

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
5	Smid	Jannes	TuS Weener	00:39:30	00:40:17	00:35:31	00:43:26	00:36:00	00:35:54	03:50:35	1	MU20
16	Oldigs	Tammo	Turbine TGG	00:41:38	00:42:11	00:37:01	00:45:13	00:37:25	00:37:20	04:00:45	2	MU20
32	Sidigy	Firoz	FCSO	00:43:54	00:45:39	00:38:57	00:47:21	00:39:07	00:38:33	04:13:27	3	MU20
34	Agena	Lukas	IGS Aurich Sek II SP201	00:44:21	00:44:39	00:39:04	00:46:45	00:40:22	00:39:23	04:14:30	4	MU20
37	Theilken	Tom Ole	TV Apen	00:45:10	00:45:20	00:39:09	00:46:58	00:39:53	00:38:45	04:15:12	5	MU20
39	Wilken	Hauke	OBS Kloster Barthe	00:44:16	00:44:10	00:38:56	00:49:03	00:40:15	00:39:49	04:16:26	6	MU20
45	Kehrbach	Sören	IGS Aurich	00:46:28	00:45:12	00:38:56	00:48:03	00:41:19	00:39:22	04:19:17	7	MU20
52	Roßmann	Lukas	MTV Aurich	00:43:50	00:48:13	00:40:25	00:48:05	00:41:03	00:40:40	04:22:13	8	MU20
56	Voigt	Thies	IGS Waldschule Egels Sek.1	00:45:51	00:46:49	00:40:40	00:49:14	00:40:44	00:39:23	04:22:38	9	MU20
68	Saberi	Mirways	FCSO	00:45:01	00:46:45	00:41:31	00:49:34	00:41:38	00:41:03	04:25:28	10	MU20
71	Röttger	Moritz	IGS Aurich Sek II	00:45:20	00:47:43	00:40:01	00:50:13	00:42:01	00:40:38	04:25:52	11	MU20
75	Janßen	Benjamin	Gymnasium Ulricianum Aurich	00:46:37	00:47:19	00:40:28	00:51:03	00:41:42	00:40:24	04:27:29	12	MU20
78	von Glisczynski	Jonas	J.V.G	00:45:51	00:47:55	00:41:44	00:50:55	00:41:17	00:40:05	04:27:44	13	MU20
82	Hedayat	Hedayatullah	NIGE	00:46:07	00:46:34	00:42:29	00:52:34	00:41:16	00:40:15	04:29:10	14	MU20
83	Engels	Renko	Maler Engels Holterfehn	00:48:14	00:49:28	00:40:12	00:49:44	00:40:29	00:41:09	04:29:12	15	MU20
86	Herzfeld	Sven	Gymnasium Ulricianum Aurich	00:46:05	00:47:20	00:41:41	00:49:47	00:42:06	00:42:26	04:29:21	16	MU20
97	Peschke	Jonas	JAG Emden	00:53:23	00:46:57	00:40:44	00:49:51	00:40:27	00:39:58	04:31:17	17	MU20
101	Meinke	Kevin	JAG Emden	00:53:23	00:46:57	00:40:46	00:49:51	00:41:04	00:39:59	04:31:56	18	MU20
108	Murrer	Sönke	OBS Kloster Barthe	00:47:33	00:48:16	00:41:12	00:51:19	00:42:51	00:42:27	04:33:35	19	MU20
130	Strauß	Manuel	KGS Wiesmoor	00:47:16	00:48:43	00:42:56	00:52:23	00:45:01	00:41:34	04:37:49	20	MU20
139	Hobbie	Jannis	Horsten	00:48:14	00:48:26	00:42:22	00:52:01	00:46:07	00:42:24	04:39:30	21	MU20
151	Jöbges	Maximilian	Waldweg Lopers Westermoor	00:50:49	00:50:38	00:43:10	00:50:47	00:43:47	00:42:39	04:41:47	22	MU20
154	Standke	Ihno	KGS Wiesmoor	00:49:47	00:48:31	00:43:44	00:52:43	00:45:34	00:41:49	04:42:05	23	MU20
177	Janssen	Hennes	JFV Leer	00:50:38	00:50:24	00:43:24	00:54:15	00:45:13	00:42:13	04:46:04	24	MU20
190	Ufkes	Thilo	Gymnasium Ulricianum Aurich	00:51:28	00:50:45	00:43:28	00:53:51	00:44:43	00:42:50	04:47:01	25	MU20
212	Meyer	Tobias	FCSO SII Kurs	00:49:41	00:56:04	00:43:47	00:52:56	00:43:57	00:43:39	04:50:01	26	MU20
218	Wolf	Jakob	KGS Wiesmoor	00:50:01	00:51:57	00:44:49	00:53:45	00:46:11	00:43:55	04:50:34	27	MU20
224	Vehndel	Jonas	Ostfriesische Volksbank eG Lee	00:43:50	00:44:52	00:38:07	00:52:03	01:12:29	00:40:02	04:51:20	28	MU20
226	Konschak	Luca	IGS Aurich Sek II SP201	00:50:59	00:50:51	00:44:06	00:55:13	00:45:20	00:45:05	04:51:30	29	MU20
254	Nowak	Jonas	OHV Aurich	00:49:35	00:51:55	00:46:45	00:54:25	00:45:44	00:45:37	04:53:58	30	MU20
262	Pistor	Tjark	KGS Wiesmoor	00:50:57	00:51:04	00:45:05	00:54:25	00:47:39	00:45:41	04:54:49	31	MU20
263	Mudder-Sikken	Lars	Emder LG	00:51:15	00:52:52	00:44:50	00:56:32	00:45:12	00:44:15	04:54:52	32	MU20
264	Folkerts	Eric	Bäckerei Sikken	00:51:15	00:52:52	00:44:51	00:56:31	00:45:12	00:44:15	04:54:52	33	MU20
266	Weermann	Fabian	Emder LG	00:56:54	00:51:24	00:46:42	00:53:06	00:43:45	00:43:19	04:55:06	34	MU20
286	Diecks	Finn	IGS Waldschule Egels Sek.1	00:54:46	00:51:32	00:44:14	00:56:51	00:45:18	00:44:04	04:56:42	35	MU20
288	Sandersfeld	Hauke	Baptisten Firrel	00:53:06	00:53:24	00:44:12	00:56:04	00:46:19	00:43:57	04:57:00	36	MU20
292	Oldigs	Wilko	Concordia Ihrhove	00:52:00	00:52:44	00:45:54	00:55:00	00:46:59	00:44:36	04:57:09	37	MU20
306	Schaa	David	FCSO	00:54:54	00:53:24	00:46:05	00:54:04	00:46:34	00:43:20	04:58:17	38	MU20
309	Cammenga	Tammo	Gymnasium Ulricianum Aurich	00:53:30	00:53:11	00:45:51	00:55:48	00:44:22	00:45:49	04:58:27	39	MU20
311	Schild	Jesse	Freunde der kleinen Allee	00:51:59	00:54:23	00:44:28	00:54:37	00:47:24	00:46:00	04:58:47	40	MU20
314	Dröst	Tobias	FCSO SII	00:51:42	00:52:34	00:44:07	00:55:40	00:49:28	00:45:39	04:59:05	41	MU20
315	Engels	Jarno	Maler Engels Holterfehn	00:52:41	00:53:56	00:45:31	00:55:53	00:46:39	00:44:31	04:59:06	42	MU20
317	Bents	Paul	Lauftrupp WT Loppersum	00:50:32	00:53:47	00:45:08	00:57:25	00:47:23	00:45:02	04:59:14	43	MU20
322	Wolken	Klaas	KGS Wittmund	00:53:49	00:53:13	00:45:30	00:55:43	00:46:25	00:44:53	04:59:32	44	MU20
328	Dannholz	Hauke	Gymnasium Ulricianum Aurich	00:52:42	00:53:18	00:45:37	00:55:37	00:46:57	00:45:46	04:59:55	45	MU20
334	Hesse	Noah	FCSO	00:50:22	00:50:51	00:53:16	00:57:06	00:45:45	00:43:13	05:00:28	46	MU20
338	Siede	Patrice Pierre	FCSO	00:53:25	00:52:04	00:45:40	00:57:03	00:47:36	00:45:05	05:00:50	47	MU20
342	Landmann	Hendrik	KGS Wiesmoor	00:52:38	00:53:43	00:46:52	00:55:35	00:46:09	00:46:21	05:01:15	48	MU20
343	Hicken	Jannes	Gymnasium Ulricianum Aurich	00:52:58	00:54:47	00:46:12	00:56:07	00:47:04	00:44:28	05:01:32	49	MU20
347	Uffenbrink	Kai	NIGE	00:51:38	00:51:58	00:45:42	00:56:34	00:46:55	00:49:04	05:01:47	50	MU20
355	Conrads	Enno	OBW	00:54:26	00:53:35	00:46:19	00:56:21	00:46:15	00:45:35	05:02:28	51	MU20
360	Janssen	Florian	VW Emden	00:51:39	00:53:53	00:48:10	00:56:11	00:48:17	00:44:39	05:02:45	52	MU20
381	Huhne	Jonas	KGS Wiesmoor	00:52:18	00:58:12	00:46:09	00:57:23	00:46:09	00:43:55	05:04:02	53	MU20
388	Götz	Jonas	Gymnasium Ulricianum Aurich	00:52:18	00:55:32	00:45:47	00:57:28	00:47:01	00:46:25	05:04:26	54	MU20
392	Schiffer	Dominik	IGS Waldschule Egels Sek.1	00:52:46	00:52:58	00:46:51	00:57:04	00:47:23	00:47:38	05:04:37	55	MU20
396	Frerichs	Malte	Tiergarten	00:54:24	00:52:56	00:45:16	00:57:24	00:48:48	00:46:15	05:04:59	56	MU20
397	Rohlfs	Janto	Abken Bau Uтары	00:52:52	00:52:34	00:45:50	00:58:06	00:48:52	00:46:52	05:05:04	57	MU20
401	Schmid	Kilian	Gymnasium Ulricianum Aurich	00:56:38	00:54:06	00:45:57	00:56:35	00:46:49	00:45:24	05:05:26	58	MU20
404	Walter	Mathis	Gymnasium Ulricianum Aurich	00:52:50	00:54:49	00:46:18	00:56:08	00:49:54	00:45:48	05:05:44	59	MU20
423	Buss	Sebastian	UEG Leer	00:53:04	00:56:17	00:47:03	00:56:46	00:48:16	00:46:05	05:07:28	60	MU20
426	Libertus	Philemon	FCSO SII	00:55:37	00:55:19	00:47:35	00:57:23	00:45:32	00:46:16	05:07:38	61	MU20
437	Brunkenhövers	Tim	Realschule Aurich 8d	00:55:18	00:53:49	00:46:31	00:57:00	00:48:43	00:47:20	05:08:38	62	MU20

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erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
441	Pankratius	Kevin	FCSO	00:54:36	00:57:37	00:46:41	00:58:41	00:46:06	00:45:31	05:09:09	63	MU20
465	Fitz	Florian	Gymnasium Ulricianum Aurich	00:54:44	00:55:55	00:47:32	00:57:17	00:48:39	00:46:26	05:10:29	64	MU20
478	Brendjes	Dominik	IGS Aurich Sek II SP201	00:54:43	00:51:07	00:45:42	01:10:46	00:45:17	00:44:00	05:11:31	65	MU20
485	Behrens	Niklas	FCSO	00:54:36	00:57:38	00:46:41	00:58:43	00:48:34	00:45:36	05:11:44	66	MU20
498	Thai	Marvin	Gymnasium Ulricianum Aurich	00:53:30	00:54:09	00:45:33	00:58:46	00:52:16	00:48:02	05:12:13	67	MU20
515	Hesberg	Tim	Gymnasium Ulricianum Aurich	00:54:53	00:55:50	00:47:22	00:58:49	00:49:07	00:47:39	05:13:37	68	MU20
518	Detmers	Derk	Gymnasium Ulricianum Aurich	00:57:29	00:55:07	00:47:20	00:57:23	00:49:09	00:47:32	05:13:57	69	MU20
526	Lüürsen	Gunnar	TGG Leer	00:54:37	00:54:36	00:48:55	00:59:25	00:49:06	00:47:48	05:14:24	70	MU20
529	Kohring	Nico	Realschule Aurich Sek1 8a	00:57:10	00:54:54	00:47:49	00:57:01	00:50:13	00:47:38	05:14:42	71	MU20
546	Seidlitz	Sven	Team LFZ 50	00:58:45	00:57:46	00:48:55	00:55:39	00:47:01	00:47:34	05:15:38	72	MU20
550	Jensen	Joost	Gymnasium Ulricianum Aurich	01:00:07	00:56:09	00:47:11	00:58:34	00:47:15	00:46:46	05:15:57	73	MU20
585	Slappa	Pascal	FCSO	01:00:27	00:58:18	00:48:35	00:57:23	00:48:19	00:45:20	05:18:19	74	MU20
594	Ackermann	Marten	IGS Aurich	00:54:24	00:54:41	00:46:03	01:05:14	00:50:27	00:48:01	05:18:47	75	MU20
597	Siemens	Piet	UEG Leer	00:57:27	00:56:35	00:47:50	00:59:02	00:49:58	00:48:13	05:19:02	76	MU20
604	Hüncke	Maik	Ostfriesische Volksbank eG Leer	00:55:44	00:56:15	00:48:50	00:59:59	00:49:06	00:49:44	05:19:35	77	MU20
609	Müller	Tammo	SV Spetzerfehn	00:55:40	00:56:30	00:48:50	00:59:37	00:50:56	00:48:32	05:20:02	78	MU20
611	Bigalski	Jonas	Gymnasium Ulricianum Aurich	01:02:00	00:56:15	00:47:46	00:57:59	00:49:16	00:46:59	05:20:12	79	MU20
617	de Buhr	Steffen	Turbine TGG	00:58:05	00:56:30	00:48:51	00:59:34	00:50:08	00:47:30	05:20:35	80	MU20
629	Hanschke	Manuel	FCSO	01:08:12	00:56:17	00:48:35	00:57:00	00:46:57	00:44:24	05:21:21	81	MU20
656	Bootjer	Matti	UEG Leer	00:58:41	00:58:16	00:47:20	01:02:13	00:49:41	00:46:54	05:23:02	82	MU20
664	Wessels	Julian	Gymnasium Ulricianum Aurich	01:05:21	00:57:29	00:47:57	00:58:38	00:47:23	00:46:48	05:23:33	83	MU20
672	Froschauer	Mio	IGS Waldschule Egels Sek.1	00:55:49	00:55:37	00:48:27	00:59:47	00:53:20	00:51:25	05:24:22	84	MU20
686	Cilsik	Malte	Naturschutzstation Fehntjer Tied	00:55:28	00:57:52	00:55:27	00:58:11	00:49:38	00:48:44	05:25:18	85	MU20
691	Peters	Oliver	FCSO	01:00:19	00:58:29	00:55:52	00:57:14	00:48:18	00:45:33	05:25:41	86	MU20
707	Hohnrodt	Malte	NIGE	00:57:02	00:59:53	00:48:57	01:00:04	00:51:09	00:49:49	05:26:50	87	MU20
712	Bruns	Hilko	LG Uplengen	00:59:53	00:56:56	00:49:41	01:01:42	00:49:48	00:49:07	05:27:05	88	MU20
722	Arneke	Aaron	NIGE	00:57:01	00:59:53	00:50:05	01:00:03	00:51:10	00:49:49	05:27:57	89	MU20
729	Jürgens	Marek	Angelsbörrer Lopers & Co	01:00:49	00:57:46	00:48:32	01:00:51	00:50:31	00:50:09	05:28:35	90	MU20
742	Gerdes	Malte	UEG Leer	01:01:03	00:59:22	00:49:26	01:00:51	00:50:37	00:48:02	05:29:17	91	MU20
760	Peters	Jonas	Gymnasium Ulricianum Aurich	00:59:31	01:01:12	00:49:59	00:59:30	00:50:34	00:49:27	05:30:10	92	MU20
762	Steenhardt	Matthias	Turbine TGG	00:57:30	00:58:29	00:51:14	00:59:09	00:53:29	00:50:25	05:30:12	93	MU20
764	Poppen	Hilko	IGS Waldschule Egels Sek.1	00:55:49	00:55:38	00:52:07	01:02:19	00:53:21	00:51:26	05:30:36	94	MU20
778	Janssen	Harm	NIGE	01:10:45	01:00:11	00:48:38	00:57:44	00:48:24	00:45:43	05:31:22	95	MU20
820	Moldenhauer	Timo	FCSO	00:58:43	00:59:28	00:50:09	01:03:00	00:52:21	00:50:15	05:33:53	96	MU20
831	Harms	Marlon	IGS Waldschule Egels Sek.1	01:01:38	01:05:38	00:55:37	00:57:04	00:47:23	00:47:37	05:34:55	97	MU20
871	Reichert	Axel	Gymnasium Ulricianum Aurich	00:56:51	01:03:53	00:53:35	01:01:20	00:53:42	00:48:23	05:37:41	98	MU20
878	Plock	Janno	KGS Wiesmoor	01:00:23	00:58:20	00:52:40	01:02:07	00:53:08	00:51:40	05:38:14	99	MU20
881	Gerber	Jan	Gymnasium Ulricianum Aurich	00:57:04	00:59:22	00:50:28	01:03:48	00:55:40	00:52:02	05:38:23	100	MU20
882	Gronewold	Simon	KGS Wiesmoor	00:57:00	00:57:46	00:54:00	01:05:02	00:54:45	00:49:54	05:38:24	101	MU20
890	Gerdes	Kay	Victorbur	00:59:42	00:58:34	00:53:21	01:00:49	00:52:18	00:54:18	05:38:58	102	MU20
905	Geerken	Leon	NIGE	01:12:40	00:59:00	00:49:58	01:00:28	00:49:39	00:48:37	05:40:18	103	MU20
906	Geerken	Noah	NIGE	01:12:39	00:59:00	00:49:58	01:00:29	00:49:39	00:48:37	05:40:18	104	MU20
940	Meyer	Hendrik	KGS Wiesmoor	00:59:45	01:01:44	00:51:27	01:04:00	00:53:14	00:52:13	05:42:19	105	MU20
945	Boelsems	Jan	TGG Leer	01:00:37	00:58:20	00:50:29	01:04:41	00:55:37	00:52:55	05:42:36	106	MU20
947	Bigalski	Hannes	Gymnasium Ulricianum Aurich	01:00:15	01:00:59	00:51:45	01:04:53	00:53:27	00:51:22	05:42:38	107	MU20
954	Harms	Jan-Simon	IGS Aurich Sek II	01:00:23	01:00:09	00:52:35	01:03:41	00:53:19	00:53:01	05:43:04	108	MU20
1027	Bigalski	Noah	Grundschule Egels	01:06:57	01:00:59	00:51:28	01:04:45	00:53:07	00:50:48	05:48:01	109	MU20
1044	Lippick	Simon	Realschule Aurich	01:02:19	00:56:06	00:49:57	01:06:05	00:54:14	01:00:38	05:49:15	110	MU20
1054	Buß	Matthias	IGS Aurich Sek II SP224	01:01:45	01:02:56	00:53:37	01:05:45	00:53:02	00:52:39	05:49:41	111	MU20
1074	Lange	Leon	OBS Kloster Barthe	00:59:09	01:01:44	00:53:21	01:11:46	00:51:53	00:52:48	05:50:37	112	MU20
1095	Kühn	Lars	Gymnasium Ulricianum Aurich	01:02:11	00:59:54	00:55:49	01:05:44	00:55:32	00:52:55	05:52:02	113	MU20
1096	Bohlen	Dieke	IGS Waldschule Egels Sek.1	01:00:41	01:02:21	00:53:05	01:05:57	00:53:55	00:56:10	05:52:05	114	MU20
1119	Gerdes	Lukas	WD 40	01:07:08	01:03:04	00:54:27	01:03:34	00:51:29	00:53:49	05:53:28	115	MU20
1124	Poppen	Renke	KGS Wiesmoor	01:03:15	01:05:49	00:53:26	01:03:02	00:55:18	00:53:15	05:54:03	116	MU20
1140	Groen	Jona	Gymnasium Ulricianum Aurich	01:10:08	01:04:50	00:52:27	01:04:22	00:54:22	00:49:38	05:55:45	117	MU20
1180	Groen	Elias	FCSO SII	00:57:55	00:59:27	00:54:41	01:10:34	01:00:23	00:55:29	05:58:26	118	MU20
1217	Saathoff	Marcel	FCSO SII	00:59:01	00:59:12	00:54:42	01:11:44	01:01:46	00:55:13	06:01:34	119	MU20
1237	Poelker	Simon	Stadt Leer	01:04:10	01:08:11	00:55:07	01:06:10	00:55:48	00:53:33	06:02:55	120	MU20
1254	Stern	Otto	Turbine TGG	01:05:32	01:04:56	00:55:28	01:06:40	00:56:11	00:55:15	06:03:59	121	MU20
1291	Fritz	Thorben	Freiwillige Feuerwehr Wiesmoor	01:04:18	01:04:26	00:53:27	01:12:29	00:57:09	00:54:20	06:06:06	122	MU20
1299	Oorlog	Ihno	FCSO SII	01:00:04	01:04:59	00:53:56	01:13:14	01:00:50	00:53:39	06:06:39	123	MU20
1326	Buß	David	KGS Wiesmoor	01:03:29	01:04:57	00:54:15	01:09:22	00:58:56	00:57:24	06:08:20	124	MU20

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1329	Weber	Noah	KGS Wiesmoor	01:03:36	01:04:56	00:54:16	01:09:22	00:58:56	00:57:25	06:08:26	125	MU20
1349	Gerdes	Jelke	Jackmoorskamper	01:03:02	00:58:45	00:58:05	01:08:57	01:05:09	00:56:04	06:09:59	126	MU20
1410	Wolken	Julian	Angelsbörrger Lopers & Co	01:08:57	01:04:50	00:55:35	01:10:39	00:58:55	00:55:23	06:14:16	127	MU20
1430	Liesegang	Nils	BBS 2 Leer	01:07:13	01:04:59	00:53:55	01:14:42	01:01:00	00:53:46	06:15:30	128	MU20
1453	Saathoff	Alexander	FC SO	01:08:31	01:06:27	01:00:33	01:07:01	00:59:32	00:55:16	06:17:18	129	MU20
1463	Riedel	René	MTV Hohenkirchen	01:03:57	01:06:12	00:55:11	01:10:23	01:07:48	00:54:20	06:17:46	130	MU20
1487	Schilling	Lars	OBS Kloster Barthe	01:03:45	01:07:43	00:56:11	01:11:54	01:01:47	00:58:07	06:19:23	131	MU20
1488	Wollenberg	Folke	GS Filsum	01:07:46	01:07:54	01:01:58	01:07:49	00:58:15	00:55:53	06:19:32	132	MU20
1500	Jelden	Lucas	FC SO	01:08:44	01:07:24	01:00:53	01:10:03	00:58:28	00:55:16	06:20:45	133	MU20
1501	Freerks	Nico	OBS Kloster Barthe	01:07:49	01:09:00	00:57:47	01:11:54	00:58:05	00:56:28	06:20:59	134	MU20
1502	Freerks	Pascal	OBS Kloster Barthe	01:07:50	01:08:48	00:57:47	01:11:52	00:58:47	00:56:01	06:21:00	135	MU20
1507	Herrmann	Mika	NIGE	01:07:57	01:07:05	00:54:45	01:10:41	01:01:21	00:59:45	06:21:31	136	MU20
1519	Post	Tilko	OBS Kloster Barthe	01:07:49	01:08:48	00:57:46	01:11:48	00:58:01	00:57:58	06:22:06	137	MU20
1525	Stefanski	Tim-Ole	IGS Aurich Sek II	01:06:37	01:07:03	00:57:50	01:11:08	01:02:02	00:57:39	06:22:15	138	MU20
1531	Saathoff	Jann-Rieke	Realschule Aurich	01:06:11	01:04:58	01:01:07	01:11:32	00:59:41	00:59:24	06:22:49	139	MU20
1546	Ohling	Tim	Gymnasium Ulricianum Aurich	01:10:30	01:09:25	00:56:10	01:08:23	01:00:52	00:58:42	06:24:00	140	MU20
1570	Franz	Conrad	UEG Leer	01:09:06	01:08:49	00:57:58	01:11:39	00:59:51	00:58:26	06:25:46	141	MU20
1573	Richter	Justus	Gymnasium Ulricianum Aurich	01:09:20	01:06:51	00:59:31	01:12:19	01:00:09	00:57:51	06:25:57	142	MU20
1576	Krebs	Marc	Gymnasium Ulricianum Aurich	01:10:32	01:08:17	00:59:28	01:08:21	01:00:52	00:58:41	06:26:08	143	MU20
1580	Janssen	Max Tillmann	Realschule Aurich Sek1 8b	01:04:57	01:08:45	01:00:26	01:14:17	00:59:10	00:58:57	06:26:29	144	MU20
1582	Merce Berges	Jordi	Avocado	01:05:24	01:05:05	00:56:29	01:08:47	01:14:02	00:56:56	06:26:39	145	MU20
1597	Ludwig	Julian	IGS Aurich Sek II SP201	01:11:12	01:15:01	01:02:54	01:08:32	00:56:58	00:53:39	06:28:12	146	MU20
1649	Bramer	Rene	A-Team Filsum	01:12:31	01:10:44	00:59:36	01:13:39	00:58:55	00:56:51	06:32:13	147	MU20
1700	Voepel	Tim	Fischer- Crew	01:11:53	01:11:33	01:02:53	01:11:19	01:01:45	00:58:01	06:37:21	148	MU20
1715	Thiems	Luca	FC SO	01:07:51	01:09:17	00:58:17	01:14:28	01:09:20	00:59:47	06:38:57	149	MU20
1722	Günther	Dieke	Gymnasium Ulricianum Aurich	01:12:15	01:09:15	00:59:46	01:17:55	01:00:51	00:59:35	06:39:34	150	MU20
1782	Fecht	Malte	IGS Waldschule Egels Sek.1	01:11:50	01:13:09	00:58:43	01:13:58	01:03:38	01:02:48	06:44:03	151	MU20
1786	Dorenbusch	Deiko	FC St. Pauli 1910	01:16:32	01:11:29	01:01:17	01:16:02	01:00:16	00:59:10	06:44:42	152	MU20
1791	Harms	Tim -Ole	IGS Aurich	01:12:09	01:11:10	01:05:13	01:13:51	01:01:36	01:01:32	06:45:28	153	MU20
1824	Carstens	Sven	Gymnasium Ulricianum Aurich	01:12:15	01:04:35	01:08:50	01:16:38	01:05:11	01:00:35	06:48:00	154	MU20
1982	Vieler	Timo	KGS Wiesmoor	01:14:11	01:12:43	01:00:56	01:25:10	01:08:17	01:02:40	07:03:55	155	MU20
2011	Riether	Tammo	"TaktLwG 71 R\''''''	01:15:53	01:12:26	01:06:35	01:21:10	01:09:54	01:01:21	07:07:15	156	MU20
2039	Häring	Johannes	Gymnasium Ulricianum Aurich	01:13:39	01:20:28	01:05:12	01:19:15	01:07:41	01:04:59	07:11:12	157	MU20
2053	Feldmann	Lukas	IGS Aurich Sek II SP224	01:15:37	01:16:01	01:04:06	01:20:56	01:11:39	01:04:50	07:13:06	158	MU20
2071	Niemeyer	Klaas-Peter	Avocado	01:13:12	01:13:54	01:02:03	01:23:23	01:14:02	01:09:25	07:15:56	159	MU20
2142	Moldenhauer	Tammo	OBS Kloster Barthe	01:23:50	01:17:23	01:02:45	01:23:20	01:09:00	01:13:18	07:29:32	160	MU20
2173	Goldenstein	Keno	NIGE	01:18:43	01:20:50	01:09:04	01:28:20	01:11:50	01:10:01	07:38:46	161	MU20
2174	Damm	Rico	IGS Aurich Sek II SP224	01:23:06	01:19:08	01:09:10	01:25:26	01:12:32	01:09:37	07:38:55	162	MU20
2176	Meyer	Sven	OBW	01:03:27	01:01:48	01:19:15	01:41:21	01:16:46	01:16:54	07:39:28	163	MU20
2177	Busmann	Nils	NIGE	01:17:33	01:17:53	01:09:00	01:28:14	01:15:27	01:11:52	07:39:57	164	MU20
2205	Poppen	Arne	KGS Wiesmoor	01:22:16	01:21:06	01:14:56	01:25:11	01:13:34	01:11:36	07:48:35	165	MU20
2220	Müller	Lars	IGS Waldschule Egels Sek.1	01:29:34	01:14:26	01:03:58	01:22:24	01:19:27	01:23:22	07:53:08	166	MU20
2	Wiltfang	Johannes	Pewsumer Windhunde	00:38:24	00:38:32	00:33:35	00:40:47	00:33:49	00:33:43	03:38:46	1	MH
12	Tattje	Sven	Team Möbel Buss / TuS Weene	00:40:43	00:41:28	00:36:47	00:44:56	00:37:36	00:37:26	03:58:53	2	MH
21	Hanken	Dirk	Fehntjer Eier Nordgeorgsfehnd	00:42:58	00:44:04	00:38:14	00:45:57	00:38:36	00:38:23	04:08:10	3	MH
31	Lefering	Sebastian	SC Wiesens	00:43:11	00:44:25	00:39:12	00:47:10	00:39:56	00:39:35	04:13:26	4	MH
35	Harms	Marco	Landkreis Leer	00:44:21	00:44:54	00:39:11	00:46:55	00:39:55	00:39:18	04:14:31	5	MH
40	Grafenburg	Janek	Hartmann Group	00:45:31	00:45:43	00:39:18	00:47:03	00:40:21	00:40:15	04:18:07	6	MH
41	Böden	Timo	Fachbereich Seefahrt	00:45:43	00:45:35	00:39:26	00:48:31	00:40:26	00:38:56	04:18:33	7	MH
46	Wallis	Daniel	LG Harlingerland	00:45:04	00:46:07	00:39:57	00:48:35	00:40:23	00:39:57	04:20:00	8	MH
66	Rüster	Moritz	Fachbereich Seefahrt	00:46:07	00:46:44	00:40:01	00:51:03	00:41:07	00:39:56	04:24:55	9	MH
67	Gastmann	Thino	Bünting Tee	00:47:01	00:46:58	00:40:22	00:49:24	00:41:08	00:40:29	04:25:19	10	MH
92	Nafzger	Malte	Fachbereich Seefahrt	00:48:46	00:48:38	00:41:25	00:51:25	00:41:01	00:39:23	04:30:34	11	MH
93	Lindemann	Timo	Landkreis Leer	00:47:01	00:47:49	00:42:01	00:50:15	00:41:56	00:41:45	04:30:43	12	MH
95	Schäfer	Marco Julian	LGO / Scharff / TRAUCO	00:45:49	00:47:34	00:42:12	00:50:39	00:43:07	00:41:52	04:31:09	13	MH
115	Janssen	Nils	Ulrichs Gymnasium Norden	00:49:03	00:47:45	00:41:35	00:50:52	00:43:40	00:42:06	04:34:58	14	MH
118	Brahms	Marcel	SV Stikelkamp	00:47:02	00:48:09	00:42:04	00:50:51	00:44:38	00:42:24	04:35:05	15	MH
123	Smid	Joachim	Wildeboer Bauteile GmbH	00:47:31	00:49:06	00:42:17	00:52:31	00:43:56	00:41:23	04:36:41	16	MH
131	Heeren	Edzard	VW Emden	00:47:46	00:49:32	00:42:27	00:52:20	00:43:06	00:42:42	04:37:51	17	MH
134	Langwisch	Nico	Klinikum Emden	00:48:05	00:48:04	00:42:21	00:53:18	00:43:52	00:43:01	04:38:39	18	MH

