV Leer	1975	2015	00:54:42	00:55:01	00:47:39	00:58:49	00:46:51	00:47:07	05:10:09	00:04:49	40	M40	157	6
546	Hogenkamp	Lars	Jever	1972	2015	00:55:00	00:53:44	00:47:49	00:57:56	00:47:40	00:48:19	05:10:28	00:04:49	43	M40	158	6
547	Odion	Jean-Yann	TaktLwGrp "R"	1993	2015	00:54:06	00:55:18	00:47:40	00:57:45	00:47:46	00:47:53	05:10:28	00:04:49	22	MHK	88	6
548	Schröder	Eike	Klinikum Emden	1988	2015	00:56:29	00:54:04	00:46:50	00:57:32	00:49:02	00:46:46	05:10:43	00:04:49	27	MHK	89	6
549	Reshöft	Nicole	Aurich	1971	2015	00:55:03	00:54:50	00:47:52	00:58:18	00:47:11	00:47:41	05:10:55	00:04:49	44	W40	17	6
550	Günther	Alwin	SVO Wi sünd Holtriem	1973	2015	00:53:05	00:54:57	00:48:32	00:57:51	00:47:38	00:48:55	05:10:58	00:04:49	42	M40	159	6
551	Gerdes	Martin	Realschule 10b	1997	2015	00:55:23	00:56:38	00:48:15	00:58:47	00:48:29	00:43:26	05:10:58	00:04:49	18	MU20	67	6
552	Fuchs	Holger	Team Laufrausch e.V.	1970	2015	00:54:16	00:55:57	00:47:18	00:59:10	00:46:03	00:48:16	05:11:00	00:04:49	45	M40	160	6
553	Siemens	Hermann	Hammelwarde Sprinter	1967	2015	00:54:54	00:54:27	00:47:31	00:58:41	00:47:07	00:48:21	05:11:01	00:04:49	48	M40	161	6
554	Basa	Frank	Die Laufschnellen	1976	2015	00:53:41	00:54:05	00:48:14	00:59:05	00:47:30	00:48:33	05:11:08	00:04:49	39	M30	99	6
555	Kopietz	Manuel	Trauco	1996	2015	00:59:26	00:57:15	00:47:08	00:54:25	00:46:17	00:46:39	05:11:10	00:04:49	19	MU20	68	6
556	Harms	Jörg	Schüt-Duis	1965	2015	00:54:30	00:54:11	00:48:01	00:58:20	00:47:35	00:48:34	05:11:11	00:04:49	50	M50	81	6
557	Knopf	Jannes	Gymnasium Ulricianum	1997	2015	00:56:39	00:55:41	00:47:19	00:57:53	00:46:32	00:47:11	05:11:15	00:04:50	18	MU20	69	6
558	Hiersemann	Frank	Tus Eintracht Hinte	1969	2015	00:54:32	00:54:57	00:47:28	00:58:48	00:47:10	00:48:20	05:11:15	00:04:50	46	M40	162	6
559	Nagel	Hermann	RKZV I 43	1956	2015	00:53:52	00:54:25	00:48:26	00:58:06	00:47:51	00:48:53	05:11:33	00:04:50	59	M50	82	6
560	Erfkamp	Manfred		1959	2015	00:54:24	00:54:31	00:48:03	00:58:15	00:47:43	00:48:39	05:11:35	00:04:50	56	M50	83	6
561	Barth	Johann	TVM Badminton	1978	2015	00:54:36	00:54:30	00:47:55	00:59:38	00:46:39	00:48:21	05:11:39	00:04:50	37	M30	100	6
562	Cremer	Benjamin	LG Ostfriesland	1980	2015	00:54:06	00:53:57	00:48:14	00:58:36	00:47							

34. Ostfrieslandlauf 2015

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
569	Brandt	Michael	IGS Waldschule Egels	1984	2015	00:55:52	00:55:17	00:48:08	00:58:00	00:47:22	00:47:26	05:12:05	00:04:50	31	M30	104	6
570	Albers	Jürgen	Klinikum Leer	1969	2015	00:55:55	00:54:11	00:47:25	00:57:57	00:47:58	00:48:41	05:12:07	00:04:50	46	M40	166	6
571	Hottinger	Jochen	Heinen Freezing	1966	2015	00:56:08	00:54:42	00:48:11	00:59:14	00:47:02	00:46:50	05:12:07	00:04:50	49	M40	167	6
572	Gerd	Hendrik	G	1996	2015	00:54:37	00:56:20	00:47:15	00:58:34	00:45:58	00:49:25	05:12:09	00:04:50	19	MU20	71	6
573	Piel	Tanjev	TaktLwGrp "R"	1994	2015	00:53:42	00:54:58	00:48:07	00:59:38	00:47:50	00:48:03	05:12:18	00:04:51	21	MHK	90	6
574	Böhlend	Kay	LC Wechloy	1965	2015	00:54:14	00:55:16	00:47:36	00:59:57	00:47:03	00:48:12	05:12:18	00:04:51	50	M50	84	6
575	Kampen	Hermann	Stallbrüggerfeld	1972	2015	00:55:28	00:55:35	00:47:33	00:58:30	00:47:11	00:48:04	05:12:21	00:04:51	43	M40	168	6
576	Müller	Lothar	Onkologie UnterEms/Fd	1961	2015	00:54:24	00:55:02	00:47:46	00:58:20	00:47:44	00:49:05	05:12:21	00:04:51	54	M50	85	6
577	Brakenhoff	Holger	Sparkasse Aurich-Nord	1968	2015	00:54:51	00:54:52	00:48:37	00:58:21	00:48:22	00:47:21	05:12:24	00:04:51	47	M40	169	6
578	Timmer	Ulrich	Elisabethfehn	1971	2015	00:54:20	00:54:59	00:48:05	00:58:53	00:47:13	00:48:57	05:12:27	00:04:51	44	M40	170	6
579	Janßen	Gerd	Bohlen & Doyen	1968	2015	00:53:51	00:54:07	00:47:24	01:00:00	00:48:30	00:48:37	05:12:29	00:04:51	47	M40	171	6
580	Gillessen	Thorben	FC SO-SII	1997	2015	00:54:59	00:55:07	00:47:41	00:59:59	00:46:54	00:47:52	05:12:32	00:04:51	18	MU20	72	6
581	Tunder	Hartmut	MTV Aurich	1961	2015	00:58:59	00:55:35	00:44:37	00:59:06	00:46:36	00:47:40	05:12:33	00:04:51	54	M50	86	6
582	Jacobsen	Henrik	SC Ihrhove 07	1997	2015	00:55:00	00:55:07	00:47:42	00:59:58	00:46:54	00:47:52	05:12:33	00:04:51	18	MU20	73	6
583	Kuper	Wolfgang	Baptisten Firrel	1970	2015	00:53:29	00:53:14	00:48:38	01:01:44	00:47:56	00:47:35	05:12:36	00:04:51	45	M40	172	6
584	Möhlmann	Sven	FC SO-SII	1997	2015	00:55:01	00:55:08	00:47:46	01:00:03	00:46:55	00:47:52	05:12:45	00:04:51	18	MU20	74	6
585	Behrens	Eike	Boßelverein Thunum	1998	2015	00:55:05	00:56:22	00:47:15	00:58:35	00:45:58	00:49:32	05:12:47	00:04:51	17	MU20	75	6
586	ter Hark	Sven	Orgadata AG	1997	2015	00:55:12	00:54:27	00:48:45	00:58:23	00:47:33	00:48:30	05:12:50	00:04:51	18	MU20	76	6
587	Giebelhausen	Stephan		1977	2015	00:55:35	00:55:27	00:48:11	00:58:28	00:47:23	00:47:47	05:12:51	00:04:51	38	M30	105	6
588	Brettschneider	Roger	HTR	1965	2015	00:54:40	00:53:41	00:46:52	00:56:57	00:51:40	00:49:03	05:12:53	00:04:51	50	M50	87	6
589	Rieken	Wilhelm	Sparkasse LeerWittm	1962	2015	00:54:09	00:53:42	00:47:57	00:59:20	00:48:14	00:49:44	05:13:06	00:04:51	53	M50	88	6
590	Helmers	Luca-Matthes	Concordia Ihrhove	2002	2015	00:57:54	00:55:10	00:48:33	00:59:45	00:46:06	00:45:41	05:13:09	00:04:51	13	MU20	77	6
591	Kühling	Paul	FC Sedelsberg	1971	2015	00:54:27	00:55:34	00:48:21	00:58:50	00:46:58	00:49:02	05:13:12	00:04:51	44	M40	173	6
592	Bohlens	Stefan	Fortuna Logabirum	1964	2015	00:57:03	00:54:54	00:48:04	00:57:49	00:47:44	00:47:41	05:13:15	00:04:51	51	M50	89	6
593	Meyer	Bernd	Der Weg ist das Ziel	1965	2015	00:56:21	00:54:09	00:49:01	00:58:12	00:47:41	00:47:55	05:13:19	00:04:51	50	M50	90	6
594	Köiber	Richard	TV Norden	1966	2015	00:55:37	00:54:17	00:47:50	00:58:53	00:47:29	00:49:16	05:13:22	00:04:52	49	M40	174	6
595	Jakob	Sonja	MTV Aurich	1969	2015	00:54:38	00:53:17	00:48:24	00:59:21	00:48:18	00:49:27	05:13:25	00:04:52	46	W40	18	6
596	Hollweg	Thomas	Team ENERCON	1984	2015	00:55:01	00:55:25	00:48:31	00:58:35	00:47:15	00:48:48	05:13:35	00:04:52	31	M30	106	6
597	Dreesch-Rosenda	Frerich	Westrhauerfehn	1968	2015	00:59:44	00:53:52	00:47:06	00:57:14	00:47:15	00:48:32	05:13:43	00:04:52	47	M40	175	6
598	Quosdorf	Tobias	Ihlow	1972	2015	00:58:41	00:56:32	00:47:24	00:57:21	00:46:58	00:46:49	05:13:45	00:04:52	43	M40	176	6
599	de Buhr	Gert	Mahl- und Mischbetrieb	1972	2015	00:55:53	00:55:24	00:48:34	00:57:35	00:47:31	00:48:48	05:13:45	00:04:52	43	M40	177	6
600	Kettwig	Christoph	Polizei Leer	1988	2015	00:53:20	00:56:00	00:47:47	01:01:05	00:46:51	00:48:45	05:13:48	00:04:52	27	MHK	91	6
601	Siemer	Jens	Papenburg	1981	2015	00:55:09	00:54:50	00:48:11	00:58:43	00:47:27	00:49:32	05:13:52	00:04:52	34	M30	107	6
602	Jäckle	Tobias	Krankenhaus Wittmund	1978	2015	00:55:12	00:54:59	00:48:43	00:58:43	00:47:51	00:48:28	05:13:56	00:04:52	37	M30	108	6
603	Flessner	Hendrik	Alex.-v.- Humboldt-Sch	1997	2015	00:54:35	00:54:28	00:47:10	01:00:33	00:50:14	00:46:58	05:13:58	00:04:52	18	MU20	78	6
604	Riedel	Mirko	Klinge/ Wegener Ener	1977	2015	00:55:33	00:55:25	00:47:49	00:59:38	00:47:38	00:48:00	05:14:03	00:04:52	38	M30	109	6
605	Engels	Jarno	Maler Engels Holterfehn	2003	2015	00:55:04	00:55:58	00:49:04	00:58:49	00:47:30	00:47:45	05:14:10	00:04:52	12	MU20	79	6
606	Daniel	Arne	Hochschule Emden	1992	2015	01:07:06	00:54:16	00:44:42	00:57:57	00:45:44	00:44:31	05:14:16	00:04:52	23	MHK	92	6
607	Krella	Felix	WfbM BBB Aurich Wittr	1994	2015	00:55:18	00:53:47	00:48:57	01:01:01	00:47:34	00:47:45	05:14:22	00:04:52	21	MHK	93	6
608	Kluba	Sebastian	Bünting Tee	1996	2015	00:57:36	00:55:22	00:48:25	00:58:39	00:47:14	00:47:06	05:14:22	00:04:52	19	MU20	80	6
609	Streubel	Tom	NIGE	1997	2015	00:56:26	00:54:48	00:47:01	00:59:34	00:48:12	00:48:21	05:14:22	00:04:52	18	MU20	81	6
610	Mülder	Michael	IGS Aurich-West	1996	2015	01:05:18	00:53:25	00:43:17	00:58:14	00:45:56	00:48:13	05:14:23	00:04:52	19	MU20	82	6
611	Eden	Michael	Eastfrisian Metal Assoc	1973	2015	00:54:17	00:55:00	00:48:44	00:58:46	00:48:24	00:49:18	05:14:29	00:04:53	42	M40	178	6
612	Eberhard	Harald	TG Wiesmoor	1966	2015	00:54:27	00:55:08	00:48:32	00:58:51	00:48:13	00:49:19	05:14:30	00:04:53	49	M40	179	6
613	Rietman	Karin	SVO Wi sünd Holtriem	1971	2015	00:55:52	00:54:52	00:48:51	00:59:00	00:47:51	00:48:10	05:14:36	00:04:53	44	W40	19	6
614	Kreienbrock	Carsten	Briese Schifffahrt	1968	2015	00:55:00	00:55:01	00:48:42	00:58:45	00:48:21	00:48:49	05:14:38	00:04:53	47	M40	180	6
615	Moos	Leon Rouven	NIGE	1996	2015	00:56:32	00:54:16	00:47:14	01:00:09	00:48:08	00:48:22	05:14:41	00:04:53	19	MU20	83	6
616	Garthe	Peter	GARTHE SOFTWARE	1971	2015	00:55:02	00:55:53	00:48:21	00:59:28	00:47:41	00:48:16	05:14:41	00:04:53	44	M40	181	6
617	Rust	Michael	BBS Aurich	1984	2015	01:00:50	00:56:05	00:47:24	00:56:16	00:45:37	00:48:33	05:14:45	00:04:53	31	M30	110	6
618	Park	Harm	TuS Weene	1953	2015	00:54:12	00:55:15	00:48:28	00:58:44	00:48:26	00:49:45	05:14:50	00:04:53	62	M60	8	6
619	Buse	Rudolf	H.-D. Heuermann Gmb	1967	2015	00:55:23	00:54:27	00:48:17	00:59:47	00:48:33	00:48:27	05:14:54	00:04:53	48	M40	182	6
620	Brockhorst	Lucas	-	1990	2015	00:54:41	00:55:21	00:48:37	00:59:50	00:47:53	00:48:33	05:14:55	00:04:53	25	MHK	94	6
621	Bohlen	Hans-Peter	TG Wiesmoor	1966	2015	00:54:53	00:55:00	00:48:42	00:58:47	00:48:14	00:49:19	05:14:55	00:04:53	49	M40	183	6
622	Ender	Imke	WfbM BBB Aurich Wittr	1975	2015	00:54:40	00:55:19	00:48:55	00:59:31	00:47:58	00:48:36	05:14:59	00:04:53	40	W40	20	6
623	Buß	Coob	SV Eintracht Ihlow	1961	2015	00:55:39	00:55:09	00:48:31	00:58:40	00:48:13	00:48:51	05:15:03	00:04:53	54	M50	91	6
624	Kober	Maurice	Alex.-v.- Humboldt-Sch	1998	2015	00:55:16	00:56:07	00:47:16	00:57:53	00:50:13	00:48:24	05:15:09	00:04:53	17	MU20	84	6
625	Schulte	Joachim	Barßel	1976	2015	00:53:08	00:53:48	00:50:20	01:00:06	00:49:05	00:48:43	05:15:10	00:04:53	39	M30	111	6
626	Stekker	Andreas	NIGE	1982	2015	00:53:05	00:54:51	00:48:17	00:59:56	00:47:53	00:51:09	05:15:11	00:04:53	33	M30	112	6
627	Heidebroek	Leon	DLRG Leer	1997	2015	00:58:11	00:54:38	00:47:56	00:59:34	00:47:29	00:47:23	05:15:11	00:04:53	18	MU20	85	6
628	Nanninga	Karl-Heinz	SG Moordorf	1966	2015	00:55:04	00:55:04	00:48:59	00:59:36	00:47:54	00:48:37	05:15:14	00:04:53	49	M40	184	6
629	Süßen	Sonja	LG Ostfriesland	1978	2015	00:54:56	00:55:23	00:48:39	00:59:13	00:48:15	00:48:51	05:15:17	00:04:53	37	W30	19	6
630	Gerd	Arnim	Onno Behrends Tee Nc	1969	2015	00:53:57	00:54:44	00:48:27	00:59:58	00:49:07	00:49:06	05:15:19	00:04:53	46	M40	185	6
631	Goudschaal	Johann	Kirchengemeinde Holle	1964	2015	00:54:13	00:54:48	00:48:46	00:59:56	00:48:15	00:49:31	05:15:29	00:04:53	51	M50	92	6
632	Janssen	Dieter	Wittmund	1955	2015	00:53:57	00:55:33	00:48:52	00:59:00	00:48:55	00:49:19	05:15:36	00:04:54	60	M60	9	6
633	Koornstra	Jan	Seefahrtsschule Leer	1990	2015	00:57:33	00:56:56	00:46:									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
640	Reiners	Timm	Gymnasium Ulricianum	1999	2015	00:53:15	00:54:28	00:47:42	01:01:02	00:49:36	00:49:59	05:16:02	00:04:54	16	MU20	87	6
641	Recknagel	Sven	Gymnasium Ulricianum	1996	2015	00:57:07	00:56:00	00:48:18	00:59:34	00:47:46	00:47:20	05:16:05	00:04:54	19	MU20	89	6
642	Nissen	Frank	ISD	1961	2015	00:54:35	00:53:23	00:47:07	01:00:48	00:49:08	00:51:05	05:16:06	00:04:54	54	M50	93	6
643	Beifus	Jenny	Gymnasium Ulricianum	2001	2015	00:55:22	00:55:35	00:47:57	00:58:53	00:48:36	00:49:51	05:16:14	00:04:54	14	WU20	10	6
644	Goldenstein	Siegfried		1971	2015	00:54:37	00:55:18	00:48:33	01:00:09	00:48:48	00:49:07	05:16:32	00:04:54	44	M40	189	6
645	Eden	Lars	TaktLwGrp R	1988	2015	00:54:43	00:53:52	00:48:26	01:01:36	00:49:11	00:48:47	05:16:35	00:04:54	27	MHK	96	6
646	Groen	Werner	Team ENERCON	1971	2015	01:01:44	00:57:40	00:48:50	00:58:00	00:44:59	00:45:23	05:16:36	00:04:55	44	M40	190	6
647	Scholla	Jürgen	Ubbo-Emmius-Klinik	1956	2015	00:54:21	00:54:24	00:48:49	00:59:56	00:48:32	00:50:37	05:16:39	00:04:55	59	M50	94	6
648	Franzisky	Helge	VitaAkademie	1966	2015	00:55:36	00:55:10	00:48:49	00:59:36	00:47:55	00:49:45	05:16:51	00:04:55	49	M40	191	6
649	Engels	Thorsten	Frisia Loga	1971	2015	00:52:58	00:52:08	00:56:09	00:55:40	00:45:41	00:54:33	05:17:09	00:04:55	44	M40	192	6
650	Saul	Maren	Injoy Leer	1987	2015	00:55:41	00:55:30	00:48:25	01:00:17	00:48:04	00:49:15	05:17:12	00:04:55	28	WHK	4	6
651	Coordes	Detlef	Bohlen & Doyen	1963	2015	00:55:12	00:54:45	00:48:39	00:59:36	00:47:42	00:51:24	05:17:18	00:04:55	52	M50	95	6
652	van Essen	Holger	TaktLwGrp "R"	1973	2015	00:55:06	00:54:17	00:47:48	00:58:24	00:47:04	00:54:44	05:17:23	00:04:55	42	M40	193	6
653	Sandersfeld	Daniel	Trauco	1972	2015	00:55:08	00:55:38	00:49:27	00:59:43	00:48:11	00:49:26	05:17:33	00:04:55	43	M40	194	6
654	Abheids	Michael	Schleichkatzen WOL	1980	2015	00:59:00	00:55:02	00:48:37	00:59:31	00:48:02	00:47:23	05:17:35	00:04:55	35	M30	113	6
655	Foorden	Wilfried	TG Wiesmoor	1964	2015	00:56:18	00:55:26	00:48:35	00:58:54	00:48:32	00:50:04	05:17:49	00:04:56	51	M50	96	6
656	Heinrichs	Don	Seefahrtsschule Leer	1992	2015	00:57:39	00:56:56	00:48:50	00:58:59	00:46:57	00:48:32	05:17:53	00:04:56	23	MHK	97	6
657	Knop	Thomas	Jade Hochschule	1967	2015	00:55:49	00:55:35	00:49:08	00:59:25	00:48:35	00:49:27	05:17:59	00:04:56	48	M40	195	6
658	Bruns	David	Ubbo-Emmius-Gymnas	1998	2015	01:01:13	00:54:25	00:47:31	00:59:43	00:47:20	00:47:49	05:18:01	00:04:56	17	MU20	90	6
659	Willms	Johann	Krummhörn	1956	2015	00:54:56	00:55:10	00:50:05	01:00:01	00:49:09	00:48:49	05:18:10	00:04:56	59	M50	97	6
660	Spannhoff	Rainer	Emder LG	1964	2015	00:58:02	00:58:41	00:48:18	00:58:13	00:46:53	00:48:08	05:18:15	00:04:56	51	M50	98	6
661	Saathoff	Eric	Emder LG	1968	2015	00:58:02	00:58:41	00:48:18	00:58:14	00:46:52	00:48:09	05:18:16	00:04:56	47	M40	196	6
662	Hanssen	Heyo	SC Wiesens	1961	2015	00:54:37	00:53:43	00:48:21	00:59:58	00:51:42	00:50:00	05:18:21	00:04:56	54	M50	99	6
663	Holzenträger	Heiko	FC Stern Völlenerfeh	1986	2015	00:55:15	00:55:07	00:49:13	01:00:27	00:48:39	00:49:47	05:18:28	00:04:56	29	MHK	98	6
664	Hansen	Christian	Ingenieurbüro Post & H	1962	2015	00:54:30	00:55:39	00:49:29	00:59:50	00:49:00	00:50:01	05:18:29	00:04:56	53	M50	100	6
665	Mudder	Michael	Bauunternehmen Micha	1972	2015	00:56:04	00:56:11	00:49:53	00:59:05	00:48:11	00:49:15	05:18:39	00:04:56	43	M40	197	6
666	Frerichs	Marieke	Gymnasium Ulricianum	1996	2015	00:56:33	00:56:09	00:49:18	01:01:00	00:47:58	00:47:45	05:18:43	00:04:56	19	WU20	11	6
667	Müller	Michael	LG Fliegerhorst Upjever	1990	2015	00:57:57	00:58:53	00:50:54	00:57:41	00:46:39	00:46:44	05:18:48	00:04:57	25	MHK	99	6
668	Müller	Robert	Holz und Bau Weener	1983	2015	00:58:39	00:55:21	00:48:27	00:58:52	00:47:16	00:50:25	05:19:00	00:04:57	32	M30	114	6
669	Janßen	Andreas	Schwimmverein Hesel	1967	2015	00:56:37	00:56:08	00:51:37	00:59:15	00:47:16	00:48:08	05:19:01	00:04:57	48	M40	198	6
670	Hildebrandt	Theodor	LG Ostfriesland	1956	2015	00:53:44	00:54:40	00:52:52	00:59:59	00:48:34	00:49:14	05:19:03	00:04:57	59	M50	101	6
671	Boekhoff	Daniel	Turbine TGG	1998	2015	00:57:18	00:57:12	00:49:06	00:59:32	00:47:24	00:48:31	05:19:03	00:04:57	17	MU20	91	6
672	Eiben	Eibo	Laufftreff Schafhausen V	1943	2015	00:55:22	00:56:23	00:49:27	00:59:40	00:48:47	00:49:26	05:19:05	00:04:57	72	M70	1	6
673	Buß	Sven	LG Fliegerhorst Upjever	1968	2015	00:55:26	00:54:58	00:49:11	01:00:57	00:48:55	00:49:43	05:19:10	00:04:57	47	M40	199	6
674	Kalski	Thomas	MTV Aurich	1971	2015	00:56:07	00:49:22	00:50:34	01:03:51	00:48:00	00:51:23	05:19:17	00:04:57	44	M40	200	6
675	Treue	Najat	Klinikum Emden	1974	2015	00:57:01	00:56:13	00:49:05	00:59:00	00:49:18	00:48:52	05:19:29	00:04:57	41	W40	21	6
676	Engels	Renko	Maler Engels Holterfehl	2000	2015	00:57:07	00:56:22	00:49:06	00:59:48	00:48:43	00:48:38	05:19:44	00:04:57	15	MU20	92	6
677	Engels-Bakker	Janke	Maler Engels Holterfehl	1974	2015	00:57:07	00:56:23	00:49:06	00:59:48	00:48:43	00:48:38	05:19:45	00:04:57	41	W40	22	6
678	Post	Eva	TSV Riepe	1973	2015	00:54:45	00:55:42	00:49:09	00:59:44	00:49:13	00:51:14	05:19:47	00:04:57	42	W40	23	6
679	Busch	Markus	DLRG Leer	1976	2015	00:56:11	00:55:16	00:48:57	01:00:04	00:48:55	00:50:31	05:19:54	00:04:58	39	M30	115	6
680	Franken	Uwe	Polizei Aurich	1976	2015	00:56:14	00:55:41	00:48:40	01:00:57	00:48:41	00:49:52	05:20:05	00:04:58	39	M30	116	6
681	Rahmann	Uwe	Hartmann Group	1980	2015	00:58:28	00:56:17	00:48:35	01:00:09	00:48:24	00:48:12	05:20:05	00:04:58	35	M30	117	6
682	Popp	Rolf	R.u.F. Concordia Emde	1959	2015	00:55:25	00:56:05	00:49:02	00:59:45	00:49:32	00:50:18	05:20:07	00:04:58	56	M50	102	6
683	Bohlen	Gerhard	-	1967	2015	00:55:45	00:56:55	00:49:19	01:00:25	00:48:35	00:49:12	05:20:11	00:04:58	48	M40	201	6
684	Tunder	Garrell	SC Wiesens	1955	2015	00:55:43	00:55:46	00:49:39	00:59:43	00:48:48	00:50:32	05:20:11	00:04:58	60	M60	12	6
685	Graf	Hauke	Watt'n Loopers SV Dor	1996	2015	00:55:25	00:56:07	00:49:06	01:00:22	00:48:58	00:50:16	05:20:14	00:04:58	19	MU20	93	6
686	Greizinger	Eduard	Wittmundhafen(Bundes	1985	2015	00:59:22	00:57:44	00:48:13	00:58:25	00:48:06	00:48:24	05:20:14	00:04:58	30	M30	118	6
687	Hagen	Ralf	Hagen Holz- u. Gartenf	1980	2015	00:56:47	00:56:27	00:49:21	00:59:34	00:48:45	00:49:25	05:20:19	00:04:58	35	M30	119	6
688	Boombalk	Uwe	Störtebeker Loopers TV	1971	2015	00:54:38	00:55:27	00:48:55	01:01:01	00:49:35	00:50:49	05:20:25	00:04:58	44	M40	202	6
689	Dirks	Hero	TSV Carolinensiel	1979	2015	00:58:54	00:59:42	00:48:13	00:58:33	00:47:35	00:47:32	05:20:29	00:04:58	36	M30	120	6
690	Post	Reinhard	SV Stern Schwerinsdor	1962	2015	00:56:24	00:56:58	00:49:27	01:00:09	00:48:24	00:49:07	05:20:29	00:04:58	53	M50	103	6
691	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2015	00:55:30	00:55:46	00:49:38	00:59:45	00:49:20	00:50:31	05:20:30	00:04:58	45	W40	24	6
692	Hayen	Ivonne	Krankenhaus Wittmund	1972	2015	00:57:10	00:56:57	00:49:46	00:59:48	00:47:59	00:48:54	05:20:34	00:04:58	43	W40	25	6
693	Cassens	Michael	Taebo Nord	1964	2015	00:56:31	00:56:10	00:48:56	01:00:57	00:49:01	00:49:24	05:20:59	00:04:59	51	M50	104	6
694	Fenske	Tammo	Turbine TGG	1998	2015	01:01:30	00:58:06	00:48:14	00:58:06	00:48:00	00:47:05	05:21:01	00:04:59	17	MU20	94	6
695	Mülder	Guido	Ostfriesische Volksbank	1976	2015	00:57:28	00:57:35	00:50:01	01:00:50	00:48:37	00:46:37	05:21:08	00:04:59	39	M30	121	6
696	Janssen	Bernd	Emder LG	1965	2015	00:57:35	00:56:45	00:50:35	01:02:33	00:50:25	00:43:24	05:21:17	00:04:59	50	M50	105	6
697	Wolters	Karsten	Sparkasse Aurich-Nord	1968	2015	00:56:28	00:56:13	00:49:16	01:00:38	00:49:13	00:49:36	05:21:24	00:04:59	47	M40	203	6
698	Fleißner	Jochen	Klinikum Emden	1965	2015	00:56:42	00:56:07	00:49:08	01:01:59	00:49:10	00:48:26	05:21:32	00:04:59	50	M50	106	6
699	Friedrich	Wolfgang	Leinerstift e.V.	1963	2015	00:58:39	00:56:39	00:48:25	00:59:32	00:48:34	00:49:52	05:21:41	00:04:59	52	M50	107	6
700	Seehaus	Jens	WfbM BBB Aurich Wittm	1991	2015	00:58:08	00:56:40	00:49:05	01:00:43	00:48:43	00:48:22	05:21:41	00:04:59	24	MHK	100	6
701	Koop	Arend	Weener Plastik	1960	2015	00:56:09	00:55:59	00:50:20	01:00:19	00:49:04	00:49:52	05:21:43	00:04:59	55	M50	108	6
702	Heijen	Harald	LG TV Bunde	1975	2015	00:56:17	00:57:08	00:49:10	01:00:25	00:48:44	00:50:00	05:21:44	00:04:59	40	M40	204	6
703	Voorwold	Jörg	Baugeschäft	1975	2015	00:55:42	00:56:11	00:48:01	00:59:58	00:48:33	00:53:35	05:22:00	00:05:00				

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
711	Wartermann	Dennis	FC Stern Völlenerfehn	1985	2015	00:56:53	00:56:17	00:49:32	01:00:47	00:48:56	00:50:04	05:22:29	00:05:00	30	M30	122	6
712	Brauer	Siegfried	WfBm BBB Aurich Wittr	1958	2015	00:56:43	00:55:21	00:50:14	01:01:11	00:49:38	00:49:23	05:22:30	00:05:00	57	M50	111	6
713	Weber	Jan	IGS Moormerland	1984	2015	00:52:56	00:53:04	00:46:43	00:57:52	00:46:28	01:05:27	05:22:30	00:05:00	31	M30	123	6
714	Freese	Klaus	LT TuS Aurich-Ost	1969	2015	00:55:12	00:55:22	00:49:51	01:00:44	00:50:43	00:50:44	05:22:36	00:05:00	46	M40	208	6
715	Löschen	Veronique	Kdo SES	1980	2015	00:56:24	00:57:56	00:49:33	00:59:11	00:49:10	00:50:23	05:22:37	00:05:00	35	W30	20	6
716	Dorf Müller	Pepe	LG Fliegerhorst Upjever	1962	2015	00:55:48	00:55:07	00:50:34	01:01:12	00:50:41	00:49:31	05:22:53	00:05:00	53	M50	112	6
717	Van Thai	Anh	WfBm BBB Aurich Wittr	1972	2015	00:58:36	00:55:20	00:50:39	01:01:14	00:48:43	00:48:24	05:22:56	00:05:00	43	M40	209	6
718	Peters	Jörg	Fortuna Logabirum	1966	2015	00:56:26	00:55:22	00:50:13	01:00:26	00:49:23	00:51:07	05:22:57	00:05:00	49	M40	210	6
719	Weinitschke	Uwe	LT Oldenburg Süd	1959	2015	00:57:29	00:55:08	00:49:56	01:00:36	00:49:25	00:50:24	05:22:58	00:05:00	56	M50	113	6
720	Röhr	Liesa	Gymnasium Ulricianum	1998	2015	00:56:31	00:56:20	00:49:20	01:01:33	00:49:30	00:49:45	05:22:59	00:05:00	17	WU20	12	6
721	Bock	Uwe	LT TuS Aurich-Ost	1961	2015	00:56:24	00:55:53	00:49:25	01:00:30	00:49:06	00:51:48	05:23:06	00:05:01	54	M50	114	6
722	Keck	Tammo	Ostfriesische Brandkas	1995	2015	00:55:33	00:55:59	00:48:12	01:00:48	00:49:11	00:53:29	05:23:12	00:05:01	20	MHK	102	6
723	Oltmanns	Reinhard	-	1964	2015	00:55:37	00:57:47	00:49:07	01:01:13	00:49:35	00:49:54	05:23:13	00:05:01	51	M50	115	6
724	Renken	Bernd	Emder LG	1949	2015	00:56:17	00:56:54	00:49:28	01:00:24	00:49:16	00:50:54	05:23:13	00:05:01	66	M60	13	6
725	Hofmann	Jakobus	Weener Plastik	1954	2015	00:57:09	00:55:58	00:50:41	01:00:26	00:49:11	00:49:53	05:23:18	00:05:01	61	M60	14	6
726	Groeneveld	Michael	Stadt Emden	1971	2015	00:59:33	00:55:10	00:48:33	01:00:00	00:49:54	00:50:08	05:23:18	00:05:01	44	M40	211	6
727	Wildemann	Martin	WfBm BBB Aurich Wittr	1960	2015	00:55:32	00:56:37	00:51:18	01:01:01	00:48:57	00:49:57	05:23:22	00:05:01	55	M50	116	6
728	Weerner	Deeke	LG Fliegerhorst Upjever	1981	2015	00:58:29	00:57:10	00:50:03	01:03:27	00:48:16	00:45:58	05:23:23	00:05:01	34	M30	124	6
729	Ansheit	Mareike	Fortuna Logabirum	1997	2015	00:56:14	00:59:21	00:49:17	01:00:54	00:49:02	00:48:38	05:23:26	00:05:01	18	WU20	13	6
730	Jürgens	Hendrik	Westerende-Kirchloog	1996	2015	00:56:13	00:57:33	00:49:27	01:00:25	00:49:52	00:49:59	05:23:29	00:05:01	19	MU20	95	6
731	Kiesè	Kersten	TuS Esens	1964	2015	00:55:25	00:56:23	00:50:09	01:01:09	00:49:39	00:50:49	05:23:34	00:05:01	51	M50	117	6
732	Scheper	Jens	BMW TEKKEN	1984	2015	00:58:00	00:56:38	00:49:32	01:00:20	00:48:59	00:50:06	05:23:35	00:05:01	31	M30	125	6
733	Meyer	Marco	HdFul	1980	2015	00:56:32	00:56:18	00:48:25	00:58:17	00:46:59	00:57:04	05:23:35	00:05:01	35	M30	126	6
734	Müller	Gerold	Neu-Ekels	1953	2015	00:59:26	00:58:33	00:48:48	01:00:32	00:47:22	00:48:54	05:23:35	00:05:01	62	M60	15	6
735	Geiken	Dieter	LT TuS Aurich-Ost	1964	2015	00:56:28	00:55:57	00:49:47	01:00:30	00:49:06	00:51:48	05:23:36	00:05:01	51	M50	118	6
736	de Boer	Wilhelm	SV Dornum	1961	2015	00:54:56	00:54:56	00:48:41	00:58:51	00:48:48	00:57:26	05:23:38	00:05:01	54	M50	119	6
737	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	1948	2015	00:56:11	00:56:05	00:49:34	01:02:09	00:48:58	00:50:48	05:23:45	00:05:01	67	M60	16	6
738	Iken	Matthias	Emder LG	1972	2015	00:59:47	00:55:54	00:50:37	00:59:41	00:48:33	00:49:14	05:23:46	00:05:01	43	M40	212	6
739	Tannen	Siegfried	Wittmund	1956	2015	00:56:05	00:56:20	00:50:18	01:00:19	00:49:44	00:51:02	05:23:48	00:05:01	59	M50	120	6
740	Keiser	Johann	n-cut24	1962	2015	00:57:15	00:55:53	00:52:43	01:00:52	00:47:51	00:49:15	05:23:49	00:05:01	53	M50	121	6
741	Sanders	Marco	Sparkasse LeerWittm	1980	2015	00:55:23	00:54:50	00:50:02	01:01:34	00:49:23	00:52:37	05:23:49	00:05:01	35	M30	127	6
742	John	Detlef	Team ENERCON	1969	2015	00:58:05	00:56:01	00:49:18	01:01:41	00:49:35	00:49:11	05:23:51	00:05:01	46	M40	213	6
743	Eidam	Jens	Orgadata AG	1984	2015	00:58:45	00:54:55	00:48:55	00:59:36	00:50:05	00:51:47	05:24:03	00:05:01	31	M30	128	6
744	von Aschwege	Jan	Raiffeisenbank eG, Mod	1994	2015	00:56:36	00:56:41	00:49:29	01:02:30	00:48:44	00:50:05	05:24:05	00:05:01	21	MHK	103	6
745	Ufkes	Thilo	Gymnasium Ulricianum	2001	2015	00:56:52	00:56:18	00:49:47	01:01:19	00:48:50	00:51:06	05:24:12	00:05:02	14	MU20	96	6
746	Boekhoff	Hermann	FREIE LUNGE SV BEN	1961	2015	00:57:37	00:57:00	00:49:51	01:00:33	00:48:37	00:50:39	05:24:17	00:05:02	54	M50	122	6
747	Fischer	Helmut	Störtebeker Loopers TV	1964	2015	00:54:39	00:57:15	00:51:05	01:01:02	00:49:35	00:50:50	05:24:26	00:05:02	51	M50	123	6
748	Ubben	Ehлке	MTV Aurich	1962	2015	00:57:24	00:55:50	00:50:17	01:00:50	00:49:10	00:50:57	05:24:28	00:05:02	53	M50	124	6
749	Adloff	Stephan	Team ENERCON	1976	2015	00:57:22	00:56:20	00:49:41	01:00:45	00:49:40	00:50:45	05:24:33	00:05:02	39	M30	129	6
750	Gastmann	Thorsten	Team ENERCON	1981	2015	00:57:45	00:55:49	00:50:04	01:01:33	00:49:05	00:50:22	05:24:38	00:05:02	34	M30	130	6
751	Bockhöfer	Henry	RAe Dr. Fenner Bockhö	2002	2015	01:05:06	00:57:19	00:49:21	00:57:36	00:47:10	00:48:07	05:24:39	00:05:02	13	MU20	97	6
752	Korporal	Horst	De Padlooper	1966	2015	00:56:38	00:56:22	00:49:11	01:00:56	00:50:16	00:51:24	05:24:47	00:05:02	49	M40	214	6
753	Harms	Sylvia	Sparkasse Aurich-Nord	1966	2015	00:57:21	00:56:25	00:50:04	01:00:49	00:49:33	00:50:36	05:24:48	00:05:02	49	W40	28	6
754	Habben	Eimo	MTV Aurich	1958	2015	00:57:24	00:57:51	00:50:18	01:00:24	00:48:58	00:49:53	05:24:48	00:05:02	57	M50	125	6
755	Cordes	Jannik	Borromäus Hospital Leer	1997	2015	01:00:14	00:58:40	00:48:26	00:59:19	00:48:51	00:49:19	05:24:49	00:05:02	18	MU20	98	6
756	Lausen	Marius	TV Leer	1991	2015	00:58:03	00:59:20	00:50:35	00:59:12	00:50:43	00:47:02	05:24:55	00:05:02	24	MHK	104	6
757	Prikker	Weert-Peter	Fortuna Logabirum	1959	2015	00:56:03	00:56:58	00:49:46	01:00:46	00:49:56	00:51:26	05:24:55	00:05:02	56	M50	126	6
758	Meyer	Mareike	Moormerland	1990	2015	00:56:48	00:57:54	00:50:35	01:02:58	00:48:20	00:48:21	05:24:56	00:05:02	25	WHK	5	6
759	Sporré	Jürgen	Emder LG	1955	2015	00:57:21	00:58:25	00:50:26	01:00:11	00:49:18	00:49:28	05:25:09	00:05:02	60	M60	17	6
760	Venekamp	Christopher	Seefahrtsschule Leer	1996	2015	00:58:43	00:57:01	00:49:28	01:01:37	00:48:49	00:49:31	05:25:09	00:05:02	19	MU20	99	6
761	Heien	Elisabeth	LT Schaffhauser Wald	1958	2015	00:57:46	00:56:51	00:49:40	01:00:45	00:49:24	00:50:43	05:25:09	00:05:02	57	W50	5	6
762	Barth	Andreas	Elektro Barth	1975	2015	00:54:53	00:54:59	00:50:49	01:05:08	00:49:38	00:49:42	05:25:09	00:05:02	40	M40	215	6
763	Heyen	Frank	Alex.-v.- Humboldt-Sch	1980	2015	00:58:09	00:59:22	00:50:21	01:01:47	00:47:31	00:48:05	05:25:15	00:05:03	35	M30	131	6
764	Fleißner	Verena	Klinikum Emden	1993	2015	00:56:42	00:56:06	00:49:07	01:01:58	00:50:31	00:50:54	05:25:18	00:05:03	22	WHK	6	6
765	Diener	Wilfried	VfB Uplengen	1962	2015	00:56:20	00:56:18	00:50:07	01:02:03	00:50:03	00:50:30	05:25:21	00:05:03	53	M50	127	6
766	Junker	Jürgen	Moormerland	1971	2015	00:58:31	00:57:47	00:50:27	01:00:22	00:49:07	00:49:07	05:25:21	00:05:03	44	M40	216	6
767	Schulze	Klaus	LSF Oldenburg	1965	2015	00:57:01	00:56:15	00:49:09	01:04:31	00:48:59	00:49:27	05:25:22	00:05:03	50	M50	128	6
768	Rull	Reiner	Petkumer Achterdieklo	1969	2015	00:56:42	00:57:49	00:48:56	01:01:22	00:49:43	00:50:57	05:25:29	00:05:03	46	M40	217	6
769	Sprenger	Robert	LSF Oldenburg	1962	2015	00:57:01	00:56:16	00:49:09	01:04:30	00:49:06	00:49:27	05:25:29	00:05:03	53	M50	129	6
770	Wempen	Insa	SV Stern Schwerinsdor	1976	2015	00:57:41	00:56:36	00:50:15	01:00:40	00:49:18	00:51:12	05:25:42	00:05:03	39	W30	21	6
771	Swart	Janko	Jugendhilfsstelle Nortm	1998	2015	01:03:55	00:57:08	00:47:15	01:02:48	00:45:57	00:48:44	05:25:47	00:05:03	17	MU20	100	6
772	Röben	Diandra	IGS Aurich-West	1997	2015	01:00:05	00:56:07	00:50:04	01:00:32	00:49:01	00:50:00	05:25:49	00:05:03	18	WU20	14	6
773	Bohlen	Uwe	Wildeboer Bauteile Gm	1977	2015	00:57:41	00:58:08	00:49:44	01:01:41	00:49:24	00:49:16	05:25:54	00:05:03	38	M30	132	6
774	Snater	Uwe	LG TV Bunde	1961	2015	00:57:08	00:56:33	00:50:21	01:02:02	00:48:33	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 64,55	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
782	Schulz	Michael	Ender LG	1962	2015	00:56:22	00:56:01	00:49:54	01:00:52	00:51:06	00:51:53	05:26:08	00:05:03	53	M50	133	6
783	Gronewold	Elke	TV Norden	1967	2015	00:56:55	00:57:38	00:50:17	01:00:51	00:50:03	00:50:24	05:26:08	00:05:03	48	W40	31	6
784	Janssen	Matthias	Deternerlehe	1974	2015	00:57:35	00:57:47	00:50:00	01:01:38	00:48:58	00:50:16	05:26:14	00:05:03	41	M40	219	6
785	Graepel	Amke	Rhauderfehn	2000	2015	01:00:22	00:59:00	00:50:17	01:00:42	00:47:38	00:48:20	05:26:19	00:05:04	15	WU20	16	6
786	Gerhardt	Mario	LG Fliegerhorst Upjever	1967	2015	00:55:35	00:54:41	00:48:27	01:09:20	00:48:52	00:49:27	05:26:22	00:05:04	48	M40	220	6
787	Dahms	Arne	Wildeboer Bauteile Gm	1976	2015	01:00:00	00:58:11	00:49:37	00:59:55	00:48:52	00:49:51	05:26:26	00:05:04	39	M30	133	6
788	Willems	Heye	LVM - Versicherung Leer	1953	2015	00:56:07	00:56:37	00:49:56	01:01:15	00:50:45	00:52:00	05:26:40	00:05:04	62	M60	19	6
789	Janssen	Piet	Gymnasium Ulricianum	2001	2015	00:54:12	00:55:28	00:47:00	01:02:12	00:57:09	00:50:43	05:26:44	00:05:04	14	MU20	101	6
790	Gonzales	Erick	Rotary Club Leer	1997	2015	00:56:09	00:58:42	00:50:50	01:00:49	00:50:24	00:49:53	05:26:47	00:05:04	18	MU20	102	6
791	Sonnenberg	Horst	Albers Die Fußspezialis	1963	2015	01:00:16	00:56:56	00:49:35	01:01:05	00:48:54	00:50:04	05:26:50	00:05:04	52	M50	134	6
792	Weers	Ina	OFD Nds. LBV Aurich	1982	2015	00:56:36	00:57:04	00:49:59	01:00:52	00:50:25	00:52:00	05:26:56	00:05:04	33	W30	22	6
793	Ditzfeld	Karin	LT TuS Aurich-Ost	1960	2015	00:55:49	00:56:10	00:51:17	01:01:04	00:51:27	00:51:09	05:26:56	00:05:04	55	W50	6	6
794	Kleinau	Swen	Reederei Buss	1967	2015	00:57:52	00:56:00	00:50:36	01:01:38	00:49:59	00:50:53	05:26:58	00:05:04	48	M40	221	6
795	Zimmermann	Dirk	Gymnasium Ulricianum	1980	2015	00:59:51	00:57:30	00:48:08	01:02:16	00:46:19	00:52:57	05:27:01	00:05:04	35	M30	134	6
796	Flemming	Dana	Feedback	1976	2015	00:56:13	00:57:55	00:51:04	01:00:49	00:49:19	00:51:48	05:27:08	00:05:04	39	W30	23	6
797	Grote	Werner	Fortuna Logabirum	1971	2015	00:58:25	00:58:12	00:49:34	01:00:08	00:50:31	00:50:23	05:27:13	00:05:04	44	M40	222	6
798	Kröger	Michael	L. A. Language Acaden	1972	2015	00:57:27	00:58:05	00:50:36	01:01:38	00:49:32	00:50:04	05:27:22	00:05:05	43	M40	223	6
799	Saul	Folkert	Reha-Team- Leer	1977	2015	00:58:54	00:59:00	00:49:54	01:00:17	00:48:37	00:50:42	05:27:24	00:05:05	38	M30	135	6
800	Ludwigs	Joachim	Stadt Emden	1969	2015	00:56:45	00:57:16	00:50:49	01:01:59	00:50:24	00:50:12	05:27:25	00:05:05	46	M40	224	6
801	Bogena	Bent	IGS Aurich-West	1996	2015	01:03:58	00:57:14	00:49:47	00:59:43	00:48:03	00:48:40	05:27:25	00:05:05	19	MU20	103	6
802	de Vries	Michael	HSM Wirtschaftsprüfer	1972	2015	00:57:26	00:57:16	00:51:02	01:01:00	00:50:00	00:50:44	05:27:28	00:05:05	43	M40	225	6
803	Kurrelvink	Andrea	Hartmann Group	1972	2015	00:57:26	00:57:16	00:51:02	01:01:00	00:49:58	00:50:46	05:27:28	00:05:05	43	W40	32	6
804	Stöter	Kai	Volksbank eG Westra	1976	2015	00:57:12	00:57:12	00:49:59	01:01:45	00:50:00	00:51:22	05:27:30	00:05:05	39	M30	136	6
805	Anscheit	Peter	Retungsdienst Leer	1965	2015	00:57:01	00:59:15	00:50:04	01:01:08	00:49:33	00:50:30	05:27:31	00:05:05	50	M50	135	6
806	Schoon	Günther	TG Wiesmoor	1950	2015	00:56:52	00:55:26	00:50:33	01:02:01	00:50:12	00:52:31	05:27:35	00:05:05	65	M60	20	6
807	Hellmers	Uwe	Krüger Apen	1978	2015	00:57:35	00:57:48	00:49:51	01:01:42	00:50:25	00:50:16	05:27:37	00:05:05	37	M30	137	6
808	Heinrichsdorf	Ulf-Fabian	Stadt Leer	1982	2015	00:56:06	00:55:49	00:49:52	01:02:18	00:50:50	00:52:44	05:27:39	00:05:05	33	M30	138	6
809	Martin	Christian	Physio Aktiv Rhauderfe	1987	2015	00:58:20	00:58:33	00:49:45	01:01:21	00:49:32	00:50:09	05:27:40	00:05:05	28	MHK	105	6
810	Geiken	Marion	LT TuS Aurich-Ost	1966	2015	00:57:23	00:57:01	00:50:25	01:01:11	00:49:53	00:51:48	05:27:41	00:05:05	49	W40	33	6
811	Pottberg	Hauke	BBS II Leer	1997	2015	00:59:21	00:56:38	00:50:17	01:02:09	00:49:23	00:49:54	05:27:42	00:05:05	18	MU20	104	6
812	Reemts	Stefan	SV Warsingsfehn	1982	2015	00:58:08	00:59:06	00:49:52	01:01:33	00:49:02	00:50:07	05:27:48	00:05:05	33	M30	139	6
813	Scholtalbers	Hendrik	SV Hesel	1959	2015	00:56:38	00:56:08	00:51:38	01:01:32	00:50:22	00:51:30	05:27:48	00:05:05	56	M50	136	6
814	Saathoff	Jens	Dekra Aurich	1977	2015	00:58:14	00:57:04	00:50:40	01:00:57	00:49:33	00:51:23	05:27:51	00:05:05	38	M30	140	6
815	Heibült	Sebastian	Akkasnakka Ostfrieslan	1975	2015	01:01:09	00:59:46	00:49:11	01:00:11	00:47:52	00:49:43	05:27:52	00:05:05	40	M40	226	6
816	Heibült	Lars	FC SO-SI	2004	2015	01:01:09	00:59:46	00:49:11	01:00:10	00:47:52	00:49:44	05:27:52	00:05:05	11	MU20	105	6
817	Grimm	Andre	LT TuS Aurich-Ost	1979	2015	00:57:24	00:56:35	00:49:52	01:01:25	00:52:03	00:50:34	05:27:53	00:05:05	36	M30	141	6
818	Rethmeier	Erik	Chikara-Gym Bunde e.	1991	2015	00:59:13	00:56:36	00:49:36	01:00:50	00:49:06	00:52:33	05:27:54	00:05:05	24	MHK	106	6
819	Steinmeyer	Benedikt	Gymnasium Ulricianum	1999	2015	00:58:32	00:55:35	00:48:41	01:02:19	00:50:23	00:52:28	05:27:58	00:05:05	16	MU20	106	6
820	Grüßing	Thade	Freie Lunge Bentstreek	2000	2015	01:00:23	00:57:13	00:49:48	00:59:45	00:48:53	00:51:56	05:27:58	00:05:05	15	MU20	107	6
821	Jabben	Folkert	TaktLwGrp "R"	1997	2015	01:01:57	00:57:54	00:49:57	01:00:24	00:49:28	00:48:26	05:28:06	00:05:05	18	MU20	108	6
822	Feimann	Johannes	Nordland Papier	1966	2015	00:57:38	00:57:36	00:50:41	01:00:02	00:50:50	00:51:20	05:28:07	00:05:05	49	M40	227	6
823	Berghaus	Beate	Polizei Wiesmoor	1970	2015	00:57:10	00:57:06	00:50:00	01:02:07	00:50:01	00:51:45	05:28:09	00:05:05	45	W40	34	6
824	Brink	Hans-Hermann	Frisia Völlnerkönigsfehr	1967	2015	01:00:03	00:55:27	00:49:41	01:03:35	00:49:03	00:50:24	05:28:13	00:05:05	48	M40	228	6
825	Kohlert	Sören	IGS Aurich-West	1982	2015	00:48:56	00:48:38	01:05:40	00:53:32	00:44:39	01:06:48	05:28:13	00:05:05	33	M30	142	6
826	Hartz	Manuel	Seefahrtsschule Leer	1981	2015	01:05:48	00:55:38	00:55:59	00:56:44	00:45:33	00:48:37	05:28:19	00:05:05	34	M30	143	6
827	Campen	Timo	SC Wiesens	1980	2015	00:57:25	00:58:20	00:50:44	01:01:39	00:49:55	00:50:32	05:28:35	00:05:06	35	M30	144	6
828	Nuske	Alexander	Team ENERCON	1971	2015	00:57:44	00:56:23	00:49:13	01:02:08	00:50:11	00:53:05	05:28:44	00:05:06	44	M40	229	6
829	Storm	Christian	LT TuS Aurich-Ost / IGS	1979	2015	00:55:17	00:55:18	00:53:19	01:01:11	00:50:26	00:53:20	05:28:51	00:05:06	36	M30	145	6
830	Plock	Stefan	ENERCON	1986	2015	00:58:13	00:58:51	00:50:05	01:03:33	00:49:51	00:48:28	05:29:01	00:05:06	29	MHK	107	6
831	Roofls	Martina	LT TuS Aurich-Ost	1978	2015	00:57:26	00:57:19	00:50:50	01:01:41	00:49:58	00:51:48	05:29:02	00:05:06	37	W30	24	6
832	Alwes	Wolfgang	Fortuna Logabirum	1950	2015	00:59:09	00:58:20	00:49:48	01:00:58	00:50:16	00:50:31	05:29:02	00:05:06	65	M60	21	6
833	Frieling	Jens	Allstars 2002	1970	2015	00:57:45	00:57:36	00:50:11	01:02:45	00:49:18	00:51:35	05:29:10	00:05:06	45	M40	230	6
834	Vogelsang	Uwe	Stadt Leer	1970	2015	00:59:28	00:57:51	00:50:36	01:00:50	00:49:12	00:51:17	05:29:14	00:05:06	45	M40	231	6
835	Schollmanns	Marcel	TaktLwGrp "R"	1996	2015	00:55:42	01:01:00	00:53:10	01:02:33	00:47:47	00:49:03	05:29:15	00:05:06	19	MU20	109	6
836	Fokken	Markus	Running for Jesus	1981	2015	00:58:04	00:58:13	00:50:26	01:01:31	00:49:59	00:51:04	05:29:17	00:05:06	34	M30	146	6
837	Bohlen	Thomas	LG Uplengen	1992	2015	00:57:16	00:58:56	00:50:00	01:01:54	00:48:50	00:52:27	05:29:23	00:05:06	23	MHK	108	6
838	Bessert	Marco	Laufen und Meer	1998	2015	01:00:04	00:56:29	00:48:35	01:02:23	00:49:23	00:52:29	05:29:23	00:05:06	17	MU20	110	6
839	Weber	Siegfried	Team Möbel Buss	1962	2015	00:59:39	00:57:34	00:50:59	01:00:55	00:49:56	00:50:25	05:29:28	00:05:06	53	M50	137	6
840	Gabriel	Torben	Team Möbel Buss	1999	2015	00:59:19	00:58:18	00:48:03	01:01:54	00:49:44	00:52:10	05:29:28	00:05:06	16	MU20	111	6
841	Meyburg	Frank	Ich lauf für Glücksboten	1969	2015	00:59:35	00:58:57	00:50:15	01:02:13	00:49:15	00:49:18	05:29:33	00:05:07	46	M40	232	6
842	Heller	Karsten	Ihlowerfehn	1967	2015	00:58:24	00:56:25	00:50:32	01:01:58	00:51:00	00:51:15	05:29:34	00:05:07	48	M40	233	6
843	Janssen	Imke	LT TuS Aurich-Ost	1976	2015	00:56:54	00:56:07	00:50:25	01:02:45	00:50:08	00:53:18	05:29:37	00:05:07	39	W30	25	6
844	Hinrichs	Wilfried	Club-of-Comfort	1968	2015	00:59:19	00:57:20	00:50:32	01:01:22	00:49:51	00:51:16	05:29:40	00:05:07	47	M40	234	6
845	Goudschaal	Daniel	FTC Hollen	1999	2015	00:57:24	00:58:29	00:50:09									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
853	Steimer	Dejan	NIGE	1997	2015	00:55:51	00:58:02	00:48:58	01:02:05	00:51:28	00:53:37	05:30:01	00:05:07	18	MU20	113	6
854	Buss	Hanno	Meyer Werft	1966	2015	00:59:15	00:58:55	00:49:47	01:02:20	00:48:59	00:50:52	05:30:08	00:05:07	49	M40	236	6
855	Melzel	Henrik	Rettungsdienst Leer	1992	2015	01:05:01	00:57:37	00:49:34	01:00:25	00:48:39	00:48:55	05:30:11	00:05:07	23	MHK	109	6
856	van der Berg	Axel	Gassco Vikings	1973	2015	00:58:15	00:57:36	00:50:40	01:01:57	00:50:21	00:51:23	05:30:12	00:05:07	42	M40	237	6
857	Lampe	Michael	Leer	1987	2015	00:58:27	00:58:55	00:50:03	01:01:16	00:50:09	00:51:23	05:30:13	00:05:07	28	MHK	110	6
858	Oltrop	Kerstin	Heide Apotheke Weene	1977	2015	00:58:13	00:57:40	00:51:04	01:01:30	00:50:01	00:51:47	05:30:15	00:05:07	38	W30	26	6
859	Wilhelm	Martin	Neemann	1994	2015	01:01:27	00:58:52	00:49:50	00:59:57	00:50:02	00:50:08	05:30:16	00:05:07	21	MHK	111	6
860	Pollmann	Michael	Fortunaläufer	1969	2015	01:00:26	00:57:38	00:50:32	01:02:09	00:49:47	00:49:45	05:30:17	00:05:07	46	M40	238	6
861	Rosendahl	Wilfried	Störtebeker Loopers TV	1968	2015	00:57:40	00:57:28	00:50:21	01:02:04	00:50:16	00:52:35	05:30:24	00:05:07	47	M40	239	6
862	Henning	Friedo	NYC	1964	2015	00:59:34	00:59:31	00:50:43	01:00:42	00:49:07	00:50:49	05:30:26	00:05:07	51	M50	141	6
863	Kleinen	Stefano	Nds. Internatsgymnasiu	1998	2015	00:59:12	00:58:12	00:50:49	01:01:32	00:49:31	00:51:10	05:30:26	00:05:07	17	MU20	114	6
864	Stücke	Henning	Seefahrtsschule Leer	1987	2015	01:01:28	01:00:09	00:50:03	01:01:29	00:48:39	00:48:39	05:30:27	00:05:07	28	MHK	112	6
865	Wilkens	Christian	Sparkasse LeerWittmur	1989	2015	00:59:58	01:00:02	00:50:52	01:00:30	00:48:56	00:50:10	05:30:28	00:05:07	26	MHK	113	6
866	Buss	Coob	Team Winterhoff Buss	1978	2015	01:02:54	00:58:28	00:50:46	01:00:19	00:48:50	00:49:14	05:30:31	00:05:07	37	M30	148	6
867	Hemken	Jan	LG Fliegerhorst Upjever	1966	2015	00:54:30	00:54:35	00:48:23	01:00:16	00:55:20	00:57:28	05:30:32	00:05:07	49	M40	240	6
868	Wolbers	Klaus	BMW TEKKEN	1979	2015	00:58:29	00:56:58	00:50:43	01:01:46	00:50:06	00:52:32	05:30:34	00:05:08	36	M30	149	6
869	Olthoff	Marco	FCSO-SI	2001	2015	00:57:44	00:58:11	00:51:02	01:04:37	00:48:48	00:50:13	05:30:35	00:05:08	14	MU20	115	6
870	Fries	David	Alex.-v.-Humboldt-Sch	2000	2015	00:56:04	01:02:10	00:50:39	01:01:57	00:48:47	00:50:58	05:30:35	00:05:08	15	MU20	116	6
871	Michalak	Karl-Heinz	Kdo SES	1957	2015	00:57:50	00:57:58	00:50:59	01:01:30	00:50:19	00:52:02	05:30:38	00:05:08	58	M50	142	6
872	Röben	Holger	Team ENERCON	1973	2015	00:56:26	00:58:10	00:52:26	01:01:56	00:48:30	00:53:15	05:30:43	00:05:08	42	M40	241	6
873	Bley	Günter	Alwin Christians	1965	2015	00:58:04	00:57:16	00:51:07	01:01:21	00:50:44	00:52:15	05:30:47	00:05:08	50	M50	143	6
874	Borchert	Werner	Busboomsfehn	1962	2015	00:57:44	00:56:30	00:49:40	01:03:46	00:50:21	00:52:47	05:30:48	00:05:08	53	M50	144	6
875	Wessels	Harm	Team ENERCON	1955	2015	01:02:00	00:58:26	00:49:48	01:00:38	00:49:34	00:50:28	05:30:54	00:05:08	60	M60	22	6
876	Fröhling	Rudolf	Norden	1963	2015	00:58:49	00:58:08	00:50:14	01:03:04	00:50:33	00:50:11	05:30:59	00:05:08	52	M50	145	6
877	Land	Christian	Kdo SES	1986	2015	00:59:47	00:56:29	00:49:21	01:03:30	00:50:40	00:51:13	05:31:00	00:05:08	29	MHK	114	6
878	Voßkuhl	Andreas	VfL Viktoria Flachsmeel	1975	2015	00:59:37	00:58:24	00:50:59	01:01:32	00:50:20	00:50:08	05:31:00	00:05:08	40	M40	242	6
879	Sievers	Jörn	LIONS Ihlow-Südbrook	1965	2015	00:58:07	00:57:36	00:52:32	01:01:19	00:50:03	00:51:23	05:31:00	00:05:08	50	M50	146	6
880	Badberg	Wilhelm	TG Wiesmoor	1944	2015	00:57:51	00:58:08	00:50:40	01:02:10	00:50:28	00:51:52	05:31:09	00:05:08	71	M70	2	6
881	Maskus	Arne	Seefahrtsschule Leer	1991	2015	00:57:16	01:00:41	00:51:26	01:01:09	00:50:37	00:50:01	05:31:10	00:05:08	24	MHK	115	6
882	Berends	Holger	-	1975	2015	00:59:25	00:57:26	00:50:18	01:00:56	00:50:34	00:52:39	05:31:18	00:05:08	40	M40	243	6
883	Hüttinga	Jens	n-cut24	1968	2015	00:57:27	00:58:46	00:52:43	01:01:30	00:49:21	00:51:34	05:31:21	00:05:08	47	M40	244	6
884	Wolter	Die	Münchener	1953	2015	00:58:49	00:58:09	00:50:19	01:04:30	00:49:26	00:50:12	05:31:25	00:05:08	62	M60	23	6
885	Hollwege	Ralf	VfL Berumbur	1962	2015	00:57:45	00:57:33	00:51:23	01:02:16	00:50:41	00:51:57	05:31:35	00:05:08	53	M50	147	6
886	Hildebrandt	Volkmar	Waldschule Egels / TuS	1955	2015	00:57:54	00:57:45	00:50:41	01:01:38	00:51:10	00:52:29	05:31:37	00:05:08	60	M60	24	6
887	Gebrehlwei	Mikel	Windlooper	1988	2015	01:00:27	00:49:53	00:43:49	01:04:47	00:58:57	00:53:49	05:31:42	00:05:09	27	MHK	116	6
888	Post-de Buhr	Karin	Mahl- und Mischbetrieb	1974	2015	00:59:18	00:59:03	00:50:41	01:01:19	00:50:06	00:51:16	05:31:43	00:05:09	41	W40	37	6
889	Tunder	Marlis	Grundschule Middels	1987	2015	00:59:18	00:59:03	00:50:41	01:01:20	00:50:07	00:51:16	05:31:45	00:05:09	28	WHK	7	6
890	Grest	Henning	Sparkasse LeerWittmur	1979	2015	00:59:48	00:58:24	00:50:12	01:03:48	00:49:23	00:50:11	05:31:46	00:05:09	36	M30	150	6
891	Poppen	Helmut	Störtebeker Loopers TV	1950	2015	00:59:44	00:57:30	00:50:37	01:01:36	00:50:10	00:52:16	05:31:53	00:05:09	65	M60	25	6
892	Walter	Tatjana	Klinikum Leer	1981	2015	00:58:04	00:59:27	00:50:51	01:01:56	00:50:23	00:51:19	05:32:00	00:05:09	34	W30	27	6
893	Hollander	Sandra	Laufen und Meer	1978	2015	00:59:25	00:58:20	00:51:22	01:01:51	00:49:35	00:51:31	05:32:04	00:05:09	37	W30	28	6
894	Fröhling	Michael	KdoSES	1970	2015	00:59:55	00:59:21	00:49:21	01:04:00	00:48:50	00:50:38	05:32:05	00:05:09	45	M40	245	6
895	Herfurth	Oliver	Aurich	1973	2015	01:00:35	00:59:02	00:51:12	01:01:14	00:49:32	00:50:31	05:32:06	00:05:09	42	M40	246	6
896	Willms	Rainer	Baptisten Firrel	1975	2015	01:00:17	00:58:48	00:50:42	01:01:24	00:49:44	00:51:12	05:32:07	00:05:09	40	M40	247	6
897	Bruns	Deeke	FTC Hollen	2000	2015	00:58:08	00:58:44	00:50:11	01:03:07	00:50:01	00:52:01	05:32:12	00:05:09	15	MU20	117	6
898	Petrusch	Anja	Team ENERCON	1986	2015	00:59:05	00:58:00	00:50:43	01:02:13	00:50:10	00:52:01	05:32:12	00:05:09	29	WHK	8	6
899	Freesemann	Silvia	Stadtwerke Leer Loope	1966	2015	00:59:01	00:57:49	00:50:36	01:02:06	00:50:34	00:52:07	05:32:13	00:05:09	49	W40	38	6
900	Krahn	Florian	Finanzpartner Leer	1987	2015	01:00:04	00:59:00	00:49:23	01:03:48	00:50:33	00:49:28	05:32:16	00:05:09	28	MHK	117	6
901	Eilerts	Jürgen	SC Wiesens	1966	2015	00:59:15	00:57:18	00:52:02	01:01:15	00:51:05	00:51:22	05:32:17	00:05:09	49	M40	248	6
902	Alberts	Katja	Westerende	1998	2015	01:01:17	00:58:24	00:50:49	01:00:55	00:50:42	00:50:12	05:32:19	00:05:09	17	WU20	17	6
903	Huhne	Torsten	Oli Huus	1984	2015	00:57:39	00:57:56	00:50:27	01:04:07	00:49:32	00:52:39	05:32:20	00:05:09	31	M30	151	6
904	Droste	Rüdiger	Droste Wassersport OH	1980	2015	01:00:47	00:58:00	00:50:29	01:02:21	00:49:48	00:50:56	05:32:21	00:05:09	35	M30	152	6
905	Peper	Tim	OBW Emden	1995	2015	01:02:29	00:57:01	00:49:56	01:02:45	00:50:11	00:50:00	05:32:22	00:05:09	20	MHK	118	6
906	Bruns	Henning	EWWE-Wattlooper	1996	2015	00:59:43	00:53:52	00:51:01	01:03:53	00:47:33	00:56:23	05:32:25	00:05:09	19	MU20	118	6
907	Cramer	Jens	Gemeinde Hinte	1977	2015	00:58:54	00:58:00	00:52:07	01:02:40	00:49:51	00:50:55	05:32:27	00:05:09	38	M30	153	6
908	Lowin	Volker	BBS Aurich	1955	2015	01:00:34	00:57:52	00:50:12	01:02:42	00:50:05	00:51:04	05:32:29	00:05:09	60	M60	26	6
909	Baumann	Jörg	Gemeinde Hinte	1974	2015	00:57:51	00:57:59	00:52:08	01:02:27	00:50:05	00:52:00	05:32:30	00:05:09	41	M40	249	6
910	Kaiser	Jens	Enno Onnecken	1972	2015	01:02:33	00:58:25	00:51:07	01:02:03	00:49:13	00:49:09	05:32:30	00:05:09	43	M40	250	6
911	Roofs	Waltraud	Störtebeker Loopers TV	1966	2015	00:58:09	00:57:43	00:50:50	01:03:17	00:50:30	00:52:09	05:32:38	00:05:09	49	W40	39	6
912	Friedrichs	Wilhelm	STRABAG AG	1952	2015	00:59:02	00:57:40	00:51:08	01:01:58	00:50:38	00:52:13	05:32:39	00:05:09	63	M60	27	6
913	Giebelhausen	Klaus		1975	2015	00:57:47	00:56:52	00:51:13	01:02:50	00:51:18	00:52:40	05:32:40	00:05:09	40	M40	251	6
914	Brunet	Holger	Bünting Tee	1966	2015	00:57:23	00:57:26	00:51:48	01:03:09	00:50:23	00:52:32	05:32:41	00:05:09	49	M40	252	6
915	Freundenberg	Gesa	Ihlowerfehn	1982	2015	00:59:05	00:57:34	00:51:21	01:02:01	00:50:38	00:52:05	05:32:44	00:05:10	33	W30	29	6
916	Walther	Kai	SuS Timmel	1977	2015	00:58:55	00:59:10	00:50:50	01:01:51	00:50:41	00:51:22	05:32:49	00:05:10	38	M30	154	6

