

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1	Dittrich	Georg	Oldenburg	1970	2016	00:33:28	00:35:16	00:39:26	00:32:18	00:40:02	00:36:43	3:37:13	0:03:21	46	M40	1	6
2	Teklemariam	Weldetinsae	LG Uplengen	1988	2016	00:36:02	00:34:14	00:41:57	00:32:47	00:40:12	00:37:23	3:42:35	0:03:26	28	MHK	1	6
3	Janssen	Ingo	Emder LG	1985	2016	00:35:56	00:34:27	00:42:07	00:32:24	00:40:20	00:37:46	3:43:00	0:03:27	31	M30	1	6
4	Schutte	Hendrik	TuS Haren Leichtathletik	1988	2016	00:35:46	00:35:33	00:42:05	00:32:38	00:40:46	00:37:29	3:44:17	0:03:28	28	MHK	2	6
5	Waschkau	Jan	Team ENERCON	1977	2016	00:36:06	00:35:07	00:42:46	00:33:24	00:41:33	00:39:11	3:48:07	0:03:32	39	M30	2	6
6	Wiltfang	Johannes	Pewsumer Windhunde	1992	2016	00:37:29	00:35:27	00:43:57	00:33:24	00:41:31	00:39:04	3:50:52	0:03:34	24	MHK	3	6
7	Immega	Stephan	LG Harlingerland	1984	2016	00:38:44	00:35:22	00:43:36	00:33:20	00:41:12	00:39:10	3:51:24	0:03:35	32	M30	3	6
8	Groenhagen	Achim	LG Harlingerland	1968	2016	00:39:01	00:35:48	00:43:36	00:33:34	00:42:18	00:38:22	3:52:39	0:03:36	48	M40	2	6
9	Schwalm	Lars	Europaschule Gymnasium	1997	2016	00:37:28	00:35:21	00:43:50	00:34:19	00:42:17	00:39:35	3:52:50	0:03:36	19	MU20	1	6
10	Hansen	Hauke	Lauffreß Rastede	1976	2016	00:37:31	00:35:30	00:43:40	00:34:33	00:42:25	00:40:19	3:53:58	0:03:37	40	M40	3	6
11	Steinke	Peter	MTV Aurich	1970	2016	00:37:33	00:35:53	00:44:17	00:34:50	00:42:43	00:40:10	3:55:26	0:03:38	46	M40	4	6
12	Fleßner	Hermann	MTV Aurich	1974	2016	00:38:05	00:36:23	00:45:13	00:34:45	00:42:30	00:40:21	3:57:17	0:03:40	42	M40	5	6
13	Folkers	Andreas	Wasserschutzpolizei Emden	1976	2016	00:37:40	00:36:25	00:45:14	00:34:34	00:42:29	00:41:16	3:57:38	0:03:40	40	M40	6	6
14	Hommers	Rolf	MTV Aurich	1979	2016	00:37:33	00:37:28	00:45:09	00:34:55	00:42:38	00:40:57	3:58:40	0:03:41	37	M30	4	6
15	Eilerts	Heere	LG Harlingerland	1990	2016	00:37:02	00:38:29	00:44:14	00:35:14	00:43:39	00:40:19	3:58:57	0:03:42	26	MHK	4	6
16	Barth	Uwe	Klinge/Weener Energie	1987	2016	00:39:30	00:37:31	00:45:08	00:34:54	00:43:19	00:40:25	4:00:47	0:03:43	29	MHK	5	6
17	de Jonge	Stefan	Stadt Aurich	1976	2016	00:38:42	00:37:42	00:45:50	00:35:40	00:43:41	00:41:38	4:03:13	0:03:46	40	M40	7	6
18	Franken	Stephan	LIBERTY BLUE	1970	2016	00:39:18	00:37:23	00:46:07	00:36:10	00:43:59	00:41:49	4:04:46	0:03:47	46	M40	8	6
19	Krawietz	Leander	Emder LG	1971	2016	00:39:15	00:37:31	00:46:38	00:36:11	00:44:12	00:41:50	4:05:37	0:03:48	45	M40	9	6
20	Sauer	Artur	Team ENERCON	1980	2016	00:39:46	00:37:50	00:46:03	00:36:18	00:44:04	00:41:48	4:05:49	0:03:48	36	M30	5	6
21	Kruse	John	VW Emden	1982	2016	00:39:12	00:37:50	00:47:00	00:36:12	00:44:21	00:41:55	4:06:30	0:03:49	34	M30	6	6
22	Weber	Yannik	WLC Nord	1995	2016	00:40:31	00:38:00	00:45:55	00:35:52	00:44:27	00:42:02	4:06:47	0:03:49	21	MHK	6	6
23	Janssen	Georg	Ihlower Loopers	1984	2016	00:39:42	00:37:58	00:46:18	00:36:18	00:44:42	00:42:19	4:07:17	0:03:49	32	M30	7	6
24	Roßmann	Lukas	MTV Aurich	1999	2016	00:39:30	00:39:27	00:46:08	00:36:08	00:44:01	00:42:44	4:07:58	0:03:50	17	MU20	2	6
25	Büttner	Riko	Gymnasium Ulricianum	1999	2016	00:40:24	00:38:52	00:47:52	00:35:50	00:44:35	00:41:42	4:09:15	0:03:51	17	MU20	3	6
26	Mennenga	Ralf	Emder LG	1976	2016	00:42:27	00:40:11	00:45:54	00:35:16	00:43:52	00:41:39	4:09:19	0:03:51	40	M40	10	6
27	Wirdemann	Benjamin	LT Schafhauser Wald	1983	2016	00:40:09	00:38:20	00:47:48	00:36:27	00:44:48	00:42:15	4:09:47	0:03:52	33	M30	8	6
28	Felsmann	Axel	LSF Oldenburg	1966	2016	00:40:38	00:38:29	00:46:41	00:37:24	00:45:27	00:42:58	4:11:37	0:03:53	50	M50	1	6
29	Menssen	JÖRG	Krankenhaus Wittmund	1981	2016	00:40:16	00:38:55	00:47:44	00:37:02	00:45:21	00:42:40	4:11:58	0:03:54	35	M30	9	6
30	Schmidt-Dannehl	Markus	Emder LG	1973	2016	00:40:27	00:38:45	00:48:06	00:36:54	00:45:20	00:42:33	4:12:05	0:03:54	43	M40	11	6
31	Kruse	Eike	Team Laufrasch Oldersum	1994	2016	00:40:34	00:39:09	00:47:42	00:37:02	00:45:15	00:43:00	4:12:42	0:03:54	22	MHK	7	6
32	Wittmann	Benjamin	Baptisten Firrel	1981	2016	00:41:12	00:38:33	00:47:31	00:37:15	00:45:22	00:42:53	4:12:46	0:03:54	35	M30	10	6
33	Behrens	Frank	SSV Gristede	1969	2016	00:40:40	00:38:58	00:47:51	00:37:21	00:45:02	00:43:02	4:12:54	0:03:55	47	M40	12	6
34	Nannen	Yannick	SV Holtland	1997	2016	00:40:10	00:39:30	00:47:38	00:36:57	00:46:04	00:42:53	4:13:12	0:03:55	19	MU20	4	6
35	Steenhardt	Wilfried	LG Teutonia Stapelmoor	1966	2016	00:40:25	00:38:57	00:47:59	00:37:09	00:46:18	00:43:22	4:14:10	0:03:56	50	M50	2	6
36	Wendeling	Stephan	Feuerwehr Sande	1969	2016	00:40:22	00:38:59	00:48:02	00:37:41	00:45:35	00:43:33	4:14:12	0:03:56	47	M40	13	6
37	Weinberg	Dieter	LG Harlingerland	1968	2016	00:41:08	00:39:12	00:48:08	00:37:45	00:45:40	00:43:20	4:15:13	0:03:57	48	M40	14	6
38	Henninga	Stephan	RVB Aurich/Uplengen	1986	2016	00:41:25	00:39:21	00:47:57	00:37:34	00:46:03	00:43:52	4:16:12	0:03:58	30	M30	11	6
39	Piotrowski	Carsten	LG Harlingerland	1979	2016	00:42:10	00:39:23	00:48:40	00:37:52	00:46:15	00:43:44	4:18:04	0:03:59	37	M30	12	6
40	Lütten	Maximilian	Emder LG	2000	2016	00:41:34	00:38:53	00:49:11	00:37:51	00:46:40	00:44:12	4:18:21	0:04:00	16	MU20	5	6
41	Bartsch	Frank	LSF Oldenburg	1972	2016	00:41:31	00:39:32	00:48:43	00:38:08	00:46:40	00:44:29	4:19:03	0:04:00	44	M40	15	6
42	Krüsmann	Lars Otto	LIDL	1995	2016	00:43:46	00:38:01	00:45:56	00:39:19	00:47:50	00:44:56	4:19:48	0:04:01	21	MHK	8	6
43	Janssen	Harm	Gassco Vikings	1966	2016	00:41:14	00:40:26	00:49:22	00:38:10	00:46:32	00:44:14	4:19:58	0:04:01	50	M50	3	6
44	Klaue	Roland	MTV-Aurich / Bistro Harlingen	1971	2016	00:40:53	00:40:06	00:50:17	00:38:06	00:46:31	00:44:44	4:20:37	0:04:02	45	M40	16	6
45	Langensiepen	Jannis	LG Harlingerland	1994	2016	00:42:26	00:39:40	00:49:28	00:38:08	00:46:31	00:44:34	4:20:47	0:04:02	22	MHK	9	6
46	Klaassen	Jens	Emder LG	1983	2016	00:42:32	00:39:25	00:49:48	00:37:59	00:47:14	00:44:34	4:21:32	0:04:03	33	M30	13	6
47	Lottmann	Ralf	EWE-Wattloopers	1971	2016	00:42:08	00:39:46	00:49:29	00:38:27	00:47:09	00:44:34	4:21:33	0:04:03	45	M40	17	6
48	Meyer	Henning	TV Norden	1996	2016	00:42:52	00:41:15	00:49:56	00:38:07	00:47:08	00:43:01	4:22:19	0:04:03	20	MHK	10	6
49	Barth	Alwin	SV Ochtersum, Wißmannsdorf	1970	2016	00:42:00	00:40:31	00:49:15	00:38:29	00:47:11	00:45:09	4:22:35	0:04:04	46	M40	18	6
50	Akkermann	Michael	Jennelt	1970	2016	00:42:19	00:40:01	00:50:03	00:38:47	00:47:03	00:44:32	4:22:45	0:04:04	46	M40	19	6
51	Niemöller	Edgar	Braasch	1969	2016	00:42:04	00:40:52	00:49:58	00:38:29	00:46:52	00:44:53	4:23:08	0:04:04	47	M40	20	6
52	Baumann	Jannik	Orgadata AG	1995	2016	00:43:01	00:40:12	00:50:49	00:38:22	00:47:26	00:43:33	4:23:23	0:04:04	21	MHK	11	6
53	Spieker	Tammo	LT TuRa 07 Westrhuder	1998	2016	00:41:26	00:38:54	00:49:42	00:38:20	00:50:13	00:44:51	4:23:26	0:04:04	18	MU20	6	6
54	Maas	Stefan	Concordia Ihrhove	1981	2016	00:41:57	00:40:21	00:49:32	00:38:18	00:47:00	00:46:32	4:23:40	0:04:05	35	M30	14	6
55	Mudder	Ingo	"LG ""Wir reißen ab""	1991	2016	00:42:11	00:40:04	00:49:57	00:38:44	00:47:37	00:45:14	4:23:47	0:04:05	25	MHK	12	6
56	Tattje	Sven	Team Möbel Buss	1992	2016	00:41:13	00:41:28	00:50:28	00:38:30	00:47:23	00:45:00	4:24:02	0:04:05	24	MHK	13	6
57	Wollenberg	Holger	Filsun	1975	2016	00:42:06	00:40:25	00:49:44	00:38:42	00:47:31	00:45:39	4:24:07	0:04:05	41	M40	21	6
58	Baxmann	Thomas	Sporting Emden	1966	2016	00:42:55	00:40:23	00:49:54	00:39:10	00:47:32	00:44:59	4:24:53	0:04:06	50	M50	4	6
59	Avtyenyev	Andriy	Aurich	1984	2016	00:41:57	00:39:34	00:48:53	00:39:28	00:50:01	00:45:01	4:24:54	0:04:06	32	M30	15	6
60	Ludwig	Reinhard	Lummerland Aurich	1959	2016	00:43:26	00:40:42	00:50:04	00:38:57	00:47:22	00:44:53	4:25:24	0:04:06	57	M50	5	6
61	Folkerts	Andreas	Ihlower Loopers	1971	2016	00:42:42	00:41:03	00:50:35	00:39:04	00:47:24	00:44:40	4:25:28	0:04:06	45	M40	22	6
62	Wendeling	Erik	TSR Olympia Wilhelmshaven	1965	2016	00:42:25	00:40:48	00:50:22	00:39:18	00:47:19	00:45:36	4:25:48	0:04:06	51	M50	6	6
63	Steenhardt	Stephan	SV Teutonia Stapelmoor	1997	2016	00:43:35	00:40:42	00:50:47	00:38:57	00:47:22	00:44:26	4:25:49	0:04:07	19	MU20	7	6
64	Rüther	Janis	Carolinensiel	1988	2016	00:42:40	00:41:52	00:49:49	00:38:45	00:47:49	00:45:04	4:25:59	0:04:07	28	MHK	14	6
65	Penon	Jann	MTV Aurich	1997	2016	00:38:32	00:46:17	00:53:24	00:37:58	00:47:52	00:42:04	4:26:07	0:04:07	19	MU20	8	6
66	Wagenknecht	Till	LSF Oldenburg	1968	2016	00:43:26	00:40:36										

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
72	Cornelius	Markus	Der Weg ist das Ziel	1973	2016	00:43:12	00:41:39	00:51:40	00:39:24	00:47:42	00:45:07	4:28:44	0:04:09	43	M40	26	6
73	Grafenburg	Janek	Hartmann Group	1998	2016	00:43:26	00:40:32	00:52:33	00:39:07	00:47:39	00:45:28	4:28:45	0:04:09	18	MU20	9	6
74	Bruns	Bernd	TSV Hesel	1961	2016	00:43:12	00:40:59	00:50:57	00:39:50	00:48:11	00:45:37	4:28:46	0:04:09	55	M50	8	6
75	Pelka	Alfred	Rettungsdienst Leer	1968	2016	00:43:15	00:41:21	00:50:48	00:39:45	00:48:22	00:45:18	4:28:49	0:04:09	48	M40	27	6
76	Maibaum	Lars	LT TuS Aurich-Ost	1971	2016	00:43:16	00:41:15	00:50:55	00:39:22	00:48:56	00:45:19	4:29:03	0:04:10	45	M40	28	6
77	Carls	Christoph	TV Norden	1964	2016	00:43:26	00:41:25	00:50:47	00:39:36	00:48:29	00:45:37	4:29:20	0:04:10	52	M50	9	6
78	Janßen	Horst	TSV Lammertsfehn	1968	2016	00:43:10	00:41:23	00:51:02	00:39:18	00:48:30	00:46:03	4:29:26	0:04:10	48	M40	29	6
79	Olin	Frank	Lummerland Taxi Aurich	1968	2016	00:43:07	00:43:00	00:51:46	00:39:05	00:47:41	00:44:51	4:29:30	0:04:10	48	M40	30	6
80	Bock	Jens	Meyer Werft	1980	2016	00:44:04	00:42:06	00:49:58	00:39:49	00:47:31	00:46:05	4:29:33	0:04:10	36	M30	18	6
81	Onneken	Tobias	4 Sterne Hotel Romane	1992	2016	00:43:46	00:41:52	00:51:31	00:39:03	00:47:59	00:45:37	4:29:48	0:04:10	24	MHK	15	6
82	de Buhr	Julian de	UEG Leer	1999	2016	00:42:26	00:42:12	00:51:10	00:39:09	00:49:25	00:45:41	4:30:03	0:04:10	17	MU20	10	6
83	Lünnemann	Thomas	RSM DPI AG	1980	2016	00:43:18	00:41:19	00:51:08	00:39:31	00:49:16	00:45:33	4:30:05	0:04:10	36	M30	19	6
84	Siebelts	Arnd	"Bv ""Südarle""	1967	2016	00:43:22	00:41:46	00:51:08	00:39:27	00:48:11	00:46:24	4:30:18	0:04:11	49	M40	31	6
85	Jacobs	Andreas	Polizei Aurich	1972	2016	00:43:32	00:41:33	00:50:50	00:39:35	00:48:38	00:46:14	4:30:22	0:04:11	44	M40	32	6
86	Hartema	Richard	LG Teutonia Stapelmod	1968	2016	00:43:10	00:41:31	00:51:10	00:39:47	00:48:23	00:46:23	4:30:24	0:04:11	48	M40	33	6
87	Boekhoff	Rudolf	LIBERTY BLUE	1978	2016	00:45:03	00:41:40	00:51:35	00:39:16	00:47:54	00:45:34	4:31:02	0:04:11	38	M30	20	6
88	Corsten	Richard	Gymnasium Ulricianum	1999	2016	00:41:39	00:40:57	00:51:56	00:39:32	00:51:05	00:45:57	4:31:06	0:04:11	17	MU20	11	6
89	Schwarz	Tanja	Sportpark Tannenhaus	1977	2016	00:44:13	00:41:31	00:51:57	00:39:51	00:47:56	00:46:20	4:31:48	0:04:12	39	W30	1	6
90	Klose	Christian	Landgericht Aurich	1984	2016	00:44:33	00:41:23	00:51:56	00:39:17	00:49:05	00:45:42	4:31:56	0:04:12	32	M30	21	6
91	Christians	Borchard	LG Ostfriesland	1958	2016	00:44:04	00:41:20	00:51:53	00:39:42	00:49:01	00:45:59	4:31:59	0:04:12	58	M50	10	6
92	Oltmanns	Thomas	Holterfehn	1974	2016	00:44:28	00:41:28	00:51:15	00:39:53	00:48:56	00:46:16	4:32:16	0:04:12	42	M40	34	6
93	Hannover	Matthias	Zeitungsgruppe Ostfries	1980	2016	00:42:43	00:42:20	00:51:44	00:39:23	00:48:33	00:47:36	4:32:19	0:04:13	36	M30	22	6
94	Smidt	Oliver	Team ENERCON	1970	2016	00:44:28	00:42:08	00:51:51	00:39:38	00:48:20	00:45:54	4:32:19	0:04:13	46	M40	35	6
95	Rubel	Mathias	Team AURICHER EIEF	1996	2016	00:44:47	00:43:00	00:51:53	00:39:25	00:48:30	00:44:55	4:32:30	0:04:13	20	MHK	16	6
96	Schepker	Lars	Rolf Janssen Gruppe	1980	2016	00:43:25	00:41:56	00:51:46	00:39:48	00:49:20	00:46:17	4:32:32	0:04:13	36	M30	23	6
97	Bordasch	Marco	Verkehrsverein Aurich e	1968	2016	00:43:41	00:41:44	00:51:59	00:39:48	00:48:49	00:46:32	4:32:33	0:04:13	48	M40	36	6
98	Kruse	Jens	LG TV Bunde	1975	2016	00:43:33	00:41:40	00:51:54	00:39:43	00:49:24	00:46:35	4:32:49	0:04:13	41	M40	37	6
99	Roos	Tessa	SV Holtland 1961 e.V.	1998	2016	00:42:25	00:39:49	00:49:41	00:38:51	00:48:14	00:53:54	4:32:54	0:04:13	18	WU20	1	6
100	Gerdes	Helmut	Rechtsweg	1972	2016	00:43:37	00:41:52	00:51:38	00:39:51	00:48:59	00:47:06	4:33:03	0:04:13	44	M40	38	6
101	Baalmann	Josef	MTV Aurich	1961	2016	00:43:13	00:44:02	00:51:30	00:39:55	00:48:22	00:46:37	4:33:39	0:04:14	55	M50	11	6
102	Eden	Kurt	TV Norden	1958	2016	00:43:18	00:41:47	00:51:35	00:40:22	00:49:45	00:47:00	4:33:47	0:04:14	58	M50	12	6
103	Geiken	Ralf	Präv.-Rat Kiek vörut SE	1971	2016	00:45:05	00:42:32	00:52:00	00:39:48	00:48:48	00:46:03	4:34:16	0:04:14	45	M40	39	6
104	Krüger	Georg	Enercon	1982	2016	00:44:40	00:41:34	00:51:50	00:39:52	00:49:11	00:47:12	4:34:19	0:04:14	34	M30	24	6
105	de Vries	Herbert	Emder LG	1969	2016	00:44:09	00:41:52	00:51:43	00:40:03	00:49:50	00:46:51	4:34:28	0:04:15	47	M40	40	6
106	Ciesior	Florian	KoSES	1987	2016	00:46:22	00:42:39	00:52:52	00:39:26	00:47:25	00:46:03	4:34:47	0:04:15	29	MHK	17	6
107	Recknagel	Marco	Gymnasium Ulricianum	1999	2016	00:43:52	00:42:16	00:51:54	00:39:33	00:51:16	00:45:59	4:34:50	0:04:15	17	MU20	12	6
108	Schipper	Thade	TV Norden	1995	2016	00:44:32	00:42:09	00:52:09	00:40:12	00:49:22	00:46:37	4:35:01	0:04:15	21	MHK	18	6
109	Janßen	Stephan	LG Uplengen	1973	2016	00:44:25	00:42:02	00:51:42	00:40:06	00:49:36	00:47:19	4:35:10	0:04:15	43	M40	41	6
110	Erichinger	Heye	F. u. R. Hartema	1997	2016	00:44:55	00:43:01	00:52:45	00:39:56	00:48:57	00:45:40	4:35:14	0:04:15	19	MU20	13	6
111	Ostermoor	Frank	Judo Team Leer VFR H	1971	2016	00:44:29	00:42:36	00:52:07	00:40:01	00:49:14	00:46:49	4:35:16	0:04:15	45	M40	42	6
112	Möhlmann	Timo	Raiffeisenbank eG, Mo	1995	2016	00:44:31	00:42:57	00:51:47	00:39:56	00:49:58	00:46:13	4:35:22	0:04:15	21	MHK	19	6
113	Schick	Robin	MTV Hohenkirchen	2000	2016	00:45:00	00:39:37	00:50:10	00:38:25	00:47:45	00:54:37	4:35:34	0:04:16	16	MU20	14	6
114	Hallmann	Hermann	Emder LG	1962	2016	00:44:02	00:42:41	00:53:00	00:40:21	00:49:12	00:46:36	4:35:52	0:04:16	54	M50	13	6
115	Muschalik	Rainer	Sillenstede	1972	2016	00:44:49	00:43:34	00:52:47	00:40:08	00:48:57	00:46:27	4:36:42	0:04:17	44	M40	43	6
116	Baumann	Jan-Hendrik	Günther Meyer Landsch	1987	2016	00:44:21	00:42:06	00:53:51	00:39:49	00:50:05	00:46:34	4:36:46	0:04:17	29	MHK	20	6
117	Kunz	Daniel	Running for Jesus	1997	2016	00:44:43	00:44:57	00:55:33	00:39:43	00:47:46	00:44:19	4:37:01	0:04:17	19	MU20	15	6
118	Mross	Timm	Team ENERCON	1981	2016	00:44:30	00:44:16	00:52:28	00:40:28	00:49:14	00:46:23	4:37:19	0:04:17	35	M30	25	6
119	Lübbers	Jochem	LG TV Bunde	1970	2016	00:44:34	00:43:05	00:52:26	00:40:20	00:50:17	00:46:37	4:37:19	0:04:17	46	M40	44	6
120	Thomßen	Michael	Idafehn	1981	2016	00:44:44	00:41:59	00:52:26	00:40:28	00:51:03	00:46:43	4:37:23	0:04:17	35	M30	26	6
121	Claassen	Marcel	Störtebeker Loopers TV	1995	2016	00:44:34	00:43:13	00:52:48	00:39:56	00:49:45	00:47:26	4:37:42	0:04:18	21	MHK	21	6
122	de Riese	Jonathan	FCSO	2000	2016	00:48:15	00:44:28	00:52:42	00:38:48	00:47:13	00:46:21	4:37:47	0:04:18	16	MU20	16	6
123	Röben	Michael	Der Weg ist das Ziel	1981	2016	00:45:16	00:44:09	00:52:25	00:39:49	00:49:41	00:46:31	4:37:51	0:04:18	35	M30	27	6
124	Best	Michael	Team AURICHER EIEF	1989	2016	00:45:34	00:43:16	00:52:58	00:40:35	00:49:10	00:46:24	4:37:57	0:04:18	27	MHK	22	6
125	Krahn	Daniel	"Schule ""Altes Amt"" F	1971	2016	00:45:09	00:43:17	00:52:19	00:40:26	00:49:55	00:46:53	4:37:59	0:04:18	45	M40	45	6
126	Busboom	Wilfried	Jümmelopers	1971	2016	00:44:54	00:42:31	00:53:10	00:41:14	00:49:36	00:46:47	4:38:12	0:04:18	45	M40	46	6
127	Groß	Sven	WfbM Aurich Wittmund	1991	2016	00:43:41	00:45:03	00:52:01	00:42:06	00:47:55	00:47:33	4:38:19	0:04:18	25	MHK	23	6
128	Janßen	Benjamin	Palermo Wittmund	2000	2016	00:44:50	00:43:03	00:54:32	00:40:14	00:49:19	00:46:31	4:38:29	0:04:18	16	MU20	17	6
129	Jünke	Hendrik	Raiffeisenbank eG, Mo	1988	2016	00:44:37	00:43:22	00:53:19	00:40:33	00:50:22	00:46:43	4:38:56	0:04:19	28	MHK	24	6
130	Berlin	Jürgen	Team ENERCON	1974	2016	00:45:10	00:42:54	00:52:40	00:40:54	00:50:11	00:47:10	4:38:59	0:04:19	42	M40	47	6
131	Janssen	Stefan	VW Emden	1979	2016	00:44:17	00:43:11	00:52:47	00:40:46	00:50:36	00:47:26	4:39:03	0:04:19	37	M30	28	6
132	Siebens	Ivo	MTV-Aurich - Triathlon	1965	2016	00:44:47	00:43:28	00:52:11	00:40:42	00:50:29	00:47:27	4:39:04	0:04:19	51	M50	14	6
133	Müller	Tim	Gymnasium Ulricianum	1999	2016	00:44:25	00:43:22	00:52:07	00:39:58	00:51:38	00:48:16	4:39:46	0:04:19	17	MU20	18	6
134	Kruse	Frank	VW Emden	1979	2016	00:44:13	00:43:40	00:53:09	00:41:02	00:50:11	00:47:43	4:39:58	0:04:20	37	M30	29	6
135	Trebesch	Wolfgang	MTV Aurich	1957	2016	00:45:03	00:43:08	00:53:36	00:41:16	00:49:37	00:47:19	4:39:59	0:04:20	59	M50	15	6
136	Reefßing	Sven	Nordland Papier	1971	2016	00:46:05	00:43:06	00:52:30	00:41:00	00:50:16	00:47:27	4:40:24	0:04:20	45	M40		

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
143	Markgraf	Jan	TSV Jahn Carolinensiel	1984	2016	00:45:12	00:43:29	00:53:40	00:41:13	00:49:51	00:47:34	4:40:59	0:04:21	32	M30	33	6
144	Klump	Mario	Bünting Tee	1989	2016	00:44:44	00:43:39	00:53:06	00:41:33	00:50:48	00:47:29	4:41:19	0:04:21	27	MHK	26	6
145	Lübben	Volker	SV Ochtersum	1982	2016	00:45:24	00:43:57	00:54:02	00:40:48	00:50:12	00:46:56	4:41:19	0:04:21	34	M30	34	6
146	Gamboa	Daniel	Team ENERCON	1984	2016	00:45:48	00:43:49	00:52:36	00:40:56	00:50:30	00:47:41	4:41:20	0:04:21	32	M30	35	6
147	Steenblock	Reemt	Baptisten Firrel	1994	2016	00:45:20	00:43:41	00:53:53	00:41:17	00:50:22	00:46:49	4:41:22	0:04:21	22	MHK	27	6
148	Engels	Andreas	Loga	1966	2016	00:46:19	00:42:27	00:54:10	00:40:52	00:49:53	00:47:46	4:41:27	0:04:21	50	M50	16	6
149	Agena	Lukas	Ochtelbur	2000	2016	00:46:24	00:44:47	00:52:51	00:40:22	00:50:23	00:47:13	4:42:00	0:04:22	16	MU20	20	6
150	Broschinski	Andreas	Emder LG	1971	2016	00:45:59	00:43:08	00:53:23	00:41:16	00:50:27	00:47:52	4:42:05	0:04:22	45	M40	50	6
151	Wilken	Hauke	SV Brinkum	2001	2016	00:47:13	00:43:39	00:53:40	00:39:53	00:49:27	00:48:52	4:42:44	0:04:22	15	MU20	21	6
152	Trebesch	Tilko	Gymnasium Ulricianum	1998	2016	00:45:59	00:43:39	00:53:26	00:41:02	00:49:53	00:48:48	4:42:47	0:04:22	18	MU20	22	6
153	Hoogestraat	Sonja	LG Harlingerland	1976	2016	00:45:35	00:43:38	00:52:56	00:41:03	00:51:20	00:48:23	4:42:55	0:04:22	40	W40	1	6
154	Wolf	Marko	Team Rücker / LG Harl	1976	2016	00:45:35	00:43:37	00:52:56	00:41:02	00:51:20	00:48:25	4:42:55	0:04:22	40	M40	51	6
155	Hüls	Uwe	TV Norden	1963	2016	00:44:38	00:43:53	00:53:51	00:40:58	00:50:55	00:48:49	4:43:04	0:04:23	53	M50	17	6
156	Hesse	Noah	FCSO	1999	2016	00:46:33	00:43:52	00:53:38	00:41:08	00:50:35	00:47:23	4:43:09	0:04:23	17	MU20	23	6
157	Pree	Wolfgang	LG Harlingerland	1962	2016	00:44:38	00:44:19	00:54:09	00:41:39	00:50:43	00:47:46	4:43:14	0:04:23	54	M50	18	6
158	Szczesny	Bill	NIGE	1997	2016	00:45:49	00:44:43	00:55:11	00:40:44	00:49:30	00:47:24	4:43:21	0:04:23	19	MU20	24	6
159	Martens	Michael	Team ENERCON	1982	2016	00:46:01	00:43:57	00:53:22	00:41:16	00:50:38	00:48:09	4:43:23	0:04:23	34	M30	36	6
160	Steffens	Jannes	Rechtsanwälte Winterh	1986	2016	00:47:40	00:44:15	00:53:16	00:41:02	00:50:17	00:46:59	4:43:29	0:04:23	30	M30	37	6
161	Pretl	Tim	Sternelein und die drei	1978	2016	00:44:38	00:43:04	00:54:43	00:41:15	00:51:57	00:47:59	4:43:36	0:04:23	38	M30	38	6
162	Hofmann	Fred	Weener Plastik	1963	2016	00:43:09	00:41:24	00:51:35	00:41:29	00:57:00	00:49:07	4:43:44	0:04:23	53	M50	19	6
163	Siemers	Jannek	Meyer Werft	1993	2016	00:44:31	00:46:42	00:54:43	00:40:46	00:49:40	00:47:24	4:43:46	0:04:23	23	MHK	28	6
164	Schurwanz	Carsten	Aurich	1965	2016	00:45:47	00:44:51	00:54:15	00:41:20	00:50:06	00:47:32	4:43:51	0:04:23	51	M50	20	6
165	Franke	Max	UEG Leer	1999	2016	00:45:24	00:44:20	00:54:59	00:40:48	00:50:20	00:48:04	4:43:55	0:04:23	17	MU20	25	6
166	Wichmann	Jochen	Leer	1957	2016	00:46:21	00:43:16	00:54:16	00:41:52	00:50:26	00:48:01	4:44:12	0:04:24	59	M50	21	6
167	Buß	Heiner	Buss und Buss Rechtsa	1999	2016	00:46:17	00:47:18	00:52:55	00:39:33	00:49:52	00:48:19	4:44:14	0:04:24	17	MU20	26	6
168	Klaas	Mark	Ubbo-Emmius-klinik	1975	2016	00:45:47	00:43:33	00:53:37	00:41:33	00:51:32	00:48:23	4:44:25	0:04:24	41	M40	52	6
169	Best	Erwin	Wallinghausen	1975	2016	00:46:52	00:43:44	00:54:32	00:41:24	00:50:44	00:47:45	4:45:01	0:04:24	41	M40	53	6
170	Schneider	Finn	Emder LG	2003	2016	00:46:33	00:46:22	00:54:40	00:39:38	00:51:35	00:46:18	4:45:06	0:04:24	13	MU20	27	6
171	Mudder	Lars	Emder LG	2000	2016	00:46:13	00:43:27	00:54:40	00:41:14	00:52:36	00:46:56	4:45:06	0:04:24	16	MU20	28	6
172	Eilerts	Thade	LG Harlingerland	1988	2016	00:44:40	00:46:21	00:53:59	00:41:32	00:50:58	00:47:45	4:45:15	0:04:25	28	MHK	29	6
173	Aggen	Edgar	Feuerwehr Lammertsfe	1966	2016	00:46:30	00:43:57	00:55:39	00:42:00	00:50:14	00:47:17	4:45:37	0:04:25	50	M50	22	6
174	Nanninga	Jochen	TV Norden	1967	2016	00:45:04	00:43:42	00:54:12	00:42:01	00:51:23	00:49:22	4:45:44	0:04:25	49	M40	54	6
175	Mohrherr	Tim	SV Nortmoor	1985	2016	00:45:38	00:44:40	00:55:13	00:41:39	00:50:36	00:47:59	4:45:45	0:04:25	31	M30	39	6
176	Popp	Fenja	TSV Riepe	2002	2016	00:46:34	00:45:35	00:55:01	00:41:04	00:50:49	00:47:08	4:46:11	0:04:25	14	WU20	2	6
177	Böse	Matthias	SV Stikekamp	1970	2016	00:45:31	00:43:54	00:54:22	00:42:22	00:51:34	00:48:29	4:46:12	0:04:25	46	M40	55	6
178	Mocha	Jens	UEG Leer	1978	2016	00:45:26	00:43:59	00:53:56	00:43:26	00:51:15	00:48:17	4:46:19	0:04:26	38	M30	40	6
179	Sørensen	Marc	In-Team Aurich	1981	2016	00:44:32	00:44:13	00:55:17	00:42:03	00:50:41	00:49:40	4:46:26	0:04:26	35	M30	41	6
180	Jakobs	Marco	Moorerland	1988	2016	00:46:43	00:44:06	00:54:55	00:41:28	00:51:29	00:48:04	4:46:45	0:04:26	28	MHK	30	6
181	Cassoli	Jair	Team ENERCON	1977	2016	00:49:09	00:44:47	00:53:36	00:41:24	00:50:23	00:47:26	4:46:45	0:04:26	39	M30	42	6
182	Rust	Michael	BBS Aurich	1984	2016	00:46:46	00:45:35	00:53:48	00:41:32	00:51:01	00:48:03	4:46:45	0:04:26	32	M30	43	6
183	Eilts	Olaf	SV Ochtersum	1973	2016	00:46:12	00:44:16	00:55:16	00:41:25	00:51:13	00:48:27	4:46:49	0:04:26	43	M40	56	6
184	Hüls	Torben	TEAM AURICHER EIER	1995	2016	00:44:51	00:43:02	00:52:37	00:38:48	00:50:27	00:57:15	4:47:00	0:04:26	21	MHK	31	6
185	Dietrich	Matthias	MTV Hohenkirchen	1965	2016	00:47:17	00:43:55	00:52:42	00:43:29	00:51:07	00:48:37	4:47:07	0:04:26	51	M50	23	6
186	Jelden	Carsten	Jümmelopers	1986	2016	00:45:26	00:48:13	00:53:59	00:41:32	00:50:27	00:47:41	4:47:18	0:04:26	30	M30	44	6
187	Sanders	Eckhard	SuS Emden	1966	2016	00:45:48	00:44:23	00:54:55	00:42:02	00:51:18	00:48:55	4:47:21	0:04:26	50	M50	24	6
188	Schneider	Andreas	Aurich	1961	2016	00:46:51	00:44:25	00:54:35	00:42:01	00:51:41	00:47:54	4:47:27	0:04:27	55	M50	25	6
189	Pollmeier	Laurin	Team ENERCON	1995	2016	00:48:12	00:45:04	00:54:25	00:42:12	00:50:15	00:47:21	4:47:29	0:04:27	21	MHK	32	6
190	Block	Wolfgang	LT Ramsloh	1973	2016	00:47:09	00:44:32	00:54:11	00:41:57	00:51:19	00:48:36	4:47:44	0:04:27	43	M40	57	6
191	Dirks	Heiko	Hartmann Group	1977	2016	00:46:57	00:44:46	00:54:32	00:41:55	00:51:15	00:48:21	4:47:46	0:04:27	39	M30	45	6
192	Willms	Hermann	Wildeboer Bauteile Gm	1976	2016	00:45:31	00:43:28	00:55:54	00:42:09	00:52:14	00:48:36	4:47:52	0:04:27	40	M40	58	6
193	Buss	Bjarne	Gymnasium Ulricianum	1999	2016	00:47:27	00:45:29	00:55:09	00:41:41	00:50:57	00:47:13	4:47:56	0:04:27	17	MU20	29	6
194	Janßen	Geriet-Thomas	LG Ostfriesland	1970	2016	00:47:22	00:45:33	00:53:59	00:41:31	00:50:29	00:49:07	4:48:01	0:04:27	46	M40	59	6
195	Hinrichs	Hermann	WT Loppersum / Max M	1979	2016	00:46:13	00:44:54	00:54:49	00:41:50	00:51:38	00:48:44	4:48:08	0:04:27	37	M30	46	6
196	Janßen	Aaron	FCSO	1999	2016	00:45:48	00:43:15	00:55:01	00:41:21	00:52:18	00:50:29	4:48:12	0:04:27	17	MU20	30	6
197	Goldsweer	Karl-Dieter	Vetra Betonfertigteilwer	1968	2016	00:45:54	00:44:37	00:54:41	00:41:51	00:51:01	00:50:09	4:48:13	0:04:27	48	M40	60	6
198	Wiemann	Martin	"TaktLwGrp ""R""	1980	2016	00:46:23	00:44:28	00:54:41	00:43:03	00:51:19	00:48:24	4:48:18	0:04:27	36	M30	47	6
199	Kolthoff	Günther	LG TV Bunde	1975	2016	00:45:22	00:44:20	00:56:00	00:42:14	00:51:38	00:48:47	4:48:21	0:04:27	41	M40	61	6
200	Bohlen	Rainer	LG Uplengen	1987	2016	00:46:14	00:45:35	00:55:13	00:41:20	00:52:13	00:47:51	4:48:26	0:04:27	29	MHK	33	6
201	Apel	Michael Apel	GTC	1973	2016	00:47:07	00:44:27	00:54:27	00:42:13	00:51:14	00:49:01	4:48:29	0:04:28	43	M40	62	6
202	Kruse	Wilhelm	Team Möbel Buss	1966	2016	00:46:43	00:44:26	00:54:33	00:42:29	00:51:10	00:49:15	4:48:36	0:04:28	50	M50	26	6
203	Neuenstein	Bernd		1961	2016	00:47:11	00:44:17	00:54:39	00:42:15	00:51:28	00:48:48	4:48:38	0:04:28	55	M50	27	6
204	Piotrowski	Heike	LG Harlingerland	1982	2016	00:47:16	00:44:11	00:54:33	00:42:14	00:51:19	00:49:09	4:48:42	0:04:28	34	W30	2	6
205	Alberts	Thomas	Loppersum	1981	2016	00:46:29	00:45:19	00:54:14	00:42:02	00:51:43	00:48:56	4:48:43	0:04:28	35	M30	48	6
206	Röttger	Moritz	IGS Aurich-West	1999	2016	00:46:27	00:45:27	00:54:58	00:41:20	00:52:58	00:47:39	4:48:49	0:04:28	17	MU20	31	6
207	Lücht	Thomas	Remels	1979	2016	00:47:22	00:44:51	00:54:28	00:42:15	00:51:45	00:48:11	4:48:52	0:04:28	37	M30	49	6
208																	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
214	Faust	Jelto	VW	1987	2016	00:48:02	00:44:21	00:54:44	00:41:41	00:52:18	00:48:30	4:49:36	0:04:29	29	MHK	35	6
215	Ibeling	Fred	LG Ostfriesland	1966	2016	00:45:12	00:44:39	00:57:51	00:42:15	00:52:05	00:47:38	4:49:40	0:04:29	50	M50	29	6
216	Freidel	Insa	LG Fliegerhorst Upjever	1985	2016	00:46:56	00:44:44	00:54:39	00:42:15	00:51:32	00:49:42	4:49:48	0:04:29	31	W30	3	6
217	Feldiek	Georg	Weener Plastik	1956	2016	00:45:25	00:44:26	00:56:03	00:42:40	00:52:22	00:48:53	4:49:49	0:04:29	60	M60	1	6
218	Block	Wilhelm	Laufen und Meer	1980	2016	00:46:27	00:44:52	00:54:23	00:41:09	00:53:36	00:49:25	4:49:52	0:04:29	36	M30	52	6
219	Fleißner	Onno		1979	2016	00:46:07	00:44:25	00:55:14	00:42:54	00:51:49	00:49:23	4:49:52	0:04:29	37	M30	53	6
220	Gastmann	Richard	Jümmelopers	1961	2016	00:47:44	00:45:14	00:53:38	00:42:22	00:50:37	00:50:26	4:50:01	0:04:29	55	M50	30	6
221	Balzen	Andree	SV Ostfria Moordorf	1983	2016	00:47:46	00:45:02	00:55:51	00:41:52	00:51:29	00:48:14	4:50:14	0:04:29	33	M30	54	6
222	Brahms	Marcel	SV Stikelkamp	1994	2016	00:46:56	00:45:24	00:55:30	00:42:05	00:52:05	00:48:21	4:50:21	0:04:29	22	MHK	36	6
223	Krallmann	Martin	Mittegroßbefeh	1976	2016	00:47:47	00:45:27	00:54:34	00:42:27	00:51:29	00:48:54	4:50:38	0:04:30	40	M40	63	6
224	Alberts	Torsten	Vetra Beton	1971	2016	00:46:32	00:45:36	00:54:46	00:42:24	00:51:59	00:49:23	4:50:40	0:04:30	45	M40	64	6
225	Zieker	Enrico	TuS Eintracht Hinte	1976	2016	00:43:50	00:45:53	00:58:31	00:40:01	00:55:20	00:47:11	4:50:46	0:04:30	40	M40	65	6
226	Wulle	Thomas	Stadt Aurich	1963	2016	00:46:31	00:44:26	00:54:28	00:43:29	00:53:15	00:48:44	4:50:53	0:04:30	53	M50	31	6
227	Rose	Jens	Boen	1986	2016	00:47:06	00:45:32	00:55:04	00:42:27	00:52:08	00:48:51	4:51:08	0:04:30	30	M30	55	6
228	Schild	Stefan	Hartmann Group	1964	2016	00:46:24	00:44:25	00:55:58	00:43:04	00:52:04	00:49:16	4:51:11	0:04:30	52	M50	32	6
229	Ufken	Sven	Scooterbrothers	1995	2016	00:48:38	00:46:13	00:54:47	00:41:56	00:51:08	00:48:32	4:51:14	0:04:30	21	MHK	37	6
230	Boekhoff	Holger	Wreesmann GmbH & C	1975	2016	00:48:55	00:45:55	00:54:49	00:41:56	00:51:30	00:48:14	4:51:19	0:04:30	41	M40	66	6
231	Meyeraan	Harald	Loppersum / VW Emde	1964	2016	00:47:02	00:46:26	00:54:35	00:42:35	00:52:33	00:48:20	4:51:31	0:04:30	52	M50	33	6
232	Brosig	Holger	LG Fliegerhorst Upjever	1975	2016	00:45:25	00:45:54	00:56:40	00:42:39	00:51:53	00:49:09	4:51:40	0:04:30	41	M40	67	6
233	Rüther	Timo	MTV Aurich	1986	2016	00:45:29	00:47:16	00:55:45	00:41:43	00:51:40	00:49:50	4:51:43	0:04:31	30	M30	56	6
234	Jibben	Arno	LT TuS Holtriem	1969	2016	00:46:50	00:45:05	00:55:50	00:42:30	00:52:05	00:49:30	4:51:50	0:04:31	47	M40	68	6
235	Dieling	Malte	Oll Huus	1989	2016	00:46:59	00:45:14	00:55:37	00:42:32	00:52:10	00:49:28	4:52:00	0:04:31	27	MHK	38	6
236	Geisemeyer	Lothar	Bünting Tee	1959	2016	00:46:47	00:45:05	00:55:35	00:42:58	00:52:16	00:49:24	4:52:05	0:04:31	57	M50	34	6
237	Buhr	Rene	VfL Ockenhausen	1993	2016	00:46:12	00:45:46	00:56:03	00:42:22	00:51:06	00:50:50	4:52:19	0:04:31	23	MHK	39	6
238	Lambertz	Walter	Team ENERCON	1973	2016	00:47:26	00:45:37	00:55:08	00:41:57	00:51:38	00:50:38	4:52:24	0:04:31	43	M40	69	6
239	Nielsen	Lars	KdoSES	1977	2016	00:47:44	00:45:37	00:56:01	00:42:07	00:51:53	00:49:05	4:52:27	0:04:31	39	M30	57	6
240	de Riese	Reiner	LT SC Ihrhove 07	1959	2016	00:47:34	00:45:22	00:55:26	00:42:52	00:51:41	00:49:36	4:52:31	0:04:31	57	M50	35	6
241	Jütting	Manuel	Tange	1986	2016	00:47:09	00:44:51	00:55:28	00:42:43	00:52:59	00:49:26	4:52:36	0:04:31	30	M30	58	6
242	Schmidt	Heiner	HSM Wirtschaftsprüfer	1974	2016	00:46:52	00:45:50	00:56:23	00:42:25	00:51:48	00:49:20	4:52:38	0:04:31	42	M40	70	6
243	Rumpf	Bernhard	LG TV Bunde	1966	2016	00:46:49	00:45:20	00:56:48	00:42:34	00:52:26	00:49:09	4:53:06	0:04:32	50	M50	36	6
244	Groen	Werner	Team ENERCON	1971	2016	00:48:48	00:46:33	00:55:25	00:42:11	00:51:52	00:48:40	4:53:29	0:04:32	45	M40	71	6
245	Michaelson	Claus	Running for Jesus	1969	2016	00:46:45	00:44:37	00:55:26	00:43:07	00:53:43	00:49:53	4:53:31	0:04:32	47	M40	72	6
246	Schlachter	Manfred	traba-team	1978	2016	00:48:09	00:45:41	00:56:05	00:42:45	00:51:58	00:49:03	4:53:41	0:04:32	38	M30	59	6
247	Dengler	Eva	Fortuna Logabirum	1964	2016	00:47:30	00:45:16	00:54:55	00:43:09	00:52:42	00:50:23	4:53:55	0:04:33	52	W50	1	6
248	Mennebäck	Ocko	Kinderhilfe Stiftung	1995	2016	00:48:15	00:44:41	00:55:33	00:42:55	00:53:19	00:49:25	4:54:08	0:04:33	21	MHK	40	6
249	Munk	Thomas	Rhauderfehn	1968	2016	00:47:35	00:45:50	00:55:53	00:42:42	00:53:00	00:49:10	4:54:10	0:04:33	48	M40	73	6
250	Tabbert	Frank	LG Ostfriesland	1965	2016	00:46:43	00:44:42	00:55:21	00:42:54	00:52:25	00:52:10	4:54:15	0:04:33	51	M50	37	6
251	de Vries	Reinhard	Ost-Victorbur	1961	2016	00:46:59	00:45:25	00:55:33	00:44:08	00:52:22	00:49:52	4:54:19	0:04:33	55	M50	38	6
252	Lünemann	Claudia		1978	2016	00:47:19	00:44:48	00:55:47	00:43:19	00:53:15	00:50:00	4:54:28	0:04:33	38	W30	4	6
253	Pund	Jonny	Bohlen & Doyen	1998	2016	00:47:02	00:46:00	00:54:50	00:43:16	00:53:39	00:49:42	4:54:29	0:04:33	18	MU20	34	6
254	Frerichs	Robert	TV Norden	1974	2016	00:46:21	00:44:45	00:56:08	00:42:21	00:55:12	00:49:47	4:54:34	0:04:33	42	M40	74	6
255	Reinken	Udo	Sparkasse Aurich-Nord	1983	2016	00:47:13	00:47:04	00:55:56	00:42:11	00:53:15	00:48:59	4:54:38	0:04:33	33	M30	60	6
256	Ammermann	Ralf	FortunaLäufer	1967	2016	00:48:11	00:45:25	00:55:19	00:42:57	00:52:25	00:50:22	4:54:39	0:04:33	49	M40	75	6
257	Cassens	Enno	Alex.-v.-Humboldt-Schu	1998	2016	00:46:53	00:45:26	00:56:37	00:42:16	00:52:09	00:51:18	4:54:39	0:04:33	18	MU20	35	6
258	Stahn	Hans-Peter	LT TuS Aurich-Ost	1956	2016	00:48:00	00:46:08	00:56:00	00:43:11	00:51:54	00:49:30	4:54:43	0:04:33	60	M60	2	6
259	Töbelmann	Olaf	Bundeswehr Weener	1971	2016	00:46:16	00:45:05	00:57:54	00:43:44	00:52:38	00:49:51	4:55:28	0:04:34	45	M40	76	6
260	Lindtner	Michael	Team Rücker / MTV Au	1970	2016	00:46:28	00:46:00	00:56:34	00:43:47	00:53:11	00:50:03	4:56:03	0:04:35	46	M40	76	6
261	Nordbrock	Herbert	Weener Plastik	1967	2016	00:48:09	00:46:05	00:55:46	00:42:59	00:52:52	00:50:13	4:56:04	0:04:35	49	M40	77	6
262	Caspers	Tammo	Gymnasium Ulricianum	1998	2016	00:49:26	00:45:49	00:56:12	00:41:56	00:53:39	00:49:06	4:56:08	0:04:35	18	MU20	36	6
263	Russell	Frank	schlafabor-ostfriesland	1964	2016	00:47:26	00:46:03	00:56:33	00:42:55	00:52:26	00:50:47	4:56:10	0:04:35	52	M50	39	6
264	Backer	Edgar	Victorbur	1965	2016	00:46:45	00:46:55	00:55:47	00:42:32	00:52:38	00:51:34	4:56:11	0:04:35	51	M50	40	6
265	Buss	Sebastian	UEG Leer	2000	2016	00:46:32	00:43:57	00:56:46	00:42:52	00:56:48	00:49:30	4:56:25	0:04:35	16	MU20	37	6
266	Büscher	Johann	Büschies	1968	2016	00:48:19	00:46:49	00:55:25	00:43:39	00:52:16	00:50:04	4:56:32	0:04:35	48	M40	78	6
267	Cramer	Markus	Post SV Leer	1975	2016	00:48:24	00:46:18	00:56:53	00:42:44	00:52:41	00:49:45	4:56:45	0:04:35	41	M40	79	6
268	Hayungs	Fredo	LT TuS Aurich-Ost	1967	2016	00:47:26	00:46:03	00:56:38	00:42:55	00:53:22	00:50:25	4:56:49	0:04:35	49	M40	80	6
269	Borus	Alex	HOLIDAY LAND Borus	1984	2016	00:47:25	00:44:36	00:57:14	00:42:33	00:55:10	00:49:55	4:56:53	0:04:35	32	M30	62	6
270	Stahlberg	Michael	Zentralklinikum Georgs	1975	2016	00:48:43	00:46:26	00:56:38	00:43:21	00:52:45	00:49:18	4:57:11	0:04:36	41	M40	81	6
271	Sandersfeld	Hauke	FCSO	2001	2016	00:48:34	00:44:52	00:56:02	00:43:18	00:54:24	00:50:01	4:57:11	0:04:36	15	MU20	38	6
272	Iken	Christian	WfbM Aurich Wittmund	1995	2016	00:46:36	00:49:43	00:55:42	00:42:18	00:54:55	00:48:14	4:57:28	0:04:36	21	MHK	41	6
273	Niehüser	Manfred	LT Ramsloh	1969	2016	00:48:38	00:45:22	00:55:56	00:42:58	00:52:32	00:52:07	4:57:33	0:04:36	47	M40	82	6
274	Meyer	Manuel	Sparkasse Aurich-Nord	1984	2016	00:48:43	00:45:10	00:56:47	00:43:29	00:52:48	00:50:37	4:57:34	0:04:36	32	M30	63	6
275	Frerichs	Manfred	Emder LG	1958	2016	00:49:34	00:45:35	00:55:49	00:43:35	00:52:58	00:50:04	4:57:35	0:04:36	58	M50	41	6
276	Hempfen	Henning	Dynamo Lohe	1985	2016	00:48:19	00:46:09	00:57:34	00:43:50	00:52:54	00:48:57	4:57:43	0:04:36	31	M30	64	6
277	Walczak	Jacek	Orgadata AG	1982	2016	00:48:38	00:45:53	00:56:54	00:43:46	00:52:37	00:50:00	4:57:48	0:04:36	34	M30	65	6
278	Grensemann	Kai	Sparkasse Emden	1995	2016	00:48:17	00:45:35	00:58:02	00:43:37	00:52:39	00:49:55	4:58:05	0:04:36	21	MHK	42	6

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
285	Eckervogt	Uwe	Meyer Werft	1961	2016	00:48:29	00:45:58	00:56:27	00:43:35	00:53:30	00:50:31	4:58:30	0:04:37	55	M50	42	6
286	Hayen	Simon	Alex.-v.-Humboldt-Schu	1998	2016	00:49:42	00:46:18	00:57:41	00:42:28	00:52:04	00:50:20	4:58:33	0:04:37	18	MU20	40	6
287	Lüpkens	Florian	KS Gleittager GmbH	1991	2016	00:48:09	00:46:20	00:57:10	00:43:28	00:53:51	00:49:39	4:58:37	0:04:37	25	MHK	44	6
288	Hoffmann	Karl-Heinz	Team Laufrausch e.V.	1958	2016	00:48:08	00:46:29	00:56:38	00:43:28	00:53:30	00:50:34	4:58:47	0:04:37	58	M50	43	6
289	Bica	Gabriel	Klinikum Leer	1984	2016	00:51:01	00:46:13	00:55:22	00:42:21	00:54:39	00:49:12	4:58:48	0:04:37	32	M30	66	6
290	Buß	Jann-Helge	SV Eintracht Ihlow	1998	2016	00:48:08	00:46:00	00:57:36	00:42:29	00:53:35	00:51:01	4:58:49	0:04:37	18	MU20	41	6
291	Oltrop	Frank	Blau- Weiß Emden- Bod	1965	2016	00:48:19	00:46:36	00:57:24	00:42:57	00:53:27	00:50:09	4:58:52	0:04:37	51	M50	44	6
292	Fleißner	Heiko	Ubbo-Emmius-Klinik	1968	2016	00:48:42	00:45:49	00:56:39	00:43:31	00:53:57	00:50:18	4:58:56	0:04:37	48	M40	86	6
293	Binder	Jonathan	Leinerstift e.V.	1988	2016	00:51:45	00:47:13	00:55:57	00:41:45	00:52:14	00:50:05	4:58:59	0:04:37	28	MHK	45	6
294	Jibben	Henning	NIGE	1999	2016	00:48:27	00:46:07	00:56:43	00:42:32	00:54:36	00:50:41	4:59:06	0:04:37	17	MU20	42	6
295	Bootjer	Eric	RVB Aurich/Uplengen	1966	2016	00:47:51	00:46:27	00:56:48	00:44:05	00:53:02	00:50:59	4:59:12	0:04:37	50	M50	45	6
296	Graf	Melanie	Badewerk Neuahrlinger	1980	2016	00:48:25	00:45:56	00:55:58	00:43:55	00:54:15	00:50:57	4:59:26	0:04:38	36	W30	5	6
297	Strauß	Manuel	KGS Wiesmoor	2003	2016	00:49:54	00:45:01	00:56:25	00:42:49	00:54:43	00:50:37	4:59:29	0:04:38	13	MU20	43	6
298	Däkena	Lars	MCV Halbmond	1996	2016	00:48:12	00:49:25	00:57:21	00:42:31	00:52:57	00:49:05	4:59:31	0:04:38	20	MHK	46	6
299	Ubben	Bernd	Rotary Club Aurich	1959	2016	00:48:25	00:46:20	00:56:10	00:44:17	00:53:16	00:51:04	4:59:32	0:04:38	57	M50	46	6
300	Brahms	Steffi	LT TuS Aurich-Ost	1974	2016	00:50:03	00:46:00	00:56:34	00:43:47	00:53:10	00:50:02	4:59:36	0:04:38	42	W40	3	6
301	Esser	Ralf	Kurt sien Trupp	1964	2016	00:47:31	00:46:45	00:57:13	00:43:45	00:53:25	00:51:03	4:59:42	0:04:38	52	M50	47	6
302	Stomberg	Stefan	LT Crocodiles	1968	2016	00:48:34	00:47:19	00:57:22	00:43:14	00:53:04	00:50:10	4:59:43	0:04:38	48	M40	87	6
303	Monnerjahn	Martin	SG Egels-Popens	1968	2016	00:48:45	00:46:58	00:57:25	00:43:57	00:52:56	00:49:48	4:59:49	0:04:38	48	M40	88	6
304	Meents	Enno	TUS Leerhufe-Hovel e.	1966	2016	00:46:55	00:46:46	00:58:13	00:42:53	00:53:42	00:51:20	4:59:49	0:04:38	50	M50	48	6
305	Redenius	Folkert	LT TuRa 07 Westrahd	1957	2016	00:47:33	00:46:35	00:57:31	00:43:51	00:54:00	00:50:21	4:59:51	0:04:38	59	M50	49	6
306	Albers	Jens	Stadt Aurich	1975	2016	00:47:50	00:46:47	00:58:09	00:44:04	00:52:59	00:50:09	4:59:58	0:04:38	41	M40	89	6
307	Tillmann	Bernd	TV Gronau	1980	2016	00:49:35	00:47:00	00:56:44	00:44:46	00:54:10	00:47:55	5:00:10	0:04:38	36	M30	67	6
308	Schulte	Holger	Schulte Dental Filsum	1975	2016	00:48:14	00:46:41	00:57:36	00:44:12	00:53:11	00:50:18	5:00:12	0:04:38	41	M40	90	6
309	de Buhr	Harald	Polizei Leer	1962	2016	00:48:14	00:46:41	00:57:36	00:44:17	00:53:10	00:50:19	5:00:17	0:04:38	54	M50	50	6
310	Schulze	Klaus	LSF Oldenburg	1965	2016	00:47:16	00:45:52	00:56:57	00:43:36	00:54:52	00:51:52	5:00:25	0:04:39	51	M50	51	6
311	Schwede	Malte	NIGE Esens	1999	2016	00:47:44	00:46:07	00:58:07	00:43:37	00:53:26	00:51:38	5:00:39	0:04:39	17	MU20	44	6
312	Schweers	Bernd	walchum	1979	2016	00:48:59	00:47:56	00:56:36	00:43:46	00:52:58	00:50:34	5:00:49	0:04:39	37	M30	68	6
313	Grübner	Tim	Sparkasse Aurich-Nord	1975	2016	00:48:25	00:45:10	00:58:13	00:43:33	00:54:34	00:50:59	5:00:54	0:04:39	41	M40	91	6
314	Meyerhoff	Lothar	Störtebeker Loopers TV	1961	2016	00:48:24	00:46:20	00:56:15	00:44:07	00:54:40	00:51:18	5:01:04	0:04:39	55	M50	52	6
315	Folkerts	Friedrich	Feuerwehr Hollen	1965	2016	00:47:08	00:46:38	00:57:46	00:43:48	00:53:30	00:52:20	5:01:10	0:04:39	51	M50	53	6
316	Meinen	Gerold	BSC Burhufe	1963	2016	00:49:06	00:46:56	00:56:46	00:44:10	00:53:52	00:50:27	5:01:17	0:04:39	53	M50	54	6
317	Bretschneider	Alexander	Störtebeker Loopers TV	1998	2016	00:47:17	00:47:02	00:59:48	00:42:43	00:54:25	00:50:10	5:01:25	0:04:40	18	MU20	45	6
318	Schmidt	Olaf	Team ENERCON	1964	2016	00:48:30	00:47:20	00:59:15	00:42:54	00:53:13	00:50:21	5:01:33	0:04:40	52	M50	55	6
319	Menema	Wilko	Meyer Werft	1987	2016	00:47:36	00:49:14	00:56:53	00:43:23	00:53:59	00:50:31	5:01:36	0:04:40	29	MHK	47	6
320	Wessels, Dr.	Jochen	Zahnzentrum Aurich	1969	2016	00:48:29	00:46:29	00:57:34	00:44:24	00:54:23	00:50:36	5:01:55	0:04:40	47	M40	92	6
321	Meier	Heide	Störtebeker Loopers TV	1971	2016	00:48:32	00:46:02	00:56:47	00:44:31	00:54:08	00:52:02	5:02:02	0:04:40	45	W40	4	6
322	Willms	Johannes	Baptisten Firrel	1969	2016	00:49:51	00:46:52	00:57:49	00:43:20	00:53:25	00:50:53	5:02:10	0:04:40	47	M40	93	6
323	Willms	Wilko	LG Harlingerland	1973	2016	00:52:13	00:46:07	00:56:52	00:43:36	00:53:15	00:50:10	5:02:13	0:04:40	43	M40	94	6
324	Jacobsen	Henrik	Werder Bremen	1997	2016	00:49:26	00:46:32	00:57:41	00:44:20	00:54:11	00:50:09	5:02:19	0:04:40	19	MU20	46	6
325	Wölfel	Andreas	TV Norden	1981	2016	00:47:20	00:45:16	00:56:06	00:43:42	00:59:15	00:50:41	5:02:20	0:04:40	35	M30	69	6
326	Harberts	Lothar	ELV Elektronik AG/eQ-	1974	2016	00:50:21	00:47:29	00:57:35	00:44:28	00:53:10	00:49:23	5:02:26	0:04:40	42	M40	95	6
327	Feldmann	Ralf	"TaktLwGrp""R""	1972	2016	00:49:00	00:47:19	00:56:45	00:44:21	00:53:47	00:51:16	5:02:28	0:04:40	44	M40	96	6
328	Ubben, Dr.	Stefan	MAN Diesel & Turbo SE	1970	2016	00:48:46	00:47:11	00:58:08	00:44:06	00:53:32	00:50:59	5:02:42	0:04:41	46	M40	97	6
329	Bohlen	Hauke	TUS Detern	1993	2016	00:47:11	00:46:46	00:56:30	00:41:55	00:56:10	00:54:11	5:02:43	0:04:41	23	MHK	48	6
330	Hicken	Gert	Busboomsfehn	1960	2016	00:48:31	00:48:30	00:57:08	00:45:01	00:53:28	00:50:12	5:02:50	0:04:41	56	M50	56	6
331	Müller	Dean Tavis	Bünting Tee	1991	2016	00:50:46	00:46:29	00:56:53	00:44:56	00:53:09	00:50:39	5:02:52	0:04:41	25	MHK	49	6
332	Buß	Sönke	obw Emden	1997	2016	00:49:39	00:47:02	00:58:45	00:43:25	00:54:08	00:50:02	5:03:01	0:04:41	19	MU20	47	6
333	Janssen	Lotte	Gymnasium Ulricianum	2004	2016	00:48:11	00:46:34	00:57:31	00:43:32	00:55:40	00:51:34	5:03:02	0:04:41	12	WU20	3	6
334	Poelmann	Gerold	Hartmann Group	1979	2016	00:49:13	00:47:09	00:58:28	00:43:57	00:53:50	00:50:35	5:03:12	0:04:41	37	M30	70	6
335	Grimm	Uwe	VfL Berumbur	1969	2016	00:48:41	00:46:58	00:57:45	00:44:26	00:54:26	00:50:58	5:03:14	0:04:41	47	M40	98	6
336	Rekemeier	Sven	Krankenhaus Wittmund	1970	2016	00:52:50	00:46:41	00:56:51	00:44:11	00:52:41	00:50:07	5:03:21	0:04:41	46	M40	99	6
337	Deutschmann	Erwin	TSV Hesel	1966	2016	00:47:47	00:46:44	00:57:25	00:44:21	00:55:51	00:51:18	5:03:26	0:04:41	50	M50	57	6
338	Pol	Jan	LT TuRa 07 Westrahd	1941	2016	00:48:08	00:47:43	00:57:38	00:44:49	00:53:49	00:51:19	5:03:26	0:04:41	75	M70	1	6
339	Boomgaarden	Andre	Eben-Eser	1977	2016	00:49:16	00:46:54	00:57:13	00:44:37	00:54:19	00:51:10	5:03:29	0:04:41	39	M30	71	6
340	Schäfer	Marco Julian	SCHARFF / TRAUCO	1992	2016	00:48:40	00:47:07	00:58:58	00:42:52	00:54:34	00:51:19	5:03:30	0:04:41	24	MHK	50	6
341	Bleeker	Torsten	Backemoor	1970	2016	00:48:23	00:47:21	00:58:34	00:43:51	00:55:04	00:50:18	5:03:31	0:04:41	46	M40	100	6
342	Müller	Thorsten	Herzkinder OstFriesland	1972	2016	00:51:19	00:47:36	00:57:43	00:43:33	00:53:11	00:50:15	5:03:37	0:04:42	44	M40	101	6
343	de Buhr	Hans-Jürgen	Schulte Dental Filsum	1969	2016	00:49:10	00:46:52	00:59:14	00:44:27	00:53:19	00:50:47	5:03:49	0:04:42	47	M40	102	6
344	Jörg	Jörg	LG Fliegerhorst Upjever	1962	2016	00:48:24	00:47:00	00:57:54	00:44:35	00:54:43	00:51:16	5:03:52	0:04:42	54	M50	58	6
345	Alberts	Marco	Firma Getek	1995	2016	00:50:26	00:48:19	00:57:22	00:42:43	00:54:46	00:50:17	5:03:53	0:04:42	21	MHK	51	6
346	Lünken	Matthias	Orgadata AG	1984	2016	00:49:44	00:46:44	00:58:40	00:43:50	00:54:30	00:50:32	5:04:00	0:04:42	32	M30	72	6
347	Meinema	Alle-Jan	VOST	1961	2016	00:48:49	00:46:25	00:57:37	00:44:13	00:54:58	00:52:04	5:04:06	0:04:42	55	M50	59	6
348	Steffens	Viola	Emder LG	1975	2016	00:48:35	00:46:15	00:57:25	00:45:12	00:54:36	00:52:06	5:04:09	0:04:42	41	W40	5	6
349	van Jinnelt	Anita	MTV Hohenkirchen	1965	2016	00:48:55	00:48:06	00:58:21	00:44:18								