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
142	Groß	Sven	WfbM Aurich-Wittmund	00:47:27	00:49:20	00:41:37	00:51:58	00:45:58	00:43:59	04:40:16	19	MH
143	Meinders	Mathis	Leer	00:52:09	00:51:25	00:43:46	00:50:54	00:41:59	00:40:45	04:40:54	20	MH
144	Gers	Hauke	VW Emden	00:48:53	00:48:13	00:43:23	00:52:49	00:45:16	00:42:32	04:41:03	21	MH
147	Baumann	Jannik	ORGADATA	00:49:23	00:50:20	00:43:45	00:53:06	00:43:21	00:41:40	04:41:31	22	MH
148	Steen	Carsten	FC Oldersum	00:47:55	00:48:23	00:42:16	00:51:12	00:42:01	00:49:52	04:41:36	23	MH
156	Nghiem	Min Duc	WfbM Aurich-Wittmund	00:51:38	00:51:40	00:41:58	00:51:22	00:44:16	00:41:23	04:42:14	24	MH
169	Ackmann	Steffen	TuS Eintracht Hinte	00:49:02	00:50:38	00:43:21	00:53:56	00:44:30	00:43:43	04:45:07	25	MH
178	Emken	Nico	Rolf Janssen Gruppe	00:51:39	00:50:34	00:43:21	00:52:42	00:44:43	00:43:11	04:46:05	26	MH
186	Niesemeyer	Tom	Aurich	00:51:04	00:51:46	00:43:53	00:53:30	00:43:44	00:42:50	04:46:43	27	MH
200	Zemke	Lennart	BSG Volksbank Jever	00:52:32	00:51:41	00:43:39	00:52:53	00:45:09	00:42:11	04:48:01	28	MH
211	Wilken	Kai	Wildeboer Bauteile GmbH	00:51:28	00:51:04	00:44:32	00:53:37	00:45:21	00:44:00	04:49:59	29	MH
215	Karsjens	Hauke	Bohlen & Doyen	00:49:16	00:49:40	00:44:21	00:53:46	00:49:32	00:43:46	04:50:17	30	MH
216	Pauly	Jan	BBC Chartering	00:51:14	00:51:54	00:44:36	00:53:45	00:45:17	00:43:44	04:50:26	31	MH
217	Schmidt	Jan	Meyer Werft	00:50:12	00:50:52	00:44:15	00:54:48	00:45:46	00:44:43	04:50:32	32	MH
234	Daniel	Torben	VW Emden	00:49:47	00:57:17	00:38:04	00:56:49	00:45:50	00:44:25	04:52:10	33	MH
235	Lemke	René	Polizei Leer	00:51:33	00:52:27	00:43:59	00:54:16	00:45:47	00:44:20	04:52:17	34	MH
236	Markus	Sven	Landkreis Leer	00:51:00	00:51:29	00:44:34	00:54:18	00:46:08	00:44:53	04:52:19	35	MH
240	Hoppen	André	NW Steuerberatungsgesellschaft	00:50:37	00:50:42	00:44:51	00:55:10	00:45:56	00:45:12	04:52:24	36	MH
246	Mennebäck	Ocko	SV Georgsheil	00:51:54	00:51:28	00:44:51	00:54:04	00:45:57	00:45:18	04:53:28	37	MH
260	Möhlmann	Timo	Raiffeisenbank Moormerland	00:50:11	00:52:41	00:46:11	00:53:59	00:45:55	00:45:44	04:54:39	38	MH
267	Dieling	Malte	Team ENERCON	00:51:39	00:52:44	00:45:31	00:54:46	00:45:37	00:45:04	04:55:18	39	MH
270	Hippen	Kevin	AXA Rainer Hoek	00:54:47	00:53:07	00:45:30	00:53:56	00:44:56	00:43:27	04:55:39	40	MH
278	Harms	Eike	Rolf Janssen Gruppe	00:52:06	00:51:54	00:46:05	00:54:56	00:46:16	00:45:10	04:56:24	41	MH
279	Deuling	Lukas	Capri Runners	00:52:19	00:52:57	00:44:52	00:55:41	00:46:12	00:44:29	04:56:26	42	MH
280	Büscher	Sebastian	EasyFitness Aurich	01:09:41	00:49:35	00:41:50	00:50:47	00:44:10	00:40:27	04:56:27	43	MH
281	Kuhlmann	Hilko	Bünting Tee	00:52:55	00:52:53	00:44:57	00:53:08	00:45:42	00:46:58	04:56:30	44	MH
294	Janssen	Keven	TS Aluminium	00:51:35	00:53:00	00:46:27	00:55:23	00:46:37	00:44:25	04:57:23	45	MH
295	Nilles	Christian	Team ENERCON	00:51:09	00:52:01	00:46:05	00:56:06	00:48:15	00:43:53	04:57:25	46	MH
318	Nannen	Thilo	Team Aaron Power Uplengen /	00:50:08	00:52:48	00:46:43	00:58:07	00:45:52	00:45:45	04:59:19	47	MH
323	Bauerochse	Lutz	Tierarztpraxis im Friesenhof	00:51:18	00:53:00	00:46:48	00:56:28	00:46:32	00:45:39	04:59:41	48	MH
330	Hoogstraat	Benjamin	LT TuS Aurich-Ost	00:51:13	01:01:41	00:45:09	00:52:36	00:45:43	00:43:42	05:00:00	49	MH
333	Nannen	Jelto	Team Aaron Power Uplengen /	00:53:34	00:52:36	00:46:18	00:56:03	00:46:03	00:45:57	05:00:27	50	MH
369	Hanneken	Patrick	Time Partner	00:53:05	00:53:38	00:47:13	00:55:49	00:47:23	00:46:17	05:03:20	51	MH
384	Eilts	Markus		00:53:30	00:54:34	00:47:13	00:56:37	00:47:01	00:45:24	05:04:16	52	MH
389	Kischlat	Thomas	Kischlat	00:51:43	00:53:21	00:46:42	00:56:53	00:47:31	00:48:23	05:04:30	53	MH
393	Recknagel	Sven	"TaktLwG 71 \R\""	00:54:45	00:54:19	00:46:17	00:56:08	00:47:40	00:45:34	05:04:40	54	MH
398	Kathe	Jens	Team ENERCON	00:54:17	00:54:09	00:46:21	00:55:26	00:49:14	00:45:50	05:05:13	55	MH
399	Edzards	Keno	Fachbereich Seefahrt	00:51:58	00:54:05	00:46:36	00:57:35	00:48:53	00:46:13	05:05:17	56	MH
405	Sachse	Patrick	Raiffeisenbank Moormerland	00:53:08	00:54:12	00:46:33	00:58:16	00:47:21	00:46:17	05:05:44	57	MH
416	Cordes	Jannik	BBS 1 Leer	00:54:02	00:52:53	00:45:51	00:59:21	00:47:17	00:47:11	05:06:31	58	MH
422	Persson	Ron	ORGADATA	00:55:24	00:54:15	00:48:18	00:56:30	00:47:49	00:45:15	05:07:27	59	MH
427	Precht	Markus	TV Apen	00:54:17	00:55:03	00:45:59	00:57:27	00:48:33	00:46:34	05:07:51	60	MH
428	Kruse	Andreas	K&W Tauchservice	00:56:49	00:54:37	00:46:30	00:57:23	00:47:02	00:45:42	05:08:00	61	MH
457	Gebel	Dietrich	Die Laufschnecken	00:53:38	00:55:51	00:47:13	00:57:47	00:48:33	00:47:05	05:10:03	62	MH
458	Neldner	Jan-Niklas	RVB Aurich	00:53:30	00:55:43	00:47:49	00:57:50	00:47:44	00:47:35	05:10:07	63	MH
462	Kunst	Hauke	LT TuRa 07 Westrhauderfehn	00:54:58	00:56:01	00:48:06	00:57:57	00:47:28	00:45:49	05:10:17	64	MH
502	Boekhoff	Daniel	IGS Moormerland	00:54:09	00:52:26	00:48:19	00:57:12	00:48:18	00:52:12	05:12:33	65	MH
504	Lindner	Steffen	WfbM Aurich-Wittmund	00:54:27	00:54:10	00:47:32	00:58:39	00:49:43	00:48:10	05:12:38	66	MH
523	Pleis	Jannik	BW Filsum Roadrunner	00:57:03	00:55:22	00:49:01	00:57:33	00:48:17	00:46:54	05:14:07	67	MH
536	Fleßner	Christian	Rolf Janssen Gruppe	00:53:30	00:54:40	00:49:14	01:00:11	00:49:39	00:47:52	05:15:02	68	MH
544	Janssen	Jannik	WfbM Aurich-Wittmund	00:54:42	00:54:09	00:49:46	00:59:15	00:49:35	00:48:10	05:15:33	69	MH
574	Groß	Tim	WfbM Aurich-Wittmund	00:54:58	00:55:57	00:47:49	00:58:28	00:50:46	00:49:46	05:17:41	70	MH
584	Freund	Marc-Hendrik	EMA Running Group	00:55:25	00:56:08	00:51:18	00:58:29	00:49:04	00:47:56	05:18:17	71	MH
592	Harms	Niklas	Fachbereich Seefahrt	00:58:07	00:56:05	00:47:40	00:58:26	00:51:10	00:47:18	05:18:42	72	MH
603	Rosenboom	Stefan	HR4YOU AG	00:55:39	00:56:54	00:48:59	00:59:25	00:49:02	00:49:33	05:19:28	73	MH
613	Bohlen	Stefan	B-Plast 2000	00:54:54	00:56:02	00:49:04	01:00:59	00:50:51	00:48:34	05:20:20	74	MH
623	Berndt	Jochen	SV Stern Schwerinsdorf	00:56:32	00:58:26	00:49:50	00:59:29	00:49:33	00:47:17	05:21:05	75	MH
630	Schewe	Mario	KS Gleitlager	00:54:50	00:55:28	00:48:48	00:59:09	00:51:14	00:52:03	05:21:29	76	MH
633	Meyer	Jan-Dirk	Fachbereich Seefahrt	00:59:22	00:56:32	00:48:52	01:00:18	00:49:03	00:47:37	05:21:41	77	MH
673	Frerichs	Dennis	WfbM Aurich-Wittmund	00:55:55	00:55:59	00:49:33	01:00:20	00:52:48	00:49:50	05:24:22	78	MH
689	Maiwald	Milan Josua	Team ENERCON	00:59:40	00:59:12	00:49:40	00:59:37	00:49:30	00:47:58	05:25:33	79	MH
695	Jibben	Thore	LT TuS Holtriem	00:57:08	00:57:03	00:48:58	01:02:14	00:50:44	00:49:48	05:25:53	80	MH

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
714	Becker	Henrik	Moormerland	00:56:59	00:58:33	00:49:35	01:01:27	00:51:09	00:49:30	05:27:10	81	MH
755	van Vügt	Kristian	Ostfriesische Volksbank eG Lee	00:57:13	00:57:30	00:51:25	01:02:25	00:51:08	00:50:07	05:29:46	82	MH
772	Saathoff	Steffen	Störtebeker Loopers TVM	00:57:54	00:58:32	00:50:13	01:02:14	00:51:57	00:50:22	05:31:08	83	MH
773	Backer	Keno		00:59:38	00:58:48	00:49:31	01:01:25	00:50:58	00:50:54	05:31:11	84	MH
789	Krüger	Jan	Teestube Eiland	00:58:35	00:59:20	00:50:25	01:01:09	00:52:52	00:50:01	05:32:19	85	MH
791	Walter	Eike	Rolf Janssen Gruppe	00:57:40	00:59:01	00:53:03	01:01:40	00:51:10	00:49:52	05:32:23	86	MH
795	Schuirmann	Hendrik		00:59:38	00:58:51	00:49:47	01:01:24	00:52:12	00:50:53	05:32:41	87	MH
798	Richter	Malte	3ing	00:58:52	00:57:49	00:49:44	01:02:07	00:52:50	00:51:41	05:33:01	88	MH
802	Sandomeer	Maik		00:59:32	00:58:41	00:49:36	01:01:51	00:53:02	00:50:38	05:33:16	89	MH
825	Streubel	Tom	DLRG Langeoog	01:03:31	00:58:21	00:50:10	01:02:15	00:50:39	00:49:33	05:34:25	90	MH
830	Kaufhold	Moritz	BSG Volksbank Jever	01:00:14	00:58:25	00:50:29	01:02:31	00:52:54	00:50:24	05:34:54	91	MH
862	Wagener	Jonas	Realschule Aurich	00:55:41	00:58:16	00:55:45	01:02:58	00:53:58	00:50:20	05:36:54	92	MH
863	Janssen	Fabian	WfbM Aurich-Wittmund	00:59:41	00:59:28	00:51:57	01:02:44	00:51:57	00:51:13	05:36:56	93	MH
867	Andreßen	Deeke	Kollektiv	00:58:37	00:59:05	00:50:31	01:01:56	00:50:34	00:56:21	05:37:01	94	MH
877	Post	Marvin	traba - team	00:57:37	00:59:55	00:52:32	01:03:09	00:52:04	00:52:58	05:38:11	95	MH
884	Alberts	Marco	Getek	00:58:29	01:05:35	00:53:17	01:00:18	00:48:53	00:52:04	05:38:34	96	MH
893	Lippert	Silas		01:06:22	01:03:30	00:50:05	01:00:43	00:50:01	00:48:37	05:39:15	97	MH
925	Einolf	Stefan	Landkreis Wittmund	01:00:04	00:58:36	00:53:00	01:03:45	00:54:03	00:52:04	05:41:28	98	MH
994	von Rhein	Jan-Lukas	Fachbereich Seefahrt	00:59:50	00:59:28	00:52:15	01:03:16	00:54:59	00:56:25	05:46:10	99	MH
1013	Rethmeier	Erik	Chikara Gym Bunde	00:58:59	01:00:03	00:52:31	01:04:15	00:54:39	00:56:46	05:47:10	100	MH
1022	Huszár	Attila	Fachbereich Seefahrt	01:03:13	01:03:41	00:52:05	01:01:49	00:56:13	00:50:49	05:47:46	101	MH
1030	Bruns	Marcel	Partyservice Klose	01:10:14	01:01:28	00:51:20	01:02:07	00:53:06	00:49:54	05:48:06	102	MH
1031	Kaestner	Max-Simon	Dramatische Pause	01:00:29	01:13:30	00:49:56	01:04:26	00:51:27	00:48:22	05:48:08	103	MH
1079	Eckel	Moritz	Emden	01:04:16	01:02:07	00:54:03	01:04:28	00:54:41	00:51:22	05:50:54	104	MH
1081	Meenken	Christoph	Emdion	01:01:46	01:02:09	00:53:46	01:07:13	00:53:56	00:52:21	05:51:07	105	MH
1082	Schomaker	Dirk	Die Luftpumpen	01:02:15	01:01:41	00:53:42	01:06:35	00:54:43	00:52:20	05:51:13	106	MH
1083	Brummer	Malte	Die Luftpumpen	01:02:16	01:01:42	00:53:42	01:06:35	00:54:42	00:52:22	05:51:16	107	MH
1084	Ritz	Guido	LG Superbowl	01:02:05	01:00:39	00:53:11	01:04:56	00:53:42	00:56:46	05:51:16	108	MH
1091	Meise	Andre	RVB Aurich	00:59:10	01:03:55	00:53:22	01:06:21	00:55:03	00:53:48	05:51:36	109	MH
1098	Uken	Daniel	Sparkasse Emden	01:02:26	01:03:04	00:53:19	01:06:02	00:54:06	00:53:23	05:52:16	110	MH
1101	Volles	Mats	Team ENERCON	00:59:50	01:01:18	00:54:29	01:06:45	00:55:56	00:54:19	05:52:33	111	MH
1106	de Vries	Carsten	FCF	01:01:15	01:01:17	00:56:06	01:03:01	00:54:04	00:57:02	05:52:42	112	MH
1108	Braje	Siljan	IGS Aurich Sek II	01:03:21	01:04:09	00:54:38	01:05:21	00:53:22	00:52:05	05:52:54	113	MH
1122	Baalmann	Sven	Wildeboer Bauteile GmbH	01:03:26	01:03:09	00:54:51	01:04:43	00:55:57	00:51:53	05:53:55	114	MH
1136	Busecke	Jonas	UEG Leer	01:03:56	01:02:38	00:54:30	01:06:27	00:56:29	00:51:22	05:55:19	115	MH
1170	Webermann	Jan-Hendrik	Briese Schifffahrt	01:05:03	01:02:43	00:53:36	01:04:35	00:57:47	00:54:20	05:58:02	116	MH
1192	Wilhelms	Jan-Ole	EWE-Wattloopers	01:04:02	01:03:16	00:52:41	01:08:45	00:56:21	00:54:33	05:59:33	117	MH
1232	Janssen	Rikus	Klinikum Leer	01:08:17	01:05:46	00:54:40	01:08:25	00:54:06	00:51:19	06:02:30	118	MH
1234	Schreiber	Timo	TS Aluminium	01:05:26	01:04:17	00:54:44	01:05:37	00:56:06	00:56:44	06:02:51	119	MH
1250	Büscher	Jonas	Fachbereich Seefahrt	01:03:56	01:03:37	00:56:29	01:06:59	00:56:45	00:55:58	06:03:41	120	MH
1260	Eilts	Janek	Kollektiv	00:59:45	01:04:13	00:53:16	01:10:54	00:59:56	00:56:16	06:04:16	121	MH
1264	Hiersemann	Timo		01:02:07	01:02:49	00:55:24	01:07:30	00:58:40	00:58:00	06:04:27	122	MH
1294	von Halle	Fabian	Klinikum Leer	01:08:21	01:06:01	00:54:51	01:08:34	00:54:52	00:53:38	06:06:14	123	MH
1296	Lukahsen	Marcel	EWE-Wattloopers	01:12:42	01:03:29	00:52:40	01:08:45	00:54:22	00:54:34	06:06:28	124	MH
1358	Puls	Claus	WfbM Aurich-Wittmund	01:02:00	01:04:17	00:54:10	01:09:03	01:00:20	01:00:48	06:10:36	125	MH
1367	Müller	Timo	Team Möbel Buss	01:05:09	01:07:22	00:56:32	01:10:54	00:56:35	00:54:50	06:11:18	126	MH
1377	Menningen	Simon	Meyer Werft	01:05:47	01:04:40	00:58:18	01:09:13	00:58:16	00:55:59	06:12:10	127	MH
1378	Meyer	Daniel		01:11:27	01:04:20	00:55:53	01:09:23	00:56:09	00:55:06	06:12:14	128	MH
1439	Becker	Nils	Oldenburg	01:04:02	01:04:28	00:57:47	01:10:55	01:00:48	00:58:24	06:16:21	129	MH
1456	Rietdorf	Marcel	Fachbereich Seefahrt	01:09:09	01:05:32	00:56:34	01:09:18	01:01:15	00:55:44	06:17:29	130	MH
1477	Dayen	Frank	Meyer Werft	01:11:10	01:08:19	00:56:32	01:10:25	00:57:53	00:54:47	06:19:03	131	MH
1482	Gosling	Sascha	Sportzentrum Crocodiles	01:07:38	01:13:22	01:01:47	01:13:02	00:51:48	00:51:39	06:19:12	132	MH
1492	Parduhn	Kevin	St. JH Vare	01:05:51	01:06:54	00:56:50	01:09:56	01:03:47	00:56:43	06:19:57	133	MH
1605	Janssen	Jann Bruno	Sportpark Tannenhausen	01:11:28	01:10:40	00:57:31	01:13:15	01:00:05	00:56:01	06:28:57	134	MH
1607	Leubner	Aiko	Bünting Tee	01:06:24	01:07:03	00:58:19	01:16:44	01:02:05	00:58:46	06:29:18	135	MH
1625	Walter	Florian	Fachbereich Seefahrt	01:12:13	01:12:22	00:59:01	01:13:15	00:55:41	00:58:03	06:30:31	136	MH
1641	Anneken	Jens	Fachbereich Seefahrt	01:09:45	01:07:57	00:58:29	01:12:22	01:02:42	01:00:25	06:31:38	137	MH
1645	Bederke	Alexander	Team Möbel Buss	01:12:05	01:20:05	00:57:37	01:09:05	00:56:35	00:56:28	06:31:52	138	MH
1674	Kruse	Bernhard	WfbM Aurich-Wittmund	01:08:13	01:05:26	01:04:07	01:12:37	01:05:43	00:58:09	06:34:12	139	MH
1689	Heeren	Adrian	Stadt Wiesmoor	01:10:58	01:08:57	01:00:20	01:14:57	01:01:11	00:59:41	06:36:01	140	MH
1726	Riedl	Mark	BBS 1 Emden	01:09:19	01:07:44	00:58:56	01:14:32	01:07:57	01:01:50	06:40:14	141	MH
1739	Veenhuis	Okko	Tuffeltrio	01:13:19	01:11:04	00:56:04	01:14:26	01:03:51	01:02:24	06:41:06	142	MH

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1749	Hotze	Dennis	Running Gags	01:10:32	01:12:00	01:02:28	01:13:39	01:00:25	01:02:56	06:41:56	143	MH
1765	Taute	Uwe	Collinghorst	01:10:48	01:11:42	01:01:34	01:14:00	01:02:50	01:02:30	06:43:20	144	MH
1769	Kaiser	Daniel	Meyer Werft	01:14:04	01:11:14	01:00:33	01:14:13	01:02:45	01:00:43	06:43:29	145	MH
1795	Wienberg	Markus	SO Medien Hafenbude	01:11:26	01:11:31	01:01:36	01:16:05	01:02:36	01:02:32	06:45:42	146	MH
1809	Schild	Cedric	Freunde der kleinen Allee	01:16:41	01:10:17	00:59:51	01:21:15	01:04:36	00:53:50	06:46:27	147	MH
1826	Gerber	Tino	Team ENERCON	01:16:37	01:15:09	01:01:05	01:12:15	01:05:32	00:57:28	06:48:03	148	MH
1837	Dick	Jürgen	Klinikum Leer	01:17:59	01:14:42	01:01:55	01:14:46	01:00:46	00:58:39	06:48:44	149	MH
1928	Freese	Timo	TUS Holtriem	01:14:21	01:12:46	01:05:46	01:18:06	01:04:34	01:01:53	06:57:23	150	MH
2007	Janssen	Tobias	EasyFitness Aurich	01:02:59	01:20:33	01:05:19	01:21:08	01:07:27	01:09:25	07:06:48	151	MH
2058	Wandersee	Philipp	Fachbereich Seefahrt	01:14:01	01:11:17	01:03:51	01:22:54	01:07:59	01:14:02	07:14:01	152	MH
2204	Otte	Dennis	On Fire	01:23:47	01:22:52	01:12:50	01:25:22	01:13:29	01:09:56	07:48:12	153	MH
2207	Mennebäck	Harm	Störtebeker Loopers TVM	01:29:01	01:26:21	01:10:01	01:25:42	01:11:16	01:07:16	07:49:34	154	MH
2228	Kolthoff	Markus	LG Superbowl	01:30:14	01:27:12	01:10:05	01:28:19	01:09:38	01:10:25	07:55:50	155	MH
2233	Zimmermann	Andreas	Running Gags	01:24:16	01:24:11	01:13:56	01:27:34	01:14:52	01:13:46	07:58:33	156	MH
2234	Jelting	Stefan	FC Oldersum	01:25:38	01:25:26	01:12:08	01:27:54	01:15:42	01:12:38	07:59:23	157	MH
2275	Janßen	Janek	RVB Aurich	01:31:49	01:31:18	01:19:19	01:34:59	01:17:41	01:16:58	08:32:01	158	MH
3	Bollmann	Tim	TuS Weene	00:39:26	00:40:09	00:35:29	00:43:10	00:35:48	00:35:43	03:49:43	1	M30
6	Teklemariam	Weldetinsae	LG Uplengen	00:40:28	00:40:48	00:36:32	00:43:35	00:35:38	00:35:26	03:52:24	2	M30
10	Wessels	Torsten	Meyer Werft	00:40:47	00:41:27	00:36:47	00:44:12	00:37:21	00:36:53	03:57:24	3	M30
11	Janssen	Georg	TuS Weene	00:40:46	00:41:26	00:36:47	00:44:40	00:37:28	00:36:50	03:57:55	4	M30
14	Biermann	Kai	TuS Weene	00:41:02	00:41:59	00:37:01	00:45:07	00:37:26	00:36:48	03:59:19	5	M30
18	Steffens	Daniel	OBW	00:41:45	00:43:37	00:37:06	00:45:50	00:38:22	00:37:21	04:03:57	6	M30
19	Schmidt	Jörn	TuS Weene	00:42:24	00:43:05	00:37:18	00:45:38	00:38:33	00:38:15	04:05:10	7	M30
22	Appeldorn	Lars	Meyer Werft	00:43:29	00:44:12	00:38:01	00:46:30	00:38:38	00:38:47	04:09:33	8	M30
33	Eickholt	Matthias	Lauftrupp WT Loppersum	00:43:17	00:44:37	00:39:04	00:47:17	00:39:33	00:39:49	04:13:33	9	M30
36	Kahlert	Bastian	TuS Eintracht Hinte	00:43:35	00:44:40	00:39:39	00:47:43	00:40:18	00:39:11	04:15:02	10	M30
38	Lind	Kristian	TuS Detern	00:44:49	00:44:55	00:39:15	00:47:56	00:39:53	00:39:17	04:16:02	11	M30
53	Schawe	Ronny	LG Fliegerhorst Upjever	00:44:53	00:45:58	00:40:29	00:50:25	00:40:46	00:39:56	04:22:24	12	M30
54	Klinkenborg	Enno	TV Norden	00:45:57	00:46:41	00:40:13	00:48:46	00:40:47	00:40:09	04:22:30	13	M30
65	Köcklar	Matthias	Team ENERCON	00:46:54	00:46:47	00:41:12	00:48:47	00:41:09	00:40:04	04:24:50	14	M30
69	Janssen	Johannes	Bünting Tee	00:45:10	00:47:17	00:40:41	00:50:15	00:41:54	00:40:14	04:25:28	15	M30
74	Kasten	Tammo	Concordia Suurhusen	00:46:40	00:46:38	00:41:32	00:49:42	00:42:19	00:40:36	04:27:24	16	M30
79	Krumminga	Jens	Landkreis Leer	00:46:36	00:47:22	00:41:19	00:50:09	00:41:25	00:41:05	04:27:52	17	M30
94	Binder	Jonathan	Leinerstift e.V.	00:48:17	00:47:39	00:40:46	00:49:44	00:42:43	00:41:54	04:30:59	18	M30
100	Miethke	Kuno	LT TuS Aurich-Ost	00:47:47	00:47:37	00:41:43	00:51:17	00:41:59	00:41:20	04:31:38	19	M30
102	Tomaszewski	Paul	Fit 4 Run	00:47:24	00:48:42	00:41:53	00:51:18	00:41:28	00:41:16	04:31:59	20	M30
104	Richter	Christian		00:47:46	00:48:52	00:42:15	00:50:36	00:42:06	00:41:06	04:32:37	21	M30
105	Pralle	Matthias	Team ENERCON	00:48:35	00:48:25	00:41:23	00:51:01	00:42:35	00:40:47	04:32:41	22	M30
113	Stürzl	Sebastian	LT TuS Aurich-Ost/Blödsinn, lau	00:47:15	00:48:10	00:41:44	00:51:54	00:43:02	00:42:27	04:34:29	23	M30
124	Witte	Daniel	IGS Moormerland	00:46:40	00:48:16	00:41:50	00:51:46	00:44:16	00:43:55	04:36:41	24	M30
126	Buß	Timo	RVB Aurich	00:48:01	00:48:52	00:42:36	00:52:14	00:43:32	00:42:24	04:37:35	25	M30
157	Claassen	Marco	Störtebeker Loopers TVM	00:48:03	00:49:34	00:42:50	00:52:38	00:46:25	00:43:10	04:42:38	26	M30
161	Meents	Thomas	MTV Hohenkirchen	00:50:09	00:51:40	00:42:58	00:52:54	00:42:52	00:42:54	04:43:24	27	M30
163	Brahms	Jann	Bohlen & Doyen	00:49:37	00:49:13	00:43:29	00:52:41	00:44:17	00:44:50	04:44:04	28	M30
168	Girod	Thomas	Meyer Werft	00:50:47	00:50:59	00:43:29	00:52:47	00:44:08	00:42:51	04:44:59	29	M30
174	markgraf	Jan	TSV Jahn Carolinensiel	00:47:27	00:50:56	00:43:24	00:54:40	00:43:20	00:46:00	04:45:43	30	M30
185	Hempfen	Henning	Fenestra Nordwest	00:50:11	00:50:31	00:43:42	00:53:10	00:45:30	00:43:41	04:46:42	31	M30
196	Byl	Jens	Wiebke Byl Sportpferde	00:49:59	00:51:27	00:43:21	00:53:03	00:46:20	00:43:33	04:47:40	32	M30
198	Luitjens	Folke	Milch macht's !!	00:51:23	00:50:55	00:43:25	00:53:15	00:45:21	00:43:31	04:47:45	33	M30
209	Schüür	Hauke	INTERSEROH Evert Heeren Gm	00:52:38	00:51:40	00:44:29	00:53:36	00:44:18	00:43:10	04:49:48	34	M30
214	Büchner	Tobias	Team ENERCON	00:50:39	00:52:06	00:45:58	00:54:19	00:44:17	00:42:56	04:50:11	35	M30
227	Kleen	Jan	EWE-Wattloopers	00:50:33	00:51:11	00:44:44	00:54:21	00:46:05	00:44:45	04:51:35	36	M30
252	Bruns	Ingo	LT TuS Aurich-Ost	00:49:47	00:50:52	00:45:01	00:55:45	00:46:53	00:45:35	04:53:50	37	M30
265	Bohlen	Rainer	LG Uplengen	00:52:04	00:51:47	00:44:56	00:54:18	00:46:46	00:45:14	04:55:01	38	M30
268	Post	Simon	LSF Oldenburg	00:44:35	00:45:11	00:48:31	01:15:53	00:41:45	00:39:39	04:55:31	39	M30
272	Hartkemeyer	Bernd	Time Partner	00:51:57	00:52:35	00:45:28	00:54:54	00:45:27	00:45:38	04:55:55	40	M30
273	Lübbens	Sven	Stadt Wiesmoor	00:51:51	00:50:11	00:42:51	00:52:12	00:56:05	00:42:50	04:55:57	41	M30
274	Petersen	Lars	Team Wilts	00:52:08	00:53:08	00:46:12	00:53:52	00:45:58	00:44:45	04:56:00	42	M30
276	Olbrich	Richard	Landkreis Leer	00:53:03	00:52:27	00:45:41	00:54:27	00:45:26	00:45:17	04:56:18	43	M30
284	Beck	Johannes	Klinikum Leer	00:52:24	00:53:42	00:45:04	00:55:11	00:45:38	00:44:42	04:56:38	44	M30