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	km 64,55	pro km				
924	Dirks	Andreas	Störtebeker Loopers TV	1964	2015	00:58:07	00:57:47	00:51:04	01:03:16	00:50:41	00:52:21	05:33:16	00:05:10	51	M50	151	6
925	Stuhr	Arved	Turbine TGG	1997	2015	01:06:02	00:58:19	00:51:39	00:59:15	00:48:34	00:49:30	05:33:19	00:05:10	18	MU20	119	6
926	Mendonca	Angelo	Team ENERCON	1977	2015	00:58:07	00:58:02	00:50:53	01:03:29	00:50:19	00:52:30	05:33:20	00:05:10	38	M30	157	6
927	Eisenhauer	Manfred	Wi sünd Holtriem	1966	2015	00:57:22	00:57:59	00:52:05	01:02:04	00:51:21	00:52:33	05:33:24	00:05:10	49	M40	254	6
928	Cassens	Steffen	NIGE	1996	2015	00:59:21	00:58:23	00:50:53	01:03:52	00:49:46	00:51:10	05:33:25	00:05:10	19	MU20	120	6
929	Vennen	Rolf Dieter	EWE-Wattloopers	1962	2015	01:00:07	00:58:38	00:50:50	01:02:30	00:49:44	00:51:38	05:33:27	00:05:10	53	M50	152	6
930	Briese	Wilke	Briese Schifffahrt	1980	2015	01:02:43	00:59:47	00:51:15	01:00:03	00:48:57	00:50:45	05:33:30	00:05:10	35	M30	158	6
931	Wolff	Hans-Peter	ELG	1947	2015	00:59:02	00:58:22	00:51:50	01:00:53	00:50:10	00:53:23	05:33:40	00:05:10	68	M60	28	6
932	Tammen	Alfred	Bünting Tee	1965	2015	00:55:22	00:55:19	00:50:21	01:01:39	00:58:32	00:52:31	05:33:44	00:05:10	50	M50	153	6
933	Friesenborg	Monika	Stadt Emden	1969	2015	00:58:38	00:58:57	00:50:55	01:02:31	00:51:08	00:51:37	05:33:46	00:05:10	46	W40	40	6
934	Lüning	Jens	Stadt Leer	1974	2015	00:59:18	00:57:51	00:51:05	01:03:21	00:50:12	00:52:01	05:33:48	00:05:11	41	M40	255	6
935	Willms	Jochen	Scharff / Trauco	1981	2015	00:57:44	00:58:45	00:50:37	01:02:45	00:50:27	00:53:31	05:33:49	00:05:11	34	M30	159	6
936	Strohschnieder	Rosa	SZ Saterland	1951	2015	00:59:46	00:58:33	00:50:48	01:02:15	00:50:31	00:51:56	05:33:49	00:05:11	64	W60	1	6
937	Janssen	Silke	SV Borussia Leer	1975	2015	00:59:00	00:57:53	00:51:37	01:02:50	00:50:57	00:51:48	05:34:05	00:05:11	40	W40	41	6
938	Meyer	Wolfgang	Emder LG	1963	2015	00:59:28	00:59:49	00:50:36	01:03:27	00:49:57	00:50:54	05:34:11	00:05:11	52	M50	154	6
939	Wempen	Holger		1975	2015	00:55:00	00:57:36	00:48:35	01:00:08	00:47:20	01:05:35	05:34:14	00:05:11	40	M40	256	6
940	Saathoff	Eiko	Gymnasium Ulricianum	1997	2015	01:00:04	00:57:45	00:48:37	01:03:29	00:51:26	00:52:57	05:34:18	00:05:11	18	MU20	121	6
941	Redenius	Uwe	Herzkinder Ostfriesland	1986	2015	00:58:10	00:58:26	00:50:46	01:03:19	00:51:00	00:52:39	05:34:20	00:05:11	29	MHK	120	6
942	Heckhoff	Andreas	Borromäus Hospital Lee	1964	2015	00:53:24	00:57:58	00:54:35	01:01:37	00:51:01	00:55:48	05:34:23	00:05:11	51	M50	155	6
943	Kühn	Lars	Gymnasium Ulricianum	2002	2015	01:00:07	00:57:48	00:51:38	01:02:23	00:50:52	00:51:46	05:34:34	00:05:11	13	MU20	122	6
944	Schatt	Olaf	Turbine TGG	1967	2015	00:59:50	00:59:35	00:50:17	01:04:50	00:49:41	00:50:27	05:34:40	00:05:11	48	M40	257	6
945	Otto	Silke	VfL Berumbur	1968	2015	00:58:43	00:58:45	00:51:51	01:02:45	00:50:45	00:51:57	05:34:46	00:05:11	47	W40	42	6
946	ter Veer	Olaf	EWE-Wattloopers	1973	2015	01:01:26	00:58:45	00:50:50	01:02:30	00:49:44	00:51:38	05:34:53	00:05:12	42	M40	258	6
947	Fokken	Michael	Oldenburg	1970	2015	00:58:47	00:59:18	00:52:12	01:02:36	00:50:30	00:51:36	05:34:59	00:05:12	45	M40	259	6
948	Plaggenborg	Stefan	Firmengruppe Kurre	1975	2015	01:00:21	00:59:50	00:51:14	01:02:15	00:50:01	00:51:28	05:35:09	00:05:12	40	M40	260	6
949	Romaneeßen	Gerd	Theater Brockzetel-Wie	1963	2015	00:59:39	00:58:47	00:52:06	01:03:08	00:50:53	00:50:39	05:35:12	00:05:12	52	M50	156	6
950	Stahn	Hans-Peter	Aurich	1956	2015	01:04:35	01:00:04	00:49:32	01:01:53	00:49:36	00:49:36	05:35:16	00:05:12	59	M50	157	6
951	Cammenga	Tammo	Gymnasium Ulricianum	2002	2015	01:03:07	01:00:45	00:49:42	01:02:16	00:48:19	00:51:08	05:35:17	00:05:12	13	MU20	123	6
952	Droste	Peter	Droste Wassersport OH	1950	2015	01:00:51	00:57:59	00:50:59	01:02:58	00:50:17	00:52:14	05:35:18	00:05:12	65	M60	29	6
953	Blank	Torsten	Stadt Leer	1977	2015	00:59:28	00:59:11	00:51:03	01:02:48	00:50:57	00:51:52	05:35:19	00:05:12	38	M30	160	6
954	Schmidt	Heiko	Tus Leerhufe-Hovel	1972	2015	01:01:22	00:59:37	00:52:02	01:02:02	00:49:42	00:50:36	05:35:21	00:05:12	43	M40	261	6
955	Winsenborg	Thomas	Lebenshilfe Leer	1973	2015	01:00:01	00:58:13	00:50:21	01:01:42	00:50:53	00:54:12	05:35:22	00:05:12	42	M40	262	6
956	Rühling	Michael	LT TuS Aurich-Ost	1971	2015	01:00:41	00:58:53	00:51:09	01:01:21	00:50:31	00:52:49	05:35:24	00:05:12	44	M40	263	6
957	Bronn	Anneke	LG TV Bunde	1993	2015	00:58:52	00:59:00	00:50:57	01:02:43	00:51:34	00:52:19	05:35:25	00:05:12	22	WHK	9	6
958	Mertins	Klaus-Dieter	obw Emden	1956	2015	00:58:36	00:58:29	00:51:52	01:03:10	00:50:29	00:52:53	05:35:29	00:05:12	59	M50	158	6
959	Dreesmann	Arno	LHV	1976	2015	01:00:36	01:00:05	00:53:33	01:01:43	00:50:04	00:49:32	05:35:33	00:05:12	39	M30	161	6
960	Nowinski	Renate	BBS Aurich	1969	2015	00:58:39	00:58:42	00:52:05	01:02:36	00:51:11	00:52:25	05:35:38	00:05:12	46	W40	43	6
961	Drost	Helge	BSG Sparkasse Wilhelm	1974	2015	00:58:46	00:59:17	00:51:43	01:02:59	00:51:15	00:51:47	05:35:47	00:05:12	41	M40	264	6
962	Henning	Yannick	Laufen und Meer	1999	2015	01:00:09	00:58:30	00:51:41	01:02:18	00:50:48	00:52:23	05:35:49	00:05:12	16	MU20	124	6
963	Hildebrandt	Lothar	Emder LG	1968	2015	00:58:01	00:58:41	00:51:49	01:02:55	00:51:28	00:52:58	05:35:52	00:05:12	47	M40	265	6
964	Patzwald	Christian	NV Versicherungen VV	1985	2015	01:02:38	00:56:26	00:52:22	01:04:43	00:49:52	00:49:53	05:35:54	00:05:12	30	M30	162	6
965	Bihn	Sylvia	MTV Hohenkirchen	1963	2015	00:56:50	01:05:34	00:50:19	01:01:26	00:50:29	00:51:16	05:35:54	00:05:12	52	W50	7	6
966	Luikenga	Andreas	ohne	1966	2015	00:57:06	00:57:43	00:52:20	01:03:13	00:50:39	00:54:57	05:35:58	00:05:13	49	M40	266	6
967	Gronewold	Anja	Team AURICHER EIER	1977	2015	00:59:33	00:58:45	00:51:08	01:01:52	00:51:05	00:53:38	05:36:01	00:05:13	38	W30	30	6
968	Alberts	Uwe	Westerende Holzloog	1968	2015	01:00:31	00:58:33	00:51:17	01:03:01	00:50:28	00:52:12	05:36:02	00:05:13	47	M40	267	6
969	Duis	Arend	Lions Club Uplengen	1957	2015	00:58:39	00:58:21	00:51:55	01:03:58	00:51:22	00:51:55	05:36:10	00:05:13	58	M50	159	6
970	Tränapp	Andreas	Warsingsfehn	1983	2015	01:01:13	00:59:09	00:53:00	01:02:30	00:49:43	00:50:35	05:36:10	00:05:13	32	M30	163	6
971	de Boer	Joachim	Team ENERCON	1966	2015	00:59:25	00:58:26	00:51:08	01:03:13	00:50:39	00:53:20	05:36:11	00:05:13	49	M40	268	6
972	Nowinski	Karl-Heinz	Team ENERCON	1967	2015	00:58:33	00:59:18	00:51:20	01:02:50	00:51:10	00:53:09	05:36:20	00:05:13	48	M40	269	6
973	Ebel	Rainer	LT TuS Aurich-Ost	1962	2015	01:00:25	00:57:51	00:51:58	01:02:52	00:51:18	00:52:02	05:36:26	00:05:13	53	M50	160	6
974	Urner	Thorsten	LG Fliegerhorst Upjever	1967	2015	00:58:43	01:01:12	00:51:13	01:04:30	00:49:44	00:51:05	05:36:27	00:05:13	48	M40	270	6
975	Bruns	Simon	Seefahrtsschule Leer	1994	2015	00:59:16	00:59:50	00:51:58	01:02:48	00:50:42	00:52:05	05:36:39	00:05:13	21	MHK	121	6
976	Schürmann	Egon	Jeans Janssen	1965	2015	00:58:06	00:58:17	00:52:52	01:03:21	00:50:54	00:53:11	05:36:41	00:05:13	50	M50	161	6
977	Brehmer	Detlef	Gassco Vikings	1955	2015	01:04:41	00:59:25	00:50:33	01:01:50	00:49:31	00:50:45	05:36:45	00:05:13	60	M60	30	6
978	Dreesmann	Gerhard	DLRG Leer	1958	2015	00:59:47	00:58:40	00:51:50	01:02:30	00:51:13	00:52:47	05:36:47	00:05:13	57	M50	162	6
979	Balsen	Arnold	-	1975	2015	00:58:20	00:58:40	00:53:34	01:03:22	00:50:56	00:51:57	05:36:49	00:05:13	40	M40	271	6
980	Schulz	Evelyn	Sparkasse Emden	1957	2015	00:59:09	00:58:10	00:51:28	01:03:31	00:51:46	00:52:45	05:36:49	00:05:13	58	W50	8	6
981	Damm	Dirk	AOK Ostfriesland Jade	1964	2015	01:00:48	00:58:28	00:46:13	00:55:32	00:53:24	01:02:25	05:36:50	00:05:13	51	M50	163	6
982	Seck	Stephanie	Krankenhaus Wittmund	1979	2015	01:00:27	00:59:23	00:51:26	01:03:34	00:50:30	00:51:40	05:37:00	00:05:13	36	W30	31	6
983	Dubiel	Carsten	Tausendfüßler - Fort	1949	2015	00:58:52	00:58:54	00:52:15	01:02:57	00:51:30	00:52:37	05:37:05	00:05:14	66	M60	31	6
984	Behrends	Lübbert	TaktLwGrp "R"	1965	2015	01:00:32	00:59:13	00:52:38	01:02:36	00:50:14	00:51:59	05:37:12	00:05:14	50	M50	164	6
985	Mansholt	Sabine	VfB Uplengen	1971	2015	00:58:39	00:58:46	00:52:12	01:02:47	00:51:52	00:53:07	05:37:23	00:05:14	44	W40	44	6
986	Helmers	Angelika	Hochschule Emden/Leer	1990	2015	00:58:23	00:58:54	00:51:56	01:04:02	00:51:25	00:52:57	05:37:37	00:05:14	25	WHK	10	6
987	Schmidt	Dorothee	LSF Oldenburg	1960	2015	00:59:56	00:58:19	00:52:30	01:02:47	00:50:58	00:53:18	05:37:48	00:05:14	55	W50	9	6
988	Klinkenborg	Enno	TV Norden	1949	2015	00:58:4											

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55 km	pro km				
995	Ubben	Tobias	Ihlowerhörn	1994	2015	00:58:10	01:01:12	00:51:26	01:02:42	00:50:11	00:54:45	05:38:26	00:05:15	21	MHK	122	6
996	Dirks	Maja	Fortuna Logabirum	1993	2015	01:00:12	01:00:09	00:52:10	01:03:26	00:50:57	00:51:45	05:38:39	00:05:15	22	WHK	13	6
997	Mintken	Stephan	TaktLwGrp "R"	1970	2015	01:00:35	01:00:07	00:52:01	01:03:59	00:50:40	00:51:39	05:39:01	00:05:15	45	M40	273	6
998	Schleppregrell	Ulrich	Team Laufrausch Olden	1957	2015	01:02:49	01:01:40	00:53:36	01:01:36	00:48:12	00:51:11	05:39:04	00:05:15	58	M50	165	6
999	Bohmfalk	Tom	SC 04 Leer	1957	2015	00:59:29	00:58:45	00:52:40	01:03:43	00:51:29	00:53:04	05:39:10	00:05:16	58	M50	166	6
1000	Riexinger	Sibet	Wilhelmshaven	1959	2015	00:58:29	00:59:00	00:52:12	01:03:53	00:52:00	00:53:36	05:39:10	00:05:16	56	M50	167	6
1001	Tammen-Bauer	Heidi	Studio Larisca	1978	2015	00:58:51	01:00:38	00:52:32	01:03:23	00:51:13	00:52:33	05:39:10	00:05:16	37	W30	32	6
1002	Kramer	Johann	RVB Aurich/Uplengen	1966	2015	01:02:37	01:00:01	00:51:25	01:03:20	00:50:14	00:51:34	05:39:11	00:05:16	49	M40	274	6
1003	Fleßner	Gert	EWE-Wattloopers	1985	2015	00:59:39	00:58:43	00:52:03	01:03:51	00:51:43	00:53:14	05:39:13	00:05:16	30	M30	165	6
1004	Alberts	Alfred	GeTek	1967	2015	00:59:20	00:58:20	00:53:55	01:04:35	00:50:51	00:52:23	05:39:24	00:05:16	48	M40	275	6
1005	Kramer	Alex	EWE-Wattloopers	1971	2015	01:00:33	00:59:28	00:51:38	01:03:12	00:52:50	00:51:45	05:39:26	00:05:16	44	M40	276	6
1006	Krönke	Antje	IGS Waldschule Egels	2000	2015	01:01:25	00:55:50	00:50:58	01:03:36	00:50:00	00:57:42	05:39:31	00:05:16	15	WU20	18	6
1007	Wallenstein	Detlef	Borromäus Hospital Leer	1973	2015	01:00:13	01:00:03	00:52:26	01:02:57	00:51:14	00:52:39	05:39:32	00:05:16	42	M40	277	6
1008	Sauer-Ufkes	Gudrun	MTV Aurich	1965	2015	00:58:51	01:00:15	00:52:25	01:03:22	00:51:39	00:53:05	05:39:37	00:05:16	50	W50	11	6
1009	Wunderlich	Reinhard	Actic Fit Schortens	1947	2015	00:58:27	00:59:30	00:51:12	01:03:29	00:50:28	00:56:31	05:39:37	00:05:16	68	M60	33	6
1010	Bohlen	Gerhard	Krankenhaus Wittmund	1953	2015	01:00:25	00:59:33	00:52:37	01:03:46	00:50:29	00:52:54	05:39:44	00:05:16	62	M60	34	6
1011	Möhlmann	Werner	CVJM Neermoor	1964	2015	01:01:05	01:00:11	00:52:05	01:02:48	00:51:24	00:52:12	05:39:45	00:05:16	51	M50	168	6
1012	Pupkes	Andreas	B-Plast 2000	1980	2015	01:00:17	00:59:25	00:51:50	01:01:40	00:54:52	00:51:41	05:39:45	00:05:16	35	M30	166	6
1013	Loers	Monika	Rolf Janssen Gruppe	1975	2015	00:58:44	00:59:07	00:52:16	01:03:39	00:51:51	00:54:13	05:39:50	00:05:16	40	W40	46	6
1014	Guilhauman	Eric	MVM IT-Management	1994	2015	00:58:59	01:03:19	00:50:04	01:02:29	00:51:38	00:53:22	05:39:51	00:05:16	21	MHK	123	6
1015	Kohn	Martina	VfL Germania Leer	1974	2015	01:01:07	01:00:50	00:52:53	01:03:07	00:50:20	00:51:37	05:39:54	00:05:16	41	W40	47	6
1016	Kramer	Bernd	Aurich	1979	2015	00:58:53	01:00:27	00:52:33	01:03:30	00:51:39	00:52:55	05:39:57	00:05:16	36	M30	167	6
1017	Hiersemann	Timo	obw Emden	1993	2015	01:01:01	01:00:42	00:51:52	01:04:26	00:49:24	00:52:34	05:39:59	00:05:16	22	MHK	124	6
1018	Janssen	Daniel	Moordorf	1989	2015	01:01:40	01:00:23	00:51:44	01:02:31	00:48:16	00:55:28	05:40:02	00:05:16	26	MHK	125	6
1019	Müller	Stefan	Schleuse Leysiel	1961	2015	00:59:53	00:58:33	00:51:09	01:04:52	00:50:52	00:54:47	05:40:06	00:05:16	54	M50	169	6
1020	Möhlmann	Berend	Großefehn	1963	2015	01:00:31	01:00:14	00:52:38	01:03:45	00:51:13	00:51:46	05:40:07	00:05:16	52	M50	170	6
1021	de Buhr	Oskar	Schule am Patersweg I	1951	2015	01:00:12	00:58:41	00:52:06	01:03:50	00:51:59	00:53:34	05:40:22	00:05:17	64	M60	35	6
1022	Hicken	Thomas	VfL Fortuna Veenhusen	1978	2015	01:00:52	00:58:24	00:52:09	01:04:33	00:51:11	00:53:14	05:40:23	00:05:17	37	M30	168	6
1023	Gerdes	Uwe	JUG	1966	2015	01:00:27	00:59:57	00:54:34	01:03:02	00:50:33	00:51:52	05:40:25	00:05:17	49	M40	278	6
1024	Welsch	Marco	IGS Waldschule Egels	2001	2015	01:03:49	00:58:13	00:50:29	01:03:36	00:51:16	00:53:17	05:40:40	00:05:17	14	MU20	125	6
1025	Schmunkamp	Ulrich	Westoverledingen	1984	2015	00:59:56	00:59:00	00:51:57	01:04:48	00:50:53	00:54:06	05:40:40	00:05:17	31	M30	169	6
1026	Kleimaker	Arno		1954	2015	01:01:01	01:00:18	00:51:36	01:04:48	00:50:27	00:52:38	05:40:48	00:05:17	61	M60	36	6
1027	Schindler	Jannik	SV Warsingsfehn	1997	2015	01:01:17	01:01:15	00:52:59	01:03:54	00:50:19	00:51:08	05:40:52	00:05:17	18	MU20	126	6
1028	Hoffmann	Luise	Ostfriesische Volksbank	1958	2015	00:58:14	00:59:40	00:52:36	01:04:04	00:52:05	00:54:28	05:41:07	00:05:17	57	W50	12	6
1029	Schumann	Klaas	Team ENERCON	1987	2015	01:03:01	01:00:31	00:51:13	01:01:30	00:51:03	00:53:50	05:41:08	00:05:17	28	MHK	126	6
1030	Bruns	Aike	ENOVA	1995	2015	01:00:17	01:00:27	00:51:28	01:05:16	00:51:10	00:52:38	05:41:16	00:05:17	20	MHK	127	6
1031	Poppen	Gaby	Klinikum Leer	1965	2015	00:58:21	00:59:00	00:51:04	01:04:14	00:53:23	00:55:19	05:41:21	00:05:18	50	W50	13	6
1032	Bruns	Friedrich	Borromäus Hospital Leer	1962	2015	01:01:35	01:00:12	00:52:49	01:02:57	00:51:13	00:52:39	05:41:25	00:05:18	53	M50	171	6
1033	Kleemann	Holger	n-cut24 GmbH	1965	2015	00:58:53	00:59:31	00:52:45	01:04:09	00:52:01	00:54:15	05:41:34	00:05:18	50	M50	172	6
1034	Nauschütt	Björn	Ostfriesische Volksbank	1973	2015	01:00:41	00:59:48	00:52:45	01:03:23	00:52:05	00:52:55	05:41:37	00:05:18	42	M40	279	6
1035	Waldmann	Frank	LG Großefehn	1955	2015	01:00:19	00:59:44	00:52:11	01:03:59	00:52:18	00:53:11	05:41:42	00:05:18	60	M60	37	6
1036	Deepen	Nina	Stadt Emden	1990	2015	01:02:00	00:58:57	00:52:07	01:04:10	00:51:26	00:53:08	05:41:48	00:05:18	25	WHK	14	6
1037	Canenbley	Britta	Dehmers&Co.	1968	2015	01:00:26	00:58:47	00:52:19	01:03:54	00:53:17	00:53:05	05:41:48	00:05:18	47	W40	48	6
1038	Becker	Nils	BSG Volksbank Jever	1994	2015	01:00:26	01:00:15	00:52:53	01:04:21	00:51:48	00:52:10	05:41:53	00:05:18	21	MHK	128	6
1039	Janßen	Thomas	RVB Aurich/Uplengen	1981	2015	01:01:10	00:59:28	00:52:46	01:04:21	00:51:39	00:52:52	05:42:16	00:05:18	34	M30	170	6
1040	Röben	Melanie	ENTDECKERGARTEN	1973	2015	01:00:43	01:00:10	00:52:54	01:03:27	00:51:45	00:53:23	05:42:22	00:05:18	42	W40	49	6
1041	Iken	Jens	KBV Blesum	1969	2015	00:59:10	01:00:20	00:52:28	01:03:40	00:54:29	00:52:27	05:42:34	00:05:19	46	M40	280	6
1042	Betz	Ralf	SV Frisia Loga	1970	2015	01:03:15	01:01:55	00:52:22	01:03:38	00:50:13	00:51:12	05:42:35	00:05:19	45	M40	281	6
1043	Friedrichs	Timo	ELV Elektronik AG	1972	2015	00:59:29	00:59:53	00:52:16	01:04:36	00:51:09	00:55:14	05:42:37	00:05:19	43	M40	282	6
1044	Weber	Stefan	RVB Aurich/Uplengen	1995	2015	01:06:11	01:02:10	00:50:49	01:03:15	00:49:52	00:50:25	05:42:42	00:05:19	20	MHK	129	6
1045	Drost	Fritz	MTV Wittmund	1943	2015	01:01:04	01:00:45	00:52:50	01:02:59	00:51:32	00:53:33	05:42:43	00:05:19	72	M70	3	6
1046	Harberts	Lothar	ELV Elektronik AG	1974	2015	00:59:30	00:59:53	00:52:27	01:04:36	00:51:10	00:55:14	05:42:50	00:05:19	41	M40	283	6
1047	Willms	Florian	ELV Elektronik AG	1983	2015	00:59:59	00:59:51	00:51:49	01:04:08	00:51:54	00:55:15	05:42:56	00:05:19	32	M30	171	6
1048	Willing	Rainer	Ubbo-Emmius-Klinik	1966	2015	01:02:43	01:00:41	00:55:15	01:04:22	00:50:02	00:49:53	05:42:56	00:05:19	49	M40	284	6
1049	Klenzendorf	Jannes	FCSO	1999	2015	01:03:26	01:00:25	00:51:10	01:04:22	00:51:43	00:51:55	05:43:01	00:05:19	16	MU20	127	6
1050	Weber	Christian	Kdo SES	1986	2015	01:01:31	00:59:48	00:51:52	01:08:03	00:50:41	00:51:09	05:43:04	00:05:19	29	MHK	130	6
1051	Bergmann	Wilko	SV Lunzhausen	1984	2015	01:01:07	00:59:46	00:55:11	01:03:00	00:51:13	00:52:47	05:43:04	00:05:19	31	M30	172	6
1052	Renken	Ingo	LG Fliegerhorst Upjever	1967	2015	00:56:08	00:59:43	00:52:08	01:06:30	00:53:26	00:55:11	05:43:06	00:05:19	48	M40	285	6
1053	Janssen	Jann	Sportpark Tannenhausen	1993	2015	00:59:16	01:03:25	00:56:33	01:03:56	00:49:56	00:50:06	05:43:12	00:05:19	22	MHK	131	6
1054	Staaak	Marek	BSG Volksbank Jever	1974	2015	01:01:51	01:00:55	00:52:44	01:04:27	00:51:02	00:52:13	05:43:12	00:05:19	41	M40	286	6
1055	Janssen	Engeline	LG Ostfriesland	1964	2015	00:59:40	00:58:50	00:52:39	01:05:00	00:52:42	00:54:25	05:43:16	00:05:19	51	W50	14	6
1056	Warners	Hedda	Stadt Leer	1969	2015	01:00:40	01:00:05	00:52:13	01:04:23	00:52:07	00:53:48	05:43:16	00:05:19	46	W40	50	6
1057	Götze	Jens	Baugeschäft Voorwold	1984	2015	01:01:00	01:00:04	00:52:38	01:05:34	00:50:23	00:53:46	05:43:25	00:05:19	31	M30	173	6
1058	Sikken	Bart	Emder LG	1970	2015	01:01:01	01:00:33	00:54:17	00:59:04	00:53:35	00:55:00	05:43:30	00:05:20	45	M40	287	6
1059																	

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1066	Wilken	Susanne	BMW TEKKEN	1969	2015	01:03:32	01:00:43	00:53:14	01:03:03	00:50:55	00:52:33	05:44:00	00:05:20	46	W40	52	6
1067	Erlor	Ines	Borromäus Hospital Lee	1973	2015	01:00:15	01:00:03	00:52:24	01:04:41	00:53:05	00:53:36	05:44:04	00:05:20	42	W40	53	6
1068	Müller	Wilhelm	Emder LG	1950	2015	00:59:44	00:58:09	00:54:40	01:04:46	00:51:54	00:55:01	05:44:14	00:05:20	65	M60	38	6
1069	Schneemann	Marcell	AFS Komitee Ostfriesland	1996	2015	00:58:02	01:02:01	00:52:43	01:02:09	00:51:46	00:57:37	05:44:18	00:05:20	19	MU20	130	6
1070	Krisp	Stephan	Meyer Werft GmbH & C	1972	2015	01:01:24	01:01:09	00:53:12	01:04:12	00:50:58	00:53:31	05:44:26	00:05:20	43	M40	290	6
1071	Begitt	Kurt	Watt'n Looper SV Dorn	1947	2015	00:59:37	01:00:22	00:53:09	01:04:29	00:52:21	00:54:31	05:44:29	00:05:20	68	M60	39	6
1072	Rabenstein	Stina	Praxis für Podologie	1977	2015	01:00:38	01:00:27	00:53:21	01:03:27	00:52:30	00:54:07	05:44:30	00:05:20	38	W30	33	6
1073	Schindler	Bernd	TV Oldersum	1968	2015	01:01:18	01:01:15	00:53:12	01:04:04	00:51:41	00:53:05	05:44:35	00:05:21	47	M40	291	6
1074	Meyer	Stefan	Team ENERCON	1978	2015	00:59:35	00:58:47	00:53:03	01:03:28	00:53:10	00:56:33	05:44:36	00:05:21	37	M30	175	6
1075	Busecke	Grit	Praxis Busecke/Bornem	1967	2015	01:05:04	01:00:25	00:52:16	01:04:33	00:50:45	00:51:43	05:44:46	00:05:21	48	W40	54	6
1076	Fritz	Thorben	KGS Wiesmoor	1999	2015	01:05:12	00:59:59	00:52:46	01:02:16	00:51:34	00:52:59	05:44:46	00:05:21	16	MU20	131	6
1077	Kamann	Friedhelm	Ubbö-Emmius-Klinik	1956	2015	01:00:44	01:00:21	00:52:55	01:04:38	00:52:15	00:54:00	05:44:53	00:05:21	59	M50	174	6
1078	Meyer	Ines	Physiotherapie Pielstick	1988	2015	01:04:56	01:00:30	00:52:10	01:05:16	00:49:36	00:52:39	05:45:07	00:05:21	27	WHK	15	6
1079	Stocker	Ralf	MTV Aurich	1947	2015	01:00:23	01:00:10	00:53:26	01:04:32	00:52:28	00:54:09	05:45:08	00:05:21	68	M60	40	6
1080	Heyen	Milena	Laufen und Meer	1999	2015	00:59:26	00:58:20	00:52:29	01:06:25	00:53:09	00:55:21	05:45:10	00:05:21	16	WU20	19	6
1081	Beyer	Thorsten	TVM Badminton	1981	2015	01:02:20	01:00:53	00:51:44	01:04:12	00:52:12	00:53:55	05:45:16	00:05:21	34	M30	176	6
1082	Steinke	Hilde	SV Concordia Neermoc	1945	2015	01:05:42	00:58:31	00:51:59	01:03:48	00:51:30	00:53:56	05:45:26	00:05:21	70	W70	1	6
1083	Garrelts	Elke	SC Wiesens	1971	2015	01:00:58	01:00:47	00:52:46	01:04:26	00:52:03	00:54:27	05:45:27	00:05:21	44	W40	55	6
1084	Dahlweg	Frank	Kautex Leer	1978	2015	01:01:17	01:00:32	00:52:56	01:04:01	00:53:05	00:53:39	05:45:30	00:05:21	37	M30	177	6
1085	Stern	Jessica	Briese Schifffahrt	1983	2015	01:00:14	01:00:43	00:53:39	01:04:08	00:53:22	00:53:24	05:45:30	00:05:21	32	W30	34	6
1086	Budde	Thies	Seefahrtsschule Leer	1993	2015	01:04:10	01:01:59	00:52:38	01:03:39	00:51:07	00:51:59	05:45:32	00:05:21	22	MHK	132	6
1087	Hofer	Michael	KGS Wiesmoor	1968	2015	01:01:53	01:00:48	00:53:00	01:04:14	00:51:55	00:53:45	05:45:35	00:05:21	47	M40	292	6
1088	Jannsen	Drees	LG Ostfriesland	1962	2015	00:59:50	01:00:17	00:53:15	01:04:44	00:52:42	00:55:00	05:45:48	00:05:22	53	M50	175	6
1089	Aden	Melanie	LG Großefehn	1972	2015	01:00:02	01:01:00	00:52:39	01:04:16	00:52:50	00:55:07	05:45:54	00:05:22	43	W40	56	6
1090	Seiwald	Eeske	Fortuna Logabirum	2005	2015	01:02:00	00:59:33	00:52:52	01:05:29	00:52:20	00:53:40	05:45:54	00:05:22	10	WU20	20	6
1091	Lienemann	Jann	Gymnasium Ulricianum	1997	2015	01:00:04	01:05:38	00:49:57	01:06:00	00:51:09	00:53:20	05:46:08	00:05:22	18	MU20	132	6
1092	Anscheit	Janneke	Fortuna Logabirum	2001	2015	01:00:56	00:59:59	00:53:07	01:06:23	00:52:24	00:53:25	05:46:14	00:05:22	14	WU20	21	6
1093	Onken	Reina	Lauffreunde Wittmund	1972	2015	01:01:44	01:00:29	00:52:55	01:05:24	00:52:23	00:53:33	05:46:28	00:05:22	43	W40	57	6
1094	Diekmann	Bianca	Lauffreunde Wittmund	1975	2015	01:01:44	01:00:29	00:52:56	01:05:24	00:52:23	00:53:33	05:46:29	00:05:22	40	W40	58	6
1095	Diner	Juri	SC 04 Leer	1988	2015	01:01:51	00:59:07	00:51:42	01:05:33	00:53:18	00:54:59	05:46:30	00:05:22	27	MHK	133	6
1096	Geiken	Heike	LT TuS Aurich-Ost	1968	2015	00:59:56	01:00:50	00:53:34	01:03:38	00:53:07	00:55:33	05:46:38	00:05:22	47	W40	59	6
1097	Dultmeyer	Yvonne	FC Sedelsberg	1978	2015	01:00:01	00:59:50	00:54:06	01:06:02	00:52:54	00:53:50	05:46:43	00:05:23	37	W30	35	6
1098	Penner	Florian	Löwen-Apothek Emden	1963	2015	01:01:04	01:01:09	00:52:51	01:04:43	00:52:33	00:54:27	05:46:47	00:05:23	52	M50	176	6
1099	Regling	Matthis	KGS Wiesmoor	1999	2015	01:01:06	00:58:07	00:53:46	01:03:16	00:53:17	00:57:16	05:46:48	00:05:23	16	MU20	133	6
1100	Graalmann	Stefan		1968	2015	01:01:13	01:00:35	00:53:46	01:05:24	00:52:07	00:53:46	05:46:51	00:05:23	47	M40	293	6
1101	Lenz	Hans-Hermann	Klinikum Leer	1952	2015	01:00:44	01:01:43	00:54:10	01:05:11	00:52:10	00:53:02	05:47:00	00:05:23	63	M60	41	6
1102	Meentz	Holger	TuS leerhafen	1971	2015	01:02:19	01:00:38	00:52:39	01:04:08	00:52:59	00:54:18	05:47:01	00:05:23	44	M40	294	6
1103	Fecht	Sabine	Studio Larisca	1966	2015	01:02:55	01:02:12	00:52:44	01:03:53	00:52:31	00:52:53	05:47:08	00:05:23	49	W40	60	6
1104	Moskalk	Marcel	Seefahrtsschule Leer	1992	2015	01:01:45	00:59:39	00:52:39	01:03:59	00:53:03	00:56:05	05:47:10	00:05:23	23	MHK	134	6
1105	Ockenga	Kea	Gymnasium Ulricianum	1998	2015	01:03:16	01:03:52	00:52:23	01:05:05	00:49:41	00:52:58	05:47:15	00:05:23	17	WU20	22	6
1106	Hofer	Nicole	KGS Wiesmoor	1978	2015	01:01:59	01:00:49	00:53:19	01:04:40	00:52:37	00:53:55	05:47:19	00:05:23	37	W30	36	6
1107	Kanthak	Herbert	obw Emden	1961	2015	01:03:01	01:03:27	00:53:28	01:04:05	00:50:33	00:52:53	05:47:27	00:05:23	54	M50	177	6
1108	Meyer	Manuela	Team Möbel Buss	1979	2015	01:02:08	01:01:24	00:53:48	01:04:41	00:52:34	00:52:52	05:47:27	00:05:23	36	W30	37	6
1109	Wollenhaupt	Dominik	Klinikum Leer	1989	2015	01:00:02	01:02:38	00:53:40	01:06:58	00:51:23	00:52:52	05:47:33	00:05:23	26	MHK	135	6
1110	Kuhlmann	Hilko	UEG Leer	1997	2015	00:57:23	01:00:51	00:55:22	01:04:52	00:51:12	00:57:53	05:47:33	00:05:23	18	MU20	124	6
1111	Tunder	Alma	SC Wiesens	1957	2015	01:00:58	01:00:49	00:53:08	01:04:49	00:53:11	00:54:44	05:47:39	00:05:23	58	W50	15	6
1112	Köhler	Philipp	IGS Moormerland	1997	2015	00:59:30	01:02:02	00:52:58	01:06:05	00:52:33	00:54:35	05:47:43	00:05:23	18	MU20	135	6
1113	Meier	Fiete	Alex.-v.-Humboldt-Sch	2000	2015	01:02:39	01:04:06	00:51:10	01:06:36	00:52:12	00:51:05	05:47:48	00:05:24	15	MU20	136	6
1114	Schweer	Ilka	Veenhusen	1999	2015	01:04:24	00:57:45	00:54:57	01:04:25	00:53:16	00:53:06	05:47:53	00:05:24	16	WU20	23	6
1115	Bischoff	Maja	IGS Marienhafen	1986	2015	01:01:51	01:03:45	00:52:57	01:05:29	00:51:22	00:52:30	05:47:54	00:05:24	29	WHK	16	6
1116	Beening	Armin	Backemoor	1967	2015	01:00:03	01:00:54	00:54:30	01:05:34	00:52:38	00:54:19	05:47:58	00:05:24	48	M40	295	6
1117	Wiemer	Siemen	Rettungsdienst Landkre	1991	2015	01:03:02	01:00:30	00:51:21	01:05:24	00:53:15	00:54:27	05:47:59	00:05:24	24	MHK	136	6
1118	Schmidt	Jörg	Emder LG	1970	2015	00:59:48	01:02:02	00:51:34	01:06:04	00:49:05	00:59:27	05:48:00	00:05:24	45	M40	296	6
1119	Hörschen	Martin	SV Holtland	1965	2015	01:01:49	01:00:31	00:52:58	01:04:34	00:53:09	00:55:01	05:48:02	00:05:24	50	M50	178	6
1120	Roßmann	Bernd	HSV	1974	2015	01:01:23	01:00:41	00:53:36	01:07:00	00:51:31	00:53:54	05:48:05	00:05:24	41	M40	297	6
1121	Tammen	Friedo	Großsander	1976	2015	01:00:59	01:00:12	00:53:25	01:05:34	00:52:13	00:55:49	05:48:12	00:05:24	39	M30	178	6
1122	Behnke	Claudia	KBV Wiesederfehn	1974	2015	01:00:50	01:00:34	00:53:35	01:04:58	00:52:43	00:55:38	05:48:18	00:05:24	41	W40	61	6
1123	Goldswear	Theo	TUS Collinghorst	1953	2015	01:00:26	01:00:13	00:53:24	01:06:04	00:53:41	00:54:31	05:48:19	00:05:24	62	M60	42	6
1124	Burazer	Vedran	ENOVA	1987	2015	00:59:54	00:59:55	00:53:57	01:06:42	00:52:08	00:55:48	05:48:24	00:05:24	28	MHK	137	6
1125	Cassens	Daniel	Aurich	1985	2015	01:03:57	01:02:36	00:53:06	01:03:41	00:51:53	00:53:11	05:48:24	00:05:24	30	M30	179	6
1126	Bateman	Megan	FCSO-10WPK	2001	2015	01:02:31	01:02:22	00:53:18	01:05:39	00:51:20	00:53:14	05:48:24	00:05:24	14	WU20	24	6
1127	Vahlenkamp	Jos	IGS Moormerland	2001	2015	01:10:53	00:59:06	00:51:04	01:05:07	00:52:27	00:49:49	05:48:26	00:05:24	14	MU20	137	6
1128	Thaden	Folkert	SC Dunum	1955	2015	01:03:34	00:59:45	00:52:08	01:04:14	00:53:13	00:55:33	05:48:27	00:05:24	60	M60	43	6
1129	Zacher	Thomas	FC Schalke 04	1964	2015	01:00:25	01:01:0										