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
356	Wieggers	Ulrich	TuS Eintracht Hinte	1955	2016	00:48:25	00:46:24	00:58:30	00:44:37	00:54:46	00:51:51	5:04:33	0:04:42	61	M60	3	6
357	Nortmann	Christian	TuS Eversten	1981	2016	00:50:20	00:48:01	00:59:01	00:43:21	00:54:05	00:49:53	5:04:41	0:04:43	35	M30	74	6
358	Ruhr	Stefan	FF Suurhusen/ VW Bra	1976	2016	00:50:21	00:47:09	00:57:52	00:44:14	00:54:21	00:50:49	5:04:46	0:04:43	40	M40	104	6
359	Beening	Stefanie	Bollingen	1969	2016	00:48:13	00:46:55	00:58:06	00:44:46	00:55:10	00:51:37	5:04:47	0:04:43	47	W40	6	6
360	Bruns	Jan-Uwe	Bruno Bruns GmbH	1972	2016	00:49:13	00:47:01	00:59:31	00:43:36	00:54:07	00:51:31	5:04:59	0:04:43	44	M40	105	6
361	Janßen	Christoff	FC SO	2000	2016	00:48:41	00:47:26	00:58:57	00:44:06	00:54:42	00:51:11	5:05:03	0:04:43	16	MU20	49	6
362	Keller	Georg	LG Harlingerland	1960	2016	00:50:41	00:46:50	00:58:19	00:44:02	00:54:26	00:50:52	5:05:10	0:04:43	56	M50	62	6
363	Löseke	Oliver	Sparkasse Aurich-Nord	1972	2016	00:49:47	00:46:22	00:57:41	00:44:57	00:55:54	00:50:33	5:05:14	0:04:43	44	M40	106	6
364	Sanders	Daniel	LG Großefehn	1979	2016	00:49:34	00:48:01	00:58:26	00:44:54	00:53:24	00:50:58	5:05:17	0:04:43	37	M30	75	6
365	Smit	Manuela	LT TuS Aurich-Ost	1970	2016	00:48:59	00:47:46	00:58:07	00:44:39	00:54:15	00:51:33	5:05:19	0:04:43	46	W40	7	6
366	Wübbenhorst	Jendrik	Alex.-v.-Humboldt-Schu	2000	2016	00:51:11	00:45:55	00:56:14	00:43:23	00:57:11	00:51:31	5:05:25	0:04:43	16	MU20	50	6
367	Otten	Christian	IGS-AURICH West SP3	1996	2016	00:50:01	00:47:07	00:59:00	00:43:09	00:55:19	00:50:51	5:05:27	0:04:43	20	MHK	53	6
368	Kramer	Norbert	KS Gleitlager GmbH	1970	2016	00:49:03	00:46:35	00:58:10	00:44:40	00:55:08	00:51:51	5:05:27	0:04:43	46	M40	107	6
369	Welling	Torsten	MTV Wittmund	1964	2016	00:48:15	00:48:08	00:58:41	00:44:31	00:54:25	00:51:30	5:05:30	0:04:43	52	M50	63	6
370	Weerts	Holger	LT Schaffhauser Wald	1973	2016	00:49:27	00:46:19	00:58:18	00:44:34	00:55:18	00:51:35	5:05:31	0:04:43	43	M40	108	6
371	Röthel	Steffen	Team ENERCON	1970	2016	00:50:11	00:46:28	00:57:34	00:44:49	00:54:33	00:51:57	5:05:32	0:04:43	46	M40	109	6
372	Tunder	Hartmut	Stadt Aurich	1961	2016	00:49:17	00:47:19	00:57:55	00:43:32	00:55:35	00:51:54	5:05:32	0:04:43	55	M50	64	6
373	de Buhr	Hajo		1981	2016	00:49:33	00:46:06	00:58:00	00:45:06	00:55:23	00:51:24	5:05:32	0:04:43	35	M30	76	6
374	Lühr	Torsten	Tausendfuß/Leer	1967	2016	00:48:47	00:47:24	00:57:45	00:44:13	00:54:59	00:52:53	5:06:01	0:04:44	49	M40	110	6
375	Ottjes	Uwe	Team Möbel Buss	1966	2016	00:49:27	00:47:07	00:58:03	00:44:18	00:55:15	00:51:57	5:06:07	0:04:44	50	M50	65	6
376	Can	Esref	Azadi Energy	1985	2016	00:49:17	00:46:39	00:59:25	00:44:46	00:54:35	00:51:51	5:06:33	0:04:44	31	M30	77	6
377	Gammelin	Friso	Polizei Bremen	1979	2016	00:46:56	00:48:54	01:00:36	00:44:35	00:54:45	00:50:50	5:06:36	0:04:44	37	M30	78	6
378	Claassen	Marco	Störtebeker Loopers TV	1988	2016	00:48:19	00:46:53	01:00:07	00:43:50	00:54:34	00:52:54	5:06:37	0:04:44	28	MHK	54	6
379	Harms	Klaus	Nordloh	1968	2016	00:50:53	00:47:17	00:58:25	00:43:42	00:53:56	00:52:25	5:06:38	0:04:44	48	M40	111	6
380	Nordbrock	Joachim	LT Boekzetel	1972	2016	00:45:19	00:44:00	00:53:31	00:41:12	00:52:09	01:10:29	5:06:40	0:04:44	44	M40	112	6
381	Eims	Rüdiger	Lauffreff Sande	1964	2016	00:50:04	00:48:34	00:58:36	00:44:28	00:54:01	00:50:57	5:06:40	0:04:44	52	M50	66	6
382	Kohlert	Sören	IGS Aurich-West	1982	2016	00:50:02	00:47:38	00:59:01	00:43:10	00:55:42	00:51:10	5:06:43	0:04:44	34	M30	79	6
383	Wilhelms	Tobias	IGS Moormerland	1999	2016	00:49:33	00:47:27	00:58:57	00:44:21	00:54:33	00:51:53	5:06:44	0:04:44	17	MU20	51	6
384	Cramer	Frank	Gemeinde Großefehn	1975	2016	00:48:54	00:47:02	00:59:07	00:45:02	00:54:42	00:51:59	5:06:46	0:04:44	41	M40	113	6
385	Wolf	Jakob	KGS Wiesmoor	2003	2016	00:50:57	00:47:11	00:57:50	00:44:46	00:54:38	00:51:28	5:06:50	0:04:45	13	MU20	52	6
386	Sprenger	Robert	LSF Oldenburg	1962	2016	00:49:05	00:46:54	00:58:36	00:44:40	00:54:56	00:52:43	5:06:54	0:04:45	54	M50	67	6
387	Brunet	Holger	Bünting Tee	1966	2016	00:48:40	00:48:14	00:59:34	00:44:32	00:54:43	00:51:13	5:06:56	0:04:45	50	M50	68	6
388	Eihusen	Heike	LG Uplengen	1966	2016	00:48:43	00:47:24	00:58:20	00:45:01	00:55:35	00:51:54	5:06:57	0:04:45	50	W50	3	6
389	Jäckle	Tobias	Krankenhaus Wittmund	1978	2016	00:49:24	00:47:27	00:58:13	00:45:07	00:55:22	00:51:45	5:07:18	0:04:45	38	M30	80	6
390	Seitz	Jonny	Nordland Papier	1965	2016	00:49:13	00:46:26	00:59:55	00:44:42	00:55:00	00:52:03	5:07:19	0:04:45	51	M50	69	6
391	Ferreira	Lautaro Ulloa	SV Frisia Loga/Doepke	1983	2016	00:46:30	00:46:51	01:04:08	00:43:25	00:53:35	00:52:56	5:07:25	0:04:45	33	M30	81	6
392	Grünefeld	Arno	LIBERTY BLUE	1971	2016	00:48:23	00:47:52	00:58:13	00:45:28	00:54:48	00:52:55	5:07:39	0:04:45	45	M40	114	6
393	Müller	Robert	Trauco Gruppe	1983	2016	00:49:21	00:47:17	00:59:14	00:44:12	00:55:28	00:52:09	5:07:41	0:04:45	33	M30	82	6
394	Eberhard	Harald	TG Wiesmoor	1966	2016	00:49:45	00:47:27	00:58:38	00:44:47	00:54:47	00:52:28	5:07:52	0:04:46	50	M50	70	6
395	Gleißl	Jakob		1988	2016	00:49:59	00:47:18	00:58:20	00:44:39	00:55:33	00:52:09	5:07:58	0:04:46	28	MHK	55	6
396	Schröder	Frank	Emder LG	1970	2016	00:49:39	00:48:33	01:00:43	00:46:12	00:58:10	00:44:41	5:07:58	0:04:46	46	M40	115	6
397	Beiden	Andre	PRO NAUTAS	1981	2016	00:50:07	00:48:03	00:58:36	00:45:08	00:54:34	00:51:31	5:07:59	0:04:46	35	M30	83	6
398	Sordon	Marc-André	Flitzer Blitzler	1985	2016	00:49:09	00:47:30	00:59:33	00:45:03	00:55:36	00:51:09	5:08:00	0:04:46	31	M30	84	6
399	Steinmeyer	Benedikt	Gymnasium Ulricianum	1999	2016	00:50:05	00:48:25	01:00:05	00:43:29	00:54:48	00:51:11	5:08:03	0:04:46	17	MU20	53	6
400	Smidt	Mike	Team Erdinger Alkoholf	1971	2016	00:49:55	00:48:36	00:59:55	00:44:22	00:55:00	00:50:20	5:08:08	0:04:46	45	M40	116	6
401	Seiwald	Talea		2001	2016	00:48:40	00:48:19	01:00:14	00:43:58	00:55:45	00:51:13	5:08:09	0:04:46	15	WU20	4	6
402	Gillessen	Thorben	FC SO S2	1997	2016	00:49:29	00:46:58	00:59:33	00:44:45	00:55:24	00:52:02	5:08:11	0:04:46	19	MU20	54	6
403	Boettcher	Bernd	Team ENERCON	1976	2016	00:50:23	00:48:35	00:58:31	00:44:27	00:54:24	00:52:02	5:08:22	0:04:46	40	M40	117	6
404	de Buhr	Gert	Mahl-und Mischbetr.Ge	1972	2016	00:49:33	00:49:01	00:58:00	00:45:07	00:55:23	00:51:24	5:08:28	0:04:46	44	M40	118	6
405	Kampen	Manfred	Team Kampen Westov	1965	2016	00:49:45	00:48:55	00:59:32	00:45:01	00:54:31	00:50:47	5:08:31	0:04:46	51	M50	71	6
406	Bartz	Matthias	BBS II Leer	1997	2016	00:48:38	00:48:59	00:58:48	00:44:22	00:55:26	00:52:18	5:08:31	0:04:46	19	MU20	55	6
407	Krull	Inka	LT TuS Aurich-Ost	1975	2016	00:50:02	00:47:47	00:58:53	00:44:56	00:55:01	00:51:54	5:08:33	0:04:46	41	W40	8	6
408	Grünefeld	Johann	Stickhausen	1963	2016	00:46:12	00:43:25	01:00:35	00:46:18	00:59:09	00:52:56	5:08:35	0:04:46	53	M50	72	6
409	Schumann	Louis	NIGE	2000	2016	00:50:40	00:47:41	01:01:01	00:43:54	00:54:30	00:50:53	5:08:39	0:04:46	16	MU20	56	6
410	Engels	Renko	Maler Engels Holterfeh	2000	2016	00:50:01	00:48:07	00:59:51	00:45:07	00:54:49	00:50:53	5:08:48	0:04:46	16	MU20	57	6
411	Saathoff	Katharina	FC SO	2000	2016	00:49:18	00:49:54	00:58:51	00:43:56	00:55:39	00:51:12	5:08:50	0:04:46	16	WU20	5	6
412	Struckmeyer	Marcus	Gymnasium Ulricianum	1970	2016	00:47:13	00:45:39	01:08:13	00:43:52	00:53:10	00:50:50	5:08:57	0:04:47	46	M40	119	6
413	Kruse-Edenhuizen	Hilko	STRABAG AG	1970	2016	00:50:31	00:47:16	00:58:52	00:45:00	00:55:25	00:52:13	5:09:17	0:04:47	46	M40	120	6
414	Dobler	Marc	TG Wiesmoor	1979	2016	00:49:29	00:47:47	00:59:26	00:44:33	00:54:50	00:53:30	5:09:35	0:04:47	37	M30	85	6
415	Sielmann	Andy	Lebenshilfe Leer	1971	2016	00:50:26	00:48:40	00:58:45	00:45:02	00:54:35	00:52:09	5:09:37	0:04:47	45	M40	121	6
416	Tuijter	Jessika	BASF Coatings GmbH	1988	2016	00:49:31	00:48:10	00:59:15	00:44:40	00:55:45	00:52:19	5:09:40	0:04:47	28	WHK	1	6
417	Peters	Wolfgang	TuS Eintracht Hinte	1967	2016	00:49:55	00:47:32	00:58:31	00:45:52	00:55:20	00:52:32	5:09:42	0:04:47	49	M40	122	6
418	Pistor	Tjark	KGS Wiesmoor	2002	2016	00:50:56	00:48:31	00:57:50	00:44:40	00:54:44	00:53:14	5:09:55	0:04:47	14	MU20	58	6
419	Hellmers	Susanne	TV Norden	1966	2016	00:49:52	00:47:54	00:59:31	00:45:06	00:55:46	00:52:03	5:10:12	0:04:48	50	W50	4	6
420	Henken	Olaf	BMW Tekken Laufteam	1977	2016	00:51:06	00:48:56	00:59:08	00:44:59	00:54:42	00:51:23						

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
427	Bunjes	Axel	Europaschule Gymnasi	1960	2016	00:50:39	00:47:41	00:58:46	00:45:24	00:56:25	00:51:37	5:10:32	0:04:48	56	M50	74	6
428	Rietman	Karin	"SVO""Wi stünd Holtriel	1971	2016	00:49:35	00:47:55	00:59:53	00:45:40	00:55:28	00:52:01	5:10:32	0:04:48	45	W40	9	6
429	Zimmermann	Thorsten	Team ENERCON	1972	2016	00:50:25	00:48:41	00:59:13	00:45:20	00:55:24	00:51:34	5:10:37	0:04:48	44	M40	125	6
430	Gutzmann	Moritz	Meyer Werft	1985	2016	00:51:30	00:48:13	00:59:30	00:45:46	00:55:00	00:50:45	5:10:44	0:04:48	31	M30	89	6
431	Bussen	Udo	EWE-Wattloopers	1988	2016	00:50:11	00:47:45	00:59:19	00:46:04	00:55:13	00:52:15	5:10:47	0:04:48	28	MHK	57	6
432	Hausmann	Marco	Großefehn	1986	2016	00:50:37	00:48:05	00:58:58	00:44:41	00:55:38	00:52:50	5:10:49	0:04:48	30	M30	90	6
433	Graf	Karin	Watt'n Loopers SV Dor	1969	2016	00:49:37	00:47:59	01:00:46	00:44:59	00:55:44	00:51:52	5:10:57	0:04:48	47	W40	10	6
434	Heiken	Onno	SC Aurich	1997	2016	00:48:20	00:46:29	00:59:37	00:42:32	00:56:40	00:57:25	5:11:03	0:04:48	19	MU20	59	6
435	Andres	Björn	LG Fliegerhorst Upjeve	1980	2016	00:48:24	00:49:34	00:58:59	00:44:33	00:56:22	00:53:18	5:11:10	0:04:49	36	M30	91	6
436	Beening	Mai	FCSO S2	1998	2016	00:49:34	00:50:12	00:59:22	00:45:36	00:54:59	00:51:27	5:11:10	0:04:49	18	WU20	6	6
437	Heyken	Wessel	Hof Heyken	1987	2016	00:52:28	00:50:35	01:00:33	00:44:13	00:53:04	00:50:21	5:11:14	0:04:49	29	MHK	58	6
438	Pilney	Bettina	LT SV Ems Jemgum	1962	2016	00:50:11	00:48:01	00:58:59	00:45:38	00:55:53	00:52:35	5:11:17	0:04:49	54	W50	5	6
439	Korporal	Jens	KS Gleitlager GmbH	1981	2016	00:49:48	00:48:26	00:58:58	00:45:15	00:56:09	00:52:45	5:11:21	0:04:49	35	M30	92	6
440	Schmidt	Jörg	Emder LG	1970	2016	00:53:44	00:47:29	00:59:03	00:43:55	00:53:24	00:53:49	5:11:24	0:04:49	46	M40	126	6
441	Kuhlemann	Holger	Rolf Janssen Gruppe	1982	2016	00:49:31	00:49:08	01:00:11	00:45:22	00:55:29	00:51:44	5:11:25	0:04:49	34	M30	93	6
442	Cordes	Jannik	Moorerland	1997	2016	00:51:32	00:48:52	00:57:52	00:45:42	00:56:09	00:51:19	5:11:26	0:04:49	19	MU20	60	6
443	Saathoff	Eric	Emder LG	1968	2016	00:51:01	00:47:29	00:59:03	00:43:59	00:56:06	00:53:48	5:11:26	0:04:49	48	M40	127	6
444	Kobuch	Herma	Lauffreff Schafhauser V	1968	2016	00:48:50	00:47:54	00:59:56	00:46:07	00:55:48	00:52:57	5:11:32	0:04:49	48	W40	11	6
445	Stekker	Andreas	NIGE	1982	2016	00:49:03	00:49:28	00:59:43	00:44:51	00:55:59	00:52:30	5:11:34	0:04:49	34	M30	94	6
446	Mülder	Michael	TUS Weene	1996	2016	00:49:31	00:48:08	00:59:40	00:45:06	00:56:26	00:52:55	5:11:46	0:04:49	20	MHK	59	6
447	Stucke	Thorsten	PFL-Stift Esens	1974	2016	00:49:43	00:48:16	00:59:47	00:45:15	00:56:21	00:52:24	5:11:46	0:04:49	42	M40	128	6
448	Janßen	Andreas	schwimmverein hesel	1967	2016	00:49:33	00:48:43	00:59:27	00:46:05	00:55:47	00:52:14	5:11:49	0:04:49	49	M40	129	6
449	Wagner	Andre	Nordland Papier	1968	2016	00:49:44	00:48:07	01:00:08	00:44:57	00:56:19	00:52:47	5:12:02	0:04:49	48	M40	130	6
450	Hirsch	Alexander	Gassco Vikings	1963	2016	00:49:59	00:48:43	01:00:23	00:45:19	00:55:45	00:51:58	5:12:07	0:04:49	53	M50	75	6
451	Schnabel	Indra	LT TuS Aurich-Ost	1978	2016	00:49:56	00:48:59	00:58:36	00:44:56	00:55:49	00:54:00	5:12:16	0:04:50	38	W30	6	6
452	Graepel	Amke	LT TuRa 07 Westraud	2000	2016	00:51:28	00:48:02	01:00:29	00:45:06	00:55:44	00:51:28	5:12:17	0:04:50	16	WU20	7	6
453	Ender	Imke	WfbM Aurich Wittmund	1975	2016	00:49:29	00:47:59	01:00:58	00:45:15	00:55:42	00:52:55	5:12:18	0:04:50	41	W40	12	6
454	von Kentzinsky	Roland	TG Wiesmoor	1948	2016	00:49:32	00:48:17	00:59:46	00:45:45	00:55:58	00:53:01	5:12:19	0:04:50	68	M60	4	6
455	Kappelmann	Thomas	TuS Eversten	1965	2016	00:50:21	00:47:30	00:58:06	00:47:39	00:55:56	00:52:54	5:12:26	0:04:50	51	M50	76	6
456	Pleis	Malte	Moorloopers	1997	2016	00:50:59	00:49:00	00:59:26	00:45:40	00:55:32	00:51:50	5:12:27	0:04:50	19	MU20	61	6
457	Finke	Stefan	Laufburschen	1979	2016	00:49:36	00:49:02	00:59:01	00:45:43	00:56:54	00:52:18	5:12:34	0:04:50	37	M30	95	6
458	Holzenkämpfer	Heiko	FC Stern Völlenerfehn	1986	2016	00:49:29	00:48:02	00:59:57	00:45:31	00:56:06	00:53:30	5:12:35	0:04:50	30	M30	96	6
459	Walter	Mathis	Gymnasium Ulricianum	2003	2016	00:53:51	00:48:58	00:58:55	00:43:38	00:55:41	00:51:33	5:12:36	0:04:50	13	MU20	62	6
460	Homm	Julia	FCSO	1998	2016	00:50:38	00:50:12	00:59:42	00:45:01	00:54:47	00:52:33	5:12:53	0:04:50	18	WU20	8	6
461	Folkerts	Ingrid	Fortuna Logabirum	1966	2016	00:49:44	00:48:50	01:00:08	00:45:23	00:55:27	00:53:23	5:12:55	0:04:50	50	W50	6	6
462	Meyer	Timo	MTV Aurich Triathlon	1980	2016	00:48:44	00:48:16	00:59:30	00:45:50	00:58:48	00:51:49	5:12:57	0:04:50	36	M30	97	6
463	Günther	Alwin	SVO Wi stünd Holtriem	1973	2016	00:49:26	00:48:52	00:59:46	00:45:33	00:56:42	00:52:54	5:13:13	0:04:50	43	M40	131	6
464	Dreesman	Arno	LHV	1976	2016	00:51:07	00:48:41	00:59:21	00:45:41	00:55:58	00:52:31	5:13:19	0:04:51	40	M40	132	6
465	Frühling	Uwe	Lions Club Ihlow	1969	2016	00:45:58	00:47:26	00:56:40	00:46:13	01:01:09	00:55:55	5:13:21	0:04:51	47	M40	133	6
466	Kleene	Holger	obw Emden	1971	2016	00:50:44	00:49:21	01:00:53	00:45:08	00:55:50	00:51:27	5:13:23	0:04:51	45	M40	134	6
467	Welp	Michael	Meyer Werft	1973	2016	00:49:55	00:49:15	01:00:27	00:45:23	00:55:58	00:52:28	5:13:26	0:04:51	43	M40	135	6
468	Heilmann	Klaus	Seefahrtsschule Leer	1970	2016	00:48:38	00:48:40	00:59:37	00:46:00	00:56:24	00:54:16	5:13:35	0:04:51	46	M40	136	6
469	Buse	Rudolf	H.-D. Heuermann Gmb	1967	2016	00:49:55	00:47:40	00:59:47	00:46:10	00:56:43	00:53:25	5:13:40	0:04:51	49	M40	137	6
470	Siebolds	Nicklas	IGS Waldschule Egels	2000	2016	00:50:58	00:48:12	00:59:50	00:45:31	00:57:10	00:52:05	5:13:46	0:04:51	16	MU20	63	6
471	Janssen	Nanno	UEG Leer	1998	2016	00:48:25	00:50:27	01:01:01	00:45:44	00:55:45	00:52:29	5:13:51	0:04:51	18	MU20	64	6
472	Wempen	Insa	SV Stern Schwerinsdor	1976	2016	00:50:19	00:48:39	00:59:26	00:45:33	00:57:14	00:52:51	5:14:02	0:04:51	40	W40	13	6
473	Saathoff	Detlef	Veenhusen	1966	2016	00:48:54	00:50:55	01:00:15	00:45:46	00:55:32	00:52:43	5:14:05	0:04:51	50	M50	77	6
474	Tammen	Andre	Lücht & Palm GmbH	1995	2016	00:51:07	00:47:45	00:59:21	00:44:37	00:57:28	00:53:48	5:14:06	0:04:51	21	MHK	60	6
475	Fürst	Heiko	Team Speckmannskam	1975	2016	00:50:52	00:48:10	01:01:14	00:45:44	00:56:05	00:52:07	5:14:12	0:04:51	41	M40	138	6
476	Meinders	Mathis	Leer	1998	2016	00:56:18	00:48:14	00:58:45	00:43:12	00:55:52	00:52:04	5:14:25	0:04:52	18	MU20	65	6
477	Hinders	Tamme	UEG Leer	1998	2016	00:49:49	00:49:10	00:59:42	00:45:16	00:56:44	00:53:45	5:14:26	0:04:52	18	MU20	66	6
478	Eesmann	Thorsten	Pestalozzschule Ween	1970	2016	00:49:24	00:49:30	01:00:56	00:46:13	00:56:22	00:52:02	5:14:27	0:04:52	46	M40	139	6
479	Saathoff	Jarek	IGS Waldschule Egels	2003	2016	00:48:06	00:46:57	00:58:22	00:43:28	01:06:11	00:51:25	5:14:29	0:04:52	13	MU20	67	6
480	Fresemann	Alfred	TV Oldersum	1967	2016	00:49:11	00:47:37	00:58:27	00:44:38	01:02:27	00:52:16	5:14:36	0:04:52	49	M40	140	6
481	Brüsehoff	Wichert	TV Oldersum	1966	2016	00:50:59	00:47:36	01:00:57	00:46:15	00:55:55	00:52:55	5:14:37	0:04:52	50	M50	78	6
482	Coordes	Johannes	Team ENERCON	1969	2016	00:50:16	00:47:43	01:03:03	00:44:59	00:55:30	00:53:13	5:14:44	0:04:52	47	M40	141	6
483	Willems	Horst	Arena Touristen	1969	2016	00:50:25	00:48:18	00:59:32	00:46:07	00:56:51	00:53:34	5:14:47	0:04:52	47	M40	142	6
484	Brahms	Jann	Bohlen & Doyen	1985	2016	00:47:04	00:49:37	00:55:12	01:00:05	00:53:40	00:49:16	5:14:54	0:04:52	31	M30	98	6
485	Duin	Thomas	SV Stern Schwerinsdor	1996	2016	00:51:19	00:50:31	00:59:18	00:44:53	00:56:25	00:52:32	5:14:58	0:04:52	20	MHK	61	6
486	Janssen	Matthias	KS Gleitlager GmbH	1974	2016	00:50:29	00:49:21	00:59:43	00:45:57	00:56:40	00:52:49	5:14:59	0:04:52	42	M40	143	6
487	Boersma	Jan	Rolf Janssen Gruppe	1983	2016	00:51:47	00:49:56	00:59:30	00:45:14	00:55:07	00:53:32	5:15:06	0:04:52	33	M30	99	6
488	Engels-Bakker	Janke	Maler Engels Holterfehn	1974	2016	00:50:47	00:48:36	01:00:20	00:45:22	00:56:38	00:53:24	5:15:07	0:04:52	42	W40	14	6
489	Varga	Erwin	Berumerfehn	1969	2016	00:49:59	00:48:54	01:01:06	00:45:41	00:55:48	00:53:41	5:15:09	0:04:52	47	M40	144	6
490	Konopka	Jens	Wiesmoor	1972	2016	00:49:16	00:51:52	00:59:41	00:45:10	00:55:31	00:53:54	5:15:24	0:04:52	44	M40	145	6
491	Papendiek	Hauke	FCSO	2000	2016	00:49:26	00:50:05	01:05:17	00:44:34								

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
498	Saathoff	Claudia	LT TuS Aurich-Ost	1970	2016	00:50:38	00:49:07	00:59:16	00:46:17	00:56:44	00:53:45	5:15:47	0:04:53	46	W40	15	6
499	Neuke	Tobias		1980	2016	00:50:46	00:50:32	01:00:15	00:45:30	00:57:02	00:51:43	5:15:48	0:04:53	36	M30	101	6
500	Hildebrandt	Theodor	LG Ostfriesland	1956	2016	00:50:26	00:47:49	00:59:26	00:46:50	00:57:13	00:54:08	5:15:52	0:04:53	60	M60	5	6
501	Bolinius	Thomas	Norden	1971	2016	00:50:38	00:49:27	01:00:29	00:45:33	00:56:27	00:53:21	5:15:55	0:04:53	45	M40	148	6
502	Gerdes	Gerhard	HAUSTIERPARK WER	1963	2016	00:51:15	00:48:49	01:01:36	00:46:13	00:55:47	00:52:19	5:15:59	0:04:53	53	M50	82	6
503	Fehrenbach	Sven	Gymnasium Ulricianum	1999	2016	00:54:25	00:47:31	01:02:27	00:43:52	00:55:51	00:51:56	5:16:02	0:04:53	17	MU20	69	6
504	Böhlend	Kay	LC Wechloy	1965	2016	00:50:36	00:48:46	01:00:45	00:46:29	00:56:51	00:52:37	5:16:04	0:04:53	51	M50	83	6
505	Nuske	Alexander	Team ENERCON	1971	2016	00:50:58	00:48:19	00:59:49	00:46:49	00:56:18	00:53:58	5:16:11	0:04:53	45	M40	149	6
506	Nannen	Thilo	Team Aaron Power	1998	2016	00:55:30	00:50:05	00:59:16	00:45:21	00:55:32	00:50:30	5:16:14	0:04:53	18	MU20	70	6
507	Rödiger	Volker	TuS Eintracht Hinte	1969	2016	00:52:00	00:48:36	00:59:48	00:45:52	00:57:08	00:52:58	5:16:22	0:04:53	47	M40	150	6
508	Janßen	Moni	LT TuS Aurich-Ost	1995	2016	00:50:03	00:49:59	01:00:07	00:45:30	00:57:06	00:53:42	5:16:27	0:04:53	21	WHK	2	6
509	Bolte	Thomas	EWE-Wattloopers	1965	2016	00:51:44	00:49:02	01:00:28	00:45:26	00:57:55	00:51:55	5:16:30	0:04:54	51	M50	84	6
510	Boekhoff	Hermann	SV Bentstreek	1961	2016	00:51:27	00:48:23	01:00:03	00:46:26	00:57:17	00:53:01	5:16:37	0:04:54	55	M50	85	6
511	Köhler	Thomas	Familienzentrum Reme	1982	2016	00:51:11	00:48:47	01:01:35	00:46:08	00:56:14	00:52:43	5:16:38	0:04:54	34	M30	102	6
512	Keiser	Johann	N-Cut24	1962	2016	00:51:22	00:50:27	00:59:54	00:46:05	00:56:12	00:52:38	5:16:38	0:04:54	54	M50	86	6
513	Olchers	Hilko	Team Möbel Buss	1974	2016	00:51:54	00:49:56	01:01:19	00:45:43	00:55:35	00:52:14	5:16:41	0:04:54	42	M40	151	6
514	Böse	Daniel	UEG Leer	1996	2016	00:52:39	00:49:26	00:59:50	00:45:34	00:56:30	00:52:47	5:16:46	0:04:54	20	MHK	62	6
515	Ahlers	Sascha	Stapel	1978	2016	00:48:20	00:47:04	01:02:50	00:48:54	00:56:20	00:53:18	5:16:46	0:04:54	38	M30	103	6
516	Boekhoff	Daniel	SV Warsingsfehn	1998	2016	00:51:21	00:48:49	01:00:37	00:44:47	00:59:08	00:52:04	5:16:46	0:04:54	18	MU20	71	6
517	Brader	Sascha	MTV Hohenkirchen	1969	2016	00:51:41	00:49:44	00:59:12	00:46:16	00:56:04	00:53:55	5:16:52	0:04:54	47	M40	152	6
518	Harms	Joachim	traba-team	1961	2016	00:49:03	00:47:30	00:58:37	00:45:21	01:00:37	00:55:45	5:16:53	0:04:54	55	M50	87	6
519	Mintken	Endrik	KGS Wiesmoor	2000	2016	00:54:41	00:47:41	01:00:46	00:44:49	00:56:01	00:53:04	5:17:02	0:04:54	16	MU20	72	6
520	Beening	Jan	Bollingen	1965	2016	00:51:44	00:48:46	00:59:58	00:46:19	00:56:42	00:53:52	5:17:21	0:04:54	51	M50	88	6
521	Goos	Anja	Emder LG	1972	2016	00:49:39	00:48:33	01:00:43	00:46:12	00:58:10	00:54:09	5:17:26	0:04:54	44	W40	16	6
522	Renken	Manfred	Störtebeker Loopers TV	1958	2016	00:50:39	00:49:04	01:00:36	00:46:10	00:57:07	00:53:54	5:17:30	0:04:54	58	M50	89	6
523	Hiersemann	Frank	TuS Eintracht Hinte	1969	2016	00:51:21	00:48:51	01:00:05	00:45:58	00:57:11	00:54:08	5:17:34	0:04:54	47	M40	153	6
524	Scholz	Erich	TuS Eintracht Hinte	1963	2016	00:51:22	00:48:51	01:00:05	00:45:58	00:57:11	00:54:08	5:17:35	0:04:55	53	M50	90	6
525	Post	Reinhard	SV Stern Schwerinsdor	1962	2016	00:51:45	00:49:50	01:00:40	00:45:40	00:56:33	00:53:12	5:17:40	0:04:55	54	M50	91	6
526	Hamacher	Henning	Taxi Lummerland	1974	2016	00:52:54	00:49:31	01:01:01	00:45:57	00:55:57	00:52:23	5:17:43	0:04:55	42	M40	154	6
527	Kramer	Manfred	LG Werder-Ossis	1962	2016	00:50:50	00:49:01	01:00:41	00:46:16	00:56:30	00:54:29	5:17:47	0:04:55	54	M50	92	6
528	Skubis	Jacek	Klinikum Leer	1966	2016	00:51:15	00:48:32	01:00:07	00:46:34	00:57:01	00:54:23	5:17:52	0:04:55	50	M50	93	6
529	Albers	Jürgen	Klinikum Leer	1969	2016	00:50:41	00:49:41	01:01:33	00:46:02	00:56:57	00:53:02	5:17:56	0:04:55	47	M40	155	6
530	Koch	Marcel	Wreesmann GmbH & C	1994	2016	00:57:00	00:49:31	01:01:08	00:44:11	00:54:42	00:51:29	5:18:01	0:04:55	22	MHK	63	6
531	Wolbers	Josef	Deutsche Rentenversic	1966	2016	00:52:03	00:49:07	01:00:43	00:45:51	00:57:09	00:53:18	5:18:11	0:04:55	50	M50	94	6
532	Brandt	Michael	IGS Waldschule Egels	1984	2016	00:51:49	00:49:37	01:00:27	00:46:16	00:56:53	00:53:11	5:18:13	0:04:55	32	M30	104	6
533	Glanzer	Elfriede	SVO Wi sünd Holtriem	1961	2016	00:51:20	00:49:29	01:00:36	00:47:01	00:56:49	00:52:58	5:18:13	0:04:55	55	W50	7	6
534	Bohlen	Mathias	Dekra Wilhelmshaven	1978	2016	00:50:51	00:49:42	01:00:27	00:46:00	00:57:09	00:54:15	5:18:24	0:04:55	38	M30	105	6
535	Heyken	Jens	Mykonostouisten	1983	2016	00:51:54	00:50:03	01:01:01	00:46:04	00:55:36	00:53:50	5:18:28	0:04:55	33	M30	106	6
536	Weers	Stephan	Sparkasse LeerWittmur	1974	2016	00:51:33	00:50:01	01:01:18	00:46:40	00:56:29	00:52:30	5:18:31	0:04:55	42	M40	156	6
537	Landmann	Hendrik	KGS Wiesmoor	2001	2016	00:57:36	00:49:31	01:00:31	00:44:23	00:55:38	00:50:53	5:18:32	0:04:55	15	MU20	73	6
538	Pingel	Tobias	Team ENERCON	1990	2016	00:50:24	00:49:00	01:01:04	00:44:47	00:56:25	00:56:53	5:18:33	0:04:55	26	MHK	64	6
539	Niehüser	Wilfried	Lauffreff Ramsloh	1972	2016	00:51:18	00:49:36	01:02:03	00:46:08	00:56:29	00:53:01	5:18:35	0:04:55	44	M40	157	6
540	Swieter	Amke	Emden	1990	2016	00:50:35	00:48:38	01:00:39	00:46:15	00:57:17	00:55:17	5:18:41	0:04:56	26	WHK	3	6
541	Koopmann	Kai-Arne	Uppgant-Schott	1993	2016	00:53:20	00:47:10	01:00:11	00:44:03	00:53:51	01:00:10	5:18:45	0:04:56	23	MHK	65	6
542	Adloff	Stephan	Team ENERCON	1976	2016	00:52:28	00:49:11	01:01:01	00:46:10	00:56:29	00:53:28	5:18:47	0:04:56	40	M40	158	6
543	Gross	Peter	"LG ""Wir reißen ab""	1968	2016	00:51:03	00:50:02	01:02:21	00:45:59	00:56:34	00:52:50	5:18:49	0:04:56	48	M40	159	6
544	Feller	Sebastian	Seefahrtsschule Leer	1993	2016	00:53:04	00:49:54	01:00:37	00:45:41	00:56:11	00:53:33	5:19:00	0:04:56	23	MHK	66	6
545	Campen	Birgit	Flitzer Blitzler	1990	2016	00:51:24	00:49:23	01:00:53	00:46:07	00:57:43	00:53:32	5:19:02	0:04:56	26	WHK	4	6
546	Kuper	Wolfgang	Baptisten Firrel	1970	2016	00:52:05	00:49:59	01:00:16	00:46:39	00:56:56	00:53:09	5:19:04	0:04:56	46	M40	160	6
547	Wagener	Jonas	Realschule Aurich	1989	2016	00:52:43	00:48:17	01:01:57	00:44:19	00:58:34	00:53:19	5:19:09	0:04:56	27	MHK	67	6
548	Harms	Meinhard	TSV Riepe	1950	2016	00:50:02	00:48:07	00:58:12	00:51:48	00:57:14	00:53:47	5:19:10	0:04:56	66	M60	6	6
549	Fitz	Florian	Gymnasium Ulricianum	2003	2016	00:50:24	00:49:42	01:01:02	00:46:22	00:58:36	00:53:07	5:19:13	0:04:56	13	MU20	74	6
550	Bronsema	Albert	Emder LG	1956	2016	00:52:48	00:49:26	01:00:49	00:47:06	00:56:36	00:52:36	5:19:21	0:04:56	60	M60	7	6
551	Müller	Stefan	Flitzer Blitzler	1982	2016	00:51:24	00:49:46	01:00:53	00:46:08	00:57:44	00:53:32	5:19:27	0:04:56	34	M30	107	6
552	Eden	Lars	"TaktLwGrp ""R""	1988	2016	00:53:22	00:51:46	01:00:09	00:45:38	00:55:53	00:52:40	5:19:28	0:04:56	28	MHK	68	6
553	Taaks	Michael	TV Moorerland	1978	2016	00:50:08	00:50:20	01:01:53	00:46:31	00:57:10	00:53:28	5:19:30	0:04:56	38	M30	108	6
554	Janssen	Dieter	Wittmund	1955	2016	00:51:41	00:49:02	00:59:45	00:47:14	00:57:54	00:54:00	5:19:36	0:04:56	61	M60	8	6
555	Dultmeyer	Sven	Wreesmann GmbH & C	1985	2016	00:59:16	00:50:23	00:59:28	00:44:13	00:54:42	00:51:43	5:19:45	0:04:57	31	M30	109	6
556	Watermeyer	Stephan	Sportivo Emden	1962	2016	00:51:27	00:48:44	01:00:39	00:47:25	00:57:35	00:53:57	5:19:47	0:04:57	54	M50	95	6
557	Cirksena	Keno	BBC Chartering GmbH	1997	2016	00:51:16	00:49:09	01:02:19	00:46:30	00:56:41	00:53:54	5:19:49	0:04:57	19	MU20	75	6
558	Möller	Herbert	STV Sedelsberg / Pehe	1962	2016	00:46:38	00:45:53	01:02:00	00:53:29	00:57:10	00:54:42	5:19:52	0:04:57	54	M50	96	6
559	Brettschneider	Roger	HTR	1965	2016	00:51:45	00:49:33	01:01:08	00:45:45	00:57:38	00:54:04	5:19:53	0:04:57	51	M50	97	6
560	Bussen	Hanno	Meyer Werft	1966	2016	00:51:42	00:48:49	01:00:57	00:46:13	00:57:46	00:54:31	5:19:58	0:04:57	50	M50	98	6
561	Hippen	Kevin	AXA Center Hoek	1995	2016	00:49:39	00:49:51	01:02:30	00:45:59	00:55:30	00:56:35	5:20:04	0:04:57	21	MHK	69	6
562	Sombetzki	Detlef	Hinrich-Stuart-Bande	1954	2016	00:52:51	00:49:34	01:00:17	00:45:41	00:56:25	00:55:19						

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
569	Janssen	Nanno	Fortuna Logabirum	1967	2016	00:51:13	00:49:41	01:02:24	00:45:37	00:57:28	00:54:06	5:20:29	0:04:57	49	M40	162	6
570	Janssen	Keven	TS Aluminium	1991	2016	00:53:20	00:52:31	01:00:55	00:45:06	00:55:37	00:53:07	5:20:36	0:04:57	25	MHK	73	6
571	Cammenga	Tammo	Gymnasium Ulricianum	2002	2016	00:53:41	00:49:19	01:01:47	00:43:42	00:58:27	00:53:46	5:20:42	0:04:57	14	MU20	76	6
572	Weerts	Klaus	Ovelgönne	1986	2016	00:52:15	00:49:02	01:01:29	00:46:45	00:57:41	00:53:38	5:20:50	0:04:58	30	M30	110	6
573	Nemr	Bilal	Trauco Gruppe	1993	2016	00:49:29	00:48:09	00:56:41	00:43:51	01:08:15	00:54:26	5:20:51	0:04:58	23	MHK	74	6
574	Bruns	Sandra	Steuerberatungsgesell	1976	2016	00:50:56	00:49:46	01:03:03	00:47:11	00:56:33	00:53:33	5:21:02	0:04:58	40	W40	17	6
575	Lüken	Marco	SVO Wi sünd Holtriem	1997	2016	00:50:52	00:51:33	01:02:39	00:45:40	00:56:06	00:54:13	5:21:03	0:04:58	19	MU20	77	6
576	Dallüge	Jannik	Gymnasium Ulricianum	1998	2016	00:56:01	00:51:04	01:01:09	00:43:46	00:57:39	00:51:30	5:21:09	0:04:58	18	MU20	78	6
577	Wichert	Marco	"TaktLwGrp ""R""	1980	2016	00:53:44	00:50:30	00:59:47	00:45:55	00:56:41	00:54:37	5:21:14	0:04:58	36	M30	111	6
578	Flemming	Dana	Fitness im Feedback	1976	2016	00:51:38	00:50:13	01:01:54	00:46:45	00:56:38	00:54:07	5:21:15	0:04:58	40	W40	18	6
579	Park	Harm	TuS Weene	1953	2016	00:50:18	00:48:41	01:00:50	00:47:10	00:58:56	00:55:21	5:21:16	0:04:58	63	M60	10	6
580	Lukahsen	Marcel	EWE-Wattloopers	1996	2016	00:49:46	00:48:05	00:59:07	00:44:08	00:55:13	01:04:57	5:21:16	0:04:58	20	MHK	75	6
581	Krummwiede	Marc	Oldenburg	1970	2016	00:50:51	00:51:10	01:03:06	00:45:55	00:57:01	00:53:14	5:21:17	0:04:58	46	M40	163	6
582	Götsche	Niklas	KGS Wiesmoor	2001	2016	00:50:09	00:50:59	01:00:53	00:44:51	00:55:40	00:58:45	5:21:17	0:04:58	15	MU20	79	6
583	Sandersfeld	Daniel	TRAUCO	1972	2016	00:50:58	00:51:58	01:02:49	00:45:04	00:57:01	00:53:29	5:21:19	0:04:58	44	M40	164	6
584	Bohlen	Gerhard		1967	2016	00:52:05	00:50:56	01:00:25	00:46:18	00:57:20	00:54:16	5:21:20	0:04:58	49	M40	165	6
585	Lohmeyer	Wiebke	SV Frisia Brinkum	1986	2016	00:50:28	00:49:13	01:04:32	00:46:39	00:56:20	00:54:09	5:21:21	0:04:58	30	W30	7	6
586	Schoone	Jens	Bohlen & Doyen	1976	2016	00:52:56	00:50:34	01:00:22	00:46:07	00:57:30	00:53:53	5:21:22	0:04:58	40	M40	166	6
587	Weyrich	Anne	kein	1979	2016	00:52:29	00:49:42	01:00:27	00:42:56	01:00:22	00:55:31	5:21:27	0:04:58	37	W30	8	6
588	Habben	Berend	Wybelsum	1960	2016	00:51:05	00:52:48	01:01:11	00:46:22	00:56:46	00:53:20	5:21:32	0:04:58	56	M50	101	6
589	Thörner	Klaus	obw Emden	1964	2016	00:51:26	00:49:40	01:01:51	00:47:15	00:57:04	00:54:17	5:21:33	0:04:58	52	M50	102	6
590	Foorden	Wilfried	TG Wiesmoor	1964	2016	00:50:45	00:49:25	01:01:23	00:46:42	00:58:53	00:54:26	5:21:34	0:04:58	52	M50	103	6
591	Beckmann	Adrian	Briese Schifffahrt	1990	2016	00:51:31	00:49:41	01:00:59	00:47:01	00:57:35	00:54:48	5:21:35	0:04:58	26	MHK	76	6
592	Engels	Jarno	Maler Engels Holterfeh	2003	2016	00:51:50	00:50:43	01:02:10	00:46:06	00:56:46	00:54:04	5:21:39	0:04:58	13	MU20	80	6
593	Schulte	Joachim	Barßel	1976	2016	00:50:27	00:52:19	01:02:20	00:46:38	00:56:05	00:53:52	5:21:41	0:04:58	40	M40	167	6
594	Freese	Klaus	LT TuS Aurich-Ost	1969	2016	00:49:53	00:48:43	01:00:29	00:45:13	01:04:20	00:53:05	5:21:43	0:04:58	47	M40	168	6
595	Greis	Heike	LSF Oldenburg	1965	2016	00:52:09	00:49:53	01:01:22	00:47:13	00:57:25	00:53:45	5:21:47	0:04:58	51	W50	8	6
596	Spieker	Carsten	Orgadata AG	1982	2016	00:51:07	00:55:23	01:02:36	00:45:14	00:55:09	00:52:19	5:21:48	0:04:58	34	M30	112	6
597	Dannemann	Maren	Badewerk Neuharlinger	1988	2016	00:52:30	00:50:28	01:01:01	00:47:13	00:56:55	00:53:48	5:21:55	0:04:59	28	VHK	5	6
598	Meinen	Jann	Fotostudio Jaspers	1996	2016	00:52:50	00:49:42	01:00:05	00:47:14	00:59:15	00:52:59	5:22:05	0:04:59	20	MHK	77	6
599	Venekamp	Gerhard	TuS Eintracht Hinte	1965	2016	00:51:47	00:49:10	01:00:44	00:47:24	00:58:12	00:54:52	5:22:09	0:04:59	51	M50	104	6
600	Rosenkranz	Tim	Geisnützige Werkstä	1988	2016	00:51:06	00:49:26	01:03:37	00:42:17	00:58:36	00:57:07	5:22:09	0:04:59	28	MHK	78	6
601	Huber	Torsten	Augustfehn	1983	2016	00:52:32	00:49:53	01:01:50	00:46:29	00:57:21	00:54:06	5:22:11	0:04:59	33	M30	113	6
602	Eden	Michael	Eastfrisian Metal Assoc	1973	2016	00:51:06	00:49:36	01:02:32	00:47:16	00:57:17	00:54:31	5:22:18	0:04:59	43	M40	169	6
603	Pollmann	Heino	VOST / BW Filsu	1986	2016	00:51:50	00:49:03	01:00:35	00:46:30	00:57:58	00:56:26	5:22:22	0:04:59	30	M30	114	6
604	Meise	André	RVB Aurich/Uplengen	1991	2016	00:51:10	00:49:50	01:01:46	00:46:10	00:58:24	00:55:04	5:22:24	0:04:59	25	MHK	79	6
605	Schwarz	Thorsten	MTV Aurich	1967	2016	00:55:09	00:52:33	01:05:56	00:44:38	00:53:18	00:50:52	5:22:26	0:04:59	49	M40	171	6
606	Baumann	Onno	Leinerstift e.V.	1968	2016	00:53:56	00:49:20	01:01:34	00:46:37	00:57:30	00:53:29	5:22:26	0:04:59	48	M40	170	6
607	Bruns	Aike	ENOVA	1995	2016	00:52:22	00:51:52	01:02:16	00:45:19	00:55:43	00:55:00	5:22:32	0:04:59	21	MHK	80	6
608	Sachse	Patrick	Raiffeisenbank eG, Mod	1996	2016	00:54:18	00:51:32	01:02:50	00:45:43	00:56:28	00:51:45	5:22:36	0:04:59	20	MHK	81	6
609	Biller	Hilko	Eintracht Ihlow	1988	2016	00:52:37	00:51:10	01:02:15	00:46:02	00:56:53	00:53:39	5:22:36	0:04:59	28	MHK	82	6
610	Ubben	Ehlke	Stadt Aurich	1962	2016	00:52:30	00:49:44	01:01:18	00:47:30	00:57:09	00:54:30	5:22:41	0:04:59	54	M50	105	6
611	Cassens	Daniel	Lukasläufer	1985	2016	00:54:12	00:50:05	01:02:03	00:45:39	00:57:12	00:53:41	5:22:52	0:04:59	31	M30	115	6
612	Dahms	Arne	Wildeboer Bauteile Gm	1976	2016	00:53:44	00:50:31	01:00:54	00:47:07	00:57:18	00:53:20	5:22:54	0:04:59	40	M40	172	6
613	Claassen	Paulina	Gymnasium Ulricianum	2004	2016	00:53:06	00:49:42	01:01:01	00:46:22	00:59:22	00:53:21	5:22:54	0:04:59	12	WU20	9	6
614	Willms	Johann	Krummhörn	1956	2016	00:51:37	00:48:56	01:02:42	00:46:51	00:58:18	00:54:31	5:22:55	0:04:59	60	M60	11	6
615	Buß	Coob	SV Eintracht Ihlow	1961	2016	00:52:43	00:51:07	01:02:00	00:46:46	00:56:53	00:53:31	5:23:00	0:05:00	55	M50	106	6
616	Stehen	Carsten	FC Oldersum	1992	2016	01:01:04	00:57:07	00:58:44	00:43:24	00:54:01	00:48:42	5:23:02	0:05:00	24	MHK	83	6
617	Reemts	Ramona	LG Harlingerland	1984	2016	00:50:45	00:48:13	01:06:15	00:46:26	00:57:13	00:54:10	5:23:02	0:05:00	32	W30	9	6
618	König	Timo	NIGE	2000	2016	00:53:34	00:47:19	01:02:32	00:46:50	00:57:52	00:54:59	5:23:06	0:05:00	16	MU20	81	6
619	Kunz	Tobias	Running for Jesus	1995	2016	00:54:35	00:51:04	01:01:20	00:45:35	00:57:13	00:53:24	5:23:11	0:05:00	21	MHK	84	6
620	Wiltfang	Anja	Emden	1985	2016	00:50:52	00:50:04	01:02:57	00:46:14	00:58:44	00:54:29	5:23:20	0:05:00	31	W30	10	6
621	Schmidt	Wilko	Gymnasium Ulricianum	1999	2016	00:54:25	00:50:50	01:04:02	00:44:26	00:57:56	00:51:57	5:23:36	0:05:00	17	MU20	82	6
622	Roßkamp	Frank	FSV Westerstede	1959	2016	00:54:01	00:51:05	01:01:16	00:46:26	00:57:16	00:53:40	5:23:44	0:05:00	57	M50	107	6
623	Tunder	Garrell	SC Wiesens	1955	2016	00:52:01	00:49:38	01:01:56	00:48:22	00:57:49	00:54:02	5:23:48	0:05:00	61	M60	12	6
624	Niehuisen	Erwin	KBV Nenndorf	1974	2016	00:52:04	00:48:59	01:03:07	00:46:50	00:57:53	00:54:59	5:23:52	0:05:00	42	M40	173	6
625	Lampen	Britta	SV Wasserfr.Völlen/Pag	1984	2016	00:52:13	00:50:25	01:01:30	00:46:56	00:57:59	00:55:00	5:24:03	0:05:01	32	W30	11	6
626	Klooster	Klaus	Störtebeker Loopers TV	1975	2016	00:53:23	00:50:14	01:01:57	00:46:41	00:57:34	00:54:22	5:24:11	0:05:01	41	M40	174	6
627	Müller	Lothar	Onkologie UnterEms/Fd	1961	2016	00:53:45	00:49:05	01:01:13	00:47:20	00:58:23	00:54:27	5:24:13	0:05:01	55	M50	108	6
628	Behrens	Petra	LSF Oldenburg	1965	2016	00:51:56	00:50:26	01:02:07	00:46:57	00:58:01	00:54:47	5:24:14	0:05:01	51	W50	9	6
629	Baumann	Marion	TuS Zetel	1971	2016	00:52:01	00:49:36	01:02:06	00:47:36	00:58:14	00:54:45	5:24:18	0:05:01	45	W40	19	6
630	Kiese	Kersten	TuS Esens	1964	2016	00:51:56	00:49:59	01:01:41	00:47:44	00:57:54	00:55:05	5:24:19	0:05:01	52	M50	109	6
631	Kläner	Sonja	LSF Oldenburg	1972	2016	00:51:57	00:50:25	01:01:57	00:47:18	00:58:11	00:54:35	5:24:23	0:05:01	44	W40	20	6
632	Heilemann	Moritz	Gymnasium Ulricianum	1999	2016	00:51:00	00:50:11	01:04:00	00:47:35	00:58:04	00:53:38	5:24:28	0:05:01	17	MU20	83	6
633	Pleis	Ingo	BW Filsu	1980	2016	00:51:47	00:54:51	00:59:55	00:45:50	00:58:48	00:53:						

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
640	Spannhoff	Rainer	Emden LG	1964	2016	00:51:01	00:51:09	01:01:40	00:47:10	00:58:21	00:55:30	5:24:51	0:05:01	52	M50	112	6
641	Ley	Katharina	NIGE	2000	2016	00:53:34	00:48:49	01:02:50	00:47:39	00:57:18	00:54:41	5:24:51	0:05:01	16	WU20	10	6
642	Lampe	Michael	Intermedt	1987	2016	00:52:53	00:51:11	01:02:29	00:47:03	00:57:54	00:53:29	5:24:59	0:05:01	29	MHK	86	6
643	Staak	Marek	BSG Volksbank Jever	1974	2016	00:53:40	00:50:24	01:01:51	00:48:03	00:57:11	00:53:52	5:25:01	0:05:01	42	M40	175	6
644	Schmidt	Heiko	Tus Leerhufe-Hovel	1972	2016	00:51:56	00:50:59	01:03:17	00:47:22	00:57:46	00:53:41	5:25:01	0:05:01	44	M40	176	6
645	Berghaus	Beate	Polizei Wiesmoor	1970	2016	00:53:05	00:50:22	01:02:12	00:47:43	00:57:40	00:54:08	5:25:10	0:05:02	46	W40	21	6
646	Meyer	Marco	Pro Nautas	1980	2016	00:52:56	00:51:06	01:02:06	00:47:16	00:58:06	00:53:41	5:25:11	0:05:02	36	M30	119	6
647	Grünebast	Günter	MTV Aurich Triathlon	1965	2016	00:52:03	00:51:59	01:02:12	00:46:19	00:57:59	00:54:41	5:25:13	0:05:02	51	M50	113	6
648	ter Veer	Olaf	EWE-Wattoopers	1973	2016	00:52:43	00:51:34	01:01:07	00:47:22	00:58:05	00:54:35	5:25:26	0:05:02	43	M40	177	6
649	Untied	Anke	Fortuna Logabirum	1969	2016	00:51:49	00:50:18	01:03:08	00:47:40	00:57:48	00:54:49	5:25:32	0:05:02	47	W40	22	6
650	Scheper	Jens	BMW TEKKEN	1984	2016	00:51:05	00:51:24	01:01:27	00:47:10	01:00:05	00:54:24	5:25:35	0:05:02	32	M30	120	6
651	Friedrichs	Timo	ELV Elektronik AG/eQ-	1972	2016	00:51:22	00:51:04	01:04:15	00:47:06	00:57:43	00:54:06	5:25:36	0:05:02	44	M40	178	6
652	Rogga	Markus	Störtebeker Loopers TV	1977	2016	00:52:51	00:51:18	01:02:23	00:47:14	00:57:29	00:54:22	5:25:37	0:05:02	39	M30	121	6
653	Mendonca	Angelo	Team ENERCON	1977	2016	00:51:59	00:50:32	01:03:00	00:46:47	00:58:33	00:54:49	5:25:40	0:05:02	39	M30	122	6
654	Appeldorn	Thomas	Freistaat Ostfriesland	1971	2016	00:52:31	00:49:15	01:04:13	00:47:56	00:57:49	00:54:05	5:25:49	0:05:02	45	M40	179	6
655	Schipper	Jens	Der Weg ist das Ziel	1992	2016	00:52:05	00:50:22	01:02:17	00:47:02	00:57:53	00:56:14	5:25:53	0:05:02	24	MHK	87	6
656	Hemmers	Timo	Bremen	1987	2016	00:53:29	00:51:48	01:02:02	00:46:45	00:57:41	00:54:11	5:25:56	0:05:02	29	MHK	88	6
657	Rahn	Hinrich	EWE-Wattoopers	1973	2016	00:52:23	00:50:25	01:02:34	00:47:52	00:58:18	00:54:38	5:26:10	0:05:02	43	M40	180	6
658	Hemken	Norbert	REHA-ZENTRUM AM N	1972	2016	00:51:56	00:49:53	01:02:29	00:47:17	00:59:06	00:55:34	5:26:15	0:05:03	44	M40	181	6
659	Schröder	Eike	Klinikum-Emden	1988	2016	00:51:54	00:49:53	01:03:38	00:47:32	00:57:23	00:55:56	5:26:16	0:05:03	28	MHK	89	6
660	Schrader	Matthias	UEG Leer	1998	2016	00:52:39	00:51:19	01:05:29	00:45:43	00:57:37	00:53:40	5:26:27	0:05:03	18	MU20	84	6
661	Heien	Elisabeth	LT Schafhauser Wald	1958	2016	00:52:21	00:50:29	01:01:56	00:48:04	00:57:53	00:55:45	5:26:28	0:05:03	58	W50	11	6
662	de Boer	Joachim	Team ENERCON	1966	2016	00:51:52	00:51:01	01:01:37	00:47:55	00:58:34	00:55:36	5:26:35	0:05:03	50	M50	114	6
663	Münk	Michael	Bohlen & Doyen	1986	2016	00:54:45	00:50:55	01:01:52	00:47:23	00:58:06	00:53:39	5:26:40	0:05:03	30	M30	123	6
664	Hülsebus	Helmut	KS Gleitlager GmbH	1970	2016	00:52:52	00:51:20	01:04:04	00:47:01	00:57:36	00:53:53	5:26:46	0:05:03	46	M40	182	6
665	Siemer	Jens	Papenburg	1981	2016	00:51:49	00:51:58	01:04:06	00:46:18	00:57:41	00:55:11	5:27:03	0:05:03	35	M30	124	6
666	Stracke	Heiko	Nordic Stars Bremen	1985	2016	00:52:47	00:53:40	01:02:17	00:44:43	01:00:09	00:53:34	5:27:10	0:05:03	31	M30	125	6
667	Fleßner	Jochen	Klinikum- Emden	1965	2016	00:53:47	00:50:30	01:03:06	00:46:49	00:58:28	00:54:34	5:27:14	0:05:03	51	M50	115	6
668	Wolbers	Klaus	BMW TEKKEN	1979	2016	00:52:27	00:50:58	01:01:12	00:47:27	01:00:02	00:55:22	5:27:28	0:05:04	37	M30	126	6
669	Pennacchia	Angelo	BMW Tekken	1981	2016	00:52:26	00:51:02	01:01:27	00:47:37	01:00:12	00:54:45	5:27:29	0:05:04	35	M30	127	6
670	Junker	Jürgen	Moorerland	1971	2016	00:52:47	00:50:45	01:02:20	00:47:24	00:57:35	00:56:55	5:27:46	0:05:04	45	M40	183	6
671	Goudschaal	Johann	Kirchengemeinde Holle	1964	2016	00:51:19	00:52:50	01:04:01	00:47:35	00:57:17	00:54:46	5:27:48	0:05:04	52	M50	116	6
672	Lammers	Ingo	GIRALA bike + run	1968	2016	00:53:43	00:51:13	01:03:08	00:47:05	00:57:52	00:54:49	5:27:50	0:05:04	48	M40	184	6
673	Rabenstein	Janna	Badewerk Neuharlinger	1994	2016	00:53:01	00:52:52	01:04:32	00:47:07	00:56:46	00:53:33	5:27:51	0:05:04	22	WHK	6	6
674	Berends	Holger	"TaktLwGrp""R""	1975	2016	00:53:14	00:51:33	01:02:11	00:47:50	00:58:15	00:54:51	5:27:54	0:05:04	41	M40	185	6
675	Goldenstein	Keno	Finanzamt Aurich	1993	2016	00:53:37	00:50:42	01:02:29	00:47:19	00:59:56	00:53:56	5:27:59	0:05:04	23	MHK	90	6
676	Patzwald	Christian	NV-Versicherungen	1985	2016	00:53:15	00:51:51	01:05:29	00:46:17	00:57:26	00:53:44	5:28:02	0:05:04	31	M30	128	6
677	Möhlmann	Joke	Gymnasium Ulricianum	1998	2016	00:52:22	00:51:34	01:01:52	00:48:40	00:57:32	00:56:02	5:28:02	0:05:04	18	MU20	85	6
678	Wachtendorf	Thomas	Sandhorst	1965	2016	00:54:10	00:51:47	01:02:39	00:47:20	00:57:32	00:54:34	5:28:02	0:05:04	51	M50	117	6
679	Baissen	Michael	Rolf Janssen Gruppe	1988	2016	00:53:37	00:51:18	01:02:35	00:48:01	00:58:21	00:54:13	5:28:05	0:05:04	28	MHK	91	6
680	Pleis	Jannik	Moorloopers	1994	2016	00:55:58	00:51:31	01:02:19	00:48:00	00:56:47	00:53:47	5:28:22	0:05:05	22	MHK	92	6
681	Oltmanns	Reinhard	Moorerland	1964	2016	00:51:19	00:51:15	01:00:45	00:48:56	00:59:52	00:56:19	5:28:26	0:05:05	52	M50	118	6
682	Stern	Katrin	Seefahrtsschule Leer	1982	2016	00:53:23	00:51:08	01:04:08	00:47:27	00:57:49	00:54:33	5:28:28	0:05:05	34	W30	12	6
683	Janssen	Enno	RVB Aurich/Uplengen	1962	2016	00:54:09	00:51:40	01:03:50	00:47:15	00:57:44	00:53:51	5:28:29	0:05:05	54	M50	119	6
684	Rehberg	Jenifer	MTV Hohenkirchen	1994	2016	00:55:03	00:53:02	01:01:41	00:46:47	00:58:14	00:53:45	5:28:32	0:05:05	22	WHK	7	6
685	Berndt	Jochen	Uplengen	1989	2016	00:54:26	00:52:17	01:02:47	00:45:54	00:58:16	00:54:55	5:28:35	0:05:05	27	MHK	93	6
686	Feimann	Johannes	Chordara Papier	1978	2016	00:52:55	00:50:09	01:03:54	00:47:41	00:58:53	00:55:05	5:28:37	0:05:05	38	M30	129	6
687	Rethmeier	Erik	Chikara - Gym Bunde	1991	2016	00:52:37	00:50:36	01:03:11	00:46:31	01:00:30	00:55:16	5:28:41	0:05:05	25	MHK	94	6
688	Rosenwinkel	Hugo	Ohne	1960	2016	00:55:13	00:50:51	01:00:09	00:48:04	00:58:32	00:55:55	5:28:44	0:05:05	56	M50	120	6
689	Giezel	Thomas	Aurich	1975	2016	00:53:24	00:51:30	01:05:10	00:47:14	00:57:28	00:54:08	5:28:54	0:05:05	41	M40	186	6
690	Brahms	Mia	UEG leer	1999	2016	00:54:00	00:50:42	01:01:20	00:48:06	00:58:51	00:55:57	5:28:56	0:05:05	17	WU20	11	6
691	Friedrichs	Wilhelm	STRABAG AG	1952	2016	00:52:56	00:51:07	01:03:15	00:48:00	00:58:53	00:54:53	5:29:04	0:05:05	64	M60	13	6
692	Rischebode	Pascal	TST	1986	2016	00:54:48	00:50:56	01:04:02	00:46:54	00:57:51	00:54:48	5:29:19	0:05:05	30	M30	130	6
693	Deepen	Nina	Stadt Emden	1990	2016	00:53:17	00:51:33	01:02:30	00:47:44	00:58:55	00:55:23	5:29:22	0:05:05	26	WHK	8	6
694	Dettmer	Thorsten	Leinerstift e.V.	1965	2016	00:53:35	00:51:26	01:02:51	00:48:36	00:58:16	00:54:39	5:29:23	0:05:05	51	M50	121	6
695	van Ophuysen	Jan	Flitzer Blitzler	1991	2016	00:52:17	00:51:11	01:02:50	00:47:42	00:59:09	00:56:16	5:29:25	0:05:05	25	MHK	95	6
696	Otten	Jan-Simon	BSG Volksbank Jever	1987	2016	00:54:31	00:51:38	01:04:21	00:47:43	00:57:19	00:53:55	5:29:27	0:05:06	29	MHK	96	6
697	Festers	Andre	Werder Fehntjer	1980	2016	00:57:29	00:51:52	01:03:43	00:46:44	00:56:48	00:52:53	5:29:29	0:05:06	36	M30	131	6
698	Staffhorst	Lars	Wittmund	1967	2016	00:52:08	00:52:02	01:04:05	00:47:20	00:58:49	00:55:05	5:29:29	0:05:06	49	M40	187	6
699	Popp	Rolf	R.u.F. Concordia Emde	1959	2016	00:53:00	00:51:49	01:02:59	00:48:06	00:58:14	00:55:22	5:29:30	0:05:06	57	M50	122	6
700	Adick	Matthias	Auricher Taxen Zentrale	1962	2016	00:53:41	00:51:38	01:02:09	00:47:47	00:58:49	00:55:27	5:29:31	0:05:06	54	M50	123	6
701	Gastmann	Jan-Hendrik	Aurich	1977	2016	00:54:27	00:52:19	01:02:47	00:46:47	00:57:46	00:55:37	5:29:43	0:05:06	39	M30	132	6
702	Hollander	Sandra	Laufen und Meer	1978	2016	00:52:25	00:51:18	01:03:16	00:47:54	00:58:51	00:56:14	5:29:58	0:05:06	38	W30	13	6
703	Nieland	Jutta	Ohne	1961	2016	00:55:14	00:50:51	01:01:23	00:48:04	00:58:32	00:55:55	5:29:59	0:05:06	55	W50	12	6
704	Janssen	Karsten	Bohlen & Doyen	1981	2016	00:51:55	00:50:20	01:01:00	00:46:03	00:55:36</							