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1324	Bartz	Christian		01:14:35	01:05:25	00:55:38	01:05:34	00:54:45	00:52:18	06:08:12	107	M30
1364	Süßen	Christian	Duo Infernale	01:01:53	01:06:26	00:56:10	01:09:22	00:58:12	00:59:09	06:11:08	108	M30
1370	Schoone	Thomas	LG Großefehn	01:08:12	01:04:10	00:56:05	01:08:43	00:58:47	00:55:46	06:11:39	109	M30
1408	Bohlen	Frank	PMA	01:06:49	01:05:53	00:57:24	01:08:53	00:57:33	00:57:38	06:14:07	110	M30
1418	Tjaden	Folkert	Team Tjaden	01:12:02	01:04:55	00:55:44	01:07:43	00:57:28	00:56:58	06:14:47	111	M30
1420	Klaaßen	Heinz	Team ENERCON	01:10:10	01:06:08	00:55:34	01:07:57	00:58:30	00:56:34	06:14:50	112	M30
1461	Riemann	Holger	Arends & Bussen	01:04:27	01:05:19	00:58:05	01:13:22	00:59:14	00:57:14	06:17:38	113	M30
1538	Heinßen	Thorben	Bünting Tee	01:07:44	01:05:39	00:55:25	01:12:27	01:04:30	00:57:26	06:23:08	114	M30
1539	Bohlken	Joscha	Bohlkens	01:09:36	01:08:29	00:57:47	01:11:07	00:59:04	00:57:18	06:23:17	115	M30
1636	Battermann	Lars	Klinge	01:09:44	01:09:48	00:59:15	01:13:30	01:01:12	00:57:39	06:31:06	116	M30
1656	Plawenn	Clemens	Fachbereich Seefahrt	01:11:11	01:10:28	00:58:27	01:12:31	01:01:19	00:58:46	06:32:39	117	M30
1663	Saßen	Frank	LEO-Club Wiesmoor	01:12:22	01:09:46	01:00:46	01:10:26	01:01:06	00:58:37	06:33:00	118	M30
1684	Bohlen	Ole	SuS Rhede	01:11:17	01:09:36	00:58:38	01:15:00	01:01:18	00:59:47	06:35:33	119	M30
1707	Gronewold	Heiko	Upstalsboomer	01:10:07	01:10:27	00:58:21	01:13:02	01:04:21	01:02:03	06:38:18	120	M30
1728	Oppenborn	Jörg	Running Gags	01:10:32	01:09:16	01:00:48	01:13:43	01:03:10	01:02:56	06:40:22	121	M30
1821	Posselt	Volker	Team AURICHER EIER	01:12:52	01:12:46	01:02:12	01:15:45	01:03:38	01:00:40	06:47:49	122	M30
1845	Paul	Marten	Lebenshilfe Leer e.V.	01:08:59	01:11:54	01:00:15	01:16:57	01:06:24	01:05:25	06:49:51	123	M30
1885	Cornelius	Frank	SC Wiesens	01:15:58	01:13:35	01:00:49	01:18:43	01:04:47	00:58:51	06:52:40	124	M30
1884	Fleßner	Gert	EWE-Wattloopers	01:10:20	01:11:51	01:01:38	01:19:12	01:07:08	01:02:34	06:52:40	125	M30
1926	Saathoff	Johann	OBS Kloster Barthe	01:10:52	01:12:21	01:02:58	01:17:49	01:08:03	01:05:00	06:57:00	126	M30
2055	Diekhaus	Marco	Wreesmann Logistik	01:14:48	01:16:01	01:04:13	01:19:42	01:08:14	01:10:22	07:13:17	127	M30
2213	Bohmfalk	Wilke	Team Möbel Buss	01:22:19	01:23:05	01:09:16	01:26:01	01:18:09	01:11:56	07:50:43	128	M30
2232	Penshorn	Hanko	För mi süls	01:24:16	01:23:12	01:13:08	01:28:53	01:15:34	01:13:05	07:58:05	129	M30
1	Kuhlen	Andreas	LSF Oldenburg	00:36:02	00:38:12	00:32:48	00:39:37	00:32:58	00:33:03	03:32:37	1	M35
15	Sauer	Artur	TuS Weene	00:41:15	00:42:06	00:37:04	00:44:44	00:37:27	00:37:29	04:00:02	2	M35
25	Resch	Christian	"1. Triathlon Club Oldenburg e	00:42:56	00:44:52	00:37:57	00:47:00	00:38:51	00:38:23	04:09:56	3	M35
27	Neumann	Boris	TuS Weene	00:43:12	00:44:23	00:38:41	00:47:10	00:39:19	00:39:00	04:11:41	4	M35
28	Menssen	Jörg	Krankenhaus Wittmund	00:43:18	00:44:14	00:38:34	00:47:00	00:39:40	00:39:10	04:11:53	5	M35
42	de Buhr	Hajo	TuS Weene	00:44:57	00:45:31	00:39:47	00:48:51	00:40:00	00:39:49	04:18:52	6	M35
49	Jänicke	Sascha	LSF Oldenburg	00:44:41	00:45:39	00:40:38	00:48:53	00:40:09	00:40:26	04:20:22	7	M35
99	Schepker	Lars	Rolf Janssen Gruppe	00:46:41	00:47:56	00:41:40	00:50:38	00:42:29	00:42:05	04:31:26	8	M35
111	Lohmeyer	Matthias	Remels	00:47:37	00:48:42	00:41:59	00:51:16	00:42:52	00:41:49	04:34:13	9	M35
112	Harms	Udo	Team Slaufen	00:47:50	00:48:31	00:41:58	00:51:10	00:42:40	00:42:10	04:34:16	10	M35
120	Müßing	Michael	Klinikum Leer	00:47:17	00:48:38	00:42:08	00:51:40	00:43:31	00:42:29	04:35:40	11	M35
121	Boersma	Jan	Lauftrupp WT Loppersum	00:47:28	00:48:24	00:42:33	00:52:22	00:42:45	00:42:35	04:36:04	12	M35
127	Müller	Matthias	Meyer Werft	00:50:07	00:49:02	00:41:51	00:52:27	00:42:53	00:41:22	04:37:39	13	M35
128	Kruse	Karsten		00:48:15	00:48:12	00:42:10	00:51:37	00:44:34	00:42:54	04:37:39	14	M35
133	Gerdas	Andree	Stadt Wiesmoor	00:47:57	00:48:42	00:42:53	00:52:55	00:43:08	00:42:47	04:38:17	15	M35
136	Borchers	Kai	Team ENERCON	00:49:51	00:49:51	00:42:41	00:51:48	00:42:39	00:42:04	04:38:51	16	M35
137	Block	Wilhelm	2-Rad Center Block Aurich	00:47:36	00:49:18	00:43:16	00:52:36	00:43:28	00:42:56	04:39:07	17	M35
145	Kohlert	Sören	IGS Aurich Sek II SP201	00:49:09	00:50:21	01:21:53	00:54:33	01:03:14	00:45:16	04:41:10	18	M35
149	Lücht	Thomas	AAFG WST	00:49:49	00:50:13	00:43:42	00:52:04	00:43:24	00:42:35	04:41:43	19	M35
175	Mieth	Matthias	Running for Jesus	00:49:50	00:48:08	00:41:23	00:50:58	00:52:32	00:43:05	04:45:53	20	M35
188	Meister	Uwe	Stadtwerke Leer Loopers	00:50:50	00:50:08	00:44:23	00:53:35	00:44:03	00:43:56	04:46:52	21	M35
195	Fleßner	Onno	Team ENERCON	00:49:11	00:51:11	00:44:19	00:53:31	00:44:58	00:44:19	04:47:26	22	M35
206	Balzen	Andree	SV Ostfria Moordorf	00:50:33	00:51:24	00:43:47	00:53:46	00:45:24	00:44:14	04:49:04	23	M35
219	Korporal	Jens	KS Gleitlager	00:50:39	00:51:43	00:44:30	00:53:51	00:45:54	00:44:12	04:50:45	24	M35
228	Köhler	Thomas	Familienzentrum Remels	00:50:37	00:51:01	00:44:30	00:54:33	00:45:53	00:45:09	04:51:41	25	M35
233	Lehmann	Gustav	Freerunner	00:50:32	00:51:37	00:45:05	00:54:10	00:45:01	00:45:43	04:52:05	26	M35
238	Gass	Wladimir	INTERSEROH Evert Heeren Gm	00:52:36	00:52:13	00:44:29	00:54:21	00:44:49	00:43:58	04:52:21	27	M35
243	Meyering	Christian	BBC Chartering	00:51:19	00:51:54	00:44:33	00:54:59	00:45:17	00:45:25	04:53:23	28	M35
244	Sandmann	Marten	HTG Ihlow	00:51:34	00:51:54	00:45:04	00:54:43	00:45:39	00:44:33	04:53:24	29	M35
245	Alberts	Thomas	Loppersum	00:51:06	00:52:03	00:45:19	00:54:54	00:45:19	00:44:47	04:53:26	30	M35
250	Westphal	Peter	Meyer Werft	00:52:22	00:52:25	00:44:30	00:54:40	00:45:49	00:44:01	04:53:43	31	M35
277	Janssen	Karsten	Bohlen & Doyen	00:50:40	00:52:16	00:45:21	00:55:39	00:46:59	00:45:27	04:56:19	32	M35
308	Gerdas	Joachim	Ostfriesische Volksbank eG Lee	00:50:38	00:52:09	00:46:00	00:56:20	00:47:00	00:46:18	04:58:22	33	M35
310	Riedlewski	Thomas	LG Fliegerhorst Upjever	00:52:40	00:52:07	00:46:52	00:55:07	00:45:47	00:46:00	04:58:30	34	M35
316	Janssen	Ingo	Leinerstift e.V.	00:54:10	00:52:42	00:44:32	00:56:02	00:46:17	00:45:33	04:59:12	35	M35
321	Walczak	Jacek	ORGADATA	00:53:08	00:53:02	00:46:36	00:55:06	00:46:24	00:45:13	04:59:27	36	M35
352	Sandomier	Stefan	FF Ihlowerfehn	00:52:21	00:53:48	00:46:16	00:56:37	00:47:26	00:45:48	05:02:13	37	M35



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
353	Kuil	Heyo jun.	INTERSEROH Evert Heeren Gm	00:53:27	00:52:53	00:45:52	00:56:10	00:47:19	00:46:41	05:02:17	38	M35
362	Habben	Bernd	Zeppelin-Rental	00:52:24	00:53:26	00:46:32	00:56:55	00:47:33	00:46:00	05:02:47	39	M35
378	Bünting	Michael	Baptisten Firrel	00:52:57	00:53:44	00:47:00	00:56:52	00:47:07	00:46:13	05:03:49	40	M35
385	Reinken	Udo	Sparkasse Aurich-Norden	00:54:18	00:53:44	00:46:41	00:56:59	00:47:33	00:45:05	05:04:17	41	M35
403	Müller	Lupus	Eben-Eser Moormerland	01:01:01	00:59:35	00:48:20	00:53:21	00:42:29	00:40:57	05:05:39	42	M35
407	Mülder	Mario	Polizei Aurich	00:53:52	00:55:33	00:46:37	00:56:19	00:47:41	00:45:48	05:05:46	43	M35
429	Bruns	Karsten	Ostfriesische Volksbank eG Lee	00:53:31	00:55:05	00:46:48	00:56:47	00:47:52	00:48:06	05:08:05	44	M35
433	Frey	Christian	PMA	00:54:36	00:54:13	00:47:21	00:56:43	00:48:06	00:47:21	05:08:18	45	M35
446	Meyer	Markus	Karriereberatungsbüro der Bur	01:06:43	00:56:12	00:45:09	00:53:41	00:44:41	00:43:00	05:09:23	46	M35
447	Leonhard	Stephan	On Fire	00:57:19	00:53:39	00:47:01	00:57:54	00:47:30	00:46:03	05:09:24	47	M35
460	Fähmel	Björn	VW Montage Mäppers	00:53:46	00:53:12	00:47:56	00:58:05	00:49:23	00:47:50	05:10:08	48	M35
466	Huber	Torsten	Aper Weihnachtsmützenlauf	00:54:02	00:55:39	00:47:34	00:57:43	00:48:36	00:47:04	05:10:36	49	M35
471	Baum	Andreas	Kaffeerösterei Baum	00:54:30	00:55:05	00:47:29	00:58:02	00:49:04	00:46:50	05:10:57	50	M35
481	Abheiden	Michael	Meyer Werft	00:54:53	00:55:20	00:48:07	00:58:02	00:48:15	00:47:03	05:11:36	51	M35
500	van der Wall	Kai	M. Neemann OHG	00:57:59	00:56:16	00:46:57	00:56:36	00:48:14	00:46:19	05:12:18	52	M35
509	Domschky	Christian	LT TuS Aurich-Ost	00:52:41	00:52:40	00:46:23	00:58:44	00:50:14	00:52:13	05:12:52	53	M35
538	Janssen	Marko	TV Norden	00:54:53	00:55:04	00:47:51	00:59:39	00:49:12	00:48:28	05:15:03	54	M35
547	Sörensen	Marc	SV Wallinghausen	00:53:29	00:54:13	00:47:42	01:00:32	00:50:44	00:49:03	05:15:40	55	M35
557	Wölfel	Andreas	TV Norden	00:55:54	00:55:04	00:48:46	00:59:18	00:49:12	00:48:28	05:16:39	56	M35
565	Leffers	Michael	Team ENERCON	00:54:31	00:55:38	00:48:10	01:00:44	00:50:09	00:47:50	05:16:59	57	M35
566	Geenen	Andre	Fachbereich Seefahrt	00:55:08	00:56:31	00:48:34	01:00:10	00:49:04	00:47:37	05:17:01	58	M35
576	Schreiber	Andre	Bünting Tee	00:55:09	00:55:46	00:47:50	01:00:20	00:50:12	00:48:33	05:17:47	59	M35
581	Rodriguez Perdona	Rafael	ORGADATA	00:55:10	00:56:15	00:49:08	00:59:40	00:49:59	00:47:55	05:18:04	60	M35
582	Heinrichsdorff	Ulf-Fabian	Liberty Blue Shipmanagement	00:53:21	00:54:58	00:48:52	00:59:17	00:52:13	00:49:28	05:18:06	61	M35
593	Heuermann	Niels	LG Großefehn	00:57:04	00:56:17	00:49:07	00:58:30	00:49:26	00:48:21	05:18:44	62	M35
643	Sosnowski	Markus	Meyer Werft	00:57:54	00:57:20	00:49:34	01:00:05	00:49:11	00:48:33	05:22:35	63	M35
659	Balbach	Christian	BSA Nord OHG/LT TuS Aurich-O	00:56:18	00:57:32	00:48:55	00:59:47	00:51:23	00:49:24	05:23:16	64	M35
692	Brieskorn	Sebastian	OCR Heidesprinter	00:55:32	00:55:27	00:51:25	01:02:20	00:50:23	00:50:40	05:25:43	65	M35
716	Kuhlmann	Andre	Emission Partner	00:53:27	00:53:32	00:47:40	01:00:45	01:00:09	00:51:56	05:27:27	66	M35
725	Andrees	Björn	LG Fliegerhorst Upjever	00:56:57	00:57:34	00:51:27	01:01:51	00:51:04	00:49:17	05:28:06	67	M35
736	Meyer	Marco	Team Möbel Buss	00:57:58	00:58:09	00:50:17	01:01:27	00:51:39	00:49:39	05:29:04	68	M35
746	Klaczinski	Danny	Karriereberatungsbüro der Bur	01:06:42	00:57:21	00:49:10	01:00:05	00:49:17	00:47:01	05:29:34	69	M35
788	Schmidt	Michael	Mudkings Düsseldorf	00:57:42	00:59:21	00:50:20	01:02:37	00:51:57	00:50:18	05:32:11	70	M35
799	Brouer	Markus	Leer	00:59:08	00:58:26	00:50:50	01:02:10	00:52:11	00:50:23	05:33:05	71	M35
811	Meyer	Timo	MTV Aurich	00:53:31	01:14:08	00:59:24	00:55:10	00:46:33	00:44:59	05:33:41	72	M35
812	Gerdes	Thorsten	Bohlen & Doyen	00:59:20	00:58:14	00:50:50	01:02:03	00:52:48	00:50:31	05:33:42	73	M35
821	Bühren	Hendrik		00:59:21	00:58:36	00:50:26	01:02:07	00:52:56	00:50:32	05:33:54	74	M35
827	Siemer	Jens	Papenburg	00:57:38	00:58:03	00:49:39	01:03:16	00:54:21	00:51:53	05:34:48	75	M35
846	Koop	Stefan	Team ENERCON	01:03:10	01:00:20	00:49:31	01:00:26	00:52:15	00:50:19	05:35:58	76	M35
853	Meinen	Heiner	Team Slaufen	00:59:46	00:59:36	00:51:25	01:02:19	00:51:40	00:51:45	05:36:27	77	M35
861	Wattjes	Sascha	LoMa23	01:00:51	00:59:53	00:51:08	01:02:22	00:51:51	00:50:50	05:36:53	78	M35
888	Simmering	Andree	Kaufhaus Behrends Wiesmoor	00:58:58	01:00:13	00:52:32	01:03:09	00:51:56	00:52:09	05:38:53	79	M35
901	Campen	Timo	SC Wiesens	01:01:24	00:59:55	00:51:18	01:02:48	00:53:04	00:51:23	05:39:49	80	M35
902	Reinholz	Benjamin	TV Neuenburg	01:00:04	00:59:52	00:51:43	01:03:09	00:53:39	00:51:30	05:39:53	81	M35
917	Richter	Timo	Landkreis Wittmund	01:02:46	01:00:17	00:50:50	01:02:43	00:53:17	00:51:08	05:40:58	82	M35
920	Willms	Florian	ELV Elektronik AG/eQ-3	00:58:45	01:00:09	00:52:38	01:03:35	00:53:12	00:52:48	05:41:03	83	M35
923	Hanneken	Holger	Papenburg	00:59:21	00:59:48	00:51:57	01:04:18	00:53:21	00:52:45	05:41:26	84	M35
938	Hermann	Daniel	Hechelfreunde	01:01:46	01:02:06	00:52:29	01:04:12	00:51:24	00:50:18	05:42:12	85	M35
943	Janssen	Uwe	Schnapp	01:02:58	01:00:41	00:51:56	01:02:51	00:53:18	00:50:42	05:42:23	86	M35
950	Schönsee	Rainer	Landguth Heimtiernahrung	01:01:28	00:59:03	00:51:47	01:07:46	00:48:32	00:54:13	05:42:45	87	M35
955	Wehmann	Timko	Königreich Wolthusen	00:59:55	00:58:44	00:51:41	01:07:49	00:52:32	00:52:25	05:43:04	88	M35
958	Ortgies	Simon	SC Dunum	00:54:29	00:56:35	00:50:56	01:12:49	00:58:07	00:50:31	05:43:24	89	M35
981	Graß	Daniel	Meyer Werft	01:01:53	01:01:27	00:53:26	01:05:43	00:56:47	00:45:49	05:45:03	90	M35
1005	Natelberg	Stefan	ORGADATA	01:02:46	01:00:58	00:50:56	01:08:00	00:52:32	00:51:35	05:46:44	91	M35
1007	Pankratz	Steffen	Steffen	01:02:22	01:01:28	00:53:03	01:04:21	00:53:12	00:52:27	05:46:49	92	M35
1024	Collmann	Christian	BW Filmum Roadrunner	01:02:29	01:01:12	00:55:29	01:03:57	00:53:41	00:51:02	05:47:48	93	M35
1032	Buss	Karsten	VW Emden	01:03:04	01:03:45	00:53:18	01:04:49	00:52:15	00:51:03	05:48:11	94	M35
1057	Börgmann	Marco	Landkreis Wittmund	01:03:58	01:02:55	00:51:32	01:05:38	00:53:37	00:52:12	05:49:49	95	M35
1058	Niebauer	Frank	Bohlen & Doyen	01:02:51	01:01:50	00:52:43	01:05:11	00:54:54	00:52:25	05:49:51	96	M35
1062	Kuper	Gerwin	Klein Remels	00:59:35	00:59:14	00:51:23	01:11:02	00:54:55	00:53:55	05:50:01	97	M35
1072	Pupkes	Andreas	B-Plast 2000	01:01:49	01:02:19	00:53:18	01:07:01	00:54:01	00:51:59	05:50:24	98	M35
1103	Storm	Christian Ph.	IGS Waldschule Egels / LT TuS A	01:00:50	01:02:22	00:54:21	01:06:12	00:54:43	00:54:14	05:52:38	99	M35

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1128	Ehizenien	Simon Pedro	TS Aluminium	01:12:20	01:02:46	00:51:26	01:03:37	00:52:34	00:51:38	05:54:18	100	M35
1131	Janssen	Rainer	Warsingsfehn	01:03:31	01:03:00	00:53:59	01:06:15	00:54:32	00:53:22	05:54:35	101	M35
1150	Schulz	Uwe	Rhauderfehner Tafel	01:03:07	01:03:36	00:54:48	01:05:58	00:55:18	00:53:55	05:56:39	102	M35
1216	Leggedör	Markus	Fleischerei Leggedör	01:04:47	01:04:30	00:55:05	01:06:17	00:56:43	00:54:11	06:01:29	103	M35
1246	Schoolmann	Johann	Freetied Loopers	01:04:08	01:04:32	00:54:58	01:08:01	00:56:25	00:55:33	06:03:34	104	M35
1248	Remmers	Siebelt	TRAUCO Gruppe	01:04:39	01:02:08	00:55:47	01:07:20	00:58:15	00:55:32	06:03:37	105	M35
1274	Weers	Daniel	Stadt Leer	01:05:14	01:04:53	00:55:54	01:06:48	00:56:22	00:55:54	06:05:01	106	M35
1288	Buschmann	Kai	Raiffeisenbank Moormerland	01:03:47	01:03:37	00:54:43	01:09:06	00:57:52	00:56:47	06:05:49	107	M35
1322	Hoffmann	Daniel	Sport Klahren	01:05:29	01:04:04	00:56:28	01:09:48	00:56:23	00:55:58	06:08:06	108	M35
1363	Campen	Holger	Rolf Janssen Gruppe	01:01:30	00:58:15	00:57:59	01:19:45	00:59:22	00:54:16	06:11:04	109	M35
1372	Kasten	Andre	RVB Aurich	01:10:39	01:09:36	00:53:44	01:06:13	00:59:30	00:52:03	06:11:43	110	M35
1375	Feldmann	Carsten		01:05:12	01:06:34	00:57:09	01:09:05	00:58:26	00:55:29	06:11:51	111	M35
1393	Sap	Stefan	Team ENERCON	01:06:05	01:05:35	00:55:54	01:09:08	01:00:14	00:56:19	06:13:12	112	M35
1399	Wolbers	Klaus	BMW TEKKEN	01:04:26	01:05:01	00:56:00	01:10:52	00:58:48	00:58:25	06:13:29	113	M35
1431	Stirler	Hauke	Prisma Datensysteme GmbH	01:05:28	01:04:42	00:56:42	01:10:03	01:02:43	00:56:00	06:15:35	114	M35
1448	Kroon	Rainer	Meyer Werft	01:04:50	01:05:53	00:59:03	01:09:37	00:59:41	00:57:55	06:16:56	115	M35
1469	Wilts	Gerd	Werkfeuerwehr VW Emden	01:10:35	01:04:35	00:57:41	01:10:41	00:58:32	00:56:31	06:18:32	116	M35
1547	Heyen	Marco	Bohlen & Doyen	01:11:57	01:07:11	00:57:13	01:09:36	01:01:35	00:56:34	06:24:02	117	M35
1556	Schomaker	Rainer	Injoy Leer	01:07:45	01:08:08	00:58:46	01:12:16	00:59:04	00:58:39	06:24:35	118	M35
1558	Abbas	Marko	FC SO	01:08:02	01:07:19	00:58:04	01:13:30	01:00:14	00:57:39	06:24:44	119	M35
1673	Augustat	Matthias	NV-Versicherungen VVaG	01:11:57	01:09:24	01:01:19	01:09:02	01:01:06	01:01:16	06:34:01	120	M35
1710	Schoon	Torsten	Bohlen & Doyen	01:12:19	01:11:43	00:59:37	01:14:24	01:01:30	00:59:06	06:38:36	121	M35
1731	Wittmann	Benjamin	Heinz de Buhr	01:12:03	01:11:31	01:01:00	01:13:58	01:03:23	00:58:33	06:40:25	122	M35
1827	Hildebrandt	Arne	GR	01:13:31	01:15:05	01:02:10	01:16:05	01:02:09	00:59:11	06:48:07	123	M35
1970	Steenblock	Frank	FC Oldersum	01:14:58	01:12:32	01:05:06	01:19:13	01:06:37	01:03:39	07:02:02	124	M35
1988	Luther	Simon	Hafensängerverband alter Mär	01:15:25	01:14:14	01:06:47	01:19:58	01:04:45	01:03:42	07:04:47	125	M35
1998	Helmers	Joachim	"TaktLwG 71 \R\''''	01:17:02	01:16:44	01:03:58	01:17:34	01:06:48	01:03:35	07:05:37	126	M35
2035	Feldkamp	Frank	VW Montage Männers	01:17:29	01:14:14	01:04:52	01:20:45	01:07:13	01:05:39	07:10:09	127	M35
2115	Wienekamp	Mirco	Lukasläufer Walle	01:19:08	01:18:36	01:05:57	01:24:03	01:08:30	01:06:58	07:23:09	128	M35
2131	Meyer-Uden	Udo	Alles Capito	01:21:52	01:20:38	01:09:11	01:21:22	01:07:29	01:06:39	07:27:07	129	M35
2217	Wübbenhorst	Hans-Joachim	RVB Aurich	01:20:47	01:21:55	01:09:19	01:30:29	01:15:35	01:13:36	07:51:38	130	M35
2266	Saueressig	Jens	OBW	01:36:21	01:34:38	01:12:47	01:29:17	01:16:16	01:11:40	08:20:55	131	M35
4	Waschkau	Jan	TuS Weene	00:39:56	00:40:27	00:35:36	00:43:03	00:35:51	00:35:24	03:50:13	1	M40
9	Fleßner	Hermann	MTV Aurich	00:40:14	00:41:15	00:36:08	00:43:42	00:37:00	00:36:52	03:55:08	2	M40
13	Mennenga	Ralf	Emder LG	00:41:26	00:42:19	00:36:36	00:44:33	00:37:34	00:36:32	03:58:57	3	M40
17	de Jonge	Stefan	TuS Weene	00:41:08	00:42:44	00:37:19	00:45:58	00:38:19	00:37:30	04:02:55	4	M40
23	Sluiter	Ralf	Kloska Group Emden	00:52:52	00:51:58	00:44:34	00:55:05	01:03:23	00:45:22	04:09:48	5	M40
43	Sanders	Dieter	Bauer zu Fuß	00:44:33	00:45:47	00:39:50	00:48:21	00:40:40	00:39:58	04:19:07	6	M40
48	Cassoli	Jair	TuS Weene	00:45:24	00:45:56	00:39:51	00:48:27	00:40:00	00:40:34	04:20:08	7	M40
50	Ibelings	Michael	LSF Oldenburg	00:44:59	00:46:04	00:40:25	00:48:48	00:40:40	00:40:27	04:21:20	8	M40
51	Oltmanns	Thomas	Holterfehn	00:45:16	00:46:10	00:40:32	00:49:12	00:40:43	00:40:04	04:21:53	9	M40
70	Liebetau	Wilko	TRAUCO Gruppe	00:46:31	00:47:06	00:40:47	00:49:35	00:41:30	00:40:21	04:25:47	10	M40
76	Schulte	Tobi	Ossilooper_2018	00:47:06	00:46:45	00:40:53	00:49:12	00:42:39	00:41:03	04:27:35	11	M40
81	Weerda	Sven	TV Apen	00:46:39	00:47:42	00:41:30	00:50:11	00:41:51	00:41:17	04:29:07	12	M40
84	Plavenieks	Helge	SV Dornum	00:46:20	00:47:02	00:41:01	00:50:17	00:43:23	00:41:14	04:29:14	13	M40
85	Saathoff	Jens	Dekra Aurich	00:46:39	00:47:32	00:41:37	00:50:35	00:41:46	00:41:15	04:29:20	14	M40
89	Richter	Wolfgang	TuS Pewsum	00:46:39	00:47:54	00:41:31	00:50:12	00:41:58	00:41:36	04:29:48	15	M40
110	Schulze-Osthoff	Frank	JümmeRunner	00:47:48	00:48:45	00:41:55	00:50:57	00:43:06	00:41:46	04:34:13	16	M40
114	Burdorf	Mike	KS Gleitlager	00:49:41	00:47:39	00:41:54	00:50:43	00:42:42	00:41:59	04:34:34	17	M40
129	Heuermann	Björn	LG Großefehn	00:47:59	00:48:43	00:43:26	00:52:13	00:43:09	00:42:20	04:37:47	18	M40
146	Schlachter	Manfred	traba - team	00:49:15	00:49:32	00:43:06	00:52:42	00:43:53	00:43:00	04:41:25	19	M40
160	Boekhoff	Rudi	Liberty Blue Shipmanagement	00:51:19	00:50:58	00:43:05	00:53:13	00:42:26	00:42:01	04:42:58	20	M40
165	Fischer	Gerhard	MTV Aurich	00:48:33	00:50:36	00:43:57	00:53:47	00:44:28	00:43:04	04:44:23	21	M40
183	Kruse	Jens	LG TV Bunde	00:50:40	00:50:57	00:43:47	00:53:26	00:44:40	00:43:03	04:46:29	22	M40
187	Smid	Manny	Tem Smid	00:50:14	00:49:48	00:44:42	00:53:26	00:44:41	00:44:03	04:46:51	23	M40
207	Winterland	Jens	TuS Eintracht Hinte	00:46:50	00:48:11	00:42:17	00:58:27	00:50:00	00:43:32	04:49:13	24	M40
220	Renken	Thomas	Die ostfriesischen Waldläufer	00:49:46	00:50:32	00:44:12	00:54:05	00:46:14	00:46:04	04:50:50	25	M40
222	Krallmann	Martin	Mittegroßefehn	00:51:14	00:51:31	00:44:24	00:54:36	00:45:15	00:44:20	04:51:16	26	M40
237	Baumann	Jens	OLB	00:50:16	00:51:09	00:45:01	00:55:12	00:45:53	00:44:53	04:52:21	27	M40
259	Hillerns	Jan	TSV Jahn Carolinensiel	00:51:14	00:51:45	00:44:58	00:54:49	00:46:35	00:45:22	04:54:38	28	M40

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
283	Rose	Michael	Meyer Werft	00:51:23	00:52:02	00:45:43	00:55:13	00:46:34	00:45:39	04:56:30	29	M40
287	Janßen	Jens-Marco	Yvonne Ulrichs Immobilien	00:50:33	00:51:52	00:45:08	00:55:23	00:49:19	00:44:44	04:56:57	30	M40
289	Bruns	Rainer	Ostfriesische Volksbank eG Leer	00:53:10	00:53:03	00:44:51	00:54:43	00:46:33	00:44:42	04:57:00	31	M40
290	Mocha	Jens	UEG Leer	00:51:54	00:53:01	00:46:06	00:54:41	00:46:26	00:44:58	04:57:01	32	M40
307	Hennings	Jens	ELV Elektronik AG/eQ-3	00:52:21	00:52:05	00:44:58	00:54:48	00:46:45	00:47:26	04:58:19	33	M40
312	Janssen	Matthais	KS Gleitlager	00:51:54	00:53:07	00:45:41	00:55:30	00:46:57	00:45:42	04:58:47	34	M40
313	Schulte	Holger	Schulte Dental Filsum	00:52:20	00:52:43	00:45:45	00:55:41	00:47:05	00:45:33	04:59:03	35	M40
320	Boettcher	Bernd	Team ENERCON	00:53:21	00:52:37	00:46:55	00:55:12	00:46:00	00:45:26	04:59:27	36	M40
340	Hübner	Dennis	LT TuS Aurich-Ost	00:50:33	00:52:00	00:45:50	00:56:43	00:48:12	00:47:53	05:01:07	37	M40
348	Wempen	Holger	Töben + Partner	00:53:46	00:53:15	00:45:09	00:56:24	00:47:04	00:46:18	05:01:53	38	M40
354	Gosseling	Thomas	3 Rheidländer gehen's an	00:53:58	00:53:15	00:45:49	00:56:29	00:47:23	00:45:29	05:02:19	39	M40
366	Cramer	Frank	Gemeinde Großefehn	00:53:26	00:53:32	00:46:05	00:56:58	00:47:25	00:45:37	05:03:00	40	M40
379	Giezel	Thomas	LT TuS Aurich-Ost	00:53:00	00:53:39	00:46:05	00:56:45	00:47:22	00:47:03	05:03:52	41	M40
382	Nielsen	Lars	kdo SES	00:52:50	00:53:59	00:46:55	00:56:49	00:47:31	00:46:00	05:04:02	42	M40
395	Ihnken	Ingo	Wiesmoor	00:52:54	00:54:29	00:46:29	00:56:52	00:47:53	00:46:24	05:04:56	43	M40
402	Boekhoff-Uphoff	Holger	Wreesmann Logistik	00:53:08	00:54:37	00:46:47	00:56:08	00:48:43	00:46:07	05:05:28	44	M40
414	Basa	Frank	Die Laufschnecken	00:52:43	00:53:41	00:47:16	00:57:47	00:47:53	00:47:06	05:06:23	45	M40
418	Adloff	Stephan	Team ENERCON	00:53:15	00:54:02	00:47:06	00:57:16	00:48:04	00:47:04	05:06:43	46	M40
424	Schiller	Stefan	FC Deutsche Post	00:57:45	00:53:33	00:45:44	00:57:16	00:47:13	00:46:04	05:07:31	47	M40
432	Stumpe	Rene	Hartmann Group	00:54:05	00:54:09	00:46:57	00:57:21	00:48:21	00:47:27	05:08:17	48	M40
434	Steinhorst	Ralf	VW Montage Mäppers	00:55:15	00:54:07	00:46:57	00:57:07	00:47:50	00:47:07	05:08:20	49	M40
456	Albers	Jens	Stadt Aurich	00:54:46	00:55:03	00:46:46	00:57:38	00:48:51	00:47:00	05:10:00	50	M40
459	Grübner	Tim	Sparkasse Aurich-Norden	00:54:05	00:53:43	00:47:23	00:57:42	00:49:03	00:48:15	05:10:07	51	M40
464	Feucht	Thomas	We are Family	00:54:38	00:54:46	00:47:11	00:57:54	00:48:44	00:47:10	05:10:20	52	M40
476	Schoone	Jens	Bohlen & Doyen	00:53:09	00:56:11	00:47:39	00:57:50	00:48:41	00:47:55	05:11:21	53	M40
479	Hamacher	Henning	Lummerland Taxi Aurich	00:53:11	00:55:17	00:48:02	00:57:47	00:49:58	00:47:25	05:11:35	54	M40
482	Ahlers	Sascha	Uplengener Lauftreff	01:01:03	00:55:38	00:45:19	00:57:44	00:46:29	00:45:28	05:11:38	55	M40
488	Grünefeld	Frank	FC Oldersum	00:57:58	00:55:00	00:48:09	00:56:58	00:47:13	00:46:34	05:11:49	56	M40
511	Hinderks	Stefan	Pewsum	00:54:56	00:55:03	00:48:10	00:58:38	00:48:50	00:47:47	05:13:20	57	M40
514	Stöter	Kai	Howiek	00:55:59	00:55:30	00:47:06	00:58:14	00:49:07	00:47:37	05:13:30	58	M40
537	Balssen	Arnold		00:54:49	00:55:34	00:47:44	00:58:52	00:49:53	00:48:15	05:15:03	59	M40
553	Janssen	Ingo	Good Holt Willmsfeld	00:55:03	00:56:03	00:48:52	00:57:25	00:51:41	00:46:59	05:16:01	60	M40
558	Schultz	Hendrik	DLRG Ortsgruppe Wittmund	00:54:59	00:55:55	00:48:37	00:59:12	00:49:03	00:48:59	05:16:41	61	M40
571	Kreisel	Jan C.	LSF Oldenburg	00:53:50	00:54:55	00:49:02	00:58:35	00:51:29	00:49:35	05:17:23	62	M40
577	Riedel	Mirko	Klingele	00:53:40	00:55:19	00:47:47	01:00:45	00:51:40	00:48:43	05:17:50	63	M40
601	Schmidt	Sascha	Dellentechnik Schmidt	00:57:25	00:56:02	00:49:05	00:58:59	00:49:17	00:48:40	05:19:24	64	M40
616	Cappell	Dominik	EMA Running Group	00:57:09	00:56:07	00:49:17	00:59:12	00:50:22	00:48:31	05:20:34	65	M40
634	Wilken	Jan	Staatsanwaltschaft Aurich	00:55:41	00:56:45	00:49:01	00:59:55	00:50:50	00:49:37	05:21:46	66	M40
638	Barth	Andreas	Elektro Barth	00:55:23	00:57:46	00:49:28	01:00:11	00:50:22	00:49:07	05:22:14	67	M40
648	Olchers	Hilko	Team Möbel Buss	00:56:00	00:57:30	00:48:58	00:59:30	00:51:01	00:49:48	05:22:43	68	M40
652	Giebelhausen	Stephan		00:57:32	00:56:21	00:49:34	00:59:53	00:51:29	00:48:10	05:22:55	69	M40
668	Ermert	Peter	Klinikum Leer	00:56:23	00:56:25	00:48:53	01:01:46	00:50:55	00:49:28	05:23:47	70	M40
676	Fischer	Martin	PMA	01:02:37	00:58:58	00:49:06	00:57:22	00:50:05	00:46:36	05:24:41	71	M40
690	Willms	Hermann	Wildeboer Bauteile GmbH	00:58:16	00:58:27	00:49:47	00:59:59	00:49:49	00:49:20	05:25:34	72	M40
697	Held	Enno	KBV Rechtsweg	00:57:35	00:57:22	00:49:48	01:01:03	00:50:34	00:49:47	05:26:06	73	M40
698	Harberts	Lothar	ELV Elektronik AG/eQ-3	00:57:12	00:57:20	00:48:48	00:56:46	00:47:42	00:58:37	05:26:22	74	M40
705	Hohlen	Wilfried	Esens	00:55:37	00:57:33	00:49:36	01:00:45	00:53:03	00:50:11	05:26:42	75	M40
713	Tergast	Ingo	INTERSEROH Evert Heeren Gm	00:57:28	00:58:50	00:50:00	01:01:05	00:50:17	00:49:28	05:27:05	76	M40
731	Foken	Reiner	LWK Niedersachsen	00:59:27	00:58:15	00:49:46	01:01:39	00:50:59	00:48:47	05:28:50	77	M40
737	Helmerichs	Stefan	Otto Müller / MTV Aurich	01:00:00	00:57:05	00:49:51	01:01:06	00:51:32	00:49:36	05:29:07	78	M40
751	Heidenreich	Thorsten	LT TuRa 07 Westrhauderfehn	00:57:31	00:57:15	00:50:03	01:01:03	00:52:45	00:51:06	05:29:40	79	M40
774	Parduhn	Sven	TV Apen	00:57:04	00:58:54	00:51:30	01:02:08	00:51:32	00:50:08	05:31:11	80	M40
777	Krull	Hinrich	LT TuS Aurich-Ost	00:57:43	00:58:24	00:50:21	01:01:55	00:52:02	00:50:52	05:31:13	81	M40
779	Claver	Dieter	Aurich	00:59:23	00:58:35	00:49:16	01:01:47	00:52:02	00:50:30	05:31:29	82	M40
790	Post	Mario	Team ENERCON	00:59:33	00:58:45	00:49:39	01:01:24	00:52:08	00:50:55	05:32:20	83	M40
810	Lübben	Bernd	LT TuS Aurich-Ost	00:57:43	00:58:33	00:51:40	01:01:58	00:52:03	00:51:46	05:33:39	84	M40
817	Lüning	Jens	Stadt Leer	00:59:28	00:58:27	00:51:24	01:02:07	00:51:40	00:50:44	05:33:47	85	M40
828	Poppe	Lars	TSV Jahn Carolinensiel	00:57:39	00:59:22	00:51:16	01:02:43	00:53:13	00:50:42	05:34:51	86	M40
832	Boomgaarden	Andre	Eben-Eser Moormerland	01:01:01	00:59:35	00:48:21	01:02:49	00:59:49	00:43:26	05:34:58	87	M40
841	Zimmermann	Timo	Team Slaufen	01:00:59	00:59:56	00:51:16	01:01:20	00:51:35	00:50:25	05:35:27	88	M40
845	Martens	Peter	"TaktLwG 07 \R\""	01:00:11	00:59:27	00:50:52	01:02:04	00:52:26	00:50:59	05:35:56	89	M40
866	Germer	Ivo	Nordland Papier e.V.	01:05:02	00:58:38	00:50:26	01:01:15	00:51:15	00:50:26	05:36:59	90	M40