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1137	Köllmann	Sonja	Lauftreff SC Ihrhove 07	1967	2015	01:01:07	01:00:58	00:53:33	01:04:58	00:53:31	00:55:09	05:49:16	00:05:25	48	W40	63	6
1138	Harms	Sören	TaktLwGrp "R"	1996	2015	01:04:00	01:01:09	00:53:35	01:04:53	00:51:54	00:53:55	05:49:26	00:05:25	19	MU20	138	6
1139	Stüben	Martin	Störtebeker Loopers TV	1968	2015	01:01:38	01:03:35	00:53:19	01:03:57	00:52:00	00:54:57	05:49:26	00:05:25	47	M40	299	6
1140	Goeman	Ude	Oberschule Norden	1969	2015	01:00:48	01:00:39	00:53:39	01:05:56	00:52:46	00:55:41	05:49:29	00:05:25	46	M40	300	6
1141	Hinrichs	Rena	Leinerstift e.V.	1994	2015	01:01:03	01:01:12	00:52:36	01:02:49	00:53:26	00:58:27	05:49:33	00:05:25	21	WHK	18	6
1142	Schild	Jesse	Möörkenschule	2000	2015	01:00:55	01:01:21	00:53:07	01:08:23	00:52:24	00:53:25	05:49:35	00:05:25	15	MU20	139	6
1143	Streibel	Fenja	Realschule Aurich	2000	2015	01:01:57	01:00:06	00:53:14	01:05:56	00:52:56	00:55:37	05:49:46	00:05:25	15	WU20	25	6
1144	Däuber	Günter	Judo Team Leer VFR H	1961	2015	01:01:55	01:00:56	00:54:14	01:05:29	00:52:38	00:54:44	05:49:56	00:05:26	54	M50	181	6
1145	Huisinga	Amke	Briese Schifffahrt	1992	2015	01:01:48	01:00:05	00:53:45	01:06:47	00:53:11	00:54:22	05:49:58	00:05:26	23	WHK	19	6
1146	Thies	Jascha	Alex.-v.- Humboldt-Sch	2000	2015	00:51:10	01:04:36	00:51:19	01:05:55	01:05:41	00:51:18	05:49:59	00:05:26	15	MU20	140	6
1147	Frerichs	Frank	Ostfriesische Brandkas	1977	2015	01:03:12	01:00:46	00:54:25	01:05:57	00:52:49	00:53:00	05:50:09	00:05:26	38	M30	180	6
1148	Blumhoff	Frank	the Floweryards	1977	2015	01:03:12	01:00:47	00:54:25	01:05:57	00:52:49	00:53:00	05:50:10	00:05:26	38	M30	181	6
1149	Bölle	Andreas	Nordland Papier	1968	2015	00:57:15	01:00:55	00:49:31	01:09:31	00:56:24	00:56:47	05:50:23	00:05:26	47	M40	301	6
1150	Eckhoff	Arno	Groß Ostiem	1959	2015	01:02:08	01:01:35	00:53:25	01:05:37	00:53:09	00:54:29	05:50:23	00:05:26	56	M50	182	6
1151	Trebesch	Tabea	Gymnasium Ulricianum	1998	2015	01:03:58	01:02:50	00:52:25	01:06:34	00:50:55	00:53:44	05:50:26	00:05:26	17	WU20	26	6
1152	Schmidt	Ingo	M. NEEMANN OHG	1979	2015	01:04:04	01:01:41	00:52:30	01:04:20	00:52:16	00:55:38	05:50:29	00:05:26	36	M30	182	6
1153	Deharde	Meike	KGS Wiesmoor	1999	2015	00:59:23	00:57:51	00:50:32	01:03:07	00:49:45	01:09:52	05:50:30	00:05:26	16	WU20	27	6
1154	Wulf	Marit	Team ENERCON	1974	2015	01:03:54	01:01:10	00:53:32	01:05:35	00:52:14	00:54:07	05:50:32	00:05:26	41	W40	64	6
1155	Peinemann	Marc	IGS Aurich-West	1997	2015	01:05:58	00:59:59	00:52:06	01:05:47	00:52:38	00:54:11	05:50:39	00:05:26	18	MU20	141	6
1156	Gerriets	Elke	Krankenhaus Wittmund	1969	2015	01:02:51	01:01:51	00:53:25	01:05:57	00:52:28	00:54:10	05:50:42	00:05:26	46	W40	65	6
1157	Schmidt	Lydia	SV Holtland	1963	2015	01:00:53	01:00:40	00:53:49	01:06:16	00:53:30	00:55:34	05:50:42	00:05:26	52	W50	16	6
1158	Grundmann	Thomas	Bünting Tee	1983	2015	01:04:14	01:02:18	00:53:38	01:05:12	00:52:51	00:52:32	05:50:45	00:05:26	32	M30	183	6
1159	Eilers	Anna	Silomon's Stramme Wa	1987	2015	01:02:13	01:01:40	00:54:20	01:05:52	00:52:47	00:54:00	05:50:52	00:05:26	28	WHK	20	6
1160	Hilker	Judith	LSF Oldenburg	1978	2015	01:02:35	01:01:03	00:53:55	01:04:31	00:53:17	00:55:38	05:50:59	00:05:26	37	W30	39	6
1161	Dirks	Maris	BSG Aurich	1983	2015	01:05:19	01:02:14	00:53:13	01:04:27	00:51:49	00:54:00	05:51:02	00:05:27	32	M30	184	6
1162	Hesse	Thomas	LG Fliegerhorst Upjeve	1969	2015	01:02:39	01:01:17	00:54:24	01:05:52	00:52:35	00:54:18	05:51:05	00:05:27	46	M40	302	6
1163	Strömer	Berthold	VW- Logistik	1956	2015	01:00:57	01:00:17	00:54:26	01:06:22	00:53:37	00:55:26	05:51:05	00:05:27	59	M50	183	6
1164	Campen	Holger	Rolf Janssen Gruppe	1982	2015	00:59:25	00:59:18	00:52:35	01:02:49	00:52:42	01:04:17	05:51:06	00:05:27	33	M30	185	6
1165	Gerken	Regina	Fortuna Wirdum	1965	2015	01:01:40	01:01:10	00:53:49	01:05:17	00:53:16	00:55:58	05:51:10	00:05:27	50	W50	17	6
1166	Körber	Timo	IGS Aurich-West	1980	2015	01:03:35	01:01:55	00:52:33	01:06:01	00:52:57	00:54:11	05:51:12	00:05:27	35	M30	186	6
1167	Schulz	Uwe	Amisia Driever	1979	2015	01:02:28	01:02:26	00:54:13	01:05:35	00:52:04	00:54:29	05:51:15	00:05:27	36	M30	187	6
1168	Kochan	Norman	Fleßner Tiefbau	1985	2015	01:03:45	01:03:22	00:53:17	01:04:41	00:52:31	00:53:49	05:51:25	00:05:27	30	M30	188	6
1169	Olthoff	Silke	LG TV Bunde	1964	2015	01:02:47	01:00:49	00:53:54	01:05:42	00:53:08	00:55:13	05:51:33	00:05:27	51	W50	18	6
1170	Freudenberg	Edith	Ihlow	1968	2015	01:00:40	01:01:19	00:56:21	01:05:09	00:53:24	00:54:43	05:51:36	00:05:27	47	W40	66	6
1171	Krems	Hans-Jürgen	Fortuna Wirdum	1959	2015	01:01:41	01:03:02	00:53:49	01:03:50	00:53:18	00:55:57	05:51:37	00:05:27	56	M50	184	6
1172	Kramer	Marion	LT TuRa 07 Westraud	1967	2015	01:02:00	01:01:00	00:54:04	01:05:29	00:53:12	00:55:54	05:51:39	00:05:27	48	W40	67	6
1173	Tjaden	Manuela	Emder LG	1964	2015	01:01:17	01:01:19	00:54:26	01:06:11	00:53:41	00:54:58	05:51:52	00:05:27	51	W50	19	6
1174	Gensicke	Torsten	Wiesmoor	1967	2015	01:03:34	01:01:39	00:53:12	01:05:06	00:52:47	00:55:35	05:51:53	00:05:27	48	M40	303	6
1175	Müller	Horst	Hafenpraxis Emden Ph	1959	2015	01:01:17	01:02:25	00:52:44	01:05:01	00:54:52	00:55:36	05:51:55	00:05:27	56	M50	185	6
1176	Backer	Arnold	SG Moordorf	1963	2015	00:59:46	01:00:08	00:53:18	01:09:16	00:54:15	00:55:18	05:52:01	00:05:27	52	M50	186	6
1177	Adden	Antje	RVB Aurich/Uplengen	1987	2015	01:04:51	01:02:17	00:53:41	01:05:18	00:52:03	00:54:02	05:52:12	00:05:28	28	WHK	21	6
1178	Kramer	Annegret	team aurident	1958	2015	01:07:10	01:01:47	00:55:48	01:04:40	00:52:08	00:50:45	05:52:18	00:05:28	57	W50	20	6
1179	Fenderl	Thomas	Gymnasium Ulricianum	1979	2015	01:05:30	01:01:24	00:54:23	01:07:01	00:51:33	00:52:29	05:52:20	00:05:28	36	M30	189	6
1180	Musiol	Anja	Laufen und Meer	1973	2015	01:01:06	01:00:10	00:56:12	01:06:24	00:53:09	00:55:23	05:52:24	00:05:28	42	W40	68	6
1181	Baier	Andreas	Teamfahrschule Keplin	1976	2015	01:05:14	01:01:59	00:53:24	01:05:07	00:52:51	00:53:49	05:52:24	00:05:28	39	M30	190	6
1182	Meyer zu Bergstedt	Thomas	Heimatblatt	1970	2015	01:02:27	01:02:13	00:54:09	01:05:56	00:52:14	00:55:26	05:52:25	00:05:28	45	M40	304	6
1183	Wienekamp	Jens	WfbM BBB Aurich Wittr	1991	2015	00:58:04	01:00:00	00:53:24	01:07:13	00:53:21	01:00:30	05:52:32	00:05:28	24	MHK	138	6
1184	Rüthemann	Frank	Bünting Tee	1961	2015	01:02:00	01:01:12	00:55:03	01:05:17	00:53:14	00:55:49	05:52:35	00:05:28	54	M50	187	6
1185	Pagel	Jens	LG Uplengen	1963	2015	01:01:06	01:02:22	00:54:21	01:06:56	00:52:53	00:55:00	05:52:38	00:05:28	52	M50	188	6
1186	Haschenburger	Werner	BSG Volksbank Jever	1955	2015	01:01:45	01:00:13	00:54:30	01:05:55	00:53:20	00:56:56	05:52:39	00:05:28	60	M60	46	6
1187	Stolorz	Sascha	BSG Landkreis Weserm	1977	2015	01:00:30	01:03:29	00:54:29	01:04:42	00:53:43	00:55:49	05:52:42	00:05:28	38	M30	191	6
1188	Meyer	Antje	LG Uplengen	1956	2015	01:00:56	01:02:04	00:54:23	01:06:16	00:53:31	00:55:32	05:52:42	00:05:28	59	W50	21	6
1189	Stolte	Hannah	Gymnasium Ulricianum	1998	2015	01:03:15	01:03:01	00:51:59	01:05:52	00:52:08	00:56:30	05:52:45	00:05:28	17	WU20	28	6
1190	Cammena	Neele	Gymnasium Ulricianum	1997	2015	01:03:15	01:03:00	00:52:00	01:05:52	00:52:08	00:56:30	05:52:45	00:05:28	18	WU20	29	6
1191	Münchow	Felix	Alex.-v.- Humboldt-Sch	2004	2015	01:04:49	01:02:09	00:53:39	01:04:57	00:52:28	00:54:46	05:52:48	00:05:28	11	MU20	142	6
1192	Mennenga	Andre	Emder LG	1961	2015	01:01:17	01:01:23	00:54:26	01:06:08	00:53:42	00:55:52	05:52:48	00:05:28	54	M50	189	6
1193	Weber	Birgit	Heimatblatt	1958	2015	01:01:17	01:01:23	00:54:26	01:06:08	00:53:43	00:55:52	05:52:49	00:05:28	57	W50	22	6
1194	Wilts	Burkhard	Born & Ermel Ingenieur	1969	2015	01:02:29	01:01:16	00:53:58	01:06:20	00:52:42	00:56:08	05:52:53	00:05:28	46	M40	305	6
1195	Paschant-Steinke	Nina	Laufen und Meer	1977	2015	01:01:08	01:00:29	00:54:02	01:06:37	00:54:43	00:55:55	05:52:54	00:05:28	38	W30	40	6
1196	Meinhardt	Godehard	Hol ab! Getränkemarkt	1957	2015	00:59:44	00:59:59	00:55:22	01:06:23	00:53:38	00:57:57	05:53:03	00:05:28	58	M50	190	6
1197	Schütte	Silke	WfbM BBB Aurich Wittr	1973	2015	01:02:22	01:01:24	00:54:45	01:05:17	00:54:11	00:55:15	05:53:14	00:05:29	42	W40	69	6
1198	van Scharrel	Lena	Ostfriesische Volksbank	1991	2015	01:01:32	01:01:33	00:54:51	01:06:23	00:54:06	00:54:51	05:53:16	00:05:29	24	WHK	22	6
1199	Fröhling	Torsten	EWE-Wattloopers	1970	2015	01:02:19	01:00:50	00:53:59	01:06:16	00:53:17	00:56:41	05:53:22	00:05:29	45	M40	306	6
1200	Hertz-Kleptow	Heinz-Hermann	LHV														

34. Ostfrieslandlauf 2015

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1208	Thau	Stephan	Kdo SES	1988	2015	01:03:08	01:01:12	00:53:43	01:06:15	00:51:53	00:57:53	05:54:04	00:05:29	27	MHK	139	6
1209	Tuitjer	Gabriele	Sparkasse Emden	1969	2015	01:02:34	01:02:45	00:54:34	01:05:53	00:53:00	00:55:19	05:54:05	00:05:29	46	W40	71	6
1210	Baumann	Brigitte	Emder LG	1963	2015	01:01:39	01:02:02	00:54:43	01:05:53	00:54:15	00:55:40	05:54:12	00:05:29	52	W50	23	6
1211	Baumann	Georg	TV Greetstiel	1961	2015	01:01:20	01:01:02	00:55:01	01:07:07	00:54:13	00:55:40	05:54:23	00:05:30	54	M50	192	6
1212	Grensemann	Gerrit	LG Großefehn	1968	2015	01:02:18	01:01:12	00:54:57	01:05:52	00:53:23	00:56:42	05:54:24	00:05:30	47	M40	308	6
1213	Taddigs	Sarina	NIGE	1998	2015	01:02:24	01:02:45	00:54:22	01:05:43	00:53:37	00:55:33	05:54:24	00:05:30	17	WU20	30	6
1214	Wirgenings	Ursula	MTV Aurich	1965	2015	01:00:04	01:06:43	00:53:43	01:06:06	00:53:31	00:54:24	05:54:31	00:05:30	50	W50	24	6
1215	Freitag	Norbert	LT TuS Aurich-Ost	1948	2015	01:03:17	01:03:15	00:54:13	01:04:33	00:54:07	00:55:06	05:54:31	00:05:30	67	M60	47	6
1216	Flügge	Meike	Stadt Leer	1966	2015	01:00:26	01:01:35	00:55:32	01:05:38	00:55:21	00:56:03	05:54:35	00:05:30	49	W40	72	6
1217	Ott	Valentina	LT TuS Aurich-Ost	1973	2015	01:04:51	01:00:23	00:53:56	01:06:46	00:53:51	00:55:00	05:54:47	00:05:30	42	W40	73	6
1218	Schnorrenberg	Silke	Emden	1967	2015	01:01:23	01:02:10	00:53:56	01:06:04	00:54:30	00:56:46	05:54:49	00:05:30	48	W40	74	6
1219	Lüken	Heiko	SC Wiesens / aurichska	1969	2015	01:03:04	01:03:36	00:54:53	01:07:02	00:52:01	00:54:20	05:54:56	00:05:30	46	M40	309	6
1220	Bruns	Willi	Laufrausch TuS Großfol	1939	2015	01:01:10	01:00:14	00:54:33	01:06:57	00:55:06	00:56:56	05:54:56	00:05:30	76	M70	4	6
1221	Gersch	Siegfried	TSV Riepe	1942	2015	01:01:39	01:01:13	00:54:52	01:05:57	00:54:37	00:56:40	05:54:58	00:05:30	73	M70	5	6
1222	Koenen	Michael	Allianz, Weener	1973	2015	01:01:35	01:01:03	00:54:52	01:07:16	00:53:50	00:56:23	05:54:59	00:05:30	42	M40	310	6
1223	van Raden	Pia	Gymnasium Ulricianum	1998	2015	01:03:58	01:02:57	00:53:53	01:07:03	00:52:55	00:54:13	05:54:59	00:05:30	17	WU20	31	6
1224	Kampen	Manfred		1966	2015	01:05:13	01:01:56	00:53:58	01:06:18	00:52:43	00:54:57	05:55:05	00:05:30	49	M40	311	6
1225	Deitenbach	Jan-Hendrik	Leer	1976	2015	01:02:30	01:03:20	00:54:19	01:06:11	00:53:36	00:55:17	05:55:13	00:05:30	39	M30	193	6
1226	Großmann	Gabi	Alex.-v.- Humboldt-Sch	1982	2015	01:02:33	01:02:25	00:55:04	01:06:27	00:53:18	00:55:28	05:55:15	00:05:30	33	W30	41	6
1227	Hohagen	Nele	Gymnasium Ulricianum	1998	2015	01:03:14	01:01:59	00:54:15	01:06:00	00:53:18	00:56:30	05:55:16	00:05:30	17	WU20	32	6
1228	Demme	Bettina	Borromäus Hospital Lee	1977	2015	01:03:30	01:02:57	00:54:01	01:05:56	00:53:55	00:54:57	05:55:16	00:05:30	38	W30	42	6
1229	Brouwer	Bodo	RSM DPI AG	1971	2015	01:02:26	01:02:57	00:55:57	01:06:06	00:54:21	00:53:41	05:55:28	00:05:31	44	M40	312	6
1230	Naumann	Juliana	Gymnasium Ulricianum	1997	2015	01:03:19	01:03:01	00:53:21	01:06:00	00:53:21	00:56:29	05:55:31	00:05:31	18	WU20	33	6
1231	Klaas	Ute	Ubbo-Emmius-Klinik	1978	2015	01:05:24	01:02:52	00:54:52	01:04:50	00:53:22	00:54:14	05:55:34	00:05:31	37	W30	43	6
1232	Meyerholz	Imke	Gymnasium Ulricianum	1999	2015	01:06:34	01:01:20	00:54:45	01:06:43	00:52:33	00:53:53	05:55:48	00:05:31	16	WU20	34	6
1233	Hillerts	Jochen	KBV Biersum	1970	2015	01:08:04	01:02:56	00:53:51	01:05:12	00:52:25	00:53:24	05:55:52	00:05:31	45	M40	313	6
1234	Abheiden	Monique	Schleichkatzen WOL	1980	2015	01:02:27	01:00:50	00:53:48	01:09:32	00:53:27	00:55:48	05:55:52	00:05:31	35	W30	44	6
1235	Voskamp	Maite	Schule am Deich	1996	2015	01:04:10	01:07:17	00:52:45	01:04:18	00:51:00	00:56:27	05:55:57	00:05:31	19	MU20	143	6
1236	Hüttenberger	Michael	SG Stedesdorf	1955	2015	01:01:39	01:02:00	00:54:54	01:07:32	00:53:20	00:56:34	05:55:59	00:05:31	60	M60	48	6
1237	Busch	Miriam	Stadt Emden	1971	2015	01:02:00	01:01:48	00:54:40	01:06:18	00:54:52	00:56:22	05:56:00	00:05:31	44	W40	75	6
1238	Akermann	Jens	Leer	1983	2015	01:03:19	01:01:49	00:53:48	01:06:29	00:53:59	00:56:37	05:56:01	00:05:31	32	M30	194	6
1239	Riegger	Philipp	Reederei Buss	1984	2015	01:01:08	01:02:57	00:54:36	01:07:08	00:54:04	00:56:10	05:56:03	00:05:31	31	M30	195	6
1240	Schaa	Johann	Steutonia Stapelmoor	1954	2015	01:03:19	01:03:18	00:54:03	01:05:18	00:53:24	00:56:53	05:56:15	00:05:31	61	M60	49	6
1241	Biermann	Stefan	Volkswagen Zentrum O	1992	2015	01:05:45	01:02:44	00:54:19	01:05:19	00:53:34	00:54:34	05:56:15	00:05:31	23	MHK	140	6
1242	Heuermann	Dara	H-D HeuermannGmbH	1995	2015	01:02:29	01:01:02	00:54:59	01:06:56	00:55:03	00:55:50	05:56:19	00:05:31	20	WHK	26	6
1243	Sweers	Olaf		1968	2015	01:04:09	01:04:38	00:54:20	01:05:04	00:53:21	00:54:52	05:56:24	00:05:32	47	M40	314	6
1244	Cornelius	Eike	TSV Jahn Carolinensiel	1979	2015	01:01:54	01:03:39	00:54:18	01:05:50	00:53:50	00:56:55	05:56:26	00:05:32	36	M30	196	6
1245	Graß	Daniel	RAe Dr. Fenner Bockhd	1979	2015	01:04:11	01:04:46	00:54:32	01:07:41	00:52:21	00:53:06	05:56:37	00:05:32	36	M30	197	6
1246	Fitz	Silke	SG Moordorf	1971	2015	01:03:12	01:02:22	00:54:29	01:06:58	00:54:15	00:55:22	05:56:38	00:05:32	44	W40	76	6
1247	Kazmal	Guelo	Klinikum Leer	1992	2015	01:02:10	01:02:58	00:55:38	01:08:07	00:53:21	00:54:32	05:56:46	00:05:32	23	WHK	27	6
1248	Schmeink	Meret	Turbine TGG	1996	2015	01:02:54	01:01:50	00:54:10	01:08:30	00:53:58	00:55:25	05:56:47	00:05:32	19	WU20	35	6
1249	Becker	Jochen	T+H Leer GmbH	1983	2015	01:06:06	01:05:05	00:55:00	01:05:50	00:51:20	00:53:29	05:56:50	00:05:32	32	M30	198	6
1250	Niemeyer	Esther	AFS Komitee Ostfriesla	1997	2015	01:01:33	01:01:24	00:55:07	01:08:39	00:54:05	00:56:08	05:56:56	00:05:32	18	WU20	36	6
1251	Janßen	Lars	Gemeinde Großefehn	1994	2015	01:04:46	01:02:13	00:54:04	01:07:05	00:53:58	00:54:53	05:56:59	00:05:32	21	MHK	141	6
1252	Bassler	Heiko	LG Großefehn	1968	2015	01:04:14	01:01:38	00:54:51	01:06:29	00:53:57	00:55:52	05:57:01	00:05:32	47	M40	315	6
1253	Gerdes	Anke	LT TuRa 07 Westraud	1969	2015	01:02:40	01:02:28	00:55:16	01:06:30	00:54:14	00:55:54	05:57:02	00:05:32	46	W40	77	6
1254	Schoppe	Lutz	Stadt Emden	1984	2015	01:02:36	01:02:23	00:55:14	01:07:42	00:53:07	00:56:14	05:57:16	00:05:32	31	M30	199	6
1255	Dreyer	Martina	LG TV Bunde	1964	2015	01:01:27	01:02:25	00:55:03	01:07:38	00:54:45	00:55:59	05:57:17	00:05:32	51	W50	25	6
1256	Janssen	Tobias	Alex.-v.- Humboldt-Sch	1998	2015	01:04:12	01:02:55	00:54:11	01:07:32	00:54:03	00:54:26	05:57:19	00:05:32	17	MU20	144	6
1257	Wienrank	Horst	SV Dornum	1960	2015	01:02:11	01:01:42	00:55:03	01:07:07	00:55:19	00:56:01	05:57:23	00:05:32	55	M50	193	6
1258	Spannhoff	Hannelore	Stadt Emden	1965	2015	01:02:39	01:02:18	00:55:55	01:06:30	00:54:05	00:55:57	05:57:24	00:05:32	50	W50	26	6
1259	Seiwald	Uta	Fortuna Logabirum	1969	2015	01:04:10	01:01:43	00:54:53	01:06:40	00:54:09	00:55:50	05:57:25	00:05:32	46	W40	78	6
1260	Loegel	Thomas	SV Wiesede-Upschört	1965	2015	01:00:47	01:00:35	00:54:00	01:09:16	00:54:44	00:58:03	05:57:25	00:05:32	50	M50	194	6
1261	Efkes	Janna	Hartmann Group	1992	2015	01:00:38	00:58:08	00:56:21	01:08:42	00:55:39	00:57:58	05:57:26	00:05:32	23	WHK	28	6
1262	Fisser	Gisela	TV Norden	1965	2015	01:02:09	01:01:58	00:54:44	01:05:48	00:54:45	00:58:03	05:57:27	00:05:33	50	W50	27	6
1263	Remmers	Siebelt	TRAUCO Gruppe	1979	2015	01:02:36	01:01:50	00:55:30	01:06:50	00:55:26	00:55:19	05:57:31	00:05:33	36	M30	200	6
1264	Brachthäuser	Joachim	WfbM BBB Aurich Wittr	1973	2015	01:03:08	01:02:06	00:54:43	01:07:52	00:53:20	00:56:25	05:57:34	00:05:33	42	M40	316	6
1265	Höfker	Zoe	MTV Aurich	1999	2015	01:04:37	01:02:14	00:54:49	01:06:53	00:53:44	00:55:22	05:57:39	00:05:33	16	WU20	37	6
1266	Claußen	Jan-Niklas	TaktLwGrp "R"	1995	2015	01:02:05	01:04:55	00:53:10	01:07:52	00:53:01	00:56:37	05:57:40	00:05:33	20	MHK	142	6
1267	Grünebast	Günter	MTV Aurich	1965	2015	01:04:37	01:02:14	00:54:48	01:06:53	00:53:45	00:55:23	05:57:40	00:05:33	50	M50	195	6
1268	Flügge	Britta	Holterfehn	1979	2015	01:02:52	01:03:56	00:54:49	01:06:15	00:53:12	00:56:45	05:57:49	00:05:33	36	W30	45	6
1269	Kramer	Frank	team aurident	1958	2015	01:07:20	01:04:43	00:55:53	01:05:58	00:52:36	00:51:23	05:57:53	00:05:33	57	M50	196	6
1270	Erfeling	Christel	Klinikum Leer	1972	2015	01:03:03	01:01:56	00:54:47	01:08:33	00:53:49	00:55:50	05:57:58	00:05:33	43	W40	79	6
1271	Aden	Marika	Gymnasium Ulricianum	2002	2015	01:09											

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1279	Stroman	Diedrich	obw Emden	1984	2015	01:01:53	01:03:14	00:52:41	01:12:49	00:55:06	00:52:43	05:58:26	00:05:33	31	M30	201	6
1280	Antons	Janna	Polizeistation Esens	1990	2015	01:01:28	01:03:54	00:55:18	01:08:00	00:54:20	00:55:27	05:58:27	00:05:33	25	WHK	29	6
1281	Severiens	Gerold	Fortuna Logabirum	1948	2015	00:58:15	00:57:47	00:52:26	01:04:18	00:55:09	01:10:34	05:58:29	00:05:33	67	M60	50	6
1282	Willen	Jannik	Gymnasium Ulricianum	1998	2015	01:05:28	01:02:18	00:52:22	01:06:36	00:53:47	00:57:59	05:58:30	00:05:33	17	MU20	145	6
1283	Meyer	Mario	VfL Berumbur	1970	2015	01:02:44	01:02:09	00:55:54	01:07:10	00:54:21	00:56:19	05:58:37	00:05:34	45	M40	320	6
1284	Köller	Ingo	Moormerland	1987	2015	01:01:06	01:03:05	00:55:34	01:07:29	00:54:36	00:56:52	05:58:42	00:05:34	28	MHK	144	6
1285	Kuhlmann	Frank	Reederei Buss	1988	2015	01:01:55	01:02:58	00:56:07	01:07:18	00:54:17	00:56:12	05:58:47	00:05:34	27	MHK	145	6
1286	Eberhardt	Julian	IGS Waldschule Egels	2000	2015	01:03:50	01:02:23	00:59:35	01:05:05	00:54:34	00:53:20	05:58:47	00:05:34	15	MU20	146	6
1287	Behrends	Gabriele	Ubo-Emmuis-Klinik - L	1971	2015	01:02:37	01:04:40	00:54:51	01:06:51	00:53:52	00:56:02	05:58:53	00:05:34	44	W40	81	6
1288	Koch	Detlef	TG Wiesmoor	1955	2015	01:04:52	01:03:34	00:55:16	01:05:54	00:53:14	00:56:04	05:58:54	00:05:34	60	M60	51	6
1289	Platen	Ann-Kathrin	Gymnasium Ulricianum	2002	2015	01:09:20	01:03:44	00:52:46	01:04:52	00:53:49	00:54:26	05:58:57	00:05:34	13	WU20	40	6
1290	Soring	Gerd	AGRAVIS Ems-Jade G	1960	2015	01:02:02	01:01:34	00:55:02	01:08:08	00:55:22	00:56:51	05:58:59	00:05:34	55	M50	198	6
1291	Janssen	Jann	Aurich	1972	2015	01:02:27	01:03:21	00:55:23	01:06:32	00:54:56	00:56:21	05:59:00	00:05:34	43	M40	321	6
1292	Hiller	Jannes	TaktLwGrp "R"	1997	2015	01:04:01	01:02:46	00:55:17	01:06:29	00:53:36	00:56:52	05:59:01	00:05:34	18	MU20	147	6
1293	Klapproth	Christian	Raiffeisenbank eG, Mod	1985	2015	01:00:30	01:01:26	00:53:45	01:05:04	00:51:26	01:06:58	05:59:09	00:05:34	30	M30	202	6
1294	Kobuch	Theelke	NIGE	1998	2015	01:02:25	01:02:44	00:53:33	01:06:01	00:54:04	01:00:30	05:59:17	00:05:34	17	WU20	41	6
1295	Evers	Stella	Gymnasium Ulricianum	1997	2015	01:05:09	01:03:54	00:54:06	01:06:24	00:53:17	00:56:34	05:59:24	00:05:34	18	WU20	42	6
1296	Tinnemeyer	Oswald	LT TuRa 07 Westraud	1952	2015	01:03:05	01:02:24	00:54:47	01:06:50	00:55:00	00:57:19	05:59:25	00:05:34	63	M60	52	6
1297	Gross	Silke	PuraVita	1969	2015	01:04:28	01:03:53	00:54:59	01:07:46	00:53:48	00:54:31	05:59:25	00:05:34	46	W40	82	6
1298	Treviel	Bärbel	LG Uplengen	1957	2015	01:02:16	01:02:51	00:55:14	01:07:00	00:54:48	00:57:16	05:59:25	00:05:34	58	W50	28	6
1299	Gross	Peter	Volkswagen AG	1968	2015	01:04:28	01:03:54	00:54:59	01:07:46	00:53:48	00:54:31	05:59:26	00:05:34	47	M40	322	6
1300	Wilken	Anja	LG Uplengen	1970	2015	01:02:17	01:02:51	00:55:14	01:07:01	00:54:48	00:57:16	05:59:27	00:05:34	45	W40	83	6
1301	Simmat	Frank	Schule am Deich	1969	2015	01:05:38	01:05:38	00:54:08	01:06:27	00:52:57	00:54:43	05:59:31	00:05:34	46	M40	323	6
1302	Keck	Birgit	LG Ostfriesland	1967	2015	01:02:33	01:02:30	00:55:01	01:07:34	00:54:48	00:57:06	05:59:32	00:05:34	48	W40	84	6
1303	Folrichs	Henry	Allstars 2002	1968	2015	01:03:03	01:04:14	00:55:04	01:07:07	00:53:59	00:56:09	05:59:36	00:05:35	47	M40	324	6
1304	Groeneveld	Thomas	Volksbank Westraude	1985	2015	00:57:12	01:09:31	00:56:17	01:07:59	00:53:31	00:55:07	05:59:37	00:05:35	30	M30	203	6
1305	Leubner	Aiko	Bünting Tee	1990	2015	01:06:52	01:05:11	00:55:03	01:04:37	00:53:16	00:54:39	05:59:38	00:05:35	25	MHK	146	6
1306	Flessner	Erwin	ohne verein	1968	2015	01:05:12	01:04:10	00:56:47	01:06:24	00:53:56	00:53:12	05:59:41	00:05:35	47	M40	325	6
1307	Weinstock	Andrea	LT TuS Aurich-Ost	1980	2015	00:59:42	01:04:43	00:56:10	01:09:44	00:54:00	00:55:28	05:59:47	00:05:35	35	W30	46	6
1308	de Vries	Hannes	Alex.-v.- Humboldt-Sch	2001	2015	01:02:38	01:04:05	00:52:41	01:06:36	01:00:24	00:53:25	05:59:49	00:05:35	14	MU20	148	6
1309	Ackmann	Keno	LT TuS Aurich-Ost	1992	2015	01:01:24	00:58:48	00:53:42	01:09:36	00:56:54	00:59:29	05:59:53	00:05:35	23	MHK	147	6
1310	Gippert	Hans-Jürgen	TG Wiesmoor	1944	2015	01:03:10	01:01:57	00:54:31	01:07:45	00:55:18	00:57:16	05:59:57	00:05:35	71	M70	6	6
1311	Bruhnken	Hans-Günter	BSG Volksbank Jever	1954	2015	01:02:55	01:02:09	00:56:28	01:07:28	00:54:24	00:56:54	06:00:18	00:05:35	61	M60	53	6
1312	Gloger	Marie	Seefahrtsschule Leer	1993	2015	01:09:38	01:03:44	00:53:39	01:05:04	00:51:30	00:56:52	06:00:27	00:05:35	22	WHK	30	6
1313	Suntken	Tatjana	LT TuS Aurich-Ost	1969	2015	01:02:56	01:02:59	00:55:24	01:07:34	00:54:36	00:57:03	06:00:32	00:05:35	46	W40	85	6
1314	Schneider	Finja	Alex.-v.- Humboldt-Sch	1997	2015	01:02:28	01:03:18	00:55:03	01:07:39	00:54:43	00:57:22	06:00:33	00:05:35	18	WU20	43	6
1315	Park	Martina	Borromäus Hospital Leer	1973	2015	01:05:03	01:02:08	00:55:20	01:08:13	00:54:39	00:55:18	06:00:41	00:05:36	42	W40	86	6
1316	Jelden	Insa	Stadt Leer	1992	2015	01:03:10	01:03:07	00:56:02	01:07:09	00:54:15	00:57:05	06:00:48	00:05:36	23	WHK	31	6
1317	Reents	Peter	LT Schafhauser Wald	1945	2015	01:02:30	01:03:07	00:55:04	01:07:46	00:54:42	00:57:44	06:00:53	00:05:36	70	M70	7	6
1318	Lau	Tamara	Silomon's Stramme Wa	1996	2015	01:02:19	01:04:42	00:54:58	01:07:37	00:54:30	00:56:52	06:00:58	00:05:36	19	WU20	44	6
1319	Janssen	Monika	NW Steuerberatungs G	1969	2015	01:02:25	01:02:29	00:55:13	01:07:15	00:54:53	00:58:46	06:01:01	00:05:36	46	W40	87	6
1320	Ebbers	Ontja	Baptisten Firrel	1970	2015	01:00:42	01:00:23	00:53:07	01:05:47	01:05:13	00:55:50	06:01:02	00:05:36	45	W40	88	6
1321	Koch	Gerald	Baptisten Firrel	1962	2015	01:00:41	01:00:23	00:53:07	01:05:48	01:05:13	00:55:50	06:01:02	00:05:36	53	M50	199	6
1322	Wilhelms	Jan-Ole	EWE-Wattloopers	1997	2015	01:01:27	01:03:32	00:55:06	01:10:11	00:54:25	00:56:23	06:01:04	00:05:36	18	MU20	149	6
1323	Pflanzler	Angelika	Alex.-v.- Humboldt-Sch	1957	2015	01:01:43	01:04:15	00:55:45	01:06:29	00:55:33	00:57:23	06:01:08	00:05:36	58	W50	29	6
1324	Tjaden	Dieter	Rolf Janssen Gruppe	1969	2015	01:08:24	01:05:13	00:54:21	01:06:01	00:52:40	00:54:32	06:01:11	00:05:36	46	M40	326	6
1325	Oltmans	Bianca	Weener Plastik	1991	2015	01:02:56	01:02:54	00:56:54	01:07:34	00:55:01	00:55:53	06:01:12	00:05:36	24	WHK	32	6
1326	Toben	Ralf	TaktLwGrp"R"	1971	2015	01:04:48	01:05:19	00:54:53	01:05:59	00:54:05	00:56:13	06:01:17	00:05:36	44	M40	327	6
1327	Jelden	Jan	TV Norden	1955	2015	01:02:31	01:01:40	00:55:35	01:07:58	00:56:03	00:57:40	06:01:27	00:05:36	60	M60	54	6
1328	Warsing	Udo	LEDA Feurige Welten	1971	2015	01:07:02	01:05:12	00:56:05	01:07:20	00:52:22	00:53:39	06:01:40	00:05:36	44	M40	328	6
1329	Klusmann	Birte	Ostfriesische Volksbank	1970	2015	01:04:13	01:03:02	00:55:40	01:08:06	00:54:21	00:56:21	06:01:43	00:05:36	45	W40	89	6
1330	Stemmler	Monja	Aurich	1970	2015	01:04:38	01:02:41	00:54:55	01:07:18	00:55:40	00:56:35	06:01:47	00:05:37	45	W40	90	6
1331	Tabbert	Tanja	Aurich	1971	2015	01:05:04	01:03:11	00:55:40	01:06:19	00:55:17	00:56:20	06:01:51	00:05:37	44	W40	91	6
1332	Böke-Aden	Karin	TuS Eintracht Hinte	1959	2015	01:02:03	01:02:47	00:55:41	01:08:09	00:55:18	00:57:53	06:01:51	00:05:37	56	W50	30	6
1333	van Rossum	Matthijs	van Rossum/Kuiper	1962	2015	01:02:38	01:00:44	00:54:36	01:11:36	00:55:11	00:57:09	06:01:54	00:05:37	53	M50	200	6
1334	Freimuth	Christoph	Freiwillige Feuerwehr S	1990	2015	01:06:16	01:01:15	00:53:03	01:09:02	00:55:10	00:57:10	06:01:56	00:05:37	25	MHK	148	6
1335	Heising	Lena	Alex.-v.- Humboldt-Sch	1998	2015	01:02:20	01:04:21	00:55:21	01:07:39	00:54:43	00:57:34	06:01:58	00:05:37	17	WU20	45	6
1336	Kröger	Zandra	TuS Hinte	1974	2015	01:07:53	01:03:41	00:55:07	01:06:26	00:53:18	00:55:33	06:01:58	00:05:37	41	W40	92	6
1337	Heidenreich	Nils	HSM Wirtschaftsprüfer	1993	2015	01:06:25	00:59:51	00:56:37	01:07:56	00:53:26	00:57:44	06:01:59	00:05:37	22	MHK	149	6
1338	Schön	Rosie	DLRG Leer	1969	2015	01:05:43	01:03:36	00:54:44	01:06:09	00:55:18	00:56:30	06:02:00	00:05:37	46	W40	93	6
1339	Ertwiens	Heinz-Peter	Orgadata AG	1969	2015	01:03:13	01:02:32	00:54:17	01:06:17	00:55:51	01:00:10	06:02:20	00:05:37	46	M40	329	6
1340	Niedermayer	Joshua	Orgadata AG	1996	2015	01:07:51	01:03:07	00:55:30	01:05:54	00:53:07	00:56:53	06:02:22	00:05:37	19	MU20	150	6
1341	de Wall	Tomke	Flick GmbH	1990	2015	01:04:33	01:02:44	00:56:13	01:07:14	00:54:23	00:57:20	06:02:27	00:05:37	25	WHK	33	6
1342	van Vügt	Ulrike		1974	2015	01:0											

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55	pro km				
1350	Janssen	Heiko	WfbM BBB Aurich Wittr	1974	2015	01:01:43	01:04:53	00:55:39	01:08:52	00:55:00	00:57:13	06:03:20	00:05:38	41	M40	330	6
1351	Schaefer	Klaus	Kirche läuft Wilhelmsh	1967	2015	01:18:47	01:01:47	00:52:37	01:06:09	00:51:17	00:52:43	06:03:20	00:05:38	48	M40	331	6
1352	Severiens	Harm	Bundeswehr Weener	1956	2015	01:03:11	01:02:02	00:57:28	01:07:37	00:55:28	00:57:46	06:03:32	00:05:38	59	M50	202	6
1353	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2015	01:02:13	01:02:46	00:56:33	01:07:35	00:55:18	00:59:12	06:03:37	00:05:38	57	M50	203	6
1354	Horstmann	Christina	Emden	1989	2015	01:07:56	01:05:02	00:55:24	01:06:26	00:55:18	00:55:33	06:03:39	00:05:38	26	WHK	35	6
1355	Dechow	Ingo	Sparkasse Aurich-Nord	1970	2015	01:06:13	01:04:34	00:55:16	01:07:59	00:53:49	00:55:55	06:03:46	00:05:38	45	M40	332	6
1356	Mayer	Marlene	LT Schafhauser Wald	1962	2015	01:02:06	01:03:59	00:54:53	01:09:00	00:55:36	00:58:15	06:03:49	00:05:38	53	W50	32	6
1357	von Häfen	Jasmin	MW-Trockenbau	1983	2015	01:06:00	01:02:54	00:54:46	01:07:53	00:54:53	00:57:32	06:03:58	00:05:39	32	W30	48	6
1358	Goos	Doris	Emder LG	1962	2015	01:07:05	01:04:34	00:55:21	01:05:31	00:56:32	00:54:57	06:04:00	00:05:39	53	W50	33	6
1359	Janssen	Carsten	Alex.-v.- Humboldt-Sch	2001	2015	01:02:48	01:04:35	00:54:57	01:09:15	00:52:12	01:00:14	06:04:01	00:05:39	14	MU20	151	6
1360	Stern	Thomas	Seefahrtsschule Leer	1970	2015	01:08:11	01:05:35	00:52:06	01:07:32	00:53:01	00:57:38	06:04:03	00:05:39	45	M40	333	6
1361	Rücker	Nicholas	Alex.-v.- Humboldt-Sch	1995	2015	01:05:37	01:03:49	00:53:10	01:13:16	00:52:30	00:55:45	06:04:07	00:05:39	20	MHK	151	6
1362	Swart	Helmut	Weener Plastik	1964	2015	01:03:30	01:01:49	00:55:51	01:08:48	00:57:05	00:57:07	06:04:10	00:05:39	51	M50	204	6
1363	Heyenga	Dennis	Seefahrtsschule Leer	1993	2015	01:05:31	01:01:55	00:55:11	01:09:40	00:53:18	00:58:37	06:04:12	00:05:39	22	MHK	152	6
1364	Struck	Saskia	Alex.-v.- Humboldt-Sch	1996	2015	01:02:30	01:02:37	00:55:05	01:07:39	00:58:52	00:57:38	06:04:21	00:05:39	19	WU20	47	6
1365	Kleene	Markus	Beekmann/Nehlsen	1988	2015	01:06:36	01:03:20	00:55:10	01:06:43	00:54:42	00:57:53	06:04:24	00:05:39	27	MHK	153	6
1366	Mager	Hilke	BSG Volksbank Jever	1961	2015	01:03:40	01:02:51	00:56:16	01:08:41	00:54:13	00:58:43	06:04:24	00:05:39	54	W50	34	6
1367	Klaaßen	Roswitha	Pewsum	1958	2015	01:03:09	01:03:17	00:56:54	01:07:55	00:55:32	00:57:42	06:04:29	00:05:39	57	W50	35	6
1368	Schmidt	Helga	EWE-Wattoopers	1965	2015	01:02:48	01:02:59	00:56:05	01:08:16	00:56:30	00:57:55	06:04:33	00:05:39	50	W50	36	6
1369	Lotz	Boris	SV Stern Schwerinsdor	1972	2015	01:03:19	00:57:26	00:57:51	01:09:46	00:56:37	00:59:50	06:04:49	00:05:39	43	M40	334	6
1370	Dannemann	Melanie	TRAUCO Gruppe	1996	2015	01:03:45	01:02:46	00:57:56	01:05:13	00:57:10	00:58:02	06:04:52	00:05:39	19	WU20	48	6
1371	Okken	Lutz	Jugendhilfsstelle Nortm	1969	2015	01:08:54	01:05:20	00:55:13	01:08:28	00:53:33	00:53:26	06:04:54	00:05:39	46	M40	335	6
1372	Gravel	Manfred	LT TuRa 07 Westrhaud	1962	2015	01:03:29	01:02:44	00:56:36	01:08:08	00:55:47	00:58:24	06:05:08	00:05:40	53	M50	205	6
1373	Seehusen	Andreas	Orgadata AG	1979	2015	01:05:32	01:07:38	00:53:19	01:06:20	00:55:23	00:57:00	06:05:12	00:05:40	36	M30	204	6
1374	Biesgen	Esther	Holter SV	1981	2015	01:04:09	01:05:34	00:55:56	01:08:12	00:55:21	00:56:08	06:05:20	00:05:40	34	W30	49	6
1375	Flessner	Wilko	Alex.-v.- Humboldt-Sch	2000	2015	01:05:47	01:01:10	00:56:40	01:10:36	00:53:48	00:57:21	06:05:22	00:05:40	15	MU20	152	6
1376	Reuther	Thorsten	Leinerstift e.V.	1979	2015	01:06:02	01:04:59	00:56:24	01:07:03	00:53:54	00:57:01	06:05:23	00:05:40	36	M30	205	6
1377	Leffers	Bernd		1955	2015	01:04:58	01:03:53	00:55:56	01:09:06	00:54:56	00:56:34	06:05:23	00:05:40	60	M60	55	6
1378	Stark	Regina	LG TV Bunde	1963	2015	01:00:10	01:10:14	00:57:50	01:07:44	00:54:34	00:55:01	06:05:33	00:05:40	52	W50	37	6
1379	Fitz	Florian	Moordorf	2003	2015	01:05:23	01:03:13	00:58:33	01:08:40	00:54:47	00:54:58	06:05:34	00:05:40	12	MU20	153	6
1380	Metz	Günther	BMW TEKKEN	1960	2015	01:05:45	01:04:30	00:56:50	01:07:49	00:54:26	00:56:18	06:05:38	00:05:40	55	M50	206	6
1381	Röwe	Marco	EWE-Wattoopers	1980	2015	01:05:43	01:07:35	00:57:27	01:10:10	00:54:02	00:59:46	06:05:43	00:05:40	35	M30	206	6
1382	Pupkes	Werner	HSV	1965	2015	01:05:50	01:06:55	00:56:05	01:07:00	00:53:59	00:55:57	06:05:46	00:05:40	50	M50	207	6
1383	Grimm	Thomas	VfVl Berumbur	1961	2015	00:59:11	01:02:41	00:54:14	01:05:58	00:54:53	01:08:56	06:05:53	00:05:40	54	M50	208	6
1384	Plaisier	Martina	Prinzessin Lillifee	1982	2015	01:04:30	01:03:16	00:55:43	01:07:59	00:54:21	01:00:04	06:05:53	00:05:40	33	W30	50	6
1385	Katzer	Roland	Polizei Leer	1965	2015	01:02:58	01:03:11	00:56:48	01:09:49	00:55:01	00:58:12	06:05:59	00:05:40	50	M50	209	6
1386	Röttger	Moritz	IGS Aurich-West	1999	2015	00:51:25	00:52:58	01:03:49	01:09:19	01:03:28	01:05:01	06:06:00	00:05:40	16	MU20	154	6
1387	Backhus	Tim	Volkswagen Zentrum O	1982	2015	01:05:49	01:05:44	00:55:18	01:07:27	00:54:12	00:57:32	06:06:02	00:05:40	33	M30	207	6
1388	Cassens	Sandra	Aurich	1988	2015	01:07:27	01:05:52	00:56:10	01:08:15	00:53:34	00:54:48	06:06:06	00:05:41	27	WHK	36	6
1389	Schneider	Steffi	Tausendfuß Leer	1970	2015	01:03:19	01:03:58	00:55:55	01:09:28	00:55:44	00:57:43	06:06:07	00:05:41	45	W40	96	6
1390	Brötje	Helge	Ubbo-Emmius-Klinik	1972	2015	01:05:04	01:02:37	00:54:41	01:06:47	00:56:30	01:00:32	06:06:11	00:05:41	43	M40	336	6
1391	Herman	Dagmar	Gymnastikgruppe Moor	1972	2015	01:04:31	01:03:42	00:57:00	01:08:25	00:54:55	00:57:40	06:06:13	00:05:41	43	W40	97	6
1392	Mennenga-Steffe	Eike	Canum	1974	2015	01:02:42	01:03:18	00:57:40	01:08:46	00:56:27	00:57:34	06:06:27	00:05:41	41	W40	98	6
1393	Tewes	Ute	Ubbo-Emmius-Klinik	1965	2015	01:05:33	01:04:09	00:56:06	01:07:22	00:55:50	00:57:27	06:06:27	00:05:41	50	W50	38	6
1394	Wilhelms	Hannes	Schulte Dental Filsum	1994	2015	01:05:48	01:05:11	00:56:18	01:08:30	00:54:08	00:56:35	06:06:30	00:05:41	21	MHK	154	6
1395	Kieselhorst	Klaus	Team ENERCON	1959	2015	01:08:29	01:04:28	00:55:10	01:07:13	00:53:53	00:57:17	06:06:30	00:05:41	56	M50	210	6
1396	Eden	Ilona	FCSO-SII	1969	2015	01:03:04	01:02:59	00:55:43	01:09:30	00:55:53	00:59:26	06:06:35	00:05:41	46	W40	99	6
1397	Harken-Rößing	Wilma	WfbM BBB Aurich Wittr	1965	2015	01:04:02	01:03:56	00:56:45	01:08:53	00:55:13	00:57:47	06:06:36	00:05:41	50	W50	39	6
1398	Collmann	Sabine	Team Winterhoff Buss	1972	2015	01:02:58	01:02:38	00:55:44	01:09:06	00:57:52	00:58:40	06:06:58	00:05:41	43	W40	100	6
1399	Oltmanns	Gerhard	Kichengemeinde Holler	1964	2015	01:06:23	01:05:51	00:56:08	01:07:14	00:54:30	00:56:54	06:07:00	00:05:41	51	M50	211	6
1400	Grüter	Harald	Heilpraxis-Grueter, Nor	1960	2015	01:06:39	01:03:35	00:57:14	01:07:01	00:55:10	00:57:29	06:07:08	00:05:42	55	M50	212	6
1401	Janßen	Holger	Ostfriesische Volksbank	1968	2015	01:04:43	01:04:15	00:55:36	01:09:09	00:55:52	00:57:37	06:07:12	00:05:42	47	M40	337	6
1402	Kanthak	Maren	SF Möhlenwarf	1988	2015	01:05:47	01:03:54	00:55:32	01:10:39	00:55:18	00:56:05	06:07:15	00:05:42	27	WHK	37	6
1403	Hannebohm	Jürgen	Physio Aktiv Rhauferde	1976	2015	01:05:59	01:03:25	00:56:20	01:07:39	00:55:28	00:58:26	06:07:17	00:05:42	39	M30	208	6
1404	Busse	Miriam	Emder LG	1978	2015	01:03:44	01:03:27	00:56:35	01:09:00	00:56:20	00:58:15	06:07:21	00:05:42	37	W30	51	6
1405	Bakker	Martina	Klinikum Leer	1965	2015	01:03:53	01:03:06	00:57:14	01:09:16	00:55:36	00:58:18	06:07:23	00:05:42	50	W50	40	6
1406	Wilken	Foltmar	TRAUCO Gruppe	1966	2015	01:04:24	01:04:15	00:56:10	01:09:28	00:55:23	00:57:59	06:07:39	00:05:42	49	M40	338	6
1407	Meyering	Christian	Reederei Buss	1983	2015	01:04:05	01:00:05	00:57:10	01:10:18	00:56:23	00:59:43	06:07:44	00:05:42	32	M30	209	6
1408	Huxsohl	Jörg	Backemoor	1970	2015	01:09:16	01:04:17	00:55:19	01:08:09	00:55:04	00:55:55	06:08:00	00:05:42	45	M40	339	6
1409	Meyer	Marlene	Silomon's Stramme Wa	1989	2015	01:06:02	01:04:42	00:56:05	01:05:52	00:55:03	01:00:30	06:08:14	00:05:43	26	WHK	38	6
1410	Jones	Ellen	AFS Komitee Ostfriesla	1996	2015	01:04:21	01:04:01	00:55:51	01:10:45	00:55:47	00:57:37	06:08:22	00:05:43	19	WU20	49	6
1411	Anar	Lukas	Alex.-v.- Humboldt-Sch	2001	2015	01:06:34	01:06:21	00:53:50	01:10:36	00:53:46	00:57:19	06:08:26	00:05:43	14	MU20	155	6
1412	Weber	Mara	de Baalje Aurich	1997	2015	01:07:00	01:04:17	00:55:36	01:09:37	00:56:08	00:55:49	06:08:27	00:05:43	18	WU20	50	6
1413	Weelborg	Stefan	Physio Aktiv Rhauferde	1987	2015	01:03:05	01:04:53	00:52:36	01:05:07	00:58:22	01:04:28	06:08:31	00:05				