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
711	John	Detlef	Team ENERCON	1969	2016	00:54:21	00:51:28	01:03:44	00:48:14	00:58:13	00:54:35	5:30:35	0:05:07	47	M40	189	6
712	Schild	Cedric	Turbine TGG	1997	2016	00:53:17	00:53:00	01:02:24	00:46:29	00:59:20	00:56:10	5:30:40	0:05:07	19	MU20	86	6
713	Dillage	Harry	Emder LG	1967	2016	00:55:21	00:51:53	01:04:24	00:47:09	00:57:50	00:54:04	5:30:41	0:05:07	49	M40	191	6
714	Kühling	Paul	FC Sedelsberg	1971	2016	00:53:11	00:51:43	01:02:00	00:51:56	00:57:09	00:54:42	5:30:41	0:05:07	45	M40	190	6
715	Wallenstein	Elia	Hartmann Group	1990	2016	00:53:01	00:52:00	01:03:19	00:47:27	01:00:03	00:54:54	5:30:44	0:05:07	26	MHK	97	6
716	Röben	Holger	Team ENERCON	1973	2016	00:47:16	00:49:24	01:02:29	00:46:29	01:00:51	01:04:20	5:30:49	0:05:07	43	M40	192	6
717	Schilling	Marcel	OBS Kloster-Barthe	1999	2016	00:52:05	00:51:04	01:04:51	00:50:45	00:59:10	00:52:56	5:30:51	0:05:07	17	MU20	87	6
718	Jäger	Tim	OBS Kloster Barthe	1985	2016	00:56:47	00:50:29	01:02:26	00:48:02	00:58:40	00:54:45	5:31:09	0:05:07	31	M30	135	6
719	Dröst	Johann	NV-Versicherungen	1964	2016	00:54:25	00:52:47	01:04:08	00:48:21	00:57:08	00:54:21	5:31:10	0:05:07	52	M50	126	6
720	Süßen	Sonja	LG Ostfriesland	1978	2016	00:52:43	00:51:39	01:04:54	00:48:41	00:58:21	00:54:59	5:31:17	0:05:07	38	W30	14	6
721	Müller	Gerold		1970	2016	00:52:45	00:51:35	01:03:55	00:48:40	00:59:15	00:55:14	5:31:24	0:05:07	46	M40	193	6
722	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	1948	2016	00:52:14	00:50:57	01:04:30	00:48:39	00:59:17	00:56:22	5:31:59	0:05:08	68	M60	14	6
723	Pagel	Jens	Team Rucker	1979	2016	00:52:40	00:51:48	01:02:13	00:47:27	01:00:33	00:57:33	5:32:14	0:05:08	37	M30	136	6
724	Meyer	Thorsten	BBS Aurich	1970	2016	00:56:02	00:51:23	01:02:52	00:47:35	00:58:48	00:55:40	5:32:20	0:05:08	46	M40	194	6
725	Götz	Thomas	IGS Marienhaf - Moor	1968	2016	00:54:11	00:52:51	01:04:00	00:47:29	00:58:59	00:54:51	5:32:21	0:05:08	48	M40	195	6
726	Balssen	Arnold		1975	2016	00:54:02	00:51:14	01:03:36	00:48:09	00:59:11	00:56:10	5:32:22	0:05:08	41	M40	196	6
727	Willems	Heye	LVM - Versicherung Leer	1953	2016	00:52:06	00:51:00	01:03:55	00:48:35	00:59:52	00:56:54	5:32:22	0:05:08	63	M60	15	6
728	Poppen	Helmut	Störtebeker Loopers TV	1950	2016	00:54:08	00:50:53	01:03:22	00:48:18	00:59:50	00:55:55	5:32:26	0:05:08	66	M60	16	6
729	Heijen	Harald	LG TV Bunde	1975	2016	00:53:31	00:51:43	01:04:25	00:48:14	00:59:06	00:55:40	5:32:39	0:05:08	41	M40	197	6
730	Alberts	Alfred	Firma Getek	1967	2016	00:53:15	00:51:48	01:04:55	00:48:11	00:58:32	00:56:04	5:32:45	0:05:09	49	M40	198	6
731	de Vries	Jan	Rolf Janssen Gruppe	1986	2016	01:05:07	00:53:53	00:59:30	00:45:07	00:54:58	00:54:13	5:32:48	0:05:09	30	M30	137	6
732	Weber	Swenja	LT TuS Aurich-Ost	1983	2016	00:52:20	00:51:01	01:02:56	00:47:28	01:00:40	00:58:27	5:32:52	0:05:09	33	W30	15	6
733	Hicken	Jannes	Gymnasium Ulricianum	2004	2016	00:54:44	00:51:44	01:04:09	00:47:06	00:59:45	00:55:29	5:32:57	0:05:09	12	MU20	88	6
734	Hicken	Manfred	Amtsgericht Aurich	1969	2016	00:54:46	00:51:44	01:04:09	00:47:07	00:59:44	00:55:30	5:33:00	0:05:09	47	M40	199	6
735	Kohn	Martina	VfL Germania Leer	1974	2016	00:53:57	00:51:08	01:03:39	00:48:21	00:58:58	00:56:59	5:33:02	0:05:09	42	W40	24	6
736	Heilemann	Tanja	Praxis Heilemann	1972	2016	00:53:14	00:51:37	01:05:15	00:48:12	00:59:23	00:55:25	5:33:06	0:05:09	44	W40	25	6
737	Kattenbeck	Udo	Stadt Emden	1966	2016	00:47:34	01:17:19	00:58:36	00:44:06	00:54:23	00:51:11	5:33:09	0:05:09	50	M50	127	6
738	Bohmfalk	Tom	Ostfriesischer Turn- und	1957	2016	00:53:29	00:51:52	01:04:11	00:48:27	00:58:49	00:56:21	5:33:09	0:05:09	59	M50	128	6
739	Pupkes	Petra	TuS Eintracht Hinte	1972	2016	00:53:48	00:51:13	01:03:39	00:48:47	00:59:09	00:56:36	5:33:12	0:05:09	44	W40	26	6
740	Rieken	Wilhelm	Sparkasse LeerWittm	1962	2016	00:51:50	00:50:08	01:02:36	00:48:15	01:04:14	00:56:10	5:33:13	0:05:09	54	M50	129	6
741	Olischer	Patrick	Rolf Janssen Gruppe	1984	2016	00:52:14	00:52:03	01:03:12	00:47:14	00:59:43	00:58:53	5:33:19	0:05:09	32	M30	138	6
742	Grüßing	Johann	LG Uplengen	1958	2016	00:52:59	00:52:53	01:04:20	00:48:30	00:58:43	00:55:56	5:33:21	0:05:09	58	M50	130	6
743	Ahrens	Edo	Vreschen-Bokel	1967	2016	00:54:52	00:51:40	01:03:09	00:48:52	00:59:16	00:55:34	5:33:23	0:05:09	49	M40	200	6
744	Lüppens	Frank	KS Gleitlager GmbH	1965	2016	00:51:38	00:49:55	01:00:59	00:59:28	00:57:39	00:53:46	5:33:25	0:05:09	51	M50	131	6
745	Meentz	Holger	TuS Leerhufe	1971	2016	00:54:17	00:52:00	01:04:22	00:48:06	00:59:01	00:55:43	5:33:29	0:05:09	45	M40	201	6
746	Ditzfeld	Tebbe	Polizei Aurich	1997	2016	00:54:39	00:51:44	01:03:36	00:49:06	00:58:57	00:55:28	5:33:30	0:05:09	19	MU20	89	6
747	Hoogstraat	Benjamin	LT TuS Aurich-Ost	1989	2016	00:52:31	00:50:33	01:05:05	00:46:57	01:01:42	00:56:43	5:33:31	0:05:09	27	MHK	98	6
748	Baumann	Thorsten	Uplengen	1980	2016	00:53:39	00:51:41	01:03:56	00:48:20	01:00:16	00:55:39	5:33:31	0:05:09	36	M30	139	6
749	Warsing	Udo	LEDA Feurige Welten	1971	2016	00:57:59	00:52:14	01:03:51	00:48:25	00:56:46	00:54:17	5:33:32	0:05:09	45	M40	202	6
750	Hayen	Ivonne	Krankenhaus Wittmund	1972	2016	00:55:20	00:51:26	01:03:12	00:48:15	00:59:16	00:56:11	5:33:40	0:05:09	44	W40	27	6
751	Geimer	Willibald	LG Fliegerhorst Upjeve	1955	2016	00:58:09	00:52:03	01:04:27	00:48:06	00:57:33	00:53:28	5:33:46	0:05:10	61	M60	17	6
752	Schröder	Sina	Therapiepr. Insa Schubert	1990	2016	00:55:16	00:51:52	01:03:47	00:47:42	00:58:36	00:56:34	5:33:47	0:05:10	26	WHK	9	6
753	Gerdes	Thorsten	Bohlen & Doyen	1979	2016	00:54:16	00:52:21	01:03:48	00:48:32	00:59:22	00:55:29	5:33:48	0:05:10	37	M30	140	6
754	Fischer	Helmut	Störtebeker Loopers TV	1964	2016	00:54:08	00:47:24	01:05:30	00:49:08	01:00:39	00:56:59	5:33:48	0:05:10	52	M50	132	6
755	Engels	Franko	Maler Engels Holterfehn	1970	2016	00:52:25	00:51:24	01:04:12	00:48:31	01:01:19	00:56:07	5:33:58	0:05:10	46	M40	203	6
756	Lüken	Ehrenfried	"TaktLwGrp ""R"" "	1964	2016	00:53:51	00:51:50	01:03:55	00:48:53	00:58:59	00:56:31	5:33:59	0:05:10	52	M50	133	6
757	Derezinski	Sonja	KBV Collrunge B.W.	1980	2016	00:54:10	00:51:47	01:04:25	00:48:24	00:59:23	00:55:50	5:33:59	0:05:10	36	W30	16	6
758	Haats	Christina	Polizei Aurich	1987	2016	00:54:42	00:52:01	01:03:40	00:49:07	00:59:13	00:55:30	5:34:13	0:05:10	29	WHK	10	6
759	Rene	Pruin	Seefahrtsschule Leer	1993	2016	00:53:37	00:51:33	01:03:46	00:48:28	01:00:19	00:56:36	5:34:19	0:05:10	23	MHK	99	6
760	Vennen	Rolf-Dieter	EWE-Wattloopers	1962	2016	00:52:44	00:49:29	01:00:57	00:55:43	00:57:56	00:57:39	5:34:28	0:05:10	54	M50	134	6
761	Korte	Michael	Klinge / Weener Ener	1984	2016	00:52:44	00:51:53	01:06:11	00:48:31	00:58:28	00:56:44	5:34:31	0:05:10	32	M30	141	6
762	Walter	Tatjana	Klinikum Leer	1981	2016	00:53:10	00:52:45	01:04:59	00:48:07	00:59:25	00:56:07	5:34:33	0:05:10	35	W30	17	6
763	Broß	Rainer	SV Ems Jemgum	1969	2016	00:54:53	00:52:31	01:04:06	00:49:04	00:58:42	00:55:22	5:34:38	0:05:10	47	M40	204	6
764	Ebberts	Ontja	Baptisten Firrel	1970	2016	00:52:40	00:52:33	01:04:41	00:49:01	00:59:25	00:56:19	5:34:39	0:05:10	46	W40	28	6
765	Koch	Gerald	Baptisten Firrel	1962	2016	00:52:40	00:52:33	01:04:41	00:49:01	00:59:25	00:56:20	5:34:40	0:05:10	54	M50	135	6
766	Hiersemann	Jörg	TuS Eintracht Hinte	1965	2016	00:53:54	00:51:03	01:03:52	00:48:52	01:00:17	00:56:44	5:34:42	0:05:10	51	M50	136	6
767	Weber	Frank	Orgadata AG	1962	2016	00:52:59	00:52:35	01:04:23	00:48:47	00:58:30	00:57:33	5:34:47	0:05:10	54	M50	137	6
768	Bruns	Hilko	LG Uplengen	2002	2016	00:55:15	00:51:29	01:02:27	00:48:42	01:01:00	00:56:02	5:34:55	0:05:11	14	MU20	90	6
769	Strasser	Jan Oliver	JfV Leer	1999	2016	00:51:47	00:54:46	01:06:37	00:48:13	00:58:45	00:54:56	5:35:04	0:05:11	17	MU20	91	6
770	Wienken	Andreas	Küchenhus Wiesmoor	1975	2016	00:54:48	00:52:49	01:05:24	00:47:46	00:59:07	00:55:13	5:35:07	0:05:11	41	M40	205	6
771	Dietrich	Marita	Seefahrtsschule Leer	1989	2016	00:55:04	00:51:49	01:04:16	00:48:19	00:58:59	00:56:44	5:35:11	0:05:11	27	WHK	11	6
772	Hofer	Michael	KGs Wiesmoor	1968	2016	00:51:43	00:54:56	01:06:06	00:48:31	00:58:45	00:55:11	5:35:12	0:05:11	48	M40	206	6
773	Walla	Stephan	Meyer Werft	1972	2016	00:53:51	00:51:32	01:02:12	00:48:40	01:00:42	00:58:20	5:35:17	0:05:11	44	M40	207	6
774	Harms	Jacomo	IGS Waldschule Egels	2001	2016	00:56:14	00:54:14	01:03:11	00:47:21	01:00:30	00:53:56	5:35:26	0:05:11	15	MU20	92	6
775	Heimann	Maik	KGT GmbH	1976	2016	00:55:57	00:51:08	01:03:26									

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
782	Kleen	Franziska	Team Möbel Buss	1997	2016	00:55:40	00:53:00	01:03:27	00:47:21	01:00:53	00:55:49	5:36:10	0:05:12	19	WU20	13	6
783	Posselt	Volker	Team AURICHER EIER	1988	2016	00:54:15	00:52:02	01:05:44	00:48:39	00:59:36	00:56:02	5:36:18	0:05:12	28	MHK	100	6
784	Grensemann	Ingo	Team ENERCON	1989	2016	00:58:00	00:52:59	01:04:26	00:47:36	00:58:22	00:55:09	5:36:32	0:05:12	27	MHK	101	6
785	Saathoff	Dieter	TG Wiesmoor	1960	2016	00:53:32	00:51:56	01:04:31	00:48:41	01:00:12	00:57:42	5:36:34	0:05:12	56	M50	138	6
786	Stöter	Kai	Volksbank eG Westha	1976	2016	00:54:01	00:53:33	01:05:12	00:48:38	00:59:23	00:55:50	5:36:37	0:05:12	40	M40	210	6
787	Schmidt	Matthias	ENERCON	1983	2016	00:56:02	00:54:28	01:02:44	00:48:33	00:59:27	00:55:26	5:36:40	0:05:12	33	M30	145	6
788	Busch	Sebastian	Team aurident	1976	2016	01:08:24	00:55:40	00:59:55	00:46:55	00:47:59	00:57:49	5:36:42	0:05:12	40	M40	211	6
789	Möhlmann	Manfred	SC Wiesens	1964	2016	00:53:48	00:52:39	01:04:43	00:49:14	00:59:42	00:56:38	5:36:44	0:05:12	52	M50	139	6
790	Roofls	Waltraud	Störtebeker Loopers TV	1966	2016	00:54:08	00:51:39	01:04:16	00:49:08	01:00:39	00:56:58	5:36:48	0:05:12	50	W50	14	6
791	Weinberg	Rita	LT Schafhauser Wald	1967	2016	00:54:38	00:52:47	01:04:25	00:49:23	00:59:29	00:56:09	5:36:51	0:05:12	49	W40	29	6
792	Hicken	Siebo	Hicken EnergieTec	1966	2016	00:57:50	00:53:53	01:02:35	00:48:13	00:59:24	00:54:59	5:36:54	0:05:12	50	M50	140	6
793	Albrecht	Sandra	Polizei Aurich	1982	2016	00:54:53	00:52:26	01:04:55	00:49:50	00:59:13	00:55:40	5:36:57	0:05:12	34	W30	18	6
794	Friedel	Johannes	Stadt Aurich	1981	2016	00:59:12	00:53:26	01:05:10	00:47:30	00:57:21	00:54:21	5:37:00	0:05:13	35	M30	146	6
795	Janssen	Carmen	Nordland Papier	1975	2016	00:54:24	00:52:20	01:07:03	00:48:28	00:58:22	00:56:23	5:37:00	0:05:13	41	W40	30	6
796	Lienemann	Kerstin	NLBV Aurich	1985	2016	00:54:18	00:50:58	01:03:22	00:48:20	01:03:48	00:56:19	5:37:05	0:05:13	31	W30	19	6
797	Dekker	Anja	MTV Aurich	1971	2016	00:55:12	00:52:29	01:03:02	00:48:58	00:59:46	00:57:41	5:37:08	0:05:13	45	W40	31	6
798	Gerhard	Mario	LG Fliegerhorst Upjeve	1967	2016	00:52:31	00:57:34	01:04:57	00:48:06	00:58:48	00:55:13	5:37:09	0:05:13	49	M40	212	6
799	Lüning	Jens	Stadt Leer	1974	2016	00:53:57	00:51:58	01:04:38	00:49:10	00:59:47	00:57:41	5:37:11	0:05:13	42	M40	213	6
800	Scholla	Jürgen	Ubbo-Emmius-Klinik	1956	2016	00:53:49	00:52:30	01:04:56	00:49:13	01:00:14	00:56:31	5:37:13	0:05:13	60	M60	19	6
801	Roofls	Martina	LT TuS Aurich-Ost	1978	2016	00:53:26	00:52:00	01:04:39	00:49:14	01:00:48	00:57:09	5:37:16	0:05:13	38	W30	20	6
802	Backer	Roman	Gymnasium Ulricianum	1999	2016	00:49:50	00:49:26	01:10:25	00:50:02	01:00:32	00:57:03	5:37:18	0:05:13	17	MU20	93	6
803	Friesenborg	Monika	Stadt Emden	1969	2016	00:53:59	00:51:58	01:04:38	00:49:10	00:59:47	00:57:51	5:37:23	0:05:13	47	W40	32	6
804	Otten	Elmar		1982	2016	00:56:27	00:52:21	01:04:33	00:48:51	00:58:55	00:56:17	5:37:24	0:05:13	34	M30	147	6
805	Duhlies	Frank		1960	2016	00:53:49	00:52:30	01:04:55	00:49:32	01:00:13	00:56:30	5:37:29	0:05:13	56	M50	141	6
806	Hoek	Rainer	AXA Center Hoek	1978	2016	00:53:40	00:52:55	01:05:20	00:49:03	00:59:58	00:56:36	5:37:32	0:05:13	38	M30	148	6
807	Treue	Najat	Klinikum- Emden	1974	2016	00:53:50	00:50:57	01:03:15	00:48:53	00:57:59	01:02:39	5:37:33	0:05:13	42	W40	33	6
808	Junker	Daniela	Fehnloopers	1979	2016	00:57:09	00:52:25	01:04:02	00:47:41	01:00:23	00:55:55	5:37:35	0:05:13	37	W30	21	6
809	Korte	Lukas	Lauffreunde Emsland	1968	2016	00:49:30	01:17:11	00:59:35	00:44:42	00:55:14	00:51:23	5:37:35	0:05:13	48	M40	214	6
810	Campen	Timo	S.C.Wiesens	1980	2016	00:54:37	00:52:43	01:04:59	00:48:55	00:59:53	00:56:34	5:37:41	0:05:13	36	M30	149	6
811	Heimbüchner	Laura	Gymnasium Ulricianum	1999	2016	00:56:17	00:53:06	01:01:56	00:47:30	01:02:53	00:55:59	5:37:41	0:05:13	17	WU20	14	6
812	Ripken	Markus	EWE-Wattloopers	1981	2016	00:53:59	00:52:35	01:05:04	00:48:11	01:01:58	00:55:56	5:37:43	0:05:13	35	M30	150	6
813	Kaiser	Jens	Enno Onnecken	1972	2016	00:55:22	00:54:07	01:04:23	00:48:07	00:59:22	00:56:22	5:37:43	0:05:13	44	M40	215	6
814	Wilhelms	Uwe	Bünting Tee	1967	2016	00:50:11	00:48:11	00:58:29	00:44:29	01:12:29	01:03:55	5:37:44	0:05:13	49	M40	216	6
815	Gerdes	Uwe	Willmsfeld	1966	2016	00:54:43	00:53:43	01:05:59	00:48:01	00:59:01	00:56:19	5:37:46	0:05:13	50	M50	142	6
816	Kröger	Zandra	TuS Eintracht Hinte	1974	2016	00:54:09	00:51:20	01:04:02	00:49:10	01:02:21	00:56:44	5:37:46	0:05:13	42	W40	34	6
817	Müller	Wilhelm	Emder LG	1950	2016	00:54:10	00:52:33	01:03:41	00:49:30	01:00:01	00:57:51	5:37:46	0:05:13	66	M60	20	6
818	Ruthemann	Marten	MTV Aurich	1968	2016	01:00:12	00:52:54	01:04:03	00:48:23	00:58:17	00:54:03	5:37:52	0:05:13	48	M40	217	6
819	van Hettinga	Anja	Störtebeker Loopers TV	1974	2016	00:55:33	00:51:39	01:04:05	00:49:09	01:00:40	00:56:58	5:38:04	0:05:14	42	W40	35	6
820	Hüttinga	Jens	N-Cut24	1968	2016	00:54:35	00:52:57	01:04:40	00:49:52	01:00:04	00:55:59	5:38:07	0:05:14	48	M40	218	6
821	Pflanzer	Hans	Alex.-v.-Humboldt-Schu	1954	2016	01:02:36	00:50:53	01:02:03	00:47:48	00:59:56	00:54:52	5:38:08	0:05:14	62	M60	21	6
822	Rogge	Hendrik	RVB Aurich/Uplengen	1990	2016	00:55:05	00:52:52	01:05:18	00:48:56	01:00:03	00:55:55	5:38:09	0:05:14	26	MHK	102	6
823	Richter	Leonhard	Aktiv Fitness Club Bars	1955	2016	00:56:02	00:52:24	01:04:57	00:48:27	00:59:40	00:56:44	5:38:14	0:05:14	61	M60	22	6
824	Ideus	Rainer	LT TuS Aurich-Ost	1964	2016	00:54:03	00:52:03	01:04:44	00:49:20	01:00:47	00:57:25	5:38:22	0:05:14	52	M50	143	6
825	Geiken	Heike	LT TuS Aurich-Ost	1968	2016	00:54:03	00:52:04	01:04:45	00:49:20	01:00:47	00:57:23	5:38:22	0:05:14	48	W40	36	6
826	Jansen	Ingo	Good Holt Willmsfeld	1978	2016	00:55:00	00:54:28	01:05:16	00:48:20	00:59:00	00:56:19	5:38:23	0:05:14	38	M30	151	6
827	Meyer	Marco	Team Möbel Buss	1979	2016	00:54:13	00:52:35	01:04:51	00:48:38	01:01:09	00:57:00	5:38:26	0:05:14	37	M30	152	6
828	Grieshop-Machne	Anja	REHA-ZENTRUM AM N	1969	2016	00:56:12	00:52:12	01:04:23	00:49:04	01:00:28	00:56:19	5:38:38	0:05:14	47	W40	37	6
829	Wolters	Hans-Hermann	Klingele / Weener Ener	1961	2016	00:54:09	00:54:43	01:04:59	00:48:39	00:59:26	00:56:43	5:38:39	0:05:14	55	M50	144	6
830	Fohrden	Verena	RVB Aurich/Uplengen	1978	2016	00:55:36	00:52:34	01:04:52	00:49:05	01:00:09	00:56:23	5:38:39	0:05:14	38	W30	22	6
831	Brauer	Siegfried	WfbM Aurich Wittmund	1958	2016	00:55:31	00:53:51	01:05:02	00:48:38	00:59:34	00:56:05	5:38:41	0:05:14	58	M50	145	6
832	Thoben	Martin	ELV Elektronik AG/eQ-	1970	2016	00:52:46	00:56:19	01:05:58	00:48:14	01:00:08	00:55:18	5:38:43	0:05:14	46	M40	219	6
833	Wulff	Marit	Team Enercon	1974	2016	00:54:46	00:52:55	01:06:13	00:49:26	00:58:41	00:56:45	5:38:46	0:05:14	42	W40	38	6
834	Reiners	Timm	Gymnasium Ulricianum	1999	2016	00:51:19	00:55:50	01:05:05	00:48:20	01:00:57	00:57:18	5:38:49	0:05:14	17	MU20	94	6
835	Cassens	Sandra	Lukasläufer	1988	2016	00:56:06	00:52:47	01:04:19	00:47:53	01:00:12	00:57:35	5:38:52	0:05:14	28	WHK	12	6
836	van Thai	Anh	WfbM Aurich Wittmund	1972	2016	00:59:47	00:53:12	01:04:07	00:48:31	00:58:37	00:54:39	5:38:53	0:05:14	44	M40	220	6
837	Schmidt	Ingo	M. NEEMANN OHG	1979	2016	00:54:53	00:52:38	01:04:01	00:49:11	01:00:43	00:57:35	5:39:01	0:05:14	37	M30	153	6
838	Schumann	Klaas	Team ENERCON	1987	2016	00:55:26	00:52:31	01:04:24	00:49:22	01:00:59	00:56:23	5:39:05	0:05:14	29	MHK	103	6
839	Joachim	Hans-Hermann	Team Erdinger Alkoholf	1950	2016	00:54:48	00:52:34	01:05:36	00:49:23	00:59:52	00:56:56	5:39:09	0:05:15	66	M60	23	6
840	Osewold	Heinz	Nordland Papier	1985	2016	00:56:05	00:52:37	01:03:56	00:47:48	01:01:25	00:57:23	5:39:14	0:05:15	31	M30	154	6
841	Huisinga	Anne	LG TV Bunde	1967	2016	00:53:50	00:53:11	01:05:44	00:48:31	01:00:15	00:57:49	5:39:20	0:05:15	49	W40	39	6
842	Wilts	Poppe	Team Mühlen Apotheke	1953	2016	00:54:16	00:51:50	01:05:14	00:48:53	01:00:07	00:59:01	5:39:21	0:05:15	63	M60	24	6
843	Schürmann	Egon	Jeans Janssen	1965	2016	00:54:34	00:53:00	01:03:48	00:50:23	01:00:30	00:57:08	5:39:23	0:05:15	51	M50	146	6
844	Ansheit	Peter	Rettungsdienst Leer	1965	2016	00:53:48	00:53:09	01:06:45	00:49:47	00:59:41	00:56:19	5:39:29	0:05:15	51	M50	147	6
845	Bessert	Marco	Laufen und Meer	1998	2016	00:53:56	00:55:12	01:05:47	00:47:57	01:00:05	00:56:34	5:39:31	0:05:15	18	MU20	95	6
846	Kazadayev	Mykola	BBC Chartering GmbH	1990	2016	01:02:42	01:14:57	00:5									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
853	Harms	Dieter	Aurich-Kirchdorf	1969	2016	00:54:23	00:52:47	01:06:13	00:49:05	01:01:18	00:56:58	5:40:44	0:05:16	47	M40	222	6
854	Schoon	Focko	"TaktLwGrp""R""	1958	2016	00:55:41	00:51:56	01:04:10	00:49:23	01:01:32	00:58:15	5:40:57	0:05:16	58	M50	148	6
855	Ahrens	Benno	Nordland Papier	1961	2016	00:56:26	00:52:57	01:04:12	00:48:27	01:01:33	00:57:23	5:40:58	0:05:16	55	M50	149	6
856	Hook	Michael	Watt'n Looper SV Dorn	1966	2016	00:54:30	00:52:04	01:03:53	00:48:22	01:00:49	01:01:24	5:41:02	0:05:16	50	M50	150	6
857	Alberts	Katja	Gymnasium Ulricianum	1998	2016	00:55:09	00:51:46	01:05:53	00:49:36	01:01:06	00:57:35	5:41:05	0:05:16	18	WU20	15	6
858	Tjardes	Ralf	LT TuS Aurich-Ost	1969	2016	00:54:20	00:51:39	01:04:43	00:48:29	01:00:17	01:01:39	5:41:07	0:05:16	47	M40	223	6
859	Kramer	Annegret	Team aurident	1958	2016	00:58:54	00:57:22	01:04:11	00:50:43	00:51:38	00:58:24	5:41:12	0:05:16	58	W50	15	6
860	Hinderks	Hermann	Nordland Papier	1989	2016	00:56:26	00:52:55	01:04:11	00:48:40	01:01:32	00:57:29	5:41:13	0:05:16	27	MHK	105	6
861	Andrees	Natalie	LG Fliegerhorst Upjeve	1984	2016	00:50:27	00:48:50	01:07:12	00:53:42	01:07:50	00:53:17	5:41:18	0:05:17	32	W30	25	6
862	Thieman	Gerrit	RVB Aurich/Uplengen	1992	2016	00:56:36	00:53:24	01:04:49	00:49:09	01:00:37	00:56:48	5:41:23	0:05:17	24	MHK	106	6
863	Schweer	Claus	Raiffeisenbank eG, Mod	1969	2016	00:56:42	00:53:49	01:04:35	00:49:34	00:59:26	00:57:18	5:41:24	0:05:17	47	M40	224	6
864	Sanders	Bonno	Loquard	1967	2016	00:56:50	00:54:19	01:05:20	00:49:12	00:58:50	00:57:00	5:41:31	0:05:17	49	M40	225	6
865	Cassens	Michael	Taebo Nord	1964	2016	00:55:03	00:52:55	01:06:20	00:49:50	01:00:09	00:57:14	5:41:31	0:05:17	52	M50	151	6
866	Determann	Jürgen	MTV Aurich	1958	2016	00:56:13	00:52:23	01:05:22	00:49:41	01:00:59	00:56:59	5:41:37	0:05:17	58	M50	152	6
867	Sassen	Henning	Sassen WP StB	1977	2016	00:57:15	00:53:00	01:05:11	00:49:11	01:00:06	00:56:54	5:41:37	0:05:17	39	M30	157	6
868	Determann	Ute	MTV Aurich	1961	2016	00:56:13	00:52:22	01:05:22	00:49:43	01:00:58	00:57:00	5:41:38	0:05:17	55	W50	16	6
869	Baller	Hans-Jürgen	Janßen-Transporte	1961	2016	00:58:13	00:53:59	01:05:58	00:48:08	00:59:34	00:56:00	5:41:52	0:05:17	55	M50	153	6
870	Strüfing	Thilo	OLB Ostfriesland	1997	2016	00:59:07	00:52:29	01:04:11	00:48:30	00:59:20	00:58:28	5:42:05	0:05:17	19	MU20	96	6
871	Puschke	Jörg	AOK Aurich	1970	2016	00:56:39	00:53:44	01:05:00	00:49:10	01:00:04	00:57:30	5:42:07	0:05:17	46	M40	226	6
872	Keller	Menno	LT TuS Aurich-Ost	1970	2016	00:56:10	00:52:14	01:04:44	00:49:57	01:01:29	00:57:36	5:42:10	0:05:17	46	M40	227	6
873	Krahn	Florian	Finanzpartner Leer	1987	2016	00:55:31	00:52:26	01:05:42	00:48:56	01:00:36	00:59:11	5:42:22	0:05:17	29	MHK	107	6
874	Tunder	Marlis	Grundschule Middels	1987	2016	00:54:43	00:53:49	01:04:12	00:50:14	01:01:29	00:57:56	5:42:23	0:05:18	29	WHK	13	6
875	Hoffmann	Daniel	Sport Klahren	1981	2016	00:54:23	00:54:08	01:06:23	00:49:51	01:00:46	00:57:02	5:42:33	0:05:18	35	M30	158	6
876	Habben	Eimo	MTV Aurich	1958	2016	00:56:45	00:53:20	01:05:07	00:49:57	01:00:49	00:56:45	5:42:43	0:05:18	58	M50	154	6
877	Seidler	Achim	XGames Aurich	1973	2016	00:53:30	00:54:23	01:05:53	00:49:03	01:01:38	00:58:17	5:42:44	0:05:18	43	M40	228	6
878	Röben	Melanie	MOORMERLAND	1973	2016	00:54:36	00:53:06	01:04:41	00:50:01	01:01:20	00:59:05	5:42:49	0:05:18	43	W40	40	6
879	Sievers	Jörn	LIONS Ihlow-Südbrook	1965	2016	00:54:55	00:52:32	01:05:09	00:49:50	01:01:28	00:58:56	5:42:50	0:05:18	51	M50	155	6
880	Goldenstein	Siegfried		1971	2016	00:54:37	00:53:23	01:04:59	00:50:34	01:01:54	00:57:24	5:42:51	0:05:18	45	M40	229	6
881	Wildemann	Martin	WfbM Aurich Wittmund	1960	2016	00:54:33	00:53:15	01:05:50	00:50:01	01:01:32	00:57:50	5:43:01	0:05:18	56	M50	156	6
882	Gastmann	Thorsten	Team ENERCON	1981	2016	00:58:20	00:54:26	01:06:45	00:48:57	00:58:46	00:55:50	5:43:04	0:05:18	35	M30	159	6
883	Dirks	Maja	Fortuna Logabirum	1993	2016	00:54:33	00:53:14	01:06:27	00:49:56	01:01:58	00:57:03	5:43:11	0:05:18	23	WHK	14	6
884	Fresemann	Silvia	Stadtwerke Leer Loope	1966	2016	00:54:17	00:53:43	01:06:18	00:50:36	01:00:49	00:57:32	5:43:15	0:05:18	50	W50	17	6
885	Post	Eva	LT TuS Aurich-Ost	1973	2016	00:55:42	00:53:12	01:05:22	00:49:35	01:01:51	00:57:42	5:43:24	0:05:18	43	W40	41	6
886	Lüdemann	Lukas	FC SO	2005	2016	00:53:38	00:51:40	01:05:48	00:49:22	01:03:47	00:59:10	5:43:25	0:05:18	11	MU20	97	6
887	Coordes	Detlef	Bohlen & Doyen	1963	2016	00:54:29	00:54:11	01:07:29	00:49:07	01:00:44	00:57:26	5:43:26	0:05:18	53	M50	157	6
888	Blaurock	Andreas	obw Emden	1968	2016	00:56:40	00:54:04	01:06:10	00:49:44	01:00:30	00:56:23	5:43:31	0:05:19	48	M40	230	6
889	Bußmann	Heiko	LT TuS Holtriem	1966	2016	01:05:08	00:52:20	01:01:58	00:47:37	00:58:30	00:57:58	5:43:31	0:05:19	50	M50	158	6
890	Mansholt	Tammo	Bünting Tee	1987	2016	00:55:56	00:53:54	01:07:29	00:49:35	01:00:22	00:56:17	5:43:33	0:05:19	29	MHK	108	6
891	Lange	Leon	OBS Kloster-Barthe	2002	2016	00:57:15	00:55:04	01:03:07	00:47:51	01:01:52	00:58:24	5:43:33	0:05:19	14	MU20	98	6
892	Fokken	Markus	RVB Aurich/Uplengen	1981	2016	00:55:12	00:53:46	01:05:38	00:49:37	01:01:04	00:58:18	5:43:35	0:05:19	35	M30	160	6
893	Ott	Valentina	LT TuS Aurich-Ost	1973	2016	00:55:36	00:53:10	01:05:55	00:49:29	01:00:26	00:59:02	5:43:38	0:05:19	43	W40	42	6
894	Schunke	Hendrik	KdoSES	1985	2016	00:55:31	00:55:00	01:07:11	00:49:16	00:59:46	00:56:55	5:43:39	0:05:19	31	M30	161	6
895	Recknagel	Sven	"TaktLwGrp""R""	1996	2016	00:54:42	00:56:10	01:06:53	00:49:19	01:01:33	00:55:10	5:43:47	0:05:19	20	MHK	109	6
896	Stracke	Olaf	Team ENERCON	1966	2016	00:55:10	00:53:10	01:07:21	00:50:07	01:00:20	00:57:42	5:43:50	0:05:19	50	M50	159	6
897	Habben	Timo	MTV Aurich	1989	2016	00:56:34	00:54:54	01:05:07	00:49:57	01:00:38	00:56:40	5:43:50	0:05:19	27	MHK	110	6
898	Schulz	Jörgen	Holtgast	1965	2016	00:56:28	00:55:24	01:05:44	00:49:35	00:59:37	00:57:07	5:43:55	0:05:19	51	M50	160	6
899	Armbrecht	Jannik	Gymnasium Ulricianum	1999	2016	00:58:23	00:56:27	01:06:42	00:45:54	00:58:03	00:58:34	5:44:03	0:05:19	17	MU20	99	6
900	Streckmann	Nils	Leer	1978	2016	00:52:51	00:51:07	01:12:42	00:50:12	00:59:46	00:57:33	5:44:11	0:05:19	38	M30	162	6
901	Schweer	Ilka	Veenhusen	1999	2016	00:52:53	00:53:47	01:04:15	00:47:30	01:05:52	00:59:56	5:44:13	0:05:19	17	WU20	16	6
902	Fischer	Dietmar	Upleward	1964	2016	00:57:12	00:54:01	01:05:14	00:49:47	01:00:46	00:57:15	5:44:15	0:05:19	52	M50	161	6
903	Tjarks	Alfred	EWE-Wattloopers	1959	2016	00:56:09	00:53:37	01:05:11	00:49:37	01:01:59	00:57:45	5:44:18	0:05:19	57	M50	162	6
904	Reif	Sven	Der Weg ist das Ziel	1974	2016	00:56:08	00:54:15	01:07:58	00:49:19	01:01:05	00:55:35	5:44:20	0:05:19	42	M40	231	6
905	Pupkes	Werner	Team Rucker	1965	2016	00:55:44	00:53:19	01:06:16	00:50:06	01:01:52	00:57:09	5:44:26	0:05:19	51	M50	163	6
906	Ziemann	Andrea	Eben-Eser	1962	2016	00:54:17	00:53:23	01:04:56	00:51:21	01:02:35	00:57:55	5:44:27	0:05:19	54	W50	18	6
907	Brink	Armin	Stadtwerke-Leer-Loope	1962	2016	00:57:18	00:52:42	01:04:52	00:49:32	01:01:09	00:58:59	5:44:32	0:05:20	54	M50	164	6
908	Boekhoff	Petra	SV Bentstreek	1967	2016	00:56:16	00:53:19	01:06:18	00:51:16	01:00:47	00:56:37	5:44:33	0:05:20	49	W40	43	6
909	Weers	Ina	NLBV Aurich	1982	2016	00:55:46	00:53:33	01:05:49	00:50:37	01:01:08	00:57:45	5:44:38	0:05:20	34	W30	26	6
910	Ackermann	Gerd	Team Speckmannskam	1965	2016	00:54:44	00:53:48	01:06:39	00:50:33	01:01:52	00:57:05	5:44:41	0:05:20	51	M50	165	6
911	Lütten	Christian	IGS Aurich-West	1968	2016	00:47:43	00:46:57	00:58:01	00:43:41	01:15:19	01:13:00	5:44:41	0:05:20	48	M40	232	6
912	Bohlen	Uwe	Wilbeoer BauteileGmbH	1977	2016	00:56:47	00:55:04	01:06:08	00:50:00	01:00:44	00:56:00	5:44:43	0:05:20	39	M30	163	6
913	Möhlenkamp	Annika	BBC Chartering GmbH	1984	2016	00:57:11	00:54:21	01:05:03	00:49:22	01:00:49	00:58:00	5:44:46	0:05:20	32	W30	27	6
914	Feldkamp	Volker	Schule am Deich	1960	2016	00:57:13	00:54:39	01:07:10	00:49:49	00:59:45	00:56:11	5:44:47	0:05:20	56	M50	166	6
915	Nörder	Johann	EWE-Wattloopers	1961	2016	00:55:34	00:52:31	01:05:37	00:50:33	01:01:47	00:58:48	5:44:50	0:05:20	55	M50	167	6
916	Kettwig	Frederik	SV Stikelkamp	1995	2016	00:51:48	00:54:41	01:07:46	00:52:16	01:01:15	00:57:08	5:44:54	0:05:20	21	MHK	111	6
917	Deharde	Meike	KGS Wiesmoor	1999	2016	00:54:24	00:54:24	01:04:23									

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
924	Schilling	Lars	OBS Kloster Barthe	2002	2016	00:56:43	00:54:53	01:02:34	00:47:30	01:05:41	00:58:10	5:45:31	0:05:20	14	MU20	101	6
925	Kleimaker	Arno	Rolling Stone	1954	2016	00:55:05	00:54:42	01:06:27	00:51:06	01:00:35	00:57:38	5:45:33	0:05:20	62	M60	26	6
926	Ockenga	Kea	Gymnasium Ulricianum	1998	2016	00:56:05	00:53:47	01:05:28	00:50:27	01:03:12	00:56:35	5:45:34	0:05:20	18	WU20	18	6
927	Smid	Udo	LT TuRa 07 Westrhau	1956	2016	00:56:24	00:54:25	01:06:06	00:49:59	01:01:19	00:57:25	5:45:38	0:05:21	60	M60	27	6
928	Mindrup	Marek	Raiffeisenbank eG, Mod	1995	2016	00:57:46	00:54:33	01:04:56	00:48:50	01:02:42	00:56:51	5:45:38	0:05:21	21	MHK	112	6
929	Diener	Wilfried	VfB Uplengen	1962	2016	00:55:32	00:54:50	01:06:42	00:49:24	01:01:37	00:57:34	5:45:39	0:05:21	54	M50	170	6
930	Collmann	Christian	BW Filsum	1982	2016	00:56:36	00:55:28	01:05:12	00:49:37	01:00:57	00:57:52	5:45:42	0:05:21	34	M30	166	6
931	Wilken	Gerhard	TSV Jahn Carolinensiel	1972	2016	00:56:18	00:53:56	01:10:36	00:50:15	00:57:14	00:57:30	5:45:49	0:05:21	44	M40	233	6
932	Bichmann	Peter	Jever	1967	2016	00:54:08	00:52:41	01:06:12	00:50:13	01:04:06	00:58:33	5:45:53	0:05:21	49	M40	234	6
933	Heyen	Milena	Laufen und Meer	1999	2016	00:54:55	00:55:11	01:07:06	00:49:56	01:01:08	00:57:38	5:45:54	0:05:21	17	WU20	19	6
934	Minor	Holger	Landwirtschaftskammer	1973	2016	00:59:08	00:53:45	01:05:31	00:50:33	00:59:36	00:57:24	5:45:57	0:05:21	43	M40	235	6
935	Freese	Johannes	KGS Grossefehn	2004	2016	01:00:43	00:55:12	01:02:55	00:48:51	01:01:55	00:56:21	5:45:57	0:05:21	12	MU20	102	6
936	Streckmann	Silvia	KS Gleitlager GMBH	1979	2016	00:56:09	00:53:09	01:06:01	00:50:25	01:01:48	00:58:28	5:46:00	0:05:21	37	W30	29	6
937	Penner	Florian	Löwen-Apotheke Emde	1963	2016	00:56:17	00:53:38	01:06:46	00:50:42	01:00:59	00:57:39	5:46:01	0:05:21	53	M50	171	6
938	Busch	Karsten	All you can keglas	1983	2016	00:56:20	00:53:57	01:06:31	00:47:56	01:01:45	00:59:37	5:46:06	0:05:21	33	M30	167	6
939	Kühn	Lars	Gymnasium Ulricianum	2002	2016	00:56:10	00:54:12	01:06:14	00:48:48	01:01:56	00:58:46	5:46:06	0:05:21	14	MU20	103	6
940	Willms	Rainer	Baptisten Firrel	1975	2016	00:58:53	00:53:55	01:05:07	00:49:32	01:00:45	00:57:55	5:46:07	0:05:21	41	M40	236	6
941	Ommen	Kirsten	TSV Jahn Carolinensiel	1982	2016	00:56:18	00:53:56	01:06:57	00:50:37	01:00:26	00:57:54	5:46:08	0:05:21	34	W30	30	6
942	Sautmann	Norbert	Landgericht Aurich	1974	2016	00:58:18	00:52:52	01:03:00	00:51:05	01:02:39	00:58:15	5:46:09	0:05:21	42	M40	237	6
943	Welkert	Sabine	Hobbyläuferin	1962	2016	00:55:54	00:54:34	01:06:03	00:50:14	01:00:58	00:58:29	5:46:12	0:05:21	54	W50	19	6
944	Kruse	Ingo		1979	2016	00:55:36	00:55:12	01:07:08	00:49:51	01:01:15	00:57:11	5:46:13	0:05:21	37	M30	168	6
945	Krisp	Susann	Borromäus Hospital Lee	1973	2016	00:56:08	00:54:46	01:06:10	00:50:06	01:02:09	00:57:04	5:46:23	0:05:21	43	W40	44	6
946	Loegel	Thomas	SV Wiesede-Upschört	1965	2016	00:54:20	00:53:41	01:05:54	00:50:47	01:02:29	00:59:15	5:46:26	0:05:21	51	M50	172	6
947	Waldmann	Frank	LG Großefehn	1955	2016	00:56:44	00:53:47	01:06:05	00:50:17	01:01:04	00:58:30	5:46:27	0:05:21	61	M60	28	6
948	Sikken	Bart	Emder LG	1970	2016	00:54:26	00:54:45	01:08:16	00:49:03	01:02:39	00:57:26	5:46:35	0:05:21	46	M40	238	6
949	Gerdas	Ralf	TuS Eintracht Hinte	1970	2016	00:55:08	00:55:24	01:05:51	00:49:10	01:02:19	00:58:45	5:46:37	0:05:21	46	M40	239	6
950	Antoni	Mathis	OBS Kloster Barthe	2004	2016	00:56:03	00:52:27	01:15:40	00:45:47	00:59:23	00:57:29	5:46:49	0:05:22	12	MU20	104	6
951	Begitt	Kurt	Watt'n Looper SV Dorn	1947	2016	00:55:43	00:53:07	01:06:11	00:52:34	01:01:26	00:57:52	5:46:53	0:05:22	69	M60	29	6
952	Hesse	Thomas	LG Fliegerhorst Upjever	1969	2016	00:56:27	00:54:04	01:05:43	00:50:56	01:01:13	00:58:35	5:46:58	0:05:22	47	M40	240	6
953	Müller	Leon	Team Möbel Buss	1996	2016	00:56:22	00:59:11	01:08:57	00:49:06	01:05:31	00:47:56	5:47:03	0:05:22	20	MHK	113	6
954	Prikker	Weert-Peter	Fortuna Logabirum	1959	2016	00:55:39	00:55:09	01:07:32	00:49:01	01:02:01	00:57:46	5:47:08	0:05:22	57	M50	173	6
955	Bock	Ralf	MARIKO GmbH	1985	2016	00:58:45	00:54:40	01:06:06	00:49:14	01:00:27	00:57:57	5:47:09	0:05:22	31	M30	169	6
956	Lammers	Johann	Heinen Freezing	1963	2016	00:55:40	00:55:09	01:07:32	00:49:01	01:02:01	00:57:46	5:47:09	0:05:22	53	M50	174	6
957	Fiedler	Lukas	MCV Halbemond	1999	2016	01:00:06	00:53:00	01:07:30	00:48:57	00:59:12	00:58:24	5:47:09	0:05:22	17	MU20	105	6
958	Reinholz	Benjamin	Neuenburg	1982	2016	00:57:23	00:54:10	01:06:48	00:50:02	01:01:20	00:57:29	5:47:12	0:05:22	34	M30	170	6
959	Severiens	Gerold	Fortuna Logabirum	1948	2016	00:55:50	00:54:00	01:07:23	00:50:23	01:01:15	00:58:22	5:47:13	0:05:22	68	M60	30	6
960	Alwies	Wolfgang	Fortuna Logabirum	1950	2016	00:57:38	00:53:39	01:07:36	00:50:09	01:00:49	00:57:23	5:47:14	0:05:22	66	M60	31	6
961	Willing Dr.	Rainer	Ubbo-Emmius-Klinik	1966	2016	00:59:01	00:57:27	01:07:36	00:48:23	00:59:02	00:55:51	5:47:20	0:05:22	50	M50	175	6
962	Stern	Jessica	Briese Schifffahrt	1983	2016	00:56:34	00:53:43	01:05:45	00:49:58	01:02:37	00:58:45	5:47:22	0:05:22	33	W30	31	6
963	Behrends	Michael	BV Hoffnung Ludwigsdd	1985	2016	00:54:30	00:55:07	01:06:23	00:50:45	01:03:04	00:57:38	5:47:27	0:05:22	31	M30	171	6
964	Willms	Jochen	SCHARFF / TRAUOCO	1981	2016	00:57:41	00:57:20	01:07:01	00:49:48	01:00:07	00:55:35	5:47:32	0:05:22	35	M30	172	6
965	Bley	Günter	Alwin Christians	1965	2016	00:54:43	00:53:48	01:06:38	00:50:51	01:02:30	00:59:12	5:47:42	0:05:22	51	M50	176	6
966	de Vries	Tido	ELV Elektronik AG/eQ-	1987	2016	00:54:51	00:52:43	01:07:58	00:51:01	01:04:32	00:56:38	5:47:43	0:05:22	29	MHK	114	6
967	Peters	Jörg	Fortuna Logabirum	1966	2016	00:54:00	00:55:36	01:06:27	00:50:14	01:03:17	00:58:12	5:47:46	0:05:23	50	M50	177	6
968	Olthoff	Marco	FCSO	2001	2016	00:52:18	00:59:46	01:05:18	00:51:00	01:04:40	00:54:56	5:47:58	0:05:23	15	MU20	106	6
969	Hollwege	Ralf	VfL Berumbur	1962	2016	00:55:47	00:53:45	01:06:23	00:52:45	01:01:28	00:57:51	5:47:59	0:05:23	54	M50	178	6
970	Christen	Marcel	WG Strukelje	2002	2016	01:01:03	00:52:11	01:08:07	00:49:31	01:00:20	00:56:48	5:48:00	0:05:23	14	MU20	107	6
971	Bussen	Holger	IGS Aurich-West	1997	2016	00:55:08	00:52:29	01:07:36	00:50:37	01:00:55	01:01:25	5:48:10	0:05:23	19	MU20	108	6
972	Borcherding	Dirk	MTV Wittmund	1960	2016	00:57:58	00:54:23	01:06:10	00:50:17	01:01:24	00:58:02	5:48:14	0:05:23	56	M50	179	6
973	Skibbe	Janneke	Team Laufrausch e.V.	1988	2016	00:57:56	00:54:44	01:06:45	00:50:02	01:01:19	00:57:29	5:48:15	0:05:23	28	WHK	15	6
974	Oltmanns	Bianca	Weener Plastik	1991	2016	00:56:00	00:53:58	01:06:46	00:48:56	01:02:13	01:00:28	5:48:21	0:05:23	25	WHK	16	6
975	Sikken	Linda	Emder LG	1970	2016	00:54:27	00:54:45	01:07:10	00:50:33	01:02:39	00:58:50	5:48:24	0:05:23	46	W40	45	6
976	Meenzen	Christoph	Plaggenburg	1989	2016	00:56:21	00:54:47	01:06:22	00:50:27	01:02:18	00:58:12	5:48:27	0:05:23	27	MHK	115	6
977	Kleemann	Holger	n-cut24 GmbH	1965	2016	00:55:46	00:54:44	01:06:20	00:51:05	01:01:49	00:58:44	5:48:28	0:05:23	51	M50	180	6
978	Sparringa	Hinrich	Landwirtschaftskammer	1969	2016	00:59:49	00:56:04	01:07:13	00:50:04	01:00:12	00:55:10	5:48:32	0:05:23	47	M40	241	6
979	Michalak	Karl-Heinz	KdoSES	1957	2016	00:58:10	00:55:10	01:05:41	00:50:22	01:01:11	00:57:59	5:48:33	0:05:23	59	M50	181	6
980	Kuhlmann	Hilko	UEG Leer	1997	2016	00:52:34	00:56:34	01:06:11	00:51:40	01:02:24	00:59:14	5:48:37	0:05:23	19	MU20	109	6
981	Vahlenkamp	Jos	IGS Moormerland	2001	2016	00:53:39	00:56:16	01:02:27	00:52:30	01:02:41	01:01:09	5:48:42	0:05:23	15	MU20	110	6
982	Steinke	Hilde	SV Concordia Neermod	1945	2016	00:55:29	00:53:46	01:04:34	00:51:00	01:03:44	01:00:11	5:48:44	0:05:23	71	W70	1	6
983	Özkan	Bahadin	Klinikum Leer	1983	2016	00:58:13	00:54:53	01:06:14	00:49:46	01:00:44	00:58:55	5:48:45	0:05:23	33	M30	173	6
984	Schoolmann	Johann	Germania Edelsoccer	1981	2016	00:54:21	00:54:40	01:06:54	00:50:55	01:03:03	00:58:55	5:48:48	0:05:23	35	M30	175	6
985	Kahlert	Bastian	Brandschutz VW Emde	1985	2016	00:54:32	00:52:45	01:05:03	00:49:24	01:03:57	01:03:07	5:48:48	0:05:23	31	M30	174	6
986	Schaper	Ulf	Team ENERCON	1984	2016	00:59:26	00:56:39	01:08:36	00:50:32	00:58:35	00:55:07	5:48:55	0:05:24	32	M30	176	6
987	Herfurth	Oliver	Aurich	1973	2016	00:56:29	00:53:21	01:06:45	00:48:53	01:04:20	00:59:16	5:49:04	0:05:24	43	M40	242	6
988	Kramer	Dirk	Team aurident	1966	2016	00:57:49	00:55:14	01:0									

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
995	Albers	Karsten	REHA-ZENTRUM AM N	1963	2016	00:56:10	00:55:05	01:06:05	00:51:20	01:00:55	00:59:55	5:49:30	0:05:24	53	M50	184	6
996	Martens	Heinrich	Stedesdorf	1963	2016	00:57:38	00:54:20	01:07:36	00:50:28	01:00:25	00:59:04	5:49:31	0:05:24	53	M50	185	6
997	Janssen	Silke	Borussia Leer	1975	2016	00:56:53	00:56:50	01:06:43	00:50:37	01:01:03	00:57:36	5:49:42	0:05:24	41	W40	46	6
998	Schiffer	Dominik	IGS Waldschule Egels	2002	2016	00:55:53	00:54:42	01:06:44	00:51:05	01:04:08	00:57:11	5:49:43	0:05:24	14	MU20	111	6
999	Reutter	Daniela	Injoy Leer	1987	2016	00:56:24	00:53:44	01:06:54	00:50:22	01:03:02	00:59:24	5:49:50	0:05:24	29	WHK	17	6
1000	Wille	Frauke	Strackholt	1985	2016	01:02:50	00:55:46	01:04:48	00:48:16	01:01:09	00:57:01	5:49:50	0:05:24	31	W30	33	6
1001	Siefkes	Arno	Brass to date.ev	1969	2016	00:57:35	00:55:06	01:06:38	00:50:16	01:01:58	00:58:26	5:49:59	0:05:25	47	M40	244	6
1002	Alberts	Uwe	Westerende Holzloog	1968	2016	00:55:46	00:53:18	01:07:30	00:50:44	01:04:22	00:58:20	5:50:00	0:05:25	48	M40	245	6
1003	Schindler	Bernd	TV Oldersum	1968	2016	00:56:19	00:54:14	01:07:16	00:50:47	01:02:28	00:58:59	5:50:03	0:05:25	48	M40	246	6
1004	Willms	Florian	ELV Elektronik AG/eQ-	1983	2016	00:54:51	00:53:58	01:07:55	00:50:52	01:04:12	00:58:32	5:50:20	0:05:25	33	M30	178	6
1005	Koenen	Michael	Allianz-Agentur Weene	1973	2016	00:55:47	00:54:46	01:06:18	00:50:48	01:03:56	00:58:47	5:50:22	0:05:25	43	M40	247	6
1006	Weaver	Jamison	UEG Leer	1999	2016	00:59:43	00:53:50	01:07:00	00:50:32	01:02:35	00:56:51	5:50:31	0:05:25	17	MU20	112	6
1007	Hinrichs	Rena	LG Großefehn	1994	2016	00:57:01	00:55:24	01:07:03	00:50:24	01:03:00	00:57:43	5:50:35	0:05:25	22	WHK	18	6
1008	Wolbers	Timo	UEG Leer	1999	2016	00:46:34	00:43:57	00:57:41	00:42:51	01:35:20	01:04:16	5:50:39	0:05:25	17	MU20	113	6
1009	Neitzel	Michael	Alten Pflegeheim Korte	1965	2016	00:58:07	00:53:02	01:03:44	00:49:36	00:59:59	01:06:12	5:50:40	0:05:25	51	M50	186	6
1010	Knop	Thomas	Jade Hochschule	1967	2016	00:57:28	00:53:43	01:06:17	00:50:58	01:03:16	00:58:58	5:50:40	0:05:25	49	M40	248	6
1011	Pilney	Sonja	Bünting Tee	1993	2016	00:56:42	00:54:41	01:07:08	00:50:32	01:03:20	00:58:30	5:50:53	0:05:25	23	WHK	19	6
1012	Folkerts	Anja	Team Mühlenapotheke	1971	2016	00:56:55	00:55:48	01:06:12	00:50:55	01:01:56	00:59:09	5:50:55	0:05:25	45	W40	47	6
1013	Leggedör	Markus	Flaischerei Leggedör	1979	2016	00:56:23	00:53:55	01:07:10	00:51:27	01:03:21	00:58:42	5:50:58	0:05:25	37	M30	179	6
1014	Hopf Dr.	Friedemann	UGG Emmius-Klinik	1959	2016	00:58:41	00:54:43	01:06:27	00:50:53	01:01:52	00:58:25	5:51:01	0:05:26	57	M50	187	6
1015	Harms	Marlon-Vincent	IGS Waldschule Egels	2002	2016	00:53:17	00:50:56	01:04:25	00:47:36	01:20:52	00:53:56	5:51:02	0:05:26	14	MU20	114	6
1016	Büttner	Thore	Gymnasium Ulricianum	2002	2016	00:58:23	00:54:08	01:04:59	00:49:58	01:05:55	00:57:39	5:51:02	0:05:26	14	MU20	115	6
1017	Schindler	Jannik	SV Warsingsfehn	1997	2016	00:56:19	00:52:56	01:07:36	00:50:42	01:02:27	01:01:04	5:51:04	0:05:26	19	MU20	116	6
1018	Soter	Eduardo	UEG Leer	1999	2016	00:59:39	00:53:52	01:07:22	00:50:31	01:02:45	00:57:06	5:51:15	0:05:26	17	MU20	117	6
1019	Nowinski	Karl-Heinz	Team ENERCON	1967	2016	00:57:15	00:54:06	01:06:43	00:50:45	01:03:29	00:59:09	5:51:27	0:05:26	49	M40	249	6
1020	Raulin	Siegfried	4.Südwieke aktiv	1943	2016	00:55:12	00:53:29	01:07:33	00:49:59	01:05:18	00:59:57	5:51:28	0:05:26	73	M70	2	6
1021	Kisch	Annette	Fortuna Logabirum	1966	2016	00:59:46	00:53:58	01:07:24	00:50:38	01:02:45	00:57:03	5:51:34	0:05:26	50	W50	21	6
1022	Däuber	Günter	Judo Team Leer VFR H	1961	2016	00:57:45	00:54:54	01:07:13	00:50:47	01:02:07	00:58:50	5:51:36	0:05:26	55	M50	188	6
1023	Schulte	Günter	SV Bentstreek	1965	2016	00:56:28	00:55:39	01:06:55	00:51:34	01:02:34	00:58:29	5:51:39	0:05:26	51	M50	189	6
1024	Frerichs	Marieke	Gymnasium Ulricianum	1996	2016	00:55:47	00:54:29	01:10:01	00:50:50	01:02:37	00:58:09	5:51:53	0:05:26	20	WHK	20	6
1025	Dömlt	Ineke	Team Möbel Buss	1992	2016	00:56:41	00:55:33	01:07:24	00:50:58	01:02:26	00:58:52	5:51:54	0:05:26	24	WHK	21	6
1026	Plagge	Kurt	FC SO S2	1962	2016	00:56:05	00:54:18	01:08:04	00:51:17	01:02:47	00:59:25	5:51:56	0:05:26	54	M50	190	6
1027	Greizinger	Eddi	"TaktLwGrp ""R"""	1985	2016	00:56:59	00:54:40	01:07:10	00:49:04	01:04:58	00:59:07	5:51:58	0:05:26	31	M30	180	6
1028	Stemmler	Monja	Aurich	1970	2016	00:56:23	00:55:38	01:07:37	00:51:16	01:02:32	00:58:37	5:52:03	0:05:26	46	W40	48	6
1029	Book	Christian	Papenburg	1986	2016	00:57:06	00:53:25	01:08:01	00:51:57	01:03:38	00:58:06	5:52:13	0:05:27	30	M30	181	6
1030	Haskamp	Andra	Papenburg	1991	2016	00:57:06	00:53:24	01:08:01	00:51:57	01:03:39	00:58:06	5:52:13	0:05:27	25	WHK	22	6
1031	Meyer	Ellen	Wiesedermeer	1996	2016	00:57:55	00:56:21	01:06:46	00:49:42	01:03:26	00:58:14	5:52:24	0:05:27	20	WHK	23	6
1032	Pupkes	Lena	TuS Weene	1995	2016	00:57:08	00:55:34	01:10:18	00:50:44	01:00:47	00:57:56	5:52:27	0:05:27	21	WHK	24	6
1033	Sterk	Axel	TS Aluminium	1969	2016	00:58:19	00:55:11	01:07:27	00:51:15	01:01:31	00:58:57	5:52:40	0:05:27	47	M40	250	6
1034	Pankratz	Steffen	kein Verein	1982	2016	00:57:01	00:55:46	01:07:15	00:51:18	01:01:52	00:59:29	5:52:41	0:05:27	34	M30	182	6
1035	Leubner	Aiko	Bünting Tee	1990	2016	00:58:23	00:55:05	01:08:35	00:50:40	01:01:48	00:58:16	5:52:47	0:05:27	26	MHK	116	6
1036	Goemann	Jan Ubbo	Seefahrtsschule Leer	1987	2016	00:56:44	00:54:48	01:07:15	00:51:21	01:02:30	01:00:10	5:52:48	0:05:27	29	MHK	117	6
1037	Behrends	Lübbert	"TaktLwGrp ""R"""	1965	2016	00:57:13	00:56:07	01:07:28	00:50:32	01:02:33	00:58:56	5:52:49	0:05:27	51	M50	191	6
1038	Lowin	Volker	BBS Aurich	1955	2016	00:54:42	00:53:37	01:05:18	00:49:45	01:01:54	01:07:39	5:52:55	0:05:27	61	M60	33	6
1039	Willms	Laura	Rhauderfehn-Road-R	2000	2016	00:57:08	00:54:15	01:11:19	00:49:51	01:01:33	00:58:53	5:52:59	0:05:27	16	WU20	20	6
1040	Dahlke	Alina	Gymnasium Ulricianum	1998	2016	00:58:23	00:56:27	01:06:48	00:48:48	01:03:53	00:58:43	5:53:02	0:05:27	18	WU20	21	6
1041	Bauch	Christian	Emdr Zeitung	1969	2016	00:57:28	00:55:35	01:10:46	00:50:01	01:01:44	00:57:29	5:53:03	0:05:27	47	M40	251	6
1042	Daron	Ulrich	Nordland Papier	1989	2016	00:55:45	00:52:32	01:03:59	01:01:56	01:01:25	00:57:27	5:53:04	0:05:27	27	MHK	118	6
1043	Seidemann	Wolfgang	Heidmühler FC	1950	2016	00:56:36	00:55:28	01:07:08	00:52:04	01:02:55	00:59:04	5:53:15	0:05:28	66	M60	34	6
1044	Janßen	Thomas	RVB Aurich/Uplengen	1981	2016	00:57:51	00:55:56	01:07:31	00:50:33	01:02:24	00:59:12	5:53:27	0:05:28	35	M30	183	6
1045	Klawitter	Norbert	BwKrHs Westerstede	1961	2016	00:59:07	00:54:36	01:07:51	00:51:12	01:02:44	00:58:04	5:53:34	0:05:28	55	M50	192	6
1046	Schimmelpfennig	Claudia	Lebenshilfe Leer	1969	2016	00:55:49	00:54:49	01:09:17	00:51:02	01:02:48	00:59:50	5:53:35	0:05:28	47	W40	49	6
1047	Kuhn	Michael	Stadt Aurich	1961	2016	00:58:20	00:55:15	01:07:42	00:50:41	01:02:32	00:59:06	5:53:36	0:05:28	55	M50	193	6
1048	Wirgenings	Ursula	MTV Aurich	1965	2016	00:57:05	00:55:10	01:08:37	00:51:13	01:02:21	00:59:10	5:53:36	0:05:28	51	W50	22	6
1049	Frerichs	Jason	TV Norden	2001	2016	00:56:18	00:55:01	01:06:58	00:49:29	01:09:23	00:56:30	5:53:39	0:05:28	15	MU20	118	6
1050	Bohlen	Gerhard	Krankenhaus Wittmund	1953	2016	00:57:45	00:55:05	01:08:24	00:51:15	01:02:21	00:59:05	5:53:55	0:05:28	63	M60	35	6
1051	Schmidt	Felix	Alex.-v.-Humboldt-Schu	2003	2016	00:54:57	00:55:22	01:09:54	00:50:33	01:05:33	00:57:39	5:53:58	0:05:28	13	MU20	119	6
1052	Schultz	Lara	FC SO	1999	2016	01:00:18	00:55:06	01:09:26	00:49:39	01:02:08	00:57:23	5:54:00	0:05:28	17	WU20	22	6
1053	Meinen	Daniel	Raiffeisenbank eG, Mod	1996	2016	00:59:10	00:54:41	01:05:11	00:48:33	01:02:56	01:03:31	5:54:02	0:05:28	20	MHK	119	6
1054	de Vries	Doris	Emdr LG	1972	2016	00:57:59	00:55:08	01:08:05	00:50:41	01:02:59	00:59:17	5:54:09	0:05:28	44	W40	50	6
1055	Winkelmann	Ralf	TV Norden	1965	2016	00:56:31	00:54:45	01:07:48	00:52:41	01:02:57	00:59:29	5:54:11	0:05:28	51	M50	194	6
1056	Goldswear	Theo	TUS Collinghorst	1953	2016	00:55:17	00:55:22	01:08:38	00:52:14	01:02:51	00:59:55	5:54:17	0:05:29	63	M60	36	6
1057	Waalkens	Holger	Tichelwarf	1969	2016	00:56:32	00:59:45	01:10:20	00:51:26	00:59:06	00:57:08	5:54:17	0:05:29	47	M40	252	6
1058	Garrelts	Elke	SC Wiesens	1971	2016	00:56:53	00:54:52	01:08:55	00:51:16	01:03:21	00:59:01	5:54:18	0:05:29	45	W40	51	6
1059	Gerdts	Holger															

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
1066	Rühling	Michael	LT TuS Aurich-Ost	1971	2016	01:01:50	00:55:41	01:06:18	00:51:03	01:02:28	00:57:27	5:54:47	0:05:29	45	M40	254	6
1067	Seck	Stephanie	Krankenhaus Wittmund	1979	2016	00:58:29	00:55:55	01:08:22	00:51:04	01:02:30	00:58:30	5:54:50	0:05:29	37	W30	34	6
1068	Meyer	Manuela	Team Möbel Buss	1979	2016	00:57:06	00:54:41	01:07:16	00:51:45	01:04:28	00:59:42	5:54:58	0:05:29	37	W30	35	6
1069	Schulz	Michael	Emder LG	1962	2016	00:54:25	00:57:27	01:08:58	00:51:13	01:02:25	01:00:31	5:54:59	0:05:29	54	M50	197	6
1070	Buß	Sven	LG Fliegerhorst Upjever	1968	2016	00:54:20	00:50:17	01:03:07	00:48:01	01:04:56	01:14:19	5:55:00	0:05:29	48	M40	255	6
1071	Tenbenschel	Thomas	Meyer Werft	1987	2016	00:56:32	00:55:12	01:07:54	00:51:30	01:04:06	00:59:48	5:55:02	0:05:29	29	MHK	120	6
1072	Ditzfeld	Karin	LT TuS Aurich-Ost	1960	2016	00:56:19	00:56:20	01:07:17	00:51:55	01:03:18	00:59:54	5:55:03	0:05:29	56	W50	26	6
1073	Storm	Christian	LT TuS Aurich-Ost	1979	2016	00:57:23	00:55:00	01:07:37	00:51:53	01:03:28	00:59:47	5:55:08	0:05:29	37	M30	185	6
1074	Seiwald	Uta		1969	2016	00:57:56	00:55:30	01:07:19	00:51:21	01:02:05	01:00:57	5:55:08	0:05:29	47	W40	52	6
1075	Roeden	Saskia	Briese Schifffahrt	1994	2016	00:58:31	00:55:48	01:08:22	00:51:13	01:02:37	00:58:45	5:55:16	0:05:29	22	WHK	25	6
1076	Penning	Hans-Dieter	Fortuna Logabirum	1962	2016	00:57:55	00:56:07	01:07:14	00:50:59	01:02:03	01:00:59	5:55:17	0:05:29	54	M50	198	6
1077	Klinkenberg	Enno	TV Norden	1949	2016	00:56:03	00:56:22	01:08:46	00:51:15	01:02:53	01:00:03	5:55:22	0:05:30	67	M60	37	6
1078	Fließner	Erwin	Tus Holtriem	1968	2016	00:56:09	00:52:27	01:10:21	00:50:37	01:05:22	01:00:29	5:55:25	0:05:30	48	M40	256	6
1079	Hildebrandt	Volkmar	TuS Weene	1955	2016	00:57:38	00:55:00	01:07:37	00:51:54	01:03:28	00:59:48	5:55:25	0:05:30	61	M60	38	6
1080	Schneider	Volker	BZN Beenen	1980	2016	01:00:30	00:54:37	01:07:12	00:51:06	01:02:50	00:59:14	5:55:29	0:05:30	36	M30	186	6
1081	Kramer	Frank	Team aurident	1958	2016	00:58:54	00:57:23	01:07:59	00:50:33	01:02:13	00:58:28	5:55:30	0:05:30	58	M50	199	6
1082	Schüler	Heinz-Friedrich	MTV Wittmund	1956	2016	00:58:42	00:55:18	01:08:36	00:51:30	01:02:45	00:58:56	5:55:47	0:05:30	60	M60	39	6
1083	Eden	Wencke	OLB-Ostfriesland	1991	2016	00:56:55	00:55:51	01:09:34	00:50:55	01:03:05	00:59:27	5:55:47	0:05:30	25	WHK	26	6
1084	Niemeyer	Petra	Rhauderfehn	1969	2016	00:53:00	00:52:09	01:02:17	00:55:47	00:59:11	01:13:24	5:55:48	0:05:30	47	W40	53	6
1085	Niemeyer	Esther	AFS Komitee Ostfriesla	1997	2016	01:00:16	00:53:54	01:08:40	00:52:03	00:59:10	01:01:49	5:55:52	0:05:30	19	WU20	23	6
1086	Held	Silke	LT TuS Aurich-Ost	1969	2016	00:57:51	00:54:35	01:08:49	00:51:29	01:03:28	00:59:53	5:56:05	0:05:30	47	W40	54	6
1087	Balfanz	Hendrik	NIGE	1998	2016	00:57:50	00:56:07	01:10:48	00:51:21	00:57:18	01:02:43	5:56:07	0:05:30	18	MU20	120	6
1088	Ochs	Timo	Meyer Werft	1983	2016	00:59:42	00:55:06	01:08:42	00:51:46	01:02:43	00:58:09	5:56:08	0:05:30	33	M30	187	6
1089	Böhmer	Johann	TC Esens	1953	2016	00:57:04	00:52:41	01:05:09	00:57:42	01:03:39	00:59:53	5:56:08	0:05:30	63	M60	40	6
1090	Jöhrens	Gerd	Team Jö	1971	2016	00:57:38	00:54:35	01:09:14	00:51:03	01:03:42	01:00:01	5:56:13	0:05:30	45	M40	257	6
1091	Schulte	Kendra	Meyer Werft	1996	2016	00:56:16	00:54:42	01:06:55	00:52:38	01:03:35	01:02:17	5:56:23	0:05:30	20	WHK	27	6
1092	Lüür	Fenny	Reha Zentrum Oldenbu	1963	2016	00:58:17	00:56:58	01:09:00	00:51:15	01:01:37	00:59:18	5:56:25	0:05:31	53	W50	27	6
1093	Wolters	Karsten	Sparkasse Aurich-Nord	1968	2016	00:59:37	00:56:22	01:08:36	00:50:18	01:02:25	00:59:07	5:56:25	0:05:31	48	M40	258	6
1094	Klostermann	Helmut	VW Emden	1955	2016	00:59:38	00:56:01	01:06:50	00:51:39	01:02:53	00:59:26	5:56:27	0:05:31	61	M60	41	6
1095	Kramer	Freya	Team Laufrausch Olden	1988	2016	00:56:29	00:56:35	01:09:09	00:51:19	01:02:22	01:00:35	5:56:29	0:05:31	28	WHK	28	6
1096	Onken	Reina	Lauffreunde Wittmund	1972	2016	00:57:30	00:55:53	01:10:17	00:50:59	01:04:05	00:57:47	5:56:31	0:05:31	44	W40	55	6
1097	Uken	Daniel	Sparkasse Emden	1990	2016	00:59:10	00:56:47	01:08:28	00:51:07	01:01:32	00:59:33	5:56:37	0:05:31	26	MHK	121	6
1098	Tunder	Alma	SC Wissens	1957	2016	00:56:59	00:54:52	01:09:18	00:52:06	01:03:21	01:00:02	5:56:38	0:05:31	59	W50	28	6
1099	Blum	Harald	TV Norden	1966	2016	00:58:07	00:56:21	01:08:46	00:51:02	01:02:58	00:59:26	5:56:40	0:05:31	50	M50	200	6
1100	Berlin	Leo	Nordland Papier	1968	2016	00:58:38	00:55:26	01:08:57	00:51:09	01:03:28	00:59:03	5:56:41	0:05:31	48	M40	259	6
1101	de Vries	Johann	UEG Leer	1962	2016	01:00:13	00:56:52	01:07:15	00:52:10	01:01:23	00:58:49	5:56:42	0:05:31	54	M50	201	6
1102	Saathoff	Eiko	Gymnasium Ulricianum	1997	2016	00:57:07	00:58:09	01:09:59	00:50:48	01:02:35	00:58:05	5:56:43	0:05:31	19	MU20	121	6
1103	Schulz	Evelyn	Sparkasse Emden	1957	2016	00:58:23	00:55:10	01:09:46	00:50:28	01:02:32	01:00:26	5:56:45	0:05:31	59	W50	29	6
1104	Eek	Annika	All you can keglas	1988	2016	00:57:08	00:54:52	01:08:02	00:51:11	01:03:26	01:02:10	5:56:49	0:05:31	28	WHK	29	6
1105	Rahrt	Wilfried	GIRALA bike&run	1970	2016	00:57:19	00:57:58	01:07:20	00:50:23	01:02:57	01:00:53	5:56:50	0:05:31	46	M40	260	6
1106	Rieckmann	Andreas	Wasserschutzpolizei Er	1970	2016	00:59:42	00:56:35	01:06:40	00:52:27	01:02:44	00:58:43	5:56:51	0:05:31	46	M40	261	6
1107	Kolch	Matthias	Gymnasium Ulricianum	1985	2016	01:01:33	00:53:37	01:04:15	00:48:14	01:05:37	01:03:40	5:56:56	0:05:31	31	M30	188	6
1108	Manthey-Janssen	Anke	Aurich	1969	2016	00:59:06	00:57:15	01:07:59	00:51:35	01:02:16	00:58:46	5:56:57	0:05:31	47	W40	56	6
1109	Erler	Ines	Borromäus Hospital Lee	1973	2016	00:57:18	00:56:31	01:07:39	00:51:40	01:04:22	00:59:27	5:56:57	0:05:31	43	W40	57	6
1110	Schweer	Malte	Veenhusen	2001	2016	00:59:05	00:55:36	01:08:03	00:50:49	01:04:48	00:58:36	5:56:57	0:05:31	15	MU20	122	6
1111	Fritz	Thorben	KGS Wiesmoor	1999	2016	00:58:25	00:55:59	01:08:11	00:50:36	01:04:55	00:59:00	5:57:06	0:05:31	17	MU20	123	6
1112	Janssen	Tobias	Alex.-v.-Humboldt-Schu	1998	2016	00:59:01	00:54:24	01:09:05	00:50:27	01:03:43	01:00:38	5:57:18	0:05:31	18	MU20	124	6
1113	Bley	Markus		1971	2016	00:57:54	00:57:41	01:08:35	00:51:35	01:03:03	00:58:35	5:57:23	0:05:31	45	M40	262	6
1114	Mertins	Klaus-Dieter	obw Emden	1956	2016	00:57:03	00:55:57	01:07:56	00:51:32	01:03:53	01:01:02	5:57:23	0:05:31	60	M60	42	6
1115	Mintken	Stephan	TaktLwGrp R	1970	2016	00:57:26	00:53:51	01:08:06	00:57:14	01:02:37	00:58:16	5:57:30	0:05:32	46	M40	263	6
1116	Wilken	Susanne	BMW TEKKEN	1969	2016	00:57:53	00:56:28	01:09:47	00:51:23	01:03:12	00:58:48	5:57:31	0:05:32	47	W40	58	6
1117	Friedrichs	Ilona	BMW TEKKEN	1974	2016	00:57:53	00:56:28	01:09:47	00:51:23	01:03:12	00:58:48	5:57:31	0:05:32	42	W40	59	6
1118	Beening	Armin	Backemoor	1967	2016	00:57:57	00:55:31	01:07:45	00:51:37	01:04:39	01:00:03	5:57:32	0:05:32	49	M40	264	6
1119	Flügge	Peter	Bruno Gelato	1974	2016	00:58:27	00:56:03	01:07:42	00:52:21	01:03:18	00:59:44	5:57:35	0:05:32	42	M40	265	6
1120	Capell	Dominik	Klinikum- Emden	1977	2016	00:57:40	00:56:43	01:10:09	00:50:54	01:03:27	00:58:51	5:57:44	0:05:32	39	M30	189	6
1121	Harms	Sören	"TaktLwGrp ""R""	1996	2016	00:57:33	00:56:56	01:11:44	00:51:59	01:02:21	00:57:12	5:57:45	0:05:32	20	MHK	122	6
1122	König	Friedhelm	Laufftreff Ramsloh	1971	2016	00:58:39	00:59:19	01:09:04	00:51:57	00:57:36	01:01:11	5:57:46	0:05:32	45	M40	266	6
1123	Müller	Gerrit	Team Möbel Buss	1961	2016	00:56:22	01:10:29	01:08:57	00:49:20	00:59:18	00:53:21	5:57:47	0:05:32	55	M50	202	6
1124	Joppe	Matthias	Sparkasse LeerWittmur	1971	2016	01:00:38	00:56:33	01:07:41	00:50:54	01:03:08	00:58:56	5:57:50	0:05:32	45	M40	267	6
1125	Eidam	Jens	Orgadata AG	1984	2016	01:00:02	00:57:38	01:08:21	00:51:02	01:02:01	00:58:56	5:58:00	0:05:32	32	M30	190	6
1126	Blanck	Florian	Running Turtles	1986	2016	00:55:25	00:55:35	01:07:15	00:50:53	01:06:48	01:02:07	5:58:03	0:05:32	30	M30	191	6
1127	Richter	Wibke	LG Fliegerhorst Upjever	1972	2016	00:58:09	00:57:34	01:08:46	00:51:28	01:03:01	00:59:07	5:58:05	0:05:32	44	W40	60	6
1128	Pupelis	Caroline	Ostfriesland Tourismus	1988	2016	00:59:58	00:55:01	01:09:04	00:51:08	01:03:34	00:59:23	5:58:08	0:05:32	28	WHK	30	6
1129	Riedel	Sascha	MTV Hohenkirchen	1974	2016	00:57:02	00:51:58	01:05:07	00:49:19	01:17:45	00:57:01	5:58:12	0:05:32	42	M40	268	6
1130	Ahmed	Petra	LT TuRa 07 Westr														