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
876	Nippen	Peter	Sozialgericht Aurich	01:02:06	00:59:29	00:50:23	01:01:37	00:52:29	00:52:03	05:38:04	91	M40
889	Berends	Holger	"TaktLwG 71 \R\''''	00:59:43	00:59:23	00:51:37	01:03:09	00:53:38	00:51:28	05:38:55	92	M40
900	Schulte	Mark	LT Spass mit Sport	01:00:17	00:59:13	00:50:43	01:04:03	00:53:00	00:52:28	05:39:41	93	M40
934	Schünemann	André	Schünemann	01:07:27	00:59:26	00:52:05	01:01:19	00:51:20	00:50:17	05:41:51	94	M40
941	Wilhelms	Marc		01:01:17	01:00:09	00:52:00	01:03:59	00:53:59	00:51:00	05:42:20	95	M40
966	Oltmanns	Matthias	Sparkasse Aurich-Norden	01:02:39	01:00:54	00:51:37	01:03:32	00:53:20	00:51:55	05:43:53	96	M40
969	Lichtblau	Mario	Kiesgrube-Bohlenbergerfeld	01:01:50	01:00:01	00:51:45	01:04:40	00:54:03	00:51:52	05:44:07	97	M40
980	Hoek	Rainer	VTC Westoverledingen	01:01:42	00:59:36	00:52:26	01:03:00	00:54:05	00:54:05	05:44:50	98	M40
991	Schlegel	Frank	Kaufhaus Behrends Wiesmoor	00:59:05	01:01:24	00:52:30	01:03:43	00:56:55	00:52:29	05:46:02	99	M40
993	Wrieden	Stefan	Fachbereich Seefahrt	01:03:01	01:00:02	00:52:14	01:04:49	00:53:56	00:52:11	05:46:09	100	M40
1008	Cramer	Onno	Feuerwehr Filsum	01:04:06	01:01:56	00:52:16	01:03:12	00:53:42	00:51:41	05:46:50	101	M40
1067	Lienemann	Gedo	Lienemanns HÖRWELT	01:02:02	01:02:03	00:53:14	01:05:25	00:55:36	00:51:52	05:50:10	102	M40
1085	Tammen	Friedo	Großsander	01:01:46	01:01:18	00:53:54	01:06:07	00:54:01	00:54:14	05:51:16	103	M40
1110	Zanter	Klaus	Emission Partner	01:03:24	01:03:23	00:53:52	01:05:38	00:54:25	00:52:19	05:52:56	104	M40
1127	Bohlen	Uwe	Wildeboer Bauteile GmbH	01:03:19	01:03:02	00:53:33	01:05:19	00:55:34	00:53:32	05:54:16	105	M40
1134	Tamminga	Kai	Lauftrupp WT Loppersum	00:56:36	00:57:02	00:49:40	01:17:51	00:58:48	00:55:12	05:55:06	106	M40
1137	Hansen	Björn	Max Glas KG	01:03:56	01:03:59	00:53:07	01:05:52	00:54:30	00:54:02	05:55:22	107	M40
1147	Grüger	Marco	Landkinder	01:04:56	01:02:12	00:55:12	01:07:18	00:54:27	00:52:20	05:56:23	108	M40
1162	Garrelts	Bernd	Team ENERCON	01:03:20	01:02:37	00:53:56	01:07:01	00:55:55	00:54:38	05:57:23	109	M40
1181	Spittka	Michael	Schule Altes Amt Friedeburg	01:01:37	01:04:33	00:54:08	01:07:46	00:56:54	00:53:39	05:58:33	110	M40
1183	Dogs	Timo		01:05:27	01:03:01	00:55:23	01:06:04	00:55:43	00:53:11	05:58:45	111	M40
1211	Willms	Torsten	PMA	01:05:57	01:05:37	00:54:39	01:06:41	00:55:50	00:52:32	06:01:12	112	M40
1214	Bohlen	Matthias	DEKRA Oldenburg	01:04:08	01:04:48	00:55:59	01:07:16	00:55:51	00:53:26	06:01:25	113	M40
1226	Schuster	Matthias	BadeWerk Neuuharlingersiel	01:05:24	01:04:04	00:55:40	01:07:48	00:56:47	00:52:29	06:02:09	114	M40
1235	Eckleben	Thomas	Töben + Partner	01:05:31	01:04:33	00:54:53	01:07:16	00:56:17	00:54:27	06:02:53	115	M40
1236	Ziems	Jan Carsten	Team ENERCON	01:07:58	01:04:51	00:55:19	01:06:30	00:56:14	00:52:05	06:02:54	116	M40
1251	Staaak	Marek	BSG Volksbank Jever	01:08:53	01:06:48	00:54:51	01:06:26	00:53:28	00:53:21	06:03:43	117	M40
1266	Saathoff	Frank	WMKA	01:05:09	01:03:14	00:56:00	01:08:19	00:57:46	00:54:24	06:04:49	118	M40
1271	Janssen	Bernd	TuS Eintracht Hinte	01:02:12	01:03:54	00:55:47	01:09:48	00:56:12	00:57:05	06:04:55	119	M40
1315	Balzen	Sascha	SwissLife Select	01:04:08	01:04:52	00:56:28	01:07:37	00:58:07	00:56:18	06:07:28	120	M40
1320	Eden	Thorsten	Privat	01:05:16	01:04:35	00:55:02	01:09:15	00:58:01	00:55:56	06:08:02	121	M40
1325	Schweikard	Dennis	Upstalsboomer	01:05:40	01:04:22	00:57:04	01:07:48	00:58:00	00:55:25	06:08:17	122	M40
1340	van Schwartzenberg	Timo	Running Gag	01:10:02	01:07:13	00:56:17	01:10:20	00:53:12	00:52:03	06:09:04	123	M40
1356	Buhr	Detlef	Bünting Tee	01:04:34	01:03:39	00:55:41	01:04:27	01:01:32	01:00:34	06:10:24	124	M40
1357	Wübbena	Joachim	VW Emden	01:05:44	01:04:59	00:56:25	01:08:30	00:58:27	00:56:25	06:10:26	125	M40
1424	Heymann	Holger	Landkreis Wittmund	01:05:30	01:04:59	00:56:04	01:10:21	01:00:11	00:57:53	06:14:55	126	M40
1437	Block	Norbert	Blau Weiß Ramsloh	01:05:46	01:06:12	00:56:47	01:10:13	00:59:19	00:57:50	06:16:04	127	M40
1442	Eilers	Cord	TuS Oestringen Triathlon	01:07:56	01:06:30	00:58:31	01:06:50	00:58:42	00:58:07	06:16:32	128	M40
1444	Bücker	Till		01:08:01	01:07:28	00:57:18	01:09:59	00:57:43	00:56:20	06:16:46	129	M40
1452	Janssen	Reiner	FC Oldersum	01:11:41	01:06:33	00:55:48	01:10:37	00:57:35	00:55:01	06:17:11	130	M40
1457	Stührenberg	Clemens	SV Burlage	01:07:44	01:05:22	00:57:30	01:09:46	00:57:45	00:59:24	06:17:29	131	M40
1464	Riedel	Sascha	MTV Hohenkirchen	01:03:57	01:06:12	00:55:12	01:10:22	01:07:49	00:54:21	06:17:49	132	M40
1474	Klüver	Thomas	RVB Aurich	01:06:08	01:05:42	00:57:33	01:10:12	00:59:34	00:59:37	06:18:44	133	M40
1478	Schoolmann	Claus	SV Ostfria Moordorf	01:05:39	01:05:29	00:57:56	01:10:40	00:59:56	00:59:30	06:19:06	134	M40
1489	Wollenberg	Holger	Filsum	01:07:46	01:07:54	01:02:01	01:07:49	00:58:15	00:55:50	06:19:32	135	M40
1491	Giebelhausen	Klaus		01:07:48	01:08:15	00:55:51	01:10:01	01:05:39	00:52:18	06:19:49	136	M40
1504	Gärtner	Maik	Bundeswehrdepot Nord, Mate	01:10:15	01:07:17	00:57:42	01:10:03	00:59:49	00:56:05	06:21:07	137	M40
1510	Hillebrand	Michael	VTC Westoverledingen	01:09:28	01:06:53	00:56:35	01:10:39	01:00:25	00:57:44	06:21:42	138	M40
1522	Stojanovic	Petar	traba - team	01:07:20	01:07:36	00:57:33	01:10:01	01:02:27	00:57:16	06:22:10	139	M40
1542	Arzdorf	Harry	kdo SES	01:06:52	01:05:17	00:57:49	01:11:17	00:59:24	01:02:55	06:23:31	140	M40
1541	Saathoff	Bernd	BSA Nord OHG/LT TuS Aurich-G	01:04:10	01:10:05	00:57:53	01:11:32	01:00:26	00:59:27	06:23:31	141	M40
1600	Niehuisen	Erwin	KBV Nenndorf	01:08:34	01:06:48	01:00:03	01:09:52	01:02:55	01:00:24	06:28:32	142	M40
1661	Dehmel	Michael		01:13:34	01:11:16	00:57:48	01:12:40	01:00:40	00:57:01	06:32:56	143	M40
1666	Bigalski	Volker	Realschule Aurich	01:08:50	01:09:24	00:58:41	01:13:31	01:02:24	01:00:42	06:33:28	144	M40
1690	Vorbeck	Michael	LG Fliegerhorst Upjever	01:09:26	01:07:32	01:00:24	01:12:17	01:04:09	01:02:21	06:36:06	145	M40
1697	Streekmann	Niels		01:09:30	01:13:11	01:01:50	01:14:26	01:02:13	00:55:27	06:36:33	146	M40
1785	Ressel	Stefan	TV Norden	01:08:13	01:06:01	00:55:09	01:07:27	01:21:01	01:06:46	06:44:32	147	M40
1798	Willms	Rainer	Baptisten Firrel	01:16:12	01:12:33	00:59:35	01:16:00	01:01:26	01:00:05	06:45:48	148	M40
1842	Seemann	Jens	Team ENERCON	01:13:31	01:17:05	01:00:30	01:17:24	01:02:02	00:58:35	06:49:04	149	M40
1861	Janssen	Heiko	WfbM Aurich-Wittmund	01:10:49	01:12:55	01:04:28	01:18:33	01:03:41	01:00:35	06:50:58	150	M40
1868	Ihnen	Michael	Landkreis Wittmund	01:12:53	01:11:11	01:01:18	01:20:24	01:04:50	01:01:14	06:51:47	151	M40
1962	Hoffbuhr	Andre	Beim 2. Mal tuts nicht mehr so	01:16:09	01:15:55	01:04:23	01:20:15	01:03:28	01:01:08	07:01:15	152	M40

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2074	Donde	Florian	Klinge	01:15:50	01:17:01	01:06:16	01:21:17	01:08:31	01:07:24	07:16:15	153	M40
2194	Loger	Frank	PMA	01:20:13	01:22:51	01:10:07	01:26:15	01:16:20	01:08:42	07:44:26	154	M40
2199	Anders	Thorben	Upstalsboomer	01:22:13	01:22:47	01:10:48	01:26:56	01:14:01	01:10:23	07:47:03	155	M40
2267	Liebl	Thomas	OBW	01:35:58	01:34:36	01:12:47	01:31:17	01:16:12	01:13:26	08:24:13	156	M40
7	Steinke	Peter	MTV Aurich	00:39:47	00:41:28	00:36:50	00:43:37	00:35:56	00:35:59	03:53:34	1	M45
8	Gräfedünkel	Frank	LSF Oldenburg	00:40:45	00:41:27	00:36:07	00:43:36	00:35:50	00:36:02	03:53:44	2	M45
24	Schröder	Frank	Emder LG	00:42:58	00:43:59	00:38:21	00:46:51	00:38:57	00:38:45	04:09:49	3	M45
55	Schoonhofen	Edgar	WfbM Aurich-Wittmund	00:45:12	00:46:26	00:41:41	00:48:43	00:40:33	00:40:01	04:22:31	4	M45
57	Maibaum	Lars	LT TuS Aurich-Ost	00:45:20	00:46:09	00:40:04	00:49:20	00:41:37	00:40:32	04:22:59	5	M45
58	van Geuns	Lothar	LT TuRa 07 Westrhauderfehn	00:45:33	00:45:48	00:40:51	00:48:51	00:41:16	00:40:47	04:23:03	6	M45
61	Jacobs	Andreas	Polizei Aurich	00:45:36	00:46:39	00:40:38	00:49:28	00:40:49	00:40:26	04:23:33	7	M45
63	Warsing	Hartmut	LG TV Bunde	00:44:58	00:45:41	00:40:07	00:51:28	00:41:10	00:40:23	04:23:44	8	M45
72	Sebastian	Wolfgang	VW Montage Mäppers	00:45:36	00:46:45	00:40:49	00:49:52	00:41:46	00:41:24	04:26:08	9	M45
73	Geiken	Ralf	BV Victorbur	00:46:17	00:46:52	00:41:21	00:49:47	00:41:06	00:41:18	04:26:39	10	M45
80	Janßen	Stephan	Team Aaron Power Uplengen	00:46:18	00:48:03	00:41:41	00:49:59	00:41:59	00:40:56	04:28:53	11	M45
103	Ostermoor	Frank	Judo Team Leer VFR Heisfelde	00:46:52	00:47:35	00:41:27	00:51:10	00:43:31	00:41:59	04:32:31	12	M45
107	Smidt	Oliver	Team ENERCON	00:47:56	00:49:03	00:42:09	00:50:52	00:42:04	00:41:09	04:33:10	13	M45
109	Langer	Timo	TSV Jahn Carolinensiel	00:47:27	00:48:07	00:42:48	00:51:08	00:42:43	00:41:53	04:34:04	14	M45
116	Akkermann	Michael	Jennelt	00:47:38	00:48:19	00:42:13	00:51:13	00:43:11	00:42:29	04:35:01	15	M45
119	Musina	Dzevat	Privat	00:47:52	00:48:55	00:42:20	00:51:01	00:43:07	00:42:23	04:35:36	16	M45
132	Hardy	Stephan	RVB Aurich	00:48:01	00:48:52	00:42:37	00:52:14	00:43:31	00:42:55	04:38:07	17	M45
141	Krull	Gordon	MTV Aurich	00:50:33	00:49:56	00:42:46	00:51:29	00:42:41	00:42:15	04:39:36	18	M45
152	Bussen	Otto	Arends & Bussen	00:49:22	00:49:20	00:43:26	00:52:45	00:43:52	00:43:19	04:42:00	19	M45
153	Wieferig	Jörg	Wreesmann Logistik	00:50:06	00:50:41	00:42:53	00:51:54	00:43:39	00:42:51	04:42:00	20	M45
166	Apel	Michael	GTC	00:49:47	00:50:29	00:43:49	00:53:01	00:44:01	00:43:28	04:44:32	21	M45
167	Jibben	Arno	LT TuS Holtriem	00:49:34	00:50:43	00:43:01	00:52:52	00:44:56	00:43:43	04:44:45	22	M45
172	Jürgens	Carsten	Angelsböcker Lopers & Co	00:49:45	00:51:02	00:43:53	00:53:16	00:44:17	00:43:28	04:45:38	23	M45
176	Böse	Matthias	SV Stikelkamp	00:49:24	00:50:20	00:43:46	00:53:31	00:44:58	00:44:00	04:45:56	24	M45
179	Gerdes	Helmut	LG Fliegerhorst Upjever	00:49:33	00:49:59	00:44:27	00:53:51	00:44:30	00:43:58	04:46:15	25	M45
180	Nuske	Alexander	Team ENERCON	00:50:10	00:50:52	00:44:21	00:53:36	00:44:12	00:43:08	04:46:16	26	M45
181	Kastner	Uwe	Meyer Werft	00:50:49	00:49:51	00:44:10	00:53:35	00:44:03	00:43:56	04:46:21	27	M45
182	Willms	Wilko	Landkreis Wittmund	00:49:41	00:50:46	00:43:24	00:52:46	00:44:58	00:44:57	04:46:29	28	M45
189	Eden	Roland	Friedeburg	00:49:33	00:50:47	00:43:29	00:54:08	00:45:08	00:43:52	04:46:54	29	M45
192	Lübbens	Jochem	Meyer Werft	00:50:39	00:49:43	00:44:43	00:53:20	00:44:57	00:43:51	04:47:10	30	M45
225	Reeßing	Sven	Nordland Papier e.V.	00:52:50	00:52:24	00:44:19	00:53:48	00:44:51	00:43:14	04:51:23	31	M45
229	Kramer	Volker	Bada Bing Running Club New J	00:51:23	00:51:58	00:45:04	00:54:25	00:45:04	00:43:53	04:51:42	32	M45
247	Müller	Thorsten	Schüt-Duis / JfV Aurich / Herzk	00:51:26	00:51:21	00:44:59	00:54:47	00:46:21	00:44:40	04:53:30	33	M45
257	Reents	Ralf	LG Harlingerland	00:51:19	00:52:26	00:45:15	00:54:49	00:45:35	00:45:01	04:54:21	34	M45
293	Tamminga	Holger	TV Norden	00:50:42	00:52:19	00:44:45	00:57:30	00:46:46	00:45:16	04:57:14	35	M45
300	Oltrop	Ralf	Gassco	00:51:43	00:52:37	00:45:01	00:56:32	00:47:07	00:45:09	04:58:05	36	M45
304	De Graf	Holger	Team BauCon	00:51:14	00:52:45	00:45:58	00:55:17	00:46:34	00:46:30	04:58:14	37	M45
305	Tjaden	Dieter	Rolf Janssen Gruppe	00:54:01	00:52:59	00:45:32	00:53:58	00:46:53	00:44:54	04:58:14	38	M45
327	Urban	Karsten	LG Fliegerhorst Upjever	00:51:33	00:52:37	00:45:32	00:56:59	00:47:07	00:46:07	04:59:52	39	M45
331	Spekker	Heiko	Velage	00:54:07	00:53:34	00:46:05	00:55:08	00:46:30	00:44:56	05:00:17	40	M45
332	Ubben	Stefan	TC Kempen	00:50:29	00:52:47	00:45:38	00:57:00	00:48:16	00:46:10	05:00:17	41	M45
335	Janßen	Ingo	SV Ochtersum	00:52:06	00:53:07	00:46:09	00:55:53	00:47:12	00:46:07	05:00:32	42	M45
346	Amft	Marcus	LG Fliegerhorst Upjever	00:52:21	00:53:30	00:46:19	00:56:31	00:47:05	00:45:55	05:01:38	43	M45
351	Janssen	Heiko		00:52:42	00:53:27	00:46:01	00:56:33	00:47:18	00:46:14	05:02:12	44	M45
357	Busboom	Wilfried	Posaunenchor Detern	00:53:15	00:55:43	00:49:25	00:56:42	00:43:57	00:43:40	05:02:40	45	M45
364	Günther	Alwin	LT Schaffhauser Wald	00:52:00	00:53:13	00:45:55	00:56:23	00:49:00	00:46:23	05:02:51	46	M45
367	Müller	Frank	Sparkasse Aurich-Norden	00:53:48	00:53:17	00:46:10	00:57:00	00:47:33	00:45:24	05:03:10	47	M45
374	Sielmann	Andy	Fitness im Feedback	00:52:26	00:54:11	00:47:32	00:56:51	00:46:45	00:45:59	05:03:40	48	M45
380	Lindtner	Michael	MTV Aurich	00:53:31	00:54:37	00:46:05	00:56:48	00:47:06	00:45:50	05:03:54	49	M45
408	Lambertz	Walter	Team ENERCON	00:56:03	00:53:25	00:46:21	00:55:55	00:47:34	00:46:39	05:05:54	50	M45
412	Kleene	Holger	FC Oldersum	00:53:17	00:54:35	00:46:50	00:57:00	00:46:58	00:47:45	05:06:22	51	M45
419	Wallat	Stephan	Meyer Werft	00:52:54	00:53:22	00:46:57	00:57:25	00:48:38	00:48:01	05:07:14	52	M45
420	Petersohn	Nils	Toskana Team	00:52:35	00:53:38	00:45:31	01:04:32	00:46:04	00:45:03	05:07:19	53	M45
421	Waalkens	Holger	Easyrheider	00:53:59	00:53:51	00:47:33	00:56:44	00:47:42	00:47:40	05:07:26	54	M45
430	Oehmke	Carsten		00:53:54	00:56:39	00:46:58	00:57:47	00:47:05	00:45:52	05:08:12	55	M45
435	Bruns	Jan-Uwe	Ichbindannmalweg-Kekse esse	00:55:40	00:53:42	00:47:03	00:57:03	00:48:54	00:46:01	05:08:21	56	M45

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
440	Walter	Oliver	LG Fliegerhorst Upjever	00:53:51	00:54:13	00:47:04	00:58:01	00:47:48	00:48:03	05:08:57	57	M45
454	Appeldorn	Thomas	Freistaat Ostfriesland	00:54:33	00:54:42	00:48:14	00:57:21	00:47:38	00:47:23	05:09:49	58	M45
455	Schoone	Matthias	Leinerstift e.V.	00:53:37	00:54:42	00:48:12	00:57:10	00:48:22	00:47:52	05:09:52	59	M45
463	Kuper	Wolfgang	Baptisten Firrel	00:54:11	00:54:42	00:47:25	00:58:51	00:47:47	00:47:25	05:10:17	60	M45
467	Silz	Markus	FCSO	00:53:20	00:54:16	00:49:30	00:56:34	00:49:12	00:47:48	05:10:37	61	M45
468	Weerts	Holger	LT Schafhauser Wald	00:54:07	00:54:07	00:47:44	00:57:56	00:48:18	00:48:36	05:10:45	62	M45
470	Okken	Lutz	Jugendhilfsstelle	00:53:58	00:54:55	00:47:16	00:57:47	00:48:55	00:47:59	05:10:47	63	M45
474	Winterland	Gerhard	Warsingsfehn	00:55:01	00:54:32	00:47:02	00:58:47	00:48:29	00:47:24	05:11:12	64	M45
487	Stöter	Wilhelm	Lee Werk-WISA	00:53:52	00:54:41	00:47:18	00:57:53	00:49:28	00:48:38	05:11:47	65	M45
489	Röben	Holger	Team ENERCON	00:49:40	00:57:12	00:45:08	01:02:44	00:46:22	00:50:48	05:11:50	66	M45
490	Smidt	Mike	Team Erdinger Alkoholfrei	00:53:56	00:55:42	00:47:19	00:58:39	00:49:00	00:47:21	05:11:53	67	M45
492	Janßen	Elmar	Loopfrün!!	00:56:56	01:00:08	00:49:24	00:55:43	00:45:15	00:44:35	05:11:58	68	M45
503	Backer	Thomas	TG Wiesmoor	00:54:04	00:55:01	00:48:29	00:57:54	00:49:47	00:47:24	05:12:35	69	M45
505	Alberts	Torsten	Vetra Beton	00:54:08	00:54:34	00:48:07	00:58:55	00:49:02	00:47:57	05:12:38	70	M45
506	Heiken	Ingo	SV Ochtersum	00:55:40	00:54:17	00:50:10	00:59:19	00:47:51	00:45:31	05:12:44	71	M45
513	Köster	Clemens	MTV Aurich	00:51:10	01:01:15	00:51:46	00:49:14	00:47:15	00:52:52	05:13:29	72	M45
516	Gerdes	Arnim	Störtebeker Loopers TVM	00:53:08	00:54:06	00:47:39	00:58:29	00:51:13	00:49:08	05:13:39	73	M45
517	Krumwiede	Marc	TuS Eversten	00:54:29	00:54:52	00:48:57	00:58:12	00:49:11	00:48:12	05:13:50	74	M45
521	Kaiser	Jens	Enno Onnecken	00:53:54	00:55:14	00:48:15	00:58:37	00:50:09	00:48:00	05:14:05	75	M45
522	Messer	Florian	Bada Bing Running Club New Je	00:57:45	00:55:25	00:47:14	00:58:22	00:47:50	00:47:33	05:14:06	76	M45
532	Engels	Franko	Maler Engels Holterfehn	00:55:03	00:55:51	00:48:33	00:58:38	00:48:23	00:48:28	05:14:53	77	M45
551	Garthe	Peter	Eben-Eser Moormerland	00:54:55	00:55:40	00:48:05	00:58:29	00:50:15	00:48:36	05:15:57	78	M45
552	Thoben	Martin	ELV Elektronik AG/eQ-3	00:54:27	00:55:34	00:47:55	00:59:02	00:50:28	00:48:37	05:15:59	79	M45
554	Minor	Holger	Landwirtschaftskammer Niede	00:56:44	00:55:21	00:47:31	00:58:46	00:49:22	00:48:34	05:16:15	80	M45
568	Meinders	Jens	Landkreis Leer/BBS 2 Leer	00:56:51	00:56:02	00:48:11	00:58:57	00:49:34	00:47:41	05:17:13	81	M45
579	Wilken	Gerhard	TSV Jahn Carolinensiel / TaktLw	00:57:39	00:54:15	00:47:27	01:02:42	00:48:41	00:47:21	05:18:02	82	M45
580	Tjardes	Ralf	LT TuS Aurich-Ost, REHAU AG	00:55:51	00:55:23	00:48:35	00:59:00	00:50:44	00:48:33	05:18:03	83	M45
586	Tofelde	Andree	Westerwald	00:54:14	00:58:40	00:48:14	01:00:43	00:48:43	00:47:55	05:18:25	84	M45
589	Bohlen	Jens	Hof-Service Moorlage	00:56:04	00:55:16	00:47:59	00:59:49	00:50:20	00:49:11	05:18:35	85	M45
591	Redenius	Torsten	LT TuS Aurich-Ost /Landkreis A	00:54:47	00:56:25	00:49:07	00:59:22	00:50:32	00:48:27	05:18:37	86	M45
602	Siefkes	Arno	Fortuna Logabirum	00:55:34	00:56:43	00:48:46	00:59:46	00:49:38	00:49:02	05:19:25	87	M45
612	Eden	Michael	EMA Running Group	00:56:04	00:56:07	00:48:58	01:00:16	00:50:24	00:48:31	05:20:17	88	M45
614	Freese	Klaus	LT TuS Aurich-Ost	00:53:14	01:01:42	00:48:42	00:58:18	00:49:25	00:49:04	05:20:22	89	M45
642	Schmidt	Heiko	TuS Leerhafe	00:58:35	00:54:20	00:49:22	01:00:44	00:50:34	00:48:58	05:22:28	90	M45
645	Rahn	Hinrich	EWE-Wattloopers	00:56:08	00:56:27	00:49:07	01:00:18	00:51:03	00:49:39	05:22:39	91	M45
646	Schweer	Claus	Raiffeisenbank Moormerland	00:56:43	00:56:21	00:49:51	01:00:15	00:50:06	00:49:28	05:22:40	92	M45
649	Struckmeyer	Marcus	Gymnasium Ulricianum Aurich	00:55:09	00:55:02	00:48:01	01:01:35	00:45:49	00:57:16	05:22:49	93	M45
660	Zimmermann	Thorsten	Team ENERCON	00:56:05	00:57:32	00:49:17	00:59:59	00:50:07	00:50:20	05:23:18	94	M45
661	de Buhr	Gert	Mahl- und Mischbetrieb G.de B	00:56:26	01:00:14	00:47:53	01:00:29	00:49:16	00:49:08	05:23:24	95	M45
666	Bloempott	Thorsten	VW Montage Mäppers	00:57:40	00:58:37	00:49:46	01:00:08	00:49:35	00:48:01	05:23:44	96	M45
669	Erdwiens	Hermann	LG Ostfriesland	00:55:03	00:56:41	00:50:22	01:00:03	00:50:34	00:51:17	05:23:57	97	M45
682	Fluß	Bernd	WfbM Aurich-Wittmund	00:57:32	00:56:58	00:49:42	01:00:32	00:50:57	00:49:21	05:24:58	98	M45
694	Kanthak	Stefan	KVHS Aurich	00:57:02	00:57:35	00:48:40	01:00:49	00:50:59	00:50:45	05:25:47	99	M45
709	Collmann	Wolfgang	Blau-Weiß Filsun	00:59:08	00:58:15	00:49:42	00:59:56	00:49:57	00:49:59	05:26:53	100	M45
721	Warsing	Udo	LEDA Feurige Welten	00:58:58	00:58:37	00:50:47	00:59:56	00:50:46	00:48:54	05:27:55	101	M45
735	Sandersfeld	Daniel	TRAUCO	00:58:07	00:58:58	00:49:06	01:01:46	00:51:35	00:49:31	05:28:59	102	M45
752	Keller	Menno	LT TuS Aurich-Ost	00:57:26	00:58:18	00:50:35	01:01:29	00:51:26	00:50:30	05:29:41	103	M45
754	Seiwald	Thorsten	Fortuna Logabirum	00:58:27	00:58:04	00:50:37	01:01:42	00:51:05	00:49:52	05:29:44	104	M45
757	Dechow	Ingo	Sparkasse Aurich-Norden	00:57:35	00:57:28	00:50:08	01:01:01	00:53:14	00:50:30	05:29:52	105	M45
765	Hemken	Dr. Norbert	Reha-Zentrum am Meer	00:56:57	00:58:55	00:50:52	01:02:07	00:51:46	00:50:06	05:30:39	106	M45
768	Kitzler	Hartmut	LT TuRa 07 Westrhauderfehn	01:00:11	00:58:46	00:50:02	01:01:05	00:51:12	00:49:43	05:30:56	107	M45
769	Löseke	Oliver	Sparkasse Aurich-Norden	00:54:52	01:02:33	00:50:38	00:59:04	00:49:21	00:54:32	05:30:57	108	M45
771	Menke-Saathoff	Hartmut	UEK Aurich	00:56:42	00:57:35	00:49:56	01:02:51	00:53:06	00:51:00	05:31:07	109	M45
780	Oltmanns	Arno	KBV Uttel	01:00:28	00:57:58	00:50:38	01:01:04	00:51:20	00:50:09	05:31:33	110	M45
792	Gerdes	Stephan	Victorbur	00:56:08	00:58:35	00:53:19	01:00:47	00:52:21	00:51:21	05:32:27	111	M45
793	Wißmann	Johann	FC Oldersum	00:57:42	00:58:22	00:50:31	01:02:53	00:52:02	00:51:03	05:32:28	112	M45
796	Dorsch	Mario	Reha-Zentrum am Meer	01:00:09	00:59:09	00:50:35	01:02:06	00:51:32	00:49:19	05:32:46	113	M45
822	Herfurth	Oliver	Aurich	00:58:34	00:58:56	00:50:29	01:01:59	00:53:22	00:50:47	05:34:05	114	M45
823	Van Thai	Anh	WfbM Aurich-Wittmund	01:01:23	00:59:25	00:51:25	00:58:45	00:51:58	00:51:16	05:34:09	115	M45
826	Rädeker	Ralf	Tus Augustfehn	00:58:44	00:58:28	00:50:57	01:02:20	00:52:20	00:51:42	05:34:27	116	M45
835	Harms	Dieter	Aurich-Kirchdorf	00:58:16	00:58:38	00:51:04	01:03:24	00:52:56	00:50:50	05:35:04	117	M45
840	van der Slyk	Holger	Klinge	00:58:56	00:58:48	00:50:44	01:03:10	00:52:53	00:50:56	05:35:23	118	M45