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1421	Rosenfeld	Elke	Landgericht Aurich	1976	2015	01:05:18	01:04:22	00:56:41	01:09:05	00:55:19	00:58:13	06:08:58	00:05:43	39	W30	53	6
1422	Trauernicht	Jens	LG "Die Trauernicht's"	1963	2015	01:04:23	01:03:10	00:55:45	01:09:39	00:57:23	00:58:46	06:09:06	00:05:43	52	M50	213	6
1423	Doden	Meinhard	GeTek	1962	2015	01:05:18	01:03:38	00:56:41	01:09:01	00:55:54	00:58:37	06:09:09	00:05:43	53	M50	214	6
1424	Wiechers	Erik	NIGE	1997	2015	01:07:45	01:07:22	00:55:35	01:09:37	00:53:15	00:55:40	06:09:14	00:05:43	18	MU20	158	6
1425	Frey	Franziska	TV Bunde	1993	2015	01:06:41	01:06:05	00:55:29	01:08:11	00:56:35	00:56:13	06:09:14	00:05:43	22	WHK	39	6
1426	Schoneboom	Hans-Günter	Emder LG	1966	2015	01:03:20	01:02:43	00:56:04	01:08:40	00:57:53	01:00:35	06:09:15	00:05:43	49	M40	341	6
1427	Baumann	Imke	Gymnasium Ulricianum	1978	2015	01:05:52	01:05:41	00:55:52	01:09:29	00:55:07	00:57:14	06:09:15	00:05:43	37	W30	54	6
1428	Janssen	Anna	Klinikum Emden	1989	2015	01:04:05	01:02:31	00:58:28	01:10:55	00:55:58	00:57:21	06:09:18	00:05:44	26	WHK	40	6
1429	Kruth	Johannes	Rettungsdienst Leer	1993	2015	01:10:31	01:05:28	00:54:54	01:09:08	00:53:35	00:55:44	06:09:20	00:05:44	22	MHK	156	6
1430	Weber	Michael	Alex.-v.- Humboldt-Sch	1954	2015	01:03:09	01:03:38	00:55:54	01:09:35	00:57:35	00:59:30	06:09:21	00:05:44	61	M60	57	6
1431	Tjards	Helmut	LT TuS Aurich-Ost	1964	2015	01:02:43	01:06:09	00:56:44	01:09:48	00:55:40	00:58:21	06:09:25	00:05:44	51	M50	215	6
1432	Janßen	Monika	LT TuS Aurich-Ost	1995	2015	01:06:39	01:05:25	00:57:40	01:08:31	00:54:55	00:56:15	06:09:25	00:05:44	20	WHK	41	6
1433	Sich	Imke	Gymnasium Ulricianum	1997	2015	01:03:16	01:06:27	00:55:22	01:10:04	00:54:03	01:00:20	06:09:32	00:05:44	18	WU20	51	6
1434	Richter	Uwe	SV Ofenerdiek	1950	2015	01:06:21	01:05:34	00:58:06	01:07:57	00:54:05	00:57:34	06:09:37	00:05:44	65	M60	58	6
1435	Oelrichs	Manuela	AGRAVIS Ems-Jade G	1979	2015	01:04:09	01:03:41	00:57:16	01:08:43	00:56:31	00:59:19	06:09:39	00:05:44	36	W30	55	6
1436	Lammers	Marcel	IGS Moormerland	1998	2015	01:05:29	01:03:34	00:55:26	01:11:06	00:56:39	00:57:26	06:09:40	00:05:44	17	MU20	159	6
1437	Ihnen	Helge	JFV Aurich	1997	2015	01:05:15	01:02:44	00:56:21	01:13:18	00:56:27	00:55:36	06:09:41	00:05:44	18	MU20	160	6
1438	Richter	Wibke	Kurt sien Trupp	1972	2015	01:06:03	01:03:42	00:57:49	01:09:20	00:55:20	00:57:28	06:09:42	00:05:44	43	W40	102	6
1439	Abels	Joshua	TaktLwGrp "R"	1996	2015	01:09:25	01:04:55	00:58:05	01:07:51	00:53:00	00:56:36	06:09:52	00:05:44	19	MU20	161	6
1440	Wenninga	Lothar	TausendfußLeer	1972	2015	01:04:37	01:08:10	00:55:36	01:08:29	00:55:40	00:57:34	06:10:06	00:05:44	43	M40	342	6
1441	Sattler	Wolfgang	Fortuna Logabirum	1947	2015	01:03:54	01:03:10	00:55:45	01:09:17	00:57:39	01:00:26	06:10:11	00:05:44	68	M60	59	6
1442	Habben	Nlna	Aurich	1991	2015	01:07:14	01:04:33	00:55:55	01:07:20	00:56:12	00:58:59	06:10:13	00:05:44	24	WHK	42	6
1443	Rudnick	Dietmar	LG Großefehn	1965	2015	01:05:13	01:04:06	00:56:45	01:09:15	00:55:42	00:59:15	06:10:16	00:05:44	50	M50	216	6
1444	Frerichs	Verena	IGS Aurich-West	1996	2015	01:02:50	01:03:15	00:55:48	01:08:41	00:58:38	01:01:09	06:10:21	00:05:45	19	WU20	52	6
1445	Kühl-Giesenberg	Angelika	Nur Mitmachen zählt !	1967	2015	01:05:45	01:06:52	00:57:54	01:07:48	00:56:08	00:56:00	06:10:27	00:05:45	48	W40	103	6
1446	Thies	Anne-Sophie	Hartmann Group	1995	2015	01:05:40	01:06:41	00:55:48	01:08:39	00:54:51	00:58:53	06:10:32	00:05:45	20	WHK	43	6
1447	Gabel	Andreas	ELV Elektronik AG	1981	2015	01:03:48	01:03:16	00:57:22	01:10:03	00:56:34	00:59:48	06:10:51	00:05:45	34	M30	210	6
1448	Wilken	Helge	LG Ostfriesland	1961	2015	01:07:42	01:04:56	00:56:32	01:08:42	00:55:35	00:57:27	06:10:54	00:05:45	54	M50	217	6
1449	Frey	Inga	Fortuna Logabirum	1980	2015	01:04:39	01:05:07	00:56:22	01:09:27	00:57:33	00:57:47	06:10:55	00:05:45	35	W30	56	6
1450	Janssen	Ingrid	WfbM BBB Aurich Wittr	1968	2015	01:04:16	01:04:20	00:57:19	01:08:24	00:56:33	01:00:04	06:10:56	00:05:45	47	W40	104	6
1451	Giesmann	Natascha	Sodasan	1984	2015	01:04:05	01:05:43	00:56:43	01:09:28	00:55:28	00:59:31	06:10:58	00:05:45	31	W30	57	6
1452	Frerichs	Dennis	WfbM BBB Aurich Wittr	1993	2015	01:08:02	01:02:13	00:57:22	01:09:30	00:56:38	00:57:19	06:11:04	00:05:45	22	MHK	157	6
1453	Heikens	Sonja	Neermoor	1981	2015	01:05:40	01:05:52	00:57:01	01:09:06	00:55:56	00:57:42	06:11:17	00:05:45	34	W30	58	6
1454	Lüschen	Julia	FTC Hollen	1994	2015	01:04:39	01:06:55	00:56:45	01:08:56	00:55:00	00:59:03	06:11:18	00:05:45	21	WHK	44	6
1455	Schmidt	Heike	Emder LG	1970	2015	01:07:07	01:04:33	00:55:22	01:08:37	00:56:32	00:59:27	06:11:38	00:05:46	45	W40	105	6
1456	Ulrichs	Ute	Markant Ulrichs	1972	2015	01:03:19	01:05:53	00:57:30	01:09:24	00:55:26	01:00:08	06:11:40	00:05:46	43	W40	106	6
1457	Saathoff	Marina	Ihlowhörn	1986	2015	01:08:54	01:05:37	00:55:55	01:07:20	00:54:25	00:59:36	06:11:47	00:05:46	29	WHK	45	6
1458	Balzen	Daniela	Bünting Tee	1993	2015	01:04:15	01:06:32	00:56:38	01:08:30	00:56:39	00:59:19	06:11:53	00:05:46	22	WHK	46	6
1459	Deecken	Werner	loony loopers	1951	2015	01:04:02	01:05:07	00:56:51	01:09:14	00:56:44	00:59:56	06:11:54	00:05:46	64	M60	60	6
1460	Penon	Focko	Gymnasium Ulricianum	1971	2015	01:09:08	01:04:54	00:55:56	01:09:07	00:54:57	00:57:56	06:11:58	00:05:46	44	M40	343	6
1461	Rosenboom	Kerstin	Störtebeker Loopers TV	1986	2015	01:11:41	01:06:01	00:54:37	01:08:03	00:54:15	00:57:25	06:12:02	00:05:46	29	WHK	47	6
1462	Badinski	Sven	Hartmann Group	1976	2015	01:10:55	01:03:33	00:54:41	01:09:26	00:55:14	00:58:21	06:12:10	00:05:46	39	M30	211	6
1463	Fresemann	Michael	EWFE-Wattloopers	1973	2015	01:06:15	01:05:26	00:56:12	01:09:21	00:55:51	00:59:15	06:12:20	00:05:46	42	M40	344	6
1464	König	Wolfgang	NIGE	1954	2015	01:04:06	01:07:20	00:56:42	01:08:07	00:56:34	00:59:32	06:12:21	00:05:46	61	M60	61	6
1465	Ei Zubi	Nadia		1983	2015	01:06:24	01:05:19	00:57:30	01:06:32	00:59:26	00:57:12	06:12:23	00:05:46	32	W30	59	6
1466	Bavinck	Jannik	Seefahrtsschule Leer	1991	2015	01:10:09	01:04:54	00:56:40	01:08:27	00:56:06	00:56:08	06:12:24	00:05:46	24	MHK	158	6
1467	Pruin	René	Seefahrtsschule Leer	1993	2015	01:10:26	01:07:52	00:53:57	01:08:15	00:55:51	00:56:07	06:12:28	00:05:46	22	MHK	159	6
1468	Büscher	Monika	Larisca	1981	2015	01:06:11	01:06:14	00:57:06	01:09:23	00:55:33	00:58:04	06:12:31	00:05:47	34	W30	60	6
1469	Janssen	Maike	Laufen und Meer	1968	2015	01:08:14	01:06:12	00:56:44	01:09:17	00:55:13	00:57:04	06:12:44	00:05:47	47	W40	107	6
1470	Wilken	Gerhold	Sparkasse LeerWittmur	1954	2015	01:07:11	01:06:29	00:57:06	01:08:21	00:56:04	00:57:40	06:12:51	00:05:47	61	M60	62	6
1471	Meyer	Erhard	Sparkasse LeerWittmur	1962	2015	01:07:21	01:06:40	00:57:06	01:08:21	00:56:04	00:57:40	06:13:12	00:05:47	53	M50	218	6
1472	Ehnts-Hinrichs	Gertrud	MTV Wittmund	1965	2015	01:04:39	01:04:14	00:57:47	01:09:27	00:56:53	01:00:43	06:13:43	00:05:48	50	W50	42	6
1473	Meyer	Andrea	Großheide	1994	2015	01:09:59	00:57:52	00:51:32	01:17:06	01:03:46	00:53:29	06:13:44	00:05:48	21	WHK	48	6
1474	Alexy	Kerstin	LG Uplengen	1971	2015	01:05:53	01:05:41	00:56:25	01:09:41	00:56:41	00:59:29	06:13:50	00:05:48	44	W40	108	6
1475	Nitschke	Mischa	Klinikum Leer	1989	2015	01:05:06	01:05:22	00:55:56	01:10:35	00:57:41	00:59:17	06:13:57	00:05:48	26	MHK	160	6
1476	Freese-Schmidt	Maike	Borromäus Hospital Lee	1967	2015	01:07:09	01:03:55	00:56:39	01:09:53	00:57:22	00:59:09	06:14:07	00:05:48	48	W40	109	6
1477	Habben	Wiebke	NIGE	1998	2015	01:11:03	01:03:29	00:56:10	01:11:04	00:54:13	00:58:12	06:14:11	00:05:48	17	WU20	53	6
1478	Klemme	Maike	obw Emden	1985	2015	01:04:44	01:11:21	00:56:26	01:08:44	00:55:46	00:57:27	06:14:28	00:05:48	30	W30	61	6
1479	Ali	Diana	Gymnasium Ulricianum	2000	2015	01:02:57	01:02:01	00:54:22	01:07:49	01:00:54	01:06:27	06:14:30	00:05:48	15	WU20	54	6
1480	Domschky	Stephanie	KiTa Wallinghausen	1980	2015	01:05:49	01:05:00	00:57:11	01:10:16	00:56:22	00:59:53	06:14:31	00:05:48	35	W30	62	6
1481	Schlichting	Mareike	AGO Oldenburg	1997	2015	01:05:44	01:05:11	00:57:33	01:11:05	00:56:37	00:58:34	06:14:44	00:05:49	18	WU20	55	6
1482	Reiners	Joke	Lions Club Uplengen	1959	2015	00:59:32	01:07:00	00:58:36	01:11:55	00:58:25	00:59:18	06:14:46	00:05:49	56	M50	219	6
1483	Pietruska	Axel	BSG Volksbank Jever	1953	2015	01:05:22	01:05:52	00:57:03	01:09:50	00:56:22	01:00:18	06:14:47	00:05:49	62	M60	63	6
1484	Thies	Janic	Alex.-v.- Humboldt-Sch	1997	2015	0											

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1492	Schlichting	Jens	MTV Aurich	1964	2015	01:06:00	01:05:14	00:57:41	01:11:09	00:56:38	00:58:45	06:15:27	00:05:49	51	M50	221	6
1493	Gerken	Theo	LG Ostfriesland	1944	2015	01:05:25	01:03:43	00:57:55	01:10:10	00:58:32	00:59:52	06:15:37	00:05:49	71	M70	8	6
1494	Albrecht	Erik	WG Strukelje	1999	2015	01:09:58	01:07:22	00:55:41	01:08:24	00:56:57	00:57:16	06:15:38	00:05:49	16	MU20	163	6
1495	Ehrlich	Tomke	Emder LG	1993	2015	01:08:14	01:07:21	00:56:54	01:08:53	00:56:05	00:58:12	06:15:39	00:05:49	22	WHK	50	6
1496	Wilken	Wilfried	Altfl. Nortm./Hottfl./Stikell	1950	2015	01:02:10	01:12:51	00:52:37	01:04:35	01:01:33	01:02:13	06:15:59	00:05:50	65	M60	65	6
1497	Coordes	Karola	BV Hoffnung Ludwigsd	1984	2015	01:04:52	01:02:07	01:04:22	01:11:36	00:54:40	00:58:25	06:16:02	00:05:50	31	W30	63	6
1498	Gerdes	Riko	IGS Waldschule Egels	2001	2015	01:07:14	01:04:43	00:59:36	01:09:28	00:56:06	00:58:58	06:16:05	00:05:50	14	MU20	164	6
1499	Niestrat	Lukas	MH Sports	1996	2015	01:08:37	01:05:06	00:58:56	01:10:31	00:55:13	00:57:45	06:16:08	00:05:50	19	MU20	165	6
1500	Hinrichs	Hans-Jürgen	SV Elisabethfehn e.V.	1953	2015	01:05:49	01:05:45	00:58:13	01:10:44	00:56:21	00:59:19	06:16:11	00:05:50	62	M60	66	6
1501	Beyen	Wilma		1969	2015	01:05:27	01:06:47	00:57:52	01:09:58	00:57:25	00:58:58	06:16:27	00:05:50	46	W40	113	6
1502	Denker	Wilma	Ostfriesische Volksbank	1966	2015	01:05:02	01:06:08	00:58:51	01:09:49	00:56:44	00:59:57	06:16:31	00:05:50	49	W40	114	6
1503	Schultz	Dietmar	Team Deutsche Post	1965	2015	01:05:40	01:07:33	00:58:10	01:09:54	00:56:50	00:58:32	06:16:39	00:05:50	50	M50	222	6
1504	Wilken	Agnes	Baptisten Firrel	1970	2015	01:05:42	01:05:23	00:56:52	01:12:23	00:57:33	00:58:47	06:16:40	00:05:50	45	W40	115	6
1505	Wolter	Alexandra	Laufen und Meer	1974	2015	01:17:09	01:04:47	00:56:06	01:08:11	00:54:31	00:55:57	06:16:41	00:05:50	41	W40	116	6
1506	Ottersberg	Hanna	Team Möbel Buss	1973	2015	01:05:42	01:05:32	00:56:53	01:12:23	00:57:30	00:58:48	06:16:48	00:05:51	42	W40	117	6
1507	Quarg	Bruno	BSG Volksbank Jever	1953	2015	01:05:59	01:06:02	00:58:05	01:09:50	00:56:35	01:00:23	06:16:54	00:05:51	62	M60	67	6
1508	Garrelts	Bernd	Team ENERCON	1976	2015	01:05:47	01:04:19	00:57:06	01:10:40	00:56:24	01:02:39	06:16:55	00:05:51	39	M30	212	6
1509	Hayunga	Frank	TV Norden	1966	2015	01:06:33	01:04:28	00:58:00	01:10:09	00:56:25	01:01:28	06:17:03	00:05:51	49	M40	345	6
1510	Scheffler	Andrea	LT TuS Aurich-Ost	1966	2015	01:06:51	01:05:35	00:57:51	01:09:29	00:57:24	00:59:53	06:17:03	00:05:51	49	W40	118	6
1511	Peterssen	Kampe	BBS Aurich	1981	2015	01:07:25	01:06:55	00:57:56	01:09:55	00:57:04	00:57:53	06:17:08	00:05:51	34	M30	213	6
1512	Penning	Hartmut	SV Brinkum	1951	2015	01:06:15	01:04:43	00:57:30	01:10:50	00:57:41	01:00:10	06:17:09	00:05:51	64	M60	68	6
1513	Müller	Rainer	TV Friedeburg	1942	2015	01:13:32	01:06:26	00:56:27	01:07:56	00:55:52	00:57:02	06:17:15	00:05:51	73	M70	9	6
1514	Ortgies	Annelie	Trauco-Gruppe	1950	2015	01:06:59	01:06:41	00:57:22	01:09:47	00:56:32	00:59:54	06:17:15	00:05:51	65	W60	3	6
1515	Buxbaum	Artur	Hartmann Group	1987	2015	01:09:27	01:04:47	00:56:45	01:11:11	00:56:45	00:58:21	06:17:16	00:05:51	28	MHK	161	6
1516	Ubben	Anna	Borromäus Hospital Leer	1995	2015	01:06:23	01:06:41	00:57:00	01:10:28	00:55:12	01:01:32	06:17:16	00:05:51	20	WHK	51	6
1517	de Buhr	Kyra	Borromäus Hospital Leer	1992	2015	01:06:54	01:06:45	00:57:17	01:10:46	00:56:39	00:58:55	06:17:16	00:05:51	23	WHK	52	6
1518	Bolte	Jasmin	Briese Schifffahrt	1985	2015	01:05:51	01:05:15	00:57:29	01:12:25	00:57:42	00:58:41	06:17:23	00:05:51	30	W30	64	6
1519	Schöne	Andre	Team ENERCON	1983	2015	01:07:29	01:06:35	00:58:34	01:10:09	00:56:26	00:58:22	06:17:35	00:05:51	32	M30	214	6
1520	Siemens	Ralf	Hartmann Group	1964	2015	01:05:34	01:06:11	00:58:31	01:10:20	00:57:15	00:59:44	06:17:35	00:05:51	51	M50	223	6
1521	Bogena	Martin	Leer	1961	2015	01:06:32	01:05:06	00:57:45	01:11:06	00:57:42	00:59:43	06:17:54	00:05:52	54	M50	224	6
1522	Groß	Nicole	SV Potshausen	1973	2015	01:06:49	01:06:10	00:58:07	01:09:48	00:57:16	00:59:44	06:17:54	00:05:52	42	W40	119	6
1523	Schaefer	Marianne	AUR/OL	1970	2015	01:07:02	01:04:19	00:57:02	01:10:39	00:59:23	00:59:29	06:17:54	00:05:52	45	W40	120	6
1524	Bogena	Anna	Leer	1992	2015	01:06:32	01:05:06	00:57:45	01:11:06	00:57:42	00:59:44	06:17:55	00:05:52	23	WHK	53	6
1525	Tölg	Claudia	obw Emden	1964	2015	01:06:17	01:05:42	00:58:06	01:11:13	00:57:19	00:59:18	06:17:55	00:05:52	51	W50	44	6
1526	Fitz	Matthias	Moordorf	1962	2015	01:06:47	01:05:36	00:58:32	01:10:27	00:57:07	00:59:42	06:18:11	00:05:52	53	M50	225	6
1527	Cramer-Martens	Björn	Raumwerk Martens	1978	2015	01:07:55	01:04:58	00:56:37	01:13:31	00:56:23	00:58:52	06:18:16	00:05:52	37	M30	215	6
1528	Janssen	Silke	TUS Esens	1986	2015	01:17:38	01:05:36	00:57:17	01:07:18	00:54:01	00:56:27	06:18:17	00:05:52	29	WHK	54	6
1529	Mammen	Stephan	obw Emden	1974	2015	01:07:46	01:06:37	00:57:41	01:10:21	00:56:30	00:59:26	06:18:21	00:05:52	41	M40	346	6
1530	Herger	Rahel	Lebenshilfe Leer	1975	2015	01:09:23	01:09:31	00:58:34	01:10:20	00:53:58	00:56:36	06:18:22	00:05:52	40	W40	121	6
1531	Harms	Jacomo	IGS Waldschule Egels	2001	2015	01:04:07	01:03:53	00:58:14	01:12:55	00:57:38	01:01:36	06:18:23	00:05:52	14	MU20	166	6
1532	Heinks	Dieter	GeTek	1969	2015	01:05:41	01:03:37	00:58:19	01:11:41	00:57:38	01:01:30	06:18:26	00:05:52	46	M40	347	6
1533	Marschall	Iris	TV Norden	1966	2015	01:06:37	01:05:24	00:57:29	01:10:08	00:57:31	01:01:24	06:18:33	00:05:52	49	W40	122	6
1534	Haseborg	Jan	HSM Wirtschaftsprüfer	1961	2015	01:05:25	01:04:28	00:58:15	01:10:22	00:57:54	01:02:18	06:18:42	00:05:52	54	M50	226	6
1535	Schoon	Günter	EWE-Wattloopers	1964	2015	01:06:15	01:07:18	00:59:12	01:10:48	00:55:47	00:59:29	06:18:49	00:05:52	51	M50	227	6
1536	Breer	Beti	RSU Kp Küste	1968	2015	01:10:57	01:07:59	00:55:17	01:09:00	00:55:59	00:59:44	06:18:56	00:05:52	47	M40	348	6
1537	Hayunga	Tanja	TV Norden	1978	2015	01:06:49	01:04:30	00:57:59	01:10:37	00:57:37	01:01:27	06:18:59	00:05:53	37	W30	65	6
1538	Schmalenbeck	Pia	TuS Norderney	1998	2015	01:04:59	01:07:45	00:57:21	01:11:37	00:57:17	01:00:00	06:18:59	00:05:53	17	WU20	56	6
1539	Mengers	Gerlind	LT TuRa 07 Westrhaud	1967	2015	01:08:01	01:06:18	00:57:55	01:09:41	00:57:09	01:00:12	06:19:16	00:05:53	48	W40	123	6
1540	Focken	Enno	BBC Chartering GmbH	1990	2015	01:06:48	01:06:25	00:57:49	01:10:42	00:56:26	01:01:13	06:19:23	00:05:53	25	MHK	162	6
1541	Abramowski	Birgit	Ubbo-Emmius-Klinik/La	1958	2015	01:08:13	01:06:14	00:57:49	01:09:57	00:57:08	01:00:02	06:19:23	00:05:53	57	W50	45	6
1542	Schmidt	Hartmut	tbd.radsport-wiesmoor	1962	2015	01:04:47	01:05:07	00:56:25	01:13:10	00:59:01	01:00:54	06:19:24	00:05:53	53	M50	228	6
1543	Wüst	Maurice	Alex.-v.-Humboldt-Sch	1994	2015	01:02:17	01:03:49	00:55:04	01:07:58	01:09:33	01:00:44	06:19:25	00:05:53	21	MHK	163	6
1544	Schoolmann	Claus	Volkswagen Emden	1977	2015	01:06:38	01:06:36	00:58:12	01:11:25	00:56:44	00:59:51	06:19:26	00:05:53	38	M30	216	6
1545	Ebens	Klaus	Bremen	1957	2015	01:06:47	01:06:25	00:57:49	01:10:46	00:56:27	01:01:13	06:19:27	00:05:53	58	M50	229	6
1546	Lingner	Gerhard	LT TuRa 07 Westrhaud	1949	2015	01:08:13	01:06:18	00:57:55	01:09:42	00:57:07	01:00:12	06:19:27	00:05:53	66	M60	69	6
1547	Krüger	Ole	Firmengruppe Kurre	1985	2015	01:05:11	01:09:48	00:59:02	01:08:45	00:58:28	00:58:33	06:19:47	00:05:53	30	M30	217	6
1548	Brüggemann	Julia	TV Leer/ UEG	1998	2015	01:09:33	01:09:01	00:57:26	01:11:09	00:55:29	00:57:12	06:19:50	00:05:53	17	WU20	57	6
1549	Kiesel	Elisabeth	Jugendhilfsstelle Nortm	1968	2015	01:08:53	01:05:20	00:57:29	01:09:52	00:58:40	01:00:02	06:20:16	00:05:54	47	W40	124	6
1550	Wischeropp	Thomas	Klinge / Weener Ener	1969	2015	01:07:33	01:06:30	00:58:05	01:10:32	00:57:02	01:00:36	06:20:18	00:05:54	46	M40	349	6
1551	Abheiden	Daniela	Schleichkatzen WOL	1981	2015	01:10:12	01:08:29	00:57:56	01:09:42	00:55:59	00:58:03	06:20:21	00:05:54	34	W30	66	6
1552	Goemann	Jan	Seefahrtsschule Leer	1987	2015	01:09:40	01:07:45	00:56:40	01:10:28	00:56:59	00:58:52	06:20:24	00:05:54	28	MHK	164	6
1553	Wollmann	Svea	Gymnasium Ulricianum	1998	2015	01:09:00	01:02:55	00:56:03	01:14:05	00:57:57	01:00:27	06:20:27	00:05:54	17	WU20	58	6
1554	Lübbers	Tom	Moorlooper	1994	2015	01:09:55	01:07:01	00:58:31	01:11:05	00:55:05	00:58:54	06:20:31	00:05:54	21	MHK	165	6
1555	Even-Schulze	Ulrike	Kurt sien Trupp	1961	2015	01:06:53	01:										

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1563	Henninga	Inga	BBS Aurich	1998	2015	01:06:39	01:07:34	00:56:02	01:10:40	00:58:50	01:02:06	06:21:51	00:05:55	17	WU20	60	6
1564	Hinrichs	Marion	Lauffreß Ihrhove	1979	2015	01:07:10	01:05:43	00:58:51	01:11:30	00:58:18	01:00:21	06:21:53	00:05:55	36	W30	67	6
1565	Keplin	Traute	Teamfahrschule Keplin	1973	2015	01:08:23	01:06:41	00:57:52	01:09:42	00:58:33	01:00:42	06:21:53	00:05:55	42	W40	127	6
1566	Rieken	Magnus	Jever	1947	2015	01:06:50	01:07:22	00:58:33	01:10:23	00:57:44	01:01:07	06:21:59	00:05:55	68	M60	70	6
1567	Stöckmann	Doris		1964	2015	01:07:34	01:07:57	00:58:06	01:12:18	00:56:51	00:59:17	06:22:03	00:05:55	51	W50	48	6
1568	Pastoor	Janneke	BBS 1 Leer	1997	2015	01:09:10	01:07:48	00:57:42	01:11:50	00:57:57	00:57:44	06:22:11	00:05:56	18	WU20	61	6
1569	Lange	Judith	Grundschule am Ottern	1985	2015	01:07:55	01:08:00	00:57:24	01:10:53	00:58:01	01:00:06	06:22:19	00:05:56	30	W30	68	6
1570	Joswig	Almuth	Fortuna Logabirum	1957	2015	01:07:42	01:08:01	00:57:19	01:11:00	00:58:05	01:00:14	06:22:21	00:05:56	58	W50	49	6
1571	Wielenberg	Britta	Elisabethfehn	1981	2015	01:06:58	01:04:58	00:58:45	01:11:30	00:58:36	01:01:39	06:22:26	00:05:56	34	W30	69	6
1572	Borggräfe	Miriam	Injoy Leer	1986	2015	01:10:39	01:08:28	00:59:39	01:08:23	00:56:44	00:58:39	06:22:32	00:05:56	29	WHK	55	6
1573	Hook	Michael	Watt'n Looper SV Dorn	1966	2015	01:07:15	01:07:45	00:58:08	01:10:14	00:58:10	01:01:04	06:22:36	00:05:56	49	M40	351	6
1574	Huisinga	Hanna	Klingele / Weener Ener	1990	2015	01:10:46	01:07:16	00:59:29	01:10:32	00:56:56	00:57:39	06:22:38	00:05:56	25	WHK	56	6
1575	Osterloh	Sandra		1982	2015	01:08:52	01:10:00	01:00:30	01:12:28	00:50:03	01:00:46	06:22:39	00:05:56	33	W30	70	6
1576	Goudschaal	Karl-Heinz	TV Norden	1968	2015	00:55:37	00:54:18	00:59:41	01:26:49	01:01:58	01:04:21	06:22:44	00:05:56	47	M40	352	6
1577	Melzer	Martina	Emder LG	1971	2015	01:08:25	01:07:44	00:58:36	01:10:25	00:57:32	01:00:09	06:22:51	00:05:56	44	W40	128	6
1578	Boekhoff	Ingo	Rettungsdienst Leer	1982	2015	01:13:09	01:12:07	00:56:08	01:11:04	00:53:50	00:56:34	06:22:52	00:05:56	33	M30	218	6
1579	Frühling	Kobus	BBS Aurich	1969	2015	01:06:51	01:11:15	00:59:19	01:11:43	00:55:55	00:57:54	06:22:57	00:05:56	46	M40	353	6
1580	Bogena-Hoffrogge	Antje	INJOY Papenburg	1965	2015	01:10:59	01:06:51	00:57:47	01:10:29	00:57:29	00:59:25	06:23:00	00:05:56	50	W50	50	6
1581	Janssen	Maïke	Stadt Aurich	1973	2015	01:12:25	01:06:53	00:57:33	01:10:45	00:56:21	00:59:06	06:23:03	00:05:56	42	W40	129	6
1582	Janhsen	Siegfried	Südbrookmerland	1953	2015	01:10:04	01:07:39	01:00:02	01:01:59	00:59:41	01:03:41	06:23:06	00:05:56	62	M60	71	6
1583	Harms	Uwe	Laufen und Meer	1969	2015	01:08:21	01:06:02	00:57:44	01:12:19	00:58:03	01:00:39	06:23:08	00:05:56	46	M40	354	6
1584	Janssen	Martina	Ubbo-Emmius-Klinik	1964	2015	01:05:21	01:07:55	00:58:51	01:12:33	00:58:08	01:00:24	06:23:12	00:05:56	51	W50	51	6
1585	Siebert	Karin	Kurt sien Trupp	1964	2015	01:07:51	01:07:38	00:59:00	01:11:19	00:57:52	00:59:34	06:23:14	00:05:56	51	W50	52	6
1586	Graepel	Marion	Rhauderfehn	1965	2015	01:12:35	01:08:58	00:58:26	01:08:22	00:56:13	00:58:41	06:23:15	00:05:57	50	W50	53	6
1587	de Boer	Hannelore	Klinikum Leer	1968	2015	01:06:25	01:06:09	00:59:09	01:11:30	00:58:29	01:01:33	06:23:15	00:05:57	47	W40	130	6
1588	Saïge	Arthur	IGS Moormerland	1947	2015	01:08:11	01:06:22	00:59:07	01:10:30	00:58:22	01:00:50	06:23:22	00:05:57	68	M60	72	6
1589	Cobus	Thomas	Bohlen & Doyen	1971	2015	01:08:25	01:07:12	00:58:34	01:11:21	00:57:21	01:00:31	06:23:24	00:05:57	44	M40	355	6
1590	Reiners	Sabrina	RVB Aurich/Uplengen	1996	2015	01:08:21	01:06:56	00:58:36	01:11:52	00:58:24	00:59:17	06:23:26	00:05:57	19	WU20	62	6
1591	Meyer	Ulrich	NKF	1958	2015	01:07:35	01:08:50	00:59:48	01:09:45	00:57:23	01:00:07	06:23:28	00:05:57	57	M50	231	6
1592	Katzer	Florian		1996	2015	01:06:55	01:07:43	00:59:46	01:11:45	00:57:08	01:00:19	06:23:36	00:05:57	19	MU20	167	6
1593	Duhlies	Manuela	Ihlow	1977	2015	01:09:02	01:07:54	00:58:06	01:11:46	00:57:42	00:59:24	06:23:54	00:05:57	38	W30	71	6
1594	Mennenga	Michelle	ag-Ems	1995	2015	01:07:44	01:06:39	00:57:20	01:12:44	00:57:40	01:01:50	06:23:57	00:05:57	20	WHK	57	6
1595	Redenius	Fabian	IGS Waldschule Egels	2002	2015	01:14:51	01:11:07	00:59:03	01:10:57	00:53:13	00:54:52	06:24:03	00:05:57	13	MU20	168	6
1596	Bose	Patrick	TaktLwGrp "R"	1996	2015	01:07:06	01:11:11	00:58:05	01:09:22	01:01:25	00:56:59	06:24:08	00:05:57	19	MU20	169	6
1597	Greve	Tanja	KdoSES	1984	2015	01:07:01	01:09:01	00:58:35	01:15:10	00:56:06	00:58:16	06:24:09	00:05:57	31	W30	72	6
1598	Ole-Stefanski	Tim	IGS Waldschule Egels	1999	2015	01:12:20	01:05:21	00:58:19	01:10:59	00:58:09	00:59:07	06:24:15	00:05:57	16	MU20	170	6
1599	Brunken	Jörg	Orgadata AG	1983	2015	01:11:19	01:07:26	00:57:40	01:11:13	00:57:34	00:59:05	06:24:17	00:05:57	32	M30	219	6
1600	Studtner	Rena	Schule Altes Amt Friede	1988	2015	01:07:47	01:07:20	00:58:45	01:13:02	00:57:57	00:59:27	06:24:18	00:05:57	27	WHK	58	6
1601	Brümmer	Helmut	ENOVA	1957	2015	01:04:28	01:06:35	00:59:38	01:13:41	00:58:44	01:01:13	06:24:19	00:05:58	58	M50	232	6
1602	auf der Landwehr	Doris	Schuhmann	1969	2015	01:04:14	01:03:09	00:57:02	01:21:42	00:58:18	00:59:58	06:24:23	00:05:58	46	W40	131	6
1603	Fröbel	Heinz	Emder LG	1947	2015	01:06:25	01:05:16	00:59:54	01:12:26	00:58:10	01:02:14	06:24:25	00:05:58	68	M60	73	6
1604	Brandau	Claudia	Stadt Leer	1963	2015	01:06:18	01:06:26	00:59:27	01:12:20	00:59:11	01:01:08	06:24:50	00:05:58	52	W50	54	6
1605	Soujan	Heike	Emder LG	1978	2015	01:08:14	01:07:56	00:58:54	01:10:44	00:57:33	01:01:30	06:24:51	00:05:58	37	W30	73	6
1606	Bruns	Ludger	Emder LG	1974	2015	01:08:58	01:08:31	00:58:15	01:11:34	00:57:07	01:00:27	06:24:52	00:05:58	41	M40	356	6
1607	Holzenkämpfer	Sonja	Team Möbel Buss	1980	2015	01:08:31	01:08:15	00:59:29	01:10:38	00:57:26	01:00:38	06:24:57	00:05:58	35	W30	74	6
1608	Ahrendt	Astrid	SVC Wilhelmshaven	1957	2015	01:06:12	01:07:53	00:58:45	01:12:44	00:58:39	01:01:01	06:25:14	00:05:58	58	W50	55	6
1609	Kirchhoff	Janna	LT Spaß mit Sport	1990	2015	01:06:58	01:07:01	00:58:21	01:11:46	00:59:09	01:02:01	06:25:16	00:05:58	25	WHK	59	6
1610	Fabbi	Gabriel	Team Möbel Buss	1968	2015	01:07:38	01:07:12	00:58:33	01:11:27	00:59:30	01:01:01	06:25:21	00:05:58	47	M40	357	6
1611	Saathoff	Holger	Raiffeisenbank eG, Mod	1973	2015	01:09:22	01:08:51	00:59:13	01:11:06	00:58:03	00:58:49	06:25:24	00:05:59	42	M40	358	6
1612	Jürrens	Benjamin	Klinikum Emden	1986	2015	01:12:47	01:07:50	00:59:16	01:09:41	00:57:00	00:58:51	06:25:25	00:05:59	29	MHK	167	6
1613	Eggers-Janssen	Nadine	SV Hage	1980	2015	01:12:28	01:14:06	01:00:15	01:06:02	00:52:30	01:00:04	06:25:25	00:05:59	35	W30	75	6
1614	Janssen	Margret	MTV Aurich	1974	2015	01:09:25	01:06:43	00:58:19	01:12:08	00:57:26	01:01:25	06:25:26	00:05:59	41	W40	132	6
1615	Koch	Melanie	Emder LG	1975	2015	01:08:17	01:07:51	00:58:42	01:12:13	00:57:12	01:01:19	06:25:34	00:05:59	40	W40	133	6
1616	Rossmann	Katja	obw Emden	1983	2015	01:07:40	01:08:05	00:57:23	01:12:49	00:58:12	01:01:32	06:25:41	00:05:59	32	W30	76	6
1617	Löhn	Karen	Moormerland	1963	2015	01:07:37	01:08:02	00:58:21	01:12:17	00:58:37	01:00:52	06:25:46	00:05:59	52	W50	56	6
1618	Schmidt	Sarah	IGS Moormerland	2000	2015	01:08:56	01:07:58	00:59:09	01:11:58	00:57:43	01:00:06	06:25:50	00:05:59	15	WU20	63	6
1619	Veldhuis	Karin	Leer	1969	2015	01:07:57	01:07:44	01:00:11	01:12:15	00:58:33	00:59:13	06:25:53	00:05:59	46	W40	134	6
1620	Bruns	Inka	FTC Hollen	1973	2015	01:10:24	01:06:22	00:56:40	01:13:12	00:57:52	01:01:23	06:25:53	00:05:59	42	W40	135	6
1621	Janssen	Holger	Tus Esens	1963	2015	01:07:35	01:06:10	00:58:48	01:10:16	00:57:57	01:05:10	06:25:56	00:05:59	52	M50	233	6
1622	Groen	Carsten	Physio Aktiv Rhauderfe	1986	2015	01:07:35	01:06:06	00:58:23	01:13:46	00:58:21	01:01:53	06:26:04	00:05:59	29	MHK	168	6
1623	Niemeyer-Speckm	Klaas	AFS Komitee Ostfriesla	1971	2015	01:07:28	01:08:34	00:58:49	01:11:09	00:57:54	01:02:14	06:26:08	00:05:59	44	M40	359	6
1624	Schulte	Wilhelm	Barßel	1941	2015	01:09:14	01:08:45	00:58:00	01:10:19	00:57:50	01:02:08	06:26:16	00:05:59	74	M70	10	6
1625	de Buhr	Jens	VW Emden	1968	2015	01:06:52	01:05:22	00:58:52	01:20:22	00:57:14	00:57:50	06:26:32	00:06:00	47	M40	360	6
1626	Berends	Marcel	IGS Waldschule Egels	1998	2015	01:12:20	01:06:32	0									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1634	Braams	Herma	SC Dunum	1956	2015	01:08:13	01:07:22	00:59:36	01:11:52	00:58:39	01:01:33	06:27:15	00:06:00	59	W50	58	6
1635	Taurich	Ingrid	WOL	1982	2015	01:09:02	01:07:49	00:59:14	01:12:12	00:57:59	01:01:01	06:27:17	00:06:00	33	W30	77	6
1636	Juilfs	Uwe	Wiesens	1963	2015	01:10:03	01:06:38	00:59:54	01:11:28	00:57:51	01:01:24	06:27:18	00:06:00	52	M50	234	6
1637	Thiel	Saskia	Apotheke am Markt Wit	1994	2015	01:07:22	01:09:11	00:58:44	01:12:12	00:58:40	01:01:15	06:27:24	00:06:00	21	WHK	61	6
1638	Meents	Marion	TUS Leerhafe-Hovel eV	1967	2015	01:07:07	01:07:55	01:00:06	01:12:10	00:59:38	01:00:36	06:27:32	00:06:00	48	W40	136	6
1639	Streekmann	Silvia	Leer	1979	2015	01:08:11	01:09:56	00:56:20	01:14:09	00:58:38	01:00:20	06:27:34	00:06:01	36	W30	78	6
1640	Streekmann	Niels	Leer	1978	2015	01:08:11	01:09:56	00:56:21	01:14:09	00:58:38	01:00:20	06:27:35	00:06:01	37	M30	220	6
1641	Henning	Torsten	Stadt Emden	1972	2015	01:09:37	01:08:15	00:58:34	01:12:24	00:57:58	01:00:51	06:27:39	00:06:01	43	M40	362	6
1642	Grünert	Nicole	Borromäus Hospital Lee	1976	2015	01:07:44	01:06:49	00:59:43	01:12:35	00:59:15	01:01:34	06:27:40	00:06:01	39	W30	79	6
1643	Liebsch-Folkerts	Margret	Westoverledingen	1962	2015	01:09:03	01:08:11	00:59:45	01:10:54	00:59:00	01:00:58	06:27:51	00:06:01	53	W50	59	6
1644	Schweer	Elke	Kaffeerösterei Baum	1971	2015	01:09:28	01:07:39	00:59:40	01:12:11	00:58:23	01:00:33	06:27:54	00:06:01	44	W40	137	6
1645	Dogs	Timo	GS Overledinger Gees	1977	2015	01:09:10	01:07:56	00:58:45	01:13:58	00:58:02	01:00:05	06:27:56	00:06:01	38	M30	221	6
1646	Oltmanns	Hinriek	Holterfehn	1979	2015	01:07:23	01:07:27	00:59:41	01:13:00	00:58:40	01:01:58	06:28:09	00:06:01	36	W30	80	6
1647	Tjardes	Ralf	BV Vorwärts Plaggenbu	1969	2015	01:08:54	01:06:32	00:59:00	01:19:35	00:56:51	00:57:18	06:28:10	00:06:01	46	M40	363	6
1648	Riedel	Maren	C. E. Popken	1964	2015	01:07:26	01:08:10	01:00:29	01:12:25	00:58:44	01:00:57	06:28:11	00:06:01	51	W50	60	6
1649	Baumann	Ralf	Leer	1979	2015	01:12:30	01:07:11	00:58:33	01:12:54	00:56:54	01:00:13	06:28:15	00:06:01	36	M30	222	6
1650	Fecht	Hiska	Team Möbel Buss	1982	2015	01:08:31	01:08:14	00:59:29	01:12:31	00:58:31	01:01:02	06:28:18	00:06:01	33	W30	81	6
1651	Waalens	Manfred	LT TuS Aurich-Ost	1951	2015	01:09:17	01:06:34	00:58:30	01:13:02	00:58:23	01:02:33	06:28:19	00:06:01	64	M60	75	6
1652	Ahmed	Petra	LT TuRa 07 Westhau	1972	2015	01:08:04	01:07:28	00:59:10	01:12:19	00:59:28	01:01:58	06:28:27	00:06:01	43	W40	138	6
1653	Klock	Selwyn	Hartmann Group	1991	2015	01:13:33	01:08:38	00:54:54	01:12:11	01:00:55	00:58:21	06:28:32	00:06:01	24	MHK	169	6
1654	Theilen	Adda	TV Norden	1986	2015	01:08:52	01:07:04	00:57:08	01:12:41	00:59:59	01:02:49	06:28:33	00:06:01	29	WHK	62	6
1655	Kruse	Jörn	Gymnasium Ulricianum	2000	2015	01:10:12	01:06:30	00:57:18	01:12:26	00:59:50	01:02:18	06:28:34	00:06:01	15	MU20	174	6
1656	Freeseemann	Egon	Bünting Tee	1966	2015	01:08:15	01:08:51	00:59:55	01:12:08	00:58:24	01:01:03	06:28:36	00:06:01	49	M40	364	6
1657	Telgen	Hanna	DLRG Leer	2000	2015	01:08:27	01:08:53	00:57:09	01:12:05	00:58:00	01:04:05	06:28:39	00:06:02	15	WU20	64	6
1658	Niehuisen	Frank	AOK Die Gesundheitsk	1970	2015	01:09:11	01:07:53	00:59:36	01:12:38	00:58:00	01:01:25	06:28:43	00:06:02	45	M40	365	6
1659	Zimmer	Nicole	SV Ems Jemgum	1979	2015	01:08:14	01:07:38	01:00:17	01:11:50	00:58:24	01:02:20	06:28:43	00:06:02	36	W30	82	6
1660	Brunken	Steffanie	Borromäus Hospital Lee	1972	2015	01:10:52	01:09:59	00:58:36	01:11:12	00:57:57	01:00:13	06:28:49	00:06:02	43	W40	139	6
1661	Kleen	Verena	Spetzerfehn	1995	2015	01:08:35	01:07:22	00:59:31	01:12:54	01:00:51	00:59:50	06:29:03	00:06:02	20	WHK	63	6
1662	Franzen	Wilfried	SV Teutonia Stapelmo	1945	2015	01:06:15	01:07:37	00:59:38	01:13:42	00:59:15	01:02:37	06:29:04	00:06:02	70	M70	12	6
1663	Albers	Angelika	Laufen wie auf Wolken	1958	2015	01:08:53	01:07:15	00:58:54	01:13:35	00:59:17	01:01:10	06:29:04	00:06:02	57	W50	61	6
1664	Görtemaker	Pia	PJ	2000	2015	01:10:23	01:06:46	00:58:09	01:12:54	00:58:22	01:02:31	06:29:05	00:06:02	15	WU20	65	6
1665	Sanders	Janna	PJ	1999	2015	01:10:23	01:06:46	00:58:09	01:12:54	00:58:22	01:02:31	06:29:05	00:06:02	16	WU20	66	6
1666	Bünting	Anne	LT TuS Aurich-Ost	1957	2015	01:08:14	01:07:35	01:00:26	01:12:43	00:58:16	01:01:53	06:29:07	00:06:02	58	W50	62	6
1667	Reiners	Christa	TUS Eintracht Hinte	1960	2015	01:11:37	01:08:15	01:00:17	01:11:41	00:58:24	00:59:10	06:29:24	00:06:02	55	W50	63	6
1668	Filke	Thorsten	LG Fliegerhorst Upjeve	1985	2015	01:12:49	01:08:19	00:57:59	01:10:37	00:59:06	01:00:37	06:29:27	00:06:02	30	M30	223	6
1669	Gehler	Lisa	Friseur Eckhoff	1988	2015	01:10:17	01:07:02	01:02:48	01:13:16	00:57:50	00:58:25	06:29:38	00:06:02	27	WHK	64	6
1670	Meyer	Miriam	Flachsmeer	1993	2015	01:09:31	01:07:23	01:00:08	01:10:57	01:00:43	01:00:59	06:29:41	00:06:02	22	WHK	65	6
1671	Boomgaarden	Britta	Moorerland	1978	2015	01:10:38	01:09:49	00:59:18	01:13:07	00:57:11	00:59:42	06:29:45	00:06:03	37	W30	83	6
1672	Janssen	Arne	Wandertrupp Loppersu	1990	2015	01:10:23	01:09:36	00:58:20	01:12:37	00:56:18	01:02:41	06:29:55	00:06:03	25	MHK	170	6
1673	Klinker	Mechthild		1973	2015	01:10:26	01:08:07	00:59:01	01:14:18	00:57:45	01:00:27	06:30:04	00:06:03	42	W40	140	6
1674	Büttner	Walter	BPS Emden	1959	2015	01:08:55	01:08:32	00:58:58	01:11:45	00:59:21	01:02:34	06:30:05	00:06:03	56	M50	235	6
1675	Ergin	Leyla	BBC Chartering GmbH	1984	2015	01:08:24	01:06:23	00:57:20	01:11:51	00:59:50	01:06:17	06:30:05	00:06:03	31	W30	84	6
1676	Boekhoff	Karin	Hospizinitiative e. V.	1962	2015	01:10:40	01:08:19	01:00:05	01:11:20	00:59:47	00:59:54	06:30:05	00:06:03	53	W50	64	6
1677	Steinke	Dietrich	SV Concordia Neermoc	1941	2015	01:05:59	01:07:47	00:59:23	01:13:02	01:00:43	01:03:12	06:30:06	00:06:03	74	M70	13	6
1678	Brink	Erika	Stadtwerke-Leer-Loope	1963	2015	01:11:40	01:09:20	00:59:32	01:12:13	00:57:39	00:59:53	06:30:17	00:06:03	52	W50	65	6
1679	Hayenga	Manuel	IGS Waldschule Egels	2001	2015	01:09:28	01:10:14	01:02:04	01:10:49	00:55:20	01:02:32	06:30:27	00:06:03	14	MU20	175	6
1680	Altschaffel-Fuchs	Alexandra	Grundschule Middels	1967	2015	01:11:40	01:06:49	00:59:38	01:11:49	00:59:11	01:01:22	06:30:29	00:06:03	48	W40	141	6
1681	Janssen	Günter	MTV Aurich	1943	2015	01:11:43	01:06:49	00:59:38	01:11:49	00:59:11	01:01:22	06:30:32	00:06:03	72	M70	14	6
1682	Ahrends	Marion	Laufen und Meer	1968	2015	01:09:27	01:07:51	00:59:37	01:12:44	00:58:43	01:02:12	06:30:34	00:06:03	47	W40	142	6
1683	Goudschaal	Rolf	Remels	1950	2015	01:10:02	01:07:59	00:59:56	01:11:30	00:58:31	01:02:40	06:30:38	00:06:03	65	M60	76	6
1684	Wyszolcki	Janneke	Team Möbel Buss	1995	2015	01:09:09	01:12:17	00:57:03	01:12:47	00:56:49	01:02:34	06:30:39	00:06:03	20	WHK	66	6
1685	Harms	Hilke	Karkdörper Moorlooper	1997	2015	01:08:20	01:09:08	00:59:20	01:14:15	00:58:33	01:01:05	06:30:41	00:06:03	18	WU20	67	6
1686	Harms	Annegret	de Optimisten	1961	2015	01:08:23	01:09:08	00:59:19	01:14:15	00:58:33	01:01:05	06:30:43	00:06:03	54	W50	66	6
1687	Busemann	Okka	LHV	1993	2015	01:09:24	01:09:52	00:59:51	01:14:53	00:58:26	00:58:20	06:30:46	00:06:04	22	WHK	67	6
1688	Alferink	Claudia	LT TuRa 07 Westhau	1961	2015	01:08:31	01:08:55	01:00:40	01:12:18	00:58:35	01:01:55	06:30:54	00:06:04	54	W50	67	6
1689	Dirks	Hilka	MTV Wittmund	1975	2015	01:09:32	01:07:26	01:00:38	01:12:30	00:58:35	01:02:14	06:30:55	00:06:04	40	W40	143	6
1690	Hallenga	Gunda	Tannenhausen	1983	2015	01:09:46	01:10:02	01:00:09	01:12:19	00:57:30	01:01:12	06:30:58	00:06:04	32	W30	85	6
1691	Müller		SV Neptun Emden	1975	2015	01:07:40	01:08:08	00:59:42	01:13:12	00:59:57	01:02:20	06:30:59	00:06:04	40	W40	144	6
1692	Neugebauer	Bärbel	TV Norden	1965	2015	01:08:44	01:07:03	00:59:27	01:12:57	00:59:58	01:03:04	06:31:13	00:06:04	50	W50	68	6
1693	Klinkenberg	Margit	TV Norden	1952	2015	01:08:44	01:07:03	00:59:27	01:12:57	00:59:58	01:03:04	06:31:13	00:06:04	63	W60	4	6
1694	Bohnet	Ernst	Emder LG	1946	2015	01:08:21	01:06:27	01:01:54	01:12:54	00:57:58	01:03:46	06:31:20	00:06:04	69	M60	77	6
1695	Bueschel	Christine	Club of Comfort	1975	2015	01:11:55	01:07:02	00:56:17	01:16:21	00:58:21	01:01:25	06:31:21	00:06:04	40	W40	145	6
1696	Kruse	Bernhard	WfbM BBB Aurich Wittr	1990	2015	01:09:09	01:09:21	00:57:15	01:18:38	00:58:41	00:58:18	06:31:22	00:06:04	25	MHK	171	6
1697	Niemeyer	Richard	RuF Rheiderland	1963	2015	01:10:41	01:12:20	00:58:41	0								

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1705	Braun	Simone	ENOVA	1972	2015	01:10:03	01:08:41	01:00:21	01:13:25	00:58:10	01:01:15	06:31:55	00:06:05	43	W40	148	6
1706	Klimaschka-Behre	Uschi	Gymnasium Ulricianum	1957	2015	01:09:23	01:08:21	00:59:29	01:13:13	00:58:50	01:02:48	06:32:04	00:06:05	58	W50	69	6
1707	Stern	Otto	Seefahrtsschule Leer	2006	2015	01:10:42	01:10:06	00:58:55	01:13:46	00:59:47	00:58:52	06:32:08	00:06:05	9	MU20	176	6
1708	Mannott	Martina	Krankenhaus Wittmund	1969	2015	01:09:32	01:08:48	01:00:38	01:12:31	00:58:35	01:02:15	06:32:19	00:06:05	46	W40	149	6
1709	Wolter	Anita	Die Münchener	1956	2015	01:08:03	01:09:20	01:00:30	01:12:25	00:59:31	01:02:32	06:32:21	00:06:05	59	W50	70	6
1710	Altman	Gisela	Windlooper	1949	2015	01:09:05	01:07:48	00:59:23	01:14:16	01:00:37	01:01:14	06:32:23	00:06:05	66	W60	5	6
1711	Fröhling	Annegret	Sparkasse Aurich-Nord	1966	2015	01:08:08	01:09:03	01:00:16	01:12:27	00:59:59	01:02:32	06:32:25	00:06:05	49	W40	150	6
1712	Sternsdorff	Katrin	Seefahrtsschule Leer	1982	2015	01:10:46	01:10:10	00:58:23	01:14:22	00:59:47	00:59:00	06:32:28	00:06:05	33	W30	87	6
1713	Janßen	Nele	Gymnasium Ulricianum	2001	2015	01:11:15	01:06:52	00:59:49	01:12:26	01:03:05	00:59:31	06:32:58	00:06:06	14	WU20	68	6
1714	Eden	Thorsten	Kreuzfahrten Sinning	1978	2015	01:09:50	01:07:22	01:00:19	01:15:55	00:59:01	01:00:44	06:33:11	00:06:06	37	M30	224	6
1715	Natelberg	Inka	TUS Collinghorst	1975	2015	01:10:00	01:07:55	01:00:13	01:14:24	00:59:06	01:01:47	06:33:25	00:06:06	40	W40	151	6
1716	Rohden	Heike	LT TuRa 07 Westrhaud	1974	2015	01:10:00	01:07:54	01:00:12	01:14:25	00:59:14	01:01:47	06:33:32	00:06:06	41	W40	152	6
1717	Nipshagen	Grato	LT Schafhauser Wald	1958	2015	01:08:27	01:06:11	00:59:06	01:15:04	01:00:26	01:04:22	06:33:36	00:06:06	57	M50	237	6
1718	Kleinau	Sabine	TausendfüßLeer	1967	2015	01:08:41	01:09:19	00:59:48	01:13:57	00:59:18	01:02:33	06:33:36	00:06:06	48	W40	153	6
1719	Gossling	Karl	LG Bunde	1946	2015	01:08:56	01:09:00	01:00:27	01:13:41	00:59:25	01:02:10	06:33:39	00:06:06	69	M60	80	6
1720	Ramaker	Harald	SV Warsingsfehn	1963	2015	01:08:08	01:08:26	00:59:39	01:14:58	01:00:03	01:02:27	06:33:41	00:06:06	52	M50	238	6
1721	Dubiel	Regina	Hirsch-Apotheke Ween	1958	2015	01:09:41	01:09:02	01:00:07	01:13:57	00:59:03	01:01:51	06:33:41	00:06:06	57	W50	71	6
1722	Niestroj	Melanie		1982	2015	01:10:02	01:09:34	00:58:54	01:13:40	00:58:22	01:03:15	06:33:47	00:06:06	33	W30	88	6
1723	REiners	Sebastian	Die Laufkumpanen	1981	2015	01:09:36	01:08:43	00:59:29	01:14:42	00:59:21	01:02:23	06:34:14	00:06:07	34	M30	225	6
1724	Hempen	Klaus	Die Laufkumpanen	1970	2015	01:09:37	01:08:43	00:59:29	01:14:42	00:59:22	01:02:23	06:34:16	00:06:07	45	M40	367	6
1725	Campe	Julia	Hartmann Group	1996	2015	01:10:18	01:06:52	00:59:17	01:15:19	00:59:46	01:02:52	06:34:24	00:06:07	19	WU20	69	6
1726	Böhm	Caren	Kurt sien Trupp	1965	2015	01:08:13	01:07:38	01:02:00	01:14:24	01:00:17	01:02:05	06:34:37	00:06:07	50	W50	72	6
1727	Kramer	Dirk	team aurident	1966	2015	01:11:30	01:10:19	00:58:30	01:15:06	00:57:33	01:01:46	06:34:44	00:06:07	49	M40	368	6
1728	de Vries	Sascha	Ihlow	1981	2015	01:00:58	01:00:18	01:05:46	01:19:34	01:01:24	01:06:47	06:34:47	00:06:07	34	M30	226	6
1729	Kitlas-Dieling	Martha	LGO	1959	2015	01:10:14	01:10:24	01:00:19	01:13:54	00:58:55	01:01:05	06:34:51	00:06:07	56	W50	73	6
1730	Heinßen	Thorben	Bünting Tee	1987	2015	01:11:24	01:13:29	00:59:34	01:12:19	00:57:56	01:00:26	06:35:08	00:06:08	28	MHK	172	6
1731	Dänekas	Jürgen	LG Uplengen	1958	2015	01:13:23	01:11:37	01:09:56	01:09:40	00:53:31	00:57:30	06:35:37	00:06:08	57	M50	239	6
1732	Leidholdt	Paula	IGS Aurich-West	1980	2015	01:10:20	01:04:08	01:03:27	01:15:29	00:59:11	01:03:05	06:35:40	00:06:08	35	W30	89	6
1733	Fleßner	Marion	Flessies	1967	2015	01:07:26	01:08:15	01:01:59	01:14:24	01:00:45	01:02:58	06:35:47	00:06:08	48	W40	154	6
1734	Kopietz	Monika	Trauco	1973	2015	01:09:46	01:09:40	00:59:52	01:15:25	00:58:50	01:02:16	06:35:49	00:06:08	42	W40	155	6
1735	Lühr	Fenny	Reha-Zentrum Oldenbu	1963	2015	01:09:24	01:07:38	01:01:35	01:14:00	00:59:57	01:03:15	06:35:49	00:06:08	52	W50	74	6
1736	de Buhr	Heinz	Lionsclub Uplengen	1959	2015	01:09:11	01:09:00	01:01:30	01:12:57	01:00:02	01:03:17	06:35:57	00:06:08	56	M50	240	6
1737	Murr	Michael	Bohlen & Doyen	1971	2015	01:11:19	01:08:48	00:59:12	01:16:54	00:59:19	01:00:30	06:36:02	00:06:08	44	M40	369	6
1738	Krieger-Hetze	Helga	TV Norden	1964	2015	01:07:11	01:08:03	00:59:12	01:13:12	00:59:35	01:08:56	06:36:09	00:06:09	51	W50	75	6
1739	Janke-Neeland	Susanne	Aurich	1963	2015	01:10:00	01:09:31	00:59:44	01:14:57	00:59:58	01:02:06	06:36:16	00:06:09	52	W50	76	6
1740	Wolckenharr	Enno	TC Grün-Weiß Leer	1938	2015	01:08:56	01:09:22	01:00:28	01:14:05	01:01:19	01:02:07	06:36:17	00:06:09	77	M70	15	6
1741	Sandelmann	Monika	Wilhelmshaven	1957	2015	01:09:43	01:09:05	01:00:36	01:14:52	00:59:26	01:02:39	06:36:21	00:06:09	58	W50	77	6
1742	Tschöke	Kerstin	Ubbo-Emmius-Klinik	1972	2015	01:10:26	01:08:39	01:00:28	01:15:14	01:00:27	01:01:10	06:36:24	00:06:09	43	W40	156	6
1743	Lühring	Reiner	LT TuRa 07 Westrhaud	1965	2015	01:11:29	01:11:43	00:59:51	01:13:59	00:58:05	01:01:25	06:36:32	00:06:09	50	M50	241	6
1744	Jürgens	Britta	Krankenhaus Wittmund	1965	2015	01:09:33	01:09:35	01:00:25	01:13:20	00:59:42	01:04:04	06:36:39	00:06:09	50	W50	78	6
1745	Hillbrands	Karin	Klingele / Weener Ener	1975	2015	01:10:59	01:09:29	00:58:05	01:16:17	01:00:07	01:01:47	06:36:44	00:06:09	40	W40	157	6
1746	Freundenberg	Lothar	Dabei is alles	1969	2015	01:09:33	01:09:34	00:59:53	01:15:47	00:59:30	01:02:32	06:36:49	00:06:09	46	M40	370	6
1747	Sick	Jens	JVA Emden	1965	2015	01:09:51	01:09:51	01:01:24	01:13:29	00:59:19	01:02:55	06:36:49	00:06:09	50	M50	242	6
1748	Les	Hanne	FSKME Aurich	1952	2015	01:10:44	01:10:17	01:01:40	01:13:26	00:58:53	01:01:53	06:36:53	00:06:09	63	W60	6	6
1749	Damm	Gudrun	Klinikum Emden	1973	2015	01:09:13	01:08:49	01:01:09	01:15:44	00:59:41	01:02:25	06:37:01	00:06:09	42	W40	158	6
1750	Buß	Mareike	Team Winterhoff Buss	1994	2015	01:08:32	01:10:51	01:01:43	01:14:47	00:59:37	01:01:34	06:37:04	00:06:09	21	WHK	69	6
1751	Bessert	Linda	Gymnasium Ulricianum	2000	2015	01:10:52	01:09:10	00:59:52	01:15:32	00:58:40	01:03:00	06:37:06	00:06:09	15	WU20	70	6
1752	Schepers	Mareike	Borromäus Hospital Lee	1992	2015	01:10:52	01:09:48	00:59:24	01:14:28	00:59:53	01:02:43	06:37:08	00:06:09	23	WHK	70	6
1753	Meyeraan	Maren	obw Emden	1996	2015	01:11:43	01:09:36	00:59:46	01:15:13	00:58:19	01:02:41	06:37:18	00:06:10	19	WU20	71	6
1754	Severiens	Henriette	Fortuna Logabirum	1954	2015	01:09:24	01:08:49	01:01:24	01:14:37	01:00:51	01:02:15	06:37:20	00:06:10	61	W60	7	6
1755	Mettjes	Gesa	Borromäus Hospital Lee	1990	2015	01:10:52	01:10:01	00:59:24	01:14:28	00:59:53	01:02:43	06:37:21	00:06:10	25	WHK	71	6
1756	Gerkens	Heike	Dabei is alles	1979	2015	01:09:32	01:09:36	00:59:54	01:15:47	00:59:59	01:02:35	06:37:23	00:06:10	36	W30	90	6
1757	Heyenga	Doris	Laufen und Meer	1968	2015	01:09:27	01:09:10	01:00:28	01:15:40	00:58:59	01:03:48	06:37:32	00:06:10	47	W40	159	6
1758	Bley	Cornelia	Tus Horsten	1967	2015	01:08:57	01:08:45	01:01:06	01:13:22	01:00:52	01:04:31	06:37:33	00:06:10	48	W40	160	6
1759	Saathoff	Maie	Gymnasium Ulricianum	2001	2015	01:09:39	01:12:51	00:59:08	01:18:09	00:57:13	01:00:35	06:37:35	00:06:10	14	WU20	72	6
1760	Fauerbach	Thea	SVO "Wi sünd Holtriem	1963	2015	01:10:53	01:10:15	00:59:51	01:13:24	01:00:45	01:02:30	06:37:38	00:06:10	52	W50	79	6
1761	Koch	Natascha	Sportfreunde Möhlenwa	1986	2015	01:09:54	01:09:30	01:02:02	01:13:36	00:58:13	01:04:28	06:37:43	00:06:10	29	WHK	72	6
1762	Jansen	Georg	TV Norden	1950	2015	01:09:31	01:10:24	01:00:13	01:14:49	00:59:49	01:03:03	06:37:49	00:06:10	65	M60	81	6
1763	Sluiter	Helga	Nordgeorgsfehn	1963	2015	01:08:16	01:09:33	01:01:06	01:15:18	00:59:51	01:03:50	06:37:54	00:06:10	52	W50	80	6
1764	Westdörp	Hinrich	obw Emden	1986	2015	01:09:10	01:08:53	00:59:47	01:17:11	01:00:12	01:02:43	06:37:56	00:06:10	29	MHK	173	6
1765	Beek	Helmut	VW Emden	1956	2015	01:10:06	01:09:59	01:01:04	01:14:05	00:59:16	01:03:33	06:38:03	00:06:10	59	M50	243	6
1766	Tjardes	Karl	MTV Wittmund	1944	2015	01:08:50	01:09:40	01:01:14	01:13:29	01:00:12	01:04:48	06:38:13	00:06:10	71	M70	16	6
1767	Meenzen	Christoph	BV Vorwärts Plaggenbu	1989	2015	01:13:41	01:10:47	01:00:28	01:13:35	00:57:45	01:02:05	06:38:21	00:06:11	26	MHK	174	6
1768	Langenberg	Udo	ENERCON	1961	2015	01:15:20	01:13:03	01:00:03	01:12:02	00:57:42	01:00:13	06:38:23					