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
1137	Eilers	Anna-Lena	Silomon's Stramme Wa	1987	2016	01:01:35	00:54:57	01:06:07	00:51:10	01:02:39	01:02:10	5:58:38	0:05:33	29	WHK	31	6
1138	Müller	Wolf-Rüdiger	Eben-Eser	1979	2016	01:07:27	00:58:33	01:08:04	00:49:52	00:59:03	00:55:42	5:58:41	0:05:33	37	M30	192	6
1139	Wiiken	Uwe	SV Brinkum	1968	2016	00:59:37	00:55:39	01:08:08	00:52:18	01:03:52	00:59:10	5:58:44	0:05:33	48	M40	269	6
1140	Goetz	Helfried	Team Speckmannskam	1971	2016	00:55:26	00:57:29	01:09:25	00:52:35	01:03:53	00:59:59	5:58:47	0:05:33	45	M40	270	6
1141	Schmunkamp	Ulrich	keine	1984	2016	00:57:14	00:57:31	01:10:10	00:52:33	01:01:49	00:59:33	5:58:50	0:05:33	32	M30	193	6
1142	Steenblock	Simon		1997	2016	00:57:25	00:59:36	01:08:07	00:51:23	01:02:05	01:00:15	5:58:51	0:05:33	19	MU20	125	6
1143	Vesper	Sören	VW Emden	1975	2016	00:56:24	00:55:30	01:11:29	00:51:18	01:05:17	00:59:02	5:59:00	0:05:33	41	M40	271	6
1144	Gronau	Bettina	Praxis Blomberg	1973	2016	00:57:33	00:56:16	01:08:56	00:52:02	01:03:54	01:00:22	5:59:03	0:05:33	43	W40	62	6
1145	Pospisil	Kristina	Polizei Aurich	1971	2016	00:58:22	00:55:51	01:09:17	00:52:37	01:02:54	01:00:04	5:59:05	0:05:33	45	W40	63	6
1146	Padeken	Rixta	Seefahrtsschule Leer	1993	2016	00:54:17	00:53:57	01:08:38	00:53:37	01:05:05	01:03:34	5:59:08	0:05:33	23	WHK	32	6
1147	Möhlmann	Berend	LG Großefehn	1963	2016	00:59:36	00:56:05	01:09:27	00:52:25	01:02:47	00:58:50	5:59:10	0:05:33	53	M50	204	6
1148	Guilhauman	Eric	MVM IT-Management	1994	2016	00:59:57	00:55:35	01:06:13	00:52:26	01:05:21	00:59:41	5:59:13	0:05:33	22	MHK	124	6
1149	Baumann	Jörg	Gemeinde Hinte	1974	2016	00:56:21	00:56:36	01:07:50	00:53:27	01:04:17	01:00:46	5:59:17	0:05:33	42	M40	272	6
1150	Honnigfort	Inga	Team ENERCON	1991	2016	00:59:58	00:55:01	01:09:04	00:51:17	01:04:04	00:59:57	5:59:21	0:05:33	25	WHK	33	6
1151	Suntken	Tajana	LT TuS Aurich-Ost	1969	2016	00:58:04	00:54:40	01:08:53	00:51:49	01:04:20	01:01:39	5:59:25	0:05:33	47	W40	64	6
1152	Stender	Tim	Seefahrtsschule Leer	1992	2016	00:56:08	00:55:32	01:04:36	00:53:37	01:00:41	01:08:59	5:59:33	0:05:33	24	MHK	125	6
1153	Dreyer	Hans		1971	2016	00:59:32	00:54:31	01:08:33	00:51:54	01:03:54	01:01:11	5:59:35	0:05:33	45	M40	273	6
1154	Poppen	Jelka	UEG	2001	2016	00:59:29	00:54:32	01:08:33	00:51:55	01:03:54	01:01:12	5:59:35	0:05:33	15	WU20	25	6
1155	Wienrank	Horst	SV Dornum	1960	2016	00:57:31	00:55:32	01:11:05	00:50:32	01:04:20	01:00:38	5:59:38	0:05:34	56	M50	205	6
1156	Schmidt	Claus	Horumersiel	1965	2016	00:59:59	00:56:20	01:07:13	00:50:00	01:05:55	01:00:26	5:59:53	0:05:34	51	M50	206	6
1157	Anscheidt	Janneke	Fortuna Logabirum	2001	2016	00:52:36	00:53:09	01:13:37	00:53:22	01:05:03	01:02:08	5:59:55	0:05:34	15	WU20	26	6
1158	Janssen	Johann	SVO Wi sünd Holtriem	1974	2016	00:57:48	00:56:46	01:08:41	00:52:24	01:04:17	01:00:01	5:59:57	0:05:34	42	M40	274	6
1159	Fleißner	Udo	Stadt Aurich	1967	2016	00:57:48	00:55:39	01:09:13	00:52:49	01:03:58	01:00:37	6:00:04	0:05:34	49	M40	275	6
1160	Appel	Gudrun	Krankenhaus Wittmund	1968	2016	00:58:32	00:54:58	01:09:27	00:52:47	01:03:52	01:00:29	6:00:05	0:05:34	48	W40	65	6
1161	Schön	Rosemarie	OBS Kloster Barthe	1969	2016	00:58:02	00:57:01	01:07:53	00:52:49	01:02:30	01:01:51	6:00:06	0:05:34	47	W40	66	6
1162	Baizen	Sascha	CITYGUIDE	1978	2016	00:59:29	00:58:35	01:08:55	00:52:24	01:02:43	00:58:04	6:00:10	0:05:34	38	M30	194	6
1163	Strohschnieder	Rosa	SZ Saterland	1951	2016	00:57:44	00:57:27	01:09:08	00:52:58	01:03:21	00:59:47	6:00:25	0:05:34	65	W60	1	6
1164	Remmers	Saskia	LG Fliegerhorst Upjever	1988	2016	00:58:06	00:57:34	01:11:21	00:51:14	01:03:22	00:58:50	6:00:27	0:05:34	28	WHK	34	6
1165	Gross	Silke	PuraVita	1969	2016	00:58:29	00:56:22	01:08:55	00:52:24	01:03:34	01:00:47	6:00:31	0:05:34	47	W40	67	6
1166	Harms	Gaby	Team Rücker	1970	2016	00:56:54	00:55:15	01:09:32	00:52:59	01:04:12	01:01:48	6:00:40	0:05:34	46	W40	68	6
1167	Redenius	Uwe	SC Tannenhausen	1986	2016	00:58:09	00:56:28	01:09:09	00:51:27	01:03:55	01:01:38	6:00:46	0:05:35	30	M30	195	6
1168	Meyer	Antje	LG Uplengen	1956	2016	00:57:18	00:55:49	01:09:28	00:52:48	01:04:15	01:01:09	6:00:47	0:05:35	60	W60	2	6
1169	Lemke	Klaas	RVB Aurich/Uplengen	1989	2016	00:57:38	00:55:10	01:09:16	00:52:27	01:03:22	01:02:56	6:00:49	0:05:35	27	MHK	126	6
1170	Freimuth	Christoph	Bartloopers	1990	2016	01:00:14	00:56:42	01:05:54	00:51:36	01:07:03	00:59:21	6:00:50	0:05:35	26	MHK	127	6
1171	Schmidt	Lydia	SV Holtland	1963	2016	00:58:00	00:55:43	01:09:23	00:53:03	01:04:16	01:00:37	6:01:02	0:05:35	53	W50	30	6
1172	Backer	Arnold	Freetied Loopers Moor	1963	2016	00:57:02	00:56:37	01:07:43	00:54:20	01:04:30	01:00:52	6:01:04	0:05:35	53	M50	207	6
1173	Gerriets	Elke	Krankenhaus Wittmund	1969	2016	00:58:36	00:56:28	01:09:07	00:52:52	01:03:26	01:00:37	6:01:06	0:05:35	47	W40	69	6
1174	Melzer	Martina	Stadt Emden/EmderLG	1971	2016	00:58:23	00:55:06	01:08:14	00:53:24	01:04:08	01:01:52	6:01:07	0:05:35	45	W40	70	6
1175	Müller	Janina	"TSV ""Jahn"" Caroliner	1992	2016	00:57:44	00:57:12	01:10:36	00:52:07	01:04:10	00:59:26	6:01:15	0:05:35	24	WHK	35	6
1176	Lamann	Bettina	All you can keglas	1987	2016	00:56:52	00:54:48	01:07:53	00:59:03	01:00:29	01:02:10	6:01:15	0:05:35	29	WHK	36	6
1177	Lenz	Hans-Hermann	Klinikum Leer	1957	2016	00:58:50	00:55:57	01:07:52	00:53:51	01:04:14	01:00:32	6:01:16	0:05:35	59	M50	208	6
1178	Martens	Peter	LG Fliegerhorst Upjever	1976	2016	00:59:08	00:56:18	01:09:56	00:52:17	01:02:50	01:00:49	6:01:18	0:05:35	40	M40	276	6
1179	Rosenboom	Stefan	HR4YOU GmbH	1991	2016	00:57:26	00:55:03	01:12:06	00:52:53	01:03:38	01:00:13	6:01:19	0:05:35	25	MHK	128	6
1180	Drost	Fritz	MTV Wittmund	1943	2016	00:58:43	00:56:29	01:08:37	00:52:01	01:04:04	01:01:27	6:01:21	0:05:35	73	M70	3	6
1181	Iken	Jens	KBV Blersum	1969	2016	00:58:11	00:55:58	01:09:59	00:52:46	01:04:28	01:00:10	6:01:32	0:05:35	47	M40	277	6
1182	Samuels	Karsten	Lukasläufer	1988	2016	00:57:09	01:00:36	01:13:08	00:51:44	01:01:55	00:57:15	6:01:47	0:05:36	28	MHK	129	6
1183	Brouwer	Bodo	RSM DPI AG	1971	2016	00:58:06	00:55:25	01:08:57	00:53:41	01:04:14	01:01:24	6:01:47	0:05:36	45	M40	278	6
1184	Fitz	Silke	Moordörper Freetiedloo	1971	2016	00:59:43	00:56:36	01:07:43	00:53:19	01:03:35	01:00:56	6:01:52	0:05:36	45	W40	71	6
1185	Koch	Marcus	2 Rad-Center Block/LT	1975	2016	00:58:03	00:55:00	01:10:29	00:52:41	01:03:31	01:02:11	6:01:55	0:05:36	41	M40	279	6
1186	Paschant-Steinke	Nina	LT TuS Aurich-Ost	1977	2016	00:57:26	00:56:59	01:08:29	00:52:20	01:04:12	01:02:30	6:01:56	0:05:36	39	W30	37	6
1187	Liebert	Karin	Klinikum Leer	1964	2016	00:57:55	00:55:43	01:07:56	00:52:41	01:06:00	01:01:47	6:02:02	0:05:36	52	W50	31	6
1188	Aden	Melanie	LG Großefehn	1972	2016	00:58:55	00:56:35	01:09:05	00:52:51	01:04:54	00:59:44	6:02:04	0:05:36	44	W40	72	6
1189	Stüben	Martin	Störtebeker Loopers TV	1968	2016	00:59:07	00:56:55	01:08:19	00:52:33	01:04:11	01:01:01	6:02:06	0:05:36	48	M40	280	6
1190	Renken	Ingo	Team Speckmannskam	1967	2016	00:57:38	00:57:50	01:10:10	00:52:36	01:03:53	00:59:59	6:02:06	0:05:36	49	M40	281	6
1191	Kamann	Friedhelm	Ubbo-Emmius-Klinik	1956	2016	00:56:40	00:55:02	01:15:41	00:51:22	01:02:57	01:00:27	6:02:09	0:05:36	60	M60	45	6
1192	Harders	Marina	Briese Schifffahrt	1989	2016	00:59:36	00:53:43	01:11:53	00:52:25	01:03:47	01:01:01	6:02:25	0:05:36	27	WHK	37	6
1193	Schild	Jesse	Möörkenschule	2000	2016	00:56:35	00:54:57	01:10:20	00:53:22	01:05:04	01:02:08	6:02:26	0:05:36	16	MU20	126	6
1194	Fornfeist	Jürgen	TRAUCO Gruppe	1966	2016	01:01:05	00:55:20	01:08:53	00:51:38	01:04:13	01:01:24	6:02:33	0:05:36	50	M50	209	6
1195	Fink	Anna	Die Pinguine	1980	2016	01:00:18	00:57:30	01:09:49	00:52:04	01:03:32	00:59:23	6:02:36	0:05:36	36	W30	38	6
1196	Eckhoff	Arno	Groß Ostiem	1959	2016	00:58:27	00:56:40	01:08:21	00:53:08	01:04:22	01:01:39	6:02:37	0:05:36	57	M50	210	6
1197	Stocker	Ralf	MTV Aurich	1947	2016	00:58:06	00:57:01	01:10:39	00:52:10	01:03:23	01:01:24	6:02:43	0:05:36	69	M60	46	6
1198	Folkerts	Megan	Gymnasium Ulricianum	1997	2016	00:59:35	00:56:28	01:09:22	00:52:38	01:04:12	01:00:33	6:02:48	0:05:36	19	WU20	27	6
1199	Huisinga	Amke	Briese Schifffahrt	1992	2016	00:58:17	00:57:02	01:08:14	00:51:13	01:05:09	01:02:57	6:02:52	0:05:37	24	WHK	38	6
1200	Saathoff	Marina	Riepe	1986	2016	01:00:42	00:57:28	01:11:24	00:51:21	01:02:29	00:59:29	6:02:53	0:05:37	30	W30	39	6
1201	Ewen	Anneke	Tura 07 Westrhauderfe														

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1208	Freitag	Norbert	LT TuS Aurich-Ost	1948	2016	00:59:21	00:56:44	01:13:01	00:51:40	01:02:40	01:00:07	6:03:33	0:05:37	68	M60	47	6
1209	Jansen	Dennis	LIBERTY BLUE	1986	2016	00:58:22	00:51:06	01:14:44	00:49:37	01:07:47	01:02:07	6:03:43	0:05:37	30	M30	197	6
1210	Koch	Sandra	LT TuS Aurich-Ost	1984	2016	00:58:03	00:56:55	01:10:29	00:52:40	01:03:31	01:02:11	6:03:49	0:05:37	32	W30	40	6
1211	Krönke	Antje	IGS Waldschule Egels	2000	2016	00:59:25	00:57:14	01:10:41	00:49:34	01:04:38	01:02:20	6:03:52	0:05:37	16	WU20	29	6
1212	Gerdes	Dennis	Team Möbel Buss	1989	2016	00:59:25	00:57:39	01:09:49	00:53:41	01:03:38	00:59:46	6:03:58	0:05:38	27	MHK	131	6
1213	Henkys	Ivo	RA'e Dr.Fenner Bockhd	1998	2016	00:58:32	00:54:17	01:08:09	00:55:12	01:09:52	00:58:04	6:04:06	0:05:38	18	MU20	127	6
1214	Baizen	Daniela	Bünting Tee	1993	2016	00:58:52	00:58:26	01:09:21	00:53:20	01:04:45	00:59:23	6:04:07	0:05:38	23	WHK	42	6
1215	Simmering	Andree	Kaufhaus Behrends	1983	2016	01:00:49	00:55:31	01:09:54	00:51:57	01:05:05	01:00:53	6:04:09	0:05:38	33	M30	198	6
1216	Tjardes	Hans-Günther	Kurt sien Trupp	1958	2016	00:56:58	00:57:41	01:09:56	00:52:53	01:05:36	01:01:07	6:04:11	0:05:38	58	M50	212	6
1217	Beckers	Achim	Germania Leer	1959	2016	01:01:00	00:57:07	01:10:15	00:52:55	01:02:45	01:00:13	6:04:15	0:05:38	57	M50	213	6
1218	Lahmeyer	Thalea	LT TuRa 07 Westhau	2000	2016	00:58:11	00:55:51	01:09:37	00:54:53	01:05:13	01:00:30	6:04:15	0:05:38	16	WU20	30	6
1219	Lambertus	Hans-Dieter	Emden	1961	2016	01:01:38	00:56:53	01:10:15	00:51:22	01:04:31	00:59:37	6:04:16	0:05:38	55	M50	214	6
1220	Baumann	Brigitte	Emder-LG	1963	2016	00:58:00	01:01:19	01:09:35	00:52:40	01:02:41	01:00:01	6:04:16	0:05:38	53	W50	32	6
1221	Klapproth	Christian	Raiffeisenbank eG, Mo	1985	2016	00:57:55	00:56:52	01:11:11	00:53:44	01:04:15	01:00:32	6:04:29	0:05:38	31	M30	199	6
1222	Behrends	Frank	Hesel	1973	2016	01:00:03	00:56:47	01:12:04	00:53:22	00:55:40	01:06:34	6:04:30	0:05:38	43	M40	282	6
1223	Gensicke	Torsten	Wiesmoor	1967	2016	01:00:09	00:57:35	01:08:44	00:53:27	01:04:39	01:00:00	6:04:34	0:05:38	49	M40	283	6
1224	Wessels	Gerda	Zahnzentrum	1976	2016	00:56:14	00:55:45	01:12:31	00:54:30	01:04:52	01:00:47	6:04:39	0:05:38	40	W40	73	6
1225	Stark	Regina	LG TV Bunde	1963	2016	00:58:30	00:55:58	01:10:15	00:53:14	01:04:51	01:01:53	6:04:41	0:05:38	53	W50	33	6
1226	Watermann	Bernd	BSG Sparkasse Wilhel	1960	2016	00:59:11	00:55:17	01:10:21	00:53:06	01:05:06	01:01:41	6:04:42	0:05:38	56	M50	215	6
1227	Donner-Pein	Anne	LIDL	1981	2016	00:57:57	00:59:20	01:10:20	00:54:43	01:02:15	01:00:08	6:04:43	0:05:38	35	W30	41	6
1228	Bruns	Willi		1939	2016	00:57:46	00:57:11	01:08:48	00:53:31	01:05:28	01:02:14	6:04:58	0:05:38	77	M70	4	6
1229	Dubiel	Carsten	TausendfüßLeer	1949	2016	01:00:07	00:56:09	01:07:36	00:51:47	01:08:04	01:01:19	6:05:02	0:05:39	67	M60	48	6
1230	Köhler	Philipp	obw Emden	1997	2016	00:58:12	00:58:43	01:09:30	00:54:13	01:04:34	00:59:52	6:05:04	0:05:39	19	MU20	128	6
1231	Spethmann	Heidrun	TuS Eintracht Hinte	1965	2016	00:59:16	00:58:02	01:10:23	00:54:16	01:04:06	00:59:14	6:05:17	0:05:39	51	W50	34	6
1232	Willms	Thilo	Rhauderfehrer-Road-R	2000	2016	01:00:43	00:59:05	01:08:35	00:52:24	01:05:30	00:59:22	6:05:39	0:05:39	16	MU20	129	6
1233	Frerichs	Marja	KGS Großefehn	2002	2016	01:01:44	01:01:16	01:09:43	00:50:34	01:02:23	00:59:59	6:05:39	0:05:39	14	WU20	31	6
1234	Hölscher	Anke	Sparkasse Aurich-Nord	1993	2016	00:58:07	00:56:55	01:11:37	00:51:59	01:05:27	01:01:42	6:05:47	0:05:39	23	WHK	43	6
1235	Herlyn	Nick	Gymnasium Ulricianum	1999	2016	00:58:23	01:09:17	01:06:43	00:48:48	01:03:53	00:58:44	6:05:48	0:05:39	17	MU20	130	6
1236	Budde	Dennis	Sparkasse Aurich-Nord	1990	2016	00:58:12	00:56:55	01:11:37	00:51:58	01:05:27	01:01:42	6:05:51	0:05:39	26	MHK	132	6
1237	Drost	Helge	BSG Sparkasse Wilhel	1974	2016	00:59:15	00:56:10	01:10:20	00:53:23	01:05:06	01:01:41	6:05:55	0:05:39	42	M40	284	6
1238	Kühn	Gerald	ohne	1967	2016	00:59:12	00:54:13	01:12:09	00:54:22	01:04:31	01:01:28	6:05:55	0:05:39	49	M40	285	6
1239	Meyer	Ines	Therapiewerk Schritt fü	1988	2016	00:57:31	00:59:46	01:12:06	00:52:54	01:03:39	01:00:12	6:06:08	0:05:40	28	WHK	44	6
1240	Wrieden	Marcus	Kaufhaus Behrends	1977	2016	00:56:23	00:52:34	01:14:30	00:51:57	01:05:05	01:05:39	6:06:08	0:05:40	39	M30	200	6
1241	Abken	Frauke	Abken Bau Utarp	1982	2016	00:58:13	00:57:13	01:11:57	00:53:01	01:05:03	01:00:48	6:06:15	0:05:40	34	W30	42	6
1242	Meyerhoff	Hartmut	Loga	1962	2016	01:06:22	01:00:06	01:06:33	00:51:35	01:02:50	00:58:54	6:06:20	0:05:40	54	M50	216	6
1243	Beckmann	Keno	Alex.-v.-Humboldt-Schu	2002	2016	01:06:48	00:58:45	01:09:59	00:50:35	01:02:34	00:57:43	6:06:24	0:05:40	14	MU20	131	6
1244	Hohlen	Wilfried	Esens	1974	2016	01:00:27	00:56:45	01:09:41	00:52:24	01:05:41	01:01:28	6:06:26	0:05:40	42	M40	286	6
1245	von Halle	Fabian	Gymnasium Ulricianum	1997	2016	00:59:28	00:56:12	01:10:48	00:53:38	01:04:51	01:01:36	6:06:33	0:05:40	19	MU20	132	6
1246	Bohlen	Sina	Gymnasium Ulricianum	1999	2016	00:59:28	00:56:12	01:10:48	00:53:38	01:04:51	01:01:36	6:06:33	0:05:40	17	WU20	32	6
1247	Kazmal	Gülo	Klinikum Leer	1992	2016	01:00:02	00:59:01	01:09:43	00:52:50	01:04:40	01:00:18	6:06:34	0:05:40	24	WHK	45	6
1248	Bingener	Christine	LSF Oldenburg	1968	2016	00:58:24	00:56:54	01:09:24	00:54:20	01:05:08	01:02:28	6:06:38	0:05:40	48	W40	74	6
1249	Meyer	Lukas	Tgg Leer	1998	2016	00:57:43	01:00:43	01:07:57	00:50:34	01:06:27	01:03:31	6:06:55	0:05:40	18	MU20	133	6
1250	Tjardes	Martina	LT TuS Aurich-Ost/Flick	1971	2016	00:59:32	00:56:29	01:09:26	00:53:24	01:06:25	01:01:41	6:06:57	0:05:40	45	W40	75	6
1251	Abken	Reinhard	Abken Bau Utarp	1944	2016	00:59:43	00:57:18	01:09:14	00:53:51	01:04:31	01:02:21	6:06:58	0:05:40	72	M70	5	6
1252	Janssen	Monika	NW Steuerberatungs G	1969	2016	00:58:51	00:57:47	01:09:22	00:53:17	01:05:07	01:02:36	6:07:00	0:05:40	47	W40	76	6
1253	Dultmeyer	Yvonne	Sanipoint	1978	2016	00:58:39	00:56:48	01:10:00	00:53:28	01:05:20	01:02:47	6:07:02	0:05:40	38	W30	43	6
1254	Goeman	Ude	Oberschule Norden	1969	2016	00:57:55	00:55:30	01:14:30	00:52:09	01:05:05	01:02:10	6:07:19	0:05:41	47	M40	287	6
1255	Rhauderwiek	Annikka	Sparkasse LeerWittmur	1995	2016	01:00:56	00:55:52	01:09:35	00:53:57	01:05:41	01:01:23	6:07:24	0:05:41	21	WHK	46	6
1256	Klemme	Hannes	obw Emden	1985	2016	01:03:53	01:00:01	01:09:07	00:50:23	01:03:10	01:01:01	6:07:35	0:05:41	31	M30	201	6
1257	Kramer	Alexander	EWE-Wattloopers	1971	2016	00:59:37	00:58:12	01:11:21	00:53:20	01:04:26	01:00:43	6:07:39	0:05:41	45	M40	288	6
1258	Becker	Nils	BSG Volksbank Jever	1994	2016	00:59:04	00:57:59	01:09:08	00:52:31	01:05:38	01:03:20	6:07:40	0:05:41	22	MHK	133	6
1259	Kochan	Norman	Fleßner Tiefbau	1985	2016	01:00:07	00:57:24	01:12:31	00:52:41	01:05:18	00:59:40	6:07:41	0:05:41	31	M30	202	6
1260	Janssen	Anna	SV Frisia Brinkum	1989	2016	00:59:03	00:57:19	01:10:42	00:53:45	01:05:17	01:01:35	6:07:41	0:05:41	27	WHK	47	6
1261	Aden	Frauke	LG Großefehn	1971	2016	00:59:15	00:57:51	01:10:49	00:53:59	01:04:54	01:01:22	6:08:10	0:05:41	45	W40	77	6
1262	Jürrens	Birgit	Störtebeker Loopers TV	1965	2016	01:02:51	00:56:39	01:10:42	00:52:58	01:04:00	01:01:01	6:08:11	0:05:41	51	W50	35	6
1263	Harms	Kerstin	OFD Nds. - LBV Aurich	1972	2016	01:01:21	00:57:41	01:10:47	00:52:55	01:05:27	01:00:04	6:08:15	0:05:41	44	W40	78	6
1264	Wattjes	Sascha	Aurich	1981	2016	01:02:44	00:56:30	01:09:38	00:54:49	01:03:44	01:00:52	6:08:17	0:05:42	35	M30	203	6
1265	Förster	Kathrin	Ubbo-Emmius-Klinik	1983	2016	01:01:30	00:55:36	01:09:29	00:52:13	01:05:51	01:03:40	6:08:19	0:05:42	33	W30	44	6
1266	Meyer	Claudia	Spielmannszug Marx e.	1977	2016	00:59:49	00:58:06	01:09:13	00:53:35	01:04:50	01:02:47	6:08:20	0:05:42	39	W30	45	6
1267	Mühlenbrock	Ralf	Team ENERCON	1967	2016	00:59:38	00:56:46	01:09:45	00:52:55	01:06:15	01:03:15	6:08:34	0:05:42	49	M40	289	6
1268	Sinning	Ludwig	Kreuzfahrten Sinning L	1963	2016	00:59:25	00:56:24	01:10:34	00:52:00	01:03:38	01:06:52	6:08:53	0:05:42	53	M50	217	6
1269	Sinning	Lena	Kreuzfahrten Sinning L	1992	2016	00:59:24	00:56:24	01:10:35	00:52:00	01:03:39	01:06:51	6:08:53	0:05:42	24	WHK	48	6
1270	Thaden	Folkert	SC Dunum	1955	2016	00:59:40	00:56:09	01:11:14	00:55:29	01:05:26	01:00:56	6:08:54	0:05:42	61	M60	49	6
1271	Münchow	Felix	Alex.-v.-Humboldt-Sch	2004	2016	00:58:41	00:58:08	01:10:47	00:53:04	01:06:41	01:01:37	6:08:58	0:05:42	12	MU20	134	6

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1279	Ebeling	Joachim	Briese Schifffahrt	1963	2016	01:02:19	00:58:05	01:09:04	00:52:37	01:05:28	01:01:51	6:09:24	0:05:43	53	M50	219	6
1280	Heuermann	Dara	H.-D. Heuermann	1995	2016	00:59:27	00:58:01	01:11:27	00:53:54	01:05:24	01:01:20	6:09:33	0:05:43	21	WHK	50	6
1281	Münchow	Michaela	Friedeburg	1971	2016	00:59:48	00:57:17	01:10:48	00:53:56	01:05:47	01:02:02	6:09:38	0:05:43	45	W40	80	6
1282	Poppen	Ralf	Himmelsstürmer-Olden	1968	2016	00:58:24	01:03:28	01:10:50	00:52:26	01:02:05	01:02:26	6:09:39	0:05:43	48	M40	293	6
1283	Mennenga-Steffen	Elke	Team Mühlenapotheke	1974	2016	00:58:44	00:58:09	01:11:56	00:54:12	01:04:37	01:02:06	6:09:44	0:05:43	42	W40	81	6
1284	Marwedel	Paula	Emder Zeitung	1988	2016	01:00:49	00:57:04	01:11:39	00:52:40	01:06:20	01:01:13	6:09:45	0:05:43	28	WHK	52	6
1285	Giesmann	Natascha	Naturema	1984	2016	00:58:00	00:59:32	01:09:09	00:52:49	01:06:42	01:03:39	6:09:51	0:05:43	32	W30	59	6
1286	August	Dieter	Continental Versicheru	1960	2016	00:59:33	00:59:27	01:12:06	00:52:29	01:05:31	01:00:47	6:09:53	0:05:43	56	M50	220	6
1287	Tewes	Ute	Ubbo-Emmuis-Klinik	1965	2016	01:00:17	00:57:45	01:09:20	00:53:48	01:06:28	01:02:15	6:09:53	0:05:43	51	W50	37	6
1288	Hildebrandt	Lothar	Emder LG	1968	2016	00:58:49	00:57:29	01:11:25	00:53:33	01:06:26	01:02:16	6:09:58	0:05:43	48	M40	294	6
1289	Rahmann	Uwe	Hartmann Group	1980	2016	01:04:59	01:02:49	01:09:43	00:50:09	01:02:22	01:00:00	6:10:02	0:05:43	36	M30	204	6
1290	Dirks	Andreas	Störtebeker Loopers TV	1964	2016	00:59:05	00:57:58	01:09:42	00:56:03	01:05:37	01:01:44	6:10:09	0:05:43	52	M50	221	6
1291	Hüther	Christine Evama	HSG Emden	1992	2016	01:03:10	00:56:58	01:11:14	00:53:03	01:05:04	01:00:45	06:10:14	0:05:43	24	WHK	53	6
1292	Kramer	Marion	LT TuRa 07 Westrhau	1967	2016	00:58:19	00:56:52	01:11:21	00:54:21	01:06:05	01:03:19	6:10:17	0:05:43	49	W40	82	6
1293	Pleis	Gregor	Moorloopers	1965	2016	00:58:38	00:58:38	01:10:42	00:54:22	01:05:23	01:02:41	6:10:24	0:05:43	51	M50	222	6
1294	Kruse	Ilka	Gymnasium Ulricianum	2000	2016	01:05:50	00:59:29	01:10:46	00:53:20	01:02:19	00:58:45	6:10:29	0:05:44	16	WU20	33	6
1295	Hedemann	Franziska	LT TuS Aurich-Ost	1990	2016	01:00:05	00:57:22	01:09:26	00:53:59	01:06:33	01:03:09	6:10:34	0:05:44	26	WHK	54	6
1296	Pleis	Angela	Pleis	1990	2016	01:00:54	00:58:50	01:10:17	00:53:58	01:04:57	01:01:42	6:10:38	0:05:44	26	WHK	55	6
1297	Reents	Peter	LT Schafhauser Wald	1945	2016	00:58:41	00:56:46	01:10:48	00:55:02	01:06:37	01:02:53	6:10:47	0:05:44	71	M70	6	6
1298	Spanjer	Eike	Ofd Lbv Aurich	1991	2016	01:02:32	00:58:12	01:10:46	00:53:13	01:05:27	01:00:45	6:10:55	0:05:44	25	MHK	134	6
1299	Kruth	Johannes	Rettungsdienst Leer	1993	2016	01:05:25	00:56:22	01:10:37	00:52:17	01:04:56	01:01:19	6:10:56	0:05:44	23	MHK	135	6
1300	Wedler	Thomas	KdoSES	1987	2016	00:56:38	01:15:01	01:07:13	00:49:34	01:04:59	00:57:36	6:11:01	0:05:44	29	MHK	136	6
1301	Kühnel	Simon	Seefahrtsschule Leer	1994	2016	01:00:20	00:54:38	01:08:27	00:53:37	01:05:06	01:08:59	6:11:07	0:05:44	22	MHK	137	6
1302	Wunder	Jutta	Sonnen-Apotheke Leer	1985	2016	00:58:35	00:56:56	01:10:45	00:53:56	01:05:14	01:05:41	6:11:07	0:05:44	31	W30	73	6
1303	Janssen	Jann Bruno	Sportpark Tannenhaus	1993	2016	01:07:19	01:00:45	01:09:22	00:50:54	01:01:58	01:00:50	6:11:08	0:05:44	23	MHK	138	6
1304	Meyer	Marlene	Silomon's Stramme Wa	1989	2016	01:02:31	00:58:03	01:10:07	00:51:46	01:04:44	01:03:58	6:11:09	0:05:44	27	WHK	56	6
1305	Janssen	Maike	Laufen und Meer	1968	2016	00:59:00	00:57:20	01:12:40	00:54:29	01:05:53	01:01:49	6:11:11	0:05:44	48	W40	83	6
1306	Wilken	Agnes	Baptisten Firrel	1970	2016	01:00:14	00:56:51	01:11:39	00:53:34	01:06:12	01:03:03	6:11:33	0:05:45	46	W40	84	6
1307	Ottersberg	Hanna	Team Möbel Buss	1973	2016	01:00:15	00:56:51	01:11:38	00:53:34	01:06:12	01:03:04	6:11:34	0:05:45	43	W40	85	6
1308	Bruns	Marcel	SV Ochtersum	1990	2016	01:02:20	00:58:55	01:10:53	00:53:18	01:05:40	01:00:31	6:11:37	0:05:45	26	MHK	139	6
1309	Hamid	Die Johanniter		1992	2016	01:03:04	01:00:57	01:14:38	00:52:53	01:02:28	00:57:48	6:11:48	0:05:45	24	MHK	140	6
1310	Kleemann-Ewen	Anke	Tura 07 Westrhauferfe	1969	2016	00:58:41	00:58:00	01:11:24	00:54:21	01:06:08	01:03:19	6:11:53	0:05:45	47	W40	86	6
1311	Schütte	Silke	WfbM Aurich Wittmund	1973	2016	01:00:43	00:57:42	01:11:09	00:54:07	01:05:56	01:02:21	6:11:58	0:05:45	43	W40	87	6
1312	Baumann	Georg Ihno	TV Greesiel	1961	2016	00:57:23	01:01:59	01:15:06	00:52:51	01:03:25	01:01:19	6:12:03	0:05:45	55	M50	223	6
1313	Kanthak	Herbert	obw Emden	1961	2016	01:01:44	00:58:18	01:11:13	00:52:48	01:06:13	01:01:48	6:12:04	0:05:45	55	M50	224	6
1314	Helmers	Rainer	Laufftreff Ihrhove	1969	2016	01:00:37	00:57:21	01:10:23	00:54:55	01:06:03	01:02:56	6:12:15	0:05:45	47	M40	295	6
1315	Mennenga	Andre	Emder LG	1961	2016	01:00:35	00:56:58	01:11:26	00:53:40	01:06:59	01:02:38	6:12:16	0:05:45	55	M50	225	6
1316	Friedrichs	Torsten	Max Moritz Aurich	1979	2016	01:01:13	00:59:01	01:12:08	00:52:40	01:05:57	01:01:31	6:12:30	0:05:45	37	M30	205	6
1317	van Scharrel	Lena	Ostfriesische Volksbank	1991	2016	00:59:36	00:58:28	01:11:01	00:54:50	01:06:03	01:02:32	6:12:30	0:05:45	25	WHK	57	6
1318	Drewes	Annalisa	Chirurgie und Unfallchir	1996	2016	00:56:59	00:56:43	01:17:37	00:55:19	01:03:46	01:02:11	6:12:35	0:05:46	20	WHK	58	6
1319	Denker	Wilma	Ostfriesische Volksbank	1966	2016	00:59:43	00:57:06	01:10:40	00:55:47	01:06:02	01:03:28	6:12:46	0:05:46	50	W50	38	6
1320	Schneider	Simone	Emden	1969	2016	01:01:19	01:00:02	01:11:55	00:53:01	01:04:44	01:01:47	6:12:48	0:05:46	47	W40	88	6
1321	Detmers	Wiebke	SG Moordorf	2002	2016	01:01:35	00:56:44	01:11:09	00:52:09	01:07:57	01:03:14	6:12:48	0:05:46	14	WU20	34	6
1322	Gerken	Theo	LG Ostfriesland	1944	2016	00:59:17	00:57:11	01:10:57	00:55:23	01:06:54	01:03:07	6:12:49	0:05:46	72	M70	7	6
1323	Broer	Heide	TV Norden	1957	2016	01:00:15	00:58:04	01:11:37	00:53:11	01:06:12	01:03:47	6:13:06	0:05:46	59	W50	39	6
1324	Müller	Rainer	TV Friedeburg	1942	2016	00:59:20	00:57:59	01:11:03	00:54:53	01:05:59	01:04:09	6:13:23	0:05:46	74	M70	8	6
1325	Schulte	Ansgar	Weener Plastik	1973	2016	01:07:43	00:59:15	01:09:20	00:52:50	01:03:37	01:00:40	6:13:25	0:05:46	43	M40	296	6
1326	Kindl	Alicia	MVM IT-Management	1981	2016	00:59:57	01:03:37	01:06:13	00:58:39	01:05:19	00:59:40	6:13:25	0:05:46	35	W30	36	6
1327	Duif	Marion	Eastfrisian Metal Assoc	1968	2016	00:58:11	00:57:49	01:12:56	00:55:35	01:05:41	01:03:20	6:13:32	0:05:46	48	W40	89	6
1328	Campen	Marike	Team Möbel Buss	1996	2016	01:04:11	00:59:11	01:08:57	00:51:23	01:05:31	01:04:22	6:13:35	0:05:46	20	WHK	59	6
1329	Wallinger	Isabel	HSG Emden	1979	2016	01:03:08	00:58:32	01:11:54	00:53:09	01:05:06	01:02:00	6:13:49	0:05:47	37	W30	42	6
1330	Klose	Andrea	HTV	1969	2016	01:02:35	01:00:01	01:11:16	00:54:31	01:04:27	01:00:59	6:13:49	0:05:47	47	W40	90	6
1331	Pilarczyk	Bartosz	WfbM Aurich Wittmund	1995	2016	00:58:38	00:58:12	01:20:04	00:53:11	01:03:20	01:00:32	6:13:57	0:05:47	21	MHK	141	6
1332	Webermann	Ingo	Zeitungsgruppe Ostfries	1983	2016	01:00:44	00:59:23	01:14:09	00:53:56	01:05:16	01:00:29	6:13:57	0:05:47	33	M30	206	6
1333	Lammers	Marcel	IGS Moormerland	1998	2016	00:59:42	00:58:43	01:12:42	00:54:06	01:06:07	01:02:52	6:14:12	0:05:47	18	MU20	135	6
1334	Platen	Ann-Kathrin	Gymnasium Ulricianum	2002	2016	01:01:58	00:58:09	01:10:41	00:54:50	01:06:12	01:02:26	6:14:16	0:05:47	14	WU20	35	6
1335	Arends	Anja	Störtebeker Loopers TV	1966	2016	01:02:52	00:59:04	01:10:41	00:53:59	01:05:45	01:02:00	6:14:21	0:05:47	50	W50	40	6
1336	Saathoff	Christina	Zahnarztpraxis Aljets	1988	2016	01:02:04	00:59:04	01:10:23	00:53:52	01:05:55	01:03:04	6:14:22	0:05:47	28	WHK	60	6
1337	Schreiber	Timo	TS Aluminium	1992	2016	00:59:39	00:58:09	01:12:44	00:53:55	01:06:10	01:03:49	6:14:26	0:05:47	24	MHK	142	6
1338	Aden	Marika	Gymnasium Ulricianum	2002	2016	01:01:58	00:58:27	01:10:41	00:54:51	01:06:13	01:02:26	6:14:36	0:05:47	14	WU20	36	6
1339	Bornemann	Benjamin	Klinikum- Emden	1988	2016	01:05:54	00:58:56	01:03:16	00:54:43	01:09:24	01:02:39	6:14:52	0:05:48	28	MHK	143	6
1340	Happe	Frank	Wirtschaftsförderkreis H	1967	2016	00:50:02	01:01:26	01:15:13	00:54:59	01:08:31	01:04:42	6:14:53	0:05:48	49	M40	297	6
1341	Duis	Sami	Grundschule Remels	2007	2016	00:57:50	00:58:15	01:11:01	00:57:59	01:06:54	01:02:59	6:14:58	0:05:48	9	MU20	136	6
1342	Tabbert	Tanja	Aurich	1971	2016	01:00:55	01:00:05	01:10:59	00:54:56	01:05:22	01:02:45	6:15:02	0:05:48	45	W40	91	6
1343	Kromminga	Marlies															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1350	Duis	Arend	Lions Club Uplengen	1957	2016	00:58:05	00:59:24	01:13:43	00:55:12	01:06:52	01:02:58	6:16:14	0:05:49	59	M50	226	6
1351	Klaasen-Dirks	Astrid	Klinikum- Emden	1979	2016	01:00:32	00:58:54	01:10:21	00:54:41	01:07:35	01:04:11	6:16:14	0:05:49	37	W30	63	6
1352	Gastmann	Janina	Stadt Aurich	1990	2016	01:04:14	01:00:27	01:11:52	00:53:38	01:04:43	01:01:22	6:16:16	0:05:49	26	WHK	61	6
1353	Steenhardt	Matthias	SV Teutonia Stapelmod	2003	2016	01:03:25	00:54:20	01:10:23	00:53:14	01:09:08	01:05:50	6:16:20	0:05:49	13	MU20	137	6
1354	Gronewold	Andrea	Praxis Blomberg	1979	2016	01:00:13	00:58:30	01:12:35	00:54:30	01:07:23	01:03:12	6:16:23	0:05:49	37	W30	54	6
1355	Hillebrand	Michael	Völlenerkönigsfehn	1975	2016	01:00:11	01:01:55	01:11:36	00:53:53	01:05:22	01:03:32	6:16:29	0:05:49	41	M40	300	6
1356	Tiemann	Christoph	Bartloopers	1987	2016	01:00:14	00:58:31	01:12:55	00:55:19	01:07:03	01:02:30	6:16:32	0:05:49	29	MHK	144	6
1357	Frerichs	Dennis	WfbM Aurich Wittmund	1993	2016	01:01:35	00:58:36	01:13:00	00:52:12	01:09:16	01:01:58	6:16:37	0:05:49	23	MHK	145	6
1358	Fischer	Michael	Michael Fischer	1964	2016	01:02:43	00:59:28	01:08:44	00:54:17	01:07:03	01:04:26	6:16:41	0:05:49	52	M50	227	6
1359	Klompmaker	Helen	Meyer Werft	1996	2016	01:00:05	00:57:15	01:11:01	00:54:58	01:08:47	01:04:39	6:16:45	0:05:49	20	WHK	62	6
1360	Siepert	Maria	MTV Wittmund	1956	2016	01:00:18	00:58:20	01:12:00	00:55:51	01:07:16	01:03:06	6:16:51	0:05:49	60	W60	3	6
1361	Erdmann	Dieter	SuS Berumerfehn e. V.	1949	2016	01:01:43	00:57:56	01:11:14	00:55:44	01:06:38	01:03:41	6:16:56	0:05:50	67	M60	50	6
1362	Kleen	Verena	Spetzerfehn	1995	2016	01:00:15	00:58:12	01:14:10	00:54:10	01:06:37	01:03:36	6:17:00	0:05:50	21	WHK	63	6
1363	Wrieden	Stefan	Leer	1977	2016	01:01:16	00:58:54	01:11:38	00:54:43	01:07:48	01:02:47	6:17:06	0:05:50	39	M30	207	6
1364	Boekhoff	Sina	ZGO Zeitungsgruppe O	1995	2016	00:58:11	01:01:29	01:12:43	00:54:50	01:07:44	01:02:09	6:17:06	0:05:50	21	WHK	64	6
1365	Webermann	Jan-Hendrik	Briese Schifffahrt	1989	2016	01:01:10	00:59:25	01:13:43	00:54:12	01:06:26	01:02:16	6:17:12	0:05:50	27	MHK	146	6
1366	Garrelts	Bernd	Team ENERCON	1976	2016	01:00:11	00:59:31	01:12:24	00:54:20	01:07:15	01:03:37	6:17:18	0:05:50	40	M40	301	6
1367	Henning	Torsten	Stadt Emden	1972	2016	00:59:00	01:00:04	01:13:30	00:54:07	01:06:19	01:04:19	6:17:19	0:05:50	44	M40	302	6
1368	Janßen	Til	Team Aaron Power	1999	2016	00:58:42	00:56:43	01:11:38	00:52:06	01:13:29	01:04:46	6:17:24	0:05:50	17	MU20	138	6
1369	Schmidt	Heike	Emder LG	1970	2016	00:59:40	00:57:38	01:10:25	00:54:45	01:09:37	01:05:28	6:17:33	0:05:50	46	W40	95	6
1370	Steinmeier	Fritz	Ostfriesischer Kirchent	1948	2016	01:00:47	00:59:00	01:12:12	00:54:52	01:06:45	01:03:58	6:17:34	0:05:50	68	M60	51	6
1371	Weber	Siegfried	Team Möbel Buss	1962	2016	01:03:01	01:04:20	01:13:30	00:53:13	01:01:13	01:02:23	6:17:40	0:05:50	54	M50	228	6
1372	Kanning	Melanie	RVB Aurich/Uplengen	1982	2016	01:02:25	00:59:41	01:11:33	00:54:42	01:06:32	01:02:55	6:17:48	0:05:50	34	W30	51	6
1373	Ruesink	Anne	Fehntjer Partyservice	1997	2016	00:59:10	00:59:41	01:14:51	00:56:11	01:06:06	01:01:53	6:17:52	0:05:50	19	WU20	39	6
1374	Kraudelt	Andrea	Hundsmühler TV	1972	2016	01:02:35	01:00:02	01:12:20	00:54:36	01:04:59	01:03:25	6:17:57	0:05:50	44	W40	96	6
1375	Erfeling	Christel	Klinikum Leer	1972	2016	01:01:13	01:00:28	01:12:58	00:54:52	01:06:02	01:02:25	6:17:58	0:05:51	44	W40	97	6
1376	Meyer	Erhard	Sparkasse LeerWittmur	1962	2016	01:01:37	00:58:52	01:10:50	00:55:33	01:07:48	01:03:27	6:18:07	0:05:51	54	M50	229	6
1377	Bussen-Heyen	Silke	Team ENERCON	1988	2016	01:01:15	00:58:53	01:11:58	00:54:25	01:07:48	01:03:51	6:18:10	0:05:51	28	WHK	65	6
1378	Henkelmann	Urs	Emder LG	1973	2016	01:01:14	00:58:52	01:11:59	00:54:26	01:07:48	01:03:51	6:18:10	0:05:51	43	M40	303	6
1379	Grünefeld	Tjarko		1961	2016	01:02:30	00:57:52	01:13:09	00:54:23	01:07:25	01:02:54	6:18:13	0:05:51	55	M50	230	6
1380	Hansen	Christian	Ing.-Büro Post & Hanse	1962	2016	00:54:26	00:52:38	01:10:43	01:00:36	01:18:15	01:01:37	6:18:15	0:05:51	54	M50	231	6
1381	Rose	Dörthe	TV Norden	1976	2016	01:04:20	00:59:40	01:12:55	00:53:29	01:06:22	01:01:29	6:18:15	0:05:51	40	W40	98	6
1382	Ehnts-Hinrichs	Gertrud	MTV Wittmund	1965	2016	01:00:20	00:59:18	01:11:33	00:55:42	01:07:14	01:04:22	6:18:29	0:05:51	51	W50	41	6
1383	Balßen	Heinrich	TV Norden	1963	2016	01:02:03	00:58:20	01:12:15	00:54:09	01:07:27	01:04:16	6:18:30	0:05:51	53	M50	232	6
1384	Hampel	Joachim	EWE-Wattloopers	1989	2016	01:00:47	00:56:37	01:14:22	00:53:55	01:07:27	01:05:29	6:18:37	0:05:51	27	MHK	147	6
1385	Diedrichs	Nadine	TV Norden	1983	2016	01:04:20	00:59:42	01:12:57	00:53:48	01:06:26	01:01:28	6:18:41	0:05:51	33	W30	41	6
1386	Tinnemeyer	Oswald	LT TuRa 07 Westraud	1952	2016	01:00:04	00:58:54	01:12:35	00:56:08	01:06:57	01:04:06	6:18:44	0:05:51	64	M60	52	6
1387	Nerjes-Moldenhau	Sonja		1970	2016	01:00:40	00:59:06	01:12:00	00:54:48	01:07:52	01:04:26	6:18:52	0:05:51	46	W40	99	6
1388	Rinderhagen	Manfred	ERV	1959	2016	01:04:04	01:01:52	01:11:35	00:53:09	01:06:13	01:02:01	6:18:54	0:05:51	57	M50	233	6
1389	Rahn	Alina	KGS Wiesmoor	1990	2016	01:02:03	01:00:43	01:13:06	00:54:28	01:05:28	01:03:08	6:18:56	0:05:51	26	WHK	66	6
1390	Schulz	Jannek	NIGE	1999	2016	00:59:36	00:58:20	01:14:44	00:55:46	01:10:29	01:00:03	6:18:58	0:05:51	17	MU20	139	6
1391	Hinrichs	Maiko	LG Großefehn	1990	2016	01:00:19	00:59:18	01:14:02	00:55:40	01:06:28	01:03:15	6:19:02	0:05:51	26	WHK	67	6
1392	Kasowski	Andrea	ZGO Zeitungsgruppe O	1993	2016	01:03:23	00:58:51	01:13:08	00:55:23	01:05:29	01:02:55	6:19:09	0:05:52	23	WHK	68	6
1393	Bruns	Helmut	TuS Eintracht Hinte	1951	2016	01:01:04	00:58:07	01:12:27	00:54:42	01:08:17	01:04:33	6:19:10	0:05:52	65	M60	53	6
1394	Rosenboom	Kerstin	Störtebeker Loopers TV	1986	2016	01:03:32	00:55:03	01:13:13	00:55:03	01:08:55	01:03:24	6:19:10	0:05:52	30	W30	57	6
1395	Rosenboom	Andre	Störtebeker Loopers TV	1986	2016	01:03:32	00:55:04	01:13:15	00:55:02	01:08:55	01:03:25	6:19:13	0:05:52	30	M30	208	6
1396	Bessert	Linda	Laufen und Meer	2000	2016	00:59:18	01:00:26	01:12:11	00:53:54	01:12:03	01:01:28	6:19:20	0:05:52	16	WU20	40	6
1397	Quarg	Karin	BSG Volksbank Jever	1957	2016	00:59:43	00:59:02	01:14:37	00:55:26	01:06:29	01:04:03	6:19:20	0:05:52	59	W50	42	6
1398	Brötje	Helge	Ubbo-Emmius-Klinik	1972	2016	01:01:28	00:59:15	01:12:53	00:54:43	01:08:31	01:02:37	6:19:27	0:05:52	44	M40	304	6
1399	Zepig	Christiane	Krankenhaus Wittmund	1980	2016	01:06:39	00:59:52	01:11:29	00:52:38	01:06:00	01:02:55	6:19:33	0:05:52	36	W30	52	6
1400	Janssen	Arne	Wandertrupp Loppersu	1990	2016	01:02:40	00:58:05	01:17:29	00:53:27	01:05:52	01:02:06	6:19:39	0:05:52	26	MHK	148	6
1401	Kramer	Helga	7. Ostfriesischer Kirche	1977	2016	01:00:55	00:57:47	01:13:20	00:56:29	01:07:55	01:03:13	6:19:39	0:05:52	39	W30	55	6
1402	Trauernicht	Jens	EWE-Wattloopers 'Gast	1963	2016	00:59:54	00:59:10	01:12:40	00:55:05	01:08:17	01:04:35	6:19:41	0:05:52	53	M50	234	6
1403	Südbeck	Nina	Leer	1975	2016	01:01:49	00:59:54	01:13:42	00:55:26	01:06:26	01:02:24	6:19:41	0:05:52	41	W40	100	6
1404	Grimm	Thomas	VFFL Berumbur	1961	2016	00:59:21	00:56:55	01:11:11	00:58:15	01:10:58	01:03:14	6:19:54	0:05:52	55	M50	235	6
1405	Richter	Uwe	SV Ofenerdiek	1950	2016	01:00:23	01:00:56	01:12:25	00:56:15	01:05:26	01:04:40	6:20:05	0:05:52	66	M60	54	6
1406	Gronewold	Elke	TV Norden	1967	2016	00:59:48	00:59:00	01:12:52	00:55:29	01:08:55	01:04:02	6:20:06	0:05:52	49	W40	101	6
1407	Gronewold	Jana	TV Norden	1995	2016	00:59:48	00:59:00	01:12:52	00:55:29	01:08:55	01:04:03	6:20:07	0:05:53	21	WHK	69	6
1408	Remmers	Siebelt	Siebelt	1979	2016	01:01:10	01:00:12	01:14:14	00:54:48	01:08:30	01:01:13	6:20:07	0:05:53	37	M30	209	6
1409	Bassler	Heiko	LG Großefehn	1968	2016	01:00:29	00:59:39	01:14:51	00:55:10	01:07:26	01:02:36	6:20:11	0:05:53	48	M40	305	6
1410	Cammenga	Neele	Gymnasium Ulricianum	1997	2016	01:03:33	00:59:41	01:13:10	00:54:23	01:06:14	01:03:15	6:20:16	0:05:53	19	WU20	41	6
1411	Großmann	Gabi	Alex.-v.-Humboldt-Schu	1982	2016	01:01:38	01:00:27	01:15:03	00:54:29	01:06:22	01:02:18	6:20:17	0:05:53	34	W30	45	6
1412	Juilfs	Uwe	SC 13 Eichen Wiesens	1963	2016	00:59:09	01:03:03	01:12:42	00:54:37	01:06:49	01:04:03	6:20:23	0:05:53	53	M50	236	6
1413	Terviel	Bärbel	LG Uplengen	1957	2016	01:00:16	00:59:42	01:13:19	00:54:33	01:08:32	01:04:01	6:20:23	0:05:53	59	W50	43	6
1414	B																

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
1421	Fokken	Michael	VW Emden	1971	2016	01:01:52	00:59:37	01:13:02	00:55:14	01:07:43	01:03:39	6:21:07	0:05:53	45	M40	309	6
1422	Fokken	Ellen	Emden	1973	2016	01:01:52	00:59:37	01:13:03	00:55:14	01:07:43	01:03:39	6:21:08	0:05:53	43	W40	104	6
1423	Janssen	Gerd	Sandhorst	1953	2016	01:00:21	00:58:36	01:12:34	00:54:58	01:06:54	01:07:50	6:21:13	0:05:54	63	M60	56	6
1424	Kruse	Bernhard	WfbM Aurich Wittmund	1990	2016	01:00:27	00:58:41	01:17:00	00:53:42	01:05:32	01:05:57	6:21:19	0:05:54	26	MHK	149	6
1425	Otto	Jürgen	VfL Berumbur	1964	2016	01:00:26	01:00:14	01:13:51	00:55:14	01:08:33	01:03:04	6:21:22	0:05:54	52	M50	237	6
1426	Klawitter	Alicia	UEG Leer	1998	2016	01:01:33	00:57:43	01:15:13	00:52:50	01:09:28	01:04:35	6:21:22	0:05:54	18	WU20	43	6
1427	Hinrichs	Friederike	FCSO	2001	2016	01:01:21	01:00:02	01:15:54	00:54:16	01:07:25	01:02:30	6:21:28	0:05:54	15	WU20	44	6
1428	Penon	Focko	Gymnasium Ulricianum	1971	2016	01:02:56	01:09:31	01:09:16	00:54:15	01:06:41	00:58:56	6:21:35	0:05:54	45	M40	310	6
1429	Winkelmann	Marcel	LG Fliegerhorst Upjever	1980	2016	01:03:22	01:00:34	01:11:31	00:56:38	01:07:41	01:01:51	6:21:37	0:05:54	36	M30	210	6
1430	Puls	Claus	WfbM Aurich Wittmund	1996	2016	00:57:59	01:02:53	01:15:05	00:57:29	01:05:12	01:02:59	6:21:37	0:05:54	20	MHK	150	6
1431	Schoolmann	Claus	Volkswagen Emden	1977	2016	01:02:11	01:00:55	01:13:55	00:54:28	01:06:49	01:03:26	6:21:44	0:05:54	39	M30	211	6
1432	Boomgaarden	Britta	Eben-Eser	1978	2016	01:02:56	00:51:13	01:14:57	00:56:59	01:09:37	01:06:03	6:21:45	0:05:54	38	W30	78	6
1433	Everts	Mario	obw Emden	1985	2016	01:03:43	01:02:44	01:14:03	00:53:29	01:05:38	01:02:10	6:21:47	0:05:54	31	M30	212	6
1434	Folkerts	Imke	FTC Hollen	2000	2016	01:04:25	01:00:09	01:13:29	00:54:38	01:05:31	01:03:36	6:21:48	0:05:54	16	WU20	45	6
1435	von Preyss	Bodo	Fortuna Logabirum	1939	2016	01:00:37	01:00:19	01:13:26	00:55:55	01:08:37	01:03:02	6:21:56	0:05:54	77	M70	9	6
1436	Graß	Daniel	Meyer Werft	1979	2016	01:00:18	00:56:54	01:13:45	00:55:51	01:10:26	01:04:46	6:22:00	0:05:54	37	M30	213	6
1437	Lau	Tamara	Silomon's Stramme Wa	1996	2016	01:04:15	00:54:57	01:13:03	00:57:11	01:08:41	01:03:58	6:22:05	0:05:54	20	WHK	70	6
1438	Daro	Jörg	EWE-Wattloopers	1962	2016	00:59:38	00:57:46	01:09:49	01:04:25	01:07:28	01:03:10	6:22:16	0:05:54	54	M50	238	6
1439	Donde	Florian	Klinge / Weener Ener	1978	2016	01:01:58	01:00:00	01:14:07	00:55:45	01:07:23	01:03:14	6:22:27	0:05:55	38	M30	214	6
1440	Wischeropp	Thomas	Klinge / Weener Ener	1969	2016	01:01:15	00:59:57	01:14:12	00:55:19	01:08:01	01:04:01	6:22:45	0:05:55	47	M40	311	6
1441	Meyer	Julian	TGG	2000	2016	01:00:45	01:05:02	01:12:44	00:52:51	01:07:24	01:04:04	6:22:50	0:05:55	16	MU20	140	6
1442	Reinecke	Jens	Stadt Aurich	1970	2016	01:02:37	01:00:40	01:13:17	00:54:26	01:07:55	01:03:55	6:22:50	0:05:55	46	M40	312	6
1443	Groenewold	Frank	Selverde	1971	2016	01:01:39	00:59:55	01:12:53	00:55:42	01:08:26	01:04:17	6:22:52	0:05:55	45	M40	313	6
1444	Evers	Mareike	SC Ihrhove 07	1988	2016	01:01:58	00:59:10	01:16:16	00:55:19	01:06:48	01:03:24	6:22:55	0:05:55	28	WHK	71	6
1445	Theilen	Adda	TV Norden	1986	2016	01:02:27	00:59:34	01:13:00	00:55:18	01:06:55	01:05:42	6:22:56	0:05:55	30	W30	74	6
1446	Wilhelms	Jan-Ole	EWE-Wattloopers	1997	2016	01:00:51	00:59:54	01:14:04	00:54:48	01:07:29	01:05:52	6:22:58	0:05:55	19	MU20	141	6
1447	Weigang	Miriam	Sparkasse Emden	1995	2016	01:02:43	00:58:56	01:12:39	00:55:12	01:09:36	01:04:05	6:23:11	0:05:55	21	WHK	72	6
1448	Freudenberg	Manuela	Fehnloopers	1965	2016	01:02:49	01:00:09	01:12:54	00:55:48	01:07:41	01:03:51	6:23:12	0:05:55	51	W50	44	6
1449	Ertwiens	Heinz-Peter	Orgadata AG	1969	2016	01:02:44	01:01:39	01:13:19	00:54:45	01:07:24	01:03:29	6:23:20	0:05:55	47	M40	314	6
1450	Drahter	Gesine	NW Steuerberatungsge	1963	2016	00:59:37	01:00:49	01:13:13	00:56:14	01:07:26	01:06:04	6:23:23	0:05:56	53	W50	45	6
1451	Bartels	Sonja	HSG Emden	1991	2016	01:03:22	00:59:02	01:14:52	00:55:01	01:07:49	01:03:18	6:23:24	0:05:56	25	WHK	73	6
1452	Seehusen	Andreas	Orgadata AG	1979	2016	01:01:53	01:02:46	01:13:03	00:54:45	01:07:13	01:03:54	6:23:34	0:05:56	37	M30	215	6
1453	Stolorz	Sascha	BSG Landkreis Weserm	1977	2016	00:59:37	01:01:53	01:16:39	00:54:32	01:07:49	01:03:06	6:23:36	0:05:56	39	M30	216	6
1454	Otten	Harald	BZN Beenen	1974	2016	01:02:02	01:00:21	01:15:45	00:54:23	01:07:52	01:03:18	6:23:41	0:05:56	42	M40	315	6
1455	Grünert	Nicole	Borromäus Hospital Lee	1976	2016	01:02:38	01:00:14	01:13:17	00:55:51	01:07:20	01:04:33	6:23:53	0:05:56	40	W40	105	6
1456	Gronewold	Anja	Team AURICHER EIER	1977	2016	01:03:38	00:59:39	01:14:29	00:55:11	01:07:15	01:03:45	6:23:57	0:05:56	39	W30	61	6
1457	Janssen	Monya	Ippe Janssen jeans & m	1969	2016	01:03:38	00:59:39	01:14:29	00:55:11	01:07:15	01:03:45	6:23:57	0:05:56	47	W40	106	6
1458	Remmers	Jan	Seefahrtsschule Leer	1991	2016	00:55:15	01:07:44	01:23:15	00:55:49	01:01:46	01:00:17	6:24:06	0:05:56	25	MHK	151	6
1459	Gersch	Siegfried	TSV Riepe	1942	2016	01:02:07	01:01:22	01:12:58	00:56:02	01:07:14	01:04:25	6:24:08	0:05:56	74	M70	10	6
1460	Ott	Christian	Alex.-v.-Humboldt-Schu	1977	2016	01:02:37	00:59:45	01:16:27	00:41:41	01:14:03	01:09:38	6:24:11	0:05:56	39	M30	217	6
1461	Redenius	Rita	Moorhusen	1964	2016	01:00:32	00:59:31	01:12:41	00:54:53	01:08:59	01:07:43	6:24:19	0:05:56	52	W50	46	6
1462	Harms	Uwe	Laufen und Meer	1969	2016	01:00:54	01:03:18	01:12:58	00:56:58	01:07:09	01:03:03	6:24:20	0:05:56	47	M40	316	6
1463	Schoppe	Lutz	Stadt Emden	1984	2016	00:59:17	01:06:13	01:11:43	00:54:12	01:10:07	01:02:48	6:24:20	0:05:56	32	M30	218	6
1464	Wachholz	Elena	LIDL	1985	2016	01:03:55	00:59:21	01:12:21	00:56:08	01:09:35	01:03:04	6:24:24	0:05:56	31	W30	53	6
1465	Vollborth	Nina	Klinikum Leer	1983	2016	01:02:47	00:59:49	01:13:39	00:55:35	01:08:37	01:04:14	6:24:41	0:05:57	33	W30	64	6
1466	Hinrichs	Hans-Jürgen	Elisabethfehn	1953	2016	01:01:59	01:00:12	01:12:21	00:56:52	01:09:06	01:04:22	6:24:52	0:05:57	63	M60	57	6
1467	Poppen	Svea	Pura Vita	1998	2016	01:01:55	01:01:22	01:13:30	00:55:21	01:08:05	01:04:46	6:24:59	0:05:57	18	WU20	46	6
1468	Janssen	Jann	Leinerstift e.V.	1972	2016	01:03:24	01:00:44	01:14:41	00:55:17	01:07:18	01:03:44	6:25:08	0:05:57	44	M40	317	6
1469	Alexy	Kerstin	LG Uplengen	1971	2016	01:01:21	00:59:33	01:14:04	00:56:03	01:08:42	01:05:46	6:25:29	0:05:57	45	W40	107	6
1470	Esch	Klaus	Collinghorst	1964	2016	01:04:55	01:01:58	01:15:36	00:56:55	01:02:42	01:03:24	6:25:30	0:05:57	52	M50	239	6
1471	Habben	Lothar	LT TuS Aurich-Ost	1967	2016	01:00:46	00:59:55	01:14:23	00:55:48	01:08:42	01:06:08	6:25:42	0:05:58	49	M40	318	6
1472	Frerichs	Amke	Landjugend Moormerln	1993	2016	01:05:47	00:59:14	01:14:55	00:54:41	01:07:45	01:03:20	6:25:42	0:05:58	23	WHK	74	6
1473	Freudenberg	Lothar	Dabei is alles	1969	2016	01:01:17	00:58:44	01:14:36	00:55:33	01:09:33	01:06:00	6:25:43	0:05:58	47	M40	319	6
1474	Wilken	Foltmar	Trauco Gruppe	1966	2016	01:01:32	01:02:30	01:14:14	00:54:47	01:08:14	01:04:34	6:25:51	0:05:58	50	M50	240	6
1475	Coners	Tomke	IGS Waidsschule Egels	2002	2016	01:03:53	01:02:46	01:15:15	00:55:51	01:06:59	01:01:08	6:25:52	0:05:58	14	WU20	47	6
1476	Reershemius	Wiebke	Borromäus Hospital Lee	1993	2016	01:02:07	01:01:55	01:12:51	00:53:38	01:06:39	01:08:43	6:25:53	0:05:58	23	WHK	75	6
1477	Wilken	Gerhold	Sparkasse LeerWittmur	1954	2016	01:06:00	01:00:11	01:10:54	00:55:39	01:08:11	01:05:02	6:25:57	0:05:58	62	M60	58	6
1478	Schulzendorf	Carolin	FCSO S2	1997	2016	01:03:18	00:59:41	01:14:54	00:55:47	01:08:02	01:04:17	6:25:59	0:05:58	19	WU20	48	6
1479	Rocker	Sabine	Stadt Aurich	1980	2016	01:06:09	01:02:36	01:14:24	00:53:50	01:06:51	01:02:09	6:25:59	0:05:58	36	W30	43	6
1480	Lühring	Eva	LT TuRa 07 Westrhaud	1998	2016	01:02:36	00:59:58	01:14:07	00:55:07	01:07:32	01:06:45	6:26:05	0:05:58	18	WU20	49	6
1481	Büttner	Walter	BPS Emden	1959	2016	01:01:46	00:59:17	01:17:31	00:54:41	01:08:31	01:04:21	6:26:07	0:05:58	57	M50	241	6
1482	Heijenga	Hinrich	Trockenbau Heijenga	1964	2016	01:03:11	00:59:41	01:15:21	00:56:05	01:09:16	01:02:44	6:26:18	0:05:58	52	M50	242	6
1483	Heinßen	Thorben	Bünting Tee	1987	2016	01:03:50	01:04:13	01:14:55	00:55:03	01:06:11	01:02:08	6:26:20	0:05:58	29	MHK	152	6
1484	Ehrlich	Tomke	Emder LG	1993	2016	01:01:59	00:59:19	01:12:57	00:56:07	01:10:51	01:05:16	6:26:29	0:05:58	23	WHK	76	6
1485	Groen																