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
850	Meentz	Holger	TuS Leerhufe	01:00:18	01:00:05	00:51:09	01:02:28	00:52:21	00:49:51	05:36:10	119	M45
869	Ommen	Jens	LG Fliegerhorst Upjever	00:56:32	00:54:29	00:49:47	01:09:41	00:57:07	00:49:51	05:37:25	120	M45
913	Poets	Menno	OBW	01:00:25	00:59:45	00:51:21	01:04:05	00:53:31	00:51:39	05:40:43	121	M45
914	Betten	Heinz-Nanno	Maaldauers	00:59:36	00:59:17	00:51:56	01:04:15	00:53:12	00:52:37	05:40:49	122	M45
919	Friedrichs	Timo	ELV Elektronik AG/eQ-3	00:58:45	01:00:09	00:52:38	01:03:34	00:53:13	00:52:46	05:41:01	123	M45
918	Onken	Stefan	Kirchdorfer	01:03:12	01:00:56	00:52:00	01:02:06	00:52:03	00:50:46	05:41:01	124	M45
921	Alfers	Torsten	VTC Westoverledingen	01:01:42	00:59:36	00:51:42	01:03:00	00:51:27	00:53:46	05:41:09	125	M45
936	Broß	Rainer	Moormerland	00:58:30	00:58:40	00:52:21	01:03:31	00:54:00	00:55:03	05:42:03	126	M45
964	Rühling	Michael	LT TuS Aurich-Ost	01:00:03	00:59:30	00:55:03	01:04:18	00:53:50	00:51:09	05:43:49	127	M45
967	Schmidt	Jochen	WfbM Aurich-Wittmund	01:03:26	01:02:16	00:51:39	01:03:39	00:51:59	00:51:01	05:43:57	128	M45
968	Steininger	Stefan		01:00:11	01:00:33	00:52:33	01:05:44	00:53:34	00:51:33	05:44:05	129	M45
973	Schmidt	Jörg	Emder LG	01:03:19	01:04:08	00:52:00	01:03:43	00:51:44	00:49:25	05:44:15	130	M45
974	Kruse	Theo	KBV Frisch weg Wiesedermeer	01:01:48	01:00:50	00:52:40	01:03:58	00:53:20	00:51:49	05:44:22	131	M45
1003	Ahlers	Helmut	KS Gleitlager	01:07:52	01:02:49	00:51:41	01:01:49	00:51:34	00:50:49	05:46:30	132	M45
1026	Becker	Thomas	Kautex	01:04:19	01:01:22	00:51:26	01:05:10	00:53:52	00:51:50	05:47:56	133	M45
1034	Hesse	Thomas	LG Fliegerhorst Upjever	01:01:28	01:01:03	00:53:17	01:04:35	00:54:41	00:53:12	05:48:12	134	M45
1043	Behrends	Frank	event-kids.de	01:01:09	01:01:37	00:52:53	01:05:54	00:54:12	00:53:31	05:49:13	135	M45
1046	Goldenstein	Michael	BV Victorbur	01:00:16	01:02:06	00:52:52	01:05:34	00:55:27	00:53:14	05:49:24	136	M45
1049	Bock	Thomas	BBC Chartering	01:00:41	01:00:37	00:52:29	01:05:46	00:55:50	00:54:11	05:49:32	137	M45
1051	Stefanski	Michael	"TaktLwG 71 \R\" / LT TuS Aurich	01:01:52	01:01:25	00:52:25	01:04:51	00:55:01	00:54:05	05:49:36	138	M45
1061	Meyer	Guido	LT TuRa 07 Westrhauderfehn	00:58:28	00:58:03	00:49:25	01:02:43	01:00:59	01:00:20	05:49:55	139	M45
1068	Puschke	Jörg	LT TuS Aurich-Ost	00:58:10	01:01:38	00:54:45	01:05:38	00:55:44	00:54:23	05:50:14	140	M45
1073	van Loh	Reiner	ASV LEER	01:00:57	01:01:51	00:53:08	01:06:26	00:54:25	00:53:49	05:50:33	141	M45
1077	Reinecke	Jens	Stadt Aurich	01:00:47	01:00:12	00:52:39	01:04:16	00:57:23	00:55:37	05:50:50	142	M45
1080	Kollmer	Torsten	SO Medien Hafengebäude	00:59:37	01:17:44	00:51:08	01:02:21	00:51:05	00:49:06	05:50:58	143	M45
1090	Brants	Ralf	Kloska Group Emden	01:03:25	01:01:15	00:53:56	01:04:09	00:55:19	00:53:32	05:51:33	144	M45
1099	John	Detlef	Team ENERCON	01:03:19	01:02:27	00:53:52	01:05:29	00:54:30	00:52:51	05:52:25	145	M45
1152	Groote	Matthias	Landkreis Leer	01:08:13	01:03:43	00:52:57	01:05:00	00:54:48	00:52:10	05:56:47	146	M45
1169	Iken	Jens	KBV Blersum	01:01:48	01:03:48	00:54:11	01:06:35	00:57:07	00:54:27	05:57:54	147	M45
1172	Koenen	Michael	Allianz - Koenen	01:01:42	01:04:36	00:55:29	01:06:16	00:55:52	00:54:11	05:58:03	148	M45
1177	Simmat	Frank	Team LFZ 50	01:03:27	01:01:40	00:54:00	01:06:27	00:58:58	00:53:48	05:58:16	149	M45
1182	Sterk	Axel	Reepsholt	01:03:05	01:02:20	00:53:56	01:07:21	00:56:04	00:56:01	05:58:44	150	M45
1190	Günsel	Lutz	Druckerei Meyer GmbH	01:05:17	01:03:50	00:54:28	01:08:13	00:53:54	00:53:44	05:59:22	151	M45
1201	Seifert	Thomas	Bohlen & Doyen	01:07:19	01:03:55	00:54:46	01:05:38	00:55:48	00:53:07	06:00:31	152	M45
1209	Dirkes	Klaus	Meyer Werft	01:04:26	01:04:15	00:54:23	01:07:06	00:56:46	00:54:08	06:01:01	153	M45
1224	ter Veer	Olaf	EWE-Wattloopers	01:01:00	01:01:26	00:56:51	01:09:08	00:56:48	00:56:53	06:02:03	154	M45
1253	Coordes	Johannes	Team ENERCON	01:05:18	01:04:17	00:55:07	01:07:34	00:56:26	00:55:17	06:03:56	155	M45
1277	Brouwer	Bodo	RSM DPI AG	01:04:34	01:03:44	00:58:03	01:07:53	00:56:21	00:54:37	06:05:09	156	M45
1279	Janssen	Thorsten	TV Norden	01:06:37	01:06:09	00:54:54	01:07:11	00:56:00	00:54:27	06:05:15	157	M45
1286	Klein	Albert	Krankenhaus Wittmund	01:05:06	01:03:34	00:55:43	01:08:32	00:57:40	00:55:02	06:05:33	158	M45
1337	Petersen	Thomas	Auto-Service Petersen	01:07:59	01:04:38	00:55:31	01:07:34	00:55:59	00:57:23	06:09:01	159	M45
1339	Menge	Torsten	Leer	01:09:13	01:04:32	00:55:12	01:07:54	00:55:58	00:56:16	06:09:03	160	M45
1353	Meiners	Michael	Emder LG	01:08:33	01:05:31	00:55:06	01:05:51	00:54:43	01:00:32	06:10:13	161	M45
1381	Weerda	Jochen	Injoy Leer	01:05:02	01:03:43	00:56:21	01:11:34	00:59:50	00:55:57	06:12:23	162	M45
1382	Schmidt	Jochen	TSV Jahn Carolinensiel	01:05:36	01:05:35	00:56:26	01:09:31	00:58:32	00:56:47	06:12:25	163	M45
1384	Groeneveld	Michael	Stadt Emden	01:04:47	01:05:03	00:56:14	01:12:19	00:56:43	00:57:27	06:12:30	164	M45
1392	Feldmann	Thomas	VW Montage Mäppers	01:07:28	01:05:42	00:55:38	01:09:18	00:58:51	00:56:16	06:13:11	165	M45
1423	Classen	Friedel Bernd	Emder Zeitung	01:08:32	01:05:44	00:55:18	01:09:12	00:56:58	00:59:14	06:14:54	166	M45
1434	Penon	Focko	Gymnasium Ulricianum Aurich	01:06:13	01:08:14	00:55:33	01:09:53	00:58:10	00:57:46	06:15:47	167	M45
1443	Bichowicz	Marcus	ORGADATA	01:08:47	01:07:50	00:57:17	01:08:55	00:58:05	00:55:52	06:16:42	168	M45
1446	Fisch	Raymond	BBC Chartering	01:08:10	01:02:48	01:01:36	01:05:46	01:05:51	00:52:40	06:16:47	169	M45
1447	Wischeropp	Thomas	Klinge	01:08:05	01:06:45	00:56:32	01:09:17	00:59:34	00:56:47	06:16:56	170	M45
1449	Jöhrens	Gerd	LG Fliegerhorst Upjever	01:11:10	01:05:50	00:57:36	01:09:26	00:57:22	00:55:43	06:17:04	171	M45
1468	Frieden	Arno	LT Jägerstrasse	01:06:02	01:08:28	00:55:19	01:10:44	00:58:55	00:58:56	06:18:21	172	M45
1470	Sühwold	Simon	Stadtwerke Leer Loopers	01:08:53	01:06:53	00:57:12	01:09:59	00:59:06	00:56:37	06:18:37	173	M45
1484	König	Tino	Eben-Eser Moormerland	01:08:26	01:06:04	00:57:14	01:10:52	01:00:33	00:56:09	06:19:14	174	M45
1494	Schulte	Ansgar	Weener Plastik	01:08:20	01:07:08	00:58:04	01:10:26	00:59:01	00:57:22	06:20:16	175	M45
1516	Michaelsen	Claus	Running for Jesus	01:09:05	01:06:59	00:57:23	01:10:35	00:58:33	00:59:28	06:21:59	176	M45
1524	Geburu	Tsegay	SV Stern Schwerinsdorf	01:02:39	01:11:04	00:58:09	01:13:09	00:59:27	00:57:49	06:22:14	177	M45
1529	Janßen	Gerriet	LG Ostfriesland	01:08:32	01:08:04	00:57:19	01:10:41	01:00:24	00:57:39	06:22:36	178	M45
1548	Goosmann	Kalle	TS Aluminium	01:10:15	01:06:18	00:57:20	01:10:56	01:01:18	00:57:59	06:24:04	179	M45
1593	Goeman	Ude-Johannes	SV Wallinghausen	01:11:53	00:54:13	01:02:46	01:14:38	01:03:57	01:00:32	06:27:54	180	M45

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1592	Henning	Torsten	Stadt Emden	01:08:11	01:10:04	00:58:56	01:12:16	01:01:10	00:57:20	06:27:54	181	M45
1623	Pommer	Guido	TuS Eintracht Hinte	01:10:02	01:12:04	00:59:47	01:12:20	00:59:10	00:57:03	06:30:23	182	M45
1627	Werner	Christian	Stadt Emden/Klärwerk	01:10:55	01:10:04	00:59:07	01:13:05	01:00:04	00:57:22	06:30:34	183	M45
1629	Bohlen	Uwe	LT TuS Aurich-Ost	01:08:59	01:09:55	00:59:11	01:11:29	01:02:37	00:58:38	06:30:45	184	M45
1655	Kuikstra	Detlef	TSV Hesel	01:11:01	01:08:14	00:57:52	01:13:41	01:01:25	01:00:28	06:32:38	185	M45
1681	Albers	Jochen	HARMONIC BRASS München	01:10:46	01:08:57	01:00:00	01:13:25	01:02:20	00:59:41	06:35:05	186	M45
1691	Groenewold	Frank	VfB Uplengen	01:10:40	01:11:49	01:00:57	01:13:19	01:00:24	00:59:00	06:36:07	187	M45
1706	Junker	Jürgen		01:06:10	01:11:27	01:03:02	01:15:56	00:58:47	01:02:38	06:37:57	188	M45
1738	Brungers	Erich	Meet and Workout	01:12:52	01:12:54	01:00:46	01:13:14	01:01:39	00:59:31	06:40:53	189	M45
1745	Stern	Thomas	Fachbereich Seefahrt	01:04:12	01:08:59	01:01:12	01:18:08	01:05:45	01:03:09	06:41:22	190	M45
1767	Bultmann	Mark	Via Denta GmbH	01:12:33	01:11:06	01:01:03	01:15:00	01:02:56	01:00:52	06:43:27	191	M45
1776	Keinert	Matthias		01:17:32	01:12:58	01:02:28	01:13:01	00:59:22	00:58:23	06:43:41	192	M45
1800	Nowak	Sascha		01:10:06	01:10:13	01:00:07	01:18:36	01:04:15	01:02:47	06:46:01	193	M45
1830	Maaß	Silvio	FIVE STENTS	01:14:07	01:12:38	01:01:12	01:15:55	01:01:29	01:02:56	06:48:14	194	M45
1847	Behrensmeier	Uwe	August Brötje Handel KG	01:06:21	01:25:13	00:56:46	01:10:39	00:59:12	01:11:49	06:49:56	195	M45
1858	Wolken	Gerd	Angelsbörger Lopers & Co	01:17:02	01:13:05	01:03:02	01:18:08	01:02:09	00:57:26	06:50:49	196	M45
1879	de Buhr	Heinz	DESIGNSTUUV Werbeagentur	01:15:17	01:11:39	01:02:22	01:16:06	01:05:21	01:01:44	06:52:26	197	M45
1905	Weichers	Michael	Bünting Tee	01:11:25	01:14:01	01:03:40	01:16:39	01:05:51	01:03:17	06:54:48	198	M45
1936	Koch	Ralf	Der aus dem Moor	01:14:35	01:13:56	01:03:16	01:17:44	01:05:40	01:03:00	06:58:07	199	M45
1944	Steinberg	Stephan	STIRBIKI	01:14:03	01:13:17	01:02:07	01:19:02	01:05:45	01:04:46	06:58:57	200	M45
1948	Broer	Frank	LG Ostfriesland	01:12:48	01:11:57	01:05:38	01:23:21	01:03:11	01:02:45	06:59:37	201	M45
1951	Kneifel	Stefan	SV Concordia Neermoor	01:15:59	01:12:32	01:01:36	01:18:40	01:06:59	01:04:13	06:59:55	202	M45
1983	Harms	Uwe	Jammer nicht !	01:15:03	01:14:25	01:03:19	01:18:38	01:07:59	01:04:50	07:04:11	203	M45
1993	Heyen	Dietmar	TV Norden	01:13:10	01:11:54	01:05:13	01:21:59	01:08:26	01:04:37	07:05:15	204	M45
2012	Brötje	Helge	Ubbo-Emmius Klinik	01:14:07	01:14:15	01:05:18	01:21:01	01:06:18	01:06:36	07:07:32	205	M45
2025	Dickhöfer	Holger	Enno Onnecken	01:14:15	01:14:21	01:05:39	01:21:20	01:08:00	01:05:44	07:09:18	206	M45
2042	Bolinus	Thomas		01:14:30	01:16:02	01:06:20	01:20:15	01:07:55	01:06:26	07:11:24	207	M45
2057	Kaul	Stefan	Telxius Towers Germany GmbH	01:19:06	01:15:07	01:07:02	01:21:22	01:06:14	01:05:05	07:13:53	208	M45
2065	Honccek	Holger	Westerende-Kirchloog	01:21:19	01:17:29	01:05:14	01:20:35	01:05:37	01:04:54	07:15:04	209	M45
2110	Rewerts	Mario	Tura Marienhaf	01:14:05	01:16:26	01:11:56	01:22:32	01:10:30	01:07:19	07:22:45	210	M45
2141	Niemeyer	Klaas	Avocado	01:17:35	01:18:31	01:08:52	01:23:23	01:12:45	01:08:22	07:29:24	211	M45
2208	Steinmetz	Holger	Emder LG	01:23:12	01:22:24	01:11:14	01:26:01	01:14:41	01:12:34	07:50:03	212	M45
2286	Wollmann	Frank	OBW	01:36:22	01:34:40	01:22:26	01:41:21	01:20:22	01:23:47	08:58:55	213	M45
20	Röber	Carsten		00:42:28	00:43:13	00:37:50	00:45:55	00:38:37	00:38:20	04:06:21	1	M50
29	Janssen	Harm	TuS Eintracht Hinte	00:43:23	00:44:34	00:38:53	00:47:15	00:39:39	00:39:01	04:12:42	2	M50
30	Gniechwitz	Peter	TV Norden	00:43:52	00:45:03	00:38:55	00:47:07	00:39:25	00:38:43	04:13:01	3	M50
44	Hinders	Lambertus	Fortuna Logabirum	00:45:16	00:45:33	00:39:44	00:48:03	00:40:49	00:39:53	04:19:14	4	M50
62	Pelka	Alfred	Rettungsdienst Leer	00:45:34	00:46:08	00:40:35	00:49:13	00:40:47	00:41:25	04:23:38	5	M50
64	Wagenknecht	Till	LSF Oldenburg	00:45:32	00:46:31	00:40:26	00:49:37	00:41:06	00:40:58	04:24:06	6	M50
77	Baxmann	Thomas	Emder LG	00:46:06	00:47:16	00:41:22	00:49:49	00:41:45	00:41:22	04:27:37	7	M50
87	Carls	Christoph	TV Norden	00:46:31	00:47:29	00:41:36	00:50:42	00:41:58	00:41:19	04:29:32	8	M50
90	Weinberg	Dieter	LG Harlingerland	00:49:40	00:50:46	00:40:14	00:48:31	00:40:38	00:40:05	04:29:51	9	M50
117	Hartema	Richard	LG Teutonia Stapelmoor	00:47:02	00:47:48	00:41:52	00:51:45	00:43:33	00:43:06	04:35:03	10	M50
125	Ulferts	Oltmann	SV Holtland	00:47:55	00:48:56	00:42:32	00:51:52	00:43:07	00:42:24	04:36:42	11	M50
138	Siebens	Ivo	MTV Aurich	00:48:58	00:48:59	00:42:08	00:53:40	00:42:57	00:42:33	04:39:12	12	M50
150	Ibeling	Fred	LG Ostfriesland/Team Möbel S	00:49:52	00:50:17	00:42:45	00:53:46	00:43:20	00:41:51	04:41:46	13	M50
170	Enders	Wilhelm	LG Großefehn	00:49:50	00:50:05	00:43:57	00:52:50	00:44:51	00:43:46	04:45:16	14	M50
197	Tabbert	Frank	LG Ostfriesland	00:49:15	00:51:19	00:43:58	00:53:49	00:44:46	00:44:39	04:47:42	15	M50
199	Munk	Thomas	Rhauderfehn	00:49:55	00:51:18	00:44:30	00:53:43	00:44:42	00:43:55	04:48:00	16	M50
201	Schild	Stefan	Hartmann Group	00:49:50	00:50:36	00:44:36	00:53:50	00:45:13	00:43:59	04:48:01	17	M50
204	Schmidt	Olaf	Team ENERCON	00:50:39	00:51:10	00:44:15	00:54:02	00:44:53	00:43:48	04:48:45	18	M50
213	Kirschke	Rolf	Team ENERCON	00:49:31	00:51:02	00:44:21	00:54:58	00:45:49	00:44:34	04:50:11	19	M50
223	Meyeraan	Harald	Loppersum	00:50:27	00:51:35	00:44:27	00:54:13	00:46:34	00:44:05	04:51:18	20	M50
231	Kruse	Wilhelm	Team Möbel Buss	00:50:15	00:50:59	00:44:56	00:54:31	00:46:07	00:44:59	04:51:43	21	M50
239	Sanders	Wilfried	Weener Plastik	00:51:22	00:51:22	00:44:54	00:54:00	00:45:59	00:44:48	04:52:22	22	M50
242	Wemken	Thomas	Thomas	00:51:28	00:52:09	00:45:27	00:54:04	00:46:04	00:44:10	04:53:18	23	M50
248	Peters	Wolfgang	TuS Eintracht Hinte	00:50:53	00:51:38	00:44:57	00:54:49	00:46:06	00:45:15	04:53:34	24	M50
249	Backer	Edgar	Victorbur	00:50:25	00:50:48	00:45:25	00:54:10	00:46:44	00:46:11	04:53:41	25	M50
255	Pfirmann	Alexander	SCO4 Leer TRIMMER	00:52:58	00:51:46	00:44:07	00:55:32	00:45:30	00:44:14	04:54:03	26	M50
256	Braje	Thomas	Ultrafriesen e.V.	00:51:53	00:52:44	00:44:53	00:54:49	00:45:11	00:44:44	04:54:11	27	M50



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
258	Nordbrock	Herbert	Weener Plastik	00:51:21	00:52:40	00:45:06	00:54:00	00:45:56	00:45:29	04:54:29	28	M50
269	Hicken	Siebo	HICKEN ENERGIETEC	00:51:58	00:51:53	00:45:26	00:54:49	00:46:27	00:45:05	04:55:34	29	M50
275	Wilken	Günther	Landkreis Wittmund	00:51:31	00:52:45	00:45:46	00:54:45	00:45:59	00:45:34	04:56:16	30	M50
282	Willenbrink	Christian	LSF Oldenburg	00:50:37	00:51:19	00:44:59	00:54:53	00:47:29	00:47:18	04:56:30	31	M50
285	Luers	Renke	LSF Oldenburg	00:51:03	00:52:10	00:44:42	00:55:57	00:46:58	00:45:54	04:56:41	32	M50
291	Ammermann	Ralf	Fortunaläufer	00:51:41	00:53:13	00:45:24	00:55:28	00:46:34	00:44:46	04:57:03	33	M50
301	Wilbers	Jörg	Injoy Leer	00:53:21	00:52:53	00:44:58	00:56:25	00:45:29	00:45:03	04:58:06	34	M50
325	Berding	Detlef	Stadt Oldenburg	00:52:02	00:53:15	00:45:49	00:56:17	00:46:46	00:45:44	04:59:50	35	M50
326	Koch	Martin	Loga	00:51:36	00:51:42	00:46:36	00:56:53	00:47:37	00:45:31	04:59:52	36	M50
329	Rieken	Volker	LT Schafhauser Wald	00:52:57	00:52:58	00:45:27	00:55:35	00:46:59	00:46:06	04:59:58	37	M50
336	Krause	Roland	ORGADATA	00:52:46	00:53:42	00:46:18	00:55:42	00:46:46	00:45:30	05:00:41	38	M50
345	Hemken	Jan	LG Fliegerhorst Upjever	00:52:21	00:53:31	00:46:18	00:56:31	00:47:04	00:45:55	05:01:38	39	M50
363	Deutschmann	Erwin	TSV Hesel	00:52:28	00:53:12	00:47:01	00:56:13	00:47:48	00:46:12	05:02:51	40	M50
365	Meyer	Dietmar	UEG Leer	00:52:31	00:51:27	00:45:19	00:54:01	00:45:53	00:53:50	05:02:57	41	M50
376	Folkerts	Friedrich	Feuerwehr Hollen	00:52:33	00:54:13	00:47:04	00:56:52	00:46:48	00:46:17	05:03:45	42	M50
391	Sassen	Manfred	Weener Plastik	00:52:55	00:53:27	00:46:26	00:58:17	00:47:14	00:46:17	05:04:32	43	M50
406	Gross	Peter	"LG \Wir reißen ab!\""	00:52:37	00:53:57	00:46:48	00:57:44	00:47:47	00:46:57	05:05:45	44	M50
409	Lüürsen	Helmut	LG TV Bunde	00:54:02	00:54:05	00:46:51	00:56:47	00:47:24	00:47:03	05:06:07	45	M50
411	Janßen	Andreas	Neukamperfehn	00:53:28	00:54:44	00:47:23	00:56:34	00:47:14	00:46:57	05:06:17	46	M50
413	Welling	Torsten	MTV Wittmund	00:52:50	00:53:53	00:46:56	00:56:45	00:49:00	00:47:02	05:06:23	47	M50
415	Veenker	Klaus		00:53:06	00:54:15	00:46:23	00:56:52	00:48:50	00:47:00	05:06:24	48	M50
417	Bolte	Thomas	EWE-Wattloopers	00:54:04	00:54:05	00:46:51	00:57:02	00:47:46	00:46:50	05:06:34	49	M50
443	Dickmann	Norbert	Nordland Papier e.V.	00:54:25	00:55:13	00:47:25	00:58:04	00:47:39	00:46:29	05:09:12	50	M50
444	Nanninga	Jochen	TV Norden	00:50:35	00:51:02	00:48:31	00:57:16	00:50:16	00:51:36	05:09:12	51	M50
449	Janssen	Dieter	LT SV Ems Jemgum	00:56:01	00:53:33	00:46:42	00:57:33	00:49:22	00:46:21	05:09:28	52	M50
452	Ottjes	Uwe	Team Möbel Buss	00:53:04	00:54:51	00:47:37	00:57:07	00:48:47	00:48:21	05:09:43	53	M50
473	Präsang	Martin	LT Oldenburg Süd	00:57:11	00:54:18	00:46:29	00:58:04	00:47:58	00:47:07	05:11:03	54	M50
477	Lühr	Torsten	TausendfüßLeer	00:53:48	00:54:39	00:48:17	00:57:56	00:48:50	00:47:56	05:11:22	55	M50
480	Feimann	Johannes	Nordland Papier e.V.	00:54:49	00:55:44	00:48:14	00:57:33	00:47:59	00:47:21	05:11:36	56	M50
486	Damm	Dirk	AOK Niedersachsen	00:54:29	00:55:16	00:47:03	00:58:30	00:48:25	00:48:05	05:11:44	57	M50
491	Sanders	Eckhard	SUS Emden	00:53:56	00:54:16	00:48:03	00:57:48	00:49:15	00:48:38	05:11:54	58	M50
494	Aggen	Edgar	Feuerwehr Lammertsfehn	00:58:38	00:54:43	00:47:28	00:57:03	00:46:49	00:47:27	05:12:04	59	M50
499	Götz	Thomas	IGS Marienhafte - Moorhusen	00:53:29	00:55:16	00:47:36	00:58:05	00:49:38	00:48:17	05:12:18	60	M50
507	Schwarz	Nils	Schwarz	00:55:36	00:55:25	00:47:41	00:57:37	00:49:05	00:47:30	05:12:50	61	M50
508	Rosenbohm	Heiko	Bünting Tee	00:53:47	00:54:58	00:48:45	00:58:26	00:48:34	00:48:26	05:12:52	62	M50
525	Korte	Lukas	Lauffreunde Emsland	00:54:09	00:55:47	00:47:49	00:58:06	00:49:46	00:48:36	05:14:08	63	M50
535	Knop	Thomas	Jade Hochschule	00:56:00	00:55:42	00:48:16	00:57:59	00:48:36	00:48:29	05:14:59	64	M50
539	Dröst	Johann	NV-Versicherungen VVaG	00:54:42	00:55:01	00:47:49	00:59:22	00:49:59	00:48:15	05:15:05	65	M50
548	Hofer	Michael	KGS Wiesmoor	00:52:46	00:54:25	00:48:31	00:59:27	00:52:05	00:48:30	05:15:41	66	M50
556	Saathoff	Eric	Emder LG	00:56:04	00:56:02	00:48:17	00:58:23	00:48:58	00:48:51	05:16:32	67	M50
561	Oltmanns	Reinhard	Firma Oltmanns	00:54:35	00:57:04	00:49:04	00:58:20	00:49:47	00:48:02	05:16:49	68	M50
563	Friedrichs	Ingo	Ingo	00:56:24	00:55:38	00:48:13	00:58:50	00:49:45	00:48:10	05:16:57	69	M50
567	Lücht	Mathias	Fortuna Logabirum	00:56:01	00:56:02	00:48:21	00:58:59	00:50:05	00:47:45	05:17:09	70	M50
573	Sanders	Bonno	Loquard	00:57:21	00:55:25	00:47:20	00:58:47	00:51:22	00:47:25	05:17:37	71	M50
607	Ukena	Hartmut	Hinte	00:53:58	00:56:13	00:51:26	00:58:39	00:49:36	00:50:01	05:19:50	72	M50
608	Saathoff	Detlef	Veenhusen	00:56:42	00:55:29	00:47:43	00:59:20	00:52:15	00:48:32	05:19:57	73	M50
620	Spannhoff	Rainer	Emder LG	00:56:05	00:56:02	00:48:49	01:00:01	00:50:41	00:49:13	05:20:47	74	M50
624	Lüppens	Frank	KS Gleitlager	00:56:07	00:55:39	00:49:05	00:59:23	00:51:14	00:49:40	05:21:05	75	M50
625	Ahrens	Edo	EWIK Dörlopers Ammerland	00:57:07	00:57:55	00:49:27	00:59:19	00:49:07	00:48:19	05:21:10	76	M50
627	Kramer	Johann	RVB Aurich	00:54:36	00:56:36	00:48:47	01:01:42	00:50:51	00:48:49	05:21:18	77	M50
641	Kiesé	Kersten	TuS Esens	00:55:02	00:55:44	00:49:23	01:00:27	00:51:55	00:50:01	05:22:28	78	M50
655	Bootjer	Eric	RVB Aurich	00:58:43	00:58:16	00:47:18	01:02:13	00:49:41	00:46:53	05:23:01	79	M50
663	Goudschaal	Johann	Kirchengemeinde Hollen	00:54:57	00:57:19	00:49:18	01:00:36	00:51:11	00:50:12	05:23:28	80	M50
667	Hagen	Wolfgang	LT Schafhauser Wald	00:55:29	00:56:57	00:48:51	01:00:31	00:51:25	00:50:35	05:23:45	81	M50
670	Möller	Günter	Störtebeker Loopers TVM	00:53:43	00:54:55	00:47:29	01:03:39	00:54:47	00:49:37	05:24:07	82	M50
674	Foorden	Wilfried	TG Wiesmoor	00:56:15	00:58:23	00:50:03	01:01:12	00:51:12	00:47:25	05:24:26	83	M50
675	Büker	Markus	Team ENERCON	00:59:02	00:58:46	00:49:30	01:00:15	00:49:25	00:47:34	05:24:29	84	M50
677	Brieger	Oliver	MTV Aurich	00:59:52	00:58:12	00:49:55	01:00:03	00:49:00	00:47:44	05:24:42	85	M50
681	Ebel	Carsten	Emder LG	00:56:29	00:56:36	00:49:56	01:00:39	00:51:17	00:49:57	05:24:51	86	M50
688	Hiersemann	Jörg	TuS Eintracht Hinte	00:56:58	00:59:20	00:49:36	01:00:03	00:49:54	00:49:40	05:25:27	87	M50
699	Schulte	Peter	Judo Team Leer VFR Heisfelde	00:57:45	00:58:06	00:49:39	01:00:03	00:51:34	00:49:20	05:26:24	88	M50
702	Geiken	Dieter	LT TuS Aurich-Ost	00:56:12	00:57:34	00:49:42	01:00:52	00:51:46	00:50:35	05:26:37	89	M50