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1776	Götz	Beate	Landgericht Aurich	1979	2015	01:13:15	01:09:24	01:01:30	01:13:20	00:59:39	01:02:43	06:39:51	00:06:12	36	W30	91	6
1777	Möhlmann	Gerda	Sparkasse Aurich-Nord	1965	2015	01:09:21	01:08:11	01:01:25	01:15:00	01:01:28	01:04:32	06:39:57	00:06:12	50	W50	81	6
1778	Kleene	Gabriele	FC Oldersum	1970	2015	01:13:06	01:09:44	01:00:17	01:14:02	00:59:12	01:03:37	06:39:58	00:06:12	45	W40	162	6
1779	Ottersberg	Bianca	LG Großefehn	1991	2015	01:08:39	01:08:37	01:02:25	01:15:02	01:01:16	01:04:16	06:40:15	00:06:12	24	WHK	74	6
1780	Hinrichs	Maike	LG Großefehn	1990	2015	01:08:39	01:08:37	01:02:25	01:15:03	01:01:16	01:04:16	06:40:16	00:06:12	25	WHK	75	6
1781	Farwer	Gertrud		1958	2015	01:09:33	01:09:54	01:01:06	01:14:33	01:00:24	01:04:52	06:40:22	00:06:12	57	W50	82	6
1782	Meyer	Karin	Moormerland	1955	2015	01:09:33	01:09:54	01:01:06	01:14:33	01:00:24	01:04:52	06:40:22	00:06:12	60	W60	9	6
1783	Kruse	Margret	LG Ostfriesland	1966	2015	01:08:29	01:09:49	01:00:43	01:15:32	01:01:23	01:04:37	06:40:33	00:06:13	49	W40	163	6
1784	Posipil	Marie	Gymnasium Ulricianum	1999	2015	01:10:44	01:19:58	01:05:02	01:09:56	00:58:13	00:57:09	06:41:02	00:06:13	16	WU20	73	6
1785	Lopez-Carcia	Jan-Marcel	Alex.-v.-Humboldt-Sch	1998	2015	01:09:12	01:12:23	01:08:41	01:10:42	00:57:51	01:02:30	06:41:19	00:06:13	17	MU20	177	6
1786	Siefken	Georg	SZ Saterland	1947	2015	01:12:31	01:10:00	01:01:25	01:15:35	00:59:27	01:02:27	06:41:25	00:06:13	68	M60	82	6
1787	Oldenburger	Marion	Westerende	1976	2015	01:10:26	01:08:40	01:00:28	01:15:14	01:00:34	01:06:10	06:41:32	00:06:14	39	W30	92	6
1788	Adden	Eckhard	OWS Emden	1967	2015	01:13:45	01:09:38	01:01:13	01:14:23	01:00:07	01:02:34	06:41:40	00:06:14	48	M40	374	6
1789	Lühr	Heidi	TausendfußLeer	1969	2015	01:08:41	01:09:20	01:00:00	01:17:20	01:01:47	01:04:38	06:41:46	00:06:14	46	W40	164	6
1790	Ensstin	Gerd	Aurich	1949	2015	01:10:42	01:10:23	01:01:47	01:15:57	00:59:34	01:03:24	06:41:47	00:06:14	66	M60	83	6
1791	Röhrig	Saskia	WfBM BBB Aurich Wittr	1995	2015	01:09:13	01:08:14	01:02:07	01:18:56	00:59:50	01:03:39	06:41:59	00:06:14	20	WHK	76	6
1792	Siebelts	Evke	Alex.-v.-Humboldt-Sch	1999	2015	01:12:24	01:16:06	00:58:16	01:14:25	00:59:14	01:01:36	06:42:01	00:06:14	16	WU20	74	6
1793	Kallenberger	Cathrin	Emder LG	1978	2015	01:08:26	01:08:18	00:58:54	01:16:06	01:02:16	01:08:09	06:42:09	00:06:14	37	W30	93	6
1794	Fecht	Tina	SV Nortmoor	1983	2015	01:11:09	01:10:15	01:02:02	01:14:55	00:59:29	01:04:20	06:42:10	00:06:14	32	W30	94	6
1795	Röben	Hinrich	LT TuS Aurich-Ost	1956	2015	01:08:19	01:09:32	01:01:59	01:16:39	01:00:52	01:04:52	06:42:13	00:06:14	59	M50	245	6
1796	Sacklowski	Udo	Emder LG	1971	2015	01:08:27	01:08:19	00:58:54	01:16:09	01:02:16	01:08:09	06:42:14	00:06:14	44	M40	375	6
1797	Hildebrand	Hermann	Polizei Aurich	1959	2015	01:10:13	01:10:33	01:01:21	01:15:18	01:00:32	01:04:22	06:42:19	00:06:14	56	M50	246	6
1798	Goudschal	Imke	TV Norden	1968	2015	01:00:40	01:14:02	01:03:43	01:17:44	01:01:57	01:04:22	06:42:28	00:06:14	47	W40	165	6
1799	Kruse de Buhr	Marion	Störtebeker Loopers	1969	2015	01:11:41	01:07:52	01:00:43	01:17:55	00:59:55	01:04:28	06:42:34	00:06:14	46	W40	166	6
1800	Schulten-Seiger	Annette	Osteel	1961	2015	01:10:53	01:10:38	01:02:41	01:15:06	01:00:59	01:02:32	06:42:49	00:06:15	54	W50	83	6
1801	Hartge	Merle	Gymnasium Ulricianum	2001	2015	01:09:39	01:12:49	00:59:16	01:18:10	01:02:17	01:00:38	06:42:49	00:06:15	14	WU20	75	6
1802	Dreesch	Laureen	Gymnasium Ulricianum	2001	2015	01:09:39	01:12:50	00:59:16	01:18:11	01:02:16	01:00:37	06:42:49	00:06:15	14	WU20	76	6
1803	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2015	01:10:33	01:09:57	01:00:54	01:15:26	01:01:46	01:04:24	06:43:00	00:06:15	49	M40	376	6
1804	Albers	Heio	Harmonic Brass	1946	2015	01:12:04	01:10:01	01:02:00	01:15:53	01:00:37	01:02:26	06:43:01	00:06:15	69	M60	84	6
1805	Reiter	Hans-Hermann	SV Stikelkamp	1965	2015	01:08:20	01:10:47	01:00:06	01:19:14	01:00:32	01:04:08	06:43:07	00:06:15	50	M50	247	6
1806	Albers	Jochen	Harmonic Brass	1969	2015	01:12:04	01:10:02	01:02:02	01:15:55	01:00:38	01:02:27	06:43:08	00:06:15	46	M40	377	6
1807	Redenius	Tobias	LT TuS Aurich-Ost	1988	2015	01:09:43	01:10:10	01:02:05	01:15:17	01:01:10	01:04:48	06:43:13	00:06:15	27	MHK	175	6
1808	Becker	Jan	OBS Weener	1984	2015	01:12:16	01:09:15	01:01:25	01:17:11	00:59:53	01:03:20	06:43:20	00:06:15	31	M30	228	6
1809	Hartkemeyer	Anne	obw Emden	1985	2015	01:12:16	01:09:15	01:01:25	01:17:11	00:59:54	01:03:20	06:43:21	00:06:15	30	W30	95	6
1810	Ley	Andre	Polizei Aurich	1967	2015	01:10:13	01:10:33	01:02:27	01:15:18	01:00:31	01:04:22	06:43:24	00:06:15	48	M40	378	6
1811	Berends	Bettina	Grundschule Logabirum	1978	2015	01:11:09	01:10:15	01:02:02	01:14:55	01:00:43	01:04:20	06:43:24	00:06:15	37	W30	96	6
1812	Frichs	Laura-Marie	KGS Großefehn	2000	2015	01:13:33	01:08:39	01:02:24	01:15:14	01:02:12	01:02:02	06:44:04	00:06:16	15	WU20	77	6
1813	Witt	Dina	SV Concordia Ihrhove	1998	2015	01:14:11	01:09:28	01:00:36	01:16:39	01:01:51	01:01:20	06:44:05	00:06:16	17	WU20	78	6
1814	Wittenburg	Peter	obw Emden	1949	2015	01:22:02	01:08:55	00:59:18	01:12:35	00:59:13	01:02:02	06:44:05	00:06:16	66	M60	85	6
1815	Weers	Werner	Sparkasse LeerWittm	1952	2015	01:09:49	01:11:24	01:02:24	01:15:04	01:00:55	01:04:33	06:44:09	00:06:16	63	M60	86	6
1816	Hartwiger	Björn	LT TuRa 07 Westrhau	1977	2015	01:13:34	01:13:19	01:00:36	01:16:47	00:59:17	01:00:49	06:44:22	00:06:16	38	M30	229	6
1817	Mahn	Merten	Seefahrtsschule Leer	1993	2015	01:12:35	01:10:31	01:00:33	01:16:25	01:00:55	01:03:39	06:44:38	00:06:16	22	MHK	176	6
1818	Rückbeil	Tina	RVB Aurich/Uplengen	1976	2015	01:11:51	01:13:29	01:01:25	01:14:48	01:00:13	01:02:53	06:44:39	00:06:16	39	W30	97	6
1819	Klompfes	Axel	Lummerland Taxi Aurich	1961	2015	01:09:25	01:08:49	01:01:50	01:16:30	01:01:23	01:06:49	06:44:46	00:06:17	54	M50	248	6
1820	Plöger	Elena	Klinikum Leer	1977	2015	01:13:05	01:09:58	01:01:07	01:15:06	01:01:51	01:03:49	06:44:56	00:06:17	38	W30	98	6
1821	Hanssen	Anke	SC Wiesens	1991	2015	01:12:43	01:11:27	01:01:05	01:16:03	01:00:42	01:02:57	06:44:57	00:06:17	24	WHK	77	6
1822	Ihmels	Anja	LT TuRa 07 Westrhau	1981	2015	01:13:34	01:13:19	01:00:37	01:16:46	00:59:54	01:00:49	06:44:59	00:06:17	34	W30	99	6
1823	Saathoff	Gerd	Filsum	1965	2015	01:11:44	01:10:13	01:01:42	01:15:10	01:00:43	01:05:32	06:45:04	00:06:17	50	M50	249	6
1824	Bokelmann	Sylvia	Tus Hinte	1968	2015	01:11:38	01:09:47	01:01:03	01:15:55	01:01:46	01:05:06	06:45:15	00:06:17	47	W40	167	6
1825	Buss	Janna	TV Norden	1955	2015	01:10:27	01:10:18	01:01:31	01:17:57	01:01:19	01:03:52	06:45:24	00:06:17	60	W60	10	6
1826	Saathoff	Gerlinde	LT TuS Aurich-Ost	1965	2015	01:10:16	01:10:16	01:02:27	01:16:53	01:01:03	01:04:34	06:45:29	00:06:17	50	W50	84	6
1827	Schütte	Renke	Seefahrtsschule Leer	1994	2015	01:16:54	01:13:17	01:00:01	01:15:04	00:58:37	01:01:42	06:45:35	00:06:17	21	MHK	177	6
1828	Trauer	Dörthe	Tannenhausen	1977	2015	01:11:28	01:11:24	01:02:32	01:15:00	01:01:38	01:03:33	06:45:35	00:06:17	38	W30	100	6
1829	Tjardes	Martina	FLICK GmbH	1971	2015	01:12:35	01:09:33	01:02:04	01:15:04	01:00:33	01:05:54	06:45:43	00:06:17	44	W40	168	6
1830	Geerdes	Sandra	Gandersum	1976	2015	01:11:08	01:09:42	01:01:51	01:15:24	01:01:47	01:05:52	06:45:44	00:06:17	39	W30	101	6
1831	de Beer	Peggy	Wirdum	1976	2015	01:13:01	01:11:22	01:02:51	01:15:58	01:00:55	01:01:42	06:45:49	00:06:18	39	W30	102	6
1832	Bassler	Annika	Autopark Schunke	1997	2015	01:14:01	01:10:07	00:59:43	01:16:42	01:02:04	01:03:39	06:46:16	00:06:18	18	WU20	79	6
1833	Foorden	Andrea	Team ENERCON	1965	2015	01:09:24	01:10:28	01:01:18	01:18:03	01:01:30	01:05:39	06:46:22	00:06:18	50	W50	85	6
1834	Buss	Helga	Stiekelkamperfeh	1962	2015	01:11:45	01:10:32	01:02:57	01:14:59	01:01:29	01:04:47	06:46:29	00:06:18	53	W50	86	6
1835	Buss	Herbert	SV Stikelkamp	1959	2015	01:11:45	01:10:32	01:02:56	01:15:01	01:01:30	01:04:47	06:46:31	00:06:18	56	M50	250	6
1836	Sandermann	Dieter	Wilhelmshaven	1953	2015	01:10:03	01:10:58	01:02:39	01:16:26	01:02:23	01:04:05	06:46:34	00:06:18	62	M60	87	6
1837	Janssen	Anne	Wittmund	1982	2015	01:12:40	01:11:41	01:00:40	01:18:02	01:00:07	01:03:37	06:46:47	00:06:18	33	W30	103	6
1838	Ammermann	Lars	Bünting Tee	1972	2015	01:08:53	01:14:32	00:59:55	01:16:31	01:01:32	01:05:30	06:46:53	00:06:18	43	M40	379	6
1839	König	Antino	Eben- Eser	1963	2015	01:12											

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1847	Janßen	Wilma	Hospiz Huus Leer	1974	2015	01:11:57	01:10:06	01:01:52	01:15:47	01:00:37	01:07:11	06:47:30	00:06:19	41	W40	171	6
1848	Müller	Birgit	Stadt Emden	1966	2015	01:11:07	01:09:13	01:04:18	01:15:46	01:00:34	01:06:34	06:47:32	00:06:19	49	W40	172	6
1849	Christoffers	Jutta	TG Wiesmoor	1961	2015	01:11:53	01:10:10	01:02:48	01:15:27	01:02:13	01:05:21	06:47:52	00:06:19	54	W50	89	6
1850	Dirks	Anne	TG Wiesmoor	1962	2015	01:11:54	01:10:11	01:02:48	01:15:27	01:02:13	01:05:21	06:47:54	00:06:19	53	W50	90	6
1851	Lichman	Maren	Kdo SES	1987	2015	01:12:26	01:10:13	01:03:10	01:15:07	01:03:52	01:03:14	06:48:02	00:06:20	28	WHK	78	6
1852	Wiemers	Anna	team aurident	1993	2015	01:18:43	01:13:41	01:01:00	01:15:30	00:57:33	01:01:43	06:48:10	00:06:20	22	WHK	79	6
1853	Hildebrandt	Lisa-Marie	Rechtsupweg	1990	2015	01:10:57	01:09:13	01:06:00	01:16:12	01:02:07	01:03:42	06:48:11	00:06:20	25	WHK	80	6
1854	de Vries	Anja	Loopen un breijen	1968	2015	01:11:50	01:13:45	01:03:24	01:18:05	00:59:34	01:01:33	06:48:11	00:06:20	47	W40	173	6
1855	Erdmann	Jutta	LT TuS Aurich-Ost	1979	2015	01:13:46	01:10:54	01:02:04	01:15:04	01:00:34	01:05:53	06:48:15	00:06:20	36	W30	104	6
1856	Münk	Linda	LT TuS Aurich-Ost	1972	2015	01:13:46	01:10:54	01:02:04	01:15:04	01:00:33	01:05:54	06:48:15	00:06:20	43	W40	174	6
1857	Davids	Stefan	Doepke Schaltgeräte N	1966	2015	01:10:57	01:10:57	01:02:12	01:15:55	01:02:43	01:05:46	06:48:30	00:06:20	49	M40	382	6
1858	Wolbers	Ines	Borromäus Hospital Lee	1985	2015	01:12:39	01:12:25	01:03:47	01:14:48	01:01:11	01:03:48	06:48:38	00:06:20	30	W30	105	6
1859	Langner	Isabell	Schleichkatzen WOL	1974	2015	01:13:25	01:11:02	01:03:00	01:17:53	00:59:23	01:03:59	06:48:42	00:06:20	41	W40	175	6
1860	Hoek	Britta	AXA Center Hoek	1980	2015	01:13:08	01:12:16	01:02:44	01:15:10	01:01:19	01:04:11	06:48:48	00:06:20	35	W30	106	6
1861	Behrens-Kuhl	Marlies	Klinikum Leer	1972	2015	01:13:19	01:12:31	01:02:36	01:14:29	01:01:32	01:04:24	06:48:51	00:06:20	43	W40	176	6
1862	Borowiak	Laura	Seefahrtsschule Leer	1994	2015	01:16:25	01:10:29	01:01:10	01:16:26	01:00:43	01:03:38	06:48:51	00:06:20	21	WHK	81	6
1863	Heibült	Christian	SV Holtland	1940	2015	01:11:50	01:11:54	01:02:04	01:15:04	01:00:46	01:07:19	06:48:57	00:06:20	75	M70	17	6
1864	Schürmann	Ulrike	Klinikum Emden	1962	2015	01:15:01	01:10:44	01:03:18	01:16:13	01:00:06	01:03:38	06:49:00	00:06:20	53	W50	91	6
1865	Hoek	Rainer	AXA Center Hoek	1978	2015	01:13:08	01:12:16	01:02:44	01:15:10	01:01:19	01:04:24	06:49:01	00:06:20	37	M30	230	6
1866	Ertwiens	Leandra	IGS Moormerland	2002	2015	01:16:26	01:10:38	01:01:39	01:16:44	01:00:40	01:02:58	06:49:05	00:06:21	13	WU20	80	6
1867	Böwe	Werner	Emder LG	1944	2015	01:14:31	01:11:14	01:01:36	01:14:26	01:01:34	01:05:55	06:49:16	00:06:21	71	M70	18	6
1868	Henkys	Renè	RAe Dr. Fenner Bockhd	1965	2015	01:13:53	01:13:59	01:02:31	01:15:55	01:00:06	01:02:54	06:49:18	00:06:21	50	M50	253	6
1869	Dickhöfer	Holger	Enno Onnecken	1972	2015	01:06:33	01:08:34	01:03:09	01:20:08	01:02:54	01:08:09	06:49:27	00:06:21	43	M40	383	6
1870	Pries	German	LSF Oldenburg	1947	2015	01:11:50	01:09:19	01:04:28	01:14:37	01:03:52	01:05:21	06:49:27	00:06:21	68	M60	88	6
1871	Rüter	Nadja	obw Emden	1995	2015	01:11:41	01:09:47	01:04:05	01:16:49	01:02:13	01:05:05	06:49:40	00:06:21	20	WHK	82	6
1872	Bigalski	Volker	Realschule Aurich	1974	2015	01:11:36	01:11:04	01:02:41	01:16:55	01:03:10	01:04:17	06:49:43	00:06:21	41	M40	384	6
1873	Bigalski	Doris	Realschule Aurich	1976	2015	01:11:36	01:11:03	01:02:41	01:16:55	01:03:11	01:04:17	06:49:43	00:06:21	39	W30	107	6
1874	Post	Paula	Sv Stern Schwerinsdorf	1997	2015	01:17:10	01:11:23	01:00:01	01:16:41	01:00:31	01:04:09	06:49:55	00:06:21	18	WU20	81	6
1875	Siebels	Gerd	Fortuna Logabirum	1953	2015	01:11:22	01:09:46	01:03:18	01:16:25	01:02:45	01:06:43	06:50:19	00:06:22	62	M60	89	6
1876	Böde	Mareike	Emder LG	1999	2015	01:12:16	01:11:50	01:06:14	01:17:11	01:01:40	01:01:09	06:50:20	00:06:22	16	WU20	82	6
1877	Buß	Edda	Pewsum	1953	2015	01:11:09	01:11:50	01:03:33	01:16:57	01:02:09	01:04:53	06:50:31	00:06:22	62	W60	11	6
1878	Junker	Sabine	Junker&Pfeiffer OHG	1975	2015	01:22:18	01:13:28	01:01:25	01:13:39	00:57:10	01:02:34	06:50:34	00:06:22	40	W40	177	6
1879	Garrelts	Hilke	Gymnasium Ulricianum	1999	2015	01:12:55	01:12:17	01:03:09	01:18:02	00:58:35	01:05:48	06:50:46	00:06:22	16	WU20	83	6
1880	Kruse	Mareke	Spetzerfehn	1991	2015	01:11:51	01:10:25	01:02:50	01:16:03	01:04:46	01:04:52	06:50:47	00:06:22	24	WHK	83	6
1881	Rabenberg	Dora	LG TV Bunde	1952	2015	01:11:57	01:11:51	01:03:15	01:16:28	01:02:47	01:04:52	06:51:10	00:06:22	63	W60	12	6
1882	Hündling	Tomke		1998	2015	01:15:59	01:12:30	01:00:20	01:18:08	01:01:15	01:03:01	06:51:13	00:06:23	17	WU20	84	6
1883	Hillrichs	Jana		1999	2015	01:16:01	01:12:29	01:00:20	01:18:09	01:01:14	01:03:01	06:51:14	00:06:23	16	WU20	85	6
1884	Petersen	Marieanne	LT Spaß mit Sport	1954	2015	01:11:03	01:11:27	01:03:43	01:16:45	01:03:21	01:05:07	06:51:26	00:06:23	61	W60	13	6
1885	Arndt	Katrin	Physio Aktiv Rhauferde	1987	2015	01:09:34	01:08:53	01:02:32	01:20:25	01:03:35	01:06:45	06:51:44	00:06:23	28	WHK	84	6
1886	Lüken	Antje	-	1967	2015	01:15:41	01:11:56	01:02:10	01:16:38	01:01:55	01:03:56	06:52:16	00:06:24	48	W40	178	6
1887	Berends	Monika	NW Steuerberatungsge	1991	2015	01:11:35	01:09:13	01:04:25	01:20:49	01:03:06	01:03:22	06:52:30	00:06:24	24	WHK	85	6
1888	Brunken	Elke	Laufrausch TuS Großsol	1961	2015	01:10:12	01:10:49	01:03:34	01:17:29	01:03:18	01:07:25	06:52:47	00:06:24	54	W50	92	6
1889	Röttmann	Hillich	ENERCON	1961	2015	01:10:38	01:13:02	01:03:05	01:17:00	01:03:01	01:06:09	06:52:55	00:06:24	54	M50	254	6
1890	Schmidt	Tineke	Retungsdienst Leer	1994	2015	01:14:44	01:13:17	01:00:33	01:18:06	01:02:15	01:04:04	06:52:59	00:06:24	21	WHK	86	6
1891	Rogge	Petra	SV Freie Lunge Bentstr	1967	2015	01:11:55	01:12:31	01:03:22	01:17:10	01:02:15	01:05:49	06:53:02	00:06:24	48	W40	179	6
1892	Loeffler	Michelle	Seefahrtsschule Leer	1987	2015	01:13:06	01:11:41	01:02:53	01:17:08	01:03:42	01:04:44	06:53:14	00:06:24	28	WHK	87	6
1893	Oltmanns	Melanie	Tus Detern	1990	2015	01:15:12	01:12:56	01:02:21	01:16:16	01:00:54	01:05:40	06:53:19	00:06:24	25	WHK	88	6
1894	Oltmanns	Nadine	Sparkasse LeerWittmur	1992	2015	01:15:12	01:12:56	01:02:21	01:16:16	01:00:57	01:05:41	06:53:23	00:06:25	23	WHK	89	6
1895	Brumund	Alexia	Gymnasium Ulricianum	2001	2015	01:17:23	01:11:22	01:04:27	01:17:00	01:00:41	01:02:43	06:53:36	00:06:25	14	WU20	86	6
1896	Kanning	Melanie	RVB Aurich/Uplengen	1982	2015	01:16:41	01:13:05	01:03:33	01:16:12	01:00:59	01:03:08	06:53:38	00:06:25	33	W30	108	6
1897	Frerichs	Jesen	TV Norden	2001	2015	01:14:07	01:17:39	01:09:43	01:11:33	00:54:23	01:06:30	06:53:55	00:06:25	14	MU20	178	6
1898	Musolf	Clemens	Gymnasium Ulricianum	1998	2015	01:06:42	01:14:31	01:06:55	01:17:42	01:04:11	01:04:25	06:54:26	00:06:26	17	MU20	179	6
1899	Zimmermann	Udo	GeTek	1996	2015	01:13:24	01:17:08	01:00:44	01:18:38	00:59:26	01:05:14	06:54:34	00:06:26	19	MU20	180	6
1900	Groenewold	Elke	Dabei is alles	1974	2015	01:14:35	01:11:35	01:03:30	01:17:34	01:01:28	01:05:55	06:54:37	00:06:26	41	W40	180	6
1901	Saathoff	Silvia	Ubbo-Emmius-Klinik	1970	2015	01:13:57	01:10:59	01:04:15	01:17:25	01:02:34	01:05:28	06:54:38	00:06:26	45	W40	181	6
1902	Knabe	Inken	Gymnasium Ulricianum	2001	2015	01:10:06	01:11:49	01:01:38	01:19:06	01:04:50	01:07:12	06:54:41	00:06:26	14	WU20	87	6
1903	Barth	Silke	SVO Wi sünd Holtriem	1972	2015	01:11:44	01:11:59	01:04:48	01:18:27	01:03:10	01:05:32	06:55:40	00:06:27	43	W40	182	6
1904	Ledebeur	Markus	Bad Zwischenahn	1981	2015	01:14:59	01:14:11	01:03:55	01:19:24	01:00:27	01:02:55	06:55:51	00:06:27	34	M30	231	6
1905	Evers	Gerlinde	KBV Langefeld	1964	2015	01:18:36	01:15:53	01:01:18	01:15:27	01:00:44	01:04:12	06:56:10	00:06:27	51	W50	93	6
1906	Wiltfang	Johann	Ostfriesische Volksbank	1956	2015	01:12:42	01:12:55	01:04:16	01:18:43	01:02:53	01:04:45	06:56:14	00:06:27	59	M50	255	6
1907	Knoop	Imke	Dabei is alles	1989	2015	01:16:48	01:13:28	01:03:23	01:16:21	01:01:31	01:04:49	06:56:20	00:06:27	26	WHK	90	6
1908	van der Harg	Mariella	Ammersum	1970	2015	01:15:29	01:11:32	01:04:29	01:17:42	01:02:39	01:04:31	06:56:22	00:06:27	45	W40	183	6
1909	Löning	Inka	Ostfriesische Volksbank	1980	2015	01:12:12	01:12:58	01:04:15	01:18:42	01:02:18	01:06:02	06:56:27	00:06:27	35	W30	109	6
1910	Leesch	Kristin	Ostfriesische Volksbank	1980	2												

34. Ostfrieslandlauf 2015

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1918	Südhoff	Roswitha	Ostfriesische Volksbank	1964	2015	01:12:41	01:12:56	01:04:15	01:18:41	01:02:50	01:06:03	06:57:26	00:06:28	51	W50	95	6
1919	Grüßing	Imke	Freie Lunge Bentstreek	1970	2015	01:14:20	01:14:19	01:04:17	01:16:50	01:03:54	01:04:26	06:58:06	00:06:29	45	W40	186	6
1920	Meenken	Ellen	BBC Chartering GmbH	1986	2015	01:15:08	01:12:46	01:06:21	01:17:25	01:02:15	01:04:39	06:58:34	00:06:29	29	WHK	91	6
1921	Pödlisch	Günther	Dabei is alles	1964	2015	01:15:42	01:12:40	01:04:36	01:17:47	01:02:04	01:05:54	06:58:43	00:06:30	51	M50	256	6
1922	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2015	01:12:31	01:15:59	01:06:49	01:17:56	01:00:25	01:05:05	06:58:45	00:06:30	62	M60	91	6
1923	Nitsche	Jessica	Laufen und Meer	1986	2015	01:17:41	01:16:50	01:04:27	01:15:31	00:59:52	01:04:25	06:58:46	00:06:30	29	WHK	92	6
1924	Just	Ute	Kassenärztliche Vereinig	1952	2015	01:13:37	01:11:46	01:03:21	01:19:25	01:04:34	01:06:13	06:58:56	00:06:30	63	W60	14	6
1925	Derezinski	Sonja	KBV Collrunge	1980	2015	01:16:29	01:14:40	01:04:28	01:16:50	01:01:34	01:05:07	06:59:08	00:06:30	35	W30	112	6
1926	Lixfeld-Sozomeno	Bettina	Reederei Buss	1967	2015	01:13:22	01:13:56	01:03:54	01:18:26	01:03:24	01:06:28	06:59:30	00:06:30	48	W40	187	6
1927	Ens	Renate	Ubbo-Emmius-Klinik	1952	2015	01:13:37	01:11:44	01:02:53	01:19:14	01:03:44	01:08:29	06:59:41	00:06:30	63	W60	15	6
1928	Caspers	Uwe	Team ENERCON	1971	2015	01:17:06	01:12:20	01:04:39	01:17:49	01:01:58	01:05:56	06:59:48	00:06:31	44	M40	385	6
1929	Ahrenholtz	Andrea	-	1990	2015	01:14:36	01:14:29	01:03:27	01:18:12	01:03:16	01:06:03	07:00:03	00:06:31	25	WHK	93	6
1930	Janßen	Torsten	Kdo SES	1970	2015	01:11:49	01:12:05	01:04:52	01:19:41	01:05:05	01:06:32	07:00:04	00:06:31	45	M40	386	6
1931	Best	Christian	Oldenburg	1983	2015	01:15:41	01:12:46	01:04:17	01:18:57	01:03:29	01:05:10	07:00:20	00:06:31	32	M30	232	6
1932	Friedrichs	Conny	KBV Collrunge	1984	2015	01:16:31	01:14:42	01:04:29	01:16:57	01:02:29	01:05:21	07:00:29	00:06:31	31	W30	113	6
1933	Draht	Jelde	Laufen und Meer	2000	2015	01:18:34	01:15:52	01:06:16	01:15:06	01:00:42	01:04:07	07:00:37	00:06:31	15	MU20	181	6
1934	Theermann	Richada	Raiffeisenbank eG, Moor	1962	2015	01:12:45	01:13:04	01:04:23	01:19:31	01:05:27	01:05:36	07:00:46	00:06:31	53	W50	96	6
1935	Jeschke	Kerstin	Universität Bremen	1989	2015	01:14:05	01:13:32	01:04:34	01:20:24	01:02:31	01:05:48	07:00:54	00:06:32	26	WHK	94	6
1936	Heibült	Christin	RVB Aurich/Uplengen	1995	2015	01:15:30	01:14:58	01:01:58	01:21:49	01:02:13	01:04:33	07:01:01	00:06:32	20	WHK	95	6
1937	Kleen	Heinrich	LG Großefehn	1959	2015	01:14:23	01:13:54	01:03:56	01:17:59	01:04:31	01:06:22	07:01:05	00:06:32	56	M50	257	6
1938	Geiken	Silvia	BV Victorbur	1971	2015	01:12:31	01:13:34	01:05:00	01:18:08	01:04:51	01:07:05	07:01:09	00:06:32	44	W40	188	6
1939	Eilers	Christa	Silomon's Stramme Wa	1959	2015	01:15:47	01:14:15	01:08:02	01:19:57	00:55:02	01:08:07	07:01:10	00:06:32	56	W50	97	6
1940	Heyenga	Petra	Die Laufschnecken	1964	2015	01:13:21	01:12:53	01:04:46	01:19:34	01:05:13	01:05:28	07:01:15	00:06:32	51	W50	98	6
1941	Lüpkes	Dorathe	AGRAVIS Ems-Jade Gr	1962	2015	01:11:41	01:12:53	01:05:31	01:20:46	01:03:36	01:06:55	07:01:22	00:06:32	53	W50	99	6
1942	Lüpkes	Folkmar	AGRAVIS Ems-Jade Gr	1960	2015	01:11:40	01:12:53	01:05:35	01:20:45	01:03:36	01:06:55	07:01:24	00:06:32	55	M50	258	6
1943	Siemens	Ingrid	Team ENERCON	1988	2015	01:14:08	01:12:35	01:04:52	01:19:38	01:04:10	01:06:01	07:01:24	00:06:32	27	WHK	96	6
1944	Webermann	Ingrid		1955	2015	01:14:54	01:15:59	01:04:09	01:17:28	01:03:06	01:05:56	07:01:32	00:06:32	60	W60	16	6
1945	Severiens	Wilhelmine	Möhlenwarf	1958	2015	01:12:22	01:13:30	01:05:19	01:19:56	01:04:22	01:06:11	07:01:40	00:06:32	57	W50	100	6
1946	Gerdes	Manfred	TuS Middels	1959	2015	01:15:39	01:14:01	01:04:59	01:18:27	01:02:59	01:05:45	07:01:50	00:06:32	56	M50	259	6
1947	Ahrends	Imke	WfBM BBB Aurich Wittr	1995	2015	01:14:22	01:12:39	01:04:00	01:19:45	01:04:11	01:06:54	07:01:51	00:06:32	20	WHK	97	6
1948	Rosfeldt	Annika	Renntiere	1980	2015	01:16:02	01:15:02	01:03:00	01:16:12	01:04:45	01:07:05	07:02:06	00:06:33	35	W30	114	6
1949	Weichers	Michael	Bünting Tee	1971	2015	01:15:42	01:14:40	01:04:51	01:16:41	01:04:53	01:05:21	07:02:08	00:06:33	44	M40	387	6
1950	Heeren	Cordula	Grundschule Holtland	1982	2015	01:12:48	01:14:29	01:07:33	01:18:12	01:03:06	01:06:04	07:02:12	00:06:33	33	W30	115	6
1951	Regendörp	Michelle	Reha Team Leer	1998	2015	01:15:10	01:14:52	01:03:30	01:19:46	01:02:45	01:06:19	07:02:22	00:06:33	17	WU20	89	6
1952	Engeldinger	Jens	Westerhold	1990	2015	01:14:38	01:13:54	01:04:54	01:18:53	01:03:52	01:06:41	07:02:52	00:06:33	25	MHK	178	6
1953	Malin-Hilbers	Anna	IGS Waldschule Egels	2003	2015	01:15:02	01:12:57	01:05:34	01:18:41	01:04:33	01:06:23	07:03:10	00:06:34	12	WU20	90	6
1954	Bachhaus	Insa	Nordwest-Zeitung	1970	2015	01:17:20	01:13:23	01:04:59	01:18:52	01:03:27	01:05:40	07:03:41	00:06:34	45	W40	189	6
1955	Caspers	Claudia	Flachsmeer	1983	2015	01:14:49	01:14:34	01:04:23	01:18:44	01:04:01	01:07:14	07:03:45	00:06:34	32	W30	116	6
1956	Manninga	Sonja	TV Norden	1970	2015	01:15:43	01:15:12	01:05:13	01:19:31	01:03:08	01:05:17	07:04:04	00:06:34	45	W40	190	6
1957	Becker	Heike	Moorerland	1964	2015	01:15:47	01:12:48	01:05:47	01:19:09	01:03:32	01:07:11	07:04:14	00:06:35	51	W50	101	6
1958	Havrilla	Leon	WG Strukelje	1998	2015	01:13:55	01:20:47	01:02:44	01:20:52	01:04:06	01:01:51	07:04:15	00:06:35	17	MU20	182	6
1959	Janssen	Meike	Gymnasium Ulricianum	1969	2015	01:18:02	01:14:16	01:04:32	01:18:31	01:03:24	01:05:30	07:04:15	00:06:35	46	W40	191	6
1960	Janssen	Ilse-Marie	Ender LG	1953	2015	01:18:43	01:13:29	01:04:36	01:18:42	01:02:55	01:06:02	07:04:27	00:06:35	62	W60	17	6
1961	Bodenstab	Antje	Volkswagen Zentrum O	1963	2015	01:18:06	01:16:03	01:05:50	01:12:38	01:05:19	01:07:05	07:05:01	00:06:35	52	W50	102	6
1962	Heimann	Sonja	MTV Wittmund	1967	2015	01:15:18	01:13:02	01:05:56	01:18:57	01:05:17	01:06:40	07:05:10	00:06:36	48	W40	192	6
1963	Dänekas	Gabi	LG Uplengen	1960	2015	01:15:08	01:15:32	01:05:38	01:19:31	01:02:59	01:07:02	07:05:50	00:06:36	55	W50	103	6
1964	Reif	Manuela	Kdo SES	1984	2015	01:15:19	01:12:53	01:04:24	01:26:30	01:01:14	01:06:20	07:06:40	00:06:37	31	W30	117	6
1965	Schneider	Rolf	SC07 Ihrhove	1962	2015	01:15:30	01:13:23	01:05:04	01:20:27	01:04:47	01:07:43	07:06:54	00:06:37	53	M50	260	6
1966	Laaken	Karl-Gerhard	SC 07 Ihrhove	1966	2015	01:15:30	01:13:24	01:05:04	01:20:26	01:04:48	01:07:44	07:06:56	00:06:37	49	M40	388	6
1967	Sponnier	Lisa	Gymnasium Ulricianum	1998	2015	01:15:22	01:15:07	01:04:12	01:22:35	01:03:11	01:06:31	07:06:58	00:06:37	17	WU20	91	6
1968	Dreesch-Rosenda	Okke	Westfrauderfehn	2001	2015	01:22:05	01:13:44	01:04:51	01:16:57	01:02:37	01:07:04	07:07:18	00:06:37	14	MU20	183	6
1969	Rath	Johann	ELV Elektronik AG	1993	2015	01:13:18	01:12:32	01:05:44	01:22:06	01:06:48	01:06:52	07:07:20	00:06:38	22	MHK	179	6
1970	Kröger	Sabine	Team Eddie Nortmoor	1969	2015	01:17:13	01:15:28	01:05:30	01:20:20	01:03:45	01:05:07	07:07:23	00:06:38	46	W40	193	6
1971	Ahrends	Erika	TRAUCO Gruppe	1967	2015	01:13:36	01:14:16	01:05:29	01:20:42	01:05:51	01:07:33	07:07:27	00:06:38	48	W40	194	6
1972	Grebener	Susanne	Pewsum	1964	2015	01:13:47	01:14:18	01:05:56	01:21:24	01:05:06	01:07:14	07:07:45	00:06:38	51	W50	104	6
1973	Saathoff	Derrick	LT TuS Aurich-Ost	1994	2015	01:15:25	01:16:08	01:06:17	01:19:53	01:03:35	01:06:47	07:08:05	00:06:38	21	MHK	180	6
1974	Brandt	Henning	Ostfriesische Volksbank	1977	2015	01:16:02	01:16:46	01:05:29	01:19:58	01:03:37	01:06:28	07:08:20	00:06:38	38	M30	233	6
1975	Haseborg	Wilma	Watt,n Loopers SV Dor	1961	2015	01:14:24	01:16:25	01:06:45	01:19:37	01:03:54	01:07:38	07:08:43	00:06:39	54	W50	105	6
1976	Wilts	Hermann	TV Norden	1946	2015	01:10:14	01:12:00	01:06:09	01:24:54	01:07:14	01:08:24	07:08:55	00:06:39	69	M60	92	6
1977	Wellendorf	Martina	Klinikum Emden	1969	2015	01:14:27	01:15:58	01:05:06	01:22:21	01:04:30	01:06:55	07:09:17	00:06:39	46	W40	195	6
1978	Uecker	Britta	Laufen und Meer / Sch	1961	2015	01:16:04	01:16:05	01:05:20	01:19:30	01:04:43	01:07:39	07:09:21	00:06:39	54	W50	106	6
1979	Onken	Marlene	Gymnasium Ulricianum	2001	2015	01:16:59	01:13:13	01:04:46	01:22:07	01:06:28	01:05:57	07:09:30	00:06:40	14	WU20	92	6
1980	Middelberg	Helga	LT SV Ems Jemgum	1952	2015	01:14:37	01:15:22	01:06:13	01:19:11	01:06:13	01:08:02	07:09:38	00:06:40	63	W60	18	6
1981	Wienekamp	Edelgard	LT TuS Aurich-Ost / BV														

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
1989	Kazadayer	Mykola	BBC Chartering GmbH	1985	2015	00:56:44	01:20:27	01:07:46	01:28:12	01:08:30	01:10:06	07:11:45	00:06:42	30	M30	234	6
1990	Eden	Linda	Moormerland	1984	2015	01:20:37	01:17:29	01:03:10	01:20:53	01:03:40	01:05:56	07:11:45	00:06:42	31	W30	118	6
1991	Oltmanns	Gebhard	MFGO	1951	2015	01:17:05	01:17:34	01:05:35	01:19:33	01:05:03	01:06:59	07:11:49	00:06:42	64	M60	94	6
1992	Beenenga	Antrin	Loopen un breijen	1970	2015	01:16:30	01:16:46	01:05:09	01:21:38	01:05:22	01:06:33	07:11:58	00:06:42	45	W40	199	6
1993	Wedekin	Elke	Schulzentrum Collhuse	1963	2015	01:16:22	01:16:39	01:04:17	01:22:09	01:03:41	01:08:59	07:12:07	00:06:42	52	W50	107	6
1994	Ehmen	Maren	NLWKN	1978	2015	01:18:11	01:14:37	01:04:35	01:22:05	01:05:54	01:06:53	07:12:15	00:06:42	37	W30	119	6
1995	Neumann	Ingo	----	1972	2015	01:16:05	01:15:48	01:06:32	01:22:38	01:04:47	01:06:25	07:12:15	00:06:42	43	M40	389	6
1996	Hansen-Janßen	Ulrike	NLWKN	1959	2015	01:18:12	01:14:37	01:04:35	01:22:05	01:05:55	01:06:54	07:12:18	00:06:42	56	W50	108	6
1997	Poelders	Silke	Emden	1982	2015	01:18:10	01:15:46	01:04:58	01:22:11	01:04:29	01:06:50	07:12:24	00:06:42	33	W30	120	6
1998	Wogt	Matthias	TaktLwGrp "R"	1994	2015	01:14:32	01:14:52	01:05:41	01:23:11	01:07:07	01:07:04	07:12:27	00:06:42	21	MHK	182	6
1999	Jetses	Ute	Prosecco Lerche	1975	2015	01:16:49	01:15:32	01:07:31	01:20:22	01:05:20	01:07:01	07:12:35	00:06:42	40	W40	200	6
2000	Körner	Melanie	Prosecco Lerche	1973	2015	01:16:49	01:15:32	01:07:31	01:20:22	01:05:20	01:07:03	07:12:37	00:06:42	42	W40	201	6
2001	Steinfelder	Antje	Möhlenwarf	1972	2015	01:14:36	01:15:25	01:07:41	01:21:20	01:05:29	01:08:11	07:12:42	00:06:43	43	W40	202	6
2002	Manssen	Andrea	Loopen un breijen	1969	2015	01:16:31	01:16:45	01:05:09	01:21:51	01:05:23	01:07:16	07:12:55	00:06:43	46	W40	203	6
2003	Schön	Thomas	DLRG Leer	1965	2015	01:18:48	01:18:29	01:07:24	01:12:58	01:07:38	01:07:39	07:12:56	00:06:43	50	M50	263	6
2004	de Freese	Lena	IGS Moormerland	1999	2015	01:14:47	01:14:27	01:05:13	01:24:22	01:06:03	01:08:09	07:13:01	00:06:43	16	WU20	93	6
2005	Behle	Sonja	RVB Aurich/Uplengen	1971	2015	01:16:35	01:15:47	01:06:44	01:22:57	01:05:02	01:06:08	07:13:13	00:06:43	44	W40	204	6
2006	Sühwold	Simon	Stadtwerke Leer Loope	1971	2015	01:16:04	01:14:59	01:05:20	01:20:06	01:10:10	01:07:02	07:13:41	00:06:43	44	M40	390	6
2007	Sühwold	Meike	Ostfriesische Volksbank	1973	2015	01:16:04	01:14:59	01:05:20	01:20:07	01:10:10	01:07:01	07:13:41	00:06:43	42	W40	205	6
2008	Lange	Susanne	Gima-tec Sottrum	1966	2015	01:17:01	01:15:06	01:05:59	01:22:18	01:07:06	01:06:12	07:13:42	00:06:43	49	W40	206	6
2009	Bockhöfer	Fanny	RAe Dr. Fenner Bockhd	1999	2015	01:14:58	01:13:58	01:05:42	01:23:04	01:05:09	01:10:51	07:13:42	00:06:43	16	WU20	94	6
2010	Sandmann	Irina	Moormerland	1987	2015	01:17:01	01:15:06	01:06:00	01:22:18	01:07:06	01:06:13	07:13:44	00:06:43	28	WHK	99	6
2011	Pröve	Jens	Gemeindestiftung Ostrf	1965	2015	01:20:48	01:17:47	01:05:26	01:20:14	01:03:59	01:05:30	07:13:44	00:06:43	50	M50	264	6
2012	Verwold	Anke	Spielfreunde Leer	1973	2015	01:19:51	01:14:59	01:02:40	01:17:14	01:07:21	01:12:00	07:14:05	00:06:44	42	W40	207	6
2013	Gastmann	Janina	Aurich	1990	2015	01:20:37	01:17:29	01:05:53	01:20:57	01:03:42	01:05:57	07:14:35	00:06:44	25	WHK	100	6
2014	Griggel	Stefan	Ostfriesische Volksbank	1971	2015	01:17:03	01:13:20	01:08:30	01:22:07	01:06:48	01:06:52	07:14:40	00:06:44	44	M40	391	6
2015	Tapper	Lara	CG Realschule Esens	2000	2015	01:15:47	01:15:36	01:03:14	01:22:20	01:08:47	01:09:06	07:14:50	00:06:44	15	WU20	95	6
2016	Baumann	Heike	Ostfriesische Brandkas	1987	2015	01:16:13	01:16:09	01:08:07	01:21:57	01:06:01	01:06:38	07:15:05	00:06:45	28	WHK	101	6
2017	Kolodziej	Marje	NIGE	1996	2015	01:19:48	01:13:18	01:05:12	01:25:11	01:05:49	01:05:58	07:15:16	00:06:45	19	WU20	96	6
2018	Ohling	Andrea	Emder LG	1965	2015	01:22:55	01:15:58	01:07:36	01:22:23	01:02:28	01:04:00	07:15:20	00:06:45	50	W50	109	6
2019	Poppen	Gert-Rudolf	EDEKA	1959	2015	01:11:30	01:17:52	01:07:24	01:23:11	01:06:52	01:08:55	07:15:44	00:06:45	56	M50	265	6
2020	Bura	Carola	Leinerstift e.V.	1985	2015	01:18:48	01:15:08	01:04:39	01:23:20	01:06:49	01:07:01	07:15:45	00:06:45	30	W30	121	6
2021	Mertin	Isabella	Gymnasium Utricianum	1998	2015	01:16:57	01:19:25	01:03:59	01:25:57	01:03:11	01:06:31	07:16:00	00:06:46	17	WU20	97	6
2022	Bloek	Bärbel	Laufen und Meer	1984	2015	01:16:30	01:18:45	01:07:08	01:19:29	01:06:40	01:07:38	07:16:10	00:06:46	31	W30	122	6
2023	Burlager	Hilke	vyxé	1997	2015	01:18:46	01:17:53	01:07:01	01:20:48	01:05:06	01:06:45	07:16:19	00:06:46	18	WU20	98	6
2024	Zogel	Alina	NIGE	1997	2015	01:13:32	01:15:11	01:05:13	01:25:11	01:08:42	01:08:46	07:16:35	00:06:46	18	WU20	99	6
2025	Stach	Anna	Leer	1983	2015	01:19:21	01:17:56	01:04:23	01:22:20	01:05:20	01:07:15	07:16:35	00:06:46	32	W30	123	6
2026	Schilling	Birthe	vyxé	1989	2015	01:18:47	01:17:53	01:07:11	01:20:57	01:05:07	01:06:45	07:16:40	00:06:46	26	WHK	102	6
2027	Duin	Joachim	vyxé	1986	2015	01:18:48	01:17:53	01:07:11	01:20:57	01:05:07	01:06:45	07:16:41	00:06:46	29	MHK	183	6
2028	Hicken	Günter	VfL Fortuna Veenhuser	1956	2015	01:15:57	01:15:59	01:06:58	01:21:20	01:07:49	01:08:40	07:16:43	00:06:46	59	M50	266	6
2029	Ubben	Frauke	TSV Holtrop Basketball	1968	2015	01:13:33	01:14:07	01:04:20	01:19:19	01:05:15	01:02:09	07:16:43	00:06:46	47	W40	208	6
2030	Dreesch	Christa	team aurident	1971	2015	01:18:43	01:16:30	01:04:24	01:23:15	01:07:55	01:06:08	07:16:55	00:06:46	44	W40	209	6
2031	Saathoff-Rohlfing	Marianne		1960	2015	01:19:01	01:18:55	01:06:41	01:21:53	01:04:33	01:06:00	07:17:03	00:06:47	55	W50	110	6
2032	Jelten	Jule	IGS Moormerland	1999	2015	01:14:47	01:18:03	01:05:13	01:24:56	01:06:03	01:08:09	07:17:11	00:06:47	16	WU20	100	6
2033	Schiling	Dominique	WfbM BBB Aurich Wittr	1995	2015	01:15:42	01:15:18	01:05:59	01:24:27	01:07:31	01:08:36	07:17:33	00:06:47	20	WHK	103	6
2034	Zirpins	Burghardt	obw Emden	1957	2015	01:15:27	01:15:54	01:07:06	01:23:36	01:06:42	01:08:50	07:17:35	00:06:47	58	M50	267	6
2035	van Scharrel	Heidy	VfB Uplengen	1958	2015	01:15:56	01:16:16	01:06:59	01:22:54	01:06:11	01:09:30	07:17:46	00:06:47	57	W50	111	6
2036	Schmidt	Nina	Steenfelde	1977	2015	01:17:10	01:14:26	01:06:49	01:24:50	01:07:22	01:07:31	07:18:08	00:06:48	38	W30	124	6
2037	Ciesielski	Gertrud	Leer	1953	2015	01:18:24	01:18:01	01:07:57	01:21:35	01:05:27	01:06:56	07:18:20	00:06:48	62	W60	19	6
2038	Schenk	Wiebke	NIGE	1998	2015	01:13:19	01:19:37	01:04:43	01:23:58	01:08:10	01:09:26	07:19:13	00:06:49	17	WU20	101	6
2039	Schiemann-Lillie	Martin	LT TuS Aurich-Ost	1955	2015	01:13:00	01:16:25	01:06:20	01:23:43	01:09:50	01:09:56	07:19:14	00:06:49	60	M60	95	6
2040	Peters	Edith	Klinikum Emden	1959	2015	01:18:13	01:15:57	01:07:36	01:22:46	01:06:45	01:07:57	07:19:14	00:06:49	56	W50	112	6
2041	Backhaus	Patricia	NIGE	1997	2015	01:13:19	01:19:36	01:04:45	01:24:06	01:08:11	01:09:25	07:19:22	00:06:49	18	WU20	102	6
2042	Raue	Andrea	Team ENERCON	1985	2015	01:17:46	01:18:11	01:06:17	01:23:25	01:07:26	01:06:22	07:19:27	00:06:49	30	W30	125	6
2043	Reents	Sina	Rhauderfehn	1997	2015	01:16:44	01:17:17	01:08:51	01:24:09	01:05:00	01:07:50	07:19:51	00:06:49	18	WU20	103	6
2044	Conrads	Maren	Gymnasium Utricianum	2000	2015	01:15:58	01:16:56	01:05:01	01:24:17	01:08:36	01:09:08	07:19:56	00:06:49	15	WU20	104	6
2045	Schulze-Tammen	Sylke	GBC	1967	2015	01:17:03	01:14:30	01:07:46	01:28:43	01:05:43	01:06:29	07:20:14	00:06:50	48	W40	210	6
2046	Ubbens	Amanda	Hesel	1964	2015	01:16:24	01:16:20	01:07:55	01:22:55	01:07:48	01:08:58	07:20:20	00:06:50	51	W50	113	6
2047	Böwe	Inge	Emder LG	1945	2015	01:18:42	01:15:05	01:07:36	01:22:46	01:06:45	01:09:45	07:20:39	00:06:50	70	W70	3	6
2048	van Beckum	Silke	Hartmann Group	1985	2015	01:15:36	01:17:10	01:07:07	01:27:18	01:05:52	01:07:58	07:21:01	00:06:50	30	W30	126	6
2049	Detert	Nele	Gymnasium Utricianum	2000	2015	01:22:50	01:16:41	01:05:14	01:22:19	01:04:51	01:09:23	07:21:18	00:06:51	15	WU20	105	6
2050	Meier	Anke	TV Norden	1973	2015	01:16:21	01:16:24	01:07:56	01:23:51	01:08:19	01:09:06	07:21:57	00:06:51	42	W40	211	6
2051	Glamann-Schulze	Graf	TV Norden	1965	2015	01:16:21	01:16:25	01:07:57	01:23:50	01:08:20	01:09:06	07:21:59	00:06:51	50	M50	268	6
2052	Schaefer	Birgit	Wilhelmshaven	1969	2015	01:18:44	01:18:46	01:08:23	01:22:07	01:06:11	01:08:05	07:22:16	00:06:51	46	W		