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1492	Janssen	Thorsten	Ostfriesische Volksbank	1992	2016	01:05:14	01:01:30	01:14:49	00:56:23	01:06:07	01:03:09	6:27:12	0:05:59	24	MHK	153	6
1493	Zelmer	Sophia	Gymnasium Ulricianum	1999	2016	00:53:13	01:03:50	01:30:39	00:48:28	01:11:10	00:59:54	6:27:14	0:05:59	17	WU20	50	6
1494	Rudnick	Dietmar	LG Großefehn	1965	2016	01:02:12	01:00:43	01:13:56	00:56:21	01:09:13	01:04:56	6:27:21	0:05:59	51	M50	244	6
1495	Fischer	Andreas	Großefehn	1969	2016	01:03:43	01:01:38	01:14:25	00:56:24	01:07:36	01:03:39	6:27:25	0:05:59	47	M40	320	6
1496	Frühling	Jan	MCV - Halbmond	1990	2016	01:03:22	01:00:53	01:15:09	00:55:50	01:08:14	01:03:59	6:27:27	0:05:59	26	MHK	154	6
1497	Flügge	Maike	Kiga Rasselbande	1966	2016	01:02:03	01:00:36	01:11:06	00:57:26	01:11:00	01:05:18	6:27:29	0:05:59	50	W50	48	6
1498	Sweers	Olaf	SV Wittmund	1968	2016	01:02:15	01:00:55	01:14:34	00:56:56	01:05:51	01:06:58	6:27:29	0:05:59	48	M40	321	6
1499	Wetzstein	Sabrina	BSC Burhufe e.V.	1990	2016	01:06:10	01:02:28	01:13:27	00:55:26	01:06:50	01:03:09	6:27:30	0:05:59	26	VHK	77	6
1500	Krisp	Stephan	Meyer Werft	1972	2016	01:02:11	01:00:48	01:15:27	00:56:13	01:08:32	01:04:22	6:27:33	0:05:59	44	M40	322	6
1501	Hanssen	Leon	Westerende-Kirchloog	2003	2016	01:03:56	01:04:58	01:15:03	00:51:46	01:06:42	01:05:11	6:27:36	0:05:59	13	MU20	144	6
1502	Graepel	Marion	LT TuRa 07 Westhaud	1965	2016	01:03:33	01:00:13	01:15:35	00:55:56	01:08:41	01:03:47	6:27:45	0:06:00	51	W50	49	6
1503	Hicken	Thomas	VfL Fortuna Veenhusen	1978	2016	01:00:28	00:59:25	01:15:24	00:56:47	01:08:50	01:06:56	6:27:50	0:06:00	38	M30	219	6
1504	Groenhoff	Christina	Moormerland	1984	2016	01:05:43	01:01:22	01:15:32	00:55:14	01:07:29	01:02:30	6:27:50	0:06:00	32	W30	46	6
1505	Bruns	Edda	LT Tus Holtrien	1961	2016	01:02:03	01:00:04	01:15:52	00:56:17	01:08:35	01:05:02	6:27:53	0:06:00	55	W50	50	6
1506	Jansen	Bettina	Borromäus Hospital Leer	1976	2016	01:05:19	01:01:21	01:14:09	00:56:53	01:06:59	01:03:12	6:27:53	0:06:00	40	W40	108	6
1507	Joswig	Almuth	Fortuna Logabirum	1957	2016	01:03:48	01:01:23	01:14:16	00:56:41	01:07:30	01:04:22	6:28:00	0:06:00	59	W50	51	6
1508	Brake	Uwe	MK Siemer Torstechnik	1965	2016	01:00:02	01:00:38	01:13:33	00:56:54	01:10:50	01:06:05	6:28:02	0:06:00	51	M50	245	6
1509	Frey	Inga	Fortuna Logabirum	1980	2016	01:02:10	01:00:48	01:15:27	00:56:45	01:08:33	01:04:22	6:28:05	0:06:00	36	W30	65	6
1510	Mühlena	Helge	MCV Halbmond	1976	2016	01:04:58	01:01:03	01:14:09	00:55:39	01:07:17	01:05:08	6:28:14	0:06:00	40	M40	323	6
1511	Bruns	Alwin	LT Tus Holtrien	1960	2016	01:02:03	01:00:04	01:15:56	00:56:22	01:08:47	01:05:02	6:28:14	0:06:00	56	M50	246	6
1512	Caspers	Neele	Finanzamt Aurich	1994	2016	01:03:34	01:01:42	01:12:36	00:56:45	01:08:40	01:04:59	6:28:16	0:06:00	22	WHK	78	6
1513	Goosmann	Karl-Heinz	TS Aluminium	1969	2016	01:04:12	01:00:04	01:15:48	00:54:09	01:08:57	01:05:20	6:28:30	0:06:00	47	M40	324	6
1514	Bültena	Uwe	Bünting Tee	1965	2016	01:03:45	01:02:34	01:14:56	00:55:18	01:08:31	01:03:28	6:28:32	0:06:00	51	M50	247	6
1515	Reck	Joachim	Ostfriesischer Flugdienst	1967	2016	01:03:24	00:59:49	01:15:42	00:55:24	01:09:38	01:04:36	6:28:33	0:06:00	49	M40	325	6
1516	de Buhr	Jens	VW Emden	1968	2016	01:01:04	00:57:08	01:16:38	00:58:59	01:10:20	01:04:38	6:28:47	0:06:01	48	M40	326	6
1517	Lengert	Stephanie	LT TuS Aurich-Ost	1970	2016	01:01:43	01:00:36	01:15:43	00:56:35	01:08:54	01:05:18	6:28:49	0:06:01	46	W40	109	6
1518	van Loh	Reiner	ASV Leer	1969	2016	01:05:50	01:02:39	01:13:47	00:56:53	01:07:34	01:02:08	6:28:51	0:06:01	47	M40	327	6
1519	Doden	Meinhard	Firma Getek	1962	2016	01:03:28	01:01:00	01:14:35	00:56:27	01:09:07	01:04:14	6:28:51	0:06:01	54	M50	248	6
1520	Melchers	Dörthe	LT TuS Aurich-Ost	1980	2016	01:01:59	01:00:20	01:15:43	00:56:36	01:08:55	01:05:18	6:28:51	0:06:01	36	W30	70	6
1521	Miener	Julia	LG Fliegerhorst Upjever	1983	2016	01:03:21	01:00:53	01:15:31	00:56:58	01:08:54	01:03:15	6:28:52	0:06:01	33	W30	56	6
1522	Niehuisen	Frank	AOK Aurich	1970	2016	01:03:29	01:01:01	01:14:07	00:56:04	01:08:12	01:06:01	6:28:54	0:06:01	46	M40	328	6
1523	Hannebohm	Thomas	Meyer Werft	1979	2016	01:00:10	00:59:35	01:14:09	00:57:12	01:12:24	01:05:25	6:28:55	0:06:01	37	M30	220	6
1524	Klemme	Maike	obw Emden	1985	2016	01:04:20	01:02:11	01:14:27	00:54:16	01:10:13	01:03:34	6:29:01	0:06:01	31	W30	58	6
1525	Steinmeier	Marion	Ostfriesischer Kirchentag	1969	2016	01:02:51	01:02:17	01:14:25	00:57:56	01:07:38	01:04:03	6:29:10	0:06:01	47	W40	110	6
1526	Tjards	Helmut	LT TuS Aurich-Ost	1964	2016	01:06:06	01:00:33	01:13:42	00:57:31	01:08:10	01:03:11	6:29:13	0:06:01	52	M50	249	6
1527	Klaas	Ute	Ubbo-Emmius-Klinik	1978	2016	01:01:55	01:00:38	01:14:20	00:57:21	01:09:03	01:05:56	6:29:13	0:06:01	38	W30	76	6
1528	Stefanski	Tim-Ole	IGS WEST Aurich	1999	2016	00:59:36	01:00:14	01:11:50	00:59:49	01:11:33	01:06:13	6:29:15	0:06:01	17	MU20	145	6
1529	Berends	Duke	Ev. Gemeinschaft Filsu	1952	2016	01:07:33	01:00:53	01:13:06	00:56:23	01:06:56	01:04:25	6:29:16	0:06:01	64	M60	60	6
1530	Reimers	Frauke	Enercon	1973	2016	01:03:26	00:59:06	01:13:42	00:57:05	01:10:38	01:05:22	6:29:19	0:06:01	43	W40	111	6
1531	Schmidt	Helga	EWE-Wattloopers	1965	2016	01:02:00	01:00:33	01:14:26	00:56:57	01:09:26	01:05:58	6:29:20	0:06:01	51	W50	52	6
1532	Sanders	Dörte	Emden	1973	2016	01:02:53	01:00:51	01:16:23	00:55:42	01:08:39	01:04:53	6:29:21	0:06:01	43	W40	112	6
1533	Salge	Arthur	IGS Moormerland	1947	2016	01:02:25	01:00:24	01:17:39	00:56:26	01:07:55	01:04:33	6:29:22	0:06:01	69	M60	61	6
1534	Wolter	Josephine	Gymnasium Ulricianum	2003	2016	01:01:57	00:59:42	01:14:58	00:55:33	01:11:52	01:05:24	6:29:26	0:06:01	13	WU20	51	6
1535	Lopez Garcia	Jan-Marcel	Alex.-v.-Humboldt-Schule	1999	2016	01:03:27	00:59:36	01:15:17	00:55:15	01:11:22	01:04:34	6:29:31	0:06:01	17	MU20	146	6
1536	Siemens	Luca	LT TuS Aurich-Ost	2002	2016	01:01:56	00:59:42	01:14:58	00:55:32	01:11:55	01:05:31	6:29:34	0:06:01	14	MU20	147	6
1537	Coordes	Astrid	OBS Kloster Barthe	2003	2016	01:04:14	00:59:31	01:16:24	00:54:45	01:09:06	01:05:36	6:29:36	0:06:01	13	WU20	52	6
1538	Hahn	Michael	Bohlen & Doyen	1985	2016	01:05:15	01:01:14	01:16:32	00:55:30	01:08:07	01:02:59	6:29:37	0:06:01	31	M30	221	6
1539	Schürhoff	Michael	Bohlen & Doyen	1981	2016	01:05:15	01:01:15	01:16:32	00:55:30	01:08:08	01:02:58	6:29:38	0:06:01	35	M30	222	6
1540	Hartmann	Marie	KGS Wiesmoor	2000	2016	00:58:23	01:02:28	01:14:12	00:54:29	01:17:58	01:02:10	6:29:40	0:06:01	16	WU20	53	6
1541	Wahren	Andreas	Emden	1957	2016	01:06:48	01:01:12	01:11:09	00:55:52	01:09:36	01:05:06	6:29:43	0:06:01	59	M50	250	6
1542	Biadacz	Manuel	Landgericht Aurich	1979	2016	01:07:10	01:03:02	01:16:08	00:54:04	01:07:23	01:02:05	6:29:52	0:06:02	37	M30	223	6
1543	Grafenburg	Jens	Sparkasse Leerwittmund	1969	2016	01:03:00	01:01:08	01:14:59	00:56:24	01:09:06	01:05:17	6:29:54	0:06:02	47	M40	329	6
1544	Kroon	Rainer	Meyer Werft	1982	2016	01:01:37	01:02:02	01:12:08	00:57:58	01:12:18	01:03:56	6:29:59	0:06:02	34	M30	224	6
1545	Berends	Martina	NW Steuerberatungsge	1989	2016	01:03:05	01:00:59	01:13:58	00:56:14	01:11:43	01:04:06	6:30:05	0:06:02	27	WHK	79	6
1546	Eden	Linda	Stadt Aurich	1984	2016	01:04:13	01:01:33	01:14:38	00:55:56	01:09:13	01:04:50	6:30:23	0:06:02	32	W30	66	6
1547	Ryll	Annika	Klinikum Leer	1989	2016	01:02:43	01:01:25	01:15:28	00:56:36	01:09:23	01:04:51	6:30:26	0:06:02	27	WHK	80	6
1548	Schultz	Dietmar	Team Deutsche Post	1965	2016	01:02:49	00:59:38	01:14:48	00:57:11	01:09:57	01:06:04	6:30:27	0:06:02	51	M50	251	6
1549	Mager	Hilke	BSG Volksbank Jever	1961	2016	01:01:31	01:02:50	01:14:57	00:56:43	01:09:04	01:05:25	6:30:30	0:06:02	55	W50	53	6
1550	Otten	Anette	Hundsmühler TV	1969	2016	01:04:13	01:01:25	01:13:58	00:55:33	01:08:24	01:07:02	6:30:35	0:06:02	47	W40	113	6
1551	Tischner	Jens	LT Jägerstraße	1982	2016	01:05:39	01:02:05	01:15:30	00:56:01	01:07:42	01:03:40	6:30:37	0:06:02	34	M30	225	6
1552	Eilers	Kerstin	Onkologie Unter Ems	1975	2016	01:04:07	01:01:12	01:15:14	00:55:48	01:09:44	01:04:35	6:30:40	0:06:02	41	W40	114	6
1553	Bigalski	Doris	Realschule Aurich	1976	2016	01:04:59	00:59:55	01:16:36	00:56:30	01:08:49	01:04:02	6:30:51	0:06:02	40	W40	115	6
1554	Adler	René	BBS Aurich	1980	2016	01:02:52	01:01:34	01:14:45	00:56:31	01:08:59	01:06:12	6:30:53	0:06:02	36	M30	226	6
1555	Bley	Tobias	Alwin Christians	1994	2016	01:06:14	01:02:23	01:06:38	00:50:51	01:15:23	01:09:28	6:30:57	0:06:03	22	MHK	15	

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
1563	Roßkamp	Sylke	Apen	1960	2016	01:05:56	01:02:26	01:15:25	00:55:47	01:08:13	01:03:46	6:31:33	0:06:03	56	W50	56	6
1564	Ubben	Anna-Lena	Borromäus Hospital Lee	1995	2016	01:04:48	01:02:11	01:17:10	00:56:09	01:07:11	01:04:09	6:31:38	0:06:03	21	WHK	82	6
1565	Gerken	Angelika	Krankenhaus Wittmund	1967	2016	01:03:39	01:00:09	01:15:34	00:56:39	01:08:57	01:06:46	6:31:44	0:06:03	49	W40	116	6
1566	Frey	Hannelore	ostrhauderfehn	1962	2016	01:03:07	01:01:05	01:13:00	00:56:50	01:09:35	01:08:11	6:31:48	0:06:03	54	W50	57	6
1567	Franzen	Wilfried	LG Teutonia Stapelmod	1945	2016	01:02:20	01:00:13	01:14:20	00:58:53	01:10:00	01:06:14	6:32:00	0:06:04	71	M70	11	6
1568	Bakker	Lisa	Emden	1991	2016	01:01:03	01:06:33	01:14:30	00:55:33	01:09:39	01:04:58	6:32:16	0:06:04	25	WHK	83	6
1569	Fitz	Matthias	Moordorf	1962	2016	01:02:15	01:02:43	01:14:43	00:56:55	01:10:02	01:05:39	6:32:17	0:06:04	54	M50	252	6
1570	Hausmann	Hilke	Emder LG	1961	2016	01:02:47	01:00:02	01:17:01	00:54:44	01:09:54	01:07:51	6:32:19	0:06:04	55	W50	58	6
1571	Schulz	Giesela	Stadt Aurich	1977	2016	01:03:59	01:01:41	01:16:52	00:55:54	01:09:14	01:04:50	6:32:30	0:06:04	39	W30	67	6
1572	Rakel	Melanie	Kurt sien Trupp	1976	2016	01:04:19	01:00:55	01:14:21	00:56:48	01:09:35	01:06:32	6:32:30	0:06:04	40	W40	117	6
1573	Breer	Detlev	RSU Kp Küste	1968	2016	01:04:01	01:01:59	01:17:08	00:55:17	01:09:25	01:04:41	6:32:31	0:06:04	48	M40	331	6
1574	de Boer	Deike	Emden	1993	2016	01:04:39	01:05:49	01:13:58	00:55:34	01:09:39	01:02:54	6:32:33	0:06:04	23	WHK	84	6
1575	Steinke	Rolf	IGS Moormerland	1967	2016	01:09:54	01:06:28	01:12:44	00:54:55	01:06:18	01:02:18	6:32:37	0:06:04	49	M40	332	6
1576	Heuermann	Lara-Marlen	IGS Waidschule Egels	2005	2016	01:04:18	01:02:45	01:18:25	00:55:48	01:07:29	01:03:56	6:32:41	0:06:04	11	WU20	54	6
1577	Haschenburger	Werner	BSG Volksbank Jever	1955	2016	01:04:01	01:02:17	01:13:44	00:57:42	01:09:24	01:05:38	6:32:46	0:06:04	61	M60	62	6
1578	Freese	Timo	IGS Aurich-West	1996	2016	01:02:54	01:02:29	01:17:45	00:58:11	01:09:08	01:02:32	6:32:59	0:06:04	20	MHK	158	6
1579	Memmen	Gisela	TV Norden	1952	2016	01:03:17	01:00:38	01:16:46	00:57:25	01:09:11	01:05:42	6:32:59	0:06:04	64	W50	5	6
1580	Rassow	Uta	NIGE	1996	2016	01:01:49	00:58:59	01:13:18	00:57:48	01:13:36	01:07:32	6:33:02	0:06:04	20	WHK	85	6
1581	Poppen	Sabine	Pura Vita / VW Emden	1970	2016	01:02:38	01:01:59	01:15:13	00:57:01	01:09:27	01:06:45	6:33:03	0:06:04	46	W40	118	6
1582	Meyer	Ingrid	Stadt Emden	1965	2016	01:02:38	01:01:59	01:15:13	00:57:01	01:09:27	01:06:45	6:33:03	0:06:04	51	W50	59	6
1583	Kirchhoff	Janna	Dabei is alles	1990	2016	01:04:51	01:01:32	01:15:06	00:57:00	01:09:41	01:04:58	6:33:08	0:06:05	26	WHK	86	6
1584	Wesels	Lena	Gymnasium Ulricianum	1999	2016	01:03:26	00:59:30	01:16:54	00:57:12	01:11:09	01:04:59	6:33:10	0:06:05	17	WU20	55	6
1585	Kleeblatt	Jette	Gymnasium Ulricianum	1998	2016	01:03:32	00:59:30	01:16:55	00:57:12	01:11:08	01:04:59	6:33:16	0:06:05	18	WU20	56	6
1586	Kahlmann	Larissa	Gymnasium Ulricianum	2001	2016	01:03:44	01:01:12	01:14:04	00:56:31	01:11:20	01:06:28	6:33:19	0:06:05	15	WU20	57	6
1587	Oelrichs	Manuela	AGRAVIS Ems-Jade G	1979	2016	01:02:48	01:01:04	01:15:59	00:57:22	01:08:49	01:07:22	6:33:24	0:06:05	37	W30	84	6
1588	Broer	Frank	LG Ostfriesland	1970	2016	01:02:39	01:04:24	01:16:11	00:56:50	01:09:06	01:04:18	6:33:28	0:06:05	46	M40	333	6
1589	Broer	Ingrid	TuS Victorbur	1970	2016	01:02:39	01:04:24	01:16:11	00:56:50	01:09:06	01:04:18	6:33:28	0:06:05	46	W40	119	6
1590	Janßen	Gerrit	Westerende-Kirchoog	1975	2016	01:03:19	01:05:44	01:15:35	00:55:48	01:07:35	01:05:30	6:33:31	0:06:05	41	M40	334	6
1591	Freitag	Theda	LT TuS Aurich-Ost	1951	2016	01:02:12	01:01:59	01:15:27	00:58:06	01:09:10	01:06:38	6:33:32	0:06:05	65	W60	6	6
1592	Thaden	Lisa-Marie	Gymnasium Ulricianum	1998	2016	01:03:31	01:01:29	01:16:01	00:56:49	01:11:07	01:04:36	6:33:33	0:06:05	18	WU20	58	6
1593	Heckhoff	Lina	Australian Shepherd Sp	1990	2016	01:02:44	01:04:00	01:15:40	00:57:26	01:09:09	01:04:40	6:33:39	0:06:05	26	WHK	87	6
1594	Janssen	Holger	Tus Esens	1963	2016	01:05:04	01:00:58	01:16:35	00:57:49	01:07:51	01:05:27	6:33:44	0:06:05	53	M50	253	6
1595	Jelden	Jan Gerd	TV Norden	1955	2016	01:02:58	01:01:27	01:17:24	00:57:00	01:09:31	01:05:28	6:33:48	0:06:05	61	M60	63	6
1596	Naujok	Marina	Trauco Gruppe	2000	2016	01:02:56	01:06:07	01:17:46	00:56:07	01:07:23	01:03:37	6:33:56	0:06:05	16	WU20	59	6
1597	Rassow	Eva	NIGE	1999	2016	01:01:49	00:58:53	01:14:18	00:57:47	01:13:36	01:07:33	6:33:56	0:06:05	17	WU20	60	6
1598	Wilken	Helge	LT TuS Aurich-Ost	1961	2016	01:03:45	01:02:14	01:14:02	00:57:50	01:08:54	01:07:12	6:33:57	0:06:05	55	M50	254	6
1599	Heeren	Adrian	Stadt Wittmund	1995	2016	00:52:54	01:24:14	01:10:16	01:14:04	01:00:23	00:56:07	6:33:58	0:06:05	21	MHK	159	6
1600	Janßen	Sören	Team Aaron Power	2001	2016	00:58:32	00:59:32	01:19:02	00:58:48	01:13:28	01:04:40	6:34:02	0:06:05	15	MU20	148	6
1601	Naujok	Wiebke	Trauco Gruppe	2000	2016	01:02:56	01:06:07	01:17:46	00:56:14	01:07:24	01:03:37	6:34:04	0:06:05	16	WU20	61	6
1602	Schüler	Daniel	Klinikum Leer	1968	2016	01:03:43	01:02:56	01:19:03	00:57:34	01:07:02	01:03:52	6:34:10	0:06:06	48	M40	335	6
1603	Bünting	Anne	LT TuS Aurich-Ost	1957	2016	01:02:34	01:00:25	01:16:32	00:57:01	01:10:23	01:07:16	6:34:11	0:06:06	59	W50	60	6
1604	Mannott	Martina	Krankenhaus Wittmund	1969	2016	01:02:36	00:59:34	01:14:39	00:58:34	01:11:35	01:07:13	6:34:11	0:06:06	47	W40	120	6
1605	Ahlens	Kajja	Briese Schifffahrt	1995	2016	01:07:18	01:03:10	01:17:22	01:00:25	01:06:26	00:59:42	6:34:23	0:06:06	21	WHK	88	6
1606	Pupkes	Gaby	Aurich	1978	2016	01:04:38	01:03:28	01:15:30	00:56:53	01:08:52	01:05:15	6:34:36	0:06:06	38	W30	69	6
1607	Peters	Jürgen	Badewerk Neuahrlinger	1965	2016	01:05:33	01:03:17	01:16:09	00:56:55	01:08:24	01:04:19	6:34:37	0:06:06	51	M50	255	6
1608	Kuhlmann	Paul	Finkenbug Schule	2006	2016	01:05:40	01:03:06	01:16:38	00:55:10	01:09:24	01:04:39	6:34:37	0:06:06	10	MU20	149	6
1609	Nannen	Enno	TV Norden	1947	2016	01:03:10	01:01:02	01:17:44	00:57:36	01:09:52	01:05:14	6:34:38	0:06:06	69	M60	64	6
1610	Klunder	Jochen	BBS Aurich	1967	2016	01:03:54	01:01:04	01:14:29	00:57:37	01:11:28	01:06:07	6:34:39	0:06:06	49	M40	336	6
1611	Ennen	Ewald	AOK Aurich	1961	2016	01:03:55	01:01:04	01:14:28	00:57:37	01:11:26	01:06:10	6:34:40	0:06:06	55	M50	256	6
1612	Alferink	Claudia	LT TuRa 07 Westhau	1961	2016	01:03:04	01:01:01	01:15:28	00:57:15	01:10:29	01:07:28	6:34:45	0:06:06	55	W50	61	6
1613	Campen	Ilka	Gymnasium Ulricianum	1999	2016	01:04:13	01:01:31	01:16:00	00:56:49	01:11:39	01:04:36	6:34:48	0:06:06	17	WU20	62	6
1614	Bohmfalk	Wilke	Team Möbel Buss	1986	2016	01:04:03	01:05:52	01:16:58	00:55:27	01:08:28	01:04:01	6:34:49	0:06:06	30	M30	227	6
1615	Hinrichs	Ute	Heller Wahnsinn	1959	2016	01:05:11	00:58:05	01:16:44	00:58:37	01:10:45	01:05:32	6:34:54	0:06:06	57	W50	62	6
1616	Tinnemeyer	Martina	LT TuRa 07 Westhau	1969	2016	01:03:04	01:01:01	01:15:28	00:57:15	01:10:38	01:07:30	6:34:56	0:06:06	47	W40	121	6
1617	Löwe	Ramona	KdoSES	1985	2016	01:01:00	01:15:01	01:14:30	00:53:55	01:06:41	01:03:50	6:34:57	0:06:06	31	W30	62	6
1618	Hayunga	Tanja	TV Norden	1978	2016	01:03:18	01:02:36	01:15:36	00:57:08	01:10:08	01:06:17	6:35:03	0:06:06	38	W30	80	6
1619	Klaaßen	Roswitha	Team Mühlen-Apothek	1958	2016	01:02:22	01:00:16	01:14:35	00:58:55	01:10:27	01:08:28	6:35:03	0:06:06	58	W50	63	6
1620	Wüst	Maurice	Alex.-v.-Humboldt-Schu	1994	2016	01:19:58	00:57:52	01:16:44	00:52:11	01:07:09	01:01:09	6:35:03	0:06:06	22	MHK	160	6
1621	Hoxhaj	Valmir	RSM DPI AG	1989	2016	01:04:48	01:01:49	01:17:09	00:56:52	01:10:06	01:04:25	6:35:09	0:06:06	27	MHK	161	6
1622	Frühling	Kobus	LT TuS Aurich-Ost	1969	2016	01:03:39	01:04:09	01:17:17	00:56:24	01:08:38	01:05:10	6:35:17	0:06:07	47	M40	337	6
1623	Lühning	Reiner	LT TuRa 07 Westhau	1965	2016	01:06:01	01:03:04	01:16:35	00:56:12	01:09:03	01:04:28	6:35:23	0:06:07	51	M50	257	6
1624	Freese-Schmidt	Maike	Borromäus Hospital Lee	1967	2016	01:05:35	01:01:21	01:15:10	00:58:22	01:08:26	01:06:29	6:35:23	0:06:07	49	W40	122	6
1625	Rohden	Heike	LT TuRa 07 Westhau	1974	2016	01:04:04	01:01:28	01:15:59	00:55:55	01:10:30	01:07:31	6:35:27	0:06:07	42	W40	123	6
1626	Rogge	Petra	SV Freie Lunge Bentstr	1967	2016	01:02:59	01:01:51	01:15:22	00:57:34	01:11:28	01:06:15	6:35:29	0:06:07	49	W40	124	6
162																	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1634	Etzrodt	Kerstin	SV Concordia Neermoc	1975	2016	01:03:06	01:01:36	01:13:56	00:57:21	01:10:06	01:10:04	6:36:09	0:06:07	41	W40	125	6
1635	Schulte	Linda	LT TuS Aurich-Ost	1977	2016	01:03:44	01:02:14	01:17:08	00:57:50	01:08:54	01:06:19	6:36:09	0:06:07	39	W30	81	6
1636	Lingner	Gerhard	LT TuRa 07 Westrhaud	1949	2016	01:04:31	01:03:24	01:14:47	00:56:02	01:10:05	01:07:26	6:36:15	0:06:07	67	M60	66	6
1637	Henkys	Rene	RAe Fenner Bockhöfer	1965	2016	01:03:19	01:01:11	01:16:38	00:57:24	01:10:51	01:06:53	6:36:16	0:06:07	51	M50	260	6
1638	Henning	Eric	Seefahrtschule Leer	1994	2016	01:02:23	01:06:31	01:13:31	00:55:05	01:09:48	01:09:14	6:36:32	0:06:08	22	MHK	163	6
1639	Huisinga	Hanna	Klinge / Weener Ener	1990	2016	01:03:50	01:02:58	01:16:04	00:58:18	01:09:11	01:06:20	6:36:41	0:06:08	26	WHK	89	6
1640	Kitlas-Dieling	Martha	LG Ostfriesland	1959	2016	01:05:13	01:01:58	01:15:42	00:57:18	01:10:03	01:06:29	6:36:43	0:06:08	57	W50	64	6
1641	Bigalski	Volker	Realschule Aurich	1974	2016	01:05:00	01:02:53	01:16:47	00:56:16	01:09:13	01:06:38	6:36:47	0:06:08	42	M40	338	6
1642	Sczech	Lisa	HansaBude Wymeer	1990	2016	01:03:42	01:02:36	01:16:42	00:57:03	01:10:17	01:06:52	6:37:12	0:06:08	26	WHK	90	6
1643	Fauerbach	Thea	SVO Wi stünd Holtriem	1963	2016	01:03:08	01:01:54	01:16:58	00:58:16	01:10:41	01:06:19	6:37:16	0:06:08	53	W50	65	6
1644	Reiners	Sabrina	RVB Aurich/Uplengen	1996	2016	01:01:11	01:07:07	01:17:04	00:58:11	01:08:39	01:05:06	6:37:18	0:06:08	20	WHK	91	6
1645	Janssen	Anne	MTV Wittmund	1982	2016	01:04:45	01:02:27	01:16:30	00:57:27	01:10:33	01:05:38	6:37:20	0:06:08	34	W30	72	6
1646	Bohlen	Uwe	FLICK GMBH	1969	2016	01:06:58	01:02:02	01:16:43	00:56:00	01:10:03	01:05:45	6:37:31	0:06:09	47	M40	339	6
1647	Janßen	Nele	Gymnasium Ulricianum	2001	2016	01:03:08	01:01:46	01:16:30	00:59:20	01:10:42	01:06:07	6:37:33	0:06:09	15	WU20	63	6
1648	Broer	Hilke	Gymnasium Ulricianum	2002	2016	01:03:08	01:01:47	01:16:30	00:59:20	01:10:42	01:06:07	6:37:34	0:06:09	14	WU20	64	6
1649	Frieden	Arno	LT Jägerstraße	1971	2016	01:05:41	01:04:32	01:15:36	00:56:09	01:09:22	01:06:15	6:37:35	0:06:09	45	M40	340	6
1650	Fudimowski	Valentina	FLICK GMBH	1985	2016	01:06:59	01:02:04	01:16:44	00:56:00	01:10:03	01:05:45	6:37:35	0:06:09	31	W30	75	6
1651	Saathoff	Holger	Raiffeisenbank eG, Mod	1973	2016	01:05:13	01:04:51	01:16:05	00:57:28	01:08:26	01:05:35	6:37:38	0:06:09	43	M40	341	6
1652	Wittenburg	Peter	Emden	1949	2016	01:04:00	01:01:47	01:15:50	00:57:43	01:11:25	01:07:03	6:37:48	0:06:09	67	M60	67	6
1653	Hesse	Tamila	Polizeiakademie Olden	1995	2016	01:03:32	01:00:27	01:15:38	00:57:51	01:13:49	01:06:31	6:37:48	0:06:09	21	WHK	92	6
1654	Heinks	Dieter	Brose	1969	2016	01:06:14	01:02:30	01:14:56	00:57:54	01:09:35	01:06:42	6:37:51	0:06:09	47	M40	342	6
1655	Meinders	Hannah	UEG Leer	1998	2016	01:02:39	01:01:28	01:14:21	00:59:31	01:13:36	01:06:16	6:37:51	0:06:09	18	WU20	65	6
1656	Fäsche	Friedrich	Klinge / Weener Ener	1994	2016	01:04:10	01:03:01	01:16:38	00:55:55	01:11:29	01:06:45	6:37:58	0:06:09	22	MHK	164	6
1657	Benthien	Andrea	OFD Nds	1968	2016	01:03:20	01:01:50	01:16:38	00:58:25	01:10:27	01:07:30	6:38:10	0:06:09	48	W40	126	6
1658	Brink	Erika	Stadtwerke-Leer-Loope	1963	2016	01:04:08	00:59:51	01:15:26	00:58:14	01:12:48	01:07:52	6:38:19	0:06:09	53	W50	66	6
1659	Backhus	Tim	Braasch	1982	2016	01:04:53	01:05:35	01:16:30	00:56:05	01:07:59	01:07:20	6:38:22	0:06:09	34	M30	228	6
1660	Olthoff	Sandra	FC SO S25	1999	2016	01:03:10	00:58:38	01:20:54	00:59:55	01:11:55	01:03:51	6:38:23	0:06:09	17	WU20	66	6
1661	Caspers	Claudia		1993	2016	01:04:36	01:01:46	01:16:00	00:58:02	01:10:55	01:07:07	6:38:26	0:06:09	23	WHK	93	6
1662	Jürens	Benjamin	Klinikum- Emden	1986	2016	01:07:07	01:02:05	01:15:33	00:56:42	01:10:16	01:06:59	6:38:42	0:06:10	30	M30	229	6
1663	Ottersberg	Bianca	LHV	1991	2016	01:02:19	01:02:02	01:17:03	00:55:39	01:14:04	01:07:37	6:38:44	0:06:10	25	WHK	94	6
1664	Sluiter	Helga	Nordgeorgsfehn	1963	2016	01:03:35	01:03:27	01:16:36	00:58:37	01:10:06	01:06:39	6:39:00	0:06:10	53	W50	67	6
1665	Goudschaal	Imke	TV Norden	1968	2016	01:04:28	01:03:08	01:17:25	00:58:31	01:09:23	01:06:06	6:39:01	0:06:10	48	W40	127	6
1666	Bruns	Ludger	Emder LG	1974	2016	01:04:29	01:02:44	01:17:32	00:57:10	01:10:05	01:07:05	6:39:05	0:06:10	42	M40	343	6
1667	Ihnken	Imke	Der Weg ist das Ziel	1990	2016	01:08:02	01:05:55	01:15:34	00:57:13	01:08:40	01:04:01	6:39:25	0:06:10	26	WHK	95	6
1668	Frahmann	Tanja	Team Laufrausch e.V.	1973	2016	01:02:55	01:00:32	01:13:36	00:58:02	01:14:22	01:09:59	6:39:26	0:06:10	43	W40	128	6
1669	van den Berg	Telke	Der Weg ist das Ziel	1996	2016	01:04:29	01:05:42	01:17:30	00:56:36	01:08:40	01:06:31	6:39:28	0:06:10	20	WHK	96	6
1670	Klöpmpges	Axel	Taxi Lummerland	1961	2016	01:03:06	01:06:59	01:18:37	00:57:57	01:08:08	01:05:02	6:39:49	0:06:11	55	M50	261	6
1671	Reiter	Hans-Hermann	SV Stikelkamp	1965	2016	01:05:08	01:02:36	01:16:10	00:57:45	01:10:11	01:08:02	6:39:52	0:06:11	51	M50	262	6
1672	Boelmann	Jens	Emden	1967	2016	01:04:49	01:05:46	01:11:03	01:00:25	01:04:31	01:13:20	6:39:54	0:06:11	49	M40	344	6
1673	Altschaffel-Fuchs	Alexandra	Grundschule Middels	1967	2016	01:04:43	01:01:59	01:16:06	00:58:33	01:11:15	01:07:20	6:39:56	0:06:11	49	W40	129	6
1674	Köhler	Heidi	TuS Eintracht Hinte	1969	2016	01:03:18	01:03:17	01:16:11	00:57:47	01:11:19	01:08:07	6:39:59	0:06:11	47	W40	130	6
1675	Klimaschka-Behre	Ursula	Gymnasium Ulricianum	1957	2016	01:04:51	01:01:45	01:16:48	00:58:51	01:11:08	01:06:37	6:40:00	0:06:11	59	W50	68	6
1676	Mons	Lena	Hartmann Group	1985	2016	01:03:28	01:02:57	01:17:26	00:59:17	01:09:58	01:06:54	6:40:00	0:06:11	31	W30	82	6
1677	Ukena	Renate	TuS Eintracht Hinte	1955	2016	01:03:19	01:03:17	01:16:11	00:57:49	01:11:20	01:08:07	6:40:03	0:06:11	61	W60	8	6
1678	Wieting	Bianca	Hundsmühler Turnverei	1992	2016	01:05:57	01:01:38	01:16:11	00:57:55	01:10:32	01:07:52	6:40:05	0:06:11	24	WHK	97	6
1679	Janke-Neeland	Susanne	Aurich	1963	2016	01:04:51	01:01:58	01:16:47	00:58:51	01:11:07	01:06:37	6:40:11	0:06:11	53	W50	69	6
1680	Pak	Natascha	Rolf Janssen Gruppe	1995	2016	01:05:49	01:02:56	01:18:39	00:57:25	01:09:49	01:05:33	6:40:11	0:06:11	21	WHK	98	6
1681	Muschalik	Annette	Sillenstede	1972	2016	01:05:47	01:03:11	01:17:52	00:57:51	01:09:02	01:06:29	6:40:12	0:06:11	44	W40	131	6
1682	Foorden	Andrea	Team ENERCON	1965	2016	01:05:12	01:03:20	01:15:55	00:57:46	01:10:20	01:07:53	6:40:26	0:06:11	51	W50	70	6
1683	Draht	Jelde	Gymnasium Ulricianum	2000	2016	01:02:23	01:01:13	01:12:24	00:55:25	01:19:12	01:09:51	6:40:28	0:06:11	16	MU20	150	6
1684	Jürgens	Helmut	AOK Aurich	1952	2016	01:04:50	01:02:53	01:15:52	00:57:05	01:08:58	01:11:08	6:40:46	0:06:12	64	M60	68	6
1685	Seeba	Andrea	Störtebeker Loopers TV	1977	2016	01:04:27	01:04:15	01:16:27	00:57:00	01:11:36	01:07:15	6:41:00	0:06:12	39	W30	83	6
1686	Schmidt	Tineke Neele	Rettungsdienst Leer	1994	2016	01:07:29	01:01:58	01:18:13	00:56:32	01:09:35	01:07:15	6:41:02	0:06:12	22	WHK	99	6
1687	Beening	Heike	SV Stikelkamp	1970	2016	01:05:41	01:02:31	01:17:55	00:56:54	01:10:55	01:07:10	6:41:06	0:06:12	46	W40	132	6
1688	Zimmer	Annika	Enercon GmbH	1990	2016	01:07:36	01:02:25	01:15:16	00:58:34	01:10:30	01:06:46	6:41:07	0:06:12	26	WHK	100	6
1689	Schmäing	Lea	Rhauderfehner-Road-R	2000	2016	01:05:03	01:02:11	01:17:27	00:58:19	01:10:28	01:07:48	6:41:16	0:06:12	16	WU20	67	6
1690	Petersen	Lars	Team Wilts	1985	2016	01:05:39	01:03:07	01:16:42	00:56:57	01:09:13	01:09:53	6:41:31	0:06:12	31	M30	230	6
1691	Freund	Marc-Hendrik	Eastfrisian Metal Assoc	1989	2016	01:02:16	01:07:26	01:17:30	00:55:26	01:11:55	01:07:06	6:41:39	0:06:12	27	MHK	165	6
1692	Meyeraan	Maren	WT Loppersum	1996	2016	01:04:16	01:06:28	01:16:32	00:56:43	01:12:27	01:05:29	6:41:55	0:06:13	20	WHK	101	6
1693	Stoltenberg	Bernardo	Meyer Werft	1980	2016	01:07:41	01:05:34	01:17:20	00:58:02	01:09:16	01:04:03	6:41:56	0:06:13	36	M30	231	6
1694	Nordbrock	Michael	RSM DPI AG	1989	2016	01:06:57	01:07:51	01:15:54	00:56:57	01:09:22	01:05:07	6:42:08	0:06:13	27	MHK	166	6
1695	Riedel	Maren		1964	2016	01:04:11	01:02:37	01:18:09	00:58:02	01:11:12	01:07:58	6:42:09	0:06:13	52	W50	71	6
1696	Schröter	Werner	Hockey-Club Moormerk	1948	2016	01:06:24	01:04:32	01:16:13	00:59:07	01:10:16	01:05:49	6:42:21	0:06:13	68	M60	69	6
1697	Amend	Hendrik	TGG	1998	2016	01:03:42	01:05:55	01:16:52	00:56:20	01:11:56	01:07:39	6:42:24	0:06:13	18	MU20	151	6
169																	

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70	pro km				
1705	Borutta	Miriam	Fortuna Logabirum	1986	2016	01:07:20	01:04:13	01:18:03	00:57:47	01:10:08	01:05:37	6:43:08	0:06:14	30	W30	71	6
1706	Janßen	Wilma	Hospiz Huus Leer	1974	2016	01:03:44	01:03:49	01:17:55	00:59:06	01:12:03	01:06:41	6:43:18	0:06:14	42	W40	133	6
1707	Dogs	Timo	Leer	1977	2016	01:04:45	01:02:34	01:17:56	00:59:01	01:11:27	01:07:40	6:43:23	0:06:14	39	M30	232	6
1708	Nie	Richard	ruF Rheiderland	1963	2016	01:09:02	01:01:32	01:16:22	00:58:21	01:11:05	01:07:02	6:43:24	0:06:14	53	M50	264	6
1709	Neugebauer	Bärbel	TV Norden	1965	2016	01:02:27	00:59:34	01:13:00	00:55:18	01:27:27	01:05:42	6:43:28	0:06:14	51	W50	74	6
1710	Müller	Kathrin	SV Neptun Emden	1975	2016	01:04:23	01:03:09	01:17:33	00:58:07	01:12:25	01:07:54	6:43:31	0:06:14	41	W40	134	6
1711	Strauch	Birgit	Aurich	1966	2016	01:04:24	01:03:56	01:18:38	00:58:20	01:12:07	01:06:23	6:43:48	0:06:14	50	W50	75	6
1712	Groen	Carsten	Physio Aktiv Rhaderfe	1986	2016	01:05:20	01:03:53	01:17:45	00:57:35	01:11:48	01:07:36	6:43:57	0:06:15	30	M30	233	6
1713	Weinberg	Lisa	Braasch	1992	2016	01:09:23	01:02:49	01:18:34	00:58:38	01:07:52	01:06:45	6:44:01	0:06:15	24	WHK	103	6
1714	Saathoff	Gerlinde	LT TuS Aurich-Ost	1965	2016	01:05:14	01:03:58	01:17:55	00:56:59	01:12:46	01:07:16	6:44:08	0:06:15	51	W50	76	6
1715	Müller-Eschen	Astrid	Team Möbel Buss	1973	2016	01:05:05	01:02:17	01:16:30	00:59:26	01:12:27	01:08:25	6:44:10	0:06:15	43	W40	135	6
1716	Wirdemann	Stefan	Emder LG	1972	2016	01:04:38	01:04:12	01:18:33	00:59:19	01:10:36	01:07:07	6:44:25	0:06:15	44	M40	345	6
1717	Berends	Monika	NW Steuerberatungsge	1991	2016	01:03:05	01:05:15	01:18:26	00:57:39	01:11:45	01:08:26	6:44:36	0:06:15	25	WHK	104	6
1718	Bents	Sonja	Marco Bents Bauunter	1981	2016	01:05:25	01:03:05	01:18:54	00:58:31	01:10:46	01:08:11	6:44:52	0:06:15	35	W30	88	6
1719	Meyer	Petra	Klinikum Leer	1970	2016	01:01:49	01:03:28	01:15:25	00:59:35	01:13:30	01:11:13	6:45:00	0:06:16	46	W40	136	6
1720	Bohms	Trude	Kreuzfahrten Sinning Le	1977	2016	01:05:26	01:03:13	01:18:54	00:58:31	01:10:47	01:08:10	6:45:01	0:06:16	39	W30	87	6
1721	Sattler	Wolfgang	Fortuna Logabirum	1947	2016	01:06:07	01:00:50	01:16:49	00:59:21	01:13:05	01:08:56	6:45:08	0:06:16	69	M60	70	6
1722	Barton	Tyler	AFS Komitee Ostfriesla	1998	2016	01:13:48	00:59:45	01:14:22	00:55:48	01:13:01	01:08:34	6:45:18	0:06:16	18	MU20	153	6
1723	Eisert	Sabine	Team aurident	1972	2016	01:05:34	01:02:02	01:16:13	00:58:47	01:14:34	01:08:08	6:45:18	0:06:16	44	W40	137	6
1724	Stern	Otto	Seefahrtsschule Leer	2006	2016	01:04:31	01:05:20	01:22:39	00:57:11	01:10:27	01:05:20	6:45:28	0:06:16	10	MU20	154	6
1725	Herman	Dagmar	Gymnastikgruppe Moor	1972	2016	01:05:58	01:01:25	01:15:12	01:02:06	01:13:29	01:07:20	6:45:30	0:06:16	44	W40	138	6
1726	Brinkmann	Frieda	Fortuna Logabirum	1960	2016	01:06:11	01:03:15	01:16:19	00:59:09	01:12:58	01:07:45	6:45:37	0:06:16	56	W50	77	6
1727	Stern	Thomas	Seefahrtsschule Leer	1970	2016	01:00:49	01:05:27	01:24:23	00:58:48	01:10:58	01:05:20	6:45:45	0:06:16	46	M40	346	6
1728	Kruse	Wilhelm	KS Gleitlager GmbH	1959	2016	01:09:53	01:03:35	01:16:35	00:57:57	01:12:27	01:05:18	6:45:45	0:06:16	57	M50	265	6
1729	Küpker	Claudia	TvdHaarentor	1969	2016	01:05:51	01:03:57	01:16:24	00:58:41	01:12:15	01:08:50	6:45:58	0:06:16	47	W40	139	6
1730	Bodenstab	Ingo	Braasch	1971	2016	01:04:19	01:05:57	01:18:34	00:58:37	01:10:51	01:08:07	6:46:25	0:06:17	45	M40	347	6
1731	Kühl-Giesenberg	Angelika	AuFden letzten Drücker	1967	2016	01:04:02	01:03:58	01:15:08	00:57:19	01:16:58	01:09:09	6:46:34	0:06:17	49	W40	140	6
1732	Meents	Hans-Hermann	TUS Leerhufe-Hovel e.	1965	2016	01:04:31	01:04:23	01:20:42	00:58:59	01:10:17	01:07:46	6:46:38	0:06:17	51	M50	266	6
1733	Röben	Hinrich	OFD Nds	1956	2016	01:04:45	01:01:33	01:16:19	01:01:27	01:13:33	01:09:02	6:46:39	0:06:17	60	M60	71	6
1734	Garmers	Uwe	LG Fliegerhorst Jever	1971	2016	01:07:34	01:02:56	01:21:47	00:59:04	01:10:38	01:04:52	6:46:51	0:06:17	45	M40	348	6
1735	Harms	Hilke	Krankenhaus Wittmund	1997	2016	01:06:08	01:05:22	01:16:36	00:58:35	01:12:32	01:07:45	6:46:58	0:06:17	19	MU20	70	6
1736	Erfeling	Tammo	FCSO	2003	2016	01:07:36	01:05:35	01:16:54	00:59:49	01:10:15	01:06:53	6:47:02	0:06:17	13	MU20	155	6
1737	Müller	Heike	Borromäus Hospital Lee	1975	2016	01:06:43	01:03:34	01:18:02	00:58:34	01:12:27	01:07:46	6:47:06	0:06:18	41	W40	141	6
1738	Weber	Michael	Alex.-v.-Humboldt-Schu	1954	2016	01:04:59	01:02:36	01:20:28	00:58:45	01:10:44	01:09:37	6:47:09	0:06:18	62	M60	72	6
1739	Roßmann	Bernd	WWO	1974	2016	01:00:07	01:06:45	01:18:36	01:00:53	01:11:01	01:09:50	6:47:12	0:06:18	42	M40	349	6
1740	Dirksen	Sarah	Gymnasium Ulricianum	2002	2016	01:08:01	01:02:54	01:17:16	00:59:20	01:13:21	01:06:28	6:47:20	0:06:18	14	MU20	71	6
1741	Janssen	André	Wreesmann GmbH & C	1994	2016	01:12:58	00:59:56	01:16:24	01:00:39	01:10:57	01:06:34	6:47:28	0:06:18	22	MHK	167	6
1742	Claver	Martina	Aurich	1981	2016	01:06:20	01:04:19	01:16:53	00:58:54	01:12:39	01:08:28	6:47:33	0:06:18	35	W30	91	6
1743	Brunken	Steffanie	Borromäus Hospital Lee	1972	2016	01:06:43	01:03:35	01:19:23	00:58:35	01:11:32	01:07:45	6:47:33	0:06:18	44	W40	142	6
1744	Plaisier	Martina	Prinzessin Lillifee	1982	2016	01:07:21	01:02:08	01:18:51	00:58:38	01:12:21	01:08:19	6:47:38	0:06:18	34	W30	89	6
1745	Krieger-Hetzke	Helga	TV Norden	1964	2016	01:04:36	01:03:30	01:17:24	00:59:07	01:12:40	01:10:30	6:47:47	0:06:18	52	W50	78	6
1746	Janssen	Günter	MTV Aurich Triathlon	1943	2016	01:04:43	01:02:39	01:18:33	01:01:31	01:13:05	01:07:41	6:48:12	0:06:19	73	M70	12	6
1747	Sap	Stefan	Team ENERCON	1980	2016	01:08:17	01:05:20	01:20:10	00:58:00	01:09:47	01:06:40	6:48:14	0:06:19	36	M30	234	6
1748	Bußmann	Heike	LT TuS Holtriem	1969	2016	01:05:09	01:03:24	01:19:48	00:59:38	01:12:52	01:07:42	6:48:33	0:06:19	47	W40	143	6
1749	Weber	Katrin	Die Pinguine	1976	2016	01:06:35	01:03:13	01:17:02	01:00:08	01:12:25	01:09:27	6:48:50	0:06:19	40	W40	144	6
1750	Severiens	Henriette	Fortuna Logabirum	1954	2016	01:06:18	01:04:32	01:18:10	01:00:13	01:11:46	01:07:53	6:48:52	0:06:19	62	W60	9	6
1751	Szag	Udo	Emden	1962	2016	01:07:45	01:03:50	01:17:29	00:59:35	01:10:51	01:09:27	6:48:57	0:06:19	54	M50	267	6
1752	Coordes	Anne	Störtebeker Loopers TV	1959	2016	01:04:22	01:02:15	01:19:27	00:59:52	01:14:28	01:08:50	6:49:14	0:06:20	57	W50	79	6
1753	Smid	Frank-Michael	SCHARFF / TRAUCO	1964	2016	01:05:09	01:06:08	01:19:03	00:59:23	01:11:03	01:08:38	6:49:24	0:06:20	52	M50	268	6
1754	Hildebrandt	Lisa-Marie	OFD Nds	1990	2016	01:06:11	01:02:02	01:18:48	00:59:05	01:14:25	01:08:55	6:49:26	0:06:20	26	WHK	105	6
1755	Janssen	Georg	TV Norden	1950	2016	01:05:47	01:04:03	01:21:48	00:58:26	01:11:35	01:07:57	6:49:36	0:06:20	66	M60	73	6
1756	Schmidt	Peter	Wüppels	1961	2016	01:08:28	01:01:31	01:15:54	00:57:20	01:15:25	01:10:59	6:49:37	0:06:20	55	M50	269	6
1757	Möhlmann	Gerda	Sparkasse Aurich Nord	1965	2016	01:04:39	01:03:25	01:20:05	00:59:58	01:13:01	01:08:43	6:49:51	0:06:20	51	W50	80	6
1758	Ahrends	Erika	Trauco Gruppe	1967	2016	01:06:25	01:04:38	01:19:01	00:59:07	01:12:15	01:08:26	6:49:52	0:06:20	49	W40	145	6
1759	Bohlen	Gerd	Ostrf. KIRCHENTAG / T	1954	2016	01:06:24	01:03:07	01:18:10	01:00:21	01:12:41	01:09:16	6:49:59	0:06:20	62	M60	74	6
1760	Geyken	Carina	Gymnasium Ulricianum	2001	2016	01:11:07	01:05:41	01:17:18	00:58:54	01:10:39	01:06:28	6:50:07	0:06:20	15	WU20	72	6
1761	Otten	Imke	Rehau AG + Co	1997	2016	01:07:02	01:03:00	01:17:24	00:57:59	01:14:52	01:09:51	6:50:08	0:06:20	19	WU20	73	6
1762	Karbach	Ralf	Rettungsdienst Leer	1974	2016	01:07:29	01:05:43	01:23:38	00:56:31	01:09:34	01:07:15	6:50:10	0:06:20	42	M40	350	6
1763	Mittmann-Munder	Carina	HTV Hundsmühlen	1980	2016	01:06:21	01:03:35	01:17:19	01:00:33	01:12:54	01:09:31	6:50:13	0:06:20	36	W30	96	6
1764	Rieken	Uda	BV „Vorwärts“ Plaggen	1967	2016	01:03:30	01:02:14	01:19:35	01:03:37	01:15:12	01:06:06	6:50:14	0:06:20	49	W40	146	6
1765	Kahmann	Birthe	Gymnasium Ulricianum	2003	2016	01:11:07	01:05:41	01:17:17	00:58:54	01:10:53	01:06:28	6:50:20	0:06:21	13	WU20	74	6
1766	Wolbers	Ines	Borromäus Hospital Lee	1985	2016	01:04:05	01:06:38	01:18:32	00:58:52	01:12:48	01:09:33	6:50:28	0:06:21	31	W30	97	6
1767	Meyburg	Frank	Simonswolde	1969	2016	01:07:27	01:08:18	01:11:10	00:59:30	01:13:25	01:10:42	6:50:32	0:06:21	47	M40	351	6
1768	Klinkenberg	Margit	TV Norden	1952	2016	01:04:52	01:03:10	01:18:56	01:00:53	01:13:03	01:09:38	6:50:32	0:06:21	64	W6		

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	km 64,70	pro km				
1776	Eggers	Ulrich	Bootsbau Eggers	1966	2016	01:04:44	01:07:44	01:18:49	00:59:17	01:12:29	01:08:14	6:51:17	0:06:21	50	M50	270	6
1777	Schmidt	Janna	Sparkasse LeerWittm	1992	2016	01:05:41	01:04:46	01:18:46	01:01:28	01:11:02	01:09:37	6:51:20	0:06:21	24	WHK	109	6
1778	Bley	Cornelia	TuS Horsten	1967	2016	01:05:34	01:03:36	01:18:55	01:00:28	01:12:41	01:10:11	6:51:25	0:06:22	49	W40	148	6
1779	Ramaker	Harald	SV Warsingsfehn	1963	2016	01:05:45	01:05:46	01:19:30	00:59:53	01:12:09	01:08:27	6:51:30	0:06:22	53	M50	271	6
1780	Farwer	Gertrud	-----	1958	2016	01:05:33	01:04:17	01:19:37	00:59:39	01:12:16	01:10:12	6:51:34	0:06:22	58	W50	84	6
1781	Jansen	Matthias	KS Gleitlager GmbH	1977	2016	01:09:51	01:04:28	01:18:25	00:59:30	01:13:17	01:06:25	6:51:56	0:06:22	39	M30	235	6
1782	Brechters	Andreas	LG Fliegerhorst Upjever	1967	2016	01:07:20	01:04:59	01:21:40	00:56:07	01:10:59	01:10:51	6:51:56	0:06:22	49	M40	352	6
1783	Schoneboom	Daniela	Hinte	1984	2016	01:07:24	01:04:37	01:17:41	00:59:17	01:12:59	01:10:06	6:52:04	0:06:22	32	W30	104	6
1784	Siemens	Ralf	Hartmann Group	1964	2016	01:05:37	01:03:31	01:18:38	00:59:54	01:14:11	01:10:14	6:52:05	0:06:22	52	M50	272	6
1785	Eertmoed	Elke	Hinte	1975	2016	01:07:23	01:04:37	01:17:42	00:59:17	01:12:59	01:10:07	6:52:05	0:06:22	41	W40	149	6
1786	Rabenberg	Dora	LG TV Bunde	1952	2016	01:05:36	01:05:49	01:18:00	01:00:43	01:12:59	01:09:02	6:52:09	0:06:22	64	W60	11	6
1787	Katzer	Florian	Moormerland	1996	2016	01:06:58	01:05:56	01:18:44	00:56:20	01:12:32	01:11:40	6:52:10	0:06:22	20	MHK	168	6
1788	Amke Friedrichs	Amke	TV Norden	1983	2016	01:05:25	01:02:36	01:18:14	01:01:27	01:14:14	01:10:47	6:52:43	0:06:23	33	W30	108	6
1789	Wilts	Hermann	TV Norden	1946	2016	01:04:57	01:05:12	01:22:24	01:00:14	01:11:19	01:08:44	6:52:50	0:06:23	70	M70	13	6
1790	Bremer	Bianca	Der Weg ist das Ziel	1993	2016	01:08:08	01:04:58	01:19:08	00:59:02	01:14:26	01:07:18	6:53:00	0:06:23	23	WHK	110	6
1791	Saathoff	Gerd	Reitverein Filsu	1965	2016	01:06:13	01:03:40	01:22:40	00:57:57	01:15:14	01:07:28	6:53:12	0:06:23	51	M50	273	6
1792	Saathoff	Margret	LG Ostfriesland	1966	2016	01:05:13	01:04:22	01:19:20	00:59:05	01:13:39	01:11:34	6:53:13	0:06:23	50	W50	85	6
1793	Conrads	Geesa	Sag FriPe	1977	2016	01:04:57	01:01:01	01:21:03	01:01:14	01:14:31	01:10:30	6:53:16	0:06:23	39	W30	107	6
1794	Reents	Konstanze	SG Friedrichsfehn/Pete	1975	2016	01:04:57	01:01:01	01:21:03	01:01:14	01:14:31	01:10:30	6:53:16	0:06:23	41	W40	150	6
1795	Heijen-Bertram	Silke	SV Concordia Neermoc	1979	2016	01:05:31	01:04:14	01:19:18	01:00:25	01:13:53	01:10:04	6:53:25	0:06:23	37	W30	103	6
1796	Menzel	Martje	IGS Aurich-West	1999	2016	01:08:55	01:04:46	01:18:17	00:58:33	01:13:55	01:09:07	6:53:33	0:06:24	17	WU20	75	6
1797	Gossling	Karl	LG Bunde	1946	2016	01:07:30	01:05:42	01:17:49	01:01:06	01:12:27	01:09:09	6:53:43	0:06:24	70	M70	14	6
1798	Ahrendt	Astrid	SVC Wilhelmshaven	1957	2016	01:05:23	01:07:34	01:22:28	00:59:20	01:11:46	01:07:14	6:53:45	0:06:24	59	W50	86	6
1799	Müller	Annika	Oldenburg	1989	2016	01:07:11	01:09:44	01:20:02	00:57:07	01:11:25	01:08:37	6:54:06	0:06:24	27	WHK	111	6
1800	Dorn	Jonas	Seefahrtsschule Leer	1990	2016	01:05:23	01:09:09	01:21:18	00:58:11	01:13:40	01:06:26	6:54:07	0:06:24	26	MHK	169	6
1801	Bohlen	Hans-Günther	LT Bad Zwischenahn	1948	2016	01:05:11	01:07:08	01:19:12	01:00:24	01:13:24	01:09:03	6:54:22	0:06:24	68	M60	75	6
1802	Wollermann	Manfred	MTV Wittmund	1942	2016	01:06:23	01:03:13	01:19:51	01:00:20	01:14:18	01:10:31	6:54:36	0:06:24	74	M70	15	6
1803	Freeseemann	Egon	Bünting Tee	1966	2016	01:06:52	01:04:23	01:27:05	00:58:45	01:09:53	01:07:39	6:54:37	0:06:24	50	M50	274	6
1804	Petersen	Marieanne	LT Spaß mit Sport	1954	2016	01:06:14	01:05:36	01:19:57	01:00:38	01:12:20	01:09:52	6:54:37	0:06:24	62	W60	12	6
1805	Ahrends	Marion	tuß Holtriem	1968	2016	01:07:45	01:05:04	01:19:57	00:59:38	01:12:52	01:09:25	6:54:41	0:06:25	48	W40	151	6
1806	Zirkel	Günter	Kurt sien Trupp	1941	2016	01:07:52	01:05:04	01:18:56	00:58:38	01:13:52	01:10:21	6:54:43	0:06:25	75	M70	16	6
1807	Harms	Voline	Kaufhaus Behrends	1962	2016	01:08:13	01:04:57	01:19:01	01:00:23	01:11:52	01:10:18	6:54:44	0:06:25	54	W50	87	6
1808	Rammelmann	Jana	Realschule Aurich	2000	2016	01:05:56	01:03:24	01:21:55	00:58:10	01:16:17	01:09:02	6:54:44	0:06:25	16	WU20	76	6
1809	Korporal	Nathalie	Rhauderfehn	1994	2016	01:05:37	01:05:08	01:20:30	00:55:58	01:17:52	01:09:51	6:54:56	0:06:25	22	WHK	112	6
1810	Lüken-Hoppmann	Gesa	Bäckerei Hoppmann	1982	2016	01:11:45	01:05:46	01:18:21	00:59:18	01:11:51	01:08:03	6:55:04	0:06:25	34	W30	86	6
1811	Wolckenhaar	Enno	TC Grün Weiß	1938	2016	01:11:25	01:04:00	01:20:32	00:58:20	01:12:48	01:08:01	6:55:06	0:06:25	78	M70	17	6
1812	Holthaus	Christoph	HR4YOU	1987	2016	01:07:26	01:05:45	01:15:35	01:01:11	01:15:14	01:10:00	6:55:11	0:06:25	29	MHK	170	6
1813	Brechters	Irene	Polizei Aurich	1969	2016	01:07:19	01:05:15	01:21:47	00:59:17	01:11:00	01:10:51	6:55:29	0:06:25	47	W40	152	6
1814	Siefken	Georg	ohne	1947	2016	01:08:02	01:07:18	01:19:01	00:58:14	01:13:14	01:09:43	6:55:32	0:06:25	69	M60	76	6
1815	Hansen-Janssen	Ulrike	NLWKN	1959	2016	01:06:39	01:04:53	01:19:25	01:00:06	01:14:11	01:10:18	6:55:32	0:06:25	57	W50	88	6
1816	Tülp	Wiebke	RA'e Dr.Fenner Bockhd	1996	2016	01:07:54	01:03:48	01:18:40	00:58:19	01:17:31	01:09:30	6:55:42	0:06:26	20	WHK	113	6
1817	Becker	Sonja	LIBERTY BLUE	1967	2016	01:06:14	01:03:50	01:20:19	00:59:59	01:14:34	01:10:48	6:55:44	0:06:26	49	W40	153	6
1818	Deecken	Werner	Aurich	1951	2016	01:05:26	01:06:31	01:20:56	00:59:22	01:13:56	01:09:41	6:55:52	0:06:26	65	M60	77	6
1819	Wieting	Ellen	Hundsmühler TV	1962	2016	01:06:21	01:03:17	01:17:24	01:00:33	01:14:10	01:14:14	6:55:59	0:06:26	54	W50	89	6
1820	Henning	Saskia	MTV Aurich	1998	2016	01:05:51	01:04:03	01:18:38	00:58:02	01:17:12	01:12:20	6:56:06	0:06:26	18	WU20	77	6
1821	Juilfs	Eilert	LG Großefehn	1945	2016	01:07:08	01:05:53	01:20:15	00:59:46	01:14:49	01:08:17	6:56:08	0:06:26	71	M70	18	6
1822	Evers	Gerlinde	KBV Langefeld	1964	2016	01:08:57	01:05:32	01:20:25	01:00:51	01:12:29	01:08:13	6:56:27	0:06:26	52	W50	90	6
1823	Braams	Herma	SC Dunum	1956	2016	01:08:34	01:04:24	01:19:44	01:01:38	01:12:48	01:09:25	6:56:33	0:06:26	60	W60	13	6
1824	Harms	Leona	LT TuS Aurich-Ost	1998	2016	01:06:56	01:05:00	01:18:56	01:00:50	01:14:06	01:10:46	6:56:34	0:06:26	18	WU20	78	6
1825	Huizenga	Rena	AuFden letzten Drücker	1986	2016	01:04:02	01:03:58	01:22:38	01:00:18	01:16:57	01:09:09	6:57:02	0:06:27	30	W30	93	6
1826	Wismer	Nico	Wreesmann GmbH & C	1995	2016	01:12:58	01:00:10	01:16:24	01:00:04	01:15:09	01:12:17	6:57:02	0:06:27	21	MHK	171	6
1827	Harms	Eske	Gymnasium Ulricianum	1998	2016	01:08:23	01:06:57	01:21:41	00:59:25	01:13:06	01:07:30	6:57:02	0:06:27	18	WU20	79	6
1828	Meyer	Marieke	LT TuRa 07 Westhaud	2000	2016	01:07:24	01:04:26	01:18:38	01:01:48	01:13:11	01:11:45	6:57:12	0:06:27	16	WU20	80	6
1829	Meyer	Guido	LT TuRa 07 Westhaud	1970	2016	01:07:24	01:04:26	01:18:38	01:01:48	01:13:10	01:11:49	6:57:15	0:06:27	46	M40	353	6
1830	Harms	Ina	Hundsmühler TV	1967	2016	01:05:51	01:03:15	01:17:56	01:06:05	01:14:23	01:09:59	6:57:29	0:06:27	49	W40	154	6
1831	Sandelmann	Monika	Ultrafriesen e.V. / Wilhe	1957	2016	01:07:22	01:05:04	01:18:53	01:00:54	01:14:34	01:10:45	6:57:32	0:06:27	59	W50	91	6
1832	Domschky	Stephi	LT TuS Aurich-Ost	1980	2016	01:07:01	01:08:11	01:18:37	01:00:59	01:13:09	01:09:48	6:57:45	0:06:27	36	W30	99	6
1833	Plöger	Elena	Klinikum Leer	1977	2016	01:06:53	01:06:13	01:18:18	01:00:24	01:13:27	01:12:52	6:58:07	0:06:28	39	W30	112	6
1834	Benz	Rolf	Weener Plastik	1962	2016	01:10:23	01:03:46	01:24:14	01:00:19	01:12:24	01:07:02	6:58:08	0:06:28	54	M50	275	6
1835	Pfirimann	Alexander		1966	2016	01:08:07	01:04:52	01:20:36	01:00:39	01:14:15	01:09:52	6:58:21	0:06:28	50	M50	276	6
1836	Pfirimann	Angelika		1968	2016	01:08:07	01:04:52	01:20:36	01:00:38	01:14:16	01:09:52	6:58:21	0:06:28	48	W40	155	6
1837	Lüken	Heiko	oldenburger-skater.de	1969	2016	01:07:01	01:06:44	01:18:37	01:00:52	01:11:01	01:14:20	6:58:35	0:06:28	47	M40	354	6
1838	Thiele	Carola	Hundsmühler TV	1958	2016	01:06:39	01:05:15	01:21:44	01:01:01	01:14:21	01:09:53	6:58:53	0:06:28	58	W50	92	6
1839	Weers	Werner	Sparkasse LeerWittm	1952	2016	01:05:50	01:07:02	01:20:47	01:00:59	01:13:47	01:10:39	6:59:04	0:06:29	64	M60	78	6
1840																	