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
708	Adams	Günther	Schirum	00:55:33	00:58:46	00:49:46	01:00:52	00:52:38	00:49:21	05:26:52	90	M50
715	Thörner	Klaus	OBW	00:56:22	00:58:13	00:49:55	01:01:08	00:51:28	00:50:08	05:27:11	91	M50
718	Offermann	Frank	Sparkasse Emden	00:58:44	00:58:25	00:49:50	01:00:40	00:51:01	00:48:58	05:27:35	92	M50
719	Nanninga	Karl-Heinz	Moordörper Freetiedloopers	00:56:46	00:58:21	00:50:49	01:00:33	00:51:29	00:49:48	05:27:44	93	M50
723	Rumpf	Bernhard	LG TV Bunde	01:00:12	00:59:10	00:49:35	01:00:06	00:49:17	00:49:41	05:27:58	94	M50
728	Bohlen	Gerhard		00:57:13	00:57:50	00:51:08	01:01:16	00:50:53	00:50:08	05:28:25	95	M50
734	Blaurock	Andreas	OBW	00:58:36	00:59:07	00:50:06	01:00:36	00:51:26	00:49:13	05:28:59	96	M50
741	Janssen	Berthold	Loop 68	00:59:43	00:57:44	00:50:37	01:01:41	00:50:03	00:49:29	05:29:13	97	M50
744	Sparenborg	Manfred	VW Emden	00:59:44	00:57:45	00:50:37	01:01:39	00:50:09	00:49:33	05:29:23	98	M50
747	Rößing	Hermann	WfbM Aurich-Wittmund	00:57:55	00:58:35	00:50:16	01:00:48	00:51:55	00:50:10	05:29:36	99	M50
756	Olin	Frank	Lummerland Taxi Aurich / Ultra	01:07:46	01:01:00	00:44:00	00:59:09	00:48:54	00:49:04	05:29:49	100	M50
758	Kölber	Richard	TV Norden	00:57:32	00:57:43	00:49:50	01:01:24	00:51:59	00:51:38	05:30:04	101	M50
781	Baumann	Onno	Leinerstift e.V.	01:01:47	00:59:11	00:50:13	01:00:38	00:50:03	00:49:47	05:31:35	102	M50
783	Hüttinga	Jens	n-cut23	00:58:09	00:59:17	00:50:58	01:01:33	00:52:11	00:49:31	05:31:36	103	M50
787	Tammen	Alfred	Bünting Tee	00:56:40	00:56:16	00:49:39	01:03:18	00:54:22	00:51:53	05:32:04	104	M50
797	Kleinau	Swen	TausendfüßLeer	00:59:01	00:59:09	00:50:23	01:01:50	00:52:24	00:50:12	05:32:56	105	M50
807	Lücht	Heiko	LG Papenburg-Aschendorf	00:59:19	00:59:42	00:50:13	01:01:57	00:52:29	00:49:53	05:33:29	106	M50
816	Hellmers	Manfred	TRAUCO Gruppe	00:59:54	00:59:01	00:50:10	01:02:34	00:52:03	00:50:04	05:33:43	107	M50
847	Wessendorf	Thomas	Nordland Papier e.V.	00:59:19	00:58:17	00:51:05	01:01:55	00:53:08	00:52:25	05:36:05	108	M50
848	Steinfelder	Wolfgang	Astora Gasspeicher	01:00:35	00:58:56	00:51:18	01:02:08	00:52:34	00:50:41	05:36:07	109	M50
864	Möhlmann	Manfred	SC Wiesens	00:58:40	00:59:11	00:51:21	01:02:57	00:53:05	00:51:47	05:36:58	110	M50
873	Gensicke	Torsten	TG Wiesmoor	00:58:06	01:00:06	00:52:16	01:03:17	00:52:25	00:51:41	05:37:47	111	M50
894	Stracke	Olaf	Team ENERCON	01:01:31	00:58:23	00:51:23	01:02:59	00:54:00	00:51:07	05:39:19	112	M50
908	Gerhardt	Mario	LG Fliegerhorst Upjever	00:59:36	01:00:17	00:48:38	01:04:10	00:54:23	00:53:19	05:40:19	113	M50
915	Hinderks	Hermann	Dagoberts Neffen	01:01:28	01:01:41	00:51:25	01:02:40	00:52:14	00:51:29	05:40:54	114	M50
931	Brunet	Holger	ALDI Beverstedt	00:59:16	00:59:51	00:51:14	01:03:40	00:54:22	00:53:19	05:41:38	115	M50
932	Meyer	Bernd	Der Weg ist das Ziel	01:00:37	00:59:20	00:53:16	01:02:54	00:53:52	00:51:44	05:41:40	116	M50
937	Wydora	Carsten	unterwegs im Auftrage des Her	00:59:23	00:59:57	00:52:07	01:04:48	00:53:59	00:51:54	05:42:05	117	M50
956	de Buhr	Jens	FC Oldersum	00:57:23	01:04:39	00:51:29	01:03:33	00:53:28	00:52:36	05:43:07	118	M50
965	Ruthemann	Marten	MTV Aurich	01:01:30	01:02:02	00:52:14	01:03:41	00:53:13	00:51:15	05:43:53	119	M50
970	Schulte	Günter	Freie Lunge SV Bentstreek	01:00:37	01:00:23	00:52:51	01:04:20	00:53:49	00:52:14	05:44:10	120	M50
977	Frieling	Thomas	Kenias letzte Reserve	01:00:04	01:00:44	00:53:20	01:04:42	00:53:26	00:52:17	05:44:30	121	M50
978	Alberts	Alfred	Getek	01:00:28	01:01:42	00:53:00	01:04:24	00:53:04	00:52:04	05:44:40	122	M50
979	Beening	Armin	Backemoor	01:00:31	01:00:57	00:52:59	01:03:54	00:53:58	00:52:31	05:44:46	123	M50
982	Nowinski	Karl-Heinz	Team ENERCON	00:59:52	01:00:43	00:52:18	01:04:46	00:54:20	00:53:18	05:45:13	124	M50
987	Fischer	Helmut	Störtebeker Loopers TVM	01:00:56	00:59:42	00:51:23	01:05:23	00:54:54	00:53:24	05:45:39	125	M50
989	Fischer	Michael	Männerkreis St. Marien läuft	01:00:19	01:02:37	00:52:10	01:04:24	00:54:57	00:51:20	05:45:44	126	M50
998	Kohl	Jürgen	Ski Club Wangerland Die Deich	00:59:52	01:00:23	00:52:36	01:04:58	00:55:31	00:53:05	05:46:22	127	M50
1011	Meents	Enno	Posaunenchor Leerhufe	01:02:18	00:58:49	00:50:56	01:06:48	00:55:40	00:52:31	05:46:59	128	M50
1014	Kruse	Norbert	Hechelfreunde	01:01:46	01:02:08	00:52:43	01:04:17	00:53:48	00:52:32	05:47:10	129	M50
1020	Janssen	Nanno	Fortuna Logabirum	01:00:14	01:00:24	00:53:09	01:06:09	00:54:38	00:53:11	05:47:42	130	M50
1029	Bretzler	Uwe	Druckerei Bretzler	01:00:00	01:00:00	00:52:03	01:06:06	00:55:44	00:54:14	05:48:03	131	M50
1036	Meinders	Andreas	ORGADATA	01:04:12	01:00:47	00:52:06	01:04:10	00:54:45	00:52:33	05:48:31	132	M50
1042	Lalk	Harm	KS Gleitlager	01:02:03	01:01:30	00:52:56	01:04:34	00:53:48	00:54:18	05:49:06	133	M50
1050	Wagner	Andre	Nordland Papier e.V.	01:03:12	01:09:17	00:52:43	01:01:39	00:53:29	00:49:18	05:49:34	134	M50
1060	Wiefels	Klaus	Die Knochenjäger	01:01:21	01:00:08	00:53:01	01:05:25	00:56:28	00:53:35	05:49:55	135	M50
1076	Kramer	Dirk	Aurident	01:09:04	01:00:53	00:51:39	01:02:59	00:54:14	00:52:03	05:50:49	136	M50
1104	Sievers	Jörn	LIONS Ihlow-Südbrookmerland	01:01:03	01:03:28	00:54:25	01:05:20	00:55:41	00:52:45	05:52:39	137	M50
1112	Benninghoff	Ralf	Krankenhaus Wittmund	01:05:11	01:03:24	00:54:18	01:04:45	00:53:56	00:51:35	05:53:04	138	M50
1114	Steinke	Rolf	IGS Moormerland	01:00:40	01:02:23	00:53:41	01:08:37	00:54:40	00:53:09	05:53:06	139	M50
1132	Gerdes	Manfred	WD 40	01:07:09	01:03:03	00:54:27	01:04:48	00:51:30	00:53:48	05:54:42	140	M50
1149	Abels	Roland	Friedeburg	01:03:44	01:02:28	00:54:33	01:05:28	00:55:51	00:54:37	05:56:37	141	M50
1159	Berghaus	Joachim	VfB Uplengen	01:04:17	01:04:33	00:54:07	01:05:50	00:55:34	00:53:00	05:57:18	142	M50
1161	Fuhrmann	Tobias	SG Egels-Popens	01:03:35	01:01:12	01:00:28	01:07:34	00:53:00	00:51:38	05:57:23	143	M50
1176	Hook	Michael	SV Dornum Watt'n Looper	01:00:24	01:01:37	00:52:42	01:07:50	00:59:29	00:56:17	05:58:16	144	M50
1188	Bruns	Harmut	Leinerstift e.V.	01:04:48	01:02:10	00:54:13	01:06:31	00:57:31	00:54:01	05:59:11	145	M50
1189	Stüben	Martin	LT TuS Aurich-Ost	01:01:03	01:02:31	00:55:36	01:09:05	00:56:38	00:54:27	05:59:17	146	M50
1207	Aumann	Stefan	MTV Aurich Triathlon	01:01:32	01:14:22	00:53:33	01:06:16	00:55:08	00:50:08	06:00:56	147	M50
1213	Peters	Jürgen	BadeWerk Neuharlingersiel	01:04:32	01:02:40	00:54:41	01:06:18	00:59:22	00:53:56	06:01:25	148	M50
1215	Hoppmann	Ralf	KS Gleitlager	01:07:39	01:03:01	00:54:45	01:05:50	00:55:09	00:55:07	06:01:28	149	M50
1231	Kampen	Manni	Fitness im Feedback	01:02:07	01:04:29	00:56:02	01:07:44	00:57:06	00:55:00	06:02:25	150	M50
1233	Follrichs	Henry	Allstars 2002	01:04:49	01:04:21	00:54:44	01:07:23	00:55:23	00:55:57	06:02:35	151	M50

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1244	Hildebrandt	Lothar	Emder LG	01:03:18	01:04:07	00:55:05	01:07:38	00:58:00	00:55:25	06:03:31	152	M50
1245	Wilken	Uwe	SV Frisia Brinkum	01:04:54	01:04:57	00:55:41	01:07:52	00:55:00	00:55:12	06:03:33	153	M50
1252	Borchardt	Torsten	Rotary Club Jever Jeverland	01:02:52	01:13:52	00:54:36	01:03:16	00:54:41	00:54:33	06:03:47	154	M50
1258	Reck	Joachim	Emdion	01:04:44	01:03:41	00:55:39	01:08:03	00:56:24	00:55:37	06:04:04	155	M50
1267	Wolters	Karsten	Sparkasse Aurich-Norden	01:07:16	01:05:16	00:54:53	01:06:48	00:56:51	00:53:50	06:04:51	156	M50
1282	Nowak	Rolf	Waskönig + Walter	01:04:25	01:05:08	00:55:28	01:08:32	00:56:44	00:55:13	06:05:26	157	M50
1302	Hellmers	Ralf	TV Norden	00:57:36	01:06:40	00:57:48	01:10:08	00:57:56	00:56:38	06:06:43	158	M50
1306	Meyer	Uwe	SV Holtland	01:13:09	01:05:45	00:53:01	01:08:17	00:53:34	00:53:22	06:07:04	159	M50
1309	Kleemann	Holger	n-cut22	01:06:16	01:04:06	00:55:19	01:07:08	00:57:46	00:56:42	06:07:15	160	M50
1328	Anscheit	Peter	Rettungsdienst Leer	01:04:37	01:05:03	00:56:10	01:08:32	00:58:11	00:55:55	06:08:23	161	M50
1335	Schmitz	Johannes	SV Surwold	01:08:30	01:04:48	00:54:49	01:07:54	00:57:25	00:55:34	06:08:57	162	M50
1341	Bültena	Uwe	Bünting Tee	01:04:54	01:03:53	00:56:20	01:09:34	00:58:22	00:56:17	06:09:16	163	M50
1343	Bruns	Wilhelm		01:05:55	01:05:01	00:56:22	01:09:09	00:57:10	00:55:46	06:09:19	164	M50
1346	Mörlner	Thomas	Lemonflys	01:06:19	01:05:35	00:56:00	01:07:41	00:58:00	00:56:16	06:09:47	165	M50
1369	Grensemann	Gerrit	LG Großefehn	01:03:55	01:04:35	00:58:20	01:07:46	00:59:36	00:57:14	06:11:23	166	M50
1374	Fleißner	Udo	MTV Aurich	01:10:19	01:05:25	00:56:06	01:10:04	00:56:35	00:53:24	06:11:49	167	M50
1394	Wilken	Foltmar	TRAUCO Gruppe	01:05:17	01:05:38	00:55:10	01:10:08	01:00:14	00:56:58	06:13:22	168	M50
1400	Luikenga	Andreas		01:06:41	01:06:48	00:56:09	01:09:23	00:58:09	00:56:30	06:13:36	169	M50
1406	Lind	Peter	OBW	01:05:29	01:06:06	00:56:06	01:09:33	00:58:26	00:58:18	06:13:55	170	M50
1416	Loegel	Thomas	SV Wiesede-Upschört	01:05:02	01:03:55	00:57:51	01:11:20	00:58:56	00:57:42	06:14:42	171	M50
1426	Lang	Helmut	FT 03 Emden	01:08:57	01:07:09	00:56:06	01:10:02	00:57:07	00:55:51	06:15:09	172	M50
1428	Walker	Friedhelm	KS Gleitlager	01:07:52	01:06:13	00:55:37	01:09:15	00:59:22	00:56:58	06:15:16	173	M50
1458	Remmers	Andreas	Die Sonntagsläufer	01:09:17	01:04:59	00:58:25	01:09:58	00:58:28	00:56:30	06:17:32	174	M50
1467	Oremek	Robert	LG-Ostfriesland	01:05:22	01:06:08	00:55:57	01:12:58	01:00:23	00:57:13	06:17:59	175	M50
1476	Hanneken	Heinz	Meyer Werft	01:12:31	01:06:56	00:58:36	01:08:09	00:57:50	00:54:59	06:18:57	176	M50
1483	Finschow	Martin	FCSO	01:10:54	01:07:21	00:56:15	01:10:01	00:58:36	00:56:10	06:19:14	177	M50
1506	Hanack	Friedhelm	Fachbereich Seefahrt	01:08:40	01:07:46	00:58:08	01:11:08	00:59:42	00:56:04	06:21:24	178	M50
1514	Schlichting	Jens	MTV Aurich	01:06:04	01:06:54	00:59:11	01:10:23	00:59:32	00:59:55	06:21:56	179	M50
1552	Habben	Lothar	LT TuS Aurich-Ost	01:05:21	01:06:06	00:57:42	01:11:07	01:02:30	01:01:36	06:24:17	180	M50
1554	Bohlken	Stefan	Bohlkens	01:09:49	01:08:34	00:58:12	01:11:07	00:59:04	00:57:38	06:24:21	181	M50
1559	Nanninga	Wubbo	Nordland Papier e.V.	01:09:04	01:09:13	00:56:31	01:10:50	00:59:27	00:59:43	06:24:45	182	M50
1569	Bassler	Heiko	LG Großefehn	01:08:32	01:06:26	00:57:38	01:11:14	01:00:58	01:00:55	06:25:39	183	M50
1594	Klose	Helmut	Partyservice Klose	01:10:14	01:07:01	00:57:58	01:10:45	01:02:09	00:59:52	06:27:55	184	M50
1618	Schmidt	Jakob	KS Gleitlager	01:10:05	01:09:54	00:58:54	01:12:24	00:59:42	00:58:53	06:29:49	185	M50
1637	Kitzler	Uwe	WOL-Power	01:11:01	01:09:06	00:58:58	01:13:20	01:00:19	00:58:41	06:31:22	186	M50
1658	Tjards	Helmut	Lukasläufer Walle	01:09:15	01:09:41	00:57:41	01:11:26	01:02:52	01:01:54	06:32:46	187	M50
1677	Peters	Peter	TuS Detern	01:12:12	01:09:05	00:59:26	01:14:06	01:00:47	00:58:46	06:34:18	188	M50
1698	Dirksen	Sven	Stadt Leer	01:10:36	01:10:31	00:59:58	01:13:24	01:02:43	00:59:27	06:36:34	189	M50
1720	Brokoff	Ralf	LifePlus	01:14:33	01:11:30	01:00:10	01:13:33	01:00:42	00:58:44	06:39:08	190	M50
1733	Kloppenburger	Wilhelm		01:12:32	01:10:45	01:00:21	01:14:28	01:01:04	01:01:23	06:40:30	191	M50
1740	Schoneboom	Hans-Günter	Emder LG	01:07:54	01:10:24	00:59:48	01:15:50	01:03:42	01:03:34	06:41:09	192	M50
1871	Saathoff	Gerd	BW Filsum Roadrunner	01:12:40	01:11:29	01:01:57	01:17:36	01:07:18	01:01:07	06:52:04	193	M50
1880	Flügge	Carsten	Rolf Janssen Gruppe	01:15:08	01:14:04	01:02:06	01:15:56	01:04:16	01:01:06	06:52:33	194	M50
1892	Reiter	H.Hermann	SVS Stikkelkamp	01:12:28	01:14:10	01:04:37	01:16:52	01:04:24	01:00:45	06:53:12	195	M50
1929	Kleymann	Norbert	Kloska Group Emden	01:18:56	01:14:52	01:01:35	01:13:58	01:05:06	01:03:02	06:57:25	196	M50
1940	Davids	Stefan	Doepke Schaltgeräte Norden	01:15:24	01:13:49	01:06:03	01:17:23	01:03:38	01:02:35	06:58:47	197	M50
1947	Langer	Detlef	LT TuS Aurich-Ost/ Danke Ulli!	01:13:49	01:14:53	01:00:26	01:16:26	01:08:44	01:05:13	06:59:28	198	M50
1963	Kleen	Walter	Tiergarten	01:14:37	01:13:11	01:04:47	01:18:56	01:06:25	01:03:28	07:01:21	199	M50
1978	Freeseemann	Egon	Bünting Tee	01:12:40	01:10:52	01:01:53	01:16:44	01:02:39	01:18:18	07:03:02	200	M50
1984	Duis	Hartmut	Duis Immobilien	01:12:21	01:17:13	01:04:16	01:19:26	01:08:54	01:02:22	07:04:29	201	M50
2029	Groen	Alwin	LT TuRa 07 Westrhauderfehn	01:14:06	01:15:28	01:03:29	01:21:44	01:07:30	01:07:16	07:09:30	202	M50
2145	Meents	Hans-Hermann	KBV Einigkeit Leerhufe	01:17:26	01:17:12	01:07:10	01:25:33	01:14:50	01:07:41	07:29:49	203	M50
2147	Schmalwasserr	Sören	Team Eddie/Nortmoor	01:18:34	01:20:15	01:07:32	01:24:05	01:12:23	01:07:33	07:30:17	204	M50
2162	Eden	Bernhard	Team ENERCON	01:25:06	01:17:49	01:09:10	01:25:22	01:09:27	01:08:25	07:35:16	205	M50
2196	Goes	Wolfgang	Stadt Wiesmoor	01:21:29	01:20:15	01:09:52	01:27:04	01:15:43	01:11:10	07:45:31	206	M50
2229	Glamann	Graf	TV Norden	01:21:14	01:24:36	01:13:32	01:28:41	01:15:28	01:13:03	07:56:31	207	M50
2262	Schewiola	Stefan	LT TuS Aurich-Ost	01:29:32	01:30:29	01:16:32	01:31:47	01:15:39	01:13:57	08:17:53	208	M50
2272	Falkenberg	Helmut	TV Norden	01:25:40	01:26:36	01:16:20	01:40:43	01:16:20	01:24:22	08:29:56	209	M50
91	Bruns	Bernd	Waspo Hesel	00:46:26	00:47:23	00:41:39	00:50:40	00:42:28	00:41:37	04:30:10	1	M55
98	Hallmann	Hermann	Emder LG	00:46:36	00:47:38	00:41:25	00:50:57	00:42:42	00:42:08	04:31:23	2	M55

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
135	Hüls	Uwe	VW Emden	00:47:47	00:48:47	00:42:41	00:52:23	00:43:21	00:43:54	04:38:50	3	M55
140	Dörffler	Friedrich	Kunsthirsche	00:48:47	00:48:47	00:42:56	00:51:49	00:44:02	00:43:16	04:39:33	4	M55
171	de Vries	Reinhard	Ost-Victorbur	00:49:23	00:50:03	00:43:50	00:53:15	00:44:42	00:44:08	04:45:18	5	M55
173	Schmidt	Jürgen	TuS Detern	00:49:12	00:50:30	00:43:34	00:53:18	00:45:05	00:44:06	04:45:42	6	M55
191	Grünefeld	Johann	Stickhausen	00:49:15	00:51:50	00:44:51	00:53:11	00:44:18	00:43:48	04:47:10	7	M55
203	Puse	Gerd	Sparkasse LeerWittmund	00:50:34	00:45:32	00:45:53	00:54:33	00:46:19	00:45:47	04:48:35	8	M55
221	Wulle	Thomas	Stadt Aurich	00:50:13	00:51:48	00:44:03	00:54:30	00:46:15	00:44:14	04:51:00	9	M55
241	Hedemann	Fredy	Team Möbel Buss	00:50:20	00:51:19	00:44:50	00:54:30	00:46:31	00:45:27	04:52:54	10	M55
251	Scholz	Erich	TuS Eintracht Hinte	00:51:21	00:52:35	00:44:52	00:54:53	00:45:31	00:44:41	04:53:49	11	M55
253	Poguntke	Martin	TV Norden	00:49:33	00:51:32	00:45:47	00:55:24	00:46:03	00:45:36	04:53:51	12	M55
261	Geisemeyer	Lothar	Bünting Tee	00:51:17	00:53:06	00:45:20	00:54:34	00:45:28	00:45:03	04:54:44	13	M55
297	Meyer	Jörg	LG Fliegerhorst Upjever	00:51:29	00:52:36	00:45:34	00:55:48	00:46:43	00:45:39	04:57:45	14	M55
299	Keiser	Johann	n-cut24	00:52:01	00:52:38	00:45:42	00:55:34	00:47:16	00:44:44	04:57:53	15	M55
303	Hofmann	Fred	Weener Plastik	00:50:53	00:50:24	00:44:48	00:58:49	00:47:28	00:45:51	04:58:10	16	M55
319	de Riese	Reiner	Meyer Werft	00:52:07	00:53:02	00:46:19	00:55:39	00:46:37	00:45:41	04:59:22	17	M55
337	Kalthöver	Richard	Rick Esens	00:53:10	00:53:19	00:45:56	00:55:38	00:47:06	00:45:44	05:00:49	18	M55
350	Meyerhoff	Lothar	Störtebeker Loopers TVM	00:51:53	00:53:26	00:46:35	00:55:51	00:46:48	00:47:30	05:01:59	19	M55
370	Pree	Michael	Westerholt	00:52:51	00:53:28	00:46:44	00:56:58	00:47:18	00:46:14	05:03:31	20	M55
386	Bunjes	Axel	LT TuRa 07 Westrhauderfeh	00:53:31	00:54:04	00:47:06	00:56:31	00:46:48	00:46:28	05:04:24	21	M55
400	Schmidt	Heinz	Hobbits Leer	00:52:56	00:54:16	00:46:51	00:56:44	00:48:00	00:46:42	05:05:25	22	M55
431	Müller	Gerrit	Team Möbel Buss	00:53:03	00:54:40	00:47:07	00:56:48	00:48:21	00:48:19	05:08:14	23	M55
436	Habben	Berend	Wybelsum	00:53:10	00:54:16	00:47:04	00:58:23	00:48:01	00:47:32	05:08:23	24	M55
442	Hicken	Gert	OGV laufen für Tinca	00:53:48	00:54:34	00:47:39	00:58:07	00:47:59	00:47:06	05:09:11	25	M55
445	Poppen	Klaus	VW Emden	00:53:39	00:54:03	00:48:16	00:57:38	00:48:50	00:46:52	05:09:15	26	M55
472	de Buhr	Harald	Polizei Leer	00:53:14	00:55:05	00:47:16	00:58:03	00:48:55	00:48:32	05:11:02	27	M55
519	Boekhoff	Hermann	Freie Lunge SV Bentstreek	00:54:40	00:54:59	00:48:24	00:58:26	00:49:03	00:48:30	05:13:59	28	M55
524	Berghaus	Jens	Realschule Aurich/ LT TuS Aurich	00:53:45	00:54:37	00:48:50	00:58:24	00:49:47	00:48:47	05:14:08	29	M55
533	Post	Reinhard	SV Stern Schwerinsdorf	00:54:37	00:56:24	00:48:31	00:58:37	00:49:32	00:47:18	05:14:56	30	M55
542	Meinema	Alle-Jan	Moordörper Freetiedloopers	00:55:05	00:56:22	00:48:12	00:59:42	00:48:35	00:47:34	05:15:27	31	M55
562	Neuenstein	Bernhard	LG Papenburg	00:54:44	00:56:13	00:48:25	00:58:53	00:50:08	00:48:30	05:16:50	32	M55
564	Buß	Coob	SV Eintracht Ihlow	00:55:58	00:56:46	00:48:18	00:58:19	00:49:33	00:48:07	05:16:58	33	M55
570	Milkert-Lipperheid	Axel	Emder Zeitung	00:55:01	00:56:48	00:47:54	00:59:07	00:49:56	00:48:40	05:17:23	34	M55
572	Doden	Johann	Emder LG	00:59:21	00:57:20	00:47:53	00:57:29	00:48:04	00:47:33	05:17:36	35	M55
578	Kramer	Manfred	Werder Osis	00:55:06	00:56:24	00:48:41	00:59:24	00:49:29	00:48:56	05:17:57	36	M55
595	Hinrichs	Enno	LG Großefehn	00:55:43	00:56:38	00:48:09	00:58:58	00:50:21	00:49:06	05:18:51	37	M55
598	Watermeyer	Stephan	Fortuna Logabirum	00:54:34	00:56:16	00:49:40	01:00:11	00:49:45	00:48:41	05:19:04	38	M55
605	Tunder	Hartmut	Stadt Aurich	00:59:03	00:56:53	00:47:57	00:59:45	00:47:40	00:48:30	05:19:45	39	M55
618	Reck	Hans-Johann	LG-Ostfriesland	00:58:24	00:56:47	00:49:27	00:59:17	00:48:53	00:47:53	05:20:37	40	M55
637	Bleeker	Rolf	VOST	00:57:40	00:58:33	00:48:57	00:59:05	00:48:53	00:49:07	05:22:11	41	M55
639	Meyer	Manfred	Padlooper	00:55:58	00:56:23	00:49:21	01:00:28	00:50:30	00:49:45	05:22:23	42	M55
654	Rieken	Wilhelm	Sparkasse LeerWittmund	00:56:09	00:56:44	00:49:22	01:00:22	00:50:41	00:49:47	05:23:01	43	M55
671	Rohden	Heinz	SV Blomberg-Neuschoo	00:56:11	00:56:55	00:50:06	01:00:07	00:50:24	00:50:32	05:24:11	44	M55
678	Wolters	Hans-Hermann	Klinge	00:55:57	00:56:30	00:52:10	00:59:56	00:50:29	00:49:44	05:24:43	45	M55
683	Ubben	Ehlke	Stadt Aurich	00:56:03	00:56:44	00:50:51	01:01:20	00:50:37	00:49:31	05:25:03	46	M55
720	Ebel	Rainer	LT TuS Aurich-Ost	00:56:24	00:58:07	00:50:12	01:01:23	00:51:25	00:50:24	05:27:52	47	M55
724	Hesselbrock	Georg	Nordland Papier e.V.	00:57:45	00:58:20	00:50:00	01:02:50	00:50:05	00:49:06	05:28:04	48	M55
740	Popp	Rolf	Reit- und Fahrverein Concordia	00:57:59	00:57:18	00:50:50	01:01:29	00:51:02	00:50:37	05:29:12	49	M55
763	Adick	Matthias	Auricher Taxenzentrale	00:57:25	00:57:54	00:50:36	01:02:01	00:51:48	00:50:31	05:30:13	50	M55
767	Harms	Joachim	traba - team	00:56:35	00:58:19	00:51:33	01:01:26	00:52:13	00:50:50	05:30:53	51	M55
803	Weber	Siegfried	Team Möbel Buss	00:57:53	00:58:40	00:51:40	01:01:45	00:53:14	00:50:09	05:33:17	52	M55
806	Thater	Ralf	LSF Oldenburg	00:57:28	00:58:58	00:50:31	01:02:19	00:53:18	00:50:59	05:33:29	53	M55
833	Mayer	Reinhard	SV Ochtersum	00:59:49	00:58:53	00:53:14	01:01:47	00:51:24	00:49:56	05:34:59	54	M55
834	Feldkamp	Volker	Team LFZ 50	01:00:14	00:58:31	00:50:57	01:01:46	00:52:26	00:51:12	05:35:02	55	M55
837	Alberts	Karsten	Reha-Zentrum am Meer	01:00:39	00:58:58	00:50:41	01:01:43	00:48:54	00:54:20	05:35:12	56	M55
838	Dannen	Siegfried	SV Wymeer/Boen	00:57:21	00:59:52	00:51:10	01:02:42	00:51:55	00:52:25	05:35:21	57	M55
849	Schuster	Remmer	LT Schaffhauser Wald	00:59:28	00:59:14	00:51:12	01:02:22	00:52:58	00:50:59	05:36:10	58	M55
858	Koch	Gerald	Baptisten Firrel	00:58:19	00:58:40	00:51:26	01:02:40	00:53:29	00:52:10	05:36:40	59	M55
892	Weber	Manfred	SV Stern Schwerinsdorf	00:58:23	00:59:19	00:51:28	01:03:09	00:54:28	00:52:30	05:39:13	60	M55
896	Lambertus	Hans-Dieter	Eben-Eser Moormerland	01:00:33	01:00:21	00:51:33	01:02:50	00:53:17	00:50:58	05:39:28	61	M55
898	Baumann	Friedhelm	Rolf Janssen Gruppe	00:59:02	00:59:21	00:53:19	01:03:00	00:52:54	00:51:57	05:39:31	62	M55
904	Penner	Florian	Löwen-Apotheke Emden	01:00:45	00:59:44	00:52:11	01:03:24	00:52:39	00:51:28	05:40:07	63	M55
907	Erfkamp	Manfred	Landkreis Leer	01:00:12	01:00:18	00:53:04	01:03:05	00:52:57	00:50:47	05:40:19	64	M55