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55	pro km				
2060	Wysotzki	Frouwine	Team Möbel Buss	1990	2015	01:15:48	01:17:53	01:07:02	01:24:27	01:09:24	01:09:48	07:24:22	00:06:53	25	WHK	104	6
2061	Tränapp	Frauke	Team Möbel Buss	1965	2015	01:15:48	01:17:53	01:07:02	01:24:28	01:09:23	01:09:48	07:24:22	00:06:53	50	W50	117	6
2062	Kruse	Karin	Team Möbel Buss	1962	2015	01:15:47	01:17:53	01:07:03	01:24:27	01:09:24	01:09:48	07:24:22	00:06:53	53	W50	118	6
2063	Brelage	Lisa-Marie	Alex.-v.-Humboldt-Sch	1997	2015	01:18:49	01:18:46	01:06:57	01:26:14	01:15:08	00:59:00	07:24:54	00:06:54	18	WU20	107	6
2064	Sandrock	Dieter	LG TV Bunde	1947	2015	01:15:47	01:16:41	01:08:13	01:23:35	01:09:50	01:10:49	07:24:55	00:06:54	68	M60	97	6
2065	Warner	Jenni	Hartmann Group	1985	2015	01:19:40	01:17:10	01:07:11	01:27:18	01:05:52	01:07:58	07:25:09	00:06:54	30	W30	127	6
2066	Homölle	Werner	Bünting Tee	1964	2015	01:18:20	01:12:14	01:04:00	01:17:40	01:18:46	01:14:24	07:25:24	00:06:54	51	M50	269	6
2067	Sinning	Ludwig	Kreuzfahrten Sinning Le	1963	2015	01:17:51	01:16:43	01:06:19	01:24:06	01:03:22	01:17:08	07:25:29	00:06:54	52	M50	270	6
2068	Thesinga	Wiebke	Gymnasium Ulricianum	2001	2015	01:19:14	01:16:31	01:05:00	01:24:46	01:10:07	01:10:01	07:25:39	00:06:55	14	WU20	108	6
2069	Kutschinski-Janss	Margot	MTV Wittmund	1956	2015	01:19:24	01:15:59	01:07:50	01:24:22	01:09:29	01:08:41	07:25:45	00:06:55	59	W50	119	6
2070	Peters	Andre	IGS Waldschule Egels	1999	2015	01:29:24	01:20:10	01:03:28	01:18:59	01:04:38	01:09:39	07:26:18	00:06:55	16	MU20	185	6
2071	Aden	Focko	Privat	1955	2015	01:18:09	01:18:27	01:08:02	01:23:46	01:09:22	01:08:36	07:26:22	00:06:55	60	M60	98	6
2072	Veentjer	Tanja	VfL Jheringsfehn	1973	2015	01:22:24	01:18:18	01:08:02	01:20:10	01:07:05	01:10:27	07:26:26	00:06:55	42	W40	213	6
2073	Schaa	Heike	Hartmann Group	1972	2015	01:21:07	01:18:04	01:08:05	01:24:56	01:06:32	01:07:48	07:26:32	00:06:55	43	W40	214	6
2074	Czerniakowski	Marion	Heseler Dauerläufer	1967	2015	01:16:45	01:18:29	01:08:03	01:24:23	01:09:10	01:10:14	07:27:04	00:06:56	48	W40	215	6
2075	Reinders	Marieke	Weener Plastik	1989	2015	01:20:31	01:19:36	01:07:34	01:22:52	01:08:06	01:08:35	07:27:14	00:06:56	26	WHK	105	6
2076	Schmalwasser	Sören	Team Eddie Nortmoor	1964	2015	01:21:00	01:20:02	01:08:14	01:23:30	01:07:34	01:07:04	07:27:24	00:06:56	51	M50	271	6
2077	Hermann	Kerli	SC Collhusen	1948	2015	01:19:29	01:18:48	01:07:23	01:24:31	01:08:17	01:08:58	07:27:26	00:06:56	67	M60	99	6
2078	Ulfferts-Brandt	Doris	Stadt Leer	1957	2015	01:18:25	01:18:32	01:08:33	01:23:34	01:09:03	01:09:41	07:27:48	00:06:57	58	W50	120	6
2079	Draht	Carolina	Laufen und Meer	1963	2015	01:18:37	01:17:44	01:08:50	01:25:21	01:08:48	01:08:56	07:28:16	00:06:57	52	W50	121	6
2080	Müller	Anja	Sodasan	1968	2015	01:19:29	01:19:26	01:08:35	01:25:13	01:08:59	01:07:42	07:29:24	00:06:58	47	W40	216	6
2081	Koop	Katharina	Schulzentrum Collhuse	1986	2015	01:19:54	01:20:03	01:08:45	01:24:31	01:07:22	01:08:59	07:29:34	00:06:58	29	WHK	106	6
2082	Strüfing	Barbara	Aurich	1964	2015	01:18:03	01:17:51	01:07:24	01:24:33	01:07:50	01:14:03	07:29:44	00:06:58	51	W50	122	6
2083	Körber	Kristin	Leer	1964	2015	01:22:21	01:23:05	01:08:21	01:23:30	01:05:02	01:07:36	07:29:55	00:06:59	51	W50	123	6
2084	Krott	Dieter	LT TuS Aurich-Ost	1961	2015	01:17:38	01:16:04	01:15:10	01:24:48	01:07:29	01:08:57	07:30:06	00:06:59	54	M50	272	6
2085	Folkers	Christine	CG Realschule Esens	1978	2015	01:24:22	01:16:27	01:07:36	01:24:09	01:08:47	01:09:11	07:30:32	00:06:59	37	W30	128	6
2086	Kompaan	Theo	Glandsdorf	1957	2015	01:18:16	01:19:40	01:07:32	01:27:12	01:08:24	01:10:11	07:31:15	00:07:00	58	M50	273	6
2087	Pollman	Herike	WfBM BBB Aurich Witr	1993	2015	01:22:00	01:20:11	01:06:54	01:24:53	01:07:56	01:09:39	07:31:33	00:07:00	22	WHK	107	6
2088	Ebeling	Ailscha	Rettungsdienst Leer	1996	2015	01:19:40	01:21:04	01:11:19	01:23:27	01:07:26	01:08:50	07:31:46	00:07:00	19	WU20	109	6
2089	Kompaan	Insa	Glandsdorf	1959	2015	01:18:16	01:19:43	01:08:54	01:27:12	01:08:27	01:10:11	07:32:43	00:07:01	56	W50	124	6
2090	Buskohl	Daniela	Ostfriesische Brandkas	1983	2015	01:17:12	01:20:02	01:08:47	01:25:33	01:10:21	01:10:50	07:32:45	00:07:01	32	W30	129	6
2091	Diener	Manfred	LG Großefehn	1949	2015	01:20:43	01:20:12	01:09:40	01:26:19	01:07:36	01:09:20	07:33:50	00:07:02	66	M60	100	6
2092	Jürgens	Helmut	Ohne AOK läuft nix!	1952	2015	01:20:58	01:21:00	01:09:27	01:23:56	01:08:13	01:10:20	07:33:54	00:07:02	63	M60	101	6
2093	Dahlheimer	Kalle	Ohne AOK läuft nix!	1972	2015	01:20:59	01:21:02	01:09:27	01:23:57	01:08:13	01:10:16	07:33:54	00:07:02	43	W40	217	6
2094	Post	Gabi	Ohne AOK läuft nix!	1969	2015	01:20:58	01:21:01	01:09:26	01:23:56	01:08:13	01:10:20	07:33:54	00:07:02	46	W40	218	6
2095	Mombbaerts	Claudia	ELG	1969	2015	01:20:45	01:19:30	01:10:15	01:25:42	01:08:54	01:09:00	07:34:06	00:07:02	46	W40	219	6
2096	Martens	Wiebke	FCSO-10WPK	1999	2015	01:19:54	01:19:07	01:06:55	01:28:10	01:09:14	01:10:55	07:34:15	00:07:03	16	WU20	110	6
2097	Tuijter	Jens	Wreesmann Ostrhaude	1988	2015	01:23:02	01:06:23	01:12:40	01:24:15	01:07:50	01:20:06	07:34:16	00:07:03	27	MHK	184	6
2098	Kurkowski	Julia	Seefahrtsschule Leer	1988	2015	01:20:22	01:21:22	01:07:27	01:25:23	01:10:45	01:09:01	07:34:20	00:07:03	27	WHK	108	6
2099	Sternsdorff	Jörk	privat	1963	2015	01:24:51	01:23:49	01:10:02	01:21:58	01:07:04	01:07:31	07:35:15	00:07:03	52	M50	274	6
2100	Wübbels	Birthe	FCSO-10 WPK	1997	2015	01:20:16	01:21:54	01:09:38	01:25:48	01:09:04	01:09:08	07:35:48	00:07:04	18	WU20	111	6
2101	Leuchters	Stina	FCSO-10WPK	1999	2015	01:20:14	01:21:39	01:09:38	01:24:48	01:09:03	01:10:27	07:35:49	00:07:04	16	WU20	112	6
2102	Ihlow	Werner	TV Norden	1945	2015	01:22:24	01:20:12	01:09:58	01:25:08	01:08:20	01:09:57	07:35:59	00:07:04	70	M70	19	6
2103	Janssen	Bärbel	Norden	1938	2015	01:20:39	01:19:01	01:09:32	01:25:46	01:11:13	01:10:31	07:36:42	00:07:05	77	W70	4	6
2104	Hagen	Elfriede	Bünting Tee	1982	2015	01:18:58	01:19:10	01:08:30	01:28:37	01:11:01	01:10:46	07:37:02	00:07:05	33	W30	130	6
2105	Schmidt	Sina	Hartmann Group	1996	2015	01:18:34	01:17:29	01:09:46	01:29:05	01:11:34	01:10:59	07:37:27	00:07:06	19	WU20	113	6
2106	Elzen	Sandra	Hartmann Group	1987	2015	01:18:34	01:18:00	01:09:46	01:29:05	01:11:34	01:10:59	07:37:58	00:07:06	28	WHK	109	6
2107	Ostermoor	Carina	Fortuna Logabirum	1980	2015	01:18:28	01:20:03	01:09:15	01:26:41	01:13:43	01:09:59	07:38:09	00:07:06	35	W30	131	6
2108	Siemens	Günther	BBC Chartering GmbH	1974	2015	01:23:30	01:20:27	01:07:47	01:28:12	01:08:29	01:10:06	07:38:31	00:07:07	41	M40	392	6
2109	Liesen	Bernd	MTV Jever	1945	2015	01:21:40	01:24:54	01:10:05	01:24:04	01:10:13	01:07:40	07:38:36	00:07:07	70	M70	20	6
2110	Boekhoff	Heidi	LT TuRa 07 Westrhaud	1977	2015	01:19:46	01:22:02	01:12:49	01:27:01	01:08:12	01:09:37	07:39:27	00:07:07	38	W30	132	6
2111	Junkhoff	Wilma	Herzkinder Ostfriesland	1970	2015	01:21:17	01:23:29	01:10:32	01:25:23	01:09:13	01:10:04	07:39:58	00:07:08	45	W40	220	6
2112	Wogt	Tobias	TaktLwGrp "R"	1996	2015	01:25:16	01:17:19	01:08:40	01:29:31	01:13:29	01:07:01	07:41:16	00:07:09	19	MU20	186	6
2113	Kruse	Sandra	Team Möbel Buss	1977	2015	01:21:46	01:21:02	01:10:05	01:29:05	01:09:22	01:10:13	07:41:33	00:07:09	38	W30	133	6
2114	Lütten	Angelika	JAG Emden	1971	2015	01:14:11	01:26:06	01:04:12	01:24:26	01:16:04	01:17:36	07:42:35	00:07:10	44	W40	221	6
2115	Ross	Ursula	IFI Kinderheim Leer gG	1966	2015	01:20:15	01:23:15	01:11:55	01:27:20	01:10:55	01:09:02	07:42:42	00:07:10	49	W40	222	6
2116	Buhr	Alessa	team aurident	1990	2015	01:21:20	01:21:47	01:09:34	01:27:11	01:10:29	01:12:24	07:42:45	00:07:10	25	WHK	110	6
2117	Kleene	Insa	DLRG Leer	1980	2015	01:25:09	01:22:11	01:10:54	01:27:23	01:09:47	01:08:47	07:44:11	00:07:12	35	W30	134	6
2118	Busch	Inga	DLRG Leer	1982	2015	01:25:09	01:22:12	01:10:55	01:27:23	01:09:47	01:08:48	07:44:14	00:07:12	33	W30	135	6
2119	Wykhoff	Lea	Hartmann Group	1996	2015	01:24:14	01:17:40	01:10:58	01:29:05	01:11:35	01:10:59	07:44:31	00:07:12	19	WU20	114	6
2120	van Lengen	Heinrich	LG Großefehn	1940	2015	01:18:23	01:21:28	01:13:08	01:26:22	01:11:17	01:14:15	07:44:53	00:07:12	75	M70	21	6
2121	Riechelmann	Kerstin	LG Wilken	1975	2015	01:20:22	01:18:52	01:13:30	01:28:17	01:11:20	01:13:13	07:45:34	00:07:13	40	W40	223	6
2122	Fildebrandt	Marion	OFD Nds.-LBV Aurich	1968	2015	01:22:34	01:18:34	01:10:52	01:27:56	01:12:56	01:12:47	07:45:39	00:07:13	47	W40	224	6
2123	Peters	S															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
2131	Ely	Wolfgang	Norden	1950	2015	01:26:13	01:22:17	01:12:25	01:27:41	01:11:44	01:14:05	07:54:25	00:07:21	65	M60	103	6
2132	Janßen	Kim	WG Strukelje	1998	2015	01:23:02	01:35:44	01:02:07	01:32:13	01:15:31	01:07:47	07:56:24	00:07:23	17	WU20	115	6
2133	Brechters	Christina	NLWKN	1973	2015	01:24:27	01:22:43	01:12:37	01:30:56	01:13:38	01:14:29	07:58:50	00:07:25	42	W40	227	6
2134	de Vries	Doris	Orgadata AG	1969	2015	01:23:27	01:23:30	01:14:26	01:31:21	01:12:49	01:13:29	07:59:02	00:07:26	46	W40	228	6
2135	Janssen-Weber	Linda	SV Stern Schwerinsdor	1962	2015	01:26:07	01:26:38	01:10:04	01:31:25	01:13:22	01:12:32	08:00:08	00:07:27	53	W50	125	6
2136	Reuter	Manfred	Moorlooper Walle	1957	2015	01:23:05	01:22:03	01:14:38	01:31:10	01:15:15	01:14:13	08:00:24	00:07:27	58	M50	276	6
2137	Post	Heike	LG Uplengen	1979	2015	01:25:21	01:26:59	01:13:11	01:31:21	01:12:28	01:12:08	08:01:28	00:07:28	36	W30	137	6
2138	Franzen	Heide	Biohof Franzen	1970	2015	01:25:21	01:26:59	01:13:11	01:31:21	01:12:28	01:12:08	08:01:28	00:07:28	45	W40	229	6
2139	Horstmann	Brigitte	Greta-Schoon-Schule	1966	2015	01:25:00	01:24:51	01:14:29	01:31:22	01:13:25	01:12:51	08:01:58	00:07:28	49	W40	230	6
2140	Meyer	Helga	SV Potshausen	1963	2015	01:23:22	01:27:37	01:12:34	01:30:35	01:13:32	01:15:15	08:02:55	00:07:29	52	W50	126	6
2141	Heimers	Sören	WG Strukelje	1991	2015	01:40:24	01:35:45	01:25:17	01:07:12	00:55:37	01:20:05	08:04:20	00:07:31	24	MHK	185	6
2142	Haase	Jenny	Herzkinder Ostfriesland	1967	2015	01:25:40	01:24:30	01:15:50	01:32:03	01:14:18	01:12:54	08:05:15	00:07:31	48	W40	231	6
2143	Kuhlmann	Anne	ELG	1982	2015	01:25:53	01:27:28	01:16:01	01:30:42	01:13:12	01:12:56	08:06:12	00:07:32	33	W30	138	6
2144	Hemken	Lena	Sparkasse LeerWittm	1992	2015	01:25:38	01:24:28	01:15:50	01:33:58	01:13:02	01:13:33	08:06:29	00:07:33	23	WHK	113	6
2145	Jacobs	Alexandra	TUS Hinte	1969	2015	01:27:47	01:24:11	01:15:08	01:32:45	01:12:55	01:14:21	08:07:07	00:07:33	46	W40	232	6
2146	Krey	Annika	Team Möbel Buss	1992	2015	01:26:30	01:29:14	01:15:29	01:32:16	01:13:41	01:12:52	08:10:02	00:07:36	23	WHK	114	6
2147	Müller	Timo	Team Möbel Buss	1992	2015	01:26:30	01:29:15	01:15:30	01:32:16	01:13:41	01:12:53	08:10:05	00:07:36	23	MHK	186	6
2148	Schmidt	Marion	Dabei is alles	1956	2015	01:23:46	01:29:41	01:12:24	01:33:08	01:13:32	01:18:16	08:10:47	00:07:37	59	W50	127	6
2149	Kaulig	Katharina	Alex.-v. - Humboldt-Sch	1997	2015	01:22:27	01:27:21	01:18:11	01:35:59	01:16:08	01:13:54	08:14:00	00:07:40	18	WU20	116	6
2150	Berends	Kerstin	Bünting Tee	1970	2015	01:27:26	01:28:41	01:14:27	01:33:03	01:14:54	01:18:56	08:17:27	00:07:43	45	W40	233	6
2151	Eiben	Heike	Lebenshilfe gGmbH Au	1974	2015	01:31:33	01:29:52	01:15:56	01:33:17	01:12:57	01:14:07	08:17:42	00:07:43	41	W40	234	6
2152	Thomassen	Annette	Leinerstift e.V.	1976	2015	01:28:28	01:27:03	01:16:00	01:32:13	01:14:26	01:19:38	08:17:48	00:07:43	39	W30	139	6
2153	Henkel	Wilke	IGS Waldschule Egels	2002	2015	01:28:56	01:28:14	01:14:27	01:33:06	01:14:36	01:18:38	08:17:57	00:07:43	13	MU20	187	6
2154	Dehne	Rainer	Team ENERCON	1964	2015	01:31:46	01:28:05	01:18:41	01:34:36	01:13:30	01:15:22	08:22:00	00:07:47	51	M50	277	6
2155	Hintze	Hilke	IGS Moormerland	2000	2015	01:28:22	01:29:36	01:16:06	01:30:56	01:16:56	01:20:44	08:22:40	00:07:48	15	WU20	117	6
2156	Bohmalk	Wilke	Beekmann/Nehlsen	1986	2015	01:30:38	01:29:08	01:16:22	01:34:22	01:15:01	01:17:14	08:22:45	00:07:48	29	MHK	187	6
2157	Schewiola	Axel	TV Norden	1938	2015	01:26:50	01:32:27	01:14:24	01:35:00	01:20:48	01:14:13	08:23:42	00:07:49	77	M70	22	6
2158	Lammers	Jan	Nobiskrug	1982	2015	01:29:42	01:31:30	01:20:10	01:30:28	01:20:40	01:17:04	08:29:34	00:07:54	33	M30	236	6
2159	Schmidt	Lena	Polizei Wittmund	1989	2015	01:30:58	01:33:55	01:19:02	01:41:22	01:16:47	01:18:40	08:40:44	00:08:04	26	WHK	115	6
2160	Müller	Saskia	obw Emden	1995	2015	01:28:00	01:32:38	01:20:30	01:40:21	01:20:54	01:19:34	08:41:57	00:08:06	20	WHK	116	6
2161	Wollmann	Frank	obw Emden	1969	2015	01:32:11	01:32:38	01:20:29	01:40:20	01:17:35	01:19:41	08:42:54	00:08:06	46	M40	394	6
2162	Schürmann	Martin	Klinikum Emden	1960	2015	01:31:15	01:32:55	01:21:13	01:38:28	01:19:26	01:22:09	08:45:26	00:08:09	55	M50	278	6
2163	Lebrecht	Annett	WG Strukelje	1999	2015	01:35:21	01:33:26	01:25:16	01:37:26	01:17:39	01:17:32	08:46:40	00:08:10	16	WU20	118	6
2164	Heumann	Virginia	WG Strukelje	2002	2015	01:40:24	01:35:43	01:19:58	01:36:33	01:17:40	01:20:07	08:50:25	00:08:13	13	WU20	119	6
2165	Pruin	Erich	DLRG Leer	1964	2015	01:31:15	01:32:55	01:21:13	01:39:56	01:24:06	01:22:09	08:51:34	00:08:14	51	M50	279	6
2166	Hinrichs	Kerstin	LT TuS Aurich-Ost	1964	2015	01:34:06	01:35:50	01:22:57	01:39:55	01:21:33	01:21:53	08:56:14	00:08:19	51	W50	128	6
2167	Herwig	Wiete	OBW Emden	1997	2015	01:34:36	01:38:16	01:26:16	01:45:11	01:34:15	01:20:13	09:18:47	00:08:40	18	WU20	120	6
2168	Paschke	Hartmut	Paschke Werbung	1965	2015	01:46:11	01:39:24	01:27:57	01:47:10	01:26:47	01:25:05	09:32:34	00:08:53	50	M50	280	6
2169	Teklemariam	Weldetinsae	VFB Uplengen	1988	2015	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	27	MHK	188	6
	Kruse	Astrid	Landhaus Feyen	1998	2015	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		00:00:00		17	WU20		5
	Müller	Ina	Realschule Aurich	2000	2015	00:00:00	00:00:00	00:00:00	00:00:00		00:00:00			15	WU20		5
	Eilerts	Heere	LG Harlingerland	1990	2015	00:39:12	00:40:12	00:36:11	00:43:03		00:41:01	03:19:39		25	MHK		5
	Kisch	Johannes	FCSO-10WPK	1966	2015	00:42:35	00:42:33	00:37:53	00:45:50	00:37:32		03:26:23		49	M40		5
	HOmann	Fred	Weener Plastik	1963	2015	00:45:35		00:40:15	00:49:05	00:39:52	00:43:52	03:38:39		52	M50		5
	Wagenaar	Christian	Emder LG	1983	2015	00:46:31	00:46:40		00:50:12	00:40:22	00:41:46	03:45:31		32	M30		5
	Enk	Jörn	LG Wilken	1977	2015	00:49:26	00:47:38	00:41:28	00:49:51	00:40:12		03:48:35		38	M30		5
	Smid	Joachim	Holz und Bau Weener	1994	2015	00:50:11	00:47:30	00:41:29	00:48:56	00:40:49		03:48:55		21	MHK		5
	Müller	Lars	Team Möbel Buss	1994	2015	00:48:06	00:47:35	00:41:40	00:50:02	00:42:02		03:49:25		21	MHK		5
	Janssen	Johannes	Bünting Tee	1984	2015	00:49:04		00:43:11	00:53:18	00:43:14	00:42:53	03:51:40		31	M30		5
	Weinstock	Steffen	Team ENERCON	1994	2015	00:51:00	00:50:35	00:42:55		00:43:35	00:44:06	03:52:11		21	MHK		5
	Strothmann	Sascha		1974	2015		00:51:25	00:44:17	00:54:10	00:44:00	00:44:57	03:58:49		41	M40		5
	Wiebecke	Valentin	obw Emden	1996	2015	01:01:14		00:51:50	00:49:17	00:39:05	00:38:24	03:59:50		19	MU20		5
	Henning	Jens	Briese Schifffahrt	1977	2015	00:50:24	00:50:10	00:43:15	00:53:34	00:43:25		04:00:48		38	M30		5
	van der Kamp	Hans-Jürgen	Emder LG	1956	2015	00:50:44		00:44:15	00:54:08	00:43:50	00:49:28	04:02:25		59	M50		5
	Ehrlich	Heinz	Emder LG	1961	2015	00:49:25	00:49:46	00:43:31	00:54:35		00:46:45	04:04:02		54	M50		5
	Stehr	Gerrit	WfbM BBB Aurich Wittr	1996	2015	00:52:48	00:50:48	00:47:25		00:46:32	00:46:52	04:04:25		19	MU20		5
	Müller	Günter	-	1967	2015	00:50:41	00:50:37	00:44:54	00:53:49		00:45:08	04:05:09		48	M40		5
	Sielmann	Andy	Neue Ziele setzen	1971	2015	00:51:04	00:50:58	00:44:38	00:54:46	00:44:02		04:05:28		44	M40		5
	Lohmeyer	Wiebke	SV Frisia Brinkum	1986	2015	00:52:30	00:53:44	00:47:38		00:46:36	00:47:45	04:08:13		29	WHK		5
	Freesemann	Gerhold	LT TuRa 07 Westhaud	1964	2015	00:51:22	00:51:12	00:45:29	00:56:11	00:45:16		04:09:30		51	M50		5
	Boekhoff	Jessika	RuF Leer - Bingum	1988	2015	00:52:38	00:50:10	00:46:27	00:56:19	00:45:24		04:10:58		27	WHK		5
	August	Egon	Elisabethfehn	1962	2015	00:52:57	00:53:33	00:45:59	00:56:39	00:45:13		04:14:21		53	M50		5
	Hinrichs	Enno	LG Großefehn	1961	2015	00:51:04	00:53:40	00:48:01	00:57:52	00:47:06	00:47:56	04:14:35		54	M50		5
	Oltrop	Frank	Blau- Weiß Emden- Bol	1965	2015	00:58:36	00:55:42	00:47:17		00:46:39	00:46:58	04:15:12		50	M50		5
	Saathoff	Jann	Ludwigsdorf	1991	2015	00:54:58	00:56:55	00:48:11	00:52:49	00:42:46		04:15:39		24	MHK		5
	Henning	Eike	Raiffeisenbank eG, Mod	1991	2015	00:52:24	00:55:20	00:48:01	00:56:21	00:46:08		04:18:14		24	MHK		5
	Hoop	Hinderk	IGS Aurich-West	1996	2015	00:52:46	00:55:33	00:45:38	00:58:27		00:46:04	04:18:28		19	MU20		5
	Seitz	Jonny	Nordland Papier	1965	2015	00:53:51	00:53:54	00:46:43	00:57:06								

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Janßen	Stefan	HSM Wirtschaftsprüfer	1970	2015	00:54:49	00:53:21	00:46:48	00:59:26	00:50:45		04:25:09		45	M40		5
	Bussmann	Heiko	LT TuS Holtriem	1966	2015	00:54:04	00:54:54		00:59:06	00:48:17	00:50:55	04:27:16		49	M40		5
	Korte	Michael	Klinge / Weener Ener	1984	2015	00:58:17	00:55:51	00:50:00		00:52:12	00:51:46	04:28:06		31	M30		5
	Weidemann	Kay	Seefahrtsschule Leer	1994	2015	00:54:48	00:55:38	00:45:50	00:56:45	00:55:29		04:28:30		21	MHK		5
	Stecher	Martina	MTV Wittmund	1964	2015	00:57:48		00:50:11	01:01:16	00:49:22	00:50:23	04:29:00		51	W50		5
	Schacha	Dirk	Orgadata AG	1971	2015	00:56:02	00:55:48	00:49:36	00:59:12	00:48:29		04:29:07		44	M40		5
	Baez	Luis	BBC Chartering GmbH	1991	2015	00:55:30		00:47:50	01:06:45	00:46:50	00:53:12	04:30:07		24	MHK		5
	Kloos	Tobias	Baugeschäft Voorwold	1995	2015	00:59:36	00:55:51	00:48:03	00:59:29	00:48:15		04:31:14		20	MHK		5
	Wienken	Andreas	Küchenhus Wiesmoor	1975	2015	00:56:30	00:55:11	00:49:00	01:00:44		00:50:22	04:31:47		40	M40		5
	Lüürsen	Helmut	LG TV Bunde	1966	2015	00:55:47	00:58:26	00:49:04	01:01:32	00:48:08		04:32:57		49	M40		5
	Gräber	Imke	Familienzentrum St. Ma	1987	2015	00:58:27	00:56:18	00:48:51	01:00:28		00:49:08	04:33:12		28	WHK		5
	Dickmann	Norbert	Nordland Papier	1980	2015		01:00:16	00:52:29	01:00:35	00:48:51	00:51:18	04:33:29		35	M30		5
	Garder	Dennis	Team ENERCON	1986	2015	00:59:37		00:49:32	01:04:01	00:49:18	00:52:02	04:34:30		29	MHK		5
	Schubert	Manfred	SVO Wi sünd Holtriem	1949	2015	00:58:53	00:58:53	00:51:30		00:52:33	00:52:41	04:34:30		66	M60		5
	Dobelmann	Maike	LG Papenburg-Aschend	1996	2015	01:00:30	01:00:50	00:51:33		00:50:13	00:51:35	04:34:41		19	WU20		5
	Ross	Thomas	Bundeswehr	1963	2015	01:13:18	00:55:31	00:48:14		00:48:33	00:49:07	04:34:43		52	M50		5
	Hedemann	Alke	Team Möbel Buss	1995	2015	00:55:06	00:56:27		01:00:54	00:49:29	00:53:02	04:34:58		20	WHK		5
	Baumann	Friedhelm	Rolf Janssen Gruppe	1960	2015	00:56:07	00:56:56	00:50:55	01:01:21	00:50:36		04:35:55		55	M50		5
	de Buhr	Herta	Fortuna Logabirum	1960	2015	00:57:58	00:57:36	00:51:44		00:56:09	00:53:32	04:36:59		55	W50		5
	Janssen	Carmen	Nordland Papier	2000	2015		00:58:46	00:50:15	01:05:03	00:50:45	00:53:06	04:37:55		15	WU20		5
	Karge	Leon	Gymnasium Ulricianum	2001	2015	00:58:19	00:56:07	00:50:22	01:02:25		00:50:48	04:38:01		14	MU20		5
	Röben	Matthias	Polizei Aurich	1971	2015		01:07:04	00:50:53	01:00:47	00:49:00	00:51:31	04:39:15		44	M40		5
	Kruse	Wilfried	VW Akademie	1961	2015	01:01:14	01:00:30	00:51:15	00:55:32	00:50:51		04:39:22		54	M50		5
	Andreßen	Deeke	Realschule 10b	1998	2015	00:56:24		00:50:23	01:05:03	00:50:04	00:58:12	04:40:06		17	MU20		5
	Janssen	Enno	RVB Aurich/Uplengen	1962	2015	01:00:48	00:58:07	00:50:42	01:01:35	00:48:59		04:40:11		53	M50		5
	Wolters	Hans-Hermann	Klinge / Weener Ener	1961	2015	01:00:45	00:59:52	00:52:23		00:52:57	00:54:20	04:40:17		54	M50		5
	Moritz	Arne	Seefahrtsschule Leer	1995	2015	01:10:04	00:57:26	00:47:51	00:57:36	00:47:40		04:40:37		20	MHK		5
	Wilts	Poppe	Spvgg Upleward	1953	2015	00:58:01	00:50:10		01:08:43	00:51:35	00:52:34	04:41:03		62	M60		5
	Daron	Ulrich	Nordland Papier	1967	2015	01:00:03		00:51:35	01:04:07	00:51:21	00:54:54	04:42:00		48	M40		5
	Schipper	Deike	Turbine TGG	1999	2015	01:00:49	00:58:00	00:49:18	00:59:31		00:54:26	04:42:04		16	WU20		5
	Brunken	Dennis	Seefahrtsschule Leer	1992	2015	00:56:48	00:56:29	00:53:04	01:03:15	00:52:58		04:42:34		23	MHK		5
	Behrends	Michael	BV Hoffnung Ludwigsdd	1985	2015	01:00:02	00:52:45	00:52:45	01:03:14	00:52:22	00:54:12	04:42:35		30	M30		5
	Fischer	Michael	KJO	1964	2015		01:00:13	00:52:18	01:06:24	00:51:46	00:53:45	04:44:26		51	M50		5
	Lüpkens	Heike	LT TuS Aurich-Ost	1963	2015	00:59:00	00:58:19	00:52:18	01:04:06	00:52:02		04:45:45		52	W50		5
	Brümmer	Günter	Nordland Papier	1966	2015	00:59:52		00:53:20	01:04:18	00:52:02	00:56:51	04:46:23		49	M40		5
	van Vügt	Kristian	Ostfriesische Volksbank	1996	2015	00:57:28		00:55:43	01:05:58	00:53:19	00:54:22	04:46:50		19	MU20		5
	Saathoff	Rainer	Onno Behrends Tee Nd	1990	2015	00:53:57	01:03:31	00:52:59	01:05:41	00:50:58		04:47:06		25	MHK		5
	Thoben	Martin	ELV Elektronik AG	1970	2015	00:59:29	00:59:55	00:52:12	01:04:09	00:51:32		04:47:17		45	M40		5
	Leggedör	Markus	Fleischerei Leggedör W	1979	2015	01:01:35	01:01:33	00:53:34		00:54:34	00:56:20	04:47:36		36	M30		5
	Ippen	Jannes	Onno Behrends Tee Nd	1993	2015	00:57:06	01:03:29	00:48:12	01:08:03	00:50:58		04:47:48		22	MHK		5
	Gerdes	Jelke	JUG	2000	2015	00:59:04	01:00:34	00:54:34	01:02:48	00:51:22		04:48:22		15	MU20		5
	Saathoff	Steffen	Störtebeker Loopers TV	1989	2015	00:58:17	00:58:59	00:52:55	01:05:24	00:53:35		04:49:10		26	MHK		5
	Campe	Julian	ENOVA	1984	2015	00:59:47		00:54:32	01:06:23	00:53:08	00:55:48	04:49:38		31	M30		5
	Schneider	Finn	Emder LG	2003	2015	01:07:01	01:01:35	00:54:03		00:54:41	00:52:24	04:49:44		12	MU20		5
	Warring	Silvia	Fortuna Logabirum	1965	2015	00:59:29	01:00:23	00:52:24	01:03:46		00:53:50	04:49:52		50	W50		5
	Möhlmann	Manfred	SC Wiesens	1964	2015	00:59:42	00:58:15	00:52:42	01:06:43	00:53:09		04:50:31		51	M50		5
	Boelsen	Amke	OBS Weener	1961	2015	01:00:44	01:01:37	00:52:40	01:03:31	00:52:17		04:50:49		54	W50		5
	de Vries	Tido	ELV Elektronik AG	1987	2015	00:59:29	00:59:55	00:52:13	01:04:08		00:55:15	04:51:00		28	MHK		5
	Aden	Frauke	LG Großefehn	1971	2015	00:58:44	01:00:54	00:53:42	01:05:50	00:52:49		04:51:59		44	W40		5
	Otten	Jan-Simon	BSG Volksbank Jever	1987	2015	01:03:14	01:01:52	00:55:03		00:55:08	00:57:13	04:52:30		28	MHK		5
	Stelling	Nicola	Laufen und Meer / Sch	1967	2015		01:04:40	00:55:04	01:06:32	00:52:52	00:53:56	04:53:04		48	W40		5
	Lovicik	Artur	Seefahrtsschule Leer	1994	2015	01:06:38	00:59:54	00:50:54	01:04:02	00:51:56		04:53:24		21	MHK		5
	Giesenberg	Georg	TTV Großheide	1949	2015	01:00:30	00:59:55	00:53:32	01:05:20	00:54:16		04:53:33		66	M60		5
	Schäfer-Horatzek	Dorothee	Schulzentrum Collhuse	1950	2015	01:03:04	01:01:54	00:55:37		00:55:02	00:58:02	04:53:39		65	W60		5
	Folkerts	Anja	Spvgg.Upleward	1971	2015	01:01:45	01:01:23	00:53:57	01:06:47	00:53:09		04:57:01		44	W40		5
	Meyer	Thorsten	BBS Aurich	1970	2015	01:05:14		00:56:43	01:08:02	00:53:38	00:53:59	04:57:36		45	M40		5
	Pape	Michael	Polizei Aurich	1967	2015	01:06:56	00:59:37	00:50:55	01:08:00		00:52:35	04:58:03		48	M40		5
	Ihnen	Gunda	LT TuS Aurich-Ost	1964	2015	01:02:44		00:55:12	01:08:40	00:54:34	00:57:03	04:58:13		51	W50		5
	Taddings	Johann	Esens	1961	2015	01:03:50	01:04:11	00:56:48		00:55:43	00:57:53	04:58:25		54	M50		5
	Happe	Frank	FFG Jever	1967	2015	01:05:46	01:00:38	00:53:52	01:04:39	00:53:51		04:58:46		48	M40		5
	Hinzkowski	Benjamin	Realschule Aurich	1984	2015	01:03:24	01:03:40	01:01:05		00:55:00	00:56:43	04:59:52		31	M30		5
	Schrader	Anke	Pestalozzischule Ween	1961	2015		01:04:18	00:55:46	01:07:33	00:55:05	00:57:21	05:00:03		54	W50		5
	Adelmund	Stephan	Knallfrosch Elektro	1984	2015	01:01:45	01:02:11	00:53:37	01:07:36	00:55:08		05:00:17		31	M30		5
	Rosenboom	Andre	Störtebeker Loopers TV	1986	2015		01:06:00	00:54:37	01:08:03	00:54:15	00:57:25	05:00:20		29	MHK		5
	Hippen	Johann	Orgadata AG	1967	2015	01:02:15	01:02:31	00:53:24	01:07:27	00:54:46		05:00:23		48	M40		5
	Broer	Inken	Gymnasium Ulricianum	1999	2015	01:02:43	01:00:56	00:57:40		00:59:04	01:00:16	05:00:39		16	WU20		5
	Schulte	Ansgar	Weener Plastik	1973	2015		01:02:06	00:57:15	01:08:39	00:54:59	00:58:07	05:01:06		42	M40		5
	Schön	Kilian	DLRG Leer	2002	2015	01:04:59	01:11:05	00:54:00		00:55:18	00:56:30	05:01:52		13	MU20		5
	Adler	René	BBS Aurich	1980	2015	01:06:36	01:02:26	00:53:52	01:06:39	00:53:37		05:03:10		35	M30		5
	Pennachia	Angelo	BMW TEKKEN	1981	2015	01:06:22	01:08:51	00:54:53		00:55:46	00:57:42	05:03:34		34	M30		5
	Janssen	Adda	Wallinghausen	1966	2015	01:02:20	01:03:12	00:55:50	01:07:41	00:55:24		05:04:27		49	W40		5

34. Ostfrieslandlauf 2015

28.04. bis 15.05.2015

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Quarg	Karin	BSG Volksbank Jever	1957	2015	01:05:05		00:57:09	01:09:01	00:55:36	00:58:09	05:05:00		58	W50		5
	Janssen	Johann	SV Ochtensum Wi sünd	1974	2015	01:05:57	01:02:18	00:54:53	01:09:01	00:53:33		05:05:42		41	M40		5
	Eggert	Karsten	Kdo SES	1989	2015	01:04:13	01:00:23	00:55:02	01:08:04		00:58:04	05:05:46		26	MHK		5
	Block	Norbert		1977	2015	01:04:47	01:03:47	00:54:20	01:07:48	00:55:20		05:06:02		38	M30		5
	Palma	Manfred	TUS Leerhafe	1960	2015		01:08:00	00:57:49	01:10:39	00:55:29	00:54:05	05:06:02		55	M50		5
	Doden	Ina	Iottmimanlopen, ikhebnF	1972	2015	01:04:56	01:05:13	00:58:13		00:56:47	01:01:40	05:06:49		43	W40		5
	van Loo	Keno	Seefahrtsschule Leer	1992	2015	01:08:08		00:56:23	01:10:28	00:56:06	00:56:14	05:07:19		23	MHK		5
	Hoppmann	Gerrit	ENOVA	1963	2015	01:03:23	01:04:43	00:56:38	01:08:08	00:56:15		05:09:07		52	M50		5
	Hommers	Gerhard	LT SV Ems Jemgum	1954	2015	01:06:14	01:06:22	00:57:30		00:58:32	01:02:37	05:11:15		61	M60		5
	Rieken	Uda	BV Vorwärts Plaggenbu	1967	2015	01:05:23	01:05:44	01:00:38		01:00:30	00:59:30	05:11:45		48	W40		5
	Schädler	Susan	Fortuna Logabirum	1959	2015		01:11:16	00:52:05	01:04:24	00:52:50	01:11:17	05:11:52		56	W50		5
	Vollborth	Nina	Klinikum Leer	1983	2015	01:09:54	01:05:26	00:58:35		00:59:38	00:58:33	05:12:06		32	W30		5
	van Rossum	Nels	BBS I	1996	2015	01:00:15		01:01:20	01:07:46	00:55:27	01:08:07	05:12:55		19	MU20		5
	Claaßen	Christa	WfBM BBB Aurich Wittn	1960	2015	01:04:27	01:04:35	00:57:16	01:09:06	00:57:53		05:13:17		55	W50		5
	Weigang	Miriam	Sparkasse Emden	1995	2015	01:09:05	01:07:04	00:58:06		01:00:45	00:59:38	05:14:38		20	WHK		5
	Lüpkens	Otto	LT TuS Aurich-Ost	1958	2015	01:05:31	01:04:12	00:57:25	01:08:37	00:58:57		05:14:42		57	M50		5
	Homann	Holger	ELV Elektronik AG	1982	2015	01:05:53		00:58:32	01:13:39	00:57:10	01:00:57	05:16:11		33	M30		5
	Schweitzer	Felix	Turbine TGG	1959	2015	01:07:17		00:59:28	01:11:00	00:57:55	01:01:10	05:16:50		56	M50		5
	Vogel	Christian	Reederei Buss	1979	2015	01:06:33		00:58:14	01:11:44	00:57:46	01:02:49	05:17:06		36	M30		5
	Harms	Melissa	Gymnasium Ulricianum	1997	2015		01:09:01	00:57:35	01:11:42	00:57:46	01:01:25	05:17:29		18	WU20		5
	Hellmers	Manfred	TRAUCO Gruppe	1967	2015	01:06:44	01:05:50		01:10:39	00:56:11	00:58:51	05:18:15		48	M40		5
	Wirdemann	Stefan	Emder LG	1972	2015	01:06:03	01:03:38	00:55:36	01:08:46	01:04:51		05:18:54		43	M40		5
	Böehne	Claudia	Die Laufkumpanen	1984	2015	01:09:23	01:08:43	00:59:29		00:59:21	01:02:01	05:18:57		31	W30		5
	Hampton	Wade	BBC Chartering GmbH	1982	2015	01:03:40		00:55:51	01:06:45	00:56:20	01:18:10	05:20:46		33	M30		5
	Möller-Rönisch	Lukas	Seefahrtsschule Leer	1991	2015	01:10:13	01:10:12	01:00:27		00:58:43	01:01:14	05:20:49		24	MHK		5
	Damm	Remmer	Concordia Ihrhove	1951	2015	01:07:48		00:58:13	01:13:45	00:57:40	01:03:46	05:21:12		64	M60		5
	Bathen	Renate	Kurt sien Trupp	1956	2015	01:07:51	01:07:38	00:58:14	01:10:37	00:57:51		05:22:11		59	W50		5
	Mülder	Yvonne	Sparkasse LeerWittm	1977	2015	01:06:08	01:05:21	00:58:57	01:13:09	00:59:18		05:22:53		38	W30		5
	Bohlen	Hans-Günther	LT Bad Zwischenahn	1948	2015	01:10:06	01:10:41	01:00:09		00:58:50	01:04:20	05:24:06		67	M60		5
	Scheider	Simone	Emden	1969	2015	01:07:02	01:17:12	01:01:17		00:58:47	01:00:14	05:24:32		46	W40		5
	Klunder	Jochen	BBS Aurich	1967	2015	01:08:02	01:07:55	00:59:21	01:12:47	00:58:18		05:26:23		48	M40		5
	Niskanen	Pirjo	-	1983	2015	01:08:30	01:08:25	00:58:26	01:12:50	00:58:57		05:27:08		32	W30		5
	Kleinhans	Katharina	OWS Offshore Wind Sc	1982	2015	01:13:44	01:09:40	01:01:14		01:00:07	01:02:33	05:27:18		33	W30		5
	Schreiber	Timo	Großefehn	1992	2015	01:11:16	01:07:19		01:12:21	00:57:33	00:59:06	05:27:35		23	MHK		5
	Strötzel	Leon	Alex.-v.- Humboldt-Sch	1999	2015	01:12:51		01:00:46	01:13:23	00:58:19	01:02:51	05:28:10		16	MU20		5
	Hausmann	Hilke	Emder LG	1961	2015	01:07:06	01:06:43	00:56:36	01:12:55		01:04:54	05:28:14		54	W50		5
	Willms	Henning	Hartmann Group	1976	2015	01:09:40	01:06:53	00:59:16	01:15:24	00:59:45		05:30:58		39	M30		5
	Hofeditz	Michael	Postbank	1957	2015	01:10:05		01:02:06	01:17:08	01:00:14	01:01:54	05:31:27		58	M50		5
	Jordan	Torsten	Ostfriesische Brandkas	1972	2015	01:11:11	01:10:01	00:57:55	01:15:05	00:57:34		05:31:46		43	M40		5
	Ernst	Hinrich	Klinikum Leer	1955	2015	01:10:17	01:07:02	01:02:49	01:13:15		00:58:26	05:31:49		60	M60		5
	Juiffs	Eilert	LG Großefehn	1945	2015	01:10:56		01:02:17	01:14:35	01:00:49	01:03:37	05:32:14		70	M70		5
	van Anken	Anneke	Klinikum Leer	1990	2015	01:11:25		01:02:11	01:17:03	00:59:56	01:04:49	05:35:24		25	WHK		5
	Sczech	Lisa	Wymeer	1990	2015	01:09:13		01:00:07	01:17:52	01:03:30	01:05:44	05:36:26		25	WHK		5
	Heitbrink	Hedda	RAe Dr. Fenner Bockhd	1981	2015	01:15:07	01:13:58	01:03:46		01:01:43	01:04:08	05:38:42		34	W30		5
	Neemann	Ludwig	Leinerstift e.V.	1962	2015	01:16:53	01:08:42		01:11:19	00:56:27	01:05:36	05:38:57		53	M50		5
	Schumacher	Anja	Ostfriesische Volksbank	1969	2015	01:10:42	01:09:19		01:15:09	01:00:30	01:04:01	05:39:41		46	W40		5
	Störig	Wiebke	Gymnasium Ulricianum	2000	2015	01:17:02		01:05:02	01:15:24	01:00:40	01:02:18	05:40:26		15	WU20		5
	Drieling	Tim	Seefahrtsschule Leer	1993	2015	01:12:40	01:13:27	01:01:02	01:16:25	00:59:13		05:42:47		22	MHK		5
	Holtz	Nils	GeTek	1996	2015		01:20:14	01:04:58	01:14:21	00:59:55	01:03:57	05:43:25		19	MU20		5
	Everts	Mario	OBW Emden	1985	2015	01:14:29	01:09:53	00:57:48	01:17:35	01:05:35		05:45:20		30	M30		5
	Klock	Michael	Team Winterhoff Buss	1981	2015	01:17:24	01:14:50	01:03:38		01:04:09	01:06:11	05:46:12		34	M30		5
	Neddermeyer	Heinz-Jürgen	LT Spaß mit Sport	1942	2015	01:12:28		01:04:29	01:18:51	01:04:01	01:07:03	05:46:52		73	M70		5
	Steenhoff	Heiner	TSV Germania Holterfe	1960	2015	01:11:55	01:12:12	01:02:30	01:17:06	01:03:17		05:47:00		55	M50		5
	Köhler	Heidi	Gemeinde Hinte	1969	2015		01:14:55	01:02:11	01:19:33	01:05:29	01:04:54	05:47:02		46	W40		5
	Hein	Regine	Watt'n Looper SV Dorn	1966	2015	01:14:22	01:16:25	01:06:42		01:03:55	01:06:20	05:47:44		49	W40		5
	Mons	Lena	Hartmann Group	1985	2015	01:15:36	01:11:43	01:02:34	01:17:46	01:01:23		05:49:02		30	W30		5
	Dahlweg	Christiane	SV Holtland GS Deter	1980	2015	01:11:54	01:13:53	01:04:06	01:16:35	01:02:36		05:49:04		35	W30		5
	Akkermann	Heike	Raiffeisenbank eG, Mo	1994	2015		01:13:56	01:04:02	01:18:57	01:05:18	01:06:59	05:49:12		21	WHK		5
	Engel	Andreas	Schulzentrum Collhuse	1953	2015	01:14:44	01:11:28	01:03:29	01:16:14	01:03:48		05:49:43		62	M60		5
	Frerichs	Gesa	Ostfriesische Volksbank	1996	2015	01:15:58	01:13:57	00:59:54	01:18:42	01:02:19		05:50:50		19	WU20		5
	Pennig	Friedrich	TGG	1948	2015	01:15:03		01:06:14	01:18:45	01:05:39	01:06:58	05:52:39		67	M60		5
	Rother	Katja	Bremen	1986	2015	01:10:02	01:10:27	01:00:40	01:27:16		01:05:05	05:53:30		29	WHK		5
	Schön	Victoria	DLRG Leer	1999	2015	01:18:48	01:18:31	01:07:16		01:07:38	01:07:38	05:59:51		16	WU20		5
	Nee	Silke	Leer	1991	2015	01:18:48		01:08:38	01:16:27	01:10:42	01:05:57	06:00:32		24	WHK		5
	Dunkmann	Luisa	Gymnasium Ulricianum	2001	2015	01:17:31	01:13:53	01:04:23	01:21:45	01:03:20		06:00:52		14	WU20		5
	Juiffs	Helga	LG Großefehn	1951	2015	01:18:24		01:08:12	01:20:55	01:06:38	01:08:10	06:02:19		64	W60		5
	Immega	Hannelore	SV Werdum	1953	2015	01:18:22	01:19:36	01:07:49		01:09:51	01:10:17	06:05:55		62	W60		5
	Maahs		Neermoor	1982	2015	01:14:11	01:15:26	01:05:21	01:25:04	01:07:11		06:07:13		33	W30		5
	Engels	Heinz	Wiesmoor	1976	2015	01:20:50	01:18:16	01:09:54		01:09:11	01:10:05	06:08:16		39	M30		5
	Henning	Saskia	Therapiehuus Tannenh	1998	2015	01:16:22	01:19:25	01:03:59	01:25:57	01:03:11		06:08:54		17	WU20		5
	Nannen	Theika	Steenfelde	1956	2015	01:17:10	01:14:08	01:06:45	01:24:51	01:07:22		06:10:16		59	W50		5