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1847	Freese	Petra	Emder LG	1969	2016	01:08:23	01:05:24	01:20:59	01:01:14	01:14:36	01:10:09	7:00:45	0:06:30	47	W40	159	6
1848	Sandelmann	Dieter	Ultrafriesen e.V. / Wilhe	1953	2016	01:08:29	01:06:12	01:19:38	01:00:54	01:14:33	01:11:07	7:00:53	0:06:30	63	M60	80	6
1849	Olbrich	Birgit	Leinerstift e.V.	1957	2016	01:07:00	01:06:23	01:21:58	01:01:03	01:14:12	01:10:25	7:01:01	0:06:30	59	W50	93	6
1850	Geerdes	Sandra	Gandersum	1976	2016	01:07:06	01:06:28	01:23:32	01:01:56	01:12:48	01:09:24	7:01:14	0:06:31	40	W40	160	6
1851	Schoolmann	Heide	TV Norden	1972	2016	01:08:30	01:06:22	01:20:57	01:01:47	01:14:07	01:09:37	7:01:20	0:06:31	44	W40	162	6
1852	Hovorka	Anja	Klinikum Leer	1973	2016	01:07:52	01:05:59	01:20:54	01:01:37	01:14:35	01:10:23	7:01:20	0:06:31	43	W40	161	6
1853	Kruse	Alke	RVB Aurich/Uplengen	1996	2016	01:07:27	01:06:41	01:19:31	00:59:34	01:14:18	01:13:52	7:01:23	0:06:31	20	WHK	114	6
1854	Groenewold	Elke	Dabei is alles	1974	2016	01:09:34	01:06:33	01:19:35	01:00:58	01:14:24	01:10:33	7:01:37	0:06:31	42	W40	163	6
1855	Tschöke	Kerstin	Ubbo-Emmuis-Klinik	1972	2016	01:06:36	01:06:33	01:22:33	01:01:35	01:14:29	01:10:20	7:02:06	0:06:31	44	W40	164	6
1856	Sacklowski	Udo	Emder LG	1971	2016	01:07:25	01:06:38	01:24:44	01:00:47	01:14:00	01:08:38	7:02:12	0:06:32	45	M40	356	6
1857	Kallenberger	Cathrin	Emder LG	1978	2016	01:07:25	01:06:37	01:24:45	01:00:47	01:14:00	01:08:38	7:02:12	0:06:32	38	W30	92	6
1858	Gerdes	Imke	Gymnasium Ulricianum	2000	2016	01:07:37	01:07:37	01:21:56	00:58:52	01:16:17	01:09:56	7:02:15	0:06:32	16	WU20	82	6
1859	Ehmen	Maren	NLWKN Aurich	1978	2016	01:07:42	01:05:04	01:20:42	01:01:13	01:17:22	01:10:19	7:02:22	0:06:32	38	W30	105	6
1860	Diehl	Sabrina	Bohlen & Doyen	1981	2016	01:12:30	01:04:44	01:23:20	01:00:06	01:13:18	01:08:27	7:02:25	0:06:32	35	W30	90	6
1861	Weelborg	Sara	Team Möbel Buss	1996	2016	01:06:24	01:07:49	01:24:03	01:05:20	01:11:25	01:07:31	7:02:32	0:06:32	20	WHK	115	6
1862	Meenken	Ellen	BBC Chartering GmbH	1986	2016	01:07:41	01:06:25	01:21:31	01:02:17	01:14:19	01:10:25	7:02:38	0:06:32	30	W30	106	6
1863	Buß	Edda	Team Mühlen-Apotheke	1953	2016	01:07:35	01:05:58	01:21:59	01:02:17	01:14:39	01:10:20	7:02:48	0:06:32	63	W60	15	6
1864	Amft	Marike	Alex.-v.-Humboldt-Schu	2001	2016	01:08:01	01:05:55	01:20:26	01:01:37	01:16:17	01:10:39	7:02:55	0:06:32	15	WU20	83	6
1865	Amft	Marcus	LG Fliegerhorst Upjeve	1973	2016	01:08:01	01:05:55	01:20:27	01:01:38	01:16:17	01:10:38	7:02:56	0:06:32	43	M40	357	6
1866	Beek	Helmut	VW Emden	1956	2016	01:07:21	01:05:08	01:24:00	01:02:20	01:14:36	01:09:57	7:03:22	0:06:33	60	M60	81	6
1867	Haak	Andrea	Team ENERCON	1985	2016	01:08:29	01:04:16	01:19:06	01:00:47	01:14:57	01:15:51	7:03:26	0:06:33	31	W30	129	6
1868	Kruse de Buhr	Marion	Störtebeker Loopers TV	1969	2016	01:07:17	01:02:48	01:22:43	01:01:42	01:17:20	01:11:38	7:03:28	0:06:33	47	W40	165	6
1869	Sürken	Monika	WfbM Aurich Wittmund	1967	2016	01:08:44	01:08:21	01:22:45	00:59:52	01:14:33	01:09:16	7:03:31	0:06:33	49	W40	166	6
1870	Buerkner	Stephan	Aurich	1976	2016	01:10:28	01:07:06	01:20:18	01:01:16	01:14:36	01:09:50	7:03:34	0:06:33	40	M40	358	6
1871	Hoffmann	Sandra	Heinen Freezing	1982	2016	01:08:13	01:06:53	01:22:54	01:01:27	01:15:10	01:09:09	7:03:46	0:06:33	34	W30	94	6
1872	Walter	Birgit	BSG Volksbank Jever	1957	2016	01:09:10	01:05:04	01:20:09	01:02:42	01:15:10	01:11:57	7:04:12	0:06:33	59	W50	94	6
1873	Detjen	Hermann	Tura 07	1967	2016	01:08:32	01:07:47	01:21:45	01:01:09	01:13:47	01:11:15	7:04:15	0:06:33	49	M40	359	6
1874	Buss	Janna	TV Norden	1955	2016	01:06:51	01:06:55	01:22:53	01:01:44	01:15:29	01:10:29	7:04:21	0:06:34	61	W60	16	6
1875	Matzszefska	Fabio	Gymnasium Ulricianum	1999	2016	01:07:56	01:11:29	01:18:02	00:58:49	01:18:23	01:09:45	7:04:24	0:06:34	17	MU20	156	6
1876	Mustert	Gerke	UEG Leer	1998	2016	01:09:20	01:05:43	01:21:56	01:01:21	01:15:43	01:10:45	7:04:48	0:06:34	18	MU20	157	6
1877	Kramp	Annika	TuS Eintracht Hinte	1987	2016	01:09:03	01:09:31	01:20:55	01:02:12	01:16:03	01:07:05	7:04:49	0:06:34	29	WHK	116	6
1878	Doden	Ina	Lattmimanloopen, ikhebb	1972	2016	01:07:29	01:08:18	01:21:05	01:01:19	01:16:06	01:10:43	7:05:00	0:06:34	44	W40	167	6
1879	Weers	Hilke	Ihlow	1983	2016	01:11:47	01:06:07	01:22:11	01:00:24	01:14:37	01:10:01	7:05:07	0:06:34	33	W30	102	6
1880	Steinke	Dietrich	SV Concordia Neermoc	1941	2016	01:06:22	01:06:33	01:19:43	01:02:02	01:16:59	01:13:33	7:05:12	0:06:34	75	M70	19	6
1881	Davids	Stefan	Doepke Schallgeräte N	1966	2016	01:09:15	01:07:01	01:21:13	01:00:39	01:15:08	01:12:10	7:05:26	0:06:35	50	M50	277	6
1882	Hallenga	Gunda	Tannenhäusen	1983	2016	01:09:04	01:06:30	01:23:09	01:01:55	01:15:38	01:09:20	7:05:36	0:06:35	33	W30	95	6
1883	Seemann	Jens	Team ENERCON	1974	2016	01:11:34	01:07:54	01:25:10	00:59:50	01:14:28	01:06:44	7:05:40	0:06:35	42	M40	360	6
1884	Niemeyer-Speckm	Klaas	7. Ostfriesischen Kirche	1971	2016	01:08:15	01:09:17	01:23:02	01:00:07	01:13:47	01:11:14	7:05:42	0:06:35	45	M40	361	6
1885	Kleinau	Sabine	TausendfußLeer	1967	2016	01:07:55	01:06:49	01:22:31	01:02:06	01:14:39	01:11:51	7:05:51	0:06:35	49	W40	168	6
1886	Hildebrand	Hermann	Polizei Aurich	1959	2016	01:10:05	01:04:46	01:23:26	01:01:52	01:16:31	01:09:48	7:06:28	0:06:35	57	M50	278	6
1887	Niemeyer	Mareike	Emder LG	1983	2016	01:08:23	01:07:54	01:22:51	01:00:18	01:15:56	01:11:06	7:06:28	0:06:35	33	W30	109	6
1888	Willms	Sonka	Driest-Weg Dunum-Brill	1992	2016	01:09:49	01:06:24	01:19:49	01:01:41	01:15:41	01:13:07	7:06:31	0:06:36	24	WHK	117	6
1889	Ahrends	Imke	Gymnasium Ulricianum	1999	2016	01:10:42	01:07:18	01:21:56	01:00:50	01:15:05	01:10:47	7:06:38	0:06:36	17	WU20	84	6
1890	Menzel	Eefke	Max Windmüller Gymna	2001	2016	01:08:56	01:07:05	01:22:15	01:02:01	01:14:20	01:12:09	7:06:46	0:06:36	15	WU20	85	6
1891	Henninga	Inga	BBS1 Aurich	1998	2016	01:06:56	01:13:58	01:18:53	01:00:16	01:16:11	01:10:47	7:07:01	0:06:36	18	WU20	86	6
1892	Jürgens	Britta	Krankenhaus Wittmund	1965	2016	01:08:34	01:08:48	01:23:19	01:01:20	01:14:26	01:10:44	7:07:11	0:06:36	51	W50	95	6
1893	Webermann	Ingrid		1955	2016	01:09:07	01:06:01	01:22:14	01:03:20	01:15:39	01:10:56	7:07:17	0:06:36	61	W60	17	6
1894	Weichers	Michael	Bünting Tee	1971	2016	01:10:41	01:07:08	01:23:22	01:00:56	01:15:42	01:09:32	7:07:21	0:06:36	45	M40	362	6
1895	Meyer	Marie	FC SO	2002	2016	01:01:32	01:09:14	01:23:32	01:03:57	01:20:28	01:08:39	7:07:22	0:06:36	14	WU20	87	6
1896	Onken	Helmut	Norderferhngesellschaft	1965	2016	01:07:34	01:07:53	01:21:06	01:00:59	01:15:41	01:14:11	7:07:24	0:06:36	51	M50	279	6
1897	Buhr	Janna	Badewerk Neuhaarlinger	1994	2016	01:07:36	01:08:45	01:22:54	01:01:22	01:15:53	01:11:00	7:07:30	0:06:36	22	WHK	118	6
1898	Verwold	Anke	Spielfreunde Leer	1973	2016	01:10:31	01:07:09	01:23:26	01:02:05	01:14:01	01:10:18	7:07:30	0:06:36	43	W40	169	6
1899	Müller	Claudia	SV Concordia Neermoc	1973	2016	01:12:49	01:06:40	01:21:23	01:01:14	01:15:20	01:10:41	7:08:07	0:06:37	43	W40	170	6
1900	Hilfers	Angelika	VHS Ossilooop Kurs	1989	2016	01:09:43	01:06:54	01:24:34	01:01:45	01:15:32	01:09:46	7:08:14	0:06:37	27	WHK	119	6
1901	Penning	Anja	VHS Ossilooop Kurs	1978	2016	01:09:43	01:06:54	01:24:34	01:01:45	01:15:32	01:09:46	7:08:14	0:06:37	38	W30	98	6
1902	Brunken	Jörg	Orgadata AG	1983	2016	01:03:21	01:08:10	01:25:06	01:00:39	01:20:02	01:10:58	7:08:16	0:06:37	33	M30	236	6
1903	Theiß	Siegrid		1952	2016	01:11:22	01:08:52	01:19:48	01:00:52	01:16:38	01:10:45	7:08:17	0:06:37	64	W60	18	6
1904	Renken	Anja	Bünting Tee	1966	2016	01:10:40	01:07:41	01:22:12	01:01:50	01:15:42	01:10:28	7:08:33	0:06:37	50	W50	96	6
1905	Peters	Inka	Ruderverein	1977	2016	01:10:11	01:09:02	01:22:02	01:02:02	01:15:33	01:09:50	7:08:40	0:06:38	39	W30	101	6
1906	Siemers	Wiebke	Stadt Leer	1988	2016	01:10:12	01:09:03	01:22:01	01:02:02	01:15:33	01:09:51	7:08:42	0:06:38	28	WHK	120	6
1907	Scharf	Robert	Die Johanniter	1963	2016	01:10:36	01:11:54	01:26:18	00:59:50	01:12:24	01:07:51	7:08:53	0:06:38	53	M50	280	6
1908	Kassmann	Gunvor	VOSt	1981	2016	01:07:36	01:06:55	01:21:04	01:06:37	01:17:06	01:09:50	7:09:08	0:06:38	35	W30	100	6
1909	Hannebohm	Jürgen	Physio Aktiv Rhauerde	1976	2016	01:10:14	01:10:21	01:22:54	01:01:26	01:14:41	01:09:50	7:09:26	0:06:38	40	M40	363	6
1910	Lindemann	Heike	LT TuRa 07 Westhau	1972	2016	01:09:39	01:10:03	01:22:49	01:01:27	01:15:49	01:10:21	7:10:08	0:06:39	44	W40	171	

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
1918	Henken	Nadine	BMW TEKKEN	1993	2016	01:11:21	01:07:48	01:24:26	01:01:16	01:17:03	01:09:38	7:11:32	0:06:40	23	WHK	122	6
1919	Jacob	Martin	Feuerwehr Neuharlinge	1953	2016	01:12:51	01:07:59	01:18:05	01:04:23	01:17:06	01:11:30	7:11:54	0:06:41	63	M60	83	6
1920	Jansen	Sabina	Kurt sien Trupp	1961	2016	01:10:23	01:07:56	01:21:42	01:03:34	01:16:14	01:12:07	7:11:56	0:06:41	55	W50	99	6
1921	Kröger	Thomas	BV Friesland Neu-Ekels	1966	2016	01:10:57	01:07:27	01:21:06	01:02:09	01:16:13	01:14:07	7:11:59	0:06:41	50	M50	281	6
1922	Kröger	Anne	BV Friesland Neu-Ekels	1996	2016	01:10:55	01:07:26	01:21:04	01:02:08	01:16:15	01:14:11	7:11:59	0:06:41	20	WHK	123	6
1923	Möhlmann	Hinrich	LT TuS Aurich-Ost	1953	2016	01:07:54	01:06:40	01:27:04	01:00:04	01:16:14	01:14:22	7:12:18	0:06:41	63	M60	84	6
1924	Ninnemann	Insa	TuS Weene	1969	2016	01:08:02	01:07:26	01:24:16	01:02:22	01:15:42	01:14:40	7:12:28	0:06:41	47	W40	172	6
1925	Kleen	Heinrich	LG Großefehn	1959	2016	01:07:43	01:07:07	01:23:09	01:03:22	01:15:56	01:15:12	7:12:29	0:06:41	57	M50	282	6
1926	Ens	Renate	LT TuS Aurich-Ost	1952	2016	01:09:55	01:07:56	01:22:33	01:02:49	01:17:39	01:11:37	7:12:29	0:06:41	64	W60	19	6
1927	Bitzhöfer	Tanja	Aurich	1973	2016	01:09:01	01:05:08	01:21:54	01:02:25	01:18:20	01:15:49	7:12:37	0:06:41	43	W40	173	6
1928	Grüßing	Imke	SV Bentstreek	1970	2016	01:12:00	01:08:10	01:23:04	01:03:02	01:16:04	01:10:17	7:12:37	0:06:41	46	W40	174	6
1929	Krott	Dieter	LT TuS Aurich-Ost	1961	2016	01:09:51	01:07:16	01:23:00	01:02:37	01:17:04	01:12:53	7:12:41	0:06:41	55	M50	283	6
1930	Sprang, Dr.	Helmut	Lions Club Uplengen	1945	2016	01:13:13	01:10:01	01:22:04	01:01:23	01:14:43	01:11:23	7:12:47	0:06:41	71	M70	20	6
1931	Willfang	Johann	Ostfriesische Volksbank	1956	2016	01:13:50	01:08:10	01:20:13	01:00:56	01:16:15	01:13:32	7:12:56	0:06:41	60	M60	85	6
1932	Wienskamp	Edelgard	LT TuS Aurich-Ost	1970	2016	01:09:07	01:07:16	01:24:06	01:02:52	01:16:48	01:12:54	7:13:03	0:06:42	46	W40	175	6
1933	Just	Ute	TUS Aurich Ost	1952	2016	01:10:09	01:07:55	01:22:46	01:02:56	01:17:39	01:11:40	7:13:05	0:06:42	64	W50	20	6
1934	Neddermeyer	Heinz-Jürgen	LT Spaß mit Sport	1942	2016	01:10:03	01:10:35	01:21:05	01:03:21	01:15:43	01:12:26	7:13:13	0:06:42	74	M70	21	6
1935	Jetses	Ute	Prosecco Lerche	1975	2016	01:11:20	01:07:23	01:19:19	01:01:52	01:20:33	01:12:48	7:13:15	0:06:42	41	W40	176	6
1936	Filke	Thorsten	LG Fliegerhorst Jever	1985	2016	01:12:28	01:05:54	01:21:47	01:00:55	01:21:04	01:11:42	7:13:50	0:06:42	31	M30	237	6
1937	Bohnet	Ernst	LG Emden	1946	2016	01:08:36	01:08:07	01:22:46	01:03:07	01:17:49	01:13:43	7:14:08	0:06:43	70	M70	22	6
1938	Fecht	Udo	Fecht & Helmig	1969	2016	01:09:42	01:07:15	01:22:31	01:04:02	01:17:47	01:12:56	7:14:13	0:06:43	47	M40	365	6
1939	Fecht	Jutta	Fecht & Helmig	1970	2016	01:09:41	01:07:16	01:22:30	01:04:03	01:17:49	01:12:57	7:14:16	0:06:43	46	W40	177	6
1940	Burlager	Hilke	Waldläufer	1997	2016	01:09:51	01:07:44	01:21:56	01:01:20	01:17:42	01:16:11	7:14:44	0:06:43	19	WU20	89	6
1941	Albers	Kira	Gymnasium Ulricianum	1999	2016	01:11:36	01:08:35	01:23:53	01:01:11	01:16:02	01:13:29	7:14:46	0:06:43	17	WU20	90	6
1942	Stedler	Wiebke	Gymnasium Ulricianum	1997	2016	01:11:35	01:08:37	01:23:53	01:01:11	01:16:02	01:13:30	7:14:48	0:06:43	19	WU20	91	6
1943	Freerks	Pascal	OBS Kloster Barthe	2002	2016	01:12:00	01:03:51	01:25:43	00:57:26	01:21:21	01:14:34	7:14:55	0:06:43	14	MU20	158	6
1944	Klattenberg	Diedrich	NV-Versicherungen	1956	2016	01:12:51	01:07:59	01:21:16	01:04:23	01:17:05	01:11:29	7:15:03	0:06:43	60	M60	86	6
1945	Schön	Thomas	DLRG Leer	1965	2016	01:10:00	01:08:12	01:22:12	01:04:35	01:18:25	01:11:47	7:15:11	0:06:44	51	M50	284	6
1946	Schön	Victoria	UEG Leer	1999	2016	01:10:00	01:08:12	01:22:12	01:04:35	01:18:25	01:11:47	7:15:11	0:06:44	17	WU20	92	6
1947	Hinrichs	Heidi	GeSiOn	1967	2016	01:12:31	01:08:19	01:24:24	01:01:55	01:16:40	01:11:27	7:15:16	0:06:44	49	W40	178	6
1948	Gerdas	Gerhard	GeSiOn	1966	2016	01:12:32	01:08:19	01:24:24	01:01:55	01:16:40	01:11:28	7:15:18	0:06:44	50	M50	285	6
1949	Wulzen	Margret	LT TuS Aurich-Ost	1965	2016	01:09:14	01:08:14	01:24:05	01:03:21	01:17:02	01:13:25	7:15:21	0:06:44	51	W50	100	6
1950	Gerdas	Manfred	TuS Middels	1959	2016	01:10:04	01:07:40	01:24:14	01:03:33	01:16:08	01:14:05	7:15:44	0:06:44	57	M50	286	6
1951	Erhardt	Natalie	obw Emden	1984	2016	01:11:19	01:07:45	01:22:06	01:00:41	01:13:28	01:20:29	7:15:48	0:06:44	32	W30	136	6
1952	Doden	Fenna	Esens	1956	2016	01:12:02	01:08:15	01:24:29	01:02:43	01:16:50	01:11:38	7:15:57	0:06:44	60	W60	21	6
1953	Siefkes	Reina	Laufen und Meer	1975	2016	01:10:47	01:11:23	01:24:07	01:03:28	01:15:07	01:11:07	7:15:59	0:06:44	41	W40	179	6
1954	Schulte	Silke	TuS Eintracht Hinte	1977	2016	01:09:04	01:09:55	01:23:50	01:03:08	01:17:47	01:13:13	7:16:57	0:06:45	39	W30	114	6
1955	Roskam	Kathrin	Großefehn	1998	2016	01:10:10	01:08:06	01:25:59	01:03:10	01:17:13	01:12:20	7:16:58	0:06:45	18	WU20	93	6
1956	Müller	Birgit	Stadt Emden	1966	2016	01:07:20	01:07:38	01:25:18	01:02:40	01:19:15	01:15:02	7:17:13	0:06:45	50	W50	101	6
1957	Post	Gabi	AOK Aurich	1969	2016	01:14:54	01:09:14	01:23:43	01:03:30	01:15:13	01:11:09	7:17:43	0:06:46	47	W40	180	6
1958	Campen	Adrian	BBS Aurich	1998	2016	01:10:47	01:04:24	01:30:02	01:00:58	01:13:45	01:17:54	7:17:50	0:06:46	18	MU20	159	6
1959	Oltmanns	Maike	Oberschule Kloster Bar	1979	2016	01:29:36	01:03:48	01:16:30	00:57:25	01:24:40	01:06:12	7:18:11	0:06:46	37	W30	79	6
1960	Hillers	Marc	Seefahrtsschule Leer	1993	2016	01:11:08	01:07:44	01:23:15	00:58:56	01:21:53	01:15:21	7:18:17	0:06:46	23	MHK	172	6
1961	Sap	Gisela	Klinikum Leer	1955	2016	01:09:10	01:08:16	01:26:04	01:03:45	01:18:12	01:13:13	7:18:40	0:06:47	61	W60	22	6
1962	Wilken	Maria	Team Möbel Buss	1995	2016	01:11:49	01:11:36	01:26:40	00:54:53	01:19:01	01:14:46	7:18:45	0:06:47	21	WHK	124	6
1963	Behrends-Riemy	Bettina	Logabirum	1978	2016	01:10:25	01:08:05	01:26:27	01:03:26	01:17:24	01:13:12	7:18:59	0:06:47	38	W30	113	6
1964	Rosendahl	Jessica	Störtebeker Loopers TV	1993	2016	01:11:27	01:09:41	01:23:34	01:02:47	01:17:51	01:14:03	7:19:23	0:06:47	23	WHK	125	6
1965	Rosendahl	Wilfried	Störtebeker Loopers TV	1968	2016	01:11:28	01:09:42	01:23:33	01:02:48	01:17:51	01:14:03	7:19:25	0:06:47	48	M40	366	6
1966	Trauer	Dörthe	Tannenhausen	1977	2016	01:14:47	01:09:22	01:23:55	01:02:40	01:16:08	01:12:47	7:19:39	0:06:48	39	W30	111	6
1967	Schuster	Annette	LG Emden	1959	2016	01:11:59	01:09:22	01:25:44	01:04:51	01:17:22	01:11:02	7:20:20	0:06:48	57	W50	102	6
1968	de Boer	Lucas	IGS Waldschule Egels	2005	2016	01:12:27	01:10:17	01:23:57	01:00:28	01:19:00	01:14:13	7:20:22	0:06:48	11	MU20	160	6
1969	Windisch	Lars	Seefahrtsschule Leer	1993	2016	01:11:07	01:07:44	01:23:14	01:01:11	01:21:53	01:15:21	7:20:30	0:06:49	23	MHK	173	6
1970	Buß	Manuela	LG Fliegerhorst Upjeve	1969	2016	01:11:15	01:08:07	01:25:18	01:04:13	01:17:49	01:14:18	7:21:00	0:06:49	47	W40	181	6
1971	Barth	Silke	SV Ochtersum, Wi sünd	1972	2016	01:10:51	01:08:01	01:26:42	01:03:32	01:17:22	01:14:59	7:21:27	0:06:49	44	W40	182	6
1972	Manninga	Tanja	TV Norden	1997	2016	01:10:53	01:11:03	01:23:56	01:03:58	01:18:38	01:13:28	7:21:56	0:06:50	19	WU20	94	6
1973	Manninga	Sonja	TV Norden	1970	2016	01:10:53	01:11:02	01:23:57	01:03:59	01:18:38	01:13:29	7:21:58	0:06:50	46	W40	183	6
1974	Bloek	Bärbel	Laufen und Meer	1984	2016	01:11:32	01:08:46	01:24:50	01:03:51	01:18:47	01:14:29	7:22:15	0:06:50	32	W30	123	6
1975	Brinker	Manuela	Klinikum Leer	1972	2016	01:11:20	01:09:42	01:24:30	01:05:04	01:19:12	01:13:06	7:22:54	0:06:51	44	W40	184	6
1976	Ismani	Fadilj	Meyer Werft	1970	2016	01:12:49	01:02:15	01:25:47	01:05:27	01:19:29	01:17:09	7:22:56	0:06:51	46	M40	367	6
1977	Riedl	Mark	VW	1995	2016	01:13:23	01:09:00	01:24:56	01:06:04	01:17:58	01:11:40	7:23:01	0:06:51	21	MHK	174	6
1978	Fischer	Insa	Rhauderfehn	1983	2016	01:15:12	01:08:38	01:25:55	01:03:10	01:16:34	01:13:44	7:23:13	0:06:51	33	W30	118	6
1979	Janssen	Heike	Laufen und Meer	1967	2016	01:11:31	01:09:14	01:25:13	01:05:02	01:17:54	01:14:21	7:23:15	0:06:51	49	W40	185	6
1980	Brandau	Claudia	Stadt Leer	1963	2016	01:07:49	01:13:24	01:25:48	01:02:41	01:19:43	01:14:23	7:23:48	0:06:52	53	W50	103	6
1981	Veldhuis	Karin	Leer	1969	2016	01:10:34	01:07:49	01:26:10	01:06:08	01:19:39	01:13:49	7:24:09	0:06:52	47	W40	186	

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
1989	Gasic	Raphaela	Team Erdinger Alkohol	1981	2016	01:13:48	01:11:26	01:26:46	01:03:12	01:17:11	01:13:27	7:25:50	0:06:53	35	W30	117	6
1990	Stefanski	Michael	TLG 71 üRichtofen	1969	2016	01:09:20	01:08:25	01:25:42	01:08:37	01:18:25	01:15:33	7:26:02	0:06:54	47	M40	368	6
1991	Engels	Heinz	Wiesmoor	1976	2016	01:16:16	01:10:29	01:23:34	01:02:58	01:18:18	01:14:48	7:26:23	0:06:54	40	M40	369	6
1992	Wattjes	Dayana	Team Möbel Buss	1977	2016	01:12:34	01:09:40	01:25:49	01:05:49	01:18:46	01:14:49	7:27:27	0:06:55	39	W30	127	6
1993	Uecker	Britta	Laufen und Meer	1961	2016	01:11:33	01:13:48	01:25:07	01:04:45	01:17:54	01:14:21	7:27:28	0:06:55	55	W50	105	6
1994	Kruse	Karin	Team Möbel Buss	1962	2016	01:12:34	01:09:40	01:25:49	01:05:49	01:18:47	01:14:50	7:27:29	0:06:55	54	W50	106	6
1995	Zimmermann	Justin	WG Strukelje	2003	2016	01:13:28	01:13:08	01:26:55	01:01:21	01:19:32	01:13:14	7:27:38	0:06:55	13	MU20	161	6
1996	Köster	Gisela	Eben-Eser	1967	2016	01:18:37	01:10:19	01:28:02	01:03:42	01:15:06	01:11:57	7:27:43	0:06:55	49	W40	188	6
1997	Boral	Amira	IGS Waldschule Egels	2003	2016	01:24:36	01:06:37	01:15:16	01:00:30	01:18:08	01:22:45	7:27:52	0:06:55	13	WU20	95	6
1998	Ihnken	Kira	Krankenhaus Wittmund	1997	2016	01:15:46	01:11:20	01:24:37	01:04:11	01:18:53	01:13:06	7:27:53	0:06:55	19	WU20	96	6
1999	Flockenhagen	Iris	Weener Plastik	1976	2016	01:12:34	01:08:38	01:25:34	01:06:27	01:19:45	01:14:58	7:27:56	0:06:55	40	W40	189	6
2000	Hartkemeyer	Anne	obw Emden	1985	2016	01:13:53	01:07:38	01:28:15	01:01:36	01:16:12	01:20:29	7:28:03	0:06:56	31	W30	135	6
2001	Kuhlmann	Christian	Autopark Schunke	1966	2016	01:12:31	01:10:50	01:26:16	01:04:44	01:19:10	01:14:43	7:28:14	0:06:56	50	M50	287	6
2002	Podlich	Günter	Dabei is alles	1964	2016	01:10:14	01:09:38	01:25:33	01:05:08	01:20:59	01:16:50	7:28:22	0:06:56	52	M50	288	6
2003	Eggert	Birte	Orgadata AG	1992	2016	01:12:28	01:08:42	01:26:56	01:05:26	01:20:02	01:14:50	7:28:24	0:06:56	24	WHK	128	6
2004	Eiben	Tatjana	WfbM Aurich Wittmund	1994	2016	01:13:19	01:12:16	01:23:29	01:03:59	01:21:23	01:14:13	7:28:39	0:06:56	22	WHK	129	6
2005	Ismani	Ricarda	Borromäus Hospital Lee	1962	2016	01:12:49	01:08:20	01:25:48	01:05:28	01:19:29	01:17:09	7:29:03	0:06:56	54	W50	107	6
2006	Middelborg	Helga	LT SV Ems Jemgum	1952	2016	01:11:49	01:10:19	01:24:55	01:05:33	01:21:05	01:15:24	7:29:05	0:06:56	64	W60	23	6
2007	de Buhr	Heinz	Lionsclub Uplengen	1959	2016	01:12:40	01:09:23	01:27:44	01:06:23	01:19:05	01:14:01	7:29:16	0:06:57	57	M50	289	6
2008	Stiemert	Aileen	Team ENERCON	1982	2016	01:12:09	01:11:07	01:27:58	01:05:42	01:18:01	01:14:25	7:29:22	0:06:57	34	W30	122	6
2009	Bruns	Jessica	Briese Schifffahrt	1990	2016	01:10:11	01:10:00	01:25:18	01:06:18	01:20:22	01:17:19	7:29:28	0:06:57	26	WHK	130	6
2010	Wilken	Christa	Team Möbel Buss	1987	2016	01:11:49	01:11:37	01:26:39	01:05:37	01:19:02	01:14:46	7:29:30	0:06:57	29	WHK	131	6
2011	Coordes	Saskia	Ihlow	1980	2016	01:12:42	01:08:25	01:29:00	01:04:29	01:20:24	01:14:32	7:29:32	0:06:57	36	W30	124	6
2012	Köster	Sabrina	MTV Aurich	1977	2016	01:12:43	01:08:25	01:29:00	01:04:29	01:20:24	01:14:33	7:29:34	0:06:57	39	W30	125	6
2013	Redmann	Maria	NW Steuerberatungsge	1986	2016	01:16:36	01:08:35	01:25:20	01:05:47	01:19:20	01:14:22	7:30:00	0:06:57	30	W30	121	6
2014	Schmalwasser	Sören	Team Eddie Nortmoor	1964	2016	01:16:37	01:08:35	01:25:19	01:05:48	01:19:20	01:14:22	7:30:01	0:06:57	52	M50	290	6
2015	Fecht	Arno	Arnos Hirsch	1976	2016	01:09:17	01:10:46	01:23:56	01:06:44	01:20:54	01:19:27	7:31:04	0:06:58	40	M40	370	6
2016	Schewiola	Stefan	LT TuS Aurich-Ost	1966	2016	01:13:41	01:09:46	01:23:39	01:05:49	01:18:48	01:19:43	7:31:26	0:06:59	50	M50	291	6
2017	Körner	Melanie	Prosecco Lerche	1973	2016	01:14:07	01:10:03	01:26:27	01:04:33	01:21:46	01:15:38	7:32:34	0:07:00	43	W40	190	6
2018	Conrads	Maren	Gymnasium Ulricianum	1999	2016	01:13:04	01:11:15	01:28:26	01:02:19	01:23:55	01:13:58	7:32:57	0:07:00	17	WU20	97	6
2019	Weichers	Marie	OBS Kloster-Barthe	2002	2016	01:04:47	01:09:09	01:21:05	01:11:12	01:27:25	01:19:38	7:33:16	0:07:00	14	WU20	98	6
2020	Strohschneider	Olga	Westrauderfehn	1978	2016	01:13:32	01:14:43	01:27:04	01:04:10	01:19:02	01:14:47	7:33:18	0:07:00	38	W30	126	6
2021	Ammermann	Lars	Bünting Tee	1972	2016	01:13:32	01:14:43	01:27:05	01:04:11	01:19:02	01:14:45	7:33:18	0:07:00	44	M40	371	6
2022	Ross	Ursula	Perspektive GmbH	1966	2016	01:14:42	01:10:09	01:27:17	01:04:49	01:21:46	01:14:37	7:33:20	0:07:00	50	W50	108	6
2023	Paeben	Bianca	Prosecco Lerche	1975	2016	01:14:09	01:10:59	01:26:27	01:04:33	01:21:46	01:15:37	7:33:31	0:07:01	41	W40	191	6
2024	Kruse	Fenja	Badewerk Neuahringer	1995	2016	01:12:43	01:09:02	01:26:29	01:06:05	01:22:56	01:16:24	7:33:39	0:07:01	21	WHK	132	6
2025	Schön	Ines	BBS Aurich	2000	2016	01:04:28	01:09:34	01:23:54	01:02:02	01:18:24	01:35:43	7:34:05	0:07:01	16	WU20	99	6
2026	Schümann	Lucas	Seefahrtsschule Leer	1992	2016	01:14:23	01:11:55	01:27:43	01:05:46	01:20:46	01:13:32	7:34:05	0:07:01	24	MHK	175	6
2027	Kruse	Astrid	Driest-Weg Dunum-Brill	1998	2016	01:17:46	01:09:35	01:26:22	01:03:58	01:19:39	01:16:57	7:34:17	0:07:01	18	WU20	100	6
2028	Richter-Janßen	Elke	TuS Horsten	1961	2016	01:13:49	01:12:28	01:25:15	01:06:30	01:21:04	01:15:25	7:34:31	0:07:01	55	W50	109	6
2029	Saathoff	Günther		1946	2016	01:12:54	01:12:07	01:27:47	01:05:09	01:20:08	01:16:34	7:34:39	0:07:02	70	M70	23	6
2030	Immega	Hannelore	Haustierpark Werdum	1953	2016	01:12:02	01:09:56	01:27:38	01:06:24	01:22:43	01:16:51	7:35:34	0:07:02	63	W60	24	6
2031	Daniels	Fritz	Aurich	1953	2016	01:16:39	01:11:17	01:28:21	01:04:16	01:19:36	01:15:35	7:35:44	0:07:03	63	M60	87	6
2032	Geerdes	Ina	Praxis Busemann Podo	1983	2016	01:18:45	01:11:29	01:28:55	01:02:57	01:19:54	01:14:19	7:36:19	0:07:03	33	W30	119	6
2033	Becker	Heike		1964	2016	01:12:06	01:13:43	01:29:35	01:05:18	01:19:42	01:15:58	7:36:22	0:07:03	52	W50	110	6
2034	Sandomir	Ina	obw Emden	1986	2016	01:11:18	01:07:45	01:29:56	01:05:25	01:20:52	01:21:07	7:36:23	0:07:03	30	W30	137	6
2035	Jacobs-Schipper	Astrid	LS Leeraner Stahlhandl	1977	2016	01:14:19	01:13:08	01:28:11	01:05:04	01:19:49	01:15:52	7:36:23	0:07:03	39	W30	130	6
2036	Rethmeier	Elke	Praxis Busemann Podo	1978	2016	01:18:45	01:11:29	01:29:10	01:02:56	01:19:58	01:14:19	7:36:37	0:07:03	38	W30	120	6
2037	Jeschke	Marion	Willmsfeld	1965	2016	01:11:05	01:16:18	01:29:05	01:04:39	01:20:19	01:15:55	7:37:21	0:07:04	51	W50	111	6
2038	Schild	Corinna	Freunde der kleinen All	1964	2016	01:13:31	01:11:40	01:27:49	01:06:22	01:21:04	01:17:03	7:37:29	0:07:04	52	W50	112	6
2039	Gerjets	Doris	AOK Aurich	1967	2016	01:15:12	01:12:37	01:27:51	01:06:55	01:19:16	01:16:16	7:38:07	0:07:05	49	W40	192	6
2040	Dorenbusch	Kerstin	obw Emden	1975	2016	01:16:21	01:08:16	01:26:32	01:07:55	01:22:52	01:16:57	7:38:53	0:07:06	41	W40	193	6
2041	Dānekas	Gabi	LG Uplengen	1960	2016	01:15:23	01:10:03	01:28:46	01:06:44	01:22:05	01:16:10	7:39:11	0:07:06	56	W50	113	6
2042	Garrelts	Hilke	BBS Aurich	1999	2016	01:10:47	01:09:59	01:30:01	01:09:43	01:21:58	01:17:54	7:40:22	0:07:07	17	WU20	101	6
2043	van Scharrel	Heidy	VfB Uplengen	1958	2016	01:15:24	01:10:30	01:29:15	01:06:48	01:22:14	01:16:16	7:40:27	0:07:07	58	W50	114	6
2044	Paschke	Hartmut	Paschke Werbung	1965	2016	01:19:06	01:13:15	01:28:17	01:06:30	01:19:36	01:13:53	7:40:37	0:07:07	51	M50	292	6
2045	Freese	Peter	Eben-Eser	1953	2016	01:18:43	01:11:36	01:29:37	01:05:31	01:20:57	01:14:13	7:40:37	0:07:07	63	M60	88	6
2046	Renken	Doris	Team Speckmannskap	1964	2016	01:16:17	01:11:54	01:29:02	01:07:02	01:21:32	01:15:23	7:41:10	0:07:08	52	W50	115	6
2047	Steenblock	Judith	Running for Jesus	1998	2016	01:17:49	01:11:08	01:27:42	01:07:28	01:20:44	01:18:14	7:43:05	0:07:09	18	WU20	102	6
2048	Saathoff	Karin	Aurich	1966	2016	01:16:16	01:11:20	01:29:02	01:07:09	01:22:07	01:17:25	7:43:19	0:07:10	50	W50	116	6
2049	Knauff	Ulrike	Eben-Eser	1963	2016	01:18:43	01:11:36	01:32:23	01:05:31	01:20:54	01:14:13	7:43:20	0:07:10	53	W50	117	6
2050	Schuster	Sarah	TV Marienhafte	1985	2016	01:04:28	01:19:18	01:29:58	01:04:51	01:25:16	01:19:43	7:43:34	0:07:10	31	W30	134	6
2051	Nipshagen	Grato	LT Schafhauserwald	1958	2016	01:10:55	01:09:47	01:28:26	01:05:57	01:25:49	01:22:48	7:43:42	0:07:10	58	M50	293	6
2052	Demmler	Denise	ohne	1979	2016	01:17:29	01:15:19	01:29:08	01:04:18	01:22:34	01:15:08	7:43:56	0:07:10	37	W30		

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
2060	Weers	Imke	STADT Emden	1986	2016	01:16:15	01:14:09	01:29:51	01:08:32	01:21:26	01:16:45	7:46:58	0:07:13	30	W30	132	6
2061	Patzwald	Rena	Badewerk Neuharlinger	1996	2016	01:17:13	01:14:15	01:33:00	01:07:07	01:22:20	01:13:04	7:46:59	0:07:13	20	WHK	135	6
2062	Bohlen	Gertrud	TUS Detern	1963	2016	01:13:49	01:12:40	01:28:55	01:10:05	01:23:51	01:18:33	7:47:53	0:07:14	53	W50	119	6
2063	Frause-Böhne	Olivia	Team aurident	1958	2016	01:16:34	01:13:11	01:30:05	01:09:18	01:22:32	01:18:20	7:50:00	0:07:16	58	W50	120	6
2064	Sternsdorff	Jörk	privat	1963	2016	01:17:12	01:13:48	01:29:09	01:08:22	01:22:51	01:19:19	7:50:41	0:07:16	53	M50	294	6
2065	Meyer	Herta	TV Norden	1949	2016	01:16:03	01:15:21	01:31:54	01:06:30	01:22:34	01:19:00	7:51:22	0:07:17	67	W50	25	6
2066	Spenneker	Christa	TV Norden	1948	2016	01:16:03	01:15:21	01:31:54	01:06:30	01:22:35	01:18:59	7:51:22	0:07:17	68	W60	26	6
2067	Boekhoff	Heidi	LT TuRa 07 Westhaud	1977	2016	01:16:12	01:14:55	01:31:47	01:07:02	01:24:13	01:17:19	7:51:28	0:07:17	39	W30	133	6
2068	Dreesch-Rosenda	Okke	7. Ostfriesischen Kirche	2001	2016	01:17:25	01:13:27	01:26:27	01:07:35	01:29:48	01:17:48	7:52:30	0:07:18	15	MU20	162	6
2069	Thomsen	Wiebke	Team Rücker	1986	2016	01:21:58	01:10:45	01:28:13	01:06:23	01:29:10	01:16:09	7:52:38	0:07:18	30	W30	131	6
2070	Nehuis	Ina	Hair Fashion Wiesmoor	1989	2016	01:20:40	01:14:23	01:29:51	01:06:29	01:24:17	01:17:29	7:53:09	0:07:19	27	WHK	136	6
2071	Ulken	Heike	TuS Eversten	1987	2016	01:13:18	01:13:59	01:26:53	01:06:03	01:27:59	01:25:19	7:53:31	0:07:19	29	WHK	137	6
2072	Saathoff	Heike	Ostfriesische Brandkast	1987	2016	01:16:59	01:17:43	01:33:17	01:06:58	01:23:49	01:14:52	7:53:38	0:07:19	29	WHK	138	6
2073	Lange	Michelle	OBS Kloster-Barthe	2002	2016	01:08:28	01:16:49	01:22:26	01:05:42	01:24:38	01:36:07	7:54:10	0:07:20	14	WU20	104	6
2074	Jacobs	Katja		1986	2016	01:20:02	01:09:34	01:26:11	01:04:36	01:27:34	01:26:27	7:54:24	0:07:20	30	W30	139	6
2075	Richter	Sandra	Team ENERCON	1987	2016	01:15:45	01:17:12	01:32:02	01:07:08	01:23:45	01:18:38	7:54:30	0:07:20	29	WHK	139	6
2076	Geyer	Charlotte	Gymnasium Ulricianum	2000	2016	01:17:16	01:12:52	01:30:40	01:09:56	01:25:27	01:18:33	7:54:44	0:07:20	16	WU20	105	6
2077	Meyer	Svenja	Team Winterhoff Buss	1988	2016	01:16:53	01:14:52	01:31:11	01:08:20	01:23:34	01:20:20	7:55:10	0:07:21	28	WHK	140	6
2078	de Vries	Doris	Orgadata AG	1969	2016	01:18:38	01:15:18	01:31:32	01:09:10	01:23:53	01:18:34	7:57:05	0:07:22	47	W40	197	6
2079	Rehfeld	Aura	NIGE	1999	2016	01:19:17	01:13:05	01:35:00	01:09:24	01:22:42	01:17:53	7:57:21	0:07:23	17	WU20	106	6
2080	Meier	Anke	TV Norden	1973	2016	01:17:18	01:17:01	01:32:01	01:08:35	01:23:52	01:19:12	7:57:59	0:07:23	43	W40	198	6
2081	Tuitjer	Jens	Wreesmann GmbH & C	1988	2016	01:16:49	01:14:24	01:34:40	01:07:27	01:25:26	01:19:15	7:58:01	0:07:23	28	MHK	176	6
2082	Glamann-Schulze	Graif	TV Norden	1965	2016	01:17:19	01:17:02	01:32:03	01:08:38	01:23:53	01:19:10	7:58:05	0:07:23	51	M50	295	6
2083	Draht	Carolina	LT TuS Aurich-Ost	1963	2016	01:17:41	01:14:43	01:32:18	01:07:43	01:26:03	01:20:08	7:58:36	0:07:24	53	W50	121	6
2084	Evers	Bernhard	MTV Wittmund	1951	2016	01:17:22	01:13:17	01:31:23	01:10:33	01:26:05	01:20:48	7:59:28	0:07:25	65	M60	89	6
2085	Ihlow	Werner	TV Norden	1945	2016	01:17:53	01:13:18	01:30:58	01:08:59	01:27:28	01:22:03	8:00:39	0:07:26	71	M70	24	6
2086	Diener	Manfred	LG Großefehn	1949	2016	01:17:48	01:16:31	01:33:59	01:09:42	01:24:11	01:18:54	8:01:05	0:07:26	67	M60	90	6
2087	Vogt	Insa	Leerort	1966	2016	01:16:18	01:16:38	01:33:11	01:08:08	01:27:29	01:19:42	8:01:26	0:07:26	50	W50	122	6
2088	Lücht	Carina	Die Pinguine	1989	2016	01:14:10	01:17:08	01:34:43	01:10:27	01:25:12	01:19:50	8:01:30	0:07:27	27	WHK	141	6
2089	Janssen	Bärbel	TV Norden	1938	2016	01:16:48	01:15:20	01:34:17	01:11:14	01:24:47	01:20:25	8:02:51	0:07:28	78	W70	2	6
2090	Dirks	Anneliese	obw Emden	1966	2016	01:18:52	01:19:18	01:34:10	01:07:52	01:23:14	01:21:09	8:04:35	0:07:29	50	W50	123	6
2091	Aden	Focko	Privat	1955	2016	01:17:28	01:16:08	01:32:11	01:10:54	01:28:39	01:20:48	8:06:08	0:07:31	61	M60	91	6
2092	Vesper	Effi	Bünting Tee	1982	2016	01:19:00	01:13:35	01:32:32	01:10:07	01:24:35	01:26:45	8:06:34	0:07:31	34	W30	140	6
2093	Coordes	Wiebke	Klinikum- Emden	1990	2016	01:20:25	01:21:30	01:34:35	01:07:29	01:26:18	01:17:21	8:07:38	0:07:32	26	WHK	142	6
2094	Wibel	Eckhart	Kurt sien Trupp	1938	2016	01:19:21	01:18:03	01:34:14	01:11:18	01:24:19	01:21:41	8:08:56	0:07:33	78	M70	25	6
2095	Lammers	Jan Moritz	Nobiskrug	1982	2016	01:18:31	01:13:35	01:30:58	01:07:44	01:37:22	01:20:50	8:09:00	0:07:33	34	M30	239	6
2096	Eden	Insa	Moormerland	1990	2016	01:19:54	01:15:04	01:33:21	01:09:40	01:29:36	01:22:33	8:10:08	0:07:35	26	WHK	143	6
2097	Korporal	Astrid	FC Stern Völlenerfehn	1967	2016	01:19:29	01:13:52	01:33:37	01:11:20	01:28:19	01:23:31	8:10:08	0:07:35	49	W40	199	6
2098	Walter	Sonja	IGS Waid Schule Egels	2000	2016	01:19:08	01:17:49	01:33:48	01:06:50	01:36:43	01:16:22	8:10:40	0:07:35	16	WU20	107	6
2099	Luiking	Doris	VHS Ossiloo Kurs	1976	2016	01:19:29	01:15:55	01:33:37	01:11:21	01:28:20	01:23:31	8:12:13	0:07:36	40	W40	200	6
2100	Klün	Erna	Team ENERCON	1979	2016	01:18:05	01:21:26	01:38:47	01:08:05	01:25:45	01:21:57	8:14:05	0:07:38	37	W30	138	6
2101	Adden	Janna	---	1989	2016	01:22:24	01:19:38	01:38:22	01:10:06	01:24:50	01:19:05	8:14:25	0:07:39	27	WHK	144	6
2102	Oltmanns	Nina	Wiesmoor	1990	2016	01:21:58	01:18:54	01:35:10	01:10:39	01:29:09	01:20:24	8:16:14	0:07:40	26	WHK	145	6
2103	Grashoff-Liegl	Sophie	obw Emden	1985	2016	01:21:34	01:14:36	01:37:49	01:14:12	01:30:29	01:22:08	8:20:48	0:07:44	31	W30	139	6
2104	Voskamp	Lena	Team aurident	1997	2016	01:24:54	01:20:43	01:35:49	01:12:33	01:25:42	01:21:59	8:21:40	0:07:45	19	WU20	108	6
2105	Jacobs	Alexandra	TuS Eintracht Hinte	1969	2016	01:19:47	01:18:40	01:36:18	01:12:25	01:29:30	01:25:06	8:21:46	0:07:45	47	W40	201	6
2106	Feldmann	Annika	WfbM Aurich-Wittmund	1996	2016	01:25:37	01:18:18	01:33:51	01:14:16	01:27:28	01:23:00	8:22:30	0:07:46	20	WHK	146	6
2107	Heimers	Sören	WG Strukelje	1991	2016	01:21:46	01:17:37	01:38:11	01:10:07	01:29:24	01:26:19	8:23:24	0:07:47	25	MHK	177	6
2108	Lebrecht	Annett	WG Strukelje	1999	2016	01:21:46	01:17:42	01:38:11	01:10:07	01:29:24	01:26:19	8:23:29	0:07:47	17	WU20	109	6
2109	Wangelik	Stefanie	BBS Aurich	1992	2016	01:18:50	01:18:52	01:34:51	01:09:40	01:30:45	01:31:26	8:24:24	0:07:48	24	WHK	147	6
2110	Sandrock	Dieter	LG TV Bunde	1947	2016	01:18:49	01:18:04	01:37:46	01:14:22	01:30:40	01:24:45	8:24:26	0:07:48	69	M60	92	6
2111	Gerdes	Ineke	FC SO	2002	2016	01:19:39	01:16:24	01:35:44	01:12:36	01:33:54	01:28:07	8:26:24	0:07:50	14	WU20	110	6
2112	de Vries	Anja	Loopen un breijen	1968	2016	01:19:02	01:21:37	01:39:28	01:11:24	01:29:44	01:25:11	8:26:26	0:07:50	48	W40	202	6
2113	Paasman	Johanna	Team Wilts	1993	2016	01:21:11	01:17:11	01:39:33	01:13:12	01:31:49	01:24:09	8:27:05	0:07:50	23	WHK	148	6
2114	Meyer	Frank	ELV Elektronik AG/eQ-3	1984	2016	01:21:11	01:17:12	01:39:33	01:13:12	01:31:49	01:24:10	8:27:07	0:07:50	32	M30	238	6
2115	Gerdes	Bettina	Eben-Eser	1970	2016	01:19:39	01:17:24	01:35:43	01:12:38	01:33:52	01:28:15	8:27:31	0:07:51	46	W40	203	6
2116	Schmidt	Marion	Dabei is alles	1956	2016	01:24:45	01:20:55	01:37:01	01:12:56	01:30:10	01:22:54	8:28:41	0:07:52	60	W60	27	6
2117	Brechters	Christina	NLWKN	1973	2016	01:20:27	01:20:27	01:36:47	01:13:05	01:30:53	01:27:20	8:28:59	0:07:52	43	W40	204	6
2118	Lengen	Melanie	Amtsgericht Aurich	1984	2016	01:20:27	01:19:33	01:38:14	01:13:00	01:30:57	01:27:20	8:29:31	0:07:53	32	W30	140	6
2119	Janssen	Bernd	Meyer Werft	1965	2016	01:22:44	01:18:49	01:38:58	01:14:43	01:31:24	01:26:00	8:32:38	0:07:55	51	M50	295	6
2120	Peeken	Gerd	SV Wittmund	1973	2016	01:25:30	01:20:06	01:40:46	01:13:24	01:32:24	01:23:04	8:35:14	0:07:58	43	M40	372	6
2121	Dietzel	Britta	STADT Emden	1967	2016	01:24:06	01:19:43	01:39:11	01:15:48	01:31:42	01:26:25	8:36:55	0:07:59	49	W40	205	6
2122	Cordes	Eva	Emsland	1970	2016	01:22:47	01:20:35	01:39:51	01:15:12	01:31:59	01:26:34	8:36:58	0:07:59	46	W40	206	6
2123	Rosch	Nicole	Klinikum Leer	1979	2016	01:22:47	01:20:35	01:39:51	01:15:13	01:31:59	01:26:38	8:37:03	0:07:59	37	W30	141	6
2124	Venema	Bärbel															

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
2131	Thomas	Annette	Klinikum- Emden	1976	2016	01:26:44	01:23:20	01:41:47	01:16:44	01:32:38	01:27:55	8:49:08	0:08:11	40	W40	207	6
2132	Fayed	Sarah	Seefahrtsschule Leer	1983	2016	01:26:21	01:21:00	01:41:34	01:17:04	01:35:12	01:31:50	8:53:01	0:08:14	33	W30	146	6
2133	Kentler	Sebastian	Badewerk Neuuharlinger	1984	2016	01:27:30	01:25:07	01:44:20	01:13:16	01:36:34	01:27:48	8:54:35	0:08:16	32	M30	240	6
2134	Henkel	Wilke	IGS Waldschule Egels	2002	2016	01:23:40	01:22:58	01:42:24	01:14:22	01:38:57	01:32:25	8:54:46	0:08:16	14	MU20	163	6
2135	Meyerling	Marleen	OBS Kloster Barthe	2002	2016	01:29:36	01:18:20	01:42:22	01:17:52	01:32:05	01:36:44	8:56:59	0:08:18	14	MU20	112	6
2136	Platow-Eilers	Daniela	Badewerk Neuuharlinger	1975	2016	01:30:10	01:24:55	01:46:04	01:16:45	01:32:38	01:27:32	8:58:04	0:08:19	41	W40	208	6
2137	Hinrichs	Kerstin	LT TuS Aurich-Ost	1964	2016	01:28:06	01:24:16	01:44:52	01:18:59	01:37:03	01:32:18	9:05:34	0:08:26	52	W50	125	6
2138	Wollmann	Frank	obw Emden	1969	2016	01:30:00	01:27:17	01:44:11	01:19:58	01:38:45	01:31:11	9:11:22	0:08:31	47	M40	373	6
2139	Human		Die Johanniter	1972	2016	01:15:18	01:32:13	01:59:02	01:21:38	01:40:46	01:32:06	9:21:03	0:08:40	44	M40	374	6
2140	Göhler	Christoph	Aurich	1939	2016	01:34:24	01:26:32	01:50:23	01:23:36	01:44:34	01:32:45	9:32:14	0:08:51	77	M70	25	6
2141	Schürmann	Martin	Klinikum- Emden	1960	2016	01:33:28	01:28:38	01:47:36	01:21:58	01:42:47	01:38:48	9:33:15	0:08:52	56	M50	297	6
2142	Gieseler	Wilfried	Die Johanniter	1961	2016	01:36:45	01:32:08	01:58:55	01:21:41	01:41:17	01:33:38	9:44:24	0:09:02	55	M50	298	6
2143	Janssen	Alwin	Paiers	1970	2016	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		46	M40	374	6
2144	Caspers	Elise		1967	2016	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		49	W40	209	6
	AL Hassan	Bijeem	Fecht & Helmig	1987	2016	00:00:00	00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		29	MHK		5
	Rieken	Wilhelm	SV Simonswolde	1952	2016	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00		0:00:00		64	M60		5
	Fischer	Hannes	Fischer-Crew	2002	2016		00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		14	MU20		5
	Krull	Gordon	Aurich	1970	2016	00:44:39	00:42:55	00:52:09	00:40:32		00:47:00	3:47:15		46	M40		5
	Schawe	Ronny	Team Jö	1985	2016	00:44:22	00:44:02		00:40:32	00:50:09	00:48:57	3:48:02		31	M30		5
	Kisch	Johannes	FCSO S2	1966	2016	00:41:26		00:47:55	00:37:13	01:02:46	00:43:42	3:53:02		50	M50		5
	Brem	Thomas	Emder LG	1970	2016	00:44:41	00:42:37	00:53:32	00:42:07	00:52:02		3:54:59		46	M40		5
	Derr	Viktor	Spass mit Sport	1981	2016		00:43:41	00:55:24	00:41:13	00:50:28	00:47:32	3:58:18		35	M30		5
	Janke	Volkmar	Baptisten Firrel	1963	2016	00:46:34	00:44:51	00:53:53	00:41:51	00:52:33		3:59:42		53	M50		5
	Pickard	Roman	Seefahrtsschule Leer	1992	2016	00:44:46	00:42:04	00:51:16		00:55:48	00:47:01	4:00:55		24	MHK		5
	Meyer	Tönjes	TSV Hesel	1958	2016	00:46:03	00:45:27	00:55:51	00:42:00	00:52:06		4:01:27		58	M50		5
	Saberi	Mirways	FCSO	1999	2016	00:45:16	00:42:53	00:51:29	00:42:44	01:00:46		4:03:08		17	MU20		5
	Melzer	Carsten	Emder LG	1969	2016	00:47:59	00:45:58	00:58:25	00:44:35	00:54:49		4:11:46		47	M40		5
	Nghiem	Minh Duc	WfbM Aurich Wittmund	1993	2016	00:46:46		00:55:42	00:43:53	00:56:39	00:49:27	4:12:27		23	MHK		5
	Doden	Alfred	LT TuS Holtriem	1959	2016	00:48:02	00:47:31	00:57:45	00:44:57	00:54:13		4:12:28		57	M50		5
	Siemers	Frank	Klingele / Weener Ener	1974	2016	00:48:18	00:45:53	00:57:33		00:53:05	00:50:09	4:14:58		42	M40		5
	Oltrop	Ralf	Gassco Vikings	1969	2016	00:48:40		00:59:12	00:44:25	00:54:25	00:51:16	4:17:58		47	M40		5
	Makai	Laszlo	Oldenburg	1972	2016	00:48:43		00:58:56	00:44:35	00:55:14	00:51:27	4:18:55		44	M40		5
	Damm	Dirk	AOK Die Gesundheitsk	1964	2016	00:54:39	00:49:09	00:59:56	00:45:02		00:51:46	4:20:32		52	M50		5
	Feucht	Thomas	Radiolog. Gemeinschaf	1977	2016	00:50:05		01:00:01	00:45:02	00:55:29	00:52:59	4:23:36		39	M30		5
	Möhlmann	Sven	FCSO S2	1997	2016	00:49:39		00:59:37	00:45:17	00:55:52	00:53:28	4:23:53		19	MU20		5
	Szilagy	David	ENOVA	1985	2016	00:51:00		01:02:25	00:45:08	00:54:52	00:50:46	4:24:11		31	M30		5
	Buchloh	Kai	Meyer Werft	1992	2016	00:52:14	00:47:23	00:59:31		00:55:03	00:50:36	4:24:47		24	MHK		5
	Meiners	Silvia	Emder LG	1971	2016	00:51:30	00:49:10	01:00:52	00:46:14	00:57:09		4:24:55		45	W40		5
	Garthe	Peter	Eben-Eser	1971	2016	00:50:50	00:49:28	01:01:28	00:45:53	00:59:40		4:27:19		45	M40		5
	Schneider	Philipp	Meyer Werft	1982	2016	00:51:28		00:59:57	00:46:30	00:58:05	00:54:17	4:30:17		34	M30		5
	Geiken	Dieter	LT TuS Aurich-Ost	1964	2016	00:51:59	00:50:50	01:02:23	00:47:29	00:57:54		4:30:35		52	M50		5
	Hedemann	Fredy	Team Möbel Buss	1962	2016	00:49:27	00:47:57	00:59:46		01:01:31	00:51:56	4:30:37		54	M50		5
	Steinigeweg	Hauke	Sparkasse Aurich-Nord	1983	2016	00:52:46	00:51:02	01:04:13	00:43:32	00:59:31		4:31:04		33	M30		5
	Stürzl	Sebastian	Laufen und Meer	1986	2016	00:51:13		01:02:21	00:46:19	00:57:37	00:54:33	4:32:03		30	M30		5
	Schmidt	Michael	Sport Klahren	1981	2016	00:51:59	00:51:15		00:49:56	01:00:14	00:59:14	4:32:38		35	M30		5
	Kutzner	Andreas	ENERCON	1978	2016		00:51:04	01:02:30	00:47:34	00:57:37	00:54:00	4:32:45		38	M30		5
	Jürgens	Hendrik	Fire & Fight	1996	2016	00:50:08		01:02:06	00:46:09	00:58:15	00:56:46	4:33:24		20	MHK		5
	Schacha	Dirk	Orgadata AG	1971	2016	00:52:15		01:04:00	00:46:49	00:57:17	00:53:16	4:33:37		45	M40		5
	Fluß	Bernd	WfbM Aurich Wittmund	1973	2016		00:52:30	01:02:54	00:46:52	00:57:30	00:54:22	4:34:08		43	M40		5
	Fokken	Michael	Oldenburg	1970	2016		00:53:27	01:04:03	00:47:01	00:57:24	00:53:44	4:35:39		46	M40		5
	Lücht	Mathias	Fortuna Logabirum	1968	2016	00:55:28	00:52:51		00:49:46	01:00:43	00:57:11	4:35:59		48	M40		5
	Frerichs	Malte	Gymnasium Ulricianum	1999	2016	00:55:59		01:04:28	00:44:24	00:58:33	00:52:56	4:36:20		17	MU20		5
	Rößing	Hermann	WfbM Aurich Wittmund	1965	2016	00:48:38	00:49:43		00:59:51	01:01:54	00:56:20	4:36:26		51	M50		5
	Hillrichs	Janina	Holtland	1987	2016	00:49:00	00:47:02	00:58:01		01:03:45	00:59:42	4:37:30		29	WHK		5
	Dahlweg	Frank	Lions Club Uplengen	1978	2016	00:52:39	00:51:21	01:02:50	00:49:04		01:01:42	4:37:36		38	M30		5
	Mudder	Michael	TuS Eintracht Hinte	1972	2016	00:52:07		01:02:12	00:46:48	01:00:14	00:56:35	4:37:56		44	M40		5
	Hempen	Klaus	Die Laufkumpanen	1970	2016	00:53:43	00:51:39	01:04:03	00:48:59	01:00:30		4:38:54		46	M40		5
	Wittek	Claudia	MTV Aurich	1969	2016	00:52:01	00:49:39	01:02:43		00:59:27	00:55:29	4:39:19		47	W40		5
	Abeln	Dieter	KS Gleitlager GmbH	1959	2016	00:54:25		01:04:17	00:48:00	00:58:52	00:54:50	4:40:24		57	M50		5
	Greif	David	Enercon	1987	2016	00:52:26		01:04:19	00:49:34	00:58:00	00:56:20	4:40:39		29	MHK		5
	Hanneken	Holger		1980	2016	00:52:16		01:05:36	00:48:17	01:00:09	00:55:38	4:41:56		36	M30		5
	Krems	Hans-Jürgen	Fortuna Wirdum	1959	2016	00:53:41		01:06:02	00:47:18	00:58:52	00:56:09	4:42:02		57	M50		5
	Silz	Michael	FCSO S2	1997	2016	00:54:47	00:52:14	01:07:25	00:49:15		00:58:47	4:42:28		19	MU20		5
	Santjer	Heiko		1983	2016		00:57:08	01:05:44	00:48:31	00:57:10	00:54:05	4:42:38		33	M30		5
	Kruse	Gretus	Moorhusen	1970	2016	00:56:45	00:55:38		00:50:06	01:03:24	00:57:01	4:42:54		46	M40		5
	Gette	Daniel	Seefahrtsschule Leer	1994	2016	00:57:50	00:53:24	01:03:57	00:48:59	00:59:12		4:43:22		22	MHK		5
	Hedemann	Alke	Team Möbel Buss	1995	2016	00:55:40	00:53:00	01:05:11	00:48:28	01:01:35		4:43:54		21	WHK		5
	Neemann	Marc	Gymnasium Ulricianum	1999	2016	00:52:15		01:03:22	00:45:29	00:59:05	01:03:46	4:43:57		17	MU20		5
	Carstens	Marcus	TEAM ENERCON	1976	2016	00:52:25		01:08:15	00:48:07	00:59:14	00:56:02	4:44:03		40	M40		5
	Friedrich	Wolfgang	Leinerstift e.V.	1963	2016	00:53:23		01:03:37	00:48:48	01:01:58	00:56:28	4:44:14		53	M50		5