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
909	Claßen	Ulrich	TuS Eversten	01:02:10	00:59:35	00:51:04	01:02:32	00:53:37	00:51:27	05:40:22	65	M55
916	Haupt	Werner	Waldweg Lopers Westermoor	01:03:11	00:58:54	00:51:55	01:02:53	00:53:06	00:51:01	05:40:57	66	M55
929	August	Dieter	Die Continentale	00:58:54	01:00:25	00:52:52	01:03:27	00:53:51	00:52:10	05:41:36	67	M55
935	Duhlies	Frank	H5-Energy	00:56:54	00:59:14	00:51:38	01:03:26	00:55:48	00:55:00	05:41:57	68	M55
1001	Baller	Hans-Jürgen	Janßen-Transporte, Esens	01:13:58	01:07:17	00:49:05	00:58:20	00:49:47	00:48:01	05:46:26	69	M55
1023	Schulz	Michael	Emder LG	01:01:53	01:01:58	00:53:44	01:04:20	00:53:57	00:51:58	05:47:47	70	M55
1037	Paul	Bernhard	Emder LG	00:58:40	01:00:50	00:54:39	01:06:30	00:54:36	00:53:21	05:48:33	71	M55
1039	Saathoff	Dieter	TG Wiesmoor	00:59:19	01:01:23	00:53:08	01:04:53	00:56:08	00:53:53	05:48:40	72	M55
1048	Sprenger	Robert	LSF Oldenburg	01:04:12	01:01:46	00:52:47	01:05:22	00:53:45	00:51:40	05:49:28	73	M55
1071	Wildemann	Martin	WfbM Aurich-Wittmund	01:00:10	01:01:42	00:54:54	01:04:52	00:55:12	00:53:32	05:50:19	74	M55
1088	Coordes	Detlef	Bohlen & Doyen	01:00:02	01:00:56	00:53:58	01:06:52	00:57:06	00:52:40	05:51:30	75	M55
1111	Schöning	Karl-Heinz	LG Teutonia Stapelmoor	01:01:34	01:03:00	00:55:50	01:04:37	00:54:29	00:53:36	05:53:03	76	M55
1138	Diener	Wilfried	VfB Uplengen	01:03:25	01:03:35	00:53:06	01:06:03	00:55:53	00:53:37	05:55:36	77	M55
1155	Plagge	Kurt	FCSO	01:02:57	01:02:48	00:54:29	01:06:37	00:56:04	00:54:15	05:57:05	78	M55
1157	Romaneeßen	Gerd	Theater Brockzetel-Wiesens	01:01:47	01:01:27	00:53:50	01:12:11	00:54:51	00:53:08	05:57:11	79	M55
1175	Däuber	Günter	Judo Team Leer VFR Heisfelde	01:04:29	01:03:01	00:54:09	01:07:09	00:55:50	00:53:40	05:58:14	80	M55
1185	Tjarks	Alfred	EWE-Wattloopers	01:04:09	01:04:22	00:54:20	01:07:06	00:55:17	00:53:43	05:58:54	81	M55
1186	Rinderhagen	Manfred		01:02:27	01:03:25	00:54:26	01:10:46	00:54:34	00:53:22	05:58:56	82	M55
1205	Herrmann	Jens	INUIT	01:03:01	01:03:08	00:55:00	01:07:26	00:57:16	00:55:03	06:00:51	83	M55
1204	Oldendorf	Günther	TV Norden	01:00:56	01:02:05	00:53:36	01:09:40	00:58:07	00:56:31	06:00:51	84	M55
1228	Eckhoff	Arno	Kurt sien Trupp	01:05:30	01:03:46	00:54:34	01:06:50	00:57:04	00:54:37	06:02:18	85	M55
1229	Beckers	Achim	Team LFZ 50	01:07:01	01:04:48	00:55:12	01:06:20	00:56:03	00:53:00	06:02:21	86	M55
1242	Dr. Müller	Lothar	Fortuna Logabirum	01:04:00	01:03:40	00:55:00	01:08:28	00:55:53	00:56:21	06:03:18	87	M55
1262	Lammers	Johann	Heinen Freezing	01:08:40	01:04:10	00:54:10	01:08:57	00:55:29	00:52:59	06:04:22	88	M55
1269	Reil	Wolfgang	SV Gotano	01:02:50	01:03:41	00:56:00	01:07:38	00:59:05	00:55:43	06:04:53	89	M55
1285	Poppen	Gert-Rudolf	MTV Aurich	01:07:15	01:03:39	00:56:01	01:07:34	00:56:42	00:54:25	06:05:33	90	M55
1311	Kruse	Wilhelm	KS Gleitlager	01:01:50	01:01:19	00:53:17	01:12:24	00:59:41	00:58:53	06:07:22	91	M55
1319	Siefkens	Wolfgang	Emder LG	01:04:48	01:05:03	00:54:56	01:07:38	00:58:00	00:57:30	06:07:52	92	M55
1348	Wiegmann	Günter	MSO-Medien	01:02:05	01:03:57	00:56:18	01:09:59	00:59:52	00:57:50	06:09:58	93	M55
1352	Schmidt	Mathias	Selbstläufer	01:04:24	01:03:43	00:56:18	01:09:16	01:00:55	00:55:40	06:10:13	94	M55
1371	Adden	Karl	Lauftreff Christuskirche Cäcilien	01:10:10	01:05:00	00:54:55	01:10:06	00:56:42	00:54:51	06:11:40	95	M55
1401	Benz	Rolf	Weener Plastik	01:05:07	01:05:14	00:55:51	01:10:53	00:59:56	00:56:43	06:13:39	96	M55
1402	Roßkamp	Frank	Ossilopers Augustfehn	01:04:27	01:03:43	00:54:29	01:06:52	00:58:08	01:06:08	06:13:43	97	M55
1421	Buss	Herbert	SV Stikelkamp	01:05:49	01:05:55	00:56:48	01:09:35	00:59:33	00:57:16	06:14:53	98	M55
1460	Trauernicht	Jens	EWE-Wattloopers	01:04:18	01:05:17	00:58:02	01:12:19	01:00:00	00:57:40	06:17:34	99	M55
1480	van Rossum	Matthijs	van Rossum/Kuiper	01:13:02	01:06:58	00:58:29	01:07:52	00:56:57	00:55:55	06:19:11	100	M55
1540	Prikker	Weert-Peter	Fortuna Logabirum	01:13:20	01:12:41	00:58:12	01:08:52	00:56:50	00:53:34	06:23:26	101	M55
1544	Juilfs	Uwe	SC Wiesens	01:06:36	01:07:12	00:57:42	01:12:55	01:01:47	00:57:37	06:23:46	102	M55
1561	Schrader	Joachim	Prisma Datensysteme GmbH	01:09:47	01:06:28	00:58:55	01:10:37	01:01:02	00:58:07	06:24:53	103	M55
1609	Rosenboom	Rosi	TV Norden	01:08:41	01:07:42	01:00:04	01:12:28	01:00:18	01:00:11	06:29:20	104	M55
1634	Kanthak	Herbert	OBW	01:06:56	01:05:05	00:56:49	01:15:49	01:03:54	01:02:29	06:30:58	105	M55
1639	Eden	Andreas	BadeWerk Neuharlingsiel	01:11:35	01:08:33	00:59:13	01:11:46	01:01:17	00:59:17	06:31:37	106	M55
1643	Gembler	Johann	Schuhhaus Gembler	01:06:47	01:09:33	01:01:28	01:12:21	01:02:23	00:59:17	06:31:46	107	M55
1671	Klömpges	Axel	Lummerland Taxi Aurich	01:07:10	01:08:55	01:01:44	01:13:24	01:02:21	01:00:26	06:33:57	108	M55
1687	Doden	Meinhard	Getek	01:10:12	01:09:27	00:58:59	01:14:57	01:01:57	01:00:32	06:35:59	109	M55
1759	Höft	Helmut	LT TuS Aurich-Ost	01:11:38	01:13:15	00:59:40	01:13:27	01:03:22	01:01:52	06:43:10	110	M55
1818	Soring	Gerd	AGRAVIS Ems-Jade GmbH	01:12:18	01:11:00	01:01:51	01:16:31	01:04:31	01:01:31	06:47:39	111	M55
1850	Freese	Heiko	LT TuS Aurich-Ost	01:10:04	01:11:25	01:01:23	01:18:29	01:05:16	01:03:50	06:50:24	112	M55
1862	Kok	Holger	Borromäus Hospital Leer	01:12:35	01:15:02	01:00:49	01:16:02	01:03:17	01:03:20	06:51:02	113	M55
1865	Ramaker	Harald	SV Warsingsfehn	01:12:40	01:12:38	01:03:00	01:16:56	01:03:51	01:02:14	06:51:15	114	M55
1925	Fitz	Matthias	Moordorf	01:14:45	01:15:11	01:01:43	01:17:34	01:05:01	01:02:32	06:56:42	115	M55
1991	Krott	Dieter	LT TuS Aurich-Ost	01:14:51	01:15:31	01:04:56	01:19:42	01:05:46	01:04:20	07:05:03	116	M55
1997	Niemann	Jörg	"TaktLwG 71 \R\''''	01:17:02	01:16:42	01:03:58	01:17:34	01:06:49	01:03:33	07:05:33	117	M55
2017	Büttner	Walter	BPS Emden	01:12:48	01:15:10	01:04:15	01:20:17	01:11:44	01:03:43	07:07:54	118	M55
2031	Gerdes	Manfred	TuS Middels	01:14:50	01:16:39	01:04:47	01:20:54	01:07:41	01:04:53	07:09:40	119	M55
2037	Husmann	Rüdiger	Kaufhaus Behrends Wiesmoor	01:14:52	01:13:31	01:08:23	01:21:05	01:07:45	01:05:20	07:10:53	120	M55
2049	Wilken	Helge	Loopfrün!! / LT TuS Aurich-Ost	01:14:06	01:15:31	01:05:26	01:21:43	01:08:52	01:06:54	07:12:29	121	M55
2054	Bock	Uwe	LT TuS Aurich-Ost	01:14:54	01:15:28	01:05:26	01:21:42	01:08:53	01:06:56	07:13:15	122	M55
2061	Bruns	Rudi	VGH	01:16:27	01:15:31	01:05:25	01:20:54	01:11:12	01:05:03	07:14:29	123	M55
2073	Janssen	Holger	TuS Esens	01:12:47	01:12:37	01:04:24	01:25:31	01:12:09	01:08:45	07:16:10	124	M55
2192	Appel	Guðrunn Mann	Privat	01:19:03	01:19:09	01:11:38	01:27:24	01:14:20	01:12:19	07:43:49	125	M55
2244	Wiebel	Alexander	looney loopers	01:22:48	01:23:00	01:13:34	01:30:36	01:16:18	01:17:02	08:03:16	126	M55

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2291	Schürmann	Martin	Klinikum Emden	01:39:54	01:44:01	01:26:58	01:45:47	01:25:53	01:26:11	09:28:41	127	M55
2292	Janßen	Uwe	NV-Versicherungen VVaG	01:42:05	01:44:00	01:30:34	01:50:32	01:31:43	01:28:03	09:46:54	128	M55
96	Christians	Borchard	LG Ostfriesland	00:46:28	00:47:43	00:41:44	00:50:48	00:42:35	00:41:56	04:31:11	1	M60
155	Stahn	Hans-Peter	LT TuS Aurich-Ost	00:49:47	00:50:02	00:43:29	00:52:08	00:44:02	00:42:42	04:42:06	2	M60
158	Eden	Kurt	TV Norden	00:48:19	00:49:32	00:43:52	00:52:37	00:44:07	00:44:20	04:42:44	3	M60
159	Trebesch	Wolfgang	MTV Aurich	00:50:45	00:49:57	00:43:04	00:51:44	00:44:23	00:43:06	04:42:56	4	M60
162	Faß	Johann	Die Laufschnecken	00:49:49	00:49:54	00:43:40	00:52:50	00:43:37	00:43:58	04:43:44	5	M60
202	Meyer	Tönjes	TSV Hesel	00:49:22	00:50:38	00:43:44	00:53:56	00:45:40	00:44:57	04:48:13	6	M60
271	Redenius	Folkert	LT TuRa 07 Westrhauderfehn	00:51:40	00:51:29	00:44:54	00:54:54	00:46:35	00:46:15	04:55:43	7	M60
339	Kaminski	Bernd	TV Norden	00:52:52	00:52:44	00:46:18	00:56:16	00:46:57	00:45:58	05:01:02	8	M60
377	Willms	Johann	Landkreis Leer	00:52:54	00:53:12	00:47:03	00:56:33	00:47:33	00:46:36	05:03:48	9	M60
383	van der Kamp	Hans Jürgen	Emder LG	00:54:29	00:55:16	00:46:48	00:56:49	00:45:51	00:44:56	05:04:06	10	M60
510	Goudschaal	Ude	Goudschaal	00:54:24	00:55:10	00:48:04	00:57:58	00:49:37	00:48:09	05:13:19	11	M60
531	Doden	Alfred	LT TuS Holtriem	00:53:46	00:54:49	00:48:24	00:59:00	00:49:59	00:48:58	05:14:52	12	M60
540	Janssen	Dieter	BBS Wittmund	00:54:40	00:55:24	00:49:03	00:58:25	00:49:07	00:48:44	05:15:20	13	M60
541	Tunder	Garrelt	SC-Wiesens	00:53:46	00:55:28	00:48:52	00:58:58	00:49:56	00:48:31	05:15:26	14	M60
631	Geimer	Willibald	LG Fliegerhorst Upjever	00:57:21	01:00:55	00:48:02	00:58:04	00:48:38	00:48:34	05:21:30	15	M60
636	Feldmann	Klaus Dieter		00:56:59	00:57:12	00:49:12	01:00:13	00:49:56	00:48:43	05:22:11	16	M60
644	Berlin	Henry	Meyer Werft	00:55:42	00:56:59	00:49:31	00:59:44	00:50:31	00:50:13	05:22:36	17	M60
658	Strömer	Berthold	VW Emden	00:55:35	00:56:46	00:49:07	01:00:55	00:50:26	00:50:23	05:23:09	18	M60
785	Richter	Leonhard	activ Fitnessclub Barßel	00:56:56	00:59:01	00:50:41	01:02:21	00:52:41	00:50:16	05:31:52	19	M60
852	Scholla	Jürgen	Ubbo-Emmius Klinik	00:57:35	00:59:14	00:51:24	01:03:26	00:53:14	00:51:30	05:36:20	20	M60
854	Sandersfeld	Johann	LG Uplengen	00:58:24	00:59:18	00:51:13	01:02:55	00:53:50	00:50:51	05:36:28	21	M60
860	Schulz	Manfred	LT TuRa 07 Westrhauderfehn	01:00:01	00:59:18	00:51:04	01:01:51	00:52:33	00:52:03	05:36:46	22	M60
992	Habben	Eimo	MTV Aurich	01:00:40	01:01:18	00:53:02	01:04:04	00:53:23	00:53:38	05:46:03	23	M60
1000	Waltner	Karlheinz	Klinikum Leer	01:02:41	01:01:21	00:53:07	01:04:21	00:53:36	00:51:22	05:46:26	24	M60
1021	Rieck	Wolfgang	Prisma Datensysteme GmbH	01:02:26	01:01:26	00:52:25	01:04:24	00:53:37	00:53:29	05:47:44	25	M60
1047	Götting	Rüdiger	RG Sprinter Emden	01:02:13	01:02:50	00:53:21	01:04:35	00:53:36	00:52:55	05:49:27	26	M60
1105	Hildebrandt	Volkmar	IGS Waldschule Egels/TuS Wee	01:00:50	01:02:22	00:54:21	01:06:13	00:54:43	00:54:14	05:52:40	27	M60
1120	Lohmeyer	Everwien	SV Frisia Brinkum	01:01:03	01:02:30	00:54:20	01:06:45	00:55:14	00:53:58	05:53:47	28	M60
1143	Schüler	Heinz-Friedrich	MTV Wittmund	01:03:59	01:02:55	00:54:17	01:05:38	00:55:33	00:53:40	05:55:59	29	M60
1146	Hildebrandt	Theodor	LG Ostfriesland	01:01:19	01:02:55	00:55:07	01:06:47	00:55:29	00:54:48	05:56:21	30	M60
1160	Schoon	Focko	"TaktLwG 71 \R\""	01:02:41	01:01:56	00:54:09	01:05:58	00:56:06	00:56:33	05:57:20	31	M60
1168	Hofmann	Jakobus	Hofmann	01:03:34	01:03:59	00:55:41	01:06:20	00:54:54	00:53:16	05:57:42	32	M60
1198	Erdmann	Jakob	Störtebeker Loopers TVM	01:02:44	01:03:30	00:55:39	01:06:45	00:56:21	00:55:17	06:00:12	33	M60
1240	Bruhnken	Hans-Günter	BSG Volksbank Jever	01:03:17	01:03:16	00:56:49	01:07:10	00:57:05	00:55:32	06:03:06	34	M60
1276	Mertins	Klaus-Dieter	OBW	01:02:41	01:04:32	00:57:05	01:07:25	00:57:39	00:55:51	06:05:09	35	M60
1281	Wieggers	Ulrich	TuS Hinte	01:08:53	01:06:55	00:54:36	01:03:55	00:52:44	00:58:17	06:05:17	36	M60
1292	Büscher	Fritz	TV Norden	01:03:43	01:05:18	00:56:07	01:07:59	00:57:06	00:56:01	06:06:11	37	M60
1331	Kamann	Friedhelm	Ubbo-Emmius Klinik	01:04:24	01:06:15	00:57:32	01:08:38	00:56:38	00:55:18	06:08:42	38	M60
1344	Schmidt	Karl-Heinz	TV Norden	01:05:25	01:05:08	00:55:28	01:07:47	00:56:42	00:59:02	06:09:29	39	M60
1345	Thaden	Folkert	LT Schafhauser Wald	01:05:14	01:03:22	00:56:15	01:08:57	00:58:22	00:57:28	06:09:34	40	M60
1354	Zirpins	Burghardt	OBW	01:04:36	01:04:45	00:56:12	01:10:22	00:57:38	00:56:49	06:10:19	41	M60
1355	Winter	Heinrich	LT TuS Aurich-Ost	01:02:12	01:14:55	00:54:59	01:06:04	00:57:23	00:54:52	06:10:22	42	M60
1391	Michalak	Karl-Heinz	kdo SES	01:06:18	01:04:56	00:57:29	01:09:09	00:57:55	00:57:27	06:13:11	43	M60
1412	Brauer	Siegfried	WfbM Aurich-Wittmund	01:08:43	01:06:33	00:58:12	01:03:39	01:00:22	00:56:59	06:14:25	44	M60
1455	Haschenburger	Werner	BSG Volksbank Jever	01:05:43	01:06:09	00:58:13	01:10:42	00:59:03	00:57:40	06:17:27	45	M60
1557	Kramer	Frank	Aurident	01:09:04	01:10:05	00:57:16	01:10:15	00:59:21	00:58:39	06:24:37	46	M60
1583	Krull	Tole	TV Norden	01:05:31	01:05:08	00:55:27	01:14:28	01:03:51	01:02:22	06:26:42	47	M60
1584	Dziarnowski	Eugen	De Kanaal-Loopers	01:09:01	01:07:15	00:57:38	01:11:37	01:00:05	01:01:15	06:26:46	48	M60
1586	Bergmann	Bernd	WfbM Aurich-Wittmund	01:09:57	01:07:47	00:59:03	01:11:36	01:00:05	00:58:58	06:27:22	49	M60
1590	Sporré	Jürgen	Evang. - reformierte Kirche	01:05:36	01:13:06	00:58:43	01:10:54	01:01:25	00:57:58	06:27:38	50	M60
1632	Schulz	Hans-Günter	UEG Leer	01:08:50	01:08:47	00:59:33	01:13:15	01:01:17	00:59:13	06:30:50	51	M60
1650	Jelden	Jan-Gerd	TV Norden	01:08:18	01:08:47	00:58:34	01:15:27	01:02:09	00:59:08	06:32:20	52	M60
1660	Linser	Ulrich	KGS Wiesmoor	01:09:54	01:10:28	01:00:23	01:12:35	01:01:02	00:58:38	06:32:56	53	M60
1705	Schrage	Friedhelm	Uplengen	01:06:25	01:08:51	00:58:26	01:17:50	01:03:56	01:02:32	06:37:57	54	M60
1816	Kuiper	Helmut	Emder LG	01:09:34	01:10:27	01:02:42	01:16:24	01:05:19	01:03:09	06:47:31	55	M60
1832	Bohlen	Gerd	LT TuRa 07 Westrhauderfehn /	01:11:16	01:12:41	01:01:30	01:16:21	01:04:39	01:02:00	06:48:22	56	M60
1906	Foget	Edzard		01:15:50	01:11:51	01:02:00	01:16:14	01:04:46	01:04:12	06:54:49	57	M60
2033	Buss	Friedrich	Team Buss	01:18:12	01:16:45	01:03:52	01:20:58	01:06:49	01:03:31	07:10:04	58	M60

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2105	Röben	Hinrich	NLBV	01:17:24	01:18:52	01:07:46	01:21:09	01:08:56	01:07:28	07:21:32	59	M60
2137	Wiltfang	Johann	Ostfriesische Volksbank eG Lee	01:16:10	01:18:33	01:05:44	01:24:55	01:12:57	01:09:57	07:28:12	60	M60
2186	Wilken	Gerhold	Sparkasse LeerWittmund	01:19:51	01:21:34	01:10:17	01:28:12	01:11:22	01:10:23	07:41:35	61	M60
2191	Kompaan	Theo	Maschinenring Nordwest	01:18:27	01:20:34	01:10:41	01:28:23	01:12:18	01:13:24	07:43:44	62	M60
2206	Ackmann	Helmut	LT TuS Aurich-Ost/ Stadt Emde	01:24:57	01:21:45	01:09:23	01:27:21	01:15:52	01:09:43	07:48:58	63	M60
2243	Klaus	Schüßler	Lonelys Lopers	01:22:46	01:22:47	01:13:34	01:30:35	01:16:18	01:17:01	08:02:59	64	M60
2259	Vogel	Manfred	Kurt sien Trupp	01:25:38	01:26:09	01:15:02	01:31:50	01:19:22	01:15:47	08:13:44	65	M60
2264	Nipshagen	Grato	LT Schafhauser Wald	01:28:55	01:28:21	01:14:49	01:34:36	01:18:36	01:13:52	08:19:06	66	M60
208	Bamberger	Michael	LSF Oldenburg	00:48:17	00:52:13	00:45:14	00:54:53	00:43:36	00:45:24	04:49:34	1	M65
349	Schäfer	Heiner	Concordia Ihrhove	00:53:25	00:54:06	00:46:05	00:55:30	00:46:49	00:46:02	05:01:54	2	M65
786	Schultz	Heinz	VFR Heisfelde	00:59:35	00:58:05	00:50:19	01:01:04	00:52:16	00:50:45	05:32:01	3	M65
899	de Buhr	Oskar	Schule am Patersweg Ihren	00:59:16	00:59:02	00:51:50	01:04:12	00:53:42	00:51:39	05:39:37	4	M65
910	Scholz	Alfred	TuS Pewsum	00:58:48	01:01:34	00:52:00	01:03:31	00:53:10	00:51:33	05:40:34	5	M65
951	Schubert	Manfred	SV Ochtersum	01:00:23	01:00:39	00:52:27	01:04:15	00:53:02	00:52:14	05:42:56	6	M65
1041	Ogiewa	Horst-Dieter	LSF Oldenburg	00:59:54	01:00:52	00:53:48	01:03:56	00:55:37	00:54:57	05:49:00	7	M65
1125	Künstle	Dieter		01:10:18	00:59:54	00:55:51	01:03:48	00:52:37	00:51:41	05:54:06	8	M65
1130	Gutzmann	Manni	TuS Norderney	01:02:19	01:02:29	00:53:11	01:06:56	00:55:07	00:54:28	05:54:27	9	M65
1135	Rademacher	Gerd	Stern Schwerinsdorf	01:03:02	01:01:51	00:52:21	01:05:20	00:56:51	00:55:52	05:55:14	10	M65
1212	Freese	Peter	Eben-Eser Moormerland	01:06:11	01:06:16	00:56:57	01:03:51	00:53:17	00:54:50	06:01:19	11	M65
1386	Klinkenborg	Enno	TV Norden	01:05:25	01:05:43	00:56:42	01:09:40	00:58:34	00:56:36	06:12:35	12	M65
1387	Oetken	Johannes	TuS Zetel	01:05:07	01:06:27	00:56:40	01:10:08	00:57:52	00:56:35	06:12:45	13	M65
1451	Richter	Uwe	SV Ofenerdiek	01:06:20	01:06:45	00:55:28	01:13:40	00:58:53	00:56:07	06:17:10	14	M65
1490	Janssen	Gerd	Sandhorst	01:07:44	01:07:17	00:57:55	01:10:51	00:58:47	00:57:14	06:19:45	15	M65
1493	Laqua	Klaus	Kurt sien Trupp	01:07:27	01:05:02	00:57:58	01:11:04	01:00:04	00:58:28	06:19:59	16	M65
1511	Bruns	Helmut	TuS Eintracht Hinte	01:07:57	01:06:57	00:58:18	01:10:34	00:59:46	00:58:16	06:21:45	17	M65
1551	Waalkens	Manfred	LT TuS Aurich-Ost	01:06:58	01:08:30	00:58:31	01:11:24	01:00:50	00:58:00	06:24:09	18	M65
1606	Seidemann	Wolfgang	Heidmühler FC	01:06:17	01:09:27	00:58:48	01:13:33	01:01:36	00:59:29	06:29:06	19	M65
1612	Erdmann	Dieter	SuS Berumerfehn	01:09:38	01:09:50	00:59:28	01:11:05	01:00:19	00:59:13	06:29:30	20	M65
1622	Wilts	Poppe	Krummhörner Ossiloopers	01:10:47	01:08:13	01:00:15	01:12:35	01:00:26	00:58:10	06:30:22	21	M65
1770	Janssen	Georg	TV Norden	01:11:51	01:10:21	00:59:21	01:15:51	01:03:44	01:02:27	06:43:31	22	M65
1860	Platte	Hans-Joachim	Stadt Wiesmoor	01:13:00	01:12:20	01:03:29	01:16:26	01:04:04	01:01:38	06:50:53	23	M65
1863	Berends	Duke	OGV laufen für Tinca	01:14:33	01:15:51	01:00:18	01:15:59	01:02:49	01:01:39	06:51:06	24	M65
1874	Eggerstorff	Fritz	BOX-CLUB Norden	01:11:31	01:10:19	01:04:24	01:17:20	01:04:51	01:03:51	06:52:13	25	M65
1888	Ensslin	Gerd	MTV Aurich	01:13:08	01:12:29	01:02:51	01:17:43	01:04:20	01:02:32	06:53:00	26	M65
1893	Oelke	Dietmar	Esens	01:16:22	01:14:58	01:04:07	01:14:42	01:02:49	01:00:22	06:53:17	27	M65
1961	Rieken	Wilhelm	SV Simonswolde	01:19:20	01:15:51	01:03:03	01:17:52	01:02:32	01:02:38	07:01:12	28	M65
1964	Weers	Werner	Sparkasse LeerWittmund	01:13:05	01:14:08	01:04:02	01:17:36	01:06:59	01:05:40	07:01:25	29	M65
1971	Achtermann	Hartmut	Eben-Eser Moormerland	01:13:37	01:15:51	01:02:14	01:18:14	01:07:36	01:04:53	07:02:21	30	M65
2010	Zimmermann	Reno	SV Dornum	01:14:50	01:16:03	01:04:02	01:21:06	01:05:40	01:05:21	07:06:59	31	M65
2015	Ulferts	Gerhard	De Kanaal-Loopers	01:13:43	01:14:45	01:02:45	01:17:57	01:12:09	01:06:30	07:07:46	32	M65
2079	Lingner	Gerhard	LT TuRa 07 Westrhauderfehn	01:14:49	01:16:30	01:06:42	01:21:52	01:10:32	01:06:25	07:16:47	33	M65
2095	Schulte	Alfred	Upstalsboomer	01:16:17	01:17:48	01:06:51	01:21:33	01:09:35	01:06:31	07:18:31	34	M65
2106	Oltmanns	Gebhard	MFGO	01:18:27	01:19:25	01:07:49	01:22:13	01:08:16	01:05:48	07:21:54	35	M65
2183	Juergens	Helmut	AOK Niedersachsen	01:21:08	01:20:48	01:08:04	01:34:12	01:09:04	01:07:55	07:41:07	36	M65
2184	Diener	Manfred	LG Großefehn	01:20:50	01:20:43	01:08:00	01:23:55	01:16:21	01:11:41	07:41:26	37	M65
2190	Deecken	Werner	looney loopers	01:22:35	01:21:59	01:09:37	01:25:21	01:16:12	01:07:01	07:42:42	38	M65
2215	Baumhöfer	Klaus	Team BauCon	01:22:02	01:23:23	01:12:34	01:27:37	01:13:49	01:11:48	07:51:09	39	M65
2223	Evers	Bernhard	MTV Wittmund	01:23:43	01:22:59	01:13:21	01:28:03	01:13:32	01:12:42	07:54:16	40	M65
2253	Daniels	Fritz	Aurich	01:29:09	01:29:12	01:12:23	01:29:15	01:16:05	01:10:51	08:06:51	41	M65
512	von Kentzinsky	Roland	TG Wiesmoor	00:54:01	00:54:25	00:48:33	00:58:32	00:49:28	00:48:26	05:13:23	1	M70
1038	Badberg	Wilhelm	TG Wiesmoor	00:59:19	01:01:22	00:53:08	01:04:53	00:56:07	00:53:52	05:48:38	2	M70
1055	Begitt	Kurt	SV Dornum	00:59:16	01:03:42	00:53:29	01:05:22	00:54:51	00:53:08	05:49:46	3	M70
1115	Stocker	Ralf	Aurich	01:00:24	01:02:30	00:53:21	01:05:27	00:57:39	00:53:53	05:53:11	4	M70
1167	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	01:02:52	01:02:10	00:55:36	01:07:13	00:55:41	00:54:13	05:57:42	5	M70
1223	Freitag	Norbert	MTV Aurich	01:03:50	01:03:36	00:57:45	01:05:51	00:55:46	00:55:18	06:02:02	6	M70
1310	Abken	Reinhard	Abken Bau Utarp	01:04:17	01:04:53	00:56:37	01:07:57	00:57:40	00:56:00	06:07:21	7	M70
1433	Steinmeier	Fritz	MTV Aurich	01:06:34	01:06:02	00:56:55	01:09:46	00:59:46	00:56:44	06:15:44	8	M70
1560	Gerken	Theo	LG Ostfriesland	01:07:57	01:06:06	00:58:29	01:11:21	01:01:35	00:59:21	06:24:46	9	M70