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Lüdemann	Silke	Leinerstift e.V.	1978	2015	01:18:47	01:16:52	01:05:55	01:23:20	01:06:49		06:11:43		37	W30		5
	Prause-Böhne	Oliiva	team aurident	1958	2015	01:21:20	01:21:46	01:09:37		01:10:53	01:12:24	06:16:00		57	W50		5
	Klün	Erna	Team ENERCON	1979	2015		01:20:18	01:11:31	01:26:56	01:09:41	01:09:04	06:17:30		36	W30		5
	Ubbens	Ineke	Pestalozzische Ween	1983	2015	01:19:29	01:18:48	01:07:23	01:24:31	01:08:18		06:18:29		32	W30		5
	Gerdes	Doris	Sodasan	1967	2015	01:19:30	01:19:25	01:08:35	01:25:13	01:09:01		06:21:44		48	W40		5
	Stiemert	Aileen	Laufen und Meer	1982	2015		01:23:06	01:11:57	01:27:27	01:09:42	01:09:32	06:21:44		33	W30		5
	Beer	Jessica	IGS Aurich-West	1996	2015	01:21:36	01:17:02	01:21:10	01:23:36	01:04:11		06:27:35		19	WU20		5
	Wibel	Eckhart	Kurt sien Trupp	1938	2015		01:24:54	01:14:05	01:27:35	01:10:12	01:11:34	06:28:20		77	M70		5
	Vogel	Manfred	Kurt sien Trupp	1955	2015	01:21:51	01:24:56	01:12:09	01:28:27	01:10:11		06:37:34		60	M60		5
	Grashoff-Liegl	Sophie	obw Emden	1985	2015	01:26:16	01:30:12	01:15:20		01:14:44	01:11:13	06:37:45		30	W30		5
	Pohlentz	Frank	Aurich	1957	2015	01:26:13	01:22:16	01:12:25	01:27:42	01:16:04		06:44:40		58	M50		5
	Pollmann	Fenna	SV Stern Schwerinsdor	1962	2015	01:26:07	01:26:39	01:10:05	01:31:26	01:13:22		06:47:39		53	W50		5
	Rocker	Iris	Team ENERCON	1990	2015	01:26:52		01:18:29	01:30:54	01:15:00	01:18:12	06:49:27		25	WHK		5
	Edenhuizen	Tjark	Gymnasium Ulricianum	2001	2015	01:27:06	01:28:45	01:16:28	01:30:19	01:11:06		06:53:44		14	MU20		5
	Wiebel	Alexander	Looney Loopers	1959	2015	01:30:24		01:20:04	01:40:39	01:20:18	01:18:33	07:09:58		56	M50		5
	Rico	Isabela	Gymnasium Ulricianum	1996	2015	01:33:58	01:31:47	01:24:19		01:21:47	01:22:21	07:14:12		19	WU20		5
	Redmann	Maria	NW Steuerberatung	1986	2015	01:29:58	01:30:03		01:33:12	01:21:28	01:20:10	07:14:51		29	WHK		5
	Emken	Verena	obw Emden	1979	2015	01:45:32		01:34:44	01:53:59	01:36:35	01:19:45	08:10:35		36	W30		5
	Hoppen	Thilo	SV Dornum	1994	2015	00:00:00	00:00:00	00:00:00	00:00:00			00:00:00		21	MHK		4
	Winter	Heinrich	LT TuS Aurich-Ost	1957	2015		00:00:00	00:00:00		00:00:00	00:00:00	00:00:00		58	M50		4
	Grapengeter	Tom		1999	2015			00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		16	MU20		4
	Meinen-Poppen	Marina		1974	2015	00:00:00	00:00:00	00:00:00	00:00:00			00:00:00		41	W40		4
	Spöring	Thomas		1972	2015		00:48:14	00:41:54		00:40:35	00:41:45	02:52:28		43	M40		4
	Onneken	Tobias	SuS Timmel	1992	2015	00:46:09	00:45:11	00:39:25	00:48:18			02:59:03		23	MHK		4
	Neitemeier	Ralf	MTV Aurich	1969	2015	00:46:30		00:46:30	00:50:27	00:40:37	00:41:32	02:59:06		46	M40		4
	Aue	Thomas	Kdo SES	1982	2015	00:45:37	00:46:32	00:40:44	00:49:43			03:02:36		33	M30		4
	Pickard	Roman	Seefahrtsschule Leer	1992	2015	00:50:31		00:41:57	00:52:40	00:42:35		03:07:43		23	MHK		4
	Penning	Tobias	Physio Aktiv Rhauferde	1991	2015	00:47:42	00:47:52	00:42:54			00:50:03	03:08:31		24	MHK		4
	Poelmann	Gerold	Hartmann Group	1979	2015	00:50:36	00:50:46	00:45:05		00:44:59		03:11:26		36	M30		4
	Immega	Stephan	LG Harlingerland	1984	2015	00:49:16	00:49:24		00:49:59		00:43:49	03:12:28		31	M30		4
	Kramer	Norbert	Paadooper	1970	2015			00:46:08	00:55:31	00:46:22	00:45:30	03:13:31		45	M40		4
	Wichmann	Jochen	Leer	1957	2015	00:48:49	00:49:12	00:44:27	00:52:39			03:15:07		58	M50		4
	Schuster	Kalle	SV Simonswolde	1974	2015	00:49:53	00:49:36	00:42:55	00:53:02			03:15:26		41	M40		4
	Kleene	Leif Erik	FC Oldersum	1999	2015	00:53:25	00:53:26	00:44:41		00:44:38		03:16:10		16	MU20		4
	Meinecke	Luca	Gymnasium Ulricianum	1998	2015	00:50:34	00:50:11	00:43:19			00:52:39	03:16:43		17	MU20		4
	Thomassen	Alex	BBC Chartering GmbH	2000	2015			00:44:52	00:54:58	00:44:14	00:53:12	03:17:16		15	MU20		4
	Warnecke	Dirk	ENOVA	1969	2015	00:54:20	00:52:27			00:44:27	00:46:24	03:17:38		46	M40		4
	Frerichs	Manfred	Ernder LG	1958	2015	00:50:37	00:50:30			00:45:45	00:51:38	03:18:30		57	M50		4
	Schneider	Andreas	Aurich	1961	2015		00:51:47	00:45:41	00:53:17	00:48:34		03:19:19		54	M50		4
	Schone	Sven	Bünting Tee	1994	2015	00:50:47	00:49:16	00:46:46	00:54:40			03:21:29		21	MHK		4
	Kappelmann	Thomas	TuS Eversten	1965	2015	00:52:41	00:54:36	00:47:37		00:46:49		03:21:43		50	M50		4
	Ottjes	Uwe	Team Möbel Buss	1966	2015	00:52:30	00:53:17			00:47:11	00:50:05	03:23:03		49	M40		4
	Carstens	Markus	Team ENERCON	1976	2015	00:54:35	00:54:16	00:48:32		00:48:22		03:25:45		39	M30		4
	Hamann	Thomas	TaktLwGrp "R"	1964	2015	00:51:59	00:53:32	00:46:24	00:54:43			03:26:38		51	M50		4
	Stier	Dennis	Lebenshilfe Leer	1988	2015			00:50:25	01:00:34	00:48:12	00:50:03	03:29:14		27	MHK		4
	Makai	Laszlo	Sodasan	1972	2015		00:57:26	00:50:36		00:50:43	00:51:29	03:30:14		43	M40		4
	Magarin	Rico	Sparkasse LeerWittm	1988	2015	00:53:36	00:53:52	00:47:10	00:56:45			03:31:23		27	MHK		4
	Kleene	Holger	obw Emden	1971	2015	00:54:42	00:53:09	00:46:22	00:57:16			03:31:29		44	M40		4
	Müller	Thorsten	Herzkinder Ostfriesland	1972	2015	00:55:38	00:53:55	00:46:38	00:55:57			03:32:08		43	M40		4
	Placküter	Manfred	BSG Landkreis Weserm	1963	2015		00:57:47	00:47:30	00:58:00		00:49:53	03:33:10		52	M50		4
	Hesselbrock	Georg	Nordland Papier	1963	2015	00:56:57	00:57:05	00:50:28		00:49:12		03:33:42		52	M50		4
	Ripken	Markus	EWE-Wattloopers	1981	2015	00:56:18	00:57:24			00:50:08	00:50:00	03:33:50		34	M30		4
	Gerken	Keno	Laufen und Meer	1998	2015	00:58:01	00:57:59	00:50:09		00:49:03		03:35:12		17	MU20		4
	Siebolds	Nicklas	IGS Waldschule Egels	2000	2015	00:55:52	00:56:17	00:46:56	00:56:19			03:35:24		15	MU20		4
	Schoormann	Lucas	Ostfriesische Volksbank	1994	2015	00:58:07		00:48:32	00:59:13		00:50:22	03:36:14		21	MHK		4
	Luecht	Mathias	Fortuna Logabirum	1968	2015	00:57:46	00:56:57	00:49:42			00:52:02	03:36:27		47	M40		4
	Runde	Rainer	LG TV Bunde	1971	2015		00:59:56	00:52:46		00:51:26	00:53:33	03:37:41		44	M40		4
	Freeseemann	Alfred	TV Oldersum	1967	2015			00:53:00	01:03:20	00:50:21	00:51:04	03:37:45		48	M40		4
	Weber	Maik	MW-Trockenbau	1983	2015	00:54:17	00:52:41	00:46:50	01:05:22			03:39:10		32	M30		4
	Wallerowitz	Ewald	LG Ostfriesland	1965	2015	00:56:56	00:54:53	00:48:23	00:59:26			03:39:38		50	M50		4
	Schweerke	Julian	Alex.-v.- Humboldt-Sch	2002	2015	00:56:11			01:04:23	00:48:54	00:50:23	03:39:51		13	MU20		4
	Schmidt	Artur	Seefahrtsschule Leer	1988	2015	01:03:49		00:52:27		00:51:15	00:52:51	03:40:22		27	MHK		4
	Lammers	Johann	Heinen Freezing	1963	2015	00:54:35	00:54:18	00:47:24	01:07:02			03:43:19		52	M50		4
	Kleber	Sven	Monnemer Laafgrubb	1986	2015	00:57:46	00:59:49	00:51:17		00:55:39		03:44:31		29	MHK		4
	Rohden	Heinz	SVO Wi sünd Holtriem	1963	2015	00:55:04	00:56:43	00:50:36	01:02:22			03:44:45		52	M50		4
	Cramer	Helmut	Stadt Norden	1960	2015			00:52:37	01:05:47	00:53:23	00:54:05	03:45:52		55	M50		4
	Brüsehoff	Wichert	TV Oldersum	1966	2015	00:55:30	01:03:46	00:48:40	00:58:30			03:46:26		49	M40		4
	Groth	Robin	TRAUCO Gruppe	1994	2015	00:58:28	00:58:11		01:05:13	00:46:17		03:48:09		21	MHK		4
	Winkler	Stephan	Volkswagen Zentrum O	1965	2015			01:01:17	01:04:06	00:49:28	00:53:54	03:48:45		50	M50		4
	Penning	Hans-Dieter	Fortuna Logabirum	1962	2015	01:00:25	00:58:47	00:52:11			00:57:27	03:48:50		53	M50		4

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Menssen	Nicolai	TaktLwGrp "R"	1997	2015	00:58:58	00:57:17	00:51:21	01:01:29			03:49:05		18	MU20		4
	Kluin	Dietmar	Leinerstift e.V.	1962	2015		01:02:11	00:51:23	01:02:40		00:53:18	03:49:32		53	M50		4
	Broß	Rainer	SV Ems Jemgum	1969	2015	01:05:24		01:00:13		00:52:47	00:52:12	03:50:36		46	M40		4
	Priostat	Oliver	TaktLwGrp "R"	1996	2015		00:58:56		01:07:14	00:49:53	00:54:34	03:50:37		19	MU20		4
	Reisige	Peter	Nordland Papier	1971	2015	01:02:51		00:56:36		00:55:11	00:59:48	03:54:26		44	M40		4
	Hinderks	Hermann	Nordland Papier	1980	2015			00:52:30	01:09:30	00:56:13	00:56:47	03:55:00		35	M30		4
	Sanders	Bonno	LG Loquard	1967	2015	00:55:42	00:56:25	00:50:45	01:12:38			03:55:30		48	M40		4
	Becker	Trudi	Sparkasse Emden	1959	2015	01:00:47		00:54:29	01:05:53		00:55:19	03:56:28		56	W50		4
	Feldmann	Mirco	KGS Wiesmoor	1999	2015	01:05:08	01:00:14	00:54:45			00:56:33	03:56:40		16	MU20		4
	Weber	Johannes	Gymnasium Ulricianum	1997	2015	01:02:12	01:03:45	00:52:22	00:58:29			03:56:48		18	MU20		4
	Peters	Rainer	Emder LG	1951	2015	01:00:30			01:06:36	00:51:54	01:01:30	04:00:30		64	M60		4
	Onken	Steffi	Krankenhaus Wittmund	1972	2015	01:02:24	01:00:14		01:05:45	00:52:13		04:00:36		43	W40		4
	van der Slyk	Holger	Klinge / Weener Ener	1970	2015	01:04:02	01:02:39	00:57:03			00:58:04	04:01:48		45	M40		4
	Hugen	Sascha	LT TuS Aurich-Ost	1981	2015	01:05:26	01:03:30			00:58:00	00:57:21	04:04:17		34	M30		4
	Linser	Ulrich	MTV Wittmund	1954	2015	01:06:21		00:58:45		00:58:39	01:01:01	04:04:46		61	M60		4
	Dörenbusch	Kerstin	obw Emden	1975	2015			00:57:01	01:09:18	00:57:03	01:01:41	04:05:03		40	W40		4
	Diamantopolus	Angelos	ENOVA	1983	2015	01:02:30		00:55:49	01:09:30	00:57:18		04:05:07		32	M30		4
	Uffenbrink	Katja	Wittmund	1972	2015	01:05:38	01:06:48	00:55:00		00:58:57		04:06:23		43	W40		4
	Meints	Karin	LG Großefehn	1962	2015			00:59:33	01:10:26	00:56:45	01:04:17	04:11:01		53	W50		4
	Röder	Markus	reha team Leer	1965	2015	01:07:24		00:57:39	01:11:09	00:56:15		04:12:27		50	M50		4
	Hesse	Tamila	Polizeiakademie Olden	1995	2015	01:08:18	01:07:43	00:58:27			01:01:43	04:16:11		20	WHK		4
	Boenigk	Gianluca	Hartmann Group	1991	2015		01:07:11		01:12:04	01:00:55	00:58:21	04:18:31		24	MHK		4
	Lienemann	Kerstin	OFD LBV Aurich	1985	2015			01:03:21	01:15:11	00:58:52	01:02:43	04:20:07		30	W30		4
	Wendeling	Anika	Team Möbel Buss	1987	2015	01:12:52		01:04:02		01:00:14	01:03:08	04:20:16		28	WHK		4
	Stirler	Hauke	kA	1982	2015	01:05:14	01:06:41	00:55:58	01:14:09			04:22:02		33	M30		4
	Sülberg	Alexander	Leerort	1966	2015	01:09:22		00:59:07	01:16:34		00:57:11	04:22:14		49	M40		4
	Katzer	Julian	FCSO-10 WPK	1999	2015	00:57:38	00:59:58		01:23:48	01:09:24		04:30:48		16	MU20		4
	Hinrichs	Alfred	Jever	1939	2015	01:10:37	01:12:28	01:04:10		01:04:44		04:31:59		76	M70		4
	Ennen	Ewald	AOK Niedersachsen	1961	2015	01:08:02	01:07:52	00:59:36	01:17:09			04:32:39		54	M50		4
	Bruns	Melanie	Hartmann Group	1990	2015	01:12:15	01:12:38	01:04:17		01:03:51		04:33:01		25	WHK		4
	Fliege	Heinz-Georg	Klinikum Leer	1954	2015	01:10:03	01:07:53	01:01:01	01:14:41			04:33:38		61	M60		4
	Wieligmann	Frank	Turbine TGG	1967	2015	01:10:25	01:07:51		01:13:03		01:02:30	04:33:49		48	M40		4
	Buss	Bernhard	Team Möbel Buss	1949	2015	01:09:54	01:09:20	01:00:08	01:14:37			04:33:59		66	M60		4
	Meyer	Rudi	Fortuna Logabirum	1950	2015		01:07:26		01:28:28	00:58:18	00:59:59	04:34:11		65	M60		4
	Buurmann	Ellen	LT TuS Aurich-Ost	1948	2015	01:10:16	01:08:32	01:01:19	01:14:50			04:34:57		67	W60		4
	Kühn	Harri	SV Nordenham / Tennis	1956	2015	01:11:18	01:14:16			01:05:17	01:08:08	04:38:59		59	M50		4
	Stüwe	Sören	Team Möbel Buss	1991	2015	01:11:42	01:12:17	01:00:37	01:15:53			04:40:29		24	MHK		4
	Möhlenkamp	Annika	BBC Chartering GmbH	1984	2015			01:04:18	01:22:19	01:05:40	01:08:33	04:40:50		31	W30		4
	Riepe	Teresa	Papenburg	1986	2015	01:10:59	01:10:19	01:01:46	01:17:56			04:41:00		29	WHK		4
	Schneider	Olga	Hartmann Group	1984	2015	01:14:16	01:08:59		01:15:33	01:02:21		04:41:09		31	W30		4
	Höft	Helmut	LT TuS Aurich-Ost	1959	2015	01:05:37	01:06:09	01:20:12	01:11:33			04:43:31		56	M50		4
	Andler	Amira	SV Hage	1991	2015	01:19:09		01:09:31		01:12:13	01:06:02	04:46:55		24	WHK		4
	Busch	Maria	team aurident	1983	2015	01:18:43	01:16:31			01:07:54	01:06:08	04:49:16		32	W30		4
	Janssen	Carmen	Rolf Janssen Gruppe	1993	2015	01:12:41	01:13:34	01:03:53	01:20:11			04:50:19		22	WHK		4
	Sap	Gisela	Klinikum Leer	1955	2015	01:13:25	01:12:48	01:04:41	01:19:27			04:50:21		60	W60		4
	Endjer	Ilse-Theda	Heinen Freezing	1966	2015	01:18:48		01:06:55	01:20:51		01:07:10	04:53:44		49	W40		4
	Hage	Franziska	IGS Aurich-West	1997	2015	01:14:25	01:16:09	01:04:42	01:19:24			04:54:40		18	WU20		4
	Büttner	Inka	Sparkasse Aurich-Nord	1966	2015	01:20:14		01:07:35	01:25:41	01:07:31		05:01:01		49	W40		4
	Schmidt	Miriam	obw Emden	1984	2015	01:14:52		01:03:50	01:40:27	01:03:16		05:02:25		31	W30		4
	Vitsios	Oliver	Seefahrtsschule Leer	1994	2015		01:23:57	01:09:39	01:21:25		01:10:29	05:05:30		21	MHK		4
	Stehen	Thomas	Seefahrtsschule Leer	1988	2015	01:13:04	01:29:59		01:18:22		01:06:30	05:07:55		27	MHK		4
	Fischer	Lena	obw Emden	1990	2015	01:22:27		01:13:30	01:28:48	01:11:07		05:15:52		25	WHK		4
	Schulte	Dagmar	Sparkasse LeerWittm	1977	2015	01:23:20	01:22:06	01:10:07	01:35:12			05:30:45		38	W30		4
	Mettjes	Jan-Erich	WG-RUN'S	1998	2015			01:12:36	01:52:49	01:02:37	01:23:34	05:31:36		17	MU20		4
	Jens	Wiebke	obw Emden	1984	2015	01:32:01		01:24:52		01:20:51	01:19:34	05:37:18		31	W30		4
	Schildt	Wiebke	obw Emden	1991	2015	01:32:02		01:24:51	01:53:59		01:19:54	06:10:46		24	WHK		4
	August	Dieter	Reserveverband	1960	2015		00:00:00		00:00:00		00:00:00	00:00:00		55	M50		3
	Holz	Steffen		1991	2015			00:00:00		00:00:00	00:00:00	00:00:00		24	MHK		3
	Janssen	Alwin		1970	2015	00:00:00	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00		45	M40		3
	Keller	Menno	Stadt Aurich	1970	2015			00:00:00	00:00:00	00:00:00		00:00:00		45	M40		3
	Kolthoff	Günter	TV Bunde	1975	2015				00:00:00	00:00:00	00:00:00	00:00:00		40	M40		3
	Langensiepen	Andreas	Ubbo-Emmius-Klinik	1970	2015		00:00:00	00:00:00		00:00:00		00:00:00		45	M40		3
	Lotz	Michael	BSG Nordlandpapier	1968	2015			00:00:00		00:00:00	00:00:00	00:00:00		47	M40		3
	Müller	Gerold		1970	2015		00:00:00		00:00:00	00:00:00		00:00:00		45	M40		3
	Müller	Magnus	VFL Ockenhausen	1941	2015			00:00:00		00:00:00	00:00:00	00:00:00		74	M70		3
	Schipper	Uwe	NV Versicherungen	1988	2015			00:00:00		00:00:00	00:00:00	00:00:00		27	MHK		3
	Schoolmann	Jann	BBS Aurich	1978	2015	00:00:00			00:00:00	00:00:00		00:00:00		37	M30		3
	Wagner	Frank	Nordland Papier	1974	2015		00:00:00			00:00:00	00:00:00	00:00:00		41	M40		3
	Wilken	Heinz	Sv Stern Schwerinsdorf	1976	2015			00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		39	M30		3
	Joachim	Hans-Hermann	Team Erdinger Alkoholf	1950	2015				00:00:00	00:00:00	00:00:00	00:00:00		65	M60		3

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Dutsch	Alexander	Intersport Oltmanns	1996	2015			00:00:00	00:00:00	00:00:00		00:00:00		19	MU20		3
	Utecht	Jann	Logabirum	1997	2015		00:00:00	00:00:00			00:00:00	00:00:00		18	MU20		3
	Brungers	Maïke	Störtebeker Loopers	1968	2015			00:00:00	00:00:00	00:00:00		00:00:00		47	W40		3
	Pepplinkhuisen	Maren	IGS Waldschule Egels	1984	2015		00:00:00		00:00:00		00:00:00	00:00:00		31	W30		3
	Weber	Svenja		1983	2015		00:00:00	00:00:00			00:00:00	00:00:00		32	W30		3
	Caspers	Tamma	Engerhufe	1998	2015			00:00:00		00:00:00	00:00:00	00:00:00		17	WU20		3
	Dirks	Janna	Störtebeker Loopers	2000	2015		00:00:00	00:00:00			00:00:00	00:00:00		15	WU20		3
	Waschkau	Jan	Team ENERCON	1977	2015	00:38:44	00:40:01	00:36:00				01:54:45		38	M30		3
	Folkers	Andreas	Ihlowerfehn	1976	2015	00:39:33	00:41:29	00:36:28				01:57:30		39	M30		3
	van Laaten	Jan-Hendrik	Emder LG	1979	2015	00:40:47	00:41:28	00:37:00				01:59:15		36	M30		3
	von Egelmann	Sascha	LC Wechloy	1968	2015	00:40:43	00:41:45	00:40:31				02:02:59		47	M40		3
	Lübbers	Jann	FCSO-SII	1997	2015			00:42:05		00:41:34	00:41:59	02:05:38		18	MU20		3
	Bruns	Bernd	TSV Hesel	1961	2015	00:44:32	00:45:10	00:39:42				02:09:24		54	M50		3
	Koch	Stefan	LC Wechloy	1968	2015	00:44:59	00:45:14	00:40:31				02:10:44		47	M40		3
	Tobert	Tobias	LC Wechloy	1965	2015	00:44:59	00:47:00	00:41:34				02:13:33		50	M50		3
	Voigt	Thies	IGS Waldschule Egels /	2000	2015				00:51:35	00:41:43	00:41:54	02:15:12		15	MU20		3
	Beute	Bart	ELV Elektronik AG	1975	2015	00:46:20	00:46:07	00:46:48				02:19:15		40	M40		3
	Tebben	Volker	Hartmann Group	1979	2015	00:51:05		00:44:52		00:43:51		02:19:48		36	M30		3
	Dirks	Heiko	Hartmann Group	1977	2015			00:45:41	00:53:59	00:44:43		02:24:23		38	M30		3
	Tjaden	Silke	WfBM BBB Aurich Wittr	1990	2015		00:52:26	00:46:06			00:48:42	02:27:14		25	WHK		3
	Collmann	Carsten	Hartmann Group	1977	2015	00:50:36			00:53:31	00:43:25		02:27:32		38	M30		3
	Kannegießer	Maggy	Fortuna Logabirum	1972	2015	00:50:07	00:51:10	00:46:45				02:28:02		43	W40		3
	Röthel	Steffen	Team ENERCON	1970	2015			00:47:54	00:55:25	00:45:18		02:28:37		45	M40		3
	Dickmann	Clemens	Nordland Papier	1967	2015		00:46:50		01:00:35	00:41:23		02:28:48		48	M40		3
	Walczak	Jacek	Orgadata AG	1982	2015	00:51:42	00:52:17				00:46:36	02:30:35		33	M30		3
	Kolb	Stanislav	obw Emden	1989	2015	00:50:34		00:42:58	00:57:59			02:31:31		26	MHK		3
	Müller	Tabea	Bünting Tee	1991	2015		00:58:05	00:47:40		00:49:30		02:35:15		24	WHK		3
	Brahms	Marcel	Beningafehn	1994	2015	00:57:23	00:52:34	00:47:03				02:37:00		21	MHK		3
	Berghaus	Wilfried	Stadt Leer	1953	2015			00:58:04		00:51:24	00:50:43	02:40:11		62	M60		3
	Bartels	Antje	Ubbo-Emmius-Klinik	1990	2015		00:54:24	00:44:23		01:02:05		02:40:52		25	WHK		3
	Scholz	Alfred	Emder LG	1953	2015	00:55:56	00:55:48	00:49:27				02:41:11		62	M60		3
	Penning	Günter	Polizei Leer	1967	2015	00:55:50	00:56:33			00:49:30		02:41:53		48	M40		3
	Thiel	Kai	TaktLwGrp "R"	1996	2015	00:57:43	00:57:17	00:47:04				02:42:04		19	MU20		3
	Poppe	Sabine	LG Großefehn	1965	2015			00:54:48		00:52:58	00:55:50	02:43:36		50	W50		3
	Meulemann	Andries	kA	1983	2015		00:55:16	00:51:30	00:57:23			02:44:09		32	M30		3
	Aydn	Gabriel	Team ENERCON	1985	2015			00:51:48	01:04:04	00:48:52		02:44:44		30	M30		3
	Wempen	Sophie	FCSO-10WPK	1998	2015	00:57:24	00:56:35	00:51:38				02:45:37		17	WU20		3
	Schröder	Sascha	EWE-Wattloopers	1983	2015	00:59:45	00:55:54			00:51:29		02:47:08		32	M30		3
	Hopf Dr.	Friedemann	Ubbo-Emmius-Klinik	1959	2015		01:00:55	00:54:44		00:52:59		02:48:38		56	M50		3
	Mayer	Reinhard	LT Schafhauser Wald	1961	2015	00:48:29	00:59:52	01:00:20				02:48:41		54	M50		3
	Bunger	Annika	HdFul	1984	2015			00:57:19		00:55:25	00:57:04	02:49:48		31	W30		3
	Birkheuer	Max	Krankenhaus Wittmund	1993	2015	01:03:37	00:57:22	00:49:46				02:50:45		22	MHK		3
	Hofmann	Falk	Nordland Papier	1980	2015	01:03:38		00:54:50		00:52:54		02:51:22		35	M30		3
	Weinberg	Rita	Laufftreff Schafhauser V	1967	2015			00:53:54	01:04:20	00:53:13		02:51:27		48	W40		3
	Schröder	Kristina	IGS Aurich-West	1997	2015	01:02:25	00:55:33	00:54:11				02:52:09		18	WU20		3
	Damm	Lena	TB Twixlum	1997	2015	01:00:49	00:58:27			00:53:23		02:52:39		18	WU20		3
	Veldhuis	Hendrik	IGS Moormerland	1988	2015	01:01:53		00:55:26		00:55:45		02:53:04		27	MHK		3
	Loxen	Ines	Nordland Papier	1980	2015	00:58:24	01:00:55				00:53:49	02:53:08		35	W30		3
	Mammen	Wilhelm	BBS Aurich	1956	2015			00:55:59	01:05:15		00:53:40	02:54:54		59	M50		3
	Hoppe	Michael	Hartmann Group	1964	2015	01:01:11				00:56:27	00:57:38	02:55:16		51	M50		3
	Gesch	Reiner	WfBM BBB Aurich Wittr	1965	2015	01:08:03	00:50:53	00:57:22				02:56:18		50	M50		3
	Heuermann-Stein	Maïke	Häusliche Krankenpfleg	1986	2015	00:57:37	01:00:28				00:59:54	02:57:59		29	WHK		3
	Schlaugk	Birgit	Team Laufrausch e.V.	1974	2015	01:02:48	01:01:37	00:53:44				02:58:09		41	W40		3
	Osteresch	Madlen	Klinikum Leer	1995	2015	01:01:51	01:02:29	00:54:36				02:58:56		20	WHK		3
	Lemke	Klaas	RVB Aurich/Uplengen	1989	2015	01:01:06	01:03:05	00:55:34				02:59:45		26	MHK		3
	Beenken	Tanja	BSG Volksbank Jever	1981	2015	01:04:20	01:02:25			00:53:39		03:00:24		34	W30		3
	Kharchanka	Andrei	BBC Chartering GmbH	1978	2015	01:02:16				00:59:47	00:58:23	03:00:26		37	M30		3
	Schäfer	Heiner	Schulzentrum Collhuse	1951	2015	01:03:04	01:01:55	00:55:37				03:00:36		64	M60		3
	Südbeck	Nina	Leer	1975	2015		01:06:01			00:56:45	00:58:59	03:01:45		40	W40		3
	Helmers	Rainer		1969	2015			01:00:48		00:59:19	01:01:54	03:02:01		46	M40		3
	Kruse	Henning	Klinikum Leer	1995	2015		01:01:12	00:53:16	01:08:01			03:02:29		20	MHK		3
	Saathoff	Ilja	Gymnasium Ulricisnum	2001	2015	01:05:07	01:02:43	00:55:17				03:03:07		14	MU20		3
	Beening	Dirk	Stadt Leer	1964	2015	01:03:19	01:02:58	00:57:53				03:04:10		51	M50		3
	Janssen	Johann	TRAUCO Gruppe	1964	2015	01:04:40		00:55:12	01:08:24			03:08:16		51	M50		3
	Ewald	Sven	Seefahrtschule Leer	1978	2015				01:13:46	00:58:08	00:57:11	03:09:05		37	M30		3
	Tempel	Leonie	Emder LG	1973	2015	01:05:33	01:06:51	00:57:30				03:09:54		42	W40		3
	Acar	Gazi	HSM Wirtschaftsprüfer	1988	2015	01:09:02	01:04:20				00:59:29	03:12:51		27	MHK		3
	Rubin-Wegehaupt	Kristina	Westerstede	1963	2015	01:09:12	01:05:09	00:58:33				03:12:54		52	W50		3
	Pollmann	Sven	obw Emden	1995	2015	01:07:44	01:01:27			01:05:06		03:14:17		20	MHK		3
	Kuwan	Kerstin	EWE-Wattloopers	1968	2015	01:06:20			01:09:22		00:58:52	03:14:34		47	W40		3
	Palma	Petra	TUS Leerhufe	1965	2015	01:06:51	01:08:00			01:00:42		03:15:33		50	W50		3