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
	Fleißner	Christian	Rv Argo Aurich	1996	2016	00:59:09	00:53:28	01:04:37	00:48:34		00:58:28	4:44:16		20	MHK		5
	Betz	Ralf	SV Frisia Loga	1970	2016	00:55:23	00:53:46	01:06:39	00:49:24	01:01:13		4:46:25		46	M40		5
	Behnke	Claudia	KBV Wiesederfehn	1974	2016	00:54:00		01:05:03	00:49:24	01:00:52	00:57:22	4:46:41		42	W40		5
	Bichmann	Alexandra	Jever	1969	2016	00:56:22	00:54:20		00:52:00	01:04:05	01:00:09	4:46:56		47	W40		5
	Bölle	Andreas	Nordland Papier	1968	2016	00:56:28	00:53:00	01:04:12	00:48:41	01:04:36		4:46:57		48	M40		5
	Rogge	Diedrich	SV Bentstreek	1966	2016	00:54:58	00:52:52	01:06:16	00:50:36	01:02:50		4:47:32		50	M50		5
	Roofls	Edgar	LT TuS Aurich-Ost	1973	2016	00:54:34	00:53:47	01:06:37	00:52:21		01:00:45	4:48:04		43	M40		5
	Ludwigs	Joachim	Stadt Emden	1969	2016		00:54:35	01:05:32	00:50:30	01:00:36	00:58:01	4:49:14		47	M40		5
	Mülder	Guido	Ostfriesische Volksbank	1976	2016	00:53:56		01:04:37	00:57:14	00:58:39	00:55:06	4:49:32		40	M40		5
	Niebauer	Frank	Bohlen & Doyen	1980	2016	00:58:29	00:57:49	01:06:38	00:49:53		00:57:00	4:49:49		36	M30		5
	Pape	Michael	Polizei Aurich	1967	2016	00:56:22		01:08:46	00:51:05	00:58:39	00:55:13	4:50:05		49	M40		5
	Günther	Dieke	Gymnasium Ulricianum	2000	2016	00:47:06	00:49:35		00:45:32	01:14:54	01:15:20	4:52:27		16	MU20		5
	Pohlmann	André	Enercon	1982	2016	01:01:25	00:48:53	01:13:16	00:52:51	00:56:41		4:53:06		34	M30		5
	Gusek	Neele	Meyer Werft	1991	2016	00:55:16	00:53:45	01:06:36		01:01:45	00:57:53	4:55:15		25	WHK		5
	Hinrichs	Jorma David	Alex.-v.-Humboldt-Schu	2001	2016		00:58:39	01:09:47	00:50:14	01:01:49	00:55:21	4:55:50		15	MU20		5
	Walther	Kai	SuS Timmel	1977	2016	00:59:49	00:55:13	01:07:58	00:50:25	01:02:26		4:55:51		39	M30		5
	Knak	Thomas	Badewerk Neuharlinger	1964	2016		00:56:35	01:07:34	00:51:31	01:02:47	00:58:17	4:56:44		52	M50		5
	Paulus	Florian	Gymnasium Ulricianum	2000	2016	00:59:36	00:55:03	01:06:16	00:50:48	01:05:05		4:56:48		16	MU20		5
	Riegger	Philipp	LIBERTY BLUE	1984	2016	00:56:00	00:55:04	01:09:00	00:50:43	01:06:06		4:56:53		32	M30		5
	Diekmann	Bianca	Lauffreunde Wittmund	1975	2016	00:57:29	00:55:53	01:10:17	00:50:59	01:04:06		4:58:44		41	W40		5
	Nauschütt	Björn	Ostfriesische Volksbank	1973	2016	00:56:11		01:07:00	00:51:22	01:05:19	00:59:58	4:59:50		43	M40		5
	Diner	Juri	SV Warsingsfehn	1988	2016	00:58:06	00:55:44	01:08:41	00:54:06		01:03:26	5:00:03		28	MHK		5
	Acar	Gazi	HSM Wirtschaftsprüfer	1988	2016	00:55:14	00:55:44	01:06:43	00:49:37	01:12:49		5:00:07		28	MHK		5
	Lalk	Harm	KS Gleitlager GmbH	1966	2016	00:58:24	00:53:27	01:07:01		01:03:11	00:58:23	5:00:26		50	M50		5
	Jürgens	Marek	Alex.-v.-Humboldt-Schu	2000	2016		00:59:30	01:10:11	00:51:04	01:01:53	00:57:52	5:00:30		16	MU20		5
	Arends	Micha	BBC Chartering GmbH	1990	2016	00:55:18	00:55:09	01:09:16	00:52:26	01:09:01		5:01:10		26	MHK		5
	Simmat	Frank	Schule am Deich	1969	2016	01:00:47	00:59:01		00:54:44	01:04:31	01:02:12	5:01:15		47	M40		5
	Parduhn	Sven		1975	2016	00:57:45		01:10:35	00:51:12	01:04:31	00:57:29	5:01:32		41	M40		5
	Wolter	Ekkehart	Die Münchener	1953	2016		01:01:11	01:07:09	00:51:38	01:03:04	00:58:46	5:01:48		63	M60		5
	Bildhauer	Torsten	HRS Ostrhauderfehn	1968	2016	00:59:37	00:57:52	01:09:38	00:52:39	01:02:58		5:02:44		48	M40		5
	Meyer	Dennis	Seefahrtsschule Leer	1990	2016	00:59:28	00:55:49	01:08:00	00:52:12	01:07:21		5:02:50		26	MHK		5
	Fleißner	Gert	EWWE-Wattloopers	1985	2016	00:57:00	00:56:16	01:14:17	00:51:35		01:03:53	5:03:01		31	M30		5
	Zacher	Thomas	FC Schalke 04	1964	2016	00:56:23		01:10:22	00:51:54	01:03:49	01:00:37	5:03:05		52	M50		5
	Pallasdies	Nico	KGS Wiesmoor	2001	2016		00:57:17	01:08:23	00:55:07	01:03:09	00:59:22	5:03:18		15	MU20		5
	Schrader	Anke	Pestalozzischule Ween	1961	2016	00:59:59	00:56:37	01:10:24	00:53:40		01:03:03	5:03:43		55	W50		5
	Dreyer	Martina	LG TV Bunde	1964	2016	00:59:22	00:56:39	01:11:06	00:54:29		01:03:26	5:05:02		52	W50		5
	Schreiber	Andre	Orgadata AG	1980	2016	00:59:51	00:59:38	01:08:59	00:53:43	01:04:43		5:06:54		36	M30		5
	Perdones	Rafael	Orgadata AG	1983	2016	01:00:14	00:55:27	01:08:38		01:04:28	00:59:02	5:07:49		33	M30		5
	Witte	Marlies	LT Spaß mit Sport	1960	2016	01:00:45	00:57:36	01:10:33	00:55:13		01:03:52	5:07:59		56	W50		5
	Fischer	Anna-Lena	SV Warsingsfehn	2001	2016	01:02:40	00:59:39		00:54:17	01:07:03	01:04:23	5:08:02		15	WU20		5
	Pflanzler	Angelika	Alex.-v.-Humboldt-Schu	1957	2016		00:55:59	01:09:55	00:53:21	01:06:07	01:02:48	5:08:10		59	W50		5
	Waltner	Karl-Heinz	Klinikum Leer	1954	2016	00:56:36	00:58:17	01:09:38		01:03:09	01:01:01	5:08:41		62	M60		5
	Streibel	Fenja	Realschule Aurich	2000	2016	00:56:22		01:08:45	00:51:06	01:08:51	01:04:01	5:09:05		16	WU20		5
	Oertel	Patricia	St. Helena	1971	2016		00:58:33	01:11:22	00:53:29	01:05:06	01:01:33	5:10:03		45	W40		5
	Lohmeyer	Everwien	SV Frisia Brinkum	1958	2016	00:58:48		01:10:55	00:53:45	01:05:06	01:01:30	5:10:04		58	M50		5
	Riemann	Daniela	EWWE-Wattloopers	1967	2016	00:57:47		01:10:24	00:54:28	01:05:37	01:02:03	5:10:19		49	W40		5
	Schulz	Kristian	NIGE	1999	2016	00:59:18	00:58:21	01:14:39	00:54:55		01:03:42	5:10:55		17	MU20		5
	Lotz	Boris	SV Stern Schwerinsdor	1972	2016	01:01:20	00:57:26	01:10:41	00:55:08	01:06:53		5:11:28		44	M40		5
	Faßhauer	Lena	Einhorn	1992	2016	01:02:05	00:58:56	01:11:40	00:53:15	01:05:50		5:11:46		24	WHK		5
	Werr	Wilhelm	Orgadata AG	1994	2016	01:01:33	01:03:07	01:11:19	00:53:57		01:01:54	5:11:50		22	MHK		5
	Luikenga	Andreas	ohne	1966	2016	01:01:53	00:58:26	01:12:04	00:53:10	01:06:22		5:11:55		50	M50		5
	Wellens	Hermann	Orgadata AG	1993	2016	01:00:12		01:13:16	00:53:36	01:04:47	01:00:11	5:12:02		23	MHK		5
	Goos	Doris	Emder LG	1962	2016	00:57:01		01:10:55	00:54:44	01:09:38	01:01:52	5:14:10		54	W50		5
	Eiben	Eibo	LT Schafhauser Wald	1943	2016	00:52:21	00:50:16	01:06:59	01:04:05	01:21:03		5:14:44		73	M70		5
	Blohm	Kjell	Orgadata AG	1995	2016	01:00:48		01:11:22	00:51:57	01:08:52	01:02:46	5:15:45		21	MHK		5
	Boekhoff	Karin	Hospizinitiative e.V. Leer	1962	2016	00:59:20		01:14:07	00:53:55	01:06:50	01:02:13	5:16:25		54	W50		5
	Meyering	Christian	LIBERTY BLUE	1983	2016	00:58:23		01:14:44	00:53:34	01:07:47	01:02:06	5:16:34		33	M30		5
	Bleeker	Andrea	TuS Eintracht Hinte	1969	2016	00:59:50		01:13:12	00:54:55	01:06:55	01:03:53	5:18:45		47	W40		5
	Götze	Claudia	All you can keglas	1976	2016	01:00:50		01:12:32	00:53:38	01:08:41	01:03:44	5:19:25		40	W40		5
	Mennenga	Michelle	AG Ems	1995	2016	01:00:34		01:12:52	00:53:30	01:08:06	01:04:36	5:19:38		21	WHK		5
	Ewald	Jann Martin	Seefahrtsschule Leer	1996	2016	01:04:30	00:55:45	01:10:23		01:05:45	01:03:17	5:19:40		20	MHK		5
	Busch	Markus	DLRG Leer	1976	2016		01:08:57	01:08:20	01:02:16	01:03:12	00:57:07	5:19:52		40	M40		5
	Saathoff	Johann	OBS Kloster Barthe	1986	2016	01:04:37	01:08:47	01:18:42	00:48:28	00:59:20		5:19:54		30	M30		5
	König	Tino	Eben-Eser	1963	2016	01:01:39		01:12:39	00:55:03	01:07:44	01:04:02	5:21:07		53	M50		5
	Busecke	Jonas	UEG Leer	1998	2016		01:00:49	01:15:03	00:50:56	01:08:07	01:06:17	5:21:12		18	MU20		5
	Rudolph	Matthias	MTV Jever	1969	2016	01:05:22	01:00:05	01:14:10	00:54:47		01:06:49	5:21:13		47	M40		5
	Eggers-Janssen	Nadine	SV Hage	1980	2016	01:07:17	01:03:41	01:23:42	00:48:21	00:59:01		5:22:02		36	W30		5
	Eckstein	Sarah	Wilhelmshaven	1987	2016	01:02:48		01:13:48	00:53:48	01:08:16	01:03:30	5:22:10		29	WHK		5
	Badinski	Sven	Hartmann Group	1976	2016	01:03:14	01:01:50	01:14:49	00:55:42	01:06:37		5:22:12		40	M40		5
	Hoppmann	Peter	Stadt Aurich	1963	2016	01:02:21		01:10:26	00:56:39	01:10:24	01:02:27	5:22:17		53	M50		5
	Wiegmann	Günter	Emszeitung	1960	2016	01:00:04	01:00:03	01:12:00		01:08:14	01:02:58	5:23:19		56	M50		5

35. Ostfrieslandlauf 2016

03.05. bis 20.05.2016

Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Müller	Frank	Sparkasse Aurich-Nord	1972	2016	01:06:38	01:03:41		00:58:47	01:12:50	01:01:46	5:23:42		44	M40		5
	Albrecht	Henning	Seefahrtsschule Leer	1990	2016	01:00:43		01:15:06	00:55:30	01:08:53	01:03:52	5:24:04		26	MHK		5
	Eilts	Janek	NIGE	1998	2016	00:59:36		01:14:39	00:56:16	01:10:23	01:03:26	5:24:20		18	MU20		5
	Tammen	Jendrik	Gymnasium Ulricianum	2003	2016	01:00:34	01:12:51		00:55:52	01:09:46	01:05:18	5:24:21		13	MU20		5
	Hurrelmeyer	Marlene	Team ENERCON	1990	2016		01:01:38	01:15:58	00:54:31	01:08:39	01:03:37	5:24:23		26	WHK		5
	Meyerhoff	Maike	Seefahrtsschule Leer	1992	2016	01:06:22	01:00:11	01:11:15	00:51:35	01:15:38		5:25:01		24	WHK		5
	Weber	Stefan	RVB Aurich/Uplengen	1995	2016		01:04:20	01:13:27	00:55:06	01:08:25	01:05:12	5:26:30		21	MHK		5
	Oelke	Oliver	Nobiskrug	1984	2016	01:09:23	00:50:43	01:17:20	00:57:36		01:11:47	5:26:49		32	M30		5
	Ihnen	Gunda	LT TuS Aurich-Ost	1964	2016	00:59:38	00:57:59	01:15:21		01:08:48	01:05:13	5:26:59		52	W50		5
	Yang	Sabine	Chengdu Panda Hash K	1980	2016	01:02:18	01:02:42	01:16:36	00:56:24		01:09:01	5:27:01		36	W30		5
	Fröhling	Annegret	Sparkasse Aurich-Nord	1966	2016	01:03:35	01:01:05	01:17:21	00:57:56		01:07:36	5:27:33		50	W50		5
	Siefkes	Tim	FCSO	2000	2016	00:58:19		01:17:00	00:56:56	01:11:03	01:04:37	5:27:55		16	MU20		5
	Hartz	Manuel	Seefahrtsschule Leer	1981	2016	01:11:06		01:16:44	00:56:21	00:59:12	01:05:17	5:28:40		35	M30		5
	Köster	Insa	Sassen WP/Stb	1974	2016	01:05:03	01:02:05	01:16:42	00:55:29	01:10:22		5:29:41		42	W40		5
	Janssen	Piet	Gymnasium Ulricianum	2001	2016		00:56:16	01:10:35	00:52:53	01:14:55	01:15:20	5:29:59		15	MU20		5
	Poets	Menno	obw Emden	1972	2016	01:04:58	01:03:49		01:00:13	01:12:21	01:09:59	5:31:20		44	M40		5
	Mönch	Karina	HSG Emden	1992	2016	01:03:18	01:02:06	01:21:13	00:58:02		01:07:12	5:31:51		24	WHK		5
	Goudschal	Karl-Heinz	TV Norden	1968	2016	01:04:29	01:03:09	01:17:26	00:58:31	01:09:25		5:33:00		48	M40		5
	Ahrenholtz	Andrea	BBC Chartering GmbH	1990	2016	01:04:09	01:05:28		01:00:24	01:14:29	01:09:11	5:33:41		26	WHK		5
	Redenius	Tobias	LT TuS Aurich-Ost	1988	2016	01:06:18	01:06:30		00:59:25	01:13:16	01:08:49	5:34:18		28	MHK		5
	Schlegel	Frank	Kaufhaus Behrends	1980	2016	00:57:47	01:01:44	01:11:39	00:51:57	01:31:39		5:34:46		36	M30		5
	Kahmann	Margret	Ubbo-Emmius-Klinik	1958	2016	01:03:11		01:14:22	01:00:37	01:11:28	01:08:02	5:37:40		58	W50		5
	Louchki	Amina	Briese Schifffahrt	1986	2016	01:01:21	01:25:17	01:16:55	00:52:53	01:02:46		5:39:12		30	W30		5
	Jakobs	Nina	Gymnasium Ulricianum	1998	2016	01:04:29		01:16:54	00:59:22	01:11:48	01:06:40	5:39:13		18	WU20		5
	Bollhorst	Rena	SVO Wi sünd Holtriem	1996	2016	01:07:30	01:05:12	01:16:07	00:59:03	01:11:35		5:39:27		20	WHK		5
	Rother	Katja	Bremen	1986	2016	01:06:52	01:02:38	01:21:24	00:57:17		01:11:33	5:39:44		30	W30		5
	Behrens-Kuhl	Marlies	Klinikum Leer	1972	2016	01:06:04	01:06:14	01:18:17	01:00:23		01:09:47	5:40:45		44	W40		5
	Parduhn	Kevin	Krankenhaus Wittmund	1994	2016		01:07:42	01:19:06	00:57:38	01:10:37	01:06:12	5:41:15		22	MHK		5
	Even-Schulze	Ulrike	Kurt sien Trupp	1961	2016		01:05:16	01:17:38	00:58:11	01:11:19	01:09:07	5:41:31		55	W50		5
	Eden	Andreas	Badewerk Neuharlinger	1961	2016	01:04:19		01:22:53	00:56:54	01:08:32	01:10:26	5:43:04		55	M50		5
	Löning	Inka	Ostfriesische Volksbank	1980	2016	01:07:07	01:05:15	01:20:38	01:01:07		01:10:38	5:44:45		36	W30		5
	Petrolino	Bianca	Borromäus Hospital Leer	1972	2016		01:04:07	01:18:36	01:00:59	01:12:21	01:09:43	5:45:46		44	W40		5
	Wolter	Alexandra	Team ENERCON	1974	2016	01:01:58	01:04:07	01:18:36		01:12:21	01:09:43	5:46:45		42	W40		5
	Bose	Patrick	"TaktLwGrp""R""	1996	2016	01:02:42	01:07:37	01:11:48		01:16:00	01:08:39	5:46:46		20	MHK		5
	Bruno	Inka	Hollen	1973	2016		01:05:26	01:21:02	01:01:22	01:12:33	01:08:58	5:49:21		43	W40		5
	Knoop	Imke	Meyer Werft	1989	2016	01:08:33	01:06:11	01:20:29	01:01:13		01:13:23	5:49:49		27	WHK		5
	Siebert	Karin	Kurt sien Trupp	1964	2016		01:08:41	01:22:21	00:58:35	01:11:23	01:09:07	5:50:07		52	W50		5
	Koops	Erwin	Sparkasse LeerWittmur	1972	2016	01:10:16	01:08:46	01:20:49	01:01:25		01:09:19	5:50:35		44	M40		5
	Hoppmann	Gerrit	ENOVA	1963	2016	01:06:46		01:19:42	01:00:39	01:15:07	01:08:35	5:50:49		53	M50		5
	Rosenboom	Imke	Stedesdorf	1990	2016	01:09:48	01:06:23	01:19:52	01:01:41		01:13:07	5:50:51		26	WHK		5
	Toben	Freya	Gymnasium Ulricianum	1997	2016	01:08:46	01:06:58	01:22:28	01:01:14	01:13:13		5:52:39		19	WU20		5
	Klock	Selwyn	Seefahrtsschule Leer	1991	2016	01:11:03	01:08:02	01:22:02	00:59:09	01:12:26		5:52:42		25	MHK		5
	Janssen	Ilse-Marie	Emder LG	1953	2016	01:08:22	01:07:55	01:23:22	01:02:26		01:13:35	5:55:40		63	W60		5
	Leesch	Kristin	Ostfriesische Volksbank	1979	2016	01:09:57		01:20:37	01:01:06	01:14:16	01:10:38	5:56:34		37	W30		5
	Melle	Daniel	NV-Versicherungen	1995	2016		01:14:47	01:29:18	00:59:48	01:12:39	01:03:59	6:00:31		21	MHK		5
	Benthake	Stefanie	SC Ihrhove 07	1990	2016	01:09:10	01:07:15	01:20:21		01:15:18	01:08:54	6:00:58		26	WHK		5
	Ley	André	Polizei Aurich	1967	2016	01:10:06		01:23:26	01:01:51	01:16:30	01:09:47	6:01:40		49	M40		5
	Appel	Olaf	Burhafe	1963	2016	01:09:15		01:23:10	01:02:16	01:15:42	01:11:45	6:02:08		53	M50		5
	Grimm	Andre	LT TuS Aurich-Ost	1979	2016	01:12:03	01:11:56		01:04:32	01:18:36	01:15:46	6:02:53		37	M30		5
	Münk	Linda	LT TuS Aurich-Ost	1972	2016	01:09:01		01:20:55	01:02:38	01:16:59	01:13:27	6:03:00		44	W40		5
	Wiemers	Anna Maria	Team aurident	1993	2016	01:16:12		01:30:04	00:58:46	01:14:31	01:07:46	6:07:19		23	WHK		5
	Eden	Ilona	FCSO	1969	2016		01:07:23	01:21:29	01:06:00	01:21:16	01:14:15	6:10:23		47	W40		5
	Janssen	Karin	Lauffreff Schafhauser V	1963	2016	01:09:27		01:26:14	01:04:06	01:19:24	01:12:57	6:12:08		53	W50		5
	Tuve	Vanessa	Meyer Werft	1994	2016	01:10:28		01:25:02	01:06:11	01:17:22	01:13:15	6:12:18		22	WHK		5
	Brieger	Ute	Weener Plastik	1976	2016	01:12:33	01:08:38	01:26:35	01:06:19	01:20:22		6:14:27		40	W40		5
	Lindemann	Deli	SC Rhauderfehn	1951	2016	01:12:22	01:11:57	01:28:44	01:05:27	01:19:55		6:18:25		65	W60		5
	Immenga	Martje	Dabei is alles	1991	2016	01:09:35		01:26:23	01:05:14	01:21:09	01:16:28	6:18:49		25	WHK		5
	Koch	Silvia	BBC Chartering GmbH	1979	2016	01:11:39	01:14:59	01:32:31	01:06:23		01:17:06	6:22:38		37	W30		5
	Poppen	Gert-Rudolf		1959	2016	01:13:24	00:59:39	01:36:38	01:02:01	01:31:54		6:23:36		57	M50		5
	Pennig	Friedrich-Karl	TGG Leer	1948	2016	01:11:40	01:08:39	01:25:52		01:21:47	01:15:42	6:23:40		68	M60		5
	Janssen	Lena	IGS Waldschule Egels	2001	2016	01:16:09	01:10:00	01:24:37	01:00:53	01:36:42		6:28:21		15	WU20		5
	Rath	Johann	CVJM	1963	2016	01:12:27	01:15:08	01:29:04		01:19:00	01:17:35	6:33:14		53	M50		5
	Jacobs	Lisa-Marie	Badewerk Neuharlinger	1995	2016	01:14:37	01:13:27	01:30:54	01:06:03	01:31:34		6:36:35		21	WHK		5
	Buhr	Alessa	Team aurident	1990	2016	01:16:33		01:30:04	01:07:35	01:26:37	01:18:15	6:39:04		26	WHK		5
	Franzen	Heide	BiohofFranzen	1970	2016	01:20:06	01:14:49		01:14:01	01:29:21	01:21:06	6:39:23		46	W40		5
	Ulferts-Brandt	Doris Ulfers-	Stadt Leer	1957	2016	01:18:05		01:31:26	01:12:07	01:23:54	01:19:46	6:45:18		59	W50		5
	Krey	Annika	Team Möbel Buss	1992	2016	01:19:57		01:31:52	01:08:26	01:29:16	01:20:08	6:49:39		24	WHK		5
	Wogt	Matthias	"TaktLwGrp""R""	1994	2016		01:19:07	01:38:00	01:16:52	01:26:52	01:20:14	7:01:05		22	MHK		5
	Janssen-Weber	Linda	SV Stern Schwerinsdor	1962	2016	01:23:35	01:17:53	01:41:00	01:14:28	01:32:51		7:09:47		54	W50		5
	Frühling	Elke	MCV - Halbmond	1960	2016	01:21:29		01:40:06	01:16:27	01:33:51	01:25:14	7:17:07		56	W50		5
	Pollmann	Fenna	SV Stern Schwerinsdor	1962	2016	01:23:34		01:41:00	01:14:28	01:32:51	01:25:36	7:17:29		54	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 km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Kirschke	Rolf	Team Enercon	1965	2016	00:00:00		00:00:00	00:00:00		00:00:00	0:00:00		51	M50		4
	Koch	Stefan	Bundeswehr	1973	2016		00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		43	M40		4
	Lühnemann	Frank	MTV Aurich	1977	2016		00:00:00	00:00:00		00:00:00	00:00:00	0:00:00		39	M30		4
	Stuhken	Andre	SV Stern Schwerinsdor	1997	2016	00:00:00			00:00:00	00:00:00	00:00:00	0:00:00		19	MU20		4
	Backer	Alina	Gymnasium Ulricianum	2001	2016		00:00:00		00:00:00	00:00:00	00:00:00	0:00:00		15	WU20		4
	Boerma	Hilke	SpVGG Aurich	1997	2016	00:00:00		00:00:00	00:00:00	00:00:00		0:00:00		19	WU20		4
	Meyerholz	Lisa	Gymnasium Aurich	1997	2016			00:00:00	00:00:00	00:00:00	00:00:00	0:00:00		19	WU20		4
	Witte	Daniel	IGS Moormerland	1986	2016	00:42:58	00:41:54		00:39:08		00:46:06	2:50:06		30	M30		4
	Warsing	Hartmut	LG TV Bunde	1971	2016	00:41:31	00:39:40	00:49:43	00:40:28			2:51:22		45	M40		4
	Plavenieks	Helge	SV Dornum	1977	2016	00:43:14	00:41:20	00:52:54	00:39:54			2:57:22		39	M30		4
	Kramer	Renate	Tv Bunde	1978	2016	00:45:18	00:43:21		00:41:44		00:47:50	2:58:13		38	W30		4
	Schilling	Stefan	Team ENERCON	1983	2016	00:45:00	00:42:11	00:51:49	00:39:30			2:58:30		33	M30		4
	Weerda	Sven	TV Apen 1893	1974	2016	00:46:01	00:44:50	00:55:32	00:41:08			3:07:31		42	M40		4
	Janssen	Johannes	Bünting Tee	1984	2016	00:44:39	00:43:34	00:53:06			00:46:35	3:07:54		32	M30		4
	Damm	Becci	Emder LG	1983	2016	00:46:29	00:44:57	00:55:57	00:42:48			3:10:11		33	W30		4
	Bertran	Antoni		1989	2016	00:46:23	00:44:21	00:54:31			00:47:26	3:12:41		27	MHK		4
	Wessels	Wolfgang	Nordland Papier	1973	2016	00:46:11		00:56:41	00:42:31		00:48:13	3:13:36		43	M40		4
	Hottinger	Jochen	Heinen Freezing	1966	2016	00:48:42			00:44:09	00:53:41	00:50:59	3:17:31		50	M50		4
	Baalmann	Hermann	Meyer Werft	1968	2016	00:46:10		00:57:20	00:42:35	00:53:58		3:20:03		48	M40		4
	Ihnen	Michael	Leinerstift e.V.	1962	2016	00:49:03			00:43:49	00:55:19	00:53:20	3:21:31		54	M50		4
	Ways	Michael Anton	Team Jö	1987	2016	00:49:20	00:49:17	00:59:08	00:44:14			3:21:59		29	MHK		4
	Dickmann	Clemens	Nordland Papier	1967	2016	00:46:39		00:56:07		00:51:26	00:49:14	3:23:26		49	M40		4
	Puse	Gerd	Sparkasse LeerWittm	1963	2016	00:48:49			00:47:01	00:56:25	00:51:50	3:24:05		53	M50		4
	Schnorrenberg	Michael	Emder LG	1968	2016	00:46:15	00:45:56			00:58:09	00:53:54	3:24:14		48	M40		4
	Poguntke	Martin	TV Norden	1963	2016	00:58:18	00:53:36		00:44:04		00:50:07	3:26:05		53	M50		4
	Meents	Thomas	TSV Jahn Carolinensiel	1988	2016	00:48:44	00:47:26			00:57:19	00:53:14	3:26:43		28	MHK		4
	Jonathan	Eggert	Seefahrtsschule Leer	1990	2016		00:55:10		00:46:13	00:55:50	00:51:36	3:28:49		26	MHK		4
	Nagel	Hermann	SV Concordia Neermoo	1956	2016	00:51:16	00:50:13	01:02:15	00:48:13			3:31:57		60	M60		4
	Ukena	Hartmut	Hinte	1968	2016	00:48:41		01:02:46	00:45:25	00:57:26		3:34:18		48	M40		4
	Kasolowsky	Martin	Störtebeker Loopers TV	1961	2016	00:53:16	00:51:22	01:03:10	00:47:02			3:34:50		55	M50		4
	ter Hark	Sven	Orgadata AG	1997	2016	00:54:05	00:52:22	01:02:17	00:46:37			3:35:21		19	MU20		4
	Röben	Harry	UEG Leer	2005	2016		00:49:25		00:46:28	00:55:20	01:04:19	3:35:32		11	MU20		4
	Groeneveld	Michael	Stadt Emden	1971	2016	00:53:51	00:47:29	01:05:21	00:49:01			3:35:42		45	M40		4
	Saathoff	Steffen	Störtebeker Loopers TV	1989	2016	00:54:38	00:51:47	01:03:19	00:48:28			3:38:12		27	MHK		4
	Dirksen	David	OBS Kloster Barthe	2003	2016	00:54:21		01:01:42	00:45:48		00:56:37	3:38:28		13	MU20		4
	Keiser	Heidrun	LG Uplengen	1957	2016	00:52:13	00:50:39			00:59:21	00:56:26	3:38:39		59	W50		4
	Badberg	Wilhelm	TG Wiesmoor	1944	2016	00:53:32	00:51:55		00:54:03		01:00:08	3:39:38		72	M70		4
	Schunke	Michael	LT TuS Aurich-Ost	1967	2016	00:53:15	00:50:14			01:00:24	00:57:26	3:41:19		49	M40		4
	Grote	Werner	Fortuna Logabirum	1971	2016	00:56:39	00:52:07	01:04:27	00:48:22			3:41:35		45	M40		4
	Achtermann	Holger	RSM DPI AG	1978	2016	00:55:15	00:53:02	01:04:47	00:49:46			3:42:50		38	M30		4
	Post de-Buhr	Karin	Mahl-und Mischbetr.Ges	1974	2016	00:54:43	00:53:47	01:04:11	00:50:10			3:42:51		42	W40		4
	Hinrichs	Silke	LG Großefehn	1990	2016		00:52:59	01:07:05	00:48:43		00:54:17	3:43:04		26	WHK		4
	de Buhr	Miriam	Fortuna Logabirum	1996	2016	00:52:36	00:50:03	01:06:09			00:55:32	3:44:20		20	WHK		4
	Stecher	Martina	MTV Wittmund	1964	2016	00:53:49		01:03:48	00:48:02	00:58:55		3:44:34		52	W50		4
	Schoolamm	Isabell	TriathlonSteckelCologn	1994	2016	00:57:35	00:54:27		00:50:17	01:04:04		3:46:23		22	WHK		4
	Efken	Tobias	Nordland Papier	1980	2016	01:01:37	00:55:50		00:51:09		00:59:04	3:47:40		36	M30		4
	Willms	Eike	LT Schaffhauser Wald	1989	2016	01:01:01	00:52:21	01:06:01	00:48:18			3:47:41		27	MHK		4
	Pauser	Manuel	Seefahrtsschule Leer	1989	2016	00:56:22		01:05:52	00:48:55		00:56:35	3:47:44		27	MHK		4
	Schaefer	Klaus	Kirche läuft Wilhelmsha	1967	2016	00:52:58	00:51:52	01:05:04			00:57:51	3:47:45		49	M40		4
	Musiol	Anja	Laufen und Meer	1973	2016	00:56:13			00:50:48	01:02:53	00:58:20	3:48:14		43	W40		4
	Heyen	Stefan	Bünting Tee	1988	2016	00:55:02	00:52:03			01:02:42	00:59:22	3:49:09		28	MHK		4
	Liebetau	Wilko	TRAUCO Gruppe	1977	2016	00:54:37		01:04:00		00:59:05	00:53:08	3:50:50		39	M30		4
	Kampen	Manfred	Feedback Leer	1966	2016	00:58:00	00:56:45		00:53:01		01:03:40	3:51:26		50	M50		4
	Lienland	Andre	Orgadata AG	1982	2016		00:52:09	01:04:51		01:01:07	00:55:59	3:54:06		34	M30		4
	Bihn	Sylvia	MTV Hohenkirchen	1962	2016	00:55:11	00:54:49	01:06:38			00:58:15	3:54:53		54	W50		4
	Borchardt	Torsten	Rotary Club Jever-jeve	1966	2016	00:54:27		01:09:42	00:50:31	01:03:40		3:58:20		50	M50		4
	Kempel	Waldemar	Braasch	1996	2016	01:00:49	00:57:21	01:08:15	00:54:39			4:01:04		20	MHK		4
	Schlaugk	Birgit	Team Laufrausch e.V.	1974	2016	00:56:30	00:56:27	01:08:30			01:01:05	4:02:32		42	W40		4
	Albers	Jan	LIBERTY BLUE	1984	2016	01:00:13	00:57:35	01:12:26	00:53:08			4:03:22		32	M30		4
	Stickfort	Thorsten	Hörgeräte Meiners&Stic	1978	2016	01:00:54	00:58:51	01:10:17	00:53:55			4:03:57		38	M30		4
	Reiners	Joke	Lions Club Uplengen	1959	2016	01:01:12	00:56:42	01:09:57	00:56:07			4:03:58		57	M50		4
	Janssen	Rolf	Sparkasse Emden	1958	2016			01:11:30	00:52:09	01:02:30	00:59:17	4:05:26		58	M50		4
	Bunger	Marcel	STRABAG AG	1994	2016	00:49:50	00:51:38	01:27:31		00:56:38		4:05:37		22	MHK		4
	Wilts	Florian	FCSO	2001	2016	01:01:28	00:57:21		00:56:53	01:10:53		4:06:35		15	MU20		4
	Ubben-Folkerts	Inge	Weert Ihnen GmbH & C	1976	2016	01:01:44	00:59:49	01:11:50	00:55:00			4:08:23		40	W40		4
	Hohagen	Nele	Gymnasium Ulricianum	1998	2016			01:11:40	00:52:31	01:03:58	01:00:33	4:08:42		18	WU20		4
	Post	Rita	Stadt Emden	1965	2016	00:57:34	00:56:02	01:08:37	01:06:57			4:09:10		51	W50		4
	Dröst	Tobias	FCSO	2000	2016	00:51:12		01:03:44		01:22:02	00:52:27	4:09:25		16	MU20		4
	Hieronimus	Sascha	obw Emden	1997	2016	01:03:53			00:56:38	01:06:42	01:03:19	4:10:32		19	MU20		4
	Adelmund	Stephan	Projekt Ohr	1984	2016	01:03:15	00:59:36	01:14:03	00:54:19			4:11:13		32	M30		4

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Eden	Thorsten	Kreuzfahrten Sinning	1978	2016	01:01:36	01:00:07	01:14:19	00:55:12			4:11:14		38	M30		4
	Boyunga	Klaas	FLICK GMBH	1981	2016	01:01:20		01:10:38	00:54:52	01:05:24		4:12:14		35	M30		4
	Rosemeier	Jillian	Oldenburg	1981	2016	01:01:20		01:10:42	00:54:55	01:05:24		4:12:21		35	W30		4
	Tannen	Siegfried	Stadt Wittmund	1956	2016	01:03:20	01:01:48		00:58:35	01:10:22		4:14:05		60	M60		4
	Warring	Silvia	Fotuna Logabirum	1965	2016	00:59:19		01:14:07	00:54:02	01:06:50		4:14:18		51	W50		4
	Schmitz	Thomas	Meyer Werft	1980	2016	01:04:16		01:13:09	00:54:12		01:02:47	4:14:24		36	M30		4
	Hinzkowski	Benjamin	Realschule Aurich	1984	2016	01:01:34	01:00:03	01:17:05	00:56:22			4:15:04		32	M30		4
	Loesing	Ernst	Team ENERCON	1966	2016	01:02:17	00:59:54	01:16:05	00:57:48			4:16:04		50	M50		4
	Hanssen	Anke	SC Wiesens	1991	2016	01:05:30	01:03:03		00:58:37		01:10:14	4:17:24		25	WHK		4
	Wolbers	Julia	Hartmann Group	1996	2016	01:01:55	00:58:51	01:12:26			01:04:17	4:17:29		20	WHK		4
	Bruns	Melanie	Hartmann Group	1990	2016	01:03:30	01:02:57		00:59:19	01:12:18		4:18:04		26	WHK		4
	Busch	Miriam	Stadt Emden	1971	2016	01:00:13	00:58:57	01:11:46		01:07:13		4:18:09		45	W40		4
	Niskanen	Pirjo	Europahaus Aurich	1983	2016	01:02:27	01:03:31	01:14:38	00:57:36			4:18:12		33	W30		4
	Meyer	Julian	Team AURICHER EIER	1996	2016		00:59:34		00:54:13	01:16:18	01:09:07	4:19:12		20	MHK		4
	Linser	Ulrich	MTV Wittmund	1954	2016	01:02:14		01:14:34	00:57:11		01:05:28	4:19:27		62	M60		4
	Kaucher	Arthur	BBC Chartering GmbH	1991	2016	00:57:22	00:58:51	01:19:12			01:04:40	4:20:05		25	MHK		4
	Lorek	Markus	Intermedt	1978	2016	01:05:22	01:03:03	01:15:21	00:56:31			4:20:17		38	M30		4
	Berckhan	Zinnia	Lauffreff Schafhauser V	1967	2016	01:01:02			01:04:09	01:08:36	01:06:30	4:20:17		49	W40		4
	Janssen	Beate	Klinikum- Emden	1969	2016	01:03:52	01:01:16	01:17:01	00:58:28			4:20:37		47	W40		4
	Ferrichs	Laura	Gymnasium Ulricianum	2000	2016	01:05:00	01:09:11		00:58:33	01:09:17		4:22:01		16	WU20		4
	Weinstock	Andrea	LT TuS Aurich-Ost	1980	2016			01:14:33	00:55:27	01:08:05	01:04:14	4:22:19		36	W30		4
	Bayen	Sandra	Enercon GmbH	1990	2016		01:02:19	01:18:27	00:54:58	01:08:37		4:24:21		26	WHK		4
	Pfister	Jennifer	Alex.-v.-Humboldt-Schu	1997	2016	01:07:02	01:03:01	01:17:25	00:57:59			4:25:27		19	WU20		4
	Koop	Thomas	Grün Weiss Dersum	1967	2016	01:07:01			00:58:21	01:13:10	01:07:00	4:25:32		49	M40		4
	Harken-Rößing	Wilma	WfbM Aurich Wittmund	1965	2016	01:05:08	01:03:59	01:16:02	01:01:22			4:26:31		51	W50		4
	Damm	Gudrun	Klinikum- Emden	1973	2016	01:05:01	01:02:43	01:21:14	00:59:01			4:27:59		43	W40		4
	von Freyberg	Nicole	Meyer Werft	1973	2016	01:01:12		01:12:48		01:08:57	01:05:30	4:28:27		43	W40		4
	Brümmer	Helmuth A.	ENOVA	1957	2016	01:06:36	01:01:35	01:19:21	01:01:56			4:29:28		59	M50		4
	Meyer	Karin	Moorerland	1955	2016	01:04:28	01:07:23	01:18:05	00:59:40			4:29:36		61	W60		4
	Boomgaarden	Karin	BZN Beenen	1967	2016	01:05:27	01:05:07	01:19:59	00:59:53			4:30:26		49	W40		4
	Sibbing	Hester	Polizei Esens	1994	2016	01:02:53		01:14:04		01:08:29	01:05:11	4:30:37		22	WHK		4
	Schoneboom	Hans-Günter	Emder LG	1966	2016		01:02:53	01:20:14	00:59:59	01:10:14		4:33:20		50	M50		4
	Smidt	Tim	Meyer Werft	1990	2016			01:21:04	00:48:39	01:14:15	01:09:45	4:33:43		26	MHK		4
	Heimann	Lukas	MTV Wittmund	1998	2016	01:08:43		01:18:19	00:58:10		01:10:11	4:35:23		18	MU20		4
	Klapproth	Elvira	Borromäus Hospital Lee	1966	2016	01:08:59	01:05:54	01:20:25	01:00:51			4:36:09		50	W50		4
	Buss	Herbert	SV Stikelkamp	1959	2016			01:19:49	00:58:40	01:11:28	01:06:46	4:36:43		57	M50		4
	Rebnau	Monika	Sparkasse Emden	1966	2016	01:03:07	01:04:12			01:15:51	01:14:26	4:37:36		50	W50		4
	Rose	Sylke	Ostfriesische Volksbank	1971	2016	01:08:11	01:05:15	01:23:09	01:01:21			4:37:56		45	W40		4
	Klaassen	Marco	keine	1981	2016	01:02:11		01:18:40		01:09:48	01:07:22	4:38:01		35	M30		4
	Hansen	Beate	Ing.-Büro Post&Hansen	1967	2016	01:07:32			01:00:36	01:18:14	01:12:58	4:39:20		49	W40		4
	Kolthoff	Linda	FCSO	2001	2016			01:22:33	00:58:05	01:13:19	01:06:52	4:40:49		15	WU20		4
	Janssen	Heiko	WfbM Aurich Wittmund	1974	2016	01:11:52			01:02:50	01:15:33	01:12:00	4:42:15		42	M40		4
	Lixfeld-Sozomeno	Bettina	BBC Chartering GmbH	1967	2016	01:06:14	01:04:56	01:20:18			01:10:48	4:42:16		49	W40		4
	Heitbrink	Hedda	RAè Dr.Fenner Bockhö	1981	2016	01:12:43	01:09:18		01:03:18	01:18:26		4:43:45		35	W30		4
	Seeanner	Julia	Obw Emden	1988	2016	01:10:09		01:19:49	01:01:10	01:13:58		4:45:06		28	WHK		4
	Münzel	Anne	GS Leezdorf	1977	2016	01:09:29			01:02:25	01:18:20	01:15:49	4:46:03		39	W30		4
	Groen	Elias	FCSO	2000	2016	01:06:59		01:23:26	01:03:51		01:11:49	4:46:05		16	MU20		4
	Südhoff	Roswitha	OVb Emden/Leer	1964	2016	01:08:12		01:23:09	01:01:21		01:13:35	4:46:17		52	W50		4
	Klock	Michael	Team Winterhoff Buss	1981	2016	01:07:10	01:05:51	01:20:36			01:12:44	4:46:21		35	M30		4
	Schweers	Svenja	Hartmann Group	1983	2016	01:08:46	01:08:43	01:25:42	01:03:16			4:46:27		33	W30		4
	Achtermann	Hartmut	Eben-Eser	1951	2016	01:07:28		01:26:18	01:01:04	01:13:40		4:48:30		65	M60		4
	Boenigk	Gianluca	Hartmann Group	1991	2016	01:07:20	01:08:01	01:14:50			01:19:42	4:49:53		25	MHK		4
	Nentwich	Kaja	Briese Schifffahrt	1988	2016	01:04:43			01:09:07	01:21:33	01:15:43	4:51:06		28	WHK		4
	Wielenberg	Britta	Elisabethfehn	1981	2016	01:09:03	01:09:04	01:27:25	01:07:09			4:52:41		35	W30		4
	Müller	Dennis	Meyer Werft	1987	2016	01:07:41		01:21:03		01:14:16	01:09:46	4:52:46		29	MHK		4
	Tammen	Andreas	WfbM Aurich Wittmund	1985	2016	01:08:41	01:08:04			01:21:23	01:14:56	4:53:04		31	M30		4
	Tjardes	Karl	MTV Wittmund	1944	2016			01:24:32	01:03:20	01:14:19	01:11:16	4:53:27		72	M70		4
	Bruns	Hella	Briese Schifffahrt	1985	2016	01:06:49	01:06:25	01:25:18			01:15:56	4:54:28		31	W30		4
	Stroeve	Claudia	LIBERTY BLUE	1975	2016	01:16:26	01:11:32		01:08:08		01:19:29	4:55:35		41	W40		4
	Christoffers	Sarah	TG Wiesmoor	1991	2016	01:15:53	01:10:00	01:25:38	01:04:09			4:55:40		25	WHK		4
	Daniels	Imke	Finanzamt Aurich	1992	2016	01:16:39	01:11:17	01:30:21	01:04:05			5:02:22		24	WHK		4
	van Zadel	Sarah	Orgadata AG	1992	2016	01:12:32	01:08:37			01:24:24	01:17:34	5:03:07		24	WHK		4
	Schmidt	Sina-Kathrin	Hartmann Group	1996	2016	01:17:20			01:06:19	01:23:23	01:17:03	5:04:05		20	WHK		4
	Endjer	Ilse Theda	Heinen Freezing	1966	2016	01:14:56	01:13:01	01:29:03	01:08:04			5:05:04		50	W50		4
	Maahs	Kathrin		1982	2016	01:10:42	01:10:42	01:25:40			01:18:18	5:05:22		34	W30		4
	Dunkmann	Luisa Elena	Gymnasium Ulricianum	2001	2016	01:11:38	01:11:18	01:37:53	01:05:44			5:06:33		15	WU20		4
	Junkhoff	Wilma	Lauffreff	1970	2016	01:18:53	01:15:34		01:09:52		01:22:33	5:06:52		46	W40		4
	Rosenkranz	Ines	Alex.-v.-Humboldt-Schu	1985	2016			01:27:51	01:07:02	01:20:54	01:12:50	5:08:37		31	W30		4
	Schaefer	Birgit	Wilhelmshaven	1969	2016	01:14:37	01:11:41	01:26:07			01:17:36	5:10:01		47	W40		4
	Stedtler	Vivian Marie	IGS Waldschule Egels	2002	2016	01:24:36	01:22:51		01:02:12		01:21:41	5:11:20		14	WU20		4
	Grave	Ann-Kathrin	Braasch	1997	2016	01:14:57		01:31:32	01:07:32		01:18:47	5:12:48		19	WU20		4

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km	64,70					
	Busch	Maria	Team aurident	1983	2016	01:16:12	01:13:13			01:26:37	01:18:16	5:14:18		33	W30		4
	Murra	Hanno	obw Emden	1993	2016			01:31:23	01:07:00	01:20:39	01:15:21	5:14:23		23	MHK		4
	Frühling	Anna	Gymnasium Ulricianum	1999	2016		01:09:59	01:30:40	01:09:56	01:25:27		5:16:02		17	WU20		4
	Grüssing	Ettje	SC Rhauferhn	1954	2016	01:20:08	01:15:14	01:33:07	01:13:13			5:21:42		62	W60		4
	Bönisch	Michael	Wreesmann GmbH & C	1971	2016			01:42:34	01:07:33	01:20:32	01:12:21	5:23:00		45	M40		4
	Westdörp	Hinrich	obw Emden	1986	2016	01:08:24	01:09:12	01:34:50		01:35:02		5:27:28		30	M30		4
	Zirpins	Burghardt	obw Emden	1957	2016		01:16:11	01:37:50	01:10:02	01:28:14		5:32:17		59	M50		4
	Freundenberg	Sabine	Dabei is alles	1966	2016	01:24:44	01:20:54	01:37:15	01:13:15			5:36:08		50	W50		4
	Müller	Timo	Team Möbel Buss	1992	2016	01:19:57		01:31:53		01:29:17	01:20:09	5:41:16		24	MHK		4
	Bartels	Klaus	LT Oldenburg Süd	1969	2016		00:00:00	00:00:00		00:00:00		0:00:00		47	M40		3
	Bergmann	Lars	BW Filsum	1982	2016		00:00:00		00:00:00		00:00:00	0:00:00		34	M30		3
	Fisser	Rolf	TSV Holtrop	1972	2016	00:00:00			00:00:00		00:00:00	0:00:00		44	M40		3
	Grüger	Marco	Moormerland	1974	2016	00:00:00			00:00:00	00:00:00		0:00:00		42	M40		3
	Jürgens	Carsten		1971	2016		00:00:00				00:00:00	0:00:00		45	M40		3
	Kirchhoff	Jens	Stadt Emden	1980	2016	00:00:00			00:00:00	00:00:00		0:00:00		36	M30		3
	Koens	Sven	SV Holtland	1992	2016		00:00:00	00:00:00	00:00:00			0:00:00		24	MHK		3
	Olthoff	Uwe	Emder LG	1968	2016				00:00:00	00:00:00	00:00:00	0:00:00		48	M40		3
	Redenius	Meno		1963	2016				00:00:00	00:00:00	00:00:00	0:00:00		53	M50		3
	Roos	Thomas		1968	2016		00:00:00	00:00:00			00:00:00	0:00:00		48	M40		3
	Schmidt	Jörn	MTV Aurich	1984	2016		00:00:00	00:00:00		00:00:00		0:00:00		32	M30		3
	Berends	Lars	SC Wiesens	2003	2016				00:00:00	00:00:00	00:00:00	0:00:00		13	MU20		3
	Biskup	Max	Gymnasium Ulricianum	2000	2016		00:00:00		00:00:00	00:00:00		0:00:00		16	MU20		3
	Beekmann	Karsten	Lukaskirche Walle	1977	2016	00:00:00			00:00:00		00:00:00	0:00:00		39	W30		3
	Eiken	Ulrike	Reiterverein Popens	1982	2016	00:00:00	00:00:00			00:00:00		0:00:00		34	W30		3
	Graef	Merle		1989	2016		00:00:00	00:00:00	00:00:00			0:00:00		27	WHK		3
	Schipper	Jutta	TV Marienhaf	1966	2016	00:00:00		00:00:00			00:00:00	0:00:00		50	W50		3
	Speckmann	Lisa	Druckerei Meyer Aurich	1990	2016			00:00:00	00:00:00		00:00:00	0:00:00		26	WHK		3
	Bekker	Jessica	UEG Leer	2000	2016	00:00:00			00:00:00	00:00:00		0:00:00		16	WU20		3
	Janke	Anna-Maria	One and a half Cop	1997	2016		00:59:32			01:07:24	00:00:00	2:06:56		19	WU20		3
	Steffens	Derk	Emder LG	2001	2016	00:38:39	00:37:57				00:52:06	2:08:42		15	MU20		3
	de Buhr	Jürgen	"TaktLwGrp""R""	1963	2016	00:44:28	00:41:44	00:51:37				2:17:49		53	M50		3
	Böhme	Linda	obw Emden	1982	2016	00:49:26	00:46:55		00:45:10			2:21:31		34	W30		3
	Collmann	Carsten	Hartmann Group	1977	2016	00:49:16			00:43:08	00:52:54		2:25:18		39	M30		3
	Müller	Jann	Gymnasium Ulricianum	2000	2016	00:45:45	00:44:33	00:55:45				2:26:03		16	MU20		3
	Dickmann	Norbert	Nordland Papier	1968	2016	00:49:09			00:44:46		00:52:50	2:26:45		48	M40		3
	Rößing	Tammo	LG Harlingerland	1997	2016	00:44:50		00:54:43			00:47:46	2:27:19		19	MU20		3
	Hübner	Dennis	Finkenburgschule Wittn	1978	2016	00:47:31	00:47:23	00:55:33				2:30:27		38	M30		3
	de Buhr	Enno	FC SO S2	1997	2016	00:49:28	00:44:55			00:56:35		2:30:58		19	MU20		3
	Damm	Ralf	Emder LG	1974	2016	00:47:53		00:59:56	00:45:02			2:32:51		42	M40		3
	Janßen	Stefan	HSM Wirtschaftsprüfer	1970	2016	00:50:55	00:48:39				00:54:07	2:33:41		46	M40		3
	Baudein	Dirk	Nordland Papier	1960	2016	00:48:23			00:44:45	01:01:19		2:34:27		56	M50		3
	Scudlo	Enrico	Braasch	1973	2016	00:47:44		01:01:17	00:45:48			2:34:49		43	M40		3
	Hemken	Jan	LG Fliegerhorst Upjeve	1966	2016	00:52:37	00:52:04			00:57:33		2:42:14		50	M50		3
	Warnecke	Dirk	ENOVA	1969	2016	00:51:52				00:56:23	00:54:32	2:42:47		47	M40		3
	von der Assen	Ralf	Team Laufrausch e.V.	1981	2016			01:01:28	00:48:38		00:53:46	2:43:52		35	M30		3
	Beute	Bart	ELV Elektronik AG/eQ-	1975	2016	00:51:00	00:51:04	01:02:49				2:44:53		41	M40		3
	Ebel	Carsten	Emden	1966	2016	00:51:38	00:50:43	01:02:34				2:44:55		50	M50		3
	Hesselbrock	Guido	Nordland Papier	1980	2016		00:58:43		00:50:33		00:57:41	2:46:57		36	M30		3
	Domschky	Christian	BZN Beenen	1979	2016	00:48:21	00:48:59				01:09:48	2:47:08		37	M30		3
	Petrusch	Anja	Team ENERCON	1986	2016	00:55:03		01:04:48	00:49:33			2:49:24		30	W30		3
	Krull	Hinrich	LT TuS Aurich-Ost	1976	2016	00:53:14	00:51:56	01:04:37				2:49:47		40	M40		3
	Hartwiger	Björn	LT TuRa 07 Westhaud	1977	2016	00:54:26	00:51:38	01:04:23				2:50:27		39	M30		3
	Tammen	Alfred	Bünting Tee	1965	2016	00:52:11	00:51:15	01:07:19				2:50:45		51	M50		3
	Morshead	Joshua	MARIKO GmbH	1983	2016	00:53:29		01:02:24			00:55:40	2:51:33		33	M30		3
	Rostgaard	Kathrine	BBC Chartering GmbH	1986	2016	00:56:50		01:02:15	00:52:55			2:52:00		30	W30		3
	Meyer	Hans-Jürgen	Wreesmann GmbH & C	1968	2016	00:56:25	00:51:40	01:04:08				2:52:13		48	M40		3
	Gohlke	Anika	Bockhorn	1982	2016	01:14:37	00:49:47		00:48:32			2:52:56		34	W30		3
	Korporal	Horst	FC Stern Völlenerfehn	1966	2016	00:54:20	00:54:02	01:04:59				2:53:21		50	M50		3
	Sandersfeld	Johann	LG Uplengen	1955	2016	00:51:34				01:04:04	00:57:47	2:53:25		61	M60		3
	Kampen	Marcel	Hartmann Group	1992	2016	00:53:14	00:51:53	01:09:15				2:54:22		24	MHK		3
	Gerdes	Arnim	Störtebeker Loopers TV	1969	2016	00:46:16	00:45:56	01:22:44				2:54:56		47	M40		3
	de Buhr	Herta	Fortuna Logabirum	1960	2016	00:54:32	00:53:11	01:08:50				2:56:33		56	W50		3
	Witte	Maik	FC SO	2001	2016				00:54:22	01:02:13	01:00:08	2:56:43		15	MU20		3
	Alberts-Tammena	Maite	obw Emden	1997	2016		01:00:27		00:53:08		01:03:41	2:57:16		19	WU20		3
	Meyer	Stefan	Team ENERCON	1978	2016	00:59:37	00:56:10				01:01:39	2:57:26		38	M30		3
	Stolte	Hannah	Gymnasium Ulricianum	1998	2016	01:03:34	00:59:44		00:54:23			2:57:41		18	WU20		3
	Bohlen	Antje	TV Friedeburg	1987	2016		01:00:10		00:54:50		01:02:48	2:57:48		29	WHK		3
	Heyen	Dietmar	BSG EWE	1972	2016			01:10:52	00:49:20		00:57:47	2:57:59		44	M40		3
	Rull	Reiner	Emder Werft & Dock Gr	1969	2016	00:54:34	00:54:53	01:10:26				2:59:53		47	M40		3
	Dassel	Bastian	STRABAG AG	1990	2016	00:47:42	00:45:21	01:27:32				3:00:35		26	MHK		3

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durch- schnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Meyer	Miriam	Meyer Werft	1993	2016	00:59:13	00:57:13				01:05:08	3:01:34		23	WHK		3
	Janssen	Imke	LT TuS Aurich-Ost	1976	2016	00:55:09				01:04:12	01:02:29	3:01:50		40	W40		3
	Lentz	Joachim	Team ENERCON	1968	2016	00:56:37	00:55:18	01:10:10				3:02:05		48	M40		3
	Rieken	Thomas	WG Strukelje	1988	2016	01:05:49			00:56:16		01:02:14	3:04:19		28	MHK		3
	Franzisky	Helge	VitaAkademie	1966	2016	00:57:43	00:58:24			01:08:28		3:04:35		50	M50		3
	Schneider	Heike	Ostfriesische Volksbank	1967	2016		01:02:32		00:56:50		01:05:28	3:04:50		49	W40		3
	Reimann	Klaus	Nordland Papier	1968	2016	00:58:53	00:56:09	01:09:58				3:05:00		48	M40		3
	Kuwan	Kerstin	EWE-Wattloopers	1968	2016	00:58:53	00:56:10	01:09:58				3:05:01		48	W40		3
	Röben	Matthias	Polizei Aurich	1971	2016	00:59:16	00:57:18	01:09:20				3:05:54		45	M40		3
	Meinders	Jens	Leer	1970	2016	01:01:37	00:57:10	01:08:48				3:07:35		46	M40		3
	Buhr	Detlef	Bünting Tee	1977	2016	00:56:07		01:10:29			01:02:03	3:08:39		39	M30		3
	Weber	Birgit	Emder Zeitung	1958	2016				00:55:30	01:08:07	01:05:15	3:08:52		58	W50		3
	Eilts	Harald	EWE-Wattloopers	1964	2016				00:55:28	01:08:41	01:05:42	3:09:51		52	M50		3
	Schlathöf	Claudia	Onkologie Unter Ems	1975	2016	01:05:46	01:06:09		00:57:59			3:09:54		41	W40		3
	Bakker	Martina	Klinikum Leer	1965	2016	01:00:48	00:59:50			01:10:24		3:11:02		51	W50		3
	Uffenbrink	Katja	Wittmund	1972	2016	00:59:55	00:56:16	01:15:19				3:11:30		44	W40		3
	Stingl	Linus	NIGE	1998	2016				00:56:35	01:10:41	01:04:37	3:11:53		18	MU20		3
	Rappert	Jan	HSM Wirtschaftsprüfer	1994	2016	00:55:20		01:11:45		01:05:09		3:12:14		22	MHK		3
	Toben	Ralf	"TaktLwGrp ""R""	1971	2016				01:00:21	01:09:45	01:03:37	3:13:43		45	M40		3
	Sonnenberg	Nils	Seefahrtsschule Leer	1987	2016	00:57:18		01:12:14		01:04:57		3:14:29		29	MHK		3
	Manthey	Karl-Heinz	Bents Büro GmbH	1969	2016	01:02:51	01:00:57	01:11:20				3:15:08		47	M40		3
	Hampton	Wade	BBC Chartering GmbH	1982	2016	00:56:16	01:00:34	01:19:02				3:15:52		34	M30		3
	Hofmann	Falk	Nordland Papier	1989	2016	01:01:23		01:11:55			01:03:55	3:17:13		27	MHK		3
	Karpow	Pascal		1995	2016	01:05:41	01:01:49				01:11:05	3:18:35		21	MHK		3
	Hildbrands	Rebekka	FCSO	2000	2016				00:58:09	01:13:24	01:07:39	3:19:12		16	WU20		3
	Saathoff	Frank	TV Norden	1970	2016	01:02:02		01:15:25			01:01:55	3:19:22		46	M40		3
	Janssen	Ingrid	WfBM Aurich Wittmund	1968	2016	00:57:58			01:00:06		01:21:25	3:19:29		48	W40		3
	Gembler	Johann	Schuhhaus Gembler	1960	2016	01:02:19	01:00:47	01:17:01				3:20:07		56	M50		3
	Campe	Julian	ENOVA	1984	2016	00:59:45		01:14:51			01:06:23	3:20:59		32	M30		3
	Ergin	Leyla	BBC Chartering GmbH	1984	2016	01:02:42				01:11:52	01:06:25	3:20:59		32	W30		3
	Paeben	Malte	Realschule Aurich	1999	2016	01:05:36		01:18:43	00:57:24			3:21:43		17	MU20		3
	Schmidt	Angela	obw Emden	1961	2016	00:57:33		01:10:10		01:14:23		3:22:06		55	W50		3
	Tieben	Marietta		1962	2016		01:06:43		01:01:53		01:13:34	3:22:10		54	W50		3
	Wybrands	Björn	FCSO	2001	2016		01:08:40		01:01:54		01:12:08	3:22:42		15	MU20		3
	Diamantopoulos	Angelos	ENOVA	1983	2016			01:17:07	00:58:04	01:07:38		3:22:49		33	M30		3
	Willers	Johann	Wasserschutzpolizei Er	1961	2016	01:04:04		01:20:16	00:58:44			3:23:04		55	M50		3
	Meents	Marion	TUS Leerhufe-Hovel e.	1967	2016	01:05:55	01:03:15	01:17:01				3:26:11		49	W40		3
	Seifert	Rieke	Gymnasium Ulricianum	1985	2016		01:09:07		01:01:51		01:15:49	3:26:47		31	W30		3
	Buss	Günter	MTV Aurich	1971	2016	01:05:13	01:04:51	01:17:23				3:27:27		45	M40		3
	Runde	Rainer	LG TV Bunde	1971	2016		01:06:04	01:13:31			01:08:26	3:28:01		45	M40		3
	Harms	Luca	IGS Waldschule Egels	2003	2016	01:03:23	01:05:08	01:19:30				3:28:01		13	MU20		3
	Kharchanka	Andrei	BBC Chartering GmbH	1978	2016	01:02:42	01:14:58			01:11:51		3:29:31		38	M30		3
	Biermann	Stefan	Braasch	1992	2016			01:19:54	00:56:39	01:13:05		3:29:38		24	MHK		3
	Bakker	Norbert	Team Wilts	1964	2016	01:08:14	01:03:08	01:19:36				3:30:58		52	M50		3
	Pospasil	Marie	Gymnasium Ulricianum	1999	2016	01:14:40	01:10:17		01:07:19			3:32:16		17	WU20		3
	Stroman	Diedrich	obw Emden	1984	2016	01:03:21		01:15:49		01:14:23		3:33:33		32	M30		3
	Thomann	Matthias	ENOVA	1971	2016			01:26:03	00:58:32	01:09:27		3:34:02		45	M40		3
	Heuer	Antonia	obw Emden	1999	2016			01:31:44	00:44:17	01:20:01		3:36:02		17	WU20		3
	Drieling	Timo	Seefahrtsschule Leer	1993	2016			01:21:48	01:01:39	01:14:34		3:38:01		23	MHK		3
	Griggel	Stefan	Ostfriesische Volksbank	1971	2016		01:15:09		01:06:58		01:17:33	3:39:40		45	M40		3
	Heimann	Sonja	MTV Wittmund	1967	2016	01:11:37		01:23:04	01:05:31			3:40:12		49	W40		3
	Baumann	Ernst	VFB Uplengen	1951	2016	01:08:01	01:08:08	01:24:29				3:40:38		65	M60		3
	Möhlmann	Tom	obw Emden	1996	2016	01:23:06		01:06:00	01:12:42			3:41:48		20	MHK		3
	Kulessa	Luca	FCSO	2000	2016	01:06:59		01:23:27			01:11:52	3:42:18		16	MU20		3
	Ukat	Clara	ENOVA	1995	2016	01:06:44		01:21:22		01:15:07		3:43:13		21	WHK		3
	Wunsch	Tine	obw Emden	1986	2016	01:11:19		01:26:24	01:05:59			3:43:42		30	W30		3
	Post	Johanne	Esens	1953	2016	01:12:02	01:08:15	01:24:29				3:44:46		63	W60		3
	Bruns	Harald	Hartmann Group	1988	2016	01:11:13		01:28:13	01:06:20			3:45:46		28	MHK		3
	Kletzander	Marika	Meyer Werft	1981	2016		01:15:41		01:09:58		01:20:35	3:46:14		35	W30		3
	Schneider	Olga	Hartmann Group	1984	2016	01:13:52	01:07:57				01:24:28	3:46:17		32	W30		3
	Böge-Vogt	Kerstin	Lebenshilfe Leer	1961	2016	01:15:02	01:10:30	01:26:58				3:52:30		55	W50		3
	Körber	Kristin	Leer	1964	2016	01:18:30			01:08:06	01:26:10		3:52:46		52	W50		3
	Birkheuer	Sigrun	MVZ für Chirurgie und U	1961	2016	01:19:38	01:10:58	01:30:29				4:01:05		55	W50		3
	Sülberg	Alexander	Leerort	1966	2016	01:15:24		01:33:11			01:13:41	4:02:16		50	M50		3
	Brust	Michelle	Utarp	1993	2016	01:22:02	01:14:46	01:29:53				4:06:41		23	WHK		3
	Baumann	Katja	MARIKO GmbH	1977	2016	01:17:23		01:29:55		01:21:34		4:08:52		39	W30		3
	Kielmann	Taika	obw Emden	1993	2016	01:20:23	01:19:14			01:32:55		4:12:32		23	WHK		3
	Soos	Erich	EWE-Wattloopers	1943	2016	01:13:04	01:12:16	01:51:33				4:16:53		73	M70		3
	Kruse	Angelina	UEG- Leer	1996	2016	01:20:11				01:30:44	01:26:23	4:17:18		20	WHK		3
	Liebl	Thomas	obw Emden	1975	2016	01:27:17			01:19:58		01:31:11	4:18:26		41	M40		3
	Trauernicht	Nina	Laufen und Meer	1980	2016	01:24:47	01:23:44	01:46:52				4:35:23		36	W30		3

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Blattgerste	Herget	Leer	1974	2016				00:00:00		00:00:00	0:00:00		42	M40		2
	Brandt	Matthias	VFL	1980	2016			00:00:00	00:00:00			0:00:00		36	M30		2
	Buhr	Markus	SV Stielkamp	1976	2016		00:00:00		00:00:00			0:00:00		40	M40		2
	Buss	Heiner	Buss & Buss	1962	2016	00:00:00		00:00:00				0:00:00		54	M50		2
	Buss	Timo	Peter Böhle	1974	2016	00:00:00					00:00:00	0:00:00		42	M40		2
	Busse	Peter	Emder LG	1965	2016				00:00:00		00:00:00	0:00:00		51	M50		2
	Büttner	Hans-Joachim		1957	2016	00:00:00	00:00:00					0:00:00		59	M50		2
	Eggers	Hayo	Emder LG	1965	2016	00:00:00				00:00:00		0:00:00		51	M50		2
	Eilerts	Jürgen	SC Wiesens	1966	2016			00:00:00	00:00:00			0:00:00		50	M50		2
	Harms	Thomas	Aurich-Extum	1967	2016	00:00:00	00:00:00					0:00:00		49	M40		2
	Heeren	Arno		1983	2016	00:00:00	00:00:00					0:00:00		33	M30		2
	Janssen	Erik	LT TuS Aurich-Ost	1971	2016			00:00:00	00:00:00			0:00:00		45	M40		2
	Janßen	Thomas		1964	2016				00:00:00	00:00:00		0:00:00		52	M50		2
	Janssen-de Wall	Jan	Zahnmedizin Aurich	1972	2016				00:00:00	00:00:00		0:00:00		44	M40		2
	Kalski	Thomas	MTV Aurich	1971	2016					00:00:00	00:00:00	0:00:00		45	M40		2
	Kappernagel	Karsten			2016			00:00:00	00:00:00			0:00:00			M		2
	Kischlat	Carsten	Fielmann	1987	2016	00:00:00					00:00:00	0:00:00		29	MHK		2
	Koch	Bruno	Heidendom Runners	1994	2016	00:00:00			00:00:00			0:00:00		22	MHK		2
	Krüger	Enno		1990	2016		00:00:00		00:00:00			0:00:00		26	MHK		2
	Krull	Werner	Kanalratten Ilow	1966	2016				00:00:00	00:00:00		0:00:00		50	M50		2
	Kruse	Bernd	SV Stielkamp	1967	2016		00:00:00		00:00:00			0:00:00		49	M40		2
	Lehmann	Ewald	LG Ostfriesland	1954	2016				00:00:00	00:00:00		0:00:00		62	M60		2
	Lienemann	Credo	Lienemann Hörwelt	1974	2016		00:00:00	00:00:00				0:00:00		42	M40		2
	Meyer	Holger		1987	2016				00:00:00		00:00:00	0:00:00		29	MHK		2
	Müller	Magnus	VfL Ockenhausen	1941	2016				00:00:00		00:00:00	0:00:00		75	M70		2
	Rademacher	Volker		1966	2016			00:00:00	00:00:00			0:00:00		50	M50		2
	Rehfeldt	Bernd	MBR Running	1945	2016				00:00:00		00:00:00	0:00:00		71	M70		2
	Rieken	Volker	LT Schaffhausener Wal	1967	2016				00:00:00	00:00:00		0:00:00		49	M40		2
	Ringering	Eduard	de Vedreiten	1966	2016				00:00:00	00:00:00		0:00:00		50	M50		2
	Ross	Armin	Zahnmedizin Aurich	1982	2016				00:00:00	00:00:00		0:00:00		34	M30		2
	Ruesink	Hans	Söbbeke	1987	2016				00:00:00		00:00:00	0:00:00		29	MHK		2
	Schmidt	Jakob	KS Gleitlager	1965	2016				00:00:00		00:00:00	0:00:00		51	M50		2
	Schnorrenberg	Nico		1996	2016	00:00:00				00:00:00		0:00:00		20	WHK		2
	Schröder	Ewald	TuRa 07 Westrauderfer	1948	2016	00:00:00		00:00:00				0:00:00		68	M60		2
	Strangmann	Hans-Gerd	LG Wilhelmshaven	1952	2016				00:00:00		00:00:00	0:00:00		64	M60		2
	Uden	Alwin	Großefehn	1965	2016		00:00:00		00:00:00			0:00:00		51	M50		2
	Weigant	Eugen		1982	2016	00:00:00		00:00:00				0:00:00		34	M30		2
	Wiete	Horst	TuS Weene	1970	2016				00:00:00	00:00:00		0:00:00		46	M40		2
	Heiken	Ingo	SV Ochtersum	1970	2016			00:00:00		00:00:00		0:00:00		46	M40		2
	Hertz-Kleptow	Heinz-Hermann	LHV Wittmund	1978	2016				00:00:00	00:00:00		0:00:00		38	M30		2
	Dirksen	Joost	JFV Jever	1999	2016				00:00:00	00:00:00		0:00:00		17	MU20		2
	Harms	Jan Simon	AURBS	2000	2016	00:00:00	00:00:00					0:00:00		16	MU20		2
	Nimz	Lukas	VfL Rastede	1997	2016				00:00:00		00:00:00	0:00:00		19	MU20		2
	Robben	Bennet	Leer	2004	2016	00:00:00	00:00:00					0:00:00		12	MU20		2
	Saathoff	Marcel		2000	2016				00:00:00		00:00:00	0:00:00		16	MU20		2
	Thies	Janic	Alex.-v.-Humboldt-Sch	1997	2016	00:00:00				00:00:00		0:00:00		19	MU20		2
	Voepel	Tim	Fischer-Crew	2001	2016	00:00:00		00:00:00				0:00:00		15	MU20		2
	Wilmering	Mauritz	NIGE	2000	2016				00:00:00		00:00:00	0:00:00		16	MU20		2
	Becker	Anna-Lena	WSV Harle	1995	2016				00:00:00		00:00:00	0:00:00		21	WHK		2
	Büscher	Mareike	LG Wir reißen ab	1991	2016		00:00:00		00:00:00			0:00:00		25	WHK		2
	Busecke	Grit	Leer-Loga	1967	2016	00:00:00	00:00:00					0:00:00		49	W40		2
	Cornelius	Melanie	NIGE	1990	2016			00:00:00		00:00:00		0:00:00		26	WHK		2
	de Freese	Marion	IWK Leer	1982	2016	00:00:00	00:00:00					0:00:00		34	W30		2
	de Wall	Tomke	Flick GmbH	1990	2016		00:00:00		00:00:00			0:00:00		26	WHK		2
	Duin	Imke	SV Holtland	1993	2016		00:00:00		00:00:00			0:00:00		23	WHK		2
	Fecht	Niko	SV Holtland	1996	2016		00:00:00				00:00:00	0:00:00		20	WHK		2
	Hakvoort	Myriam	TSV Jahn Carolinensiel	1977	2016				00:00:00		00:00:00	0:00:00		39	W30		2
	Hicken	Thea		1965	2016				00:00:00		00:00:00	0:00:00		51	W50		2
	Höfker	Inka	MTV Aurich	1972	2016		00:00:00		00:00:00			0:00:00		44	W40		2
	Ihnken	Anja	SV Ochtersum	1973	2016					00:00:00	00:00:00	0:00:00		43	W40		2
	Jütting	Frauke	Bundeswehr	1988	2016	00:00:00	00:00:00					0:00:00		28	WHK		2
	Klingen	Hannelore	PSV Köln	1960	2016				00:00:00		00:00:00	0:00:00		56	W50		2
	Köhler	Sandra		1977	2016					00:00:00	00:00:00	0:00:00		39	W30		2
	Konen	Carmen		1983	2016		00:00:00		00:00:00			0:00:00		33	W30		2
	Kruse	Aiske	TuRa 07 Westrauderfer	1968	2016		00:00:00				00:00:00	0:00:00		48	W40		2
	Müller	Karen		1963	2016		00:00:00		00:00:00			0:00:00		53	W50		2
	Rabenstein	Stina	Padalogie Rabenstein	1977	2016		00:00:00		00:00:00			0:00:00		39	W30		2
	Roskam	Kirsten	HR 4 You	1969	2016		00:00:00		00:00:00			0:00:00		47	W40		2
	Samuels	Meta	Lukaskirche Walle	1964	2016				00:00:00		00:00:00	0:00:00		52	W50		2
	Schwitters	Emely	Aurich	1981	2016				00:00:00	00:00:00		0:00:00		35	W30		2

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Selsen	Alina	Freie Turnerschaft Mün	1989	2016					00:00:00	00:00:00	0:00:00		27	WHK		2
	Sobotta	Ramona	LG Fliegerhorst Upjever	1980	2016		00:00:00			00:00:00		0:00:00		36	W30		2
	Ansheit	Mareike	Fortuna Logabirum	1997	2016	00:00:00		00:00:00				0:00:00		19	WU20		2
	Eschen	Amelie-Sophie	BBS Aurich	1997	2016		00:00:00		00:00:00			0:00:00		19	WU20		2
	Haschenburger	Julia	Vareler TB	2002	2016		00:00:00		00:00:00			0:00:00		14	WU20		2
	Hillers	Talke	Alex.-v.-Humboldt-Sch	1998	2016				00:00:00	00:00:00		0:00:00		18	WU20		2
	Hippen	Hanna		2002	2016				00:00:00	00:00:00		0:00:00		14	WU20		2
	Höfker	Zoe	MTV Aurich	1999	2016		00:00:00		00:00:00			0:00:00		17	WU20		2
	Neitermeier	Lea	Gymnasium Aurich	2000	2016					00:00:00	00:00:00	0:00:00		16	WU20		2
	Robin	Wilhelm	Nordland Papier	1960	2016		00:00:00	01:11:25				1:11:25		56	M50		2
	Gerdes	Friedrich	LG Ostfriesland	1967	2016	00:43:14	00:42:23					1:25:37		49	M40		2
	Menke	Sven	KdoSES	1986	2016	00:44:27	00:42:00					1:26:27		30	M30		2
	Smid	Nanke	SC Concordia Ihrhove	2000	2016				00:38:30		00:51:05	1:29:35		16	WU20		2
	Buß	Timo	RVB Aurich/Uplengen	1984	2016	00:46:40	00:45:21					1:32:01		32	M30		2
	Monnerjahn	Hauke	Gymnasium Ulricianum	1999	2016	00:45:34	00:46:58					1:32:32		17	MU20		2
	Hoffmann	Marec	Team Wilts	1998	2016	00:49:25	00:43:08					1:32:33		18	MU20		2
	Oejen	Dikmar	Baptisten Firrel	1976	2016	00:48:10	00:44:48					1:32:58		40	M40		2
	Ferguson	Conor	ENOVA	1982	2016				00:44:37		00:50:27	1:35:04		34	M30		2
	Goldenstein	Mark	Onno Behrends GmbH	1981	2016	00:50:42	00:47:24					1:38:06		35	M30		2
	Kloppenburger	Arnold	LG Uplengen	1967	2016	00:49:25	00:48:43					1:38:08		49	M40		2
	Bauer	Rolf	Nordland Papier	1968	2016	00:49:44			00:48:28			1:38:12		48	M40		2
	de Freese	Frank	EWE-Wattloopers	1982	2016	00:48:37	00:50:19					1:38:56		34	M30		2
	von Felde	Janek	NIGE	1998	2016					00:51:19	00:48:28	1:39:47		18	MU20		2
	Hoogestraat	Nils	Ostfriesische Volksbank	1990	2016	00:47:45				00:53:17		1:41:02		26	MHK		2
	Hesse	Walter	Orgadata AG	1976	2016	00:48:40			00:54:08			1:42:48		40	M40		2
	Hinrichs	Enno	LG Großefehn	1961	2016	00:48:35			00:48:35		00:54:34	1:43:09		55	M50		2
	Kässens	Hermann-Josef	Nordland Papier	1989	2016	00:49:47				00:55:45		1:45:32		27	MHK		2
	Schoormann	Lucas	Ostfriesische Volksbank	1994	2016				00:48:51		00:58:03	1:46:54		22	MHK		2
	Kleen	André	RVB Aurich/Uplengen	1983	2016	00:44:21		01:03:37				1:47:58		33	M30		2
	Schnell	David	Seefahrtsschule Leer	1990	2016				00:51:01		00:58:01	1:49:02		26	MHK		2
	Janssen	Bernd	Emder LG	1965	2016	00:51:18					00:58:39	1:49:57		51	M50		2
	Foorden	Sandra	Lauftreff Sande	1967	2016	00:56:37	00:54:00					1:50:37		49	W40		2
	Jabben	Folkert	"TaktLwGrp ""R""	1997	2016	00:55:42	00:55:51					1:51:33		19	MU20		2
	Timmer	Simeon	BBS2 Leer	1999	2016	00:56:39	00:55:20					1:51:59		17	MU20		2
	Leising	Rainer	Weener	1976	2016	00:57:15	00:54:52					1:52:07		40	M40		2
	Heitmann	Marten	UEG Leer	1999	2016	00:57:15	00:54:52					1:52:07		17	MU20		2
	Schipper	Uwe	NV-Versicherungen	1988	2016	01:00:59					00:51:28	1:52:27		28	MHK		2
	Adams	Günther	Schirum	1965	2016	00:51:24		01:02:19				1:53:43		51	M50		2
	Dirks	Enno	Störtebeker Loopers TV	2006	2016		00:57:55		00:55:56			1:53:51		10	MU20		2
	Gornitzka	Peter	Polizei Leer	1969	2016	00:58:44	00:55:31					1:54:15		47	M40		2
	Mahn	Merten	Seefahrtsschule Leer	1993	2016	01:00:45			00:54:06			1:54:51		23	MHK		2
	Eckert	Katrin	Magdeburg	1964	2016	01:00:25			00:54:42			1:55:07		52	W50		2
	Freese	Michael	EWE-Wattloopers	1973	2016	01:01:13			00:54:59			1:56:12		43	M40		2
	Betker	Steven	Realschule Aurich	1998	2016	00:54:19	01:01:53					1:56:12		18	MU20		2
	Henninga	Eike	Raiffeisenbank eG, Mod	1991	2016	00:51:17		01:05:08				1:56:25		25	MHK		2
	Veldhuis	Hendrik	IGS Moormerland	1988	2016	01:01:53			00:55:27			1:57:20		28	MHK		2
	Janssen	Claudia	TV Norden	1980	2016	00:48:18					01:09:19	1:57:37		36	W30		2
	Lienemann	Mareke	LT TuS Aurich-Ost	1987	2016	01:00:48	00:57:21					1:58:09		29	WHK		2
	Caicedo	Sebastian	Gymnasium Ulricianum	1997	2016	01:00:01	00:58:24					1:58:25		19	MU20		2
	Hallwegh	Lena	NIGE	1999	2016	01:01:06	00:58:08					1:59:14		17	WU20		2
	Ritz	Dajana	Alex.-v.-Humboldt-Sch	1987	2016				00:53:21	01:06:07		1:59:28		29	WHK		2
	Brachthäuser	Joachim	WfbM Aurich Wittmund	1973	2016	01:03:09	00:57:29					2:00:38		43	M40		2
	Janssen	Adda	Wallinghausen	1966	2016	01:00:11	01:00:31					2:00:42		50	W50		2
	Heidenreich	Nils	HSM Wirtschaftsprüfer	1993	2016	00:54:53				01:05:54		2:00:47		23	MHK		2
	Goudschaal	Arno	Die Goudschaal	1980	2016	01:01:16	00:59:41					2:00:57		36	M30		2
	Tautrich	Ingrid	LT SC Ihrhove 07	1982	2016	01:00:38					01:03:40	2:04:18		34	W30		2
	Fleßner	Franziska	Bremen	1985	2016		01:05:21		01:00:27			2:05:48		31	W30		2
	Haas	Carina	Ubbo-Emmius-Klinik	1988	2016			01:14:51	00:51:04			2:05:55		28	WHK		2
	Kieselhorst	Klaus	Team Enercon	1959	2016	01:02:51	01:03:32					2:06:23		57	M50		2
	Eschen	Steffen	One and a half Cop	1991	2016		00:59:32			01:07:24		2:06:56		25	MHK		2
	Boekhoff	Ingo	Rettdienst Leer	1982	2016	01:07:02	00:59:57					2:06:59		34	M30		2
	Brümmer	Günter	Nordland Papier	1966	2016	00:57:48	01:09:46					2:07:34		50	M50		2
	Dorsch	Mario	REHA-ZENTRUM AM N	1972	2016					01:06:38	01:02:04	2:08:42		44	M40		2
	Buurman	Ellen	LT TuS Aurich-Ost	1948	2016	01:05:10	01:04:05					2:09:15		68	W60		2
	Reisige	Peter	Nordland Papier	1971	2016		01:09:14				01:01:05	2:10:19		45	M40		2
	Naatjes	Janna	Leer	1996	2016				00:49:22	01:21:13		2:10:35		20	WHK		2
	Willms	Henning	Hartmann Group	1976	2016		01:07:38		01:03:02			2:10:40		40	M40		2
	Pache	Heiko	Meyer Werft	1970	2016	01:07:17	01:05:10					2:12:27		46	M40		2
	Schashahb		Die Johanniter	1983	2016	01:10:37	01:02:44					2:13:21		33	M30		2
	Feldmann	Uwe	Vffl Berumbur	1967	2016				01:01:55		01:11:32	2:13:27		49	M40		2
	Pietruska	Axel	BSG Volksbank Jever	1953	2016			01:15:25	01:00:20			2:15:45		63	M60		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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Anders	Soeren	Bohlen & Doyen	1986	2016	01:12:30	01:04:45					2:17:15		30	M30		2
	Duin	Joachim Heyo	Waldläufer	1986	2016	01:09:51	01:07:43					2:17:34		30	M30		2
	Mombaerts	Claudia	Emder LG	1969	2016	01:09:10	01:08:55					2:18:05		47	W40		2
	Weißmann	Nastasja	Emder LG	1978	2016	01:09:10	01:08:55					2:18:05		38	W30		2
	Nickel	Christine	Braasch	1972	2016				01:05:38		01:12:39	2:18:17		44	W40		2
	Strasser	Sascha	Mariko GmbH	1988	2016	00:57:18		01:21:39				2:18:57		28	MHK		2
	Waith	Annemarie	Ubbo-Emmius-Klinik	1986	2016			01:20:15	00:58:59			2:19:14		30	W30		2
	Hartmann	Ilka	Hartmann Group	1971	2016				01:03:15	01:17:14		2:20:29		45	W40		2
	Fiedler	Tomma	MCV Halbmond	2001	2016	01:08:29	01:12:23					2:20:52		15	WU20		2
	Hage	Jana Malina	IGS Waldschule Egels	2000	2016	01:05:21					01:16:17	2:21:38		16	WU20		2
	Halle	Martina	NW Steuerberatungsge	1964	2016			01:14:05		01:08:19		2:22:24		52	W50		2
	Gerken	Janna	obw Emden	1996	2016				00:54:23	01:28:31		2:22:54		20	WHK		2
	Luikenga	Sven	Sparkasse LeerWittmur	1996	2016	01:20:00			01:02:57			2:22:57		20	MHK		2
	Prikker	Cathrin	Mariko GmbH	1991	2016	01:15:30	01:09:16					2:24:46		25	WHK		2
	Senger	Anna-Maria	Oberschule Kloster Bar	2002	2016	01:18:04	01:09:10					2:27:14		14	WU20		2
	Ewald	Swen	Seefahrtsschule Leer	1978	2016				01:11:57	01:16:18		2:28:15		38	M30		2
	van Anken	Anneke	Klinikum Leer	1990	2016					01:16:29	01:12:54	2:29:23		26	WHK		2
	Brungers	Maike	Störtebeker Loopers TV	1968	2016			01:22:44			01:09:42	2:32:26		48	W40		2
	Störk	Margret	obw Emden	1967	2016				00:58:29	01:37:02		2:35:31		49	W40		2
	Frerichs	Rieke	LG Großefehn	1948	2016	01:12:36	01:22:59					2:35:35		68	M60		2
	Ebeling	Alischa	Rettungsdienst Leer	1996	2016	01:19:57	01:16:47					2:36:44		20	WHK		2
	Suntken	Julia	Aurich	1994	2016	01:23:16	01:14:43					2:37:59		22	WHK		2
	Witt	Christian	LIBERTY BLUE	1970	2016	01:14:11		01:30:12				2:44:23		46	M40		2
	Nordhaus	Sonja	obw Emden	1987	2016				01:14:15	01:30:35		2:44:50		29	WHK		2
	Seifert	Gitta	Plaggenburg	1967	2016					01:26:36	01:18:40	2:45:16		49	W40		2
	Ubbens	Ineke	Pestalozzische Ween	1983	2016					01:24:11	01:21:25	2:45:36		33	W30		2
	Jänen	Hermann	Nordland Papier	1954	2016			01:23:43			01:22:10	2:45:53		62	M60		2
	Janssen	Thomas	Bünting Tee	1974	2016	01:11:14		01:38:02				2:49:16		42	M40		2
	van der Burg	Leo	MARIKO GMBH	1980	2016			01:28:30		01:21:32		2:50:02		36	M30		2
	Hartema	Alina	obw Emden	1996	2016		01:17:28			01:32:52		2:50:20		20	WHK		2
	Vogel	Manfred	Kurt sien Trupp	1955	2016					01:27:23	01:23:39	2:51:02		61	M60		2
	Müller	Beate	Heinen Freezing	1965	2016	01:27:47	01:28:32					2:56:19		51	W50		2
	Prahn	Darius	obw Emden	1997	2016		01:22:31			01:34:12		2:56:43		19	MU20		2
	Birkheuer	Max	MVZ für Chirurgie und U	1993	2016	01:22:07		01:36:33				2:58:40		23	MHK		2
	Birkheuer	Sebastian	MVZ für Chirurgie und U	1998	2016	01:22:21		01:36:32				2:58:53		18	MU20		2
	Saretzki	Tatjana	Team aurident	1984	2016	01:30:17					01:32:17	3:02:34		32	W30		2
	Westphal	Kai-Christian	obw Emden	1999	2016			01:42:54		01:34:32		3:17:26		17	MU20		2
	Schoneboom	Mara	obw Emden	1998	2016			01:42:55		01:34:37		3:17:32		18	WU20		2
	Adden	Karl	Lauftreff Christuskirche	1948	2016	00:00:00						0:00:00		68	M60		1
	Aden	Rainer	Berlin	1971	2016		00:00:00					0:00:00		45	M40		1
	Albers	Maik	Feuerwehr Wilhelmsha	1971	2016						00:00:00	0:00:00		45	M40		1
	Allgeier	Heiko		1964	2016	00:00:00						0:00:00		52	M50		1
	Altergott	Eduard	Eintracht Plaggenburg	1969	2016					00:00:00		0:00:00		47	M40		1
	Anton	Oliver	SV Nortmoor	1971	2016				00:00:00			0:00:00		45	M40		1
	Asche	Volker	LSF Oldenburg	1974	2016				00:00:00			0:00:00		42	M40		1
	August	Siegfried	TV Bunde	1977	2016				00:00:00			0:00:00		39	M30		1
	Backer	Jan-Hermann		1990	2016				00:00:00			0:00:00		26	MHK		1
	Badberg	Renke	KBV Middels	1991	2016					00:00:00		0:00:00		25	MHK		1
	Balfanz	Christian		1973	2016						00:00:00	0:00:00		43	M40		1
	Barth	Andreas	Elektro Barth	1975	2016				00:00:00			0:00:00		41	M40		1
	Bartsch	Peter	Werder Bremen	1976	2016				00:00:00			0:00:00		40	M40		1
	Baumfalk	Fynn	Emden	1988	2016	00:00:00						0:00:00		28	MHK		1
	Becker	Dirk	LG Hamm	1958	2016		00:00:00					0:00:00		58	M50		1
	Bergmann	Thomas	SV Wuppertal	1964	2016						00:00:00	0:00:00		52	M50		1
	Bergmann	Wilko	SV Lunzhausen	1984	2016	00:00:00						0:00:00		32	M30		1
	Bertins	Tebbe	Ihrhove	1989	2016		00:00:00					0:00:00		27	MHK		1
	Best	Thomas	RT Aurich-Nord	1976	2016					00:00:00		0:00:00		40	M40		1
	Betten	Hans-Nanno	FTC Hollen	1971	2016		00:00:00					0:00:00		45	M40		1
	Biermann	Kai		1988	2016				00:00:00			0:00:00		28	MHK		1
	Biller	Tammo	Ihlow	1995	2016		00:00:00					0:00:00		21	MHK		1
	Blank	Simon		1996	2016		00:00:00					0:00:00		20	MHK		1
	Blumhoff	Frank		1977	2016				00:00:00			0:00:00		39	M30		1
	Böhling	Wolfgang	Optik Zentrum Aurich	1970	2016					00:00:00		0:00:00		46	M40		1
	Bontas	Daniel		1989	2016				00:00:00			0:00:00		27	MHK		1
	Boschmann	Derk		1963	2016				00:00:00			0:00:00		53	M50		1
	Bredemeier	Wilhelm	Team Tekken	1971	2016						00:00:00	0:00:00		45	M40		1
	Büscher	Tammo	Nortmoor	1994	2016					00:00:00		0:00:00		22	MHK		1
	Cassens	Thomas	TSV Jahn Carolinensiel	1971	2016					00:00:00		0:00:00		45	M40		1
	Christian	Thomas		2016	2016	00:00:00						0:00:00		M			1
	Collmann	Wilfried	Deutsche Marine	1968	2016	00:00:00						0:00:00		48	M40		1

35. Ostfrieslandlauf 2016

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Coordes	Hans-Christian			2016	00:00:00						0:00:00			M		1
	Cornelius	Frank	Crocodiles Ihlow	1984	2016				00:00:00			0:00:00			32	M30	1
	Croon	Carsten	Steuerberater Lucht und	1992	2016					00:00:00		0:00:00			24	MHK	1
	Datgis	Gestatmos		1965	2016		00:00:00					0:00:00			51	M50	1
	de Jonge	Johann		1960	2016		00:00:00					0:00:00			56	M50	1
	de Vries	Karlheinz	ORGADATA AG	1967	2016	00:00:00						0:00:00			49	M40	1
	Deharde	Dennis		1993	2016				00:00:00			0:00:00			23	MHK	1
	Dieken	Manfred	CVJM Aurich	1975	2016				00:00:00			0:00:00			41	M40	1
	Djuren	Wolfgang		2016	00:00:00							0:00:00			M		1
	Dunkhase	Jens	TG Wiesmoor	1965	2016				00:00:00			0:00:00			51	M50	1
	Eden	Marcel	Ostrhauderfehn	1986	2016	00:00:00						0:00:00			30	M30	1
	Elsen	Frank		1983	2016						00:00:00	0:00:00			33	M30	1
	Engel	Andreas	Schulzentrum Collhuse	1953	2016	00:00:00						0:00:00			63	M60	1
	Engsberg	Peter		1958	2016				00:00:00			0:00:00			58	M50	1
	Feenders	Hermann		1966	2016	00:00:00						0:00:00			50	M50	1
	Felch	Thomas		1971	2016			00:00:00				0:00:00			45	M40	1
	Fischer	Torge	Happy Feet		2016	00:00:00						0:00:00			M		1
	Fleming	Wilhelm		1989	2016			00:00:00				0:00:00			27	MHK	1
	Folten	Joachim		1964	2016		00:00:00					0:00:00			52	M50	1
	Freese	Heiko	LT TuS Aurich-Ost	1963	2016			00:00:00				0:00:00			53	M	1
	Frerichs	Frank	Brandkasse Aurich	1977	2016				00:00:00			0:00:00			39	M30	1
	Friedrichs	Holger	Frisia Neuharlingersiel	1973	2016						00:00:00	0:00:00			43	M40	1
	Fröhling	Dirk	Eintracht Ihlow	1988	2016	00:00:00						0:00:00			28	MHK	1
	Fröhling	Johann	KBV Middels	1950	2016						00:00:00	0:00:00			66	M60	1
	Gärtner	Axel	FEG Aurich	1969	2016				00:00:00			0:00:00			47	M40	1
	Gerdes	Andree	Heidhörmweg		2016			00:00:00				0:00:00			M		1
	Gerdes	Jörg		1992	2016	00:00:00						0:00:00			24	MHK	1
	Gerdes	Stephan		1970	2016				00:00:00			0:00:00			46	M40	1
	Giebelhausen	Stefan		1977	2016						00:00:00	0:00:00			39	M30	1
	Gniechwitz	Peter	TV Norden	1965	2016						00:00:00	0:00:00			51	M50	1
	Gorselitz	Marius		1981	2016				00:00:00			0:00:00			35	M30	1
	Gronewold	Arnold	SV Wallinghausen	1964	2016				00:00:00			0:00:00			52	M50	1
	Grossmann	Hajo		1943	2016						00:00:00	0:00:00			73	M70	1
	Grünefeldt	Johann	Stickhausen	1963	2016			00:00:00				0:00:00			53	M50	1
	Günther	Stephan	Team Laufrausch Olden	1970	2016					00:00:00		0:00:00			46	M40	1
	Haake	Steffen	IGS Aurich-West	1993	2016						00:00:00	0:00:00			23	MHK	1
	Haehke	Andre		1992	2016				00:00:00			0:00:00			24	MHK	1
	Haex	Michael	Marathon Dinsklaken	1972	2016				00:00:00			0:00:00			44	M40	1
	Hagen	Gerhard		1961	2016				00:00:00			0:00:00			55	M50	1
	Hans	Jan-Hendrik		1987	2016				00:00:00			0:00:00			29	MHK	1
	Harms	Peter	SuS Timmel	1967	2016			00:00:00				0:00:00			49	M40	1
	Harms	Udo	LG Heidhörmweg	1981	2016			00:00:00				0:00:00			35	M	1
	Hartmann	Stefan		1993	2016				00:00:00			0:00:00			23	MHK	1
	Hauters	Theo	VFB Uplengen	1954	2016		00:00:00					0:00:00			62	M60	1
	Hillas	Thomas	Blechmachines	1981	2016				00:00:00			0:00:00			35	M30	1
	Hillers	Matthiss		1976	2016				00:00:00			0:00:00			40	M40	1
	Hillmann	Ilbes	Team Laufrausch Olden	1967	2016						00:00:00	0:00:00			49	M40	1
	Höft	Henry-Lukas	Gymnasium Aurich	1996	2016				00:00:00			0:00:00			20	MHK	1
	Hogelücht	Carsten	OLB Aurich	1987	2016				00:00:00			0:00:00			29	MHK	1
	Ihler	Matthias	Privat		2016	00:00:00						0:00:00			M		1
	Ihnken	Onno		1983	2016		00:00:00					0:00:00			33	M30	1
	Imhoff	Rieke	Bären Oldenburg	1990	2016		00:00:00					0:00:00			26	MHK	1
	Jakobs	Markus		1981	2016				00:00:00			0:00:00			35	M30	1
	Jakobs	Günter	Neugaude	1968	2016	00:00:00						0:00:00			48	M40	1
	Jakobs	Johann	Fehntjer Lauttreff	1964	2016		00:00:00					0:00:00			52	M50	1
	Janssen	Cedric	Lukaskirche Walle	1994	2016						00:00:00	0:00:00			22	MHK	1
	Janssen	Christoffer	Barkholt	1981	2016						00:00:00	0:00:00			35	M30	1
	Janssen	Hege		2016	00:00:00							0:00:00			M		1
	Janßen	Henning	Kdo SES Ostfriesland	1979	2016	00:00:00						0:00:00			37	M30	1
	Janssen	Jan-Martin		1990	2016						00:00:00	0:00:00			26	MHK	1
	Janssen	Marko		1981	2016						00:00:00	0:00:00			35	M30	1
	Janssen	Temme	Pewsum	1985	2016			00:00:00				0:00:00			31	M30	1
	Jürens	Harry	Emder LG	1957	2016				00:00:00			0:00:00			59	M50	1
	Jütting	Dirk	SV Hellern	1985	2016		00:00:00					0:00:00			31	M30	1
	Kahlmann	Horst		2016	00:00:00							0:00:00			M		1
	Kanthak	Marcel		2016	00:00:00							0:00:00			M		1
	Kilias	Solivet		2016							00:00:00	0:00:00			M		1
	Kleene	Michael		1981	2016				00:00:00			0:00:00			35	M30	1
	Klinkenberg	Enno	TV Norden	1984	2016					00:00:00		0:00:00			32	M30	1
	Klün	Henning		1977	2016						00:00:00	0:00:00			39	M30	1
	Koch	Stefan	LC Wechloy	1968	2016	00:00:00						0:00:00			48	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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Kohlert	Michael	Hasselauer Triathlon	1961	2016						00:00:00	0:00:00		55	M50		1
	Köhnen-von Nuis	Günther	Doko Leer	1967	2016	00:00:00						0:00:00		49	M40		1
	Kolck	Thomas			2016	00:00:00						0:00:00			M		1
	Köller	Hauke	DSC Oldenburg	1990	2016					00:00:00		0:00:00		26	MHK		1
	Koos	Theros			2016				00:00:00			0:00:00			M		1
	Korte	Albrecht	SV Surwold	1959	2016						00:00:00	0:00:00		57	M50		1
	Kramer	Claas	RSC Hildesheim	1990	2016				00:00:00			0:00:00		26	MHK		1
	Kramer	Stefan	Emder LG	1968	2016						00:00:00	0:00:00		48	M40		1
	Kruse	Thomas		1968	2016						00:00:00	0:00:00		48	M40		1
	Kühl	Niklas	KIT	1987	2016		00:00:00					0:00:00		29	MHK		1
	Kuhlman	Gerrit	Himmeldings	1990	2016		00:00:00					0:00:00		26	MHK		1
	Kuttzo	Jens	Küsterkriegen	1965	2016						00:00:00	0:00:00		51	M50		1
	Lemcke	Florian	Fliegerhorst Upjever	1990	2016	00:00:00						0:00:00		26	MHK		1
	Lüdemann	Frank	Kdo SES Ostfriesland	1974	2016	00:00:00						0:00:00		42	M40		1
	Lüerßen	Dirk	Leer	1973	2016	00:00:00						0:00:00		43	M40		1
	Mengstie	Andinet	Aurich		2016	00:00:00						0:00:00			M		1
	Mertens	Wolfgang		1968	2016				00:00:00			0:00:00		48	M40		1
	Meyer	Frank	Emder LG	1977	2016				00:00:00			0:00:00		39	M30		1
	Meyer	Wolfgang	Emder LG	1963	2016					00:00:00		0:00:00		53	M50		1
	Michalek	Pascal		1984	2016		00:00:00					0:00:00		32	M30		1
	Milkert	Axel	Emder LG	1959	2016				00:00:00			0:00:00		57	M50		1
	Mindrup	Silvia	Moorerland		2016	00:00:00						0:00:00			M		1
	Modrow	Stefan		1968	2016		00:00:00					0:00:00		48	M40		1
	Molitor	Tim		1981	2016				00:00:00			0:00:00		35	M30		1
	Mühlenbrock	Holger	TuS Weene	1982	2016				00:00:00			0:00:00		34	M30		1
	Müller	Eike	Zahnmedizin Aurich	1989	2016					00:00:00		0:00:00		27	MHK		1
	Nanninga	Karl-Heinz		1966	2016						00:00:00	0:00:00		50	M50		1
	Neumann	Eckhard	FT Spetzerfehn	1953	2016			00:00:00				0:00:00		63	M60		1
	Niemeyer	Frederik		1980	2016						00:00:00	0:00:00		36	M30		1
	Oberstadt	Manfred			2016	00:00:00						0:00:00			M		1
	Obrikat	Guido	El Tox	1973	2016				00:00:00			0:00:00		43	M40		1
	Ochmann	Lukas		1992	2016						00:00:00	0:00:00		24	MHK		1
	Over	Gerhard	TV Meppen	1953	2016						00:00:00	0:00:00		63	M60		1
	Overbeck	Kristian	Eichenhof Timmel	1985	2016				00:00:00			0:00:00		31	M30		1
	Päben	Michael	Hilde Ubben GmbH	1976	2016				00:00:00			0:00:00		40	M40		1
	Peters	Rainer	Emder LG	1951	2016				00:00:00			0:00:00		65	M60		1
	Pleis	Michael	BW Filsum	1991	2016						00:00:00	0:00:00		25	MHK		1
	Pohlmann	Ulrich	Bünting Tee		2016	00:00:00						0:00:00			M		1
	Pospisil	Martin	Polizei Aurich	1976	2016				00:00:00			0:00:00		40	M40		1
	Post	Alois	TV Bitburg	1957	2016		00:00:00					0:00:00		59	M50		1
	Post	Martin	Großefehn	1992	2016			00:00:00				0:00:00		24	MHK		1
	Prek	Roger	Team Tekken	1972	2016						00:00:00	0:00:00		44	M40		1
	Preuß	Ulf	Doko Leer		2016	00:00:00						0:00:00			M		1
	Prikker	Holger	SV Warsingsfehn	1966	2016		00:00:00					0:00:00		50	M50		1
	Reemts	Stefan	SV Warsingsfehn	1982	2016	00:00:00						0:00:00		34	M30		1
	Reker	Jonathan	Meyer Werft	1992	2016				00:00:00			0:00:00		24	MHK		1
	Richer	Daniel	SV Kettenkamp	1981	2016						00:00:00	0:00:00		35	M30		1
	Richter	Hubert	IGS Marienhaf	1960	2016				00:00:00			0:00:00		56	M50		1
	Robbers	Alexander	Braasch		2016	00:00:00						0:00:00			M		1
	Rocker	Wilke		1993	2016		00:00:00					0:00:00		23	MHK		1
	Rottsieper	Patrice		1990	2016				00:00:00			0:00:00		26	MHK		1
	Rubel	Eckard	SV Feldberg	1940	2016						00:00:00	0:00:00		76	M70		1
	Ruesink	Marinus	HMT Rostock	1982	2016					00:00:00		0:00:00		34	M30		1
	Rydlak	Robert	Enercon	1988	2016				00:00:00			0:00:00		28	MHK		1
	Saathoff	Jörg			2016			00:00:00				0:00:00			M		1
	Saathoff	Ralf		1966	2016				00:00:00			0:00:00		50	M50		1
	Schmidt	Guido	TSV Hatingen	1972	2016						00:00:00	0:00:00		44	M40		1
	Schmidt	Helge		1987	2016		00:00:00					0:00:00		29	MHK		1
	Schmidt	Jan	Sportfreunde Möhlenwä	1992	2016						00:00:00	0:00:00		24	MHK		1
	Schmidt	Jonas		1990	2016						00:00:00	0:00:00		26	MHK		1
	Schmidte	Bernd		1959	2016					00:00:00		0:00:00		57	M50		1
	Schoon	Michael		1972	2016			00:00:00				0:00:00		44	M40		1
	Schoone	Stefan		1980	2016				00:00:00			0:00:00		36	M30		1
	Schoonhofen	Edgar	WfbM Aurich Wittmund	2016	2016	00:00:00						0:00:00			M		1
	Schulte	Helmut		1974	2016						00:00:00	0:00:00		42	M40		1
	Schulte	Stephan	EWE Wattloopers	1974	2016				00:00:00			0:00:00		42	M40		1
	Schulz	Dietrich	Hartmann Group	1963	2016	00:00:00						0:00:00		53	M50		1
	Silz	Markus	FCSO	1971	2016				00:00:00			0:00:00		45	M40		1
	Sobotte	Florian	LG Fliegerhorst Upjeve	1976	2016					00:00:00		0:00:00		40	M40		1
	Süßen	Christian		1987	2016				00:00:00			0:00:00		29	MHK		1
	Tammen	Malte		1987	2016				00:00:00			0:00:00		29	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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Tennhoff	Helge	SV Holtland	1991	2016		00:00:00					0:00:00		25	MHK		1
	Tertilt	Rainer	LT TuS Aurich-Ost	1968	2016				00:00:00			0:00:00		48	M40		1
	Thies	Raphael	Egelsberg	1977	2016		00:00:00					0:00:00		39	M30		1
	Tischler	Dominik		1990	2016			00:00:00				0:00:00		26	MHK		1
	Tjaden	Martin	Team Enercon	1987	2016						00:00:00	0:00:00		29	MHK		1
	Tobiassen	Jan	MTV Aurich	1970	2016				00:00:00			0:00:00		46	M40		1
	Tomuschat	Frank	Hirschberg	1964	2016						00:00:00	0:00:00		52	M50		1
	Uden	Wilfried		1959	2016				00:00:00			0:00:00		57	M50		1
	van Goor	Robert	Uplengen	1962	2016	00:00:00						0:00:00		54	M50		1
	Vanderschot	Sven	TSR Olympia Wilhelms	1975	2016				00:00:00			0:00:00		41	M40		1
	Vogel	Günther	Lukaskirche Walle	1948	2016				00:00:00			0:00:00		68	M60		1
	von der Heydt	Rainer	ATS Buutentor Bremen	1967	2016			00:00:00				0:00:00		49	M40		1
	von Reth	Johannes	CVJM Aurich	1988	2016				00:00:00			0:00:00		28	MHK		1
	Voskamp	Malte		1996	2016				00:00:00			0:00:00		20	MHK		1
	Voß	Andreas		1980	2016				00:00:00			0:00:00		36	M30		1
	Voß	Hermann	Emder LG	1953	2016				00:00:00			0:00:00		63	M60		1
	Warnken	Benjamin	Barßel	1981	2016						00:00:00	0:00:00		35	M30		1
	Weber	Andre	TG Webstar	1977	2016				00:00:00			0:00:00		39	M30		1
	Weber	Bernd	Braasch		2016	00:00:00						0:00:00			M		1
	Weber	Christopher		1978	2016				00:00:00			0:00:00		38	M30		1
	Weber	Holger	SV Stern Schwerinsdor	1994	2016			00:00:00				0:00:00		22	MHK		1
	Weber	Jan	IGS Moormerland	1984	2016	00:00:00						0:00:00		32	M30		1
	Werner	Markus			2016	00:00:00						0:00:00			M		1
	Wieckmann	Steffen	Germania Leer	1988	2016		00:00:00					0:00:00		28	MHK		1
	Wijnen	Hendrik		1983	2016						00:00:00	0:00:00		33	M30		1
	Wilhelm	Martin		1994	2016		00:00:00					0:00:00		22	MHK		1
	Wilken	Stefan	TSV Hesel	1989	2016	00:00:00						0:00:00		27	MHK		1
	Willers	Jens		1990	2016		00:00:00					0:00:00		26	MHK		1
	Willms	Menno	UFC Borussia	1963	2016			00:00:00				0:00:00		53	M50		1
	Winsenborg	Thomas	Lebenshilfe Leer	1973	2016	00:00:00						0:00:00		43	M40		1
	Wissmann	Habbe	FTC Hollen	1974	2016		00:00:00					0:00:00		42	M40		1
	Wittwer	Matthias			2016	00:00:00						0:00:00			M		1
	Wolken	Gerd	Wittmund	1969	2016	00:00:00						0:00:00		47	M40		1
	Abbel-Kinaneck	Jammal	Realschule Aurich	2000	2016				00:00:00			0:00:00		16	MU20		1
	Abdujahman	Kurd	Die Johanniter	1998	2016				00:00:00			0:00:00		18	MU20		1
	Bakker	Jost		1999	2016						00:00:00	0:00:00		17	MU20		1
	Best	Jan	Wiesens	2002	2016				00:00:00			0:00:00		14	MU20		1
	Brahms	Leonard	Ruderverein Leer	2001	2016	00:00:00						0:00:00		15	MU20		1
	Braje	Jerik	NIGE	2000	2016						00:00:00	0:00:00		16	MU20		1
	Braun	Jesko		1998	2016						00:00:00	0:00:00		18	MU20		1
	Claver	Niclas	Aurich	2004	2016						00:00:00	0:00:00		12	MU20		1
	de Buhr	Jannes	Aurich	2002	2016	00:00:00						0:00:00		14	MU20		1
	Demir	Gyleh	SAAF	2003	2016				00:00:00			0:00:00		13	MU20		1
	Detert	Nele	Gymnasium Aurich	2000	2016				00:00:00			0:00:00		16	MU20		1
	Diener	Timo		2001	2016		00:00:00					0:00:00		15	MU20		1
	Eilers	Tom		2001	2016						00:00:00	0:00:00		15	MU20		1
	Eilts	Florian	SAAF	2003	2016				00:00:00			0:00:00		13	MU20		1
	EL-Khad	Now		1998	2016	00:00:00						0:00:00		18	MU20		1
	Fitzke	Steffen		2000	2016				00:00:00			0:00:00		16	MU20		1
	Frerichs	Simon		1999	2016				00:00:00			0:00:00		17	MU20		1
	Harms	Justin	Gymnasium Aurich	1999	2016				00:00:00			0:00:00		17	MU20		1
	Ihben	Cederic	Lukaskirche Walle	2002	2016	00:00:00			00:00:00			0:00:00		14	MU20		1
	Janßen	Max	HSV	2005	2016	00:00:00						0:00:00		11	MU20		1
	Keiser	Alexander	SV Holtland	1997	2016		00:00:00					0:00:00		19	MU20		1
	Kirchner	Leon		1998	2016						00:00:00	0:00:00		18	MU20		1
	Köhler	Jan-Aiko	Emder LG	1997	2016				00:00:00			0:00:00		19	MU20		1
	Kolge	Güney		2000	2016				00:00:00			0:00:00		16	MU20		1
	Kurpat	Maik		2000	2016				00:00:00			0:00:00		16	MU20		1
	Meents	Birko	KGS Wittmund	1998	2016				00:00:00			0:00:00		18	MU20		1
	Mohammed	Ali	SAAF	1999	2016				00:00:00			0:00:00		17	MU20		1
	Nörder	Lukas	TuS Esens	1998	2016						00:00:00	0:00:00		18	MU20		1
	Reiners	Timo	SV Holtland	2001	2016		00:00:00					0:00:00		15	MU20		1
	Rost	Matthias	JFV Harlingerland	1998	2016				00:00:00			0:00:00		18	MU20		1
	Saathoff	Aiko		2002	2016				00:00:00			0:00:00		14	MU20		1
	Sadat	Hardi	SAAF	2000	2016				00:00:00			0:00:00		16	MU20		1
	Saleh	Hadi	VFB Uplengen	2002	2016					00:00:00		0:00:00		14	MU20		1
	Sanchowski	Jue	TuRa Laufftreff	2003	2016						00:00:00	0:00:00		13	MU20		1
	Satari	Estmet	SAAF	1999	2016				00:00:00			0:00:00		17	MU20		1
	Schmidt	Malte		2000	2016				00:00:00			0:00:00		16	MU20		1
	Seeberg	Jannis	Gymnasium Ulricianum	1997	2016				00:00:00			0:00:00		19	MU20		1
	Seeberg	Jonas		1997	2016				00:00:00			0:00:00		19	MU20		1

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Platz	Name	Vorname	Verein	Jahrg.	Jahr	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit km 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Seiwald	Hinderk	Fortuna Logabirum	2003	2016		00:00:00					0:00:00		13	MU20		1
	Sherzad	Sedig	SAAF	1999	2016				00:00:00			0:00:00		17	MU20		1
	Tränapp	Jannik	KGS Wittmund	1999	2016				00:00:00			0:00:00		17	MU20		1
	Wilken	Yasmin		2000	2016						00:00:00	0:00:00		16	MU20		1
	Wilts	Simon	Realschule Aurich	1999	2016						00:00:00	0:00:00		17	MU20		1
	Wulle	Nikolaus	Gymnasium Aurich	1999	2016				00:00:00			0:00:00		17	MU20		1
	Zimmermann	Tim	Aurich	2004	2016						00:00:00	0:00:00		12	MU20		1
	Ahrens	Frauke		1996	2016				00:00:00			0:00:00		20	WHK		1
	Bachmann	Anna	Emden LG	1992	2016				00:00:00			0:00:00		24	WHK		1
	Bachmann	Daniela	Emden LG	1971	2016				00:00:00			0:00:00		45	W40		1
	Bayer	Laura		1996	2016					00:00:00		0:00:00		20	WHK		1
	Behrens	Heike	SSV Gristede	1973	2016					00:00:00		0:00:00		43	W40		1
	Beitelmann	Monika	Westerende	1973	2016				00:00:00			0:00:00		43	W40		1
	Best	Carola	Moordorf	1976	2016				00:00:00			0:00:00		40	W40		1
	Best	Gudrun	Wiesens	1967	2016				00:00:00			0:00:00		49	W40		1
	Bloem	Nicole	Uplengen	1972	2016	00:00:00						0:00:00		44	W40		1
	Bokelmann	Sylvia	TuS Hinte	1968	2016	00:00:00						0:00:00		48	W40		1
	Budnick	Janina	TSV Jahn Carolinensiel	1979	2016						00:00:00	0:00:00		37	W30		1
	Budnick	Margret	TSV Jahn Carolinensiel	1954	2016				00:00:00			0:00:00		62	W60		1
	Bueschel	Christine	Club of Comfort	1975	2016				00:00:00			0:00:00		41	W40		1
	Bünting	Monika	LT TuS Aurich-Ost	1964	2016				00:00:00			0:00:00		52	W50		1
	Burgstahler	Jasmin	CSI Neckarsulm	1976	2016						00:00:00	0:00:00		40	W40		1
	Buschmann	Ilka	LT TuS Aurich-Ost 198	1981	2016	00:00:00						0:00:00		35	W30		1
	Buschmann	Lenert	Ruderverein Leer	1995	2016		00:00:00					0:00:00		21	WHK		1
	Busemann	Heike	AOK Aurich	1971	2016				00:00:00			0:00:00		45	W40		1
	Büttner	Inka	Sparkasse Aurich-Nord	1966	2016				00:00:00			0:00:00		50	W50		1
	Camenbley	Britta	Leer	1968	2016	00:00:00						0:00:00		48	W40		1
	Caspers	Janina		1988	2016						00:00:00	0:00:00		28	WHK		1
	Dahlweg	Anne		1995	2016			00:00:00				0:00:00		21	WHK		1
	Dänekas	Doris	LG Uplengen	1993	2016		00:00:00					0:00:00		23	WHK		1
	de Boer	Heike	Harsweger Ziegelei	1995	2016						00:00:00	0:00:00		21	WHK		1
	de Boer	Jantke	Harsweger Ziegelei	1993	2016						00:00:00	0:00:00		23	WHK		1
	de Vries	Marlies	OLB Aurich	1991	2016				00:00:00			0:00:00		25	WHK		1
	Decker	Silvia		1970	2016				00:00:00			0:00:00		46	W40		1
	Döhler	Heidi		1972	2016						00:00:00	0:00:00		44	W40		1
	Dröge	Anke	Ruderverein Leer	1960	2016	00:00:00						0:00:00		56	W50		1
	Eilers	Hannah	Gymnasium Aurich	1996	2016				00:00:00			0:00:00		20	WHK		1
	Erdmann	Ina	Hartmann Group	1978	2016	00:00:00						0:00:00		38	W30		1
	Fehrenbach	Hannelore	LT TuS Aurich-Ost	1956	2016				00:00:00			0:00:00		60	W60		1
	Fellensiek	Karin	BV Plaggenburg	1966	2016					00:00:00		0:00:00		50	W50		1
	Fischer	Inga	Fischer-Crew	1994	2016		00:00:00					0:00:00		22	WHK		1
	Fitzke	Thalea		1989	2016				00:00:00			0:00:00		27	WHK		1
	Focken	Katrin		1981	2016			00:00:00				0:00:00		35	W30		1
	Folten	Sarah		1992	2016						00:00:00	0:00:00		24	WHK		1
	Frerichs	Verena		1996	2016				00:00:00			0:00:00		20	WHK		1
	Freudenberg	Gesa	Ihlowerfehn	1982	2016			00:00:00				0:00:00		34	W30		1
	Friede	Sandra	TUS Eintracht Hinte	1973	2016	00:00:00						0:00:00		43	W40		1
	Friedrichs	Erika	SV Eintracht Plaggenbu	1958	2016				00:00:00			0:00:00		58	W50		1
	Gabler	Vanessa	Druckerei Meyer Aurich	1995	2016				00:00:00			0:00:00		21	WHK		1
	Garthe	Laureen		1995	2016				00:00:00			0:00:00		21	WHK		1
	Gebhardt	Kristina	Aurich-Walle	1996	2016		00:00:00					0:00:00		20	WHK		1
	Gerkens	Heike	Fortuna Logabirum	1979	2016		00:00:00					0:00:00		37	W30		1
	Giffhorn	Birgit		1975	2016		00:00:00					0:00:00		41	W40		1
	Goga	Daniela	Marathonhühner	1973	2016		00:00:00					0:00:00		43	W40		1
	Goldenstein	Daniela	SV Dornum	1977	2016						00:00:00	0:00:00		39	W30		1
	Götz	Beate	Plaggenburg	1979	2016						00:00:00	0:00:00		37	W30		1
	Gräber	Imke	Familienzentrum St. Ma	1987	2016				00:00:00			0:00:00		29	WHK		1
	Grebe-Brunken	Inga	Kleinoldendorf	1971	2016					00:00:00		0:00:00		45	W40		1
	Groninga	Julia		1996	2016					00:00:00		0:00:00		20	WHK		1
	Günther-Weg	Diana	Störtebekker Loopers	1978	2016						00:00:00	0:00:00		38	W30		1
	Hallwegh	Christine	TuS Norderney	1964	2016						00:00:00	0:00:00		52	W50		1
	Hanneken-Venner	Heiher		1963	2016				00:00:00			0:00:00		53	W50		1
	Hartmann	Martina		1965	2016		00:00:00					0:00:00		51	W50		1
	Hegner	Marie-Luise		1986	2016				00:00:00			0:00:00		30	W30		1
	Hepp	Martha	Kanalratten Ihlow	1958	2016				00:00:00			0:00:00		58	W50		1
	Hinrichs	Kim	TSV Jahn Carolinensiel	1985	2016				00:00:00			0:00:00		31	W30		1
	Ideus	Edith	Kanalratten Ihlow	1963	2016				00:00:00			0:00:00		53	W50		1
	Jakobs	Laura		1994	2016				00:00:00			0:00:00		22	WHK		1
	Jänicke	Sascha	LSF Oldenburg	1980	2016					00:00:00		0:00:00		36	W30		1
	Janssen	Annika	SV Blomberg-Neuschod	1984	2016						00:00:00	0:00:00		32	W30		1
	Janssen	Daniela		1987	2016				00:00:00			0:00:00		29	WHK		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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Janssen	Helma	Driever	1981	2016				00:00:00			0:00:00		35	W30		1
	Janssen	Kristin	Emder LG	1993	2016		00:00:00					0:00:00		23	WHK		1
	Janßen	Mareke	NTV	1993	2016				00:00:00			0:00:00		23	WHK		1
	Janßen	Martina	LT TuS Aurich-Ost	1964	2016	00:00:00						0:00:00		52	W50		1
	Janßen	Sonja	BV Langefeld	1985	2016					00:00:00		0:00:00		31	W30		1
	Jongebloed	Anja		1980	2016						00:00:00	0:00:00		36	W30		1
	Jütting	Bianca	Fitnesspark Osnabrück	1987	2016		00:00:00					0:00:00		29	WHK		1
	Kahmann	Lydia	Raiffeisenbank Wiesede	1970	2016				00:00:00			0:00:00		46	W40		1
	Kanthak	Maren	SV Möhlenwarf	1988	2016	00:00:00						0:00:00		28	WHK		1
	Keck	Birgit	LG Ostfriesland	1967	2016	00:00:00						0:00:00		49	W40		1
	Kionc	Claudia		1974	2016		00:00:00					0:00:00		42	W40		1
	Klasen	Martina	LT Spaß mit Sport	1958	2016	00:00:00						0:00:00		58	W50		1
	Knust	Insa	SV Holtland	1995	2016		00:00:00					0:00:00		21	WHK		1
	Korte	Martina	SV Surwold	1966	2016						00:00:00	0:00:00		50	W50		1
	Lamberts	Gina	Uplengen	1967	2016		00:00:00					0:00:00		49	W40		1
	Lambertus	Tomke		1993	2016				00:00:00			0:00:00		23	WHK		1
	Langen	Claudia	MTV Aurich	1973	2016			00:00:00				0:00:00		43	W40		1
	Löschen	Marianne		1960	2016				00:00:00			0:00:00		56	W50		1
	Lowin	Kathrin	LT TuS Aurich-Ost	1988	2016						00:00:00	0:00:00		28	WHK		1
	Loxen	Ines	BSG Nordland	1974	2016					00:00:00		0:00:00		42	W40		1
	Lücht	Bettina	SV Stiekelkamp	1978	2016						00:00:00	0:00:00		38	W30		1
	Lück	Marion		1976	2016						00:00:00	0:00:00		40	W40		1
	Mannott	Antje	TSV Jahn Carolinensiel	1955	2016				00:00:00			0:00:00		61	W60		1
	Memenga	Sonja		1975	2016				00:00:00			0:00:00		41	W40		1
	Meppen	Marion	TSV Jahn Carolinensiel	1978	2016				00:00:00			0:00:00		38	W30		1
	Meppen	Nico	TSV Carolinensiel	1978	2016						00:00:00	0:00:00		38	W30		1
	Mertens	Sabine		1972	2016				00:00:00			0:00:00		44	W40		1
	Meyer	Helga	SVPosthausen	1963	2016		00:00:00					0:00:00		53	W50		1
	Meyer-Behrends	Hilke	KGS Wittmund	1996	2016				00:00:00			0:00:00		20	WHK		1
	Mönck	Birte		1991	2016					00:00:00		0:00:00		25	WHK		1
	Mudder	Rike	LG Wir reißen nicht ab	1992	2016	00:00:00						0:00:00		24	WHK		1
	Müller	Vanesse		1987	2016		00:00:00					0:00:00		29	WHK		1
	Neumann	Angelika		1980	2016						00:00:00	0:00:00		36	W30		1
	Nique	Vivien		1977	2016		00:00:00					0:00:00		39	W30		1
	Obrikat	Kerstin	Werne	1973	2016				00:00:00			0:00:00		43	W40		1
	Penske	Sylvia	Trauco Gruppe	1985	2016				00:00:00			0:00:00		31	W30		1
	Piechowak	Usa		1989	2016						00:00:00	0:00:00		27	WHK		1
	Plagge	Corinna		1990	2016		00:00:00					0:00:00		26	WHK		1
	Ploch	Daniela	SV Ochtersum	1977	2016						00:00:00	0:00:00		39	W30		1
	Poppen	Gaby	Klinikum Leer	1965	2016	00:00:00						0:00:00		51	W50		1
	Poppinga	Heike	VFFL Berumbur	1964	2016				00:00:00			0:00:00		52	W50		1
	Rademacher	Karin		1962	2016				00:00:00			0:00:00		54	W50		1
	Reiners	Christa	TUS Eintracht Hinte	1960	2016	00:00:00						0:00:00		56	W50		1
	Reisige	Andrea	BSG Nordland	1971	2016		00:00:00					0:00:00		45	W40		1
	Resthöft	Nicole		1971	2016				00:00:00			0:00:00		45	W40		1
	Reuter	Marina	SG Germania Helstorf	1990	2016		00:00:00					0:00:00		26	WHK		1
	Rose	Elke		1985	2016						00:00:00	0:00:00		31	W30		1
	Rost	Mike	Polizei Jever	1963	2016				00:00:00			0:00:00		53	W50		1
	Saathoff	Antje	HTG Ihlow	1990	2016				00:00:00			0:00:00		26	WHK		1
	Saathoff	Brigitte		1969	2016				00:00:00			0:00:00		47	W40		1
	Sanchowski	Peter		1971	2016						00:00:00	0:00:00		45	W40		1
	Schädler	Susan	Fortuna Logabirum	1959	2016				00:00:00			0:00:00		57	W50		1
	Schmidt	Laura	MTV Aurich	1996	2016				00:00:00			0:00:00		20	WHK		1
	Schoone	Petra	FT Spetzerfehn	1957	2016			00:00:00				0:00:00		59	W50		1
	Schoen	Kirsten	Leer	1956	2016		00:00:00					0:00:00		60	W60		1
	Schülke	Viviane	TSV Wietzendorf	1991	2016			00:00:00				0:00:00		25	WHK		1
	Schuster	Silke		1977	2016				00:00:00			0:00:00		39	W30		1
	Sigl	Gudrun	Ultrafriesen e.V.	1973	2016				00:00:00			0:00:00		43	W40		1
	Sikken	Anja	ISV	1968	2016	00:00:00						0:00:00		48	W40		1
	Sparringa	Jira		1995	2016	00:00:00						0:00:00		21	WHK		1
	Stamm	Ina Hilke		1995	2016				00:00:00			0:00:00		21	WHK		1
	Steen	Sabine	Laufftreff Sande	1966	2016		00:00:00					0:00:00		50	W50		1
	Thies	Burga	Egelsberg	1981	2016		00:00:00					0:00:00		35	W30		1
	Ubben	Meike	LT TuS Aurich-Ost	1974	2016				00:00:00			0:00:00		42	W40		1
	Uecker	Angela	LT TuS Aurich-Ost	1963	2016				00:00:00			0:00:00		53	W50		1
	von Höweling-Sch	Elke		1972	2016				00:00:00			0:00:00		44	W40		1
	Voß	Traute	Kanalratten Ihlow	1967	2016				00:00:00			0:00:00		49	W40		1
	Watermeyer	Emily		1994	2016	00:00:00						0:00:00		22	WHK		1
	Weerts	Janina	Hamburg	1987	2016						00:00:00	0:00:00		29	WHK		1
	Wessalowski	Nina	LSF Oldenburg	1974	2016		00:00:00					0:00:00		42	W40		1
	Willems	Mareike	Uni Bremen	1995	2016					00:00:00		0:00:00		21	WHK		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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	van Hamesveld			1967	2016						00:00:00	0:00:00		49	W40		1
	Alberts	Henrike	Alex.-v.- Humboldt-Sch	1999	2016					00:00:00		0:00:00		17	WU20		1
	Ali	Diana	Gymnasium Aurich	2000	2016				00:00:00			0:00:00		16	WU20		1
	Arit	Laura	BBS Aurich	1999	2016				00:00:00			0:00:00		17	WU20		1
	Brands	Martina	Bäckerei Hoppmann		2016	00:00:00						0:00:00			WU20		1
	Brüggemann	Julia	UEG Leer	1998	2016		00:00:00					0:00:00		18	WU20		1
	Brunken	Grete	Kleinoldendorf		2016			00:00:00				0:00:00			WU20		1
	Buss	Silke			2016	00:00:00						0:00:00			WU20		1
	Busse	Vanessa	Emder LG	2001	2016						00:00:00	0:00:00		15	WU20		1
	Bütker	Jessica	UEG Leer	2000	2016		00:00:00					0:00:00		16	WU20		1
	Cardona	Anke			2016	00:00:00						0:00:00			WU20		1
	Cazemier-Helmar	Conni	Groningen		2016	00:00:00						0:00:00			WU20		1
	de Wall	Anna	TuS Westerende	2005	2016				00:00:00			0:00:00		11	WU20		1
	Decker	Hannah	MTV Aurich	2003	2016				00:00:00			0:00:00		13	WU20		1
	Diekmann	Nantke		2006	2016		00:00:00					0:00:00		10	WU20		1
	Fahl	Helena		2001	2016				00:00:00			0:00:00		15	WU20		1
	Frerichs	Eileen		2000	2016				00:00:00			0:00:00		16	WU20		1
	Fuhs	Lydia			2016					00:00:00		0:00:00			WU20		1
	Grotjahn	Lilli	Gymnasium Aurich	1997	2016				00:00:00			0:00:00		19	WU20		1
	Habben	Wiebke		1998	2016					00:00:00		0:00:00		18	WU20		1
	Hambach	Lena	Emder LG	2001	2016						00:00:00	0:00:00		15	WU20		1
	Harms	Dagmar	Realschule Aurich	2000	2016				00:00:00			0:00:00		16	WU20		1
	Hartung	Vienke	KGS Wittmund	1997	2016					00:00:00		0:00:00		19	WU20		1
	Hayen	Dana	Dietrichsfeld	1998	2016					00:00:00		0:00:00		18	WU20		1
	Hayen	Tomke	KGS Wittmund	1999	2016				00:00:00			0:00:00		17	WU20		1
	Hillrichs	Frauke	KGS Wittmund	1998	2016					00:00:00		0:00:00		18	WU20		1
	Janssen	Caroline	SAAF	2003	2016				00:00:00			0:00:00		13	WU20		1
	Janssen	Taalke		1998	2016						00:00:00	0:00:00		18	WU20		1
	Kosel	Heidi	TuS Esens		2016	00:00:00						0:00:00			WU20		1
	Kruse	Aiske	TuRa 07 Westrhauderfe	1999	2016		00:00:00					0:00:00		17	WU20		1
	Kruse	Sarah	UEG Leer	1999	2016		00:00:00					0:00:00		17	WU20		1
	Leismann	Kea	Physiotherapie Leismar	1997	2016				00:00:00			0:00:00		19	WU20		1
	Martin	Julien		1998	2016			00:00:00				0:00:00		18	WU20		1
	May	Lina	Gymnasium Aurich	1997	2016				00:00:00			0:00:00		19	WU20		1
	Minas	Christina	RA'e Dr.Fenner Bockhöfer, Hen	2016	2016	00:00:00						0:00:00			WU20		1
	Mulder	Yvonne	LT Ihrhove	1997	2016	00:00:00						0:00:00		19	WU20		1
	Oltrop	Sylvia	Klinikum Emden		2016	00:00:00						0:00:00			WU20		1
	Ostendorf	Claudia	RVB Aurich/Uplengen		2016	00:00:00						0:00:00			WU20		1
	Rapp	Nane		1999	2016					00:00:00		0:00:00		17	WU20		1
	Röben	Lina	Fortuna Logabirum	2007	2016					00:00:00		0:00:00		9	WU20		1
	Sauer	Klara	FC Ohmstede	2003	2016						00:00:00	0:00:00		13	WU20		1
	Schilling	Jule	IGS Aurich-West	1997	2016	00:00:00						0:00:00		19	WU20		1
	Schneider	Lisa	HappyFeet		2016	00:00:00						0:00:00			WU20		1
	Schönfelder	Laura		1998	2016						00:00:00	0:00:00		18	WU20		1
	Schulte	Kim			2016	00:00:00						0:00:00			WU20		1
	Siede	Angelina	Warsingsfehn	2002	2016		00:00:00					0:00:00		14	WU20		1
	Specht	Annica-Isabell	SAAF	2003	2016				00:00:00			0:00:00		13	WU20		1
	Steinbach	Eva	FCSO	1999	2016		00:00:00					0:00:00		17	WU20		1
	Tammena	Neele	FCSO	1999	2016					00:00:00		0:00:00		17	WU20		1
	Tielbürger	Merle			2016	00:00:00						0:00:00			WU20		1
	van Loh	Tomke			2016	00:00:00						0:00:00			WU20		1
	Walther	Lara		2001	2016				00:00:00			0:00:00		15	WU20		1
	Weismantel	Marie	MTV Aurich	1998	2016				00:00:00			0:00:00		18	WU20		1
	Wempen	Sophie	FCSO-10WPK	1998	2016		00:00:00					0:00:00		18	WU20		1
	Wittwer	Dina	SV Concordia Ihrhove	1998	2016		00:00:00					0:00:00		18	WU20		1
	Fernandez	Manuel	Fortuna Logabirum	1968	2016		00:44:21					0:44:21		48	M40		1
	Vielitz	Christof	LG Fliegerhorst Upjeve	1983	2016	00:44:38						0:44:38		33	M30		1
	Tebben	Volker	Hartmann Group	1979	2016	00:47:59						0:47:59		37	M30		1
	Bohnen	Michael	Dynamo Lohe	1984	2016	00:48:19						0:48:19		32	M30		1
	Riedel	Mirko	Klinge / Weener Ener	1977	2016				00:48:28			0:48:28		39	M30		1
	Beening	Ingo	BBS Aurich	1970	2016	00:49:16						0:49:16		46	M40		1
	Hörger	Sascha	Team Jö	1987	2016	00:49:20						0:49:20		29	MHK		1
	Saathoff	Rainer	LG Ostfriesland	1990	2016	00:50:42						0:50:42		26	MHK		1
	von Aschwege	Jan Hendrik	Raiba Moormerland	1994	2016	00:50:51						0:50:51		22	MHK		1
	Magarin	Rico	Sparkasse LeerWittmur	1988	2016	00:51:24						0:51:24		28	MHK		1
	Venekamp	Christopher	Seefahrtsschule Leer	1996	2016	00:51:58						0:51:58		20	MHK		1
	Grasse	Holger Grasse	TuS Zetel	1965	2016	00:53:55						0:53:55		51	M50		1
	Föhling	Rudolf	Norden	1963	2016	00:54:27						0:54:27		53	M50		1
	Sporrè	Jürgen	Emder LG	1955	2016	00:54:39						0:54:39		61	M60		1
	Niewerth	Malte		1973	2016						00:54:58	0:54:58		43	M40		1
	Runde	Heinrich	KS Gleitlager GmbH	1958	2016	00:55:09						0:55:09		58	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 64,70	Durchschnitt pro km	Alter	AK	Platz	Etappen
						10,50km	9,80km	12,00km	9,70km	11,60km	11,10km						
	Hoppe	Michael	Hartmann Group	1964	2016	00:55:38						0:55:38		52	M50		1
	Hoffmann	Luise	Ostfriesische Volksbank	1958	2016	00:55:42						0:55:42		58	W50		1
	Schäfer	Karl-Heinz	SC Wiesens	1958	2016				00:55:48			0:55:48		58	M50		1
	Geerken	Adrian	Lebenshilfe Leer	2000	2016			00:56:38				0:56:38		16	MU20		1
	Oltrop	Kerstin	Heide Apotheke Weene	1977	2016	00:57:48						0:57:48		39	W30		1
	Becker	Trudi	Sparkasse Emden	1959	2016	00:58:23						0:58:23		57	W50		1
	Eißel	Sandra	Emder LG	1985	2016						00:59:49	0:59:49		31	W30		1
	Grensemann	Gerrit	LG Großefehn	1968	2016	01:00:00						1:00:00		48	M40		1
	Orgies	Annelie	TRAUCO Gruppe	1950	2016	01:00:55						1:00:55		66	W60		1
	Wilken	Jan	Team Winterhoff Buss	1978	2016		01:01:49					1:01:49		38	M30		1
	Koenigs	Traudchen	Sparkasse Emden	1964	2016	01:02:01						1:02:01		52	W50		1
	Niedermayer	Joshua	Orgadata AG	1996	2016	01:03:53						1:03:53		20	MHK		1
	Coordes	Maje	Gymnasium Ulricianum	1999	2016	01:04:03						1:04:03		17	WU20		1
	Akkermann	Kerstin	Sparkasse LeerWittmund	1970	2016	01:04:27						1:04:27		46	W40		1
	Torbert	Tobias	LC Wechloy	1965	2016					01:04:29		1:04:29		51	M50		1
	Buss	Bernhard	Team Möbel Buss	1949	2016	01:04:40						1:04:40		67	M60		1
	Ulbrich	Christian	Flitzer Blitzer	1989	2016					01:06:14		1:06:14		27	MHK		1
	Schoon	Reiner	LG Großefehn	1964	2016			01:06:47				1:06:47		52	M50		1
	Wessels	Matthias	Seefahrtsschule Leer	1979	2016	01:07:35						1:07:35		37	M30		1
	Hayunga	Frank	TV Norden	1966	2016						01:07:59	1:07:59		50	M50		1
	Güttner	David	NIGE	1980	2016			01:08:13				1:08:13		36	M30		1
	Giertz	Axel	Orgadata AG	1974	2016	01:08:48						1:08:48		42	M40		1
	Iken	Matthias	Emder LG	1972	2016			01:08:52				1:08:52		44	M40		1
	Brümmer	Ulrike	Nordland Papier	1989	2016		01:09:46					1:09:46		27	WHK		1
	Stoerig	Wiebke	Gymnasium Ulricianum	2000	2016		01:09:52					1:09:52		16	WU20		1
	Theile	Birgit	LT TuRa 07 Westrhaud	1972	2016		01:10:04					1:10:04		44	W40		1
	Müller	Britta	Hartmann Group	1988	2016	01:11:08						1:11:08		28	WHK		1
	de Buhr	Stephan	Team Wilts	1996	2016	01:11:42						1:11:42		20	MHK		1
	Schut	Frank	Vffl Berumbur	1969	2016	01:12:19						1:12:19		47	M40		1
	Mölenkamp	Wiebke	Bünting Tee	1992	2016	01:13:08						1:13:08		24	WHK		1
	Huxsohl	Joerg	Backemoor	1970	2016			01:13:17				1:13:17		46	M40		1
	Erhardts	Heidi		1976	2016	01:13:18						1:13:18		40	W40		1
	Janssen	Maike	Stadt Aurich	1973	2016	01:13:24						1:13:24		43	W40		1
	ter Veer	Melanie	Polizei Leer	1975	2016		01:14:33					1:14:33		41	W40		1
	Meyer	Marvin	Lebenshilfe Leer	2000	2016			01:15:02				1:15:02		16	MU20		1
	Ahrends	Imke	WfBM Aurich Wittmund	1995	2016	01:17:40						1:17:40		21	WHK		1
	Hinrichs	Bianca	REHA-ZENTRUM AM N	1971	2016	01:19:12						1:19:12		45	W40		1
	Balzen	Anita	Bünting Tee	1964	2016			01:19:37				1:19:37		52	W50		1
	Dreesch-Rosenda	Meike	7. Ostfriesischen Kirche	1969	2016	01:20:08						1:20:08		47	W40		1
	Garlich	Johannes	FC SO	2002	2016	01:20:33						1:20:33		14	MU20		1
	Wykhoff	Lea	Hartmann Group	1996	2016	01:22:29						1:22:29		20	WHK		1
	Kutschinski-Janss	Margot	MTV Wittmund	1956	2016						01:23:34	1:23:34		60	W60		1
	Jafari		Die Johanniter	1983	2016	01:23:35						1:23:35		33	M30		1
	Hasseini		Die Johanniter	1981	2016	01:23:36						1:23:36		35	M30		1
	Martens	Henrik	FC SO	2000	2016			01:24:10				1:24:10		16	MU20		1
	Heiß	Thomas	LIBERTY BLUE	1960	2016	01:24:17						1:24:17		56	M50		1
	Grote	Jörg	TUS Esens	1966	2016	01:25:35						1:25:35		50	M50		1
	Koch	Gitta	Bünting Tee	1969	2016						01:26:44	1:26:44		47	W40		1
	Schmidt	Carmen	Wittmund	1997	2016					01:27:18		1:27:18		19	WU20		1
	Fischer	Pascal	Lebenshilfe Leer	1999	2016			01:29:45				1:29:45		17	MU20		1
	Schewiola	Axel	TV Norden	1938	2016	01:53:05						1:53:05		78	M70		1