34. Ostfrieslandlauf 2015

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	de Boer	Rica	obw Emden	1996	2015	01:10:12	01:09:28	00:59:34				03:19:14		19	WU20		3
	Schroers	Christian	ENOVA	1992	2015	01:05:15	01:07:14		01:07:02			03:19:31		23	MHK		3
	Rebnau	Monika	Sparkasse Emden	1966	2015	01:09:05	01:07:04	01:07:43				03:23:52		49	W40		3
	Fooker	Jasmin	obw Emden	1996	2015	01:13:21		01:05:40			01:05:03	03:24:04		19	WU20		3
	August	Bärbel	Elisabethfehn	1966	2015		01:08:36		01:15:21		01:00:51	03:24:48		49	W40		3
	Stalljann	Hendrik	ENOVA	1985	2015		01:14:29	01:05:30		01:05:19		03:25:18		30	M30		3
	Heilemann	Fabian	WG-RUN'S	1997	2015			01:05:41	01:18:58	01:01:20		03:25:59		18	MU20		3
	Ammen	Nils	Alex.-v.-Humboldt-Sch	1997	2015	01:12:55	01:12:18	01:01:00				03:26:13		18	MU20		3
	Garthe	Laureen	Borromäus Hospital Leer	1995	2015			01:10:35		01:07:43	01:08:07	03:26:25		20	WHK		3
	Becker	Sonja	Reederei Buss	1967	2015	01:11:44	01:10:22				01:07:30	03:29:36		48	W40		3
	Widmann	Wencke	obw Emden	1997	2015	01:11:40			01:16:49	01:02:13		03:30:42		18	WU20		3
	Seifert	Gitte	Plaggenburg	1967	2015		01:20:56	01:09:45		01:07:06		03:37:47		48	W40		3
	Eggerking	Alexander	Seefahrtsschule Leer	1992	2015	01:13:38	01:13:10	01:11:53				03:38:41		23	MHK		3
	Teichert	Doreen	Laufen und Meer	1975	2015	01:17:41	01:16:51	01:05:01				03:39:33		40	W40		3
	Cramer	Jonas	Seefahrtsschule Leer	1988	2015	01:17:13	01:15:38	01:07:58				03:40:49		27	MHK		3
	de Riese-Poets	Imke	obw Emden	1980	2015	01:21:58				01:09:58	01:09:01	03:40:57		35	W30		3
	Habben	Anna	TUS Leerhafe/Hovel	1994	2015		01:15:39	01:18:10			01:07:10	03:40:59		21	WHK		3
	Schümann	Lucas	Seefahrtsschule Leer	1992	2015	01:25:45				01:08:37	01:07:47	03:42:09		23	MHK		3
	Lübking	Mareike	obw Emden	1991	2015	01:20:58		01:11:54		01:09:57		03:42:49		24	WHK		3
	Weißmann	Nastasja	ELG	1978	2015				01:25:42	01:08:54	01:09:00	03:43:36		37	W30		3
	Kletzander	Marika	Dabei is alles	1981	2015			01:12:05	01:25:18		01:08:17	03:45:40		34	W30		3
	Jacobs	Moritz	Seefahrtsschule Leer	1992	2015		01:15:03		01:23:35		01:07:40	03:46:18		23	MHK		3
	Kruse	Alke	RVB Aurich/Uplengen	1996	2015		01:16:47		01:25:25		01:07:47	03:49:59		19	WU20		3
	Paschen	Sigrid	MTV Wittmund	1960	2015	01:20:57				01:15:01	01:14:23	03:50:21		55	W50		3
	Hintze	Klaus	SV Concordia Neermoo	1968	2015	01:05:54	01:29:36	01:16:07				03:51:37		47	M40		3
	Krömer	Frauke	Bremen	1984	2015	01:17:29			01:27:16		01:08:56	03:53:41		31	W30		3
	Sievers	Saskia	IGS Aurich-West	1998	2015	01:20:56	01:15:59	01:19:41				03:56:36		17	WU20		3
	Harms	Jana	WG-RUN'S	1998	2015				01:31:13	01:03:47	01:23:29	03:58:29		17	WU20		3
	Janssen	Melanie	WG Strukelje	1998	2015	01:18:52	01:19:28	01:24:51				04:03:11		17	WU20		3
	Lorra	Julia	Team ENERCON	1993	2015			01:27:12		01:23:19	01:21:25	04:11:56		22	WHK		3
	Wester	Carina	WG Strukelje	1991	2015	01:18:52			01:37:26	01:17:39		04:13:57		24	WHK		3
	Dirks	Anneliese	obw Emden	1965	2015	01:46:29		01:34:44		01:36:35		04:57:48		50	W50		3
	Daneker	Bärbel	obw Emden	1959	2015	01:46:29		01:34:45		01:36:35		04:57:49		56	W50		3
	Amft	Marcus	LG Fliegerhorst Upjever	1973	2015		00:00:00		00:00:00			00:00:00		42	M40		2
	Betten	Heinz-Nanno	FTC Hollen	1971	2015				00:00:00		00:00:00	00:00:00		44	M40		2
	Boelmann	Jans	Hesel	1967	2015			00:00:00		00:00:00		00:00:00		48	M40		2
	Böhling	Wolfgang		1970	2015		00:00:00	00:00:00				00:00:00		45	M40		2
	Claaßen	Achim	Brandkasse Aurich	1980	2015	00:00:00		00:00:00				00:00:00		35	M30		2
	Collmann	Wilfried	Deutsche Marine	1968	2015		00:00:00	00:00:00				00:00:00		47	M40		2
	Cornelius	Arne	BBS Aurich	1982	2015		00:00:00			00:00:00		00:00:00		33	M30		2
	Folten	Joachim		1964	2015					00:00:00	00:00:00	00:00:00		51	M50		2
	Geimer	Willibald	Kurt sin Trupp	1955	2015	00:00:00				00:00:00		00:00:00		60	M60		2
	Gemperlein	Henning	Seefahrtsschule Leer	1985	2015			00:00:00	00:00:00			00:00:00		30	M30		2
	Gerdes	Jörg	BV Hoffnung Ludwigsdd	1992	2015					00:00:00	00:00:00	00:00:00		23	MHK		2
	Gerdes	Stefan		1970	2015		00:00:00	00:00:00				00:00:00		45	M40		2
	Groß	Daniel	MTV Hohenkirchen	1981	2015		00:00:00	00:00:00				00:00:00		34	M30		2
	Hasanaj	Meriton	MTV Aurich	1989	2015			00:00:00			00:00:00	00:00:00		26	MHK		2
	Herten	Wilko	Uplengen	1992	2015					00:00:00	00:00:00	00:00:00		23	MHK		2
	Hoffmann	Börn	JFV Aurich	1994	2015	00:00:00	00:00:00					00:00:00		21	MHK		2
	Hoogestraat	Jürgen	Emder LG	1970	2015					00:00:00	00:00:00	00:00:00		45	M40		2
	Kattenstroth	David		1986	2015			00:00:00	00:00:00			00:00:00		29	MHK		2
	Kunz	Tobias	Running for Jesus	1995	2015				00:00:00		00:00:00	00:00:00		20	MHK		2
	Leineke	Florian	Fliegerhorst	1990	2015	00:00:00	00:00:00					00:00:00		25	MHK		2
	Luitjens	Martin		1993	2015			00:00:00		00:00:00		00:00:00		22	MHK		2
	Martens	Michael	Team ENERCON	1982	2015	00:00:00		00:00:00				00:00:00		33	M30		2
	Monnerjahn	Martin	SG Egels-Popens	1968	2015			00:00:00			00:00:00	00:00:00		47	M40		2
	Mudder	Ingo	LG Ostfriesland	1991	2015				00:00:00	00:00:00		00:00:00		24	MHK		2
	Neumann	Eckhard	FT Spetzerfehn	1953	2015				00:00:00	00:00:00		00:00:00		62	M60		2
	Onken	Andreas	SC Wiesens	1978	2015			00:00:00			00:00:00	00:00:00		37	M30		2
	Philipps	Tim		1980	2015					00:00:00	00:00:00	00:00:00		35	M30		2
	Poelders	Heiko		1983	2015		00:00:00	00:00:00				00:00:00		32	M30		2
	Reddel	Daniel	Brennende Bärte	1990	2015	00:00:00	00:00:00					00:00:00		25	MHK		2
	Reimann	Marcel		1980	2015		00:00:00				00:00:00	00:00:00		35	M30		2
	Schäfer	Karl-Heinz	SC Wiesens	1958	2015	00:00:00		00:00:00				00:00:00		57	M50		2
	Schmidt	Sven	Moorlooper	1986	2015	00:00:00	00:00:00					00:00:00		29	MHK		2
	Schneider	Mirko	1. TCO die Bären	1989	2015		00:00:00		00:00:00			00:00:00		26	MHK		2
	Scholz	Erich	TuS Hinte	1963	2015					00:00:00	00:00:00	00:00:00		52	M50		2
	Schulte	Günter	Beenstreker SV	1965	2015				00:00:00	00:00:00		00:00:00		50	M50		2
	Ufkes	Frank	MTV Aurich Triathlon	1966	2015		00:00:00	00:00:00				00:00:00		49	M40		2
	Vry	Ralf	Fortuna Logabirum	1960	2015					00:00:00	00:00:00	00:00:00		55	M50		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Wiemken	Horst	Wi sünd Holtriem	1968	2015			00:00:00	00:00:00			00:00:00		47	M40		2
	Wilbers	Wilhelm	Ochtersum	1962	2015		00:00:00	00:00:00				00:00:00		53	M50		2
	Wolken	Gerd		1969	2015			00:00:00	00:00:00			00:00:00		46	M40		2
	Rogge	Diedrich	Beenstreker SV	1966	2015					00:00:00	00:00:00	00:00:00		49	M40		2
	Tjarks	Enno	Leer	1986	2015					00:00:00	00:00:00	00:00:00		29	MHK		2
	de Buhr	Miriam	Fortuna Logabirum	1996	2015		00:00:00		00:00:00			00:00:00		19	MU20		2
	Diekmann	Jelto	Simonswolde	2004	2015					00:00:00	00:00:00	00:00:00		11	MU20		2
	Friedrichs	Marcel	Realschule Aurich	1998	2015			00:00:00	00:00:00			00:00:00		17	MU20		2
	Fürst	Tom	Friedeburg	1998	2015			00:00:00	00:00:00			00:00:00		17	MU20		2
	Janßen	Christoff	FCSO	2000	2015					00:00:00	00:00:00	00:00:00		15	MU20		2
	Köhler	Jan-Aiko	Emder LG	1997	2015			00:00:00			00:00:00	00:00:00		18	MU20		2
	Nannen	Thilo	Moormerland	1998	2015					00:00:00	00:00:00	00:00:00		17	MU20		2
	Szcerny	Bill		1997	2015			00:00:00			00:00:00	00:00:00		18	MU20		2
	Monnerjahn	Hauke	Gymnasium Aurich	1999	2015			00:00:00			00:00:00	00:00:00		16	MU20		2
	Paeben	Malte	Aurich	1999	2015			00:00:00			00:00:00	00:00:00		16	MU20		2
	Adelmund	Erika	FT Groß-Midlum	1959	2015				00:00:00		00:00:00	00:00:00		56	W50		2
	Bohlen	Anne	Augustfehn	1979	2015				00:00:00	00:00:00		00:00:00		36	W30		2
	Caspers	Elise	Engerhufe	1967	2015					00:00:00	00:00:00	00:00:00		48	W40		2
	Cornelius	Melanie	Fitnessfabrik	1990	2015			00:00:00	00:00:00			00:00:00		25	WHK		2
	Dekker	Anja	MTV Aurich	1971	2015			00:00:00	00:00:00			00:00:00		44	W40		2
	Diercks	Ingemarie	SV Ofendiek	1955	2015	00:00:00					00:00:00	00:00:00		60	W60		2
	Folkers	Marianne	FT Groß Midlum	1968	2015				00:00:00		00:00:00	00:00:00		47	W40		2
	Freudenberg	Sabine	Dabei ist alles	1966	2015		00:00:00				00:00:00	00:00:00		49	W40		2
	Hinrichs	Silke	LG Großefehn	1990	2015		00:00:00		00:00:00			00:00:00		25	WHK		2
	Keller	Anne	Tacbo Nord	1966	2015				00:00:00	00:00:00		00:00:00		49	W40		2
	Klingen	Hannelore		1960	2015		00:00:00	00:00:00				00:00:00		55	W50		2
	Mönck	Birthe	Die Fitneßfabrik	1991	2015			00:00:00	00:00:00			00:00:00		24	WHK		2
	Rosenboom	Imke	Großefehn	1990	2015	00:00:00			00:00:00			00:00:00		25	WHK		2
	Zicht	Dörte	De Trusen	1971	2015				00:00:00		00:00:00	00:00:00		44	W40		2
	Diekmann	Kea	Hesel	1990	2015					00:00:00	00:00:00	00:00:00		25	WHK		2
	Machner	Melanie	Reederei Buss	1983	2015			00:00:00			00:00:00	00:00:00		32	W30		2
	Schmidt	Anja		1976	2015					00:00:00	00:00:00	00:00:00		39	W30		2
	Detert	Hannah	Gymnasium Aurich	2001	2015			00:00:00	00:00:00			00:00:00		14	WU20		2
	Kolthoff	Linda	Bunde	2001	2015					00:00:00	00:00:00	00:00:00		14	WU20		2
	Menzel	Martje	IGS Aurich-West	1999	2015	00:00:00					00:00:00	00:00:00		16	WU20		2
	Neitemeier	Lea	Gymnasium Aurich	2000	2015			00:00:00			00:00:00	00:00:00		15	WU20		2
	Rammelmann	Jana	Realschule Aurich	2000	2015			00:00:00		00:00:00		00:00:00		15	WU20		2
	Schilling	Jule		1997	2015	00:00:00		00:00:00				00:00:00		18	WU20		2
	Uden	Hedda	Prosecco Lerche	1999	2015		00:00:00				00:00:00	00:00:00		16	WU20		2
	Wessels	Maria	Realschule Esens	1998	2015	00:00:00		00:00:00				00:00:00		17	WU20		2
	Grigat	Holger	Hartmann Group	1973	2015	00:39:29		00:36:58				01:16:27		42	M40		2
	Hutzler	Lorenz	Team ENERCON	1986	2015			00:49:11		00:46:41		01:35:52		29	MHK		2
	Escherhaus	Maik	Hartmann Group	1978	2015			00:48:27		00:47:48		01:36:15		37	M30		2
	Tammen	Andre	Lücht & Palm	1995	2015			00:48:35		00:48:43		01:37:18		20	MHK		2
	Meyer	Christian	Raiffeisenbank eG, Mod	1967	2015					00:48:49	00:48:48	01:37:37		48	M40		2
	Hansen	Carsten	Team ENERCON	1986	2015			00:51:51		00:48:59		01:40:50		29	MHK		2
	Gerjets	Manfred	RVB Aurich/Uplengen	1960	2015			00:49:46			00:51:26	01:41:12		55	M50		2
	Breise	Juri	Sachverständigenbüro	1973	2015	00:53:18		00:48:38				01:41:56		42	M40		2
	Baudein	Dirk	Nordland Papier	1960	2015			00:47:03			00:54:55	01:41:58		55	M50		2
	Hinrichs	Andre	Alex.-v.-Humboldt-Sch	1997	2015	00:53:39		00:49:51				01:43:30		18	MU20		2
	Pielage	Lars	WG RUN'S	1987	2015			00:48:10	00:55:37			01:43:47		28	MHK		2
	Harms	Bernd	Bank für Schifffahrt (BfS)	1979	2015		00:51:06		00:54:00			01:45:06		36	M30		2
	Aden	Hans-Dieter	TuS Eintracht Hinte	1958	2015	00:54:20					00:51:20	01:45:40		57	M50		2
	Ostermann	Aye	obw Emden	1996	2015	01:01:14				00:44:32		01:45:46		19	MU20		2
	Hellmers	Mirko	VfB Germania Wiesmo	1983	2015	00:54:52	00:52:42					01:47:34		32	M30		2
	Sikken	Linda	Emder LG	1970	2015			00:49:53	00:59:02			01:48:55		45	W40		2
	Eichler	Lars	ENOVA	1990	2015	00:59:16		00:50:56				01:50:12		25	MHK		2
	Nemr	Bilal	TRAUCO Gruppe	1993	2015	00:52:07	00:58:12					01:50:19		22	MHK		2
	Meinen	Heiner	Team ENERCON	1982	2015	00:56:00	00:56:17					01:52:17		33	M30		2
	Behrends	Ann-Kathrin	Team ENERCON	1991	2015	00:55:53	00:57:12					01:53:05		24	WHK		2
	Schohusen	Christian	NIGE	1968	2015	00:56:21	00:56:56					01:53:17		47	M40		2
	Flokenhagen	Helge	Weener Plastik	1983	2015					00:56:35	00:57:07	01:53:42		32	M30		2
	Eilts	Harald	EWE-Wattloopers	1964	2015					00:53:58	01:00:12	01:54:10		51	M50		2
	Wieggers	Ulrich	TuS Eintracht Hinte	1955	2015	00:59:33	00:55:51					01:55:24		60	M60		2
	Konik	Ralf	obw Emden	1972	2015	01:01:53		00:53:58				01:55:51		43	M40		2
	Eckardt	Andreas	Kdo SES	1985	2015				01:01:08	00:56:12		01:57:20		30	M30		2
	Rostgard	Kathrine	BBC Chartering GmbH	1986	2015	01:03:40		00:55:51				01:59:31		29	WHK		2
	Lenz	Jannis	obw Emden	1995	2015	01:07:43		00:52:15				01:59:58		20	MHK		2
	Radon	Tobias	LG Fliegerhorst Upjeve	1986	2015	01:06:31	00:55:20					02:01:51		29	MHK		2
	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2015	01:01:48	01:00:04					02:01:52		59	M50		2
	Watermann	Vivien	FCSO-10WPK	1999	2015	01:03:50		00:58:12				02:02:02		16	WU20		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Wendland	Iris	Emden	1965	2015	01:01:44	01:01:05					02:02:49		50	W50		2
	Riedel	Marc	Alex.-v.- Humboldt-Sch	2000	2015	01:12:51				00:50:14		02:03:05		15	MU20		2
	Steenblock	Stefan	Ubbo-Emmuis-Klinik	1981	2015	01:04:43	00:59:18					02:04:01		34	M30		2
	Stubbe	Nikolai	TaktLwGrp "R"	1995	2015	01:02:59	01:01:10					02:04:09		20	MHK		2
	Parekh	Harshil	Rotary Club Leer	1998	2015	01:00:20	01:04:01					02:04:21		17	MU20		2
	Minske	Oliver	Seefahrtsschule Leer	1995	2015	01:10:35		00:54:16				02:04:51		20	MHK		2
	Deepen	Eike	obw Emden	1996	2015			01:02:00		01:02:54		02:04:54		19	MU20		2
	Roth	Arik	Reservistenkameradsch	1976	2015	01:01:18	01:05:11					02:06:29		39	M30		2
	Abken	Reinhard	Abken Bau Utarp	1944	2015	01:04:50	01:02:39					02:07:29		71	M70		2
	Bohlmann	Sönke	obw Emden	1996	2015	01:08:15		00:59:18				02:07:33		19	MU20		2
	Wilken	Jan	Team Winterhoff Buss	1978	2015			01:03:16			01:04:44	02:08:00		37	M30		2
	von Leliwa	Julia	Hartmann Group	1981	2015			01:04:17		01:04:24		02:08:41		34	W30		2
	Heinen	Heye	Enno Onnecken	1989	2015	01:05:54	01:03:36					02:09:30		26	MHK		2
	Aßmus	Sonka	RG Sprinter Emden	1982	2015	01:05:17	01:06:31					02:11:48		33	W30		2
	Ukena	Neele	FC SO-10WPK	1999	2015					01:04:23	01:08:10	02:12:33		16	WU20		2
	Heyenga	Elke	Villa Kunterbunt	1971	2015	01:07:42	01:05:51					02:13:33		44	W40		2
	Janssen	Frank	Hartmann Group	1988	2015				01:13:30	01:00:43		02:14:13		27	MHK		2
	Loers	Uwe	Osterhusen	1969	2015	01:08:17	01:06:33					02:14:50		46	M40		2
	Ardon	Jeroen	Hartmann Group	1976	2015	01:11:48				01:03:15		02:15:03		39	M30		2
	Heßbrüggen	Paula	NIGE	1998	2015	01:06:26	01:09:02					02:15:28		17	WU20		2
	Sassen	Daniel	Borromäus Hospital Leer	1990	2015	01:11:40		01:04:39				02:16:19		25	MHK		2
	Schmarje	Malte	Seefahrtsschule Leer	1993	2015	01:12:39		01:04:22				02:17:01		22	MHK		2
	Jänen	Hermann	Nordland Papier	1980	2015					01:07:17	01:10:18	02:17:35		35	M30		2
	Meyer	Dennis	Seefahrtsschule Leer	1990	2015	01:10:36	01:08:30					02:19:06		25	MHK		2
	Rahmann-Freric	Gesine	Hartmann Group	1980	2015			01:12:15		01:07:39		02:19:54		35	W30		2
	Fleißner	Franziska	Aurich	1985	2015		01:10:28		01:11:34			02:22:02		30	W30		2
	Witte	Marlies	LT Spaß mit Sport	1960	2015	01:11:02	01:11:27					02:22:29		55	W50		2
	Bussen	Ria	Gymnasium Ulricianum	1997	2015	01:17:24		01:05:08				02:22:32		18	WU20		2
	Büter	Dila	Leinerstift e.V.	1980	2015	01:16:53		01:05:53				02:22:46		35	W30		2
	Heins	Kristina	obw Emden	1987	2015			01:13:17		01:11:06		02:24:23		28	WHK		2
	Hanssen	Gerke	Gymnasium Ulricianum	1997	2015			01:20:12	01:06:35			02:26:47		18	MU20		2
	O'Sullivan	Jamie	obw Emden	1996	2015	01:17:48		01:09:02				02:26:50		19	MU20		2
	Müller	Britta	Hartmann Group	1988	2015	01:19:42		01:07:09				02:26:51		27	WHK		2
	Sanders	Dörte	Emden	1973	2015	01:17:45	01:09:36					02:27:21		42	W40		2
	Jüchter	Katja	ELV Elektronik AG	1992	2015	01:17:52		01:09:38				02:27:30		23	WHK		2
	Sprang Dr.	Helmut	Lions Club Uplengen	1945	2015	01:18:42	01:13:06					02:31:48		70	M70		2
	Schmidt	Stefan	obw Emden	1986	2015	01:14:34			01:18:43			02:33:17		29	MHK		2
	Rosenboom	Hermanne	Ohne AOK läuft nix!	1970	2015	01:21:00	01:20:58					02:41:58		45	W40		2
	Bockhöfer	Christoph	RAe Dr. Fenner Bockho	1966	2015	01:29:12					01:12:51	02:42:03		49	M40		2
	Schipper	Kai	IGS Waldschule Egels	2002	2015	01:22:52	01:24:09					02:47:01		13	MU20		2
	Müller	Beate	Heinen Freezing	1965	2015	01:26:38			01:32:41			02:59:19		50	W50		2
	Behrends	Susanne	WG-RUN'S	1997	2015			01:55:37			01:15:16	03:10:53		18	WU20		2
	Plöger	Nicole	WG RUN'S	1998	2015				01:52:37		01:30:55	03:23:32		17	WU20		2
	Adams	Günther	Schirum	1965	2015			00:00:00				00:00:00		50	M50		1
	Aggen	Edgar	TSV Lammertsfehn	1966	2015						00:00:00	00:00:00		49	M40		1
	Ahrens	Ole	Brummende Bärte	1990	2015	00:00:00						00:00:00		25	MHK		1
	Akkermann	Ralf	SV Stikelkamp	1968	2015					00:00:00		00:00:00		47	M40		1
	Alberts-Tammen	Friso	Fortuna Wirdum	1972	2015					00:00:00		00:00:00		43	M40		1
	August	Siegfried	Möhlenwarf		2015		00:00:00					00:00:00		2015	M		1
	Balsen	Ralf	Detern	1994	2015					00:00:00		00:00:00		21	MHK		1
	Barth	Uwe	TV Oldersum	1979	2015						00:00:00	00:00:00		36	M30		1
	Becker	Dirk	LG Hamm	1958	2015						00:00:00	00:00:00		57	M50		1
	Beekmann	Jürgen	VFB Rajen	1969	2015		00:00:00					00:00:00		46	M40		1
	Behrens	Florian	SV Hinrichsfehn	1992	2015			00:00:00				00:00:00		23	MHK		1
	Behrens	Malte	Trauco Gruppe	1990	2015					00:00:00		00:00:00		25	MHK		1
	Berghaus	Joachim	VFB Uplengen	1968	2015			00:00:00				00:00:00		47	M40		1
	Bergmann	Thomas	LW Wuppertal	1966	2015						00:00:00	00:00:00		49	M40		1
	Berlin	Jürgen	Team Enercon	1974	2015		00:00:00					00:00:00		41	M40		1
	Bertus	Monno	Plangungsgemeinschaft	1983	2015						00:00:00	00:00:00		32	M30		1
	Bertus	Tebbe	Kochwerkstatt Ihrhove	1989	2015						00:00:00	00:00:00		26	MHK		1
	Blattgerste	Dirk	Leer	1967	2015						00:00:00	00:00:00		48	M40		1
	Blechmann	Reinhard	Silomon Aurich	1963	2015			00:00:00				00:00:00		52	M50		1
	Blömer	Clemens	LFS Oldenburg	1948	2015						00:00:00	00:00:00		67	M60		1
	Blumhoff	Ralf	Oll Huus	1986	2015				00:00:00			00:00:00		29	MHK		1
	Bockelmann	Lukas	SVW	1961	2015				00:00:00			00:00:00		54	M50		1
	Bolinius	Michael	Kirche läuft	1968	2015						00:00:00	00:00:00		47	M40		1
	Brettschneider	Lucas		1995	2015		00:00:00					00:00:00		20	MHK		1
	Bruns	Jan-Ole			2015		00:00:00					00:00:00		2015	M		1
	Buss	Christian	BBC Chartering GmbH	1983	2015			00:00:00				00:00:00		32	M30		1
	Buß	Hinrich	Ihlowerfehn	1964	2015					00:00:00		00:00:00		51	M50		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 64,55	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Canenbley	Reinhard		1964	2015						00:00:00	00:00:00		51	M50		1
	Carsten	Maximilian	Gymnasium Aurich	1994	2015						00:00:00	00:00:00		21	MHK		1
	Cibis	Stefan	VTB	1970	2015						00:00:00	00:00:00		45	M40		1
	Croon	Carsten	Lücht und Willms	1992	2015			00:00:00				00:00:00		23	MHK		1
	Defort	Ralf	MTV Aurich	1965	2015			00:00:00				00:00:00		50	M50		1
	Dieck	Stefan		1972	2015			00:00:00				00:00:00		43	M40		1
	Dilly	Berno	TV Dieburg	1960	2015			00:00:00				00:00:00		55	M50		1
	Doden	Mauritz	Emden	1995	2015					00:00:00		00:00:00		20	MHK		1
	Durla	Heiko		1967	2015			00:00:00				00:00:00		48	M40		1
	Ehmen	Andre	Team ENERCON	1993	2015						00:00:00	00:00:00		22	MHK		1
	Eichhorn	Gerhard	VFL Bückburg	1954	2015		00:00:00					00:00:00		61	M60		1
	Elias	Johann	SV Stapelmoor	1951	2015					00:00:00		00:00:00		64	M60		1
	Engtelmeier	Lukas	Gymnasium Aurich	1995	2015			00:00:00				00:00:00		20	MHK		1
	Erdmann	Jakob	Störtebeker Loopers	1956	2015			00:00:00				00:00:00		59	M50		1
	Fabricius	Heiko		1993	2015			00:00:00				00:00:00		22	MHK		1
	Fecht	Udo		1969	2015	00:00:00						00:00:00		46	M40		1
	Feucht	Christian	SC Tannenhausen	1979	2015			00:00:00				00:00:00		36	M30		1
	Fischer	Timo	SV Blomberg/Neuschod	1993	2015						00:00:00	00:00:00		22	MHK		1
	Folkerts	Andreas	Murmeltiere Hinte	1971	2015			00:00:00				00:00:00		44	M40		1
	Freudenthal	Eike		1993	2015						00:00:00	00:00:00		22	MHK		1
	Gabriel	Thomas	Egger läuft	1963	2015						00:00:00	00:00:00		52	M50		1
	Gerbers	Matthias	Tiger Balm Team	1972	2015						00:00:00	00:00:00		43	M40		1
	Gerdes	Lukas	Uplengen		2015					00:00:00		00:00:00		2015	M		1
	Gewantka	Holger		1963	2015			00:00:00				00:00:00		52	M50		1
	Giezel	Thomas		1975	2015			00:00:00				00:00:00		40	M40		1
	Girock	Thomas	TV Bunde	1987	2015					00:00:00		00:00:00		28	MHK		1
	Götting	Rüdiger	IG Sprinter Emden	1954	2015				00:00:00			00:00:00		61	M60		1
	Goudschaal	Ude	Leer	1955	2015						00:00:00	00:00:00		60	M60		1
	Grünebast	Thilo		1961	2015						00:00:00	00:00:00		54	M50		1
	Grünefeldt	Johann	Stickhausen	1963	2015					00:00:00		00:00:00		52	M50		1
	Grünefeldt	Theodor	Leer	1978	2015						00:00:00	00:00:00		37	M30		1
	Haake	Steffen	IGS Aurich-West	1993	2015		00:00:00					00:00:00		22	MHK		1
	Hakvoort	Ignans	TSV Jahn Carolinensiel	1977	2015			00:00:00				00:00:00		38	M30		1
	Hamel	Arno	Team Ostfriesland	1964	2015	00:00:00						00:00:00		51	M40		1
	Harms	Björn	SuS Timmel	1985	2015					00:00:00		00:00:00		30	M30		1
	Harms	Detlef	SVA Salzbergen	1967	2015						00:00:00	00:00:00		48	M40		1
	Harms	Sven	SuS Timmel	1984	2015						00:00:00	00:00:00		31	M30		1
	Heckel	Markus	Kdo SES	1977	2015			00:00:00				00:00:00		38	M30		1
	Helbig	Kevin	Adelmu und Helbig	1987	2015				00:00:00			00:00:00		28	MHK		1
	Hennewig	Eckhard	Dortmund	1956	2015						00:00:00	00:00:00		59	M50		1
	Hesse	Axel	Deutsche Post	1969	2015			00:00:00				00:00:00		46	M40		1
	Heyen	Dietmar	BSG EWE	1972	2015				00:00:00			00:00:00		43	M40		1
	Hillers	Matthias		1976	2015			00:00:00				00:00:00		39	M30		1
	Hinrichs	Wilko	BSC Burhufe	1987	2015						00:00:00	00:00:00		28	MHK		1
	Holstein	Wolfgang	Wittmund	1966	2015						00:00:00	00:00:00		49	M40		1
	Homes	Martin	Germania Wiesmoor	1970	2015				00:00:00			00:00:00		45	M40		1
	Hommers	Gretus	Emder LG	1950	2015						00:00:00	00:00:00		65	M60		1
	Hommers	Rolf	MTV Aurich	1979	2015						00:00:00	00:00:00		36	M30		1
	Hopmann	Jens	Trauco	1993	2015			00:00:00				00:00:00		22	MHK		1
	Huxsohl	Mario			2015						00:00:00	00:00:00		2015	M		1
	Jabke	Thomas	TuS Weene	1969	2015			00:00:00				00:00:00		46	M40		1
	Jacobsen	Jörg	SC Ihrhove 07	1967	2015				00:00:00			00:00:00		48	M40		1
	Jakobs	Johann	Fehntjer Lauffreff	1964	2015						00:00:00	00:00:00		51	M50		1
	Janssen	Andreas	Sandhorst	1993	2015			00:00:00				00:00:00		22	MHK		1
	Janssen	Focko	IGS Aurich-West	1949	2015						00:00:00	00:00:00		66	M60		1
	Janssen	Matthias		1974	2015			00:00:00				00:00:00		41	M40		1
	Janssen	Ralf	Pfalzdorf	1976	2015			00:00:00				00:00:00		39	M30		1
	Janssen	Uwe	TH Racing Ports	1968	2015			00:00:00				00:00:00		47	M40		1
	Jaster	Siegfried	Leer	1950	2015						00:00:00	00:00:00		65	M60		1
	Junker	Marc	Leer	1974	2015						00:00:00	00:00:00		41	M40		1
	Kalkmeier	Thorsten		1980	2015				00:00:00			00:00:00		35	M30		1
	Kallela	Petten	BSG Nordlandpapier	1968	2015			00:00:00				00:00:00		47	M40		1
	Kancher	Arthur		1991	2015	00:00:00						00:00:00		24	MHK		1
	Kasten	Andreas	RVB Aurich/Uplengen	1979	2015			00:00:00				00:00:00		36	M30		1
	Khalaf	Mohammad		1989	2015				00:00:00			00:00:00		26	MHK		1
	Klein	Henning		1977	2015		00:00:00					00:00:00		38	M30		1
	Klein	Markus		1987	2015		00:00:00					00:00:00		28	MHK		1
	Knappe	Jürgen	Elsterwerda	1964	2015						00:00:00	00:00:00		51	M50		1
	Köhnen von Nuis	Günher		1967	2015						00:00:00	00:00:00		48	M40		1
	Koop	Stefan		1983	2015			00:00:00				00:00:00		32	M30		1
	Korte	Lukas	SV Suurwold	1968	2015						00:00:00	00:00:00		47	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 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Köster	Kevin	TuS Eversten	1982	2015						00:00:00	00:00:00		33	M30		1
	Kösters	Holger		1978	2015				00:00:00			00:00:00		37	M30		1
	Kösters	Robert	OLB	1964	2015		00:00:00					00:00:00		51	M50		1
	Kraewitz	Leander	Emder LG	1971	2015			00:00:00				00:00:00		44	M40		1
	Krömer	Martin	Nordland Papier	1964	2015						00:00:00	00:00:00		51	M50		1
	Kromminga	Jörg	Leer	1960	2015						00:00:00	00:00:00		55	M50		1
	Krull	Werner	Kanalratten Ihlow	1966	2015		00:00:00					00:00:00		49	M40		1
	Kruse	Eike	Team Laufrausch e.V.	1994	2015						00:00:00	00:00:00		21	MHK		1
	Kruse	Thomas	TuRa 07 Westrhauderfehn	1968	2015						00:00:00	00:00:00		47	M40		1
	Krutow	Uwe	AMF Bruns	1962	2015						00:00:00	00:00:00		53	M50		1
	Kuper	Ulrich		1967	2015						00:00:00	00:00:00		48	M40		1
	Lambertus	Hans-Dieter		1961	2015						00:00:00	00:00:00		54	M50		1
	Langensiepen	Jannis	LG Harlingerland	1994	2015						00:00:00	00:00:00		21	MHK		1
	Langner	Stephan		1975	2015			00:00:00				00:00:00		40	M40		1
	Larschow	Ulf		1967	2015			00:00:00				00:00:00		48	M40		1
	Leemhuis	Hermann	Germania Leer	1978	2015						00:00:00	00:00:00		37	M30		1
	Lehmann	Edwin	Fortuna Logabirum	1962	2015						00:00:00	00:00:00		53	M50		1
	Lemke	Florian	Fliegerhorst Upjever	1990	2015						00:00:00	00:00:00		25	MHK		1
	Lindemann	Jan		1981	2015		00:00:00					00:00:00		34	M30		1
	Lönneker	Florian	TuS Westerende	1995	2015			00:00:00				00:00:00		20	MHK		1
	Ludwigs	Helmut	LG Ostfriesland	1958	2015						00:00:00	00:00:00		57	M50		1
	Ludwigs	Thomas	Kleinhesel	1954	2015						00:00:00	00:00:00		61	M60		1
	Lünemann	Benjamin		1958	2015						00:00:00	00:00:00		57	M50		1
	Lütjens	Martin		1993	2015						00:00:00	00:00:00		22	MHK		1
	Maas	Stefan	SV Concordia Ihrhove	1981	2015			00:00:00				00:00:00		34	M30		1
	Mammen	Enno	Leer	1989	2015						00:00:00	00:00:00		26	MHK		1
	Mammen	Jan	Leer	1983	2015						00:00:00	00:00:00		32	M30		1
	Markus	Sven		1990	2015						00:00:00	00:00:00		25	MHK		1
	Martens	Timo-Jan	Nortmoor	1994	2015						00:00:00	00:00:00		21	MHK		1
	Max	Frerich	IGS Aurich-West	1985	2015	00:00:00						00:00:00		30	M30		1
	Meinecke	Jürgen		1966	2015			00:00:00				00:00:00		49	M40		1
	Mengers	Wolfgang	TuRa Westrhauderfehn	1968	2015						00:00:00	00:00:00		47	M40		1
	Meyer	Andreas		1968	2015			00:00:00				00:00:00		47	M40		1
	Meyer	Erik	Rücker GmbH	1992	2015						00:00:00	00:00:00		23	MHK		1
	Meyer	Ewald	VW Emden	1966	2015						00:00:00	00:00:00		49	M40		1
	Meyeraan	Manuel		1989	2015		00:00:00					00:00:00		26	MHK		1
	Milkert	Axel	Emder Ruderverein	1959	2015		00:00:00					00:00:00		56	M50		1
	Modrow	Stefan		1968	2015		00:00:00					00:00:00		47	M40		1
	Moll	Christoph	Orga Data	1967	2015				00:00:00			00:00:00		48	M40		1
	Müller	Klaus	Leer	1956	2015						00:00:00	00:00:00		59	M50		1
	Müller	Mark	Team ENERCON	1976	2015						00:00:00	00:00:00		39	M30		1
	Münzel	Kai	MTV Aurich	1975	2015			00:00:00				00:00:00		40	M40		1
	Neeland	Oliver	Holtland	1992	2015						00:00:00	00:00:00		23	MHK		1
	Nelle	Marvin		1993	2015						00:00:00	00:00:00		22	MHK		1
	Neyka	Marcus	SuS Timmel	1989	2015						00:00:00	00:00:00		26	MHK		1
	Niemann	Jan-Bernd	Team ENERCON	1983	2015						00:00:00	00:00:00		32	M30		1
	Niemer	Andre	Team ENERCON		2015						00:00:00	00:00:00			M		1
	Nobel	Johannes	BG Shake Hands Leer	1989	2015						00:00:00	00:00:00		26	MHK		1
	Ölschen	Dennis	Busboomfehn	1978	2015			00:00:00				00:00:00		37	M30		1
	Onken	Alexander		1990	2015						00:00:00	00:00:00		25	MHK		1
	Onken	Bernhard	TuS Weene	1969	2015			00:00:00				00:00:00		46	M40		1
	Oschlies	Jürgen	Garbsen	1950	2015		00:00:00					00:00:00		65	M60		1
	Osewald	Heinz		1963	2015	00:00:00						00:00:00		52	M50		1
	Otten	Thomas	Orga Data	1978	2015				00:00:00			00:00:00		37	M30		1
	Overbeck	Kristian	SuS Timmel	1985	2015						00:00:00	00:00:00		30	M30		1
	Päben	Michael		1976	2015			00:00:00				00:00:00		39	M30		1
	Peinert	Stefan		1972	2015			00:00:00				00:00:00		43	M40		1
	Penske	Detlef	BBS Aurich	1965	2015						00:00:00	00:00:00		50	M50		1
	Plumeyer	Lars	Ems-Jade-Kanu Aurich	1972	2015			00:00:00				00:00:00		43	M40		1
	Pollmeier	Javin		1995	2015				00:00:00			00:00:00		20	MHK		1
	Poppen	Marcel	TV Bunde	1986	2015						00:00:00	00:00:00		29	MHK		1
	Pospigil	Martin		1970	2015			00:00:00				00:00:00		45	M40		1
	Pößiger	Wolfgang	LT Wilhelmshaven	1948	2015						00:00:00	00:00:00		67	M60		1
	Reents	Ralf	LG Harlingerland	1969	2015	00:00:00						00:00:00		46	M40		1
	Reinken	Udo	Sparkasse Aurich-Nord	1983	2015						00:00:00	00:00:00		32	M30		1
	Riegel	Markus		1969	2015		00:00:00					00:00:00		46	M40		1
	Rieken	Ewald	MTV Jever	1945	2015						00:00:00	00:00:00		70	M60		1
	Rieken	Wilhelm	SV Simonswolde	1952	2015						00:00:00	00:00:00		63	M60		1
	Rocker	Wilfried		1959	2015						00:00:00	00:00:00		56	M50		1
	Rocker	Wilke	Neukamperfehn	1993	2015						00:00:00	00:00:00		22	MHK		1
	Rodefeld	Nils	TV Metjendorf	1992	2015						00:00:00	00:00:00		23	MHK		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 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Romaneessen	Steffen	TuS Esens	1992	2015				00:00:00			00:00:00		23	MHK		1
	Roofls	Henning		1994	2015	00:00:00						00:00:00		21	MHK		1
	Roßmann	Dirk		1979	2015				00:00:00			00:00:00		36	M30		1
	Rottsieper	Patrick		1990	2015						00:00:00	00:00:00		25	MHK		1
	Rozema	Eddy	Weener	1955	2015					00:00:00		00:00:00		60	M60		1
	Ruesink	Marinus		1982	2015						00:00:00	00:00:00		33	M30		1
	Saathoff	Friedhelm	Hesel	1970	2015					00:00:00		00:00:00		45	M40		1
	Saathoff	Johann	Kloster Barthe Schule	1986	2015					00:00:00		00:00:00		29	MHK		1
	Saathoff	Jörg		1970	2015			00:00:00				00:00:00		45	M40		1
	Saball	Michael		1972	2015		00:00:00					00:00:00		43	M40		1
	Sass	Günter	LG Hengstforde	1962	2015						00:00:00	00:00:00		53	M50		1
	Schädler	Florian	Hamburg	1991	2015						00:00:00	00:00:00		24	MHK		1
	Schädler	Marc	Oldenburg	1985	2015						00:00:00	00:00:00		30	M30		1
	Schädler	Rico	Göttingen	1986	2015						00:00:00	00:00:00		29	MHK		1
	Schaper	Ulf		1984	2015			00:00:00				00:00:00		31	M30		1
	Scherf	Hendrik		1982	2015			00:00:00				00:00:00		33	M30		1
	Schieferstein	Ulrich		1954	2015						00:00:00	00:00:00		61	M60		1
	Schipper	Heiko	BSC Burhufe	1985	2015						00:00:00	00:00:00		30	M30		1
	Schipper	Max	NV Versicherungen	1988	2015				00:00:00			00:00:00		27	MHK		1
	Schlachter	Henry	LG Uplengen	1961	2015						00:00:00	00:00:00		54	M50		1
	Schmidt	Ludwig	Edzards Reisen	1964	2015		00:00:00					00:00:00		51	M50		1
	Schmidt	Matthias	Team ENERCON	1983	2015						00:00:00	00:00:00		32	M30		1
	Scholken	Frank	Aurich	1961	2015					00:00:00		00:00:00		54	M50		1
	Schoone	Hauke	Friedeburg	1992	2015					00:00:00		00:00:00		23	MHK		1
	Schoone	Thomas		1988	2015				00:00:00			00:00:00		27	MHK		1
	Seiwald	Thorsten	Concordia Ihrhove	1976	2015						00:00:00	00:00:00		39	M30		1
	Sonntag	Stephan	IGS Aurich-West	1979	2015						00:00:00	00:00:00		36	M30		1
	Sparrings	Hinrich	LWK	1969	2015					00:00:00		00:00:00		46	M40		1
	Spitschan	Robin	Leer	1991	2015						00:00:00	00:00:00		24	MHK		1
	Steenblock	Simon		1977	2015				00:00:00			00:00:00		38	M30		1
	Steingerwer	Sven	Hochschule Emden	1974	2015				00:00:00			00:00:00		41	M40		1
	Stenzel	Stefan	H.D. Heuermann GmbH	1975	2015					00:00:00		00:00:00		40	M40		1
	Steutner Dr.	Jan-Hendrik	BSC Burhufe	1985	2015		00:00:00					00:00:00		30	M30		1
	Strasser	Carsten		1968	2015						00:00:00	00:00:00		47	M40		1
	Strümpel	Andy		1972	2015			00:00:00				00:00:00		43	M40		1
	Swyter	Jens		1971	2015			00:00:00				00:00:00		44	M40		1
	Taaks	Michael	TV Moorerland	1978	2015						00:00:00	00:00:00		37	M30		1
	Tammen	Marco	SV Stapelmoor	1975	2015					00:00:00		00:00:00		40	M40		1
	Tertiit	Rainer	Rechtsanwaltsbüro	1965	2015			00:00:00				00:00:00		50	M50		1
	Thelken	Heinz-Hermann	Barßel	1962	2015						00:00:00	00:00:00		53	M50		1
	Tjarks	Hans-Günther	Kurt sein Trupp	1958	2015						00:00:00	00:00:00		57	M50		1
	Uden	Alwin	LG Großefehn	1965	2015						00:00:00	00:00:00		50	M50		1
	Ufken	Sven	KBV Upschört	1995	2015						00:00:00	00:00:00		20	MHK		1
	Ulferts	Marit		1994	2015		00:00:00					00:00:00		21	MHK		1
	van Hoorn	Christian		1983	2015					00:00:00		00:00:00		32	M30		1
	Viktorin	Philipp		1983	2015						00:00:00	00:00:00		32	M30		1
	Voss	Andreas		1980	2015						00:00:00	00:00:00		35	M30		1
	Voß	Hermann	Emder LG	1953	2015						00:00:00	00:00:00		62	M60		1
	Wartelen	Enno	Hesel	1987	2015					00:00:00		00:00:00		28	MHK		1
	Watzema	Harald	SV Concordia Ihrhove	1971	2015						00:00:00	00:00:00		44	M40		1
	Weber	Christopher		1978	2015	00:00:00						00:00:00		37	M30		1
	Weber	Thomas	Varel	1969	2015			00:00:00				00:00:00		46	M40		1
	Weber	Werner		1966	2015			00:00:00				00:00:00		49	M40		1
	Weerts	Thorsten	Kleinhesel	1978	2015						00:00:00	00:00:00		37	M30		1
	Wessels	Wolfgang	Nordland Papier	1973	2015					00:00:00		00:00:00		42	M40		1
	Wiechmann	Steffen	VFL Germania Leer	1988	2015						00:00:00	00:00:00		27	MHK		1
	Wiethoff	Hubert	Sparta Nordhorn	1951	2015			00:00:00				00:00:00		64	M60		1
	Wilken	Gerhard	TSV Jahn Carolinensiel	1972	2015						00:00:00	00:00:00		43	M40		1
	Willms	Helmut	Angelsberg	1967	2015		00:00:00					00:00:00		48	M40		1
	Willms	Menno	VFL 1900 Borussia Mör	1963	2015				00:00:00			00:00:00		52	M50		1
	Witte	Horst		1970	2015			00:00:00				00:00:00		45	M40		1
	Wolfgang	Gerhard	Emder LG	1944	2015				00:00:00			00:00:00		71	M70		1
	Wolzen	Gerd	Das Raketenteam	1983	2015			00:00:00				00:00:00		32	M30		1
	Wöste	Sebastian	SV Altenoythe	1987	2015			00:00:00				00:00:00		28	MHK		1
	Wulle	Thomas	LT TuS Aurich-Ost	1963	2015					00:00:00		00:00:00		52	M50		1
	Zunken	Gerd	TuS Glarum	1959	2015						00:00:00	00:00:00		56	M50		1
	Abdallah	Boral	IGS Waldschule Egels	1998	2015			00:00:00				00:00:00		17	MU20		1
	Aden	Florian	Realschule Aurich	1998	2015			00:00:00				00:00:00		17	MU20		1
	Akkermann	Jannes	SV Stikelkamp	2006	2015					00:00:00		00:00:00		9	MU20		1
	Antoni	Matthis	SV Nortmoor	2004	2015					00:00:00		00:00:00		11	MU20		1
	Antoni	Niklas	SV Nortmoor	2000	2015					00:00:00		00:00:00		15	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 km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Beening	Kai	FCSO-10WPK	1998	2015						00:00:00	00:00:00		17	MU20		1
	Beening	Lennert	SV Stikelkamp	2004	2015					00:00:00		00:00:00		11	MU20		1
	Berghaus	Lukas	VFL Oldenburg	1999	2015						00:00:00	00:00:00		16	MU20		1
	Biskup	Marcel	Gymnasium Aurich	2000	2015			00:00:00				00:00:00		15	MU20		1
	Bockelmann	Aiko		1999	2015						00:00:00	00:00:00		16	MU20		1
	Boomfalk	Björn	Störtebeker Loopers	2001	2015						00:00:00	00:00:00		14	MU20		1
	Bruns	Hilko	Schule Remels	2002	2015					00:00:00		00:00:00		13	MU20		1
	Coordes	Claas		2005	2015						00:00:00	00:00:00		10	MU20		1
	Daniel	Torben	Emder LG	1996	2015			00:00:00				00:00:00		19	MU20		1
	Dirks	Enno	Störtebeker Loopers	2006	2015						00:00:00	00:00:00		9	MU20		1
	Dirks	Henning	Stikelkamp	1996	2015					00:00:00		00:00:00		19	MU20		1
	Dirksen	Aaron	TSV Hesel	1998	2015					00:00:00		00:00:00		17	MU20		1
	Dirksen	David	TSV Hesel	2003	2015					00:00:00		00:00:00		12	MU20		1
	Ebrecht	Beke	Esens	1996	2015	00:00:00						00:00:00		19	MU20		1
	Ehmen	Felipe	Realschule Aurich	2002	2015			00:00:00				00:00:00		13	MU20		1
	Ehring	Jonathan	Gymnasium Aurich	1996	2015					00:00:00		00:00:00		19	MU20		1
	Eilers	Heinrich	Gymnasium Aurich	1996	2015			00:00:00				00:00:00		19	MU20		1
	Eisenhauer	Nils	JFV Aurich	2000	2015	00:00:00						00:00:00		15	MU20		1
	Flügge	Tjark		1996	2015						00:00:00	00:00:00		19	MU20		1
	Folkers	Malte	Realschule Aurich	2004	2015			00:00:00				00:00:00		11	MU20		1
	Folkerts	Megan		1997	2015			00:00:00				00:00:00		18	MU20		1
	Franzmann	Clemens	TV Metjendorf	1996	2015					00:00:00		00:00:00		19	MU20		1
	Freerks	Marc	SuS Timmel	1997	2015					00:00:00		00:00:00		18	MU20		1
	Friedrichs	Marten		1999	2015			00:00:00				00:00:00		16	MU20		1
	Fröhling	Ihno	TGG Turbine	2000	2015						00:00:00	00:00:00		15	MU20		1
	Fröhling	Tim	TGG Turbine	1997	2015						00:00:00	00:00:00		18	MU20		1
	Gerdes	Jannik	Gymnasium Leer	2001	2015						00:00:00	00:00:00		14	MU20		1
	Gronewold	Hilko	Gymnasium Remels	2004	2015					00:00:00		00:00:00		11	MU20		1
	Hamel	Ihno	Team Ostfriesland	1997	2015	00:00:00						00:00:00		18	MU20		1
	Hinrichs	Knut	Gymnasium Aurich	1997	2015			00:00:00				00:00:00		18	MU20		1
	Hinrichs	Nils		1999	2015			00:00:00				00:00:00		16	MU20		1
	Hoffmann	Marc	KGS Großefehn	1998	2015						00:00:00	00:00:00		17	MU20		1
	Hoffmann	Marcel	KGS Großefehn	1998	2015					00:00:00		00:00:00		17	MU20		1
	Hoogendoorn	Louis	Turbine TGG	1997	2015	00:00:00						00:00:00		18	MU20		1
	Janßen	Max	HSV	2005	2015						00:00:00	00:00:00		10	MU20		1
	Janßen	Nils	Schwimmverein Hesel	1998	2015					00:00:00		00:00:00		17	MU20		1
	Janßen	Rören	TTC Remels	2001	2015					00:00:00		00:00:00		14	MU20		1
	Janßen	Sören	TTC Remels	2001	2015						00:00:00	00:00:00		14	MU20		1
	Janßen	Til	TTC Remels	1999	2015					00:00:00		00:00:00		16	MU20		1
	Koormann	Jannes	Gymnasium Aurich	1997	2015				00:00:00			00:00:00		18	MU20		1
	Krull	Konrad	Gymnasium Aurich	1997	2015			00:00:00				00:00:00		18	MU20		1
	Lampert	Tim	Realschule Aurich	1998	2015			00:00:00				00:00:00		17	MU20		1
	Lange	Lecz	Detern	2002	2015					00:00:00		00:00:00		13	MU20		1
	Latala	Michal	Starachovice	1997	2015	00:00:00						00:00:00		18	MU20		1
	Leinwald	Hinderk	Fortuna Logabirum	2003	2015						00:00:00	00:00:00		12	MU20		1
	Lüdemann	Lukas	Leinerstift e.V.	2005	2015					00:00:00		00:00:00		10	MU20		1
	Lütje	Patrick	Realschule Aurich	2003	2015			00:00:00				00:00:00		12	MU20		1
	Mannott	Jonas	Realschule Aurich	2003	2015			00:00:00				00:00:00		12	MU20		1
	Martens	Jannes	Nortmoor	2003	2015						00:00:00	00:00:00		12	MU20		1
	Mudder	Lars	Emder LG	2000	2015						00:00:00	00:00:00		15	MU20		1
	Oldigs	Wilko	Concordia Ihrhove	2004	2015						00:00:00	00:00:00		11	MU20		1
	Ottersberg	Finn	Realschule Aurich	2003	2015			00:00:00				00:00:00		12	MU20		1
	Penning	Jonas	SV Hesel	1999	2015						00:00:00	00:00:00		16	MU20		1
	Prawitz	Fabian	JFV Aurich	1999	2015			00:00:00				00:00:00		16	MU20		1
	Robben	Bennet	Leer	2004	2015						00:00:00	00:00:00		11	MU20		1
	Röben	Harry	Entdeckergarten Morme	2005	2015						00:00:00	00:00:00		10	MU20		1
	Röben	Tobias	Gymnasium Aurich	1997	2015			00:00:00				00:00:00		18	MU20		1
	Röhr	Thomas	Gymnasium Aurich	1996	2015			00:00:00				00:00:00		19	MU20		1
	Rost	Henning	SV Wittmund	2000	2015			00:00:00				00:00:00		15	MU20		1
	Ruangthoog	Vidus	SES	1997	2015			00:00:00				00:00:00		18	MU20		1
	Saathoff	Aiko		2002	2015			00:00:00				00:00:00		13	MU20		1
	Schilling	Marcel		1999	2015					00:00:00		00:00:00		16	MU20		1
	Schlachter	Arne	VFB Uplengen	1996	2015						00:00:00	00:00:00		19	MU20		1
	Schneider	Jan	VFL Germania Leer	1999	2015						00:00:00	00:00:00		16	MU20		1
	Schrock-Opitz	Max	Leer	1996	2015						00:00:00	00:00:00		19	MU20		1
	Siemens	Piet	SV Stikelkamp	2003	2015					00:00:00		00:00:00		12	MU20		1
	Steinmeyer	Paul	Gymnasium Aurich	2001	2015			00:00:00				00:00:00		14	MU20		1
	Taupken	Sönke	LG Großefehn	1998	2015			00:00:00				00:00:00		17	MU20		1
	ter Haseborg	Patrick	Realschule Aurich	2003	2015			00:00:00				00:00:00		12	MU20		1
	Tunder	Jann	Realschule Aurich	1998	2015			00:00:00				00:00:00		17	MU20		1
	Ubben	Hilmar	TuS Sandhorst	2002	2015			00:00:00				00:00:00		13	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
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Ucket	Thordis	von Humboldt-Schule V	1998	2015					00:00:00		00:00:00		17	MU20		1
	Uecker	Tilman	Gymnasium Aurich	1998	2015			00:00:00				00:00:00		17	MU20		1
	Ufkes	Tammo	MTV Aurich	1999	2015			00:00:00				00:00:00		16	MU20		1
	Vissering	Jannik	SC Dunum	2000	2015		00:00:00					00:00:00		15	MU20		1
	Weers	Jelto	Timmel	2002	2015					00:00:00		00:00:00		13	MU20		1
	Wolken	Julian		2000	2015			00:00:00				00:00:00		15	MU20		1
	Woortmann	Julian		1997	2015						00:00:00	00:00:00		18	MU20		1
	Albano		TV Oldersum	1991	2015						00:00:00	00:00:00		24	WHK		1
	Albrecht	Sandra	Polizei Aurich	1982	2015			00:00:00				00:00:00		33	W30		1
	Allus	Aizen	Udo SES	1992	2015			00:00:00				00:00:00		23	WHK		1
	Bakker	Verena	TuS Detern	1980	2015				00:00:00			00:00:00		35	W30		1
	Barth	Beate	Weenermoor	1989	2015						00:00:00	00:00:00		26	WHK		1
	Behm	Lydia	LLC Regensburg	1978	2015					00:00:00		00:00:00		37	W30		1
	Behrens	Petra	LSF Oldenburg	1965	2015		00:00:00					00:00:00		50	W50		1
	Berggräfe	Nia		1980	2015			00:00:00				00:00:00		35	W30		1
	Bette	Aura	Collhusen	1986	2015						00:00:00	00:00:00		29	WHK		1
	Beute	Laura	Kdo SES	1994	2015			00:00:00				00:00:00		21	WHK		1
	Bichmann	Peter	Jever	1967	2015						00:00:00	00:00:00		48	W40		1
	Blattgerste	Hergit	Leer	1974	2015						00:00:00	00:00:00		41	W40		1
	Blechmann	Sonja	Silomon Aurich	1967	2015			00:00:00				00:00:00		48	W40		1
	Bock	Kathrin		1987	2015			00:00:00				00:00:00		28	WHK		1
	Boekhoff	Gudrun	Bocholt	1965	2015						00:00:00	00:00:00		50	W50		1
	Bohlen	Lisa	LG Großefehn	1992	2015						00:00:00	00:00:00		23	WHK		1
	Bontjer	Stefanie		1995	2015					00:00:00		00:00:00		20	WHK		1
	Brinkmann	Frieda	Fortuna Logabirum	1960	2015					00:00:00		00:00:00		55	W50		1
	Broers	Bettina	H.D. Heuermann GmbH	1987	2015					00:00:00		00:00:00		28	WHK		1
	Brüggemann	Sarah	Logabirum	1991	2015			00:00:00				00:00:00		24	WHK		1
	Dänekas	Doris	LG Uplengen	1993	2015		00:00:00					00:00:00		22	WHK		1
	Dekas	Hilde			2015		00:00:00					00:00:00		2015	W		1
	Dirksmeier	Daniela		1975	2015						00:00:00	00:00:00		40	W40		1
	Domelt	Ineke	Möbel Buss	1992	2015			00:00:00				00:00:00		23	WHK		1
	Dremek	Heike		1965	2015			00:00:00				00:00:00		50	W50		1
	Dröge	Anke	Ruderverein Leer	1960	2015						00:00:00	00:00:00		55	W50		1
	Ehmig	Dörte	Hesel	1971	2015					00:00:00		00:00:00		44	W40		1
	Eihusen	Heike	LG Uplengen	1966	2015					00:00:00		00:00:00		49	W40		1
	Erfhes	Meike		1977	2015		00:00:00					00:00:00		38	W30		1
	Ferdinand	Nina		1989	2015				00:00:00			00:00:00		26	WHK		1
	Gabler	Vanessa		1995	2015			00:00:00				00:00:00		20	WHK		1
	Groga	Daniela	Holtland	1973	2015						00:00:00	00:00:00		42	W40		1
	Gumbrecht-Vinke	Dagmar	MTV Aurich	1957	2015			00:00:00				00:00:00		58	W50		1
	Haats	Christina		1987	2015			00:00:00				00:00:00		28	WHK		1
	Hendriks	Martin		1994	2015		00:00:00					00:00:00		21	WHK		1
	Heyen	Anna	Running for Jesus	1989	2015				00:00:00			00:00:00		26	WHK		1
	Hilbrands	Ingrid	de Heizungsloopers	1959	2015			00:00:00				00:00:00		56	W50		1
	Hillrichs	Janina	SV Holtland	1987	2015					00:00:00		00:00:00		28	WHK		1
	Hippen	Maike	Landgericht Aurich	1984	2015			00:00:00				00:00:00		31	W30		1
	Höft	Helen	Gymnasium Aurich	1994	2015			00:00:00				00:00:00		21	WHK		1
	Homes	Imke	Wiesmoor	1970	2015				00:00:00			00:00:00		45	W40		1
	Hommers	Lena		1993	2015						00:00:00	00:00:00		22	WHK		1
	Ideus	Edith	Kanalratten Ihlow	1963	2015			00:00:00				00:00:00		52	W50		1
	Jabke	Britta		1971	2015			00:00:00				00:00:00		44	W40		1
	Janßen	Nina	TSV Jahn Carolinensiel	1979	2015			00:00:00				00:00:00		36	W30		1
	Janssen	Silke	Stadt Aurich	1986	2015			00:00:00				00:00:00		29	WHK		1
	Jütting	Frauke	Bundeswehr	1988	2015						00:00:00	00:00:00		27	WHK		1
	Kroon	Manuela	Fa. Feldhuis	1975	2015						00:00:00	00:00:00		40	W40		1
	Langen	Clendie	MTV Aurich	1973	2015				00:00:00			00:00:00		42	W40		1
	Lillie	Angelika		1992	2015			00:00:00				00:00:00		23	WHK		1
	Lindner	Kristina		1994	2015			00:00:00				00:00:00		21	WHK		1
	Lorenz	Frauke		1955	2015					00:00:00		00:00:00		60	W60		1
	Lunz	Gunda	Running for Jesus	1990	2015				00:00:00			00:00:00		25	WHK		1
	Manthey-Janssen	Anke	Aurich	1969	2015						00:00:00	00:00:00		46	W40		1
	Martens-Tödke	Frauke		1970	2015						00:00:00	00:00:00		45	W40		1
	Mertens	Silke	Kirche läuft	1971	2015						00:00:00	00:00:00		44	W40		1
	Meyer	Manuel	Modest Mouse	1989	2015						00:00:00	00:00:00		26	WHK		1
	Miener	Amalie		1993	2015			00:00:00				00:00:00		22	WHK		1
	Mohrmann	Jasmin	LSF Oldenburg	1992	2015			00:00:00				00:00:00		23	WHK		1
	Mühlena	Hanna	Großheide	1967	2015					00:00:00		00:00:00		48	W40		1
	Müller	Hille	MTV Aurich	1951	2015			00:00:00				00:00:00		64	W60		1
	Murer	Andrea	SV Holtland	1971	2015					00:00:00		00:00:00		44	W40		1
	Neeland	Hilke	Nortmoor	1994	2015						00:00:00	00:00:00		21	W		1
	Ninnemann	Insa	TuS Weene	1969	2015			00:00:00				00:00:00		46	W40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Oltmanns	Heiko	FTC Hollen	1957	2015						00:00:00	00:00:00		58	W50		1
	Onken	Hilde	Stadtwerke Leer	1959	2015						00:00:00	00:00:00		56	W50		1
	Oschlies	Brigitte	Garbsen	1952	2015		00:00:00					00:00:00		63	W60		1
	Pachen	Biaci		1975	2015			00:00:00				00:00:00		40	W40		1
	Plagge	Carina		1990	2015		00:00:00					00:00:00		25	WHK		1
	Poppinga	Meike	VFFL Berumbur	1964	2015						00:00:00	00:00:00		51	W50		1
	Reents	Konstanze	SG Friedrichsfehn	1975	2015						00:00:00	00:00:00		40	W40		1
	Remy	Talea	Driever	1987	2015					00:00:00		00:00:00		28	WHK		1
	Reuing	Talea		1987	2015				00:00:00			00:00:00		28	WHK		1
	Reuter	Daniela	Neukamperfehn	1987	2015					00:00:00		00:00:00		28	WHK		1
	Rödenbeek	Heike	Emder LG	1970	2015				00:00:00			00:00:00		45	W40		1
	Rogga	Daja	Wallinghausen	1981	2015			00:00:00				00:00:00		34	W30		1
	Rosema	Tineke	BBS Aurich	1987	2015					00:00:00		00:00:00		28	WHK		1
	Rost	Mike	Polizei Polizei	1963	2015			00:00:00				00:00:00		52	W50		1
	Röttinger	Chlara	IGS Aurich-West	1995	2015	00:00:00						00:00:00		20	WHK		1
	Schäbling	Imke	SC Wiesens	1984	2015			00:00:00				00:00:00		31	W30		1
	Schock-Opitz	Insa	ZGO	1970	2015					00:00:00		00:00:00		45	W40		1
	Schoen	Kirsten	Leer	1956	2015					00:00:00		00:00:00		59	W50		1
	Schoolmann	Isabela	Isabell	1994	2015						00:00:00	00:00:00		21	WHK		1
	Schoon	Anne	Klinik Leer	1984	2015			00:00:00				00:00:00		31	W30		1
	Schoone	Petra	FT Spetzerfehn	1957	2015				00:00:00			00:00:00		58	W50		1
	Schröder	Heike		1983	2015					00:00:00		00:00:00		32	W30		1
	Schröder	Sabrina	MTV Aurich	1977	2015			00:00:00				00:00:00		38	W30		1
	Schwarz	Tanja	MTV Aurich	1977	2015			00:00:00				00:00:00		38	W30		1
	Seeba	Andra	Störtebeker Loopers	1977	2015			00:00:00				00:00:00		38	W30		1
	Seinen-Schatz	Ulrike	Europahaus Aurich	1971	2015			00:00:00				00:00:00		44	W40		1
	Sigl	Gudrun	MTV Aurich	1973	2015			00:00:00				00:00:00		42	W40		1
	Sikken	Anja	ISV	1968	2015			00:00:00				00:00:00		47	W40		1
	Sleuwen	Sophie-Helene	IGS Aurich-West	1994	2015				00:00:00			00:00:00		21	WHK		1
	Sneding-Terveer	Maike	Hesel	1991	2015					00:00:00		00:00:00		24	WHK		1
	Soring	Elisabeth	Wittmund	1959	2015					00:00:00		00:00:00		56	W50		1
	Stadlmann	Sabrina	UEK Aurich	1986	2015			00:00:00				00:00:00		29	WHK		1
	Stendler	Helma	BSC Burhufe	1959	2015						00:00:00	00:00:00		56	W50		1
	Taus-Entgelmeier	Irmtraud	Wallinghausen	1963	2015		00:00:00					00:00:00		52	W50		1
	Tewes	Marichen	Sparkasse Aurich-Nord	1958	2015			00:00:00				00:00:00		57	W50		1
	Tirrel	Tomke	Holtland	1988	2015						00:00:00	00:00:00		27	WHK		1
	Trebesch	Kaja	MTV Aurich	1961	2015			00:00:00				00:00:00		54	W50		1
	Trebesch	Ronja	MTV Aurich	1995	2015			00:00:00				00:00:00		20	WHK		1
	Uden	Almut	LG Großefehn	1965	2015		00:00:00					00:00:00		50	W50		1
	Ukena	Angela		1992	2015						00:00:00	00:00:00		23	WHK		1
	Voß	Frauke	Kanalratten Ihlow	1967	2015			00:00:00				00:00:00		48	W40		1
	Weichert	Silke		1966	2015		00:00:00					00:00:00		49	W40		1
	Weinberg	Lisa		1992	2015			00:00:00				00:00:00		23	WHK		1
	Wieghans	Marlies	Aurich	1961	2015			00:00:00				00:00:00		54	W50		1
	Wientjes	Heidi	Aurich	1968	2015						00:00:00	00:00:00		47	W40		1
	Wilken	Svenja		1991	2015					00:00:00		00:00:00		24	WHK		1
	Wilms	Katrin		1986	2015			00:00:00				00:00:00		29	WHK		1
	Wist-Hamel	Petra	Team Ostfriesland	1969	2015	00:00:00						00:00:00		46	W40		1
	Wonhöfer	Cavola	Emder Ruderverein	1968	2015						00:00:00	00:00:00		47	W40		1
	Akkermann	Andrea	Concordia Ihrhove	1967	2015					00:00:00		00:00:00		48	W40		1
	Bangler	Stefanie		1995	2015						00:00:00	00:00:00		20	WHK		1
	Lühning	Amke	Bünting Tee	1995	2015						00:00:00	00:00:00		20	WHK		1
	Dörnath	Ineke	Möbel Buss	1992	2015						00:00:00	00:00:00		23	WHK		1
	Beckers	Maren	Rockstock	1992	2015						00:00:00	00:00:00		23	WHK		1
	Clotter	Victoria	UEK Aurich	1991	2015						00:00:00	00:00:00		24	WHK		1
	Abbas	Martina	Holthusen	1990	2015						00:00:00	00:00:00		25	WHK		1
	Berends	Martina		1989	2015						00:00:00	00:00:00		26	WHK		1
	Klaus	Annagrid	Elixia Hamburg	1989	2015						00:00:00	00:00:00		26	WHK		1
	Rhode	Lotta	Hamburg	1989	2015						00:00:00	00:00:00		26	WHK		1
	Hippen	Elke	Stadt Aurich	1989	2015						00:00:00	00:00:00		26	WHK		1
	Baumann	Kathrin	IGS Aurich-West	1986	2015						00:00:00	00:00:00		29	WHK		1
	Weber	Nathalie		1985	2015						00:00:00	00:00:00		30	W30		1
	Goudschaal	Joachim	TV Bunde	1983	2015						00:00:00	00:00:00		32	M30		1
	Ommen	Kirsten	TSV Jahn Carolinensiel	1982	2015						00:00:00	00:00:00		33	W30		1
	Jaster	Sarah	Düsseldorf	1981	2015						00:00:00	00:00:00		34	W30		1
	Lübben	Wiebke	TSV Jahn Carolinensiel	1979	2015						00:00:00	00:00:00		36	W30		1
	Budnick	Janina	TSV Jahn Carolinensiel	1979	2015						00:00:00	00:00:00		36	W30		1
	Janssen	Ulrike	FTC Hollen	1978	2015						00:00:00	00:00:00		37	W30		1
	Hokvoort	Myriam	TSV Jahn Carolinensiel	1977	2015						00:00:00	00:00:00		38	W30		1
	Paeben	Bianca	Aurich	1975	2015						00:00:00	00:00:00		40	W40		1
	Busemann	Heike	AOK	1971	2015						00:00:00	00:00:00		44	W40		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,55	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km						
	Stoyke	Rita	STV Barßel	1969	2015						00:00:00	00:00:00		46	W40		1
	Nuy	Nicole	Bergisch - Gladbach	1969	2015						00:00:00	00:00:00		46	W40		1
	Watzema	Antke	SV Concordia Ihrhove	1968	2015						00:00:00	00:00:00		47	W40		1
	Klapproth	Elvira	Borromäus Hospital Lee	1966	2015						00:00:00	00:00:00		49	W40		1
	Caspers	Monika	SV Stern Schwerinsdor	1965	2015						00:00:00	00:00:00		50	W50		1
	Riemeyer	Günter	Emder LG	1959	2015						00:00:00	00:00:00		56	M50		1
	Schmidt		Padlooper	1955	2015						00:00:00	00:00:00		60	W60		1
	Art	Laura	IGS Waldschule Egels	1999	2015			00:00:00				00:00:00		16	WU20		1
	Beening	Maïke	FC SO	1998	2015			00:00:00				00:00:00		17	WU20		1
	Beese	Leonie		1999	2015						00:00:00	00:00:00		16	WU20		1
	Bekker	Jessica	VEG Leer	2000	2015						00:00:00	00:00:00		15	WU20		1
	Biskup	Marleen	Gymnasium Aurich	2000	2015			00:00:00				00:00:00		15	WU20		1
	Bocker	Alina	Gymnasium Aurich	2001	2015						00:00:00	00:00:00		14	WU20		1
	Coners	Tomke	RS Aurich	2002	2015			00:00:00				00:00:00		13	WU20		1
	Decker	Hanna	MTV Aurich	2003	2015				00:00:00			00:00:00		12	WU20		1
	Decker	Hilke	MTV Aurich	1998	2015				00:00:00			00:00:00		17	WU20		1
	Draht	Daye-Katharina	MTV Aurich	1998	2015	00:00:00						00:00:00		17	WU20		1
	Fehrenbach	Elke		1999	2015			00:00:00				00:00:00		16	WU20		1
	Friedrichs	Annika	RS Aurich	2002	2015			00:00:00				00:00:00		13	WU20		1
	Froen	Jona Ben		2004	2015			00:00:00				00:00:00		11	WU20		1
	Gerdes	Judith	Realschule Aurich	2000	2015			00:00:00				00:00:00		15	WU20		1
	Hambach	Lena	Emder LG	2001	2015						00:00:00	00:00:00		14	WU20		1
	Hamel	Rhada	Team Ostfriesland	2001	2015	00:00:00						00:00:00		14	WU20		1
	Henning	Kirsten	NYC	2003	2015			00:00:00				00:00:00		12	WU20		1
	Heyen	Katrin	Running for Jesus	1997	2015				00:00:00			00:00:00		18	WU20		1
	Hilbrands	Rebbeka	FC SO	1999	2015					00:00:00		00:00:00		16	WU20		1
	Höfner	Lea	LG Harlingerland	1997	2015						00:00:00	00:00:00		18	WU20		1
	Homes	Amelie	SG Wiesmoor	1999	2015				00:00:00			00:00:00		16	WU20		1
	Hülsebur	Christine	Gymnasium Aurich	1996	2015			00:00:00				00:00:00		19	WU20		1
	Janßen	Mette	LG Uplengen	2002	2015					00:00:00		00:00:00		13	WU20		1
	Krintof	Makel	Starachovice	1998	2015	00:00:00						00:00:00		17	WU20		1
	Leismann	Kea	Gymnasium Aurich	1997	2015			00:00:00				00:00:00		18	WU20		1
	May	Lina	Gymnasium Aurich	1997	2015		00:00:00					00:00:00		18	WU20		1
	Meenken	Lara		1998	2015			00:00:00				00:00:00		17	WU20		1
	Meyer	Elena	LG Uplengen	2000	2015					00:00:00		00:00:00		15	WU20		1
	Meyerholz	Lisa	VEU	1997	2015			00:00:00				00:00:00		18	WU20		1
	Mühlenbrock	Antje	Sparkasse Aurich-Nord	1996	2015					00:00:00		00:00:00		19	WU20		1
	Ninnemann	Marie	TuS Weene	2000	2015			00:00:00				00:00:00		15	WU20		1
	Onnen	Finja	von Humboldt-Schule V	1998	2015					00:00:00		00:00:00		17	WU20		1
	Patschke	Nina	Gymnasium Aurich	1999	2015			00:00:00				00:00:00		16	WU20		1
	Pozoge	Aleksandra	Starachovice	1996	2015	00:00:00						00:00:00		19	WU20		1
	Roskam	Kathrin	IGS Aurich-West	1998	2015			00:00:00				00:00:00		17	WU20		1
	Saathoff	Imke	KGS Großefehn	2000	2015				00:00:00			00:00:00		15	WU20		1
	Saathoff	Marlin	Ihlow	2000	2015			00:00:00				00:00:00		15	WU20		1
	Schön	Ines	KGS Großefehn	2000	2015				00:00:00			00:00:00		15	WU20		1
	Schoon	Ann-Kathrin	Renntiere	1996	2015					00:00:00		00:00:00		19	WU20		1
	Schuscheng	Sarah	SV Blomberg	1999	2015		00:00:00					00:00:00		16	WU20		1
	Schüßler	Neele	VEU	1997	2015			00:00:00				00:00:00		18	WU20		1
	Sich	Wiebke	Gymnasium Aurich	2001	2015			00:00:00				00:00:00		14	WU20		1
	Steenblock	Judith		1998	2015				00:00:00			00:00:00		17	WU20		1
	Sternae	Milena	IGS Aurich-West	1999	2015	00:00:00						00:00:00		16	WU20		1
	te Brake	Herma	Südbrookmerland	1997	2015					00:00:00		00:00:00		18	WU20		1
	Weichers	Maria	Detern	2002	2015					00:00:00		00:00:00		13	WU20		1
	Wtaskowicz	Hanno	Starachovice	1998	2015	00:00:00						00:00:00		17	WU20		1
	Zeimes	Sophia	Gymnasium Aurich	1999	2015			00:00:00				00:00:00		16	WU20		1
	Knappe	Merit	Elsterwerda	2004	2015						00:00:00	00:00:00		11	WU20		1
	Hansjürgens	Birthe	Alexander von Humbold	2003	2015						00:00:00	00:00:00		12	WU20		1
	Menzel	Eefke	GAT Emden	2001	2015						00:00:00	00:00:00		14	WU20		1
	Busse	Vanessa	Emder LG	2001	2015						00:00:00	00:00:00		14	WU20		1
	Knappe	Paula-Anna	Elsterwerda	2001	2015						00:00:00	00:00:00		14	WU20		1
	Hilbrand	Rebekka		2000	2015						00:00:00	00:00:00		15	WU20		1
	Wieligmann	Emma		2000	2015						00:00:00	00:00:00		15	WU20		1
	Böhmert	Marike		2000	2015						00:00:00	00:00:00		15	WU20		1
	Feldhuis	Angela	FC SO-10WPK	1999	2015						00:00:00	00:00:00		16	WU20		1
	Rusinke	Anne		1997	2015						00:00:00	00:00:00		18	WU20		1
	Nanninga	Tanja	NTV	1997	2015						00:00:00	00:00:00		18	WU20		1
	Schwaldat	Hannah		1997	2015						00:00:00	00:00:00		18	WU20		1
	Janssen	Christina	UEG Leer	1996	2015						00:00:00	00:00:00		19	WU20		1
	Kroon		Moormerland	1975	2015					00:00:00		00:00:00		40			1
	Schütte	U	Leer	1975	2015					00:00:00		00:00:00		40			1
	Mennenga	Ralf	Emder LG	1976	2015	00:41:26						00:41:26		39	M30		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						11,30km	11,35km	10,00km	12,00km	9,85km	10,05km	64,55					
	Grassmann	Jens	Hartmann Group	1969	2015			00:44:49				00:44:49		46	M40		1
	Palm	Andree	Lücht & Palm	1975	2015			00:49:12				00:49:12		40	M40		1
	Bikker	Stefan	Ihlow	1977	2015						00:49:22	00:49:22		38	M30		1
	Wilhelms	Kim Daniel	BMW TEKKEN	1994	2015						00:50:47	00:50:47		21	MHK		1
	Buss	Roolf	www.A22-Nie.de	1967	2015	00:51:54						00:51:54		48	M40		1
	Unruh	Andrej	Nordland Papier	1972	2015	00:52:22						00:52:22		43	M40		1
	Deutschmann	Erwin	TSV Hesel	1966	2015	00:52:30						00:52:30		49	M40		1
	de Vries	Stefan	LG Uplengen	1977	2015	00:53:21						00:53:21		38	M30		1
	Kässens	Hermann-Josef	Nordland Papier	1980	2015		00:53:23					00:53:23		35	M30		1
	Meyer	Michael	Petkumer Achterdieklo	1968	2015	00:53:45						00:53:45		47	M40		1
	Weber	Silke	LG Großefehn	1972	2015			00:54:48				00:54:48		43	W40		1
	Bruns	Renè	Raiffeisenbank eG, Mod	1994	2015	00:57:12						00:57:12		21	MHK		1
	Renken	Manfred	Störtebeker Loopers TV	1958	2015	00:57:42						00:57:42		57	M50		1
	Hoppmann	Peter	Grundschule Finkenbur	1963	2015			00:58:27				00:58:27		52	M50		1
	Beckers	Achim	Germania Leer	1959	2015			00:59:00				00:59:00		56	M50		1
	Janssen	Ilka	Bohlen & Doyen	1992	2015			01:00:07				01:00:07		23	WHK		1
	Kappernagel	Jan		1990	2015	01:01:07						01:01:07		25	MHK		1
	Haak	Timo	SV Frisia Loga	1980	2015	01:02:12						01:02:12		35	M30		1
	Broer	Heide	TV Norden	1957	2015						01:02:39	01:02:39		58	W50		1
	Korporal	Nathalie	Rhauderfehn	1994	2015	01:02:43						01:02:43		21	WHK		1
	Gerken	Julia	Gymnasium Ulricianum	1998	2015	01:04:16						01:04:16		17	WU20		1
	Timmer	Simeon	FC SO	1999	2015	01:04:18						01:04:18		16	MU20		1
	Friedrichs	Nils	Aurich	1970	2015	01:04:34						01:04:34		45	M40		1
	Otto	Jürgen	VfL Berumbur	1964	2015			01:05:29				01:05:29		51	M50		1
	Prost	Thomas	Nordland Papier	1980	2015		01:05:56					01:05:56		35	M30		1
	Losse	Björn	Ajax Lattenstramm	1989	2015		01:06:34					01:06:34		26	MHK		1
	Wölk	Nico	TaktLwGrp "R"	1997	2015	01:08:36						01:08:36		18	MU20		1
	Meyerhoff	Maike	Seefahrtsschule Leer	1992	2015						01:09:03	01:09:03		23	WHK		1
	Wilkens	Bernhard	Nordland Papier	1980	2015	01:09:58						01:09:58		35	M30		1
	de Vries	Karl-Heinz	Orgadata AG	1967	2015						01:10:15	01:10:15		48	M40		1
	Vogel	Carsten	Seefahrtsschule Leer	1992	2015	01:10:36						01:10:36		23	MHK		1
	Pinne	Svenja	LT TuS Aurich-Ost	1991	2015			01:10:37				01:10:37		24	WHK		1
	Hettmann	Eric	Gymnasium Ulricianum	1974	2015		01:10:59					01:10:59		41	M40		1
	Könnecke	Heike	Ubbo-Emmius-Klinik	1970	2015	01:14:11						01:14:11		45	W40		1
	Huneke	Kerstin	Huneke	1966	2015	01:16:40						01:16:40		49	W40		1
	Ihler	Christiane	Laufen und Meer	1968	2015	01:17:08						01:17:08		47	W40		1
	Hölscher	Gerhard	Naturheilpraxis Bunjes	1955	2015	01:18:21						01:18:21		60	M60		1
	Hammers	Miriam	Alex.-v.-Humboldt-Sch	1997	2015	01:18:48						01:18:48		18	WU20		1
	Heuer-Ippen	Ute	Ernder LG	1961	2015	01:23:49						01:23:49		54	W50		1
	Huneke	Frank	Huneke	1962	2015	01:24:37						01:24:37		53	M50		1
	Cordes	Manfred	Wiesmoor-Wiesederfeh	1960	2015	01:28:03						01:28:03		55	M50		1
	van de Weil	Ronja	WG-RUN'S	1999	2015			01:55:37				01:55:37		16	WU20		1