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1680	Albers	Heio	HARMONIC BRASS München	01:10:44	01:08:57	01:00:00	01:13:23	01:02:19	00:59:40	06:34:59	10	M70
1755	Gossling	Karl	LG TV Bunde	01:11:22	01:07:15	01:00:38	01:16:40	01:04:12	01:02:50	06:42:55	11	M70
1828	Franzen	Wilfried	LG Teutonia Stapelmoor	01:12:17	01:11:50	01:01:51	01:15:17	01:05:05	01:01:52	06:48:09	12	M70
1915	Reents	Peter	LT Schafhauser Wald	01:13:10	01:15:04	01:02:30	01:19:42	01:03:52	01:01:27	06:55:42	13	M70
2171	Wilts	Hermann	TV Norden	01:16:41	01:19:02	01:07:10	01:30:50	01:12:46	01:11:47	07:38:13	14	M70
2280	Ihlow	Werner	TV Norden	01:29:02	01:31:19	01:19:41	01:35:52	01:19:14	01:20:57	08:36:01	15	M70
520	Pol	Jan	LT TuRa 07 Westrhauderfehn	00:54:45	00:55:03	00:48:00	00:58:11	00:49:55	00:48:11	05:14:03	1	M75
1389	Raulin	Siegfried	LT TuRa 07 Westrhauderfehn	01:06:02	01:06:13	00:57:07	01:08:52	00:57:47	00:57:07	06:13:04	2	M75
1523	Müller	Rainer	Friedeburg	01:06:44	01:05:57	00:57:35	01:11:26	01:00:56	00:59:39	06:22:13	3	M75
1718	Gersch	Siegfried	TSV Riepe	01:13:28	01:10:08	01:00:15	01:13:57	01:01:47	00:59:32	06:39:04	4	M75
1790	Schröter	Werner	Hockey-Club M	01:12:19	01:10:52	01:01:24	01:14:56	01:04:38	01:01:18	06:45:24	5	M75
1867	Eiben	Eibo	LG Harlingerland	01:13:40	01:12:48	01:01:36	01:15:35	01:05:11	01:02:35	06:51:23	6	M75
1901	Zirkel	Günter	Kurt sien Trupp	01:15:19	01:13:14	01:06:17	01:14:47	01:03:53	01:00:53	06:54:19	7	M75
1938	Janssen	Günter	MTV Aurich	01:14:44	01:13:16	01:03:51	01:17:21	01:05:54	01:03:22	06:58:24	8	M75
2135	Eujen	Heinz-Arnold	LG Großefehn	01:20:10	01:22:13	01:09:22	01:20:40	01:08:47	01:06:39	07:27:47	9	M75
2143	Willms	Eduard	TSG Westerstede	01:17:07	01:19:01	01:08:19	01:26:05	01:12:09	01:07:07	07:29:46	10	M75
2178	Neddermeyer	Heinz Jürgen	LT Spass mit Sport	01:21:06	01:19:43	01:11:29	01:24:19	01:12:35	01:10:56	07:40:04	11	M75
2212	Steinke	Dietrich	SV Concordia Neermoor	01:22:06	01:23:30	01:12:02	01:28:43	01:11:20	01:12:51	07:50:28	12	M75
2251	van Preyss	Bodo	Fortuna Logabirum	01:28:28	01:28:04	01:11:28	01:29:56	01:14:50	01:13:19	08:06:02	13	M75
2043	Wolckenhaar	Enno	TC Grün-Weiß Leer	01:15:56	01:15:08	01:05:07	01:23:33	01:06:40	01:05:06	07:11:27	1	M80
2287	Wibel	Eckhart	Kurt sien Trupp	01:35:23	01:34:30	01:22:07	01:46:53	01:25:48	01:19:20	09:03:58	2	M80
60	Saathoff	Katharina	FCSO SII	00:45:11	00:45:41	00:39:59	00:49:05	00:42:37	00:41:02	04:23:32	1	WU20
375	Janssen	Lotte	Gymnasium Ulricianum Aurich	00:52:37	00:54:44	00:46:10	00:56:05	00:49:34	00:44:35	05:03:42	2	WU20
453	Jetses	Larissa	Gymnasium Ulricianum Aurich	00:57:16	00:56:19	00:47:35	00:56:05	00:48:04	00:44:34	05:09:49	3	WU20
496	Stecker	Melissa	Gymnasium Ulricianum Aurich	00:53:02	00:54:27	00:47:42	00:59:44	00:49:24	00:47:53	05:12:09	4	WU20
569	Moldenhauer	Marie	Turbine TGG	00:55:50	00:56:46	00:48:42	00:59:35	00:49:01	00:47:27	05:17:19	5	WU20
657	Siede	Celina	FCSO	00:57:03	00:58:03	00:47:58	01:01:25	00:50:14	00:48:27	05:23:07	6	WU20
711	Weber	Antje-Lina	UEG Leer	00:58:49	00:58:30	00:49:10	01:00:28	00:50:27	00:49:43	05:27:05	7	WU20
824	Walter	Milena	Rettungsdienst Landkreis Aurich	00:57:30	00:59:17	00:51:02	01:04:30	00:52:18	00:49:39	05:34:13	8	WU20
836	Merker	Birte	Lauftreff Upleward / Gassco	00:59:54	01:00:09	00:50:27	01:03:44	00:52:20	00:48:39	05:35:10	9	WU20
857	Frerichs	Marja	KGS Großefehn	00:59:28	00:59:04	00:52:47	01:02:37	00:52:42	00:50:02	05:36:38	10	WU20
880	Nowinski	Paula	Gymnasium Ulricianum Aurich	01:00:07	00:58:50	00:50:51	01:03:02	00:54:29	00:51:07	05:38:23	11	WU20
886	Dettmer	Fenna	Leinerstift e.V.	00:58:03	00:59:36	00:50:55	01:03:24	00:53:43	00:53:11	05:38:48	12	WU20
891	Haschenburger	Julia	IGS Schortens	01:01:15	00:59:19	00:52:07	01:03:05	00:52:13	00:51:11	05:39:07	13	WU20
927	Janssen	Antje	Emder LG	00:59:21	00:59:04	00:51:15	01:07:13	00:53:16	00:51:27	05:41:32	14	WU20
939	Geyken	Carina	Gymnasium Ulricianum Aurich	01:04:47	01:00:34	00:51:16	01:03:56	00:51:36	00:50:11	05:42:16	15	WU20
963	Aggen	Maris	Voltis Filsum	00:58:35	01:01:35	00:52:47	01:04:17	00:54:16	00:52:19	05:43:45	16	WU20
996	Decker	Hanna	IGS Waldschule Egels Sek.1	01:00:42	01:02:21	00:53:04	01:05:57	00:52:23	00:51:55	05:46:19	17	WU20
997	Füst	Lena	IGS Waldschule Egels Sek.1	01:00:41	01:02:21	00:53:04	01:05:57	00:52:24	00:51:55	05:46:20	18	WU20
1016	Loesing	Ineke	DLRG Weener	01:01:30	01:02:35	00:52:29	01:04:54	00:54:16	00:51:32	05:47:13	19	WU20
1064	Zielinski	Imke	IGS Aurich Sek II SP224	01:02:05	01:02:56	00:53:38	01:05:16	00:53:34	00:52:39	05:50:05	20	WU20
1089	de Buhr	Lena	Lauftrupp WT Loppersum	01:02:26	01:03:35	00:54:36	01:06:28	00:53:12	00:51:20	05:51:33	21	WU20
1139	Brachmann	Theresa	IGS Waldschule Egels Sek.1	01:01:38	01:05:38	00:55:37	01:05:57	00:58:01	00:48:57	05:55:45	22	WU20
1164	Heilemann	Madita	Gymnasium Ulricianum Aurich	01:04:49	01:03:57	00:53:08	01:07:00	00:55:12	00:53:26	05:57:28	23	WU20
1174	Foest	Antonia	Gymnasium Ulricianum Aurich	01:06:12	01:04:29	00:54:38	01:06:26	00:54:05	00:52:28	05:58:14	24	WU20
1178	Aden	Marika	Gymnasium Ulricianum Aurich	01:02:58	01:04:07	00:53:55	01:08:18	00:56:21	00:52:44	05:58:19	25	WU20
1191	Weigl	Amelie	Gymnasium Ulricianum Aurich	01:06:14	01:04:36	00:54:57	01:05:53	00:55:07	00:52:44	05:59:28	26	WU20
1193	Kaup	Katharina	UEG Leer	01:09:20	01:04:23	00:55:26	01:05:21	00:53:58	00:51:24	05:59:49	27	WU20
1208	Platen	Ann-Kathrin	Gymnasium Ulricianum Aurich	01:02:58	01:04:07	00:54:34	01:08:18	00:56:20	00:54:45	06:01:00	28	WU20
1255	Coordes	Astrid	OS Kloster Barthe	01:05:14	01:04:15	00:55:23	01:07:34	00:56:24	00:55:14	06:04:00	29	WU20
1259	Weers	Mareike	Gymnasium Ulricianum Aurich	01:04:51	01:03:09	00:55:55	01:06:56	00:58:08	00:55:10	06:04:06	30	WU20
1265	Geyken	Okka	Gymnasium Ulricianum Aurich	01:07:54	01:05:38	00:55:25	01:06:28	00:56:00	00:53:11	06:04:32	31	WU20
1278	Kaup	Anna	UEG Leer	01:09:20	01:04:25	00:55:24	01:07:32	00:56:40	00:51:57	06:05:15	32	WU20
1283	Oberson	Manon	FCSO SII	01:00:48	01:09:15	00:54:53	01:11:41	00:54:26	00:54:31	06:05:31	33	WU20
1287	Jibben	Nantke	NIGE	01:06:19	01:04:41	00:55:28	01:07:56	00:56:37	00:54:37	06:05:36	34	WU20
1297	Huisinga	Hedda	SV Wymeer/Boen	01:06:37	01:05:19	00:56:13	01:05:56	00:56:15	00:56:14	06:06:31	35	WU20



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1321	Sandrowski	Jule	LT TuRa 07 Westrhauderfehn	01:04:20	01:03:06	00:56:08	01:09:27	00:59:38	00:55:29	06:08:04	36	WU20
1330	Gerdes	Lena	Team Arnos Hirsch	01:05:52	01:07:24	00:57:02	01:08:17	00:56:55	00:53:01	06:08:28	37	WU20
1336	Stevens	Victoria	TGG Leer	01:09:21	01:04:34	00:55:40	01:06:47	00:58:39	00:54:03	06:09:01	38	WU20
1360	Streibel	Fenja	IGS Aurich Sek II SP224	01:02:04	01:06:39	00:56:40	01:12:01	00:56:55	00:56:34	06:10:50	39	WU20
1379	Brade	Leah-Celine	WfbM Aurich-Wittmund	01:04:01	01:06:38	00:58:26	01:08:12	00:57:55	00:57:07	06:12:16	40	WU20
1380	Elling	Saskia	IGS Moormerland	01:00:56	01:09:28	00:55:15	01:12:12	00:59:09	00:55:24	06:12:20	41	WU20
1405	Saathoff	Maike	Gymnasium Ulricianum Aurich	01:02:56	01:03:30	00:55:01	01:13:23	01:02:18	00:56:43	06:13:49	42	WU20
1415	Loegel	Frauke	SV Wiesede-Upschört	01:05:02	01:03:54	00:57:51	01:11:19	00:58:56	00:57:41	06:14:40	43	WU20
1441	Schoolmann	Fee	Gymnasium Ulricianum Aurich	01:04:15	01:04:14	00:57:57	01:09:38	00:59:43	01:00:46	06:16:29	44	WU20
1454	Juilfs	Tomke	KGS Großefehn	01:10:14	01:07:27	00:57:12	01:06:42	01:00:22	00:55:33	06:17:27	45	WU20
1471	Sühwold	Tomke	UEG Leer	01:08:51	01:06:53	00:57:13	01:10:01	00:59:07	00:56:37	06:18:38	46	WU20
1475	Manssen	Lena	FCSO SII	01:06:22	01:07:29	00:57:41	01:10:44	00:59:06	00:57:38	06:18:56	47	WU20
1508	Eckhoff	Laura	Gymnasium Ulricianum Aurich	01:05:37	01:04:08	00:59:39	01:13:47	00:58:48	00:59:41	06:21:38	48	WU20
1515	Michaelson	Sontje	FCSO	01:09:04	01:06:58	00:57:22	01:10:35	00:58:33	00:59:29	06:21:57	49	WU20
1526	Lindtner	Anna-Lena	Gymnasium Ulricianum Aurich	01:07:39	01:07:35	00:58:24	01:11:03	00:59:08	00:58:33	06:22:18	50	WU20
1543	Lange	Michelle	OBS Kloster Barthe	01:08:22	01:08:29	00:59:50	01:08:54	00:59:39	00:58:23	06:23:34	51	WU20
1553	Faustmann	Celine	FCSO SII	01:08:57	01:08:06	00:58:03	01:11:43	00:59:53	00:57:39	06:24:19	52	WU20
1565	Clausen	Mona	IGS Moormerland	01:06:29	01:07:12	01:00:39	01:12:05	01:00:05	00:58:57	06:25:25	53	WU20
1567	Post	Rieke	OBS Kloster Barthe	01:07:48	01:09:31	00:57:46	01:11:58	01:00:32	00:57:57	06:25:28	54	WU20
1578	Hilbers	Anna	Gymnasium Ulricianum Aurich	01:07:54	01:11:40	00:59:53	01:09:46	01:00:47	00:56:23	06:26:19	55	WU20
1585	Richter	Pauline	Gymnasium Ulricianum Aurich	01:09:19	01:06:51	00:59:31	01:12:20	01:01:03	00:57:50	06:26:51	56	WU20
1599	Niehuisen	Daje	KBV Nenndorf	01:08:33	01:06:46	01:00:02	01:09:51	01:02:55	01:00:26	06:28:30	57	WU20
1610	Kakuschke	Bele	Privat	01:12:54	01:10:41	01:01:35	01:12:25	00:58:18	00:53:31	06:29:21	58	WU20
1616	Schmidt	Christina	Karriereberatungsbüro der Bur	01:06:42	01:10:09	00:58:58	01:10:40	01:01:34	01:01:49	06:29:48	59	WU20
1662	Harms	Anke	FCSO SII	01:08:47	01:11:16	00:58:28	01:13:13	01:01:57	00:59:22	06:33:00	60	WU20
1668	Bessert	Linda	Gymnasium Ulricianum Aurich	01:09:22	01:11:22	01:00:37	01:11:52	00:59:48	01:00:45	06:33:43	61	WU20
1678	Warnders	Ramona	LG Teutonia Stapelmoor	01:22:22	01:09:41	00:56:25	01:10:30	00:59:37	00:55:54	06:34:25	62	WU20
1679	Schulz	Lara	FCSO SII Kurs	01:08:47	01:11:15	00:58:29	01:14:41	01:01:57	00:59:37	06:34:44	63	WU20
1685	Planteur	Daniela	IGS Aurich Sek II SP224	01:08:57	01:09:30	00:58:22	01:12:06	00:58:26	01:08:20	06:35:39	64	WU20
1686	Horn	Larissa	NIGE	01:13:17	01:13:02	01:00:46	01:10:42	00:59:57	00:58:01	06:35:41	65	WU20
1692	Siemering	Mette	UEG Leer	01:14:12	01:08:52	01:00:32	01:12:44	01:01:07	00:58:46	06:36:09	66	WU20
1693	Penske	Swantje	IGS Aurich	01:12:53	01:11:23	01:01:37	01:13:29	01:00:01	00:57:01	06:36:21	67	WU20
1704	Junker	Annika		01:06:10	01:11:27	01:03:02	01:15:56	00:58:47	01:02:38	06:37:56	68	WU20
1709	Hinrichs	Frederike	FCSO SII	01:13:03	01:10:15	00:59:05	01:14:06	01:03:39	00:58:29	06:38:35	69	WU20
1723	Suntken	Wenke	Gymnasium Ulricianum Aurich	01:12:15	01:09:14	00:59:45	01:17:55	01:00:52	00:59:37	06:39:35	70	WU20
1729	Wittmann	Marie	FCSO	01:12:03	01:11:31	01:01:00	01:13:58	01:03:23	00:58:33	06:40:24	71	WU20
1732	Caspers	Christina	Gymnasium Ulricianum Aurich	01:12:25	01:10:31	01:00:56	01:12:04	01:03:00	01:01:34	06:40:26	72	WU20
1737	Weichers	Marie	OBS Kloster Barthe	01:13:52	01:10:29	01:01:03	01:17:53	01:00:06	00:57:31	06:40:52	73	WU20
1751	Hiersemann	Lena	TuS Eintracht Hinte	01:11:09	01:14:03	00:57:05	01:17:33	01:05:19	00:57:05	06:42:11	74	WU20
1764	Kobuch	Marieke	LT Schafhauser Wald	01:08:40	01:11:00	01:01:03	01:16:16	01:05:54	01:00:28	06:43:18	75	WU20
1766	Hettich	Vanessa	Gymnasium Ulricianum Aurich	01:15:40	01:12:53	01:01:31	01:11:50	01:01:06	01:00:30	06:43:26	76	WU20
1778	Meyer	Marieke	Running for Jesus	01:11:52	01:13:03	01:02:14	01:14:47	01:01:30	01:00:21	06:43:45	77	WU20
1807	Blank	Josephine	FCSO SII Kurs	01:11:24	01:11:11	00:59:30	01:19:46	01:02:11	01:02:28	06:46:27	78	WU20
1811	Eden	Hanna-Antoni	FCSO SII	01:11:24	01:11:12	00:59:38	01:19:47	01:02:10	01:02:28	06:46:36	79	WU20
1855	Broer	Hilke	Gymnasium Ulricianum Aurich	01:12:48	01:11:57	01:05:38	01:14:28	01:03:12	01:02:46	06:50:44	80	WU20
1856	Weinberg	Rieke	NIGE	01:12:27	01:11:25	01:03:08	01:16:37	01:04:53	01:02:18	06:50:45	81	WU20
1875	Stern	Anna	Ludgerischule Leer	01:15:40	01:08:56	01:01:08	01:17:54	01:05:38	01:03:02	06:52:15	82	WU20
1886	Günther	Christin	LT Schafhauser Wald	01:10:43	01:11:41	01:02:07	01:17:59	01:07:41	01:02:40	06:52:47	83	WU20
1891	Arends	Janine	IGS Aurich Sek II SP224	01:15:36	01:17:28	01:07:34	01:08:32	00:55:59	01:08:06	06:53:12	84	WU20
1904	Froschauer	Maya	IGS Waldschule Egels Sek.1	01:13:48	01:13:09	01:03:30	01:13:57	01:03:38	01:06:44	06:54:43	85	WU20
1921	Detert	Nele	Augenoptik Lillienstraße	01:11:24	01:12:29	01:05:27	01:15:22	01:09:45	01:01:59	06:56:22	86	WU20
1949	Harms	Nele	Gymnasium Ulricianum Aurich	01:13:40	01:14:25	01:03:54	01:17:01	01:07:15	01:03:33	06:59:45	87	WU20
1953	Janssen	Lina	NIGE	01:15:25	01:12:47	01:03:36	01:16:00	01:10:18	01:02:04	07:00:07	88	WU20
1956	Mannott	Susann	IGS Aurich Sek II SP201	01:14:57	01:15:01	01:05:12	01:19:13	01:03:42	01:03:00	07:01:02	89	WU20
1957	Olthoff	Jasmin	LG Teutonia Stapelmoor	01:16:14	01:11:15	01:03:25	01:18:03	01:06:58	01:05:13	07:01:04	90	WU20
1959	Kruse	Inka	LT TuS Aurich-Ost	01:14:13	01:15:02	01:02:38	01:16:13	01:09:57	01:03:13	07:01:12	91	WU20
1972	Wemjes	Geelke	FCSO SII Kurs	01:16:02	01:13:53	01:02:30	01:20:10	01:04:42	01:05:17	07:02:30	92	WU20
1979	Malzahn	Lea	Time Partner	01:14:15	01:16:07	01:05:20	01:17:03	01:04:59	01:05:30	07:03:10	93	WU20
1980	Wittenberg	Dana	Gymnasium Ulricianum Aurich	01:09:30	01:11:20	01:01:02	01:21:25	01:12:03	01:08:06	07:03:22	94	WU20
1992	Manssen	Theelke	FCSO	01:15:58	01:15:57	01:05:48	01:20:03	01:04:35	01:02:57	07:05:14	95	WU20
1996	Schmidt	Finja	Turbine TGG	01:20:57	01:14:25	01:02:39	01:19:15	01:05:07	01:02:59	07:05:19	96	WU20
2000	Peil	Franka	UEG Leer	01:15:31	01:14:32	01:04:54	01:18:56	01:07:57	01:04:16	07:06:02	97	WU20

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2004	Huhne	Ronja	KGS Wiesmoor	01:18:08	01:12:55	01:03:18	01:18:45	01:10:08	01:03:10	07:06:21	98	WU20
2038	Röttmann	Anne	UEG Leer	01:14:50	01:16:18	01:05:45	01:21:15	01:05:03	01:08:03	07:11:11	99	WU20
2052	Hartmann	Lina	Gymnasium Ulricianum Aurich	01:14:33	01:12:55	01:06:01	01:21:35	01:07:41	01:09:53	07:12:35	100	WU20
2051	Wollny	Daaje	Gymnasium Ulricianum Aurich	01:14:33	01:12:55	01:06:00	01:21:35	01:07:42	01:09:52	07:12:35	101	WU20
2063	Schreinert	Michelle	KGS Wiesmoor	01:18:08	01:20:45	01:03:13	01:18:45	01:10:08	01:03:50	07:14:47	102	WU20
2080	Meierholz	Tabea		01:15:23	01:24:10	01:04:04	01:21:20	01:07:37	01:04:18	07:16:50	103	WU20
2092	Gerdes	Judith	IGS Aurich Sek II SP224	01:15:36	01:17:27	01:07:35	01:22:45	01:06:52	01:08:06	07:18:18	104	WU20
2097	Visser	Lara	Gymnasium Ulricianum Aurich	01:18:11	01:16:17	01:10:09	01:19:07	01:09:11	01:05:55	07:18:47	105	WU20
2109	Böde	Mareike	Emder LG	01:18:15	01:20:24	01:08:43	01:21:39	01:08:36	01:04:59	07:22:32	106	WU20
2148	Schön	Ines	BBS Aurich	01:16:39	01:20:44	01:08:53	01:27:32	01:13:49	01:03:16	07:30:49	107	WU20
2151	Willms	Fenna	BBS 1 Leer	01:22:23	01:22:27	01:11:07	01:23:27	01:07:40	01:04:50	07:31:49	108	WU20
2163	Garrelts	Hilke		01:19:20	01:21:58	01:11:33	01:22:44	01:11:49	01:08:01	07:35:21	109	WU20
2169	Schuster	Lea	NIGE	01:15:11	01:17:42	01:06:26	01:29:55	01:15:11	01:13:31	07:37:53	110	WU20
2179	Fortuin	Anneke	NIGE	01:16:50	01:17:45	01:06:26	01:31:15	01:15:05	01:13:29	07:40:47	111	WU20
2187	Backer	Alina	Gymnasium Ulricianum Aurich	01:16:33	01:21:53	01:11:37	01:29:14	01:12:29	01:10:15	07:41:56	112	WU20
2218	Tränapp	Anna	Wiesmoor	01:24:39	01:28:54	01:17:09	01:24:29	01:08:54	01:07:44	07:51:47	113	WU20
2236	Kleineidam	Zoe-Lane	Injoy Leer	01:21:24	01:21:18	01:12:52	01:29:03	01:20:19	01:14:49	07:59:42	114	WU20
2278	Falkenberg	Amke	TV Norden	01:25:39	01:26:35	01:16:34	01:42:07	01:18:22	01:24:37	08:33:52	115	WU20
2282	Niemann	Mareike	Schulzentrum Collhusen	01:28:43	01:32:56	01:18:21	01:39:40	01:23:04	01:23:42	08:46:23	116	WU20
2283	Willms	Freya	FCSO SII Kurs	01:34:23	01:29:20	01:17:27	01:36:34	01:31:40	01:20:58	08:50:19	117	WU20
2288	Janssen	Lara Wenke	NIGE	01:37:43	01:34:12	01:23:17	01:41:48	01:25:45	01:21:45	09:04:27	118	WU20
2293	Hedemann	Celina	"TaktLwG 71 \R\''''	01:41:41	01:39:05	01:33:20	01:47:15	01:36:52	01:30:18	09:48:29	119	WU20
47	Steffens	Laura	Team Laufrausch Oldenburg	00:45:07	00:45:45	00:39:44	00:48:58	00:40:32	00:39:59	04:20:01	1	WH
59	Kisch	Luisa	Fortuna Logabirum	00:46:04	00:46:09	00:40:34	00:49:38	00:41:18	00:39:49	04:23:29	2	WH
88	Zilich	Jana	LSF Oldenburg	00:46:22	00:46:32	00:40:04	00:53:57	00:41:46	00:41:01	04:29:39	3	WH
372	Taddigs	Sarina	LT Schafhauser Wald	00:53:49	00:54:11	00:45:43	00:57:25	00:46:38	00:45:52	05:03:35	4	WH
390	Rabenstein	Janna	Polizeiakademie Niedersachsen	00:52:02	00:53:06	00:46:35	00:57:44	00:48:14	00:46:55	05:04:32	5	WH
469	Beuke	Laura	kdo SES	00:53:02	00:54:00	00:48:22	00:58:56	00:48:56	00:47:36	05:10:47	6	WH
475	Janßen	Monika	LT TuS Aurich-Ost	00:52:40	00:53:59	00:47:42	00:58:07	00:50:37	00:48:16	05:11:18	7	WH
484	Schröder	Kristina	Rettungsdienst Landkreis Aurich	00:52:41	00:56:53	00:48:48	00:57:33	00:48:52	00:46:59	05:11:43	8	WH
497	Troff	Marie	LT TuS Aurich-Ost	00:53:28	00:54:19	00:48:22	00:57:46	00:50:14	00:48:06	05:12:12	9	WH
527	Keindorff	Philine	Lauftrupp WT Loppersum	00:53:41	00:55:49	00:48:21	00:57:48	00:50:06	00:48:44	05:14:26	10	WH
530	Kobuch	Theelke	LT Schafhauser Wald	00:54:13	00:55:49	00:46:59	00:58:39	00:49:30	00:49:41	05:14:47	11	WH
600	Schröder	Sina	Praxis im Hufeisen	00:55:18	00:56:14	00:48:27	01:00:17	00:50:38	00:48:23	05:19:14	12	WH
628	Merkentrup	Gesa	ISV Emden	00:55:47	00:56:35	00:49:21	01:00:51	00:50:02	00:48:49	05:21:21	13	WH
632	Dirks	Maja	Fortuna Logabirum	00:58:17	00:58:50	00:49:01	00:58:47	00:50:11	00:46:32	05:21:34	14	WH
687	Huisinga	Amke	Briese Schifffahrt	00:55:35	00:57:23	00:50:58	00:58:29	00:52:26	00:50:33	05:25:21	15	WH
704	Schulte	Elske	Samtgemeinde Jümme	00:59:32	00:57:45	00:49:41	01:00:35	00:50:21	00:48:50	05:26:41	16	WH
745	Wallenfels	Sophie	Uplengener Lauftreff	00:58:53	01:01:12	00:50:53	00:59:48	00:49:40	00:49:08	05:29:32	17	WH
813	Bents	Daniela	LT TuS Aurich-Ost	00:57:50	01:00:47	00:50:48	01:03:02	00:52:17	00:49:02	05:33:43	18	WH
829	Kirchhoff	Katharina	KGS Hage Norden	00:56:42	00:57:18	00:50:19	01:03:45	00:55:00	00:51:53	05:34:53	19	WH
843	Bußmann	Katrin	Gemeinde WOL	00:58:43	01:00:27	00:51:32	01:03:38	00:51:36	00:49:50	05:35:43	20	WH
875	Weinitschke	Sarah	LT Oldenburg Süd	00:59:30	00:58:27	00:50:54	01:01:50	00:54:43	00:52:42	05:38:02	21	WH
879	Behrends	Ann-Katrin	Team Slaufen	00:59:35	01:00:39	00:51:58	01:03:44	00:51:58	00:50:26	05:38:17	22	WH
922	de Berg	Tomke	Landjugend Moormerland	01:01:42	01:00:31	00:52:07	01:03:21	00:53:00	00:50:48	05:41:25	23	WH
924	Hedemann	Franziska	LT TuS Aurich-Ost	00:59:55	01:00:31	00:52:34	01:03:20	00:53:00	00:52:12	05:41:28	24	WH
959	Hinrichs	Silke	Realschule Aurich	00:55:43	00:58:15	00:51:13	01:11:13	00:52:48	00:54:17	05:43:26	25	WH
976	Beening	Anneke	Ostfriesische Volksbank eG Leer	01:01:20	01:02:16	00:51:58	01:04:22	00:54:11	00:50:22	05:44:26	26	WH
986	Hagen	Nantke	LT Schafhauser Wald	01:00:25	00:59:46	00:52:36	01:05:36	00:54:34	00:52:41	05:45:34	27	WH
1006	Hillmann	Carina		01:00:34	01:01:59	00:53:20	01:04:45	00:54:34	00:51:37	05:46:46	28	WH
1028	Meyer	Alina	Universität Oldenburg	01:00:28	01:13:28	00:49:56	01:04:22	00:51:28	00:48:24	05:48:03	29	WH
1052	Huisinga	Hanna	Klinge	01:01:33	01:02:16	00:52:33	01:05:22	00:55:31	00:52:25	05:49:37	30	WH
1059	Ulferts	Antje	Raiffeisenbank Moormerland	01:06:58	01:01:52	00:52:00	01:03:33	00:53:33	00:52:01	05:49:53	31	WH
1069	Eden	Merle	Polizei Wittmund	01:03:05	01:01:44	00:52:56	01:06:06	00:55:09	00:51:19	05:50:16	32	WH
1087	Hinrichs	Rena	Polizeiakademie Niedersachsen	00:59:08	01:02:34	00:52:31	01:07:14	00:56:38	00:53:26	05:51:28	33	WH
1092	Roeden	Saskia	Briese Schifffahrt	00:58:36	01:00:01	00:55:54	01:05:43	00:56:24	00:55:16	05:51:50	34	WH
1121	Janssen	Madita	Kaufhaus Behrends Wiesmoor	01:00:56	01:03:22	00:54:54	01:05:11	00:56:18	00:53:14	05:53:52	35	WH
1126	Heusel	Laura	Fachbereich Seefahrt	01:01:56	01:02:29	00:52:41	01:06:39	00:53:53	00:56:32	05:54:07	36	WH
1151	Höfner	Lea	LG Harlingerland	01:02:32	01:04:28	00:52:56	01:07:32	00:55:41	00:53:36	05:56:41	37	WH
1166	Hayen	Dana	Dietrichsfeld	01:02:40	01:00:00	00:52:42	01:08:56	00:56:27	00:57:00	05:57:42	38	WH

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1184	Gosciniak	Lisa	OLB	01:03:37	01:02:39	00:54:43	01:06:40	00:58:19	00:52:58	05:58:53	39	WH
1199	van Lessen	Lisa	Tuffeltrio	01:03:06	01:01:12	00:56:04	01:09:14	00:57:28	00:53:17	06:00:16	40	WH
1200	Folkerts	Sarah	OBW	01:03:07	01:04:14	00:55:35	01:07:47	00:55:38	00:53:58	06:00:16	41	WH
1220	Byl	Sarah	Wiebke Byl Sportpferde	01:05:21	01:03:10	00:53:05	01:06:55	00:58:19	00:54:58	06:01:45	42	WH
1238	Kohlmeyer	Kathrin	SC Dunum	01:04:23	01:04:22	00:55:05	01:06:15	00:55:49	00:57:09	06:02:59	43	WH
1249	Bohlen	Lisa	TRAUCO Gruppe	01:04:27	01:04:40	00:55:35	01:08:22	00:55:09	00:55:28	06:03:39	44	WH
1280	Backer	Carina	traba - team	01:06:25	01:06:30	00:55:21	01:07:05	00:56:22	00:53:38	06:05:17	45	WH
1293	Ahlers	Kaija	Briese Schifffahrt	01:04:27	01:04:40	00:56:02	01:07:09	00:58:35	00:55:21	06:06:12	46	WH
1295	Eihusen	Amke	Klinikum Leer	01:08:22	01:06:15	00:54:52	01:08:27	00:54:54	00:53:39	06:06:25	47	WH
1301	Broek	Rena	Liberty Blue Shipmanagement	01:03:32	01:04:04	00:56:37	01:09:05	00:58:17	00:55:12	06:06:43	48	WH
1305	Beyen	Nadine	TRAUCO Gruppe	01:04:27	01:04:41	00:55:35	01:08:22	00:58:34	00:55:28	06:07:03	49	WH
1307	Kleen	Patricia	TRAUCO Gruppe	01:04:27	01:04:40	00:55:36	01:08:22	00:58:34	00:55:30	06:07:06	50	WH
1314	Kettwig	Ronja	SV Stikelkamp	01:07:01	01:06:30	00:55:53	01:07:21	00:56:22	00:54:25	06:07:28	51	WH
1317	Hager	Miriam	Großefehn	01:01:59	01:04:45	00:55:38	01:09:24	00:58:53	00:57:03	06:07:39	52	WH
1318	Brinkmann	Tina	Blau-Weiß Filsum	01:05:58	01:05:15	00:55:47	01:08:34	00:56:38	00:55:40	06:07:48	53	WH
1368	Kösters	Wiebke	Augustfjehnd	01:05:44	01:06:22	00:56:30	01:09:30	00:57:13	00:56:04	06:11:20	54	WH
1390	Frerichs	Amke	Landjugend Moormerland	01:06:13	01:05:35	00:56:21	01:09:48	00:58:46	00:56:28	06:13:07	55	WH
1404	Ruesink	Anne	Fehntjer Partyservice	01:01:22	01:07:44	00:57:08	01:10:42	00:59:20	00:57:33	06:13:46	56	WH
1413	Freeseemann	Anna	Hollen	01:05:51	01:06:33	00:56:06	01:09:33	00:58:26	00:58:10	06:14:37	57	WH
1440	Zuidema	Famke	Polizeiakademie Niedersachsen	01:04:31	01:05:03	00:57:38	01:10:02	01:01:04	00:58:10	06:16:25	58	WH
1445	Goesmann	Ineke	WfbM Aurich-Wittmund	01:07:54	01:05:38	00:56:11	01:12:54	00:51:59	01:02:14	06:16:47	59	WH
1473	Kasowski	Andrea	ZGO Zeitungsgruppe Ostfriesland	01:08:55	01:06:41	00:57:03	01:10:04	00:59:37	00:56:26	06:18:44	60	WH
1485	Mangold	Tamara-Victoria	SV Blomberg-Neuschoo	01:09:20	01:06:48	00:58:07	01:10:16	00:59:04	00:55:48	06:19:18	61	WH
1509	Schlichting	Mareike	Oldenburg	01:06:04	01:06:54	00:59:01	01:10:22	00:59:30	00:59:53	06:21:42	62	WH
1518	Mennenga	Michelle	Uni Oldenburg	01:06:59	01:06:17	00:57:46	01:12:16	01:00:16	00:58:36	06:22:06	63	WH
1530	Brandt	Anke	Berend Brandt Fuhrunternehmen	01:06:05	01:04:51	00:58:10	01:13:56	01:01:05	00:58:45	06:22:48	64	WH
1535	Hinrichs	Maike	JG Grossefehnd	01:08:03	01:07:50	00:57:59	01:11:14	01:00:14	00:57:46	06:23:02	65	WH
1537	Hardy	Sandra	TSV Holtrop	01:08:03	01:07:51	00:58:01	01:11:14	01:00:14	00:57:46	06:23:06	66	WH
1545	Hofdmann	Svenja	RVB Aurich	01:05:28	01:04:36	01:03:54	01:07:09	01:03:49	00:59:03	06:23:56	67	WH
1550	Ottersberg	Bianca	LG Großefehn	01:08:03	01:07:50	00:58:02	01:11:13	01:01:15	00:57:46	06:24:07	68	WH
1555	Schoormann	Saskia	Töben + Partner	01:13:37	01:07:50	00:58:08	01:09:37	00:59:09	00:56:10	06:24:28	69	WH
1564	Haasche	Jana	Rettungsdienst Landkreis Aurich	01:06:04	01:07:04	00:58:01	01:12:38	01:02:03	00:59:37	06:25:24	70	WH
1574	Goos	Anna	Running Gag	01:10:03	01:07:45	00:57:59	01:12:12	01:00:24	00:57:45	06:26:03	71	WH
1577	de Boer	Deike	Emden	01:08:21	01:08:39	00:59:32	01:13:00	00:59:04	00:57:38	06:26:10	72	WH
1581	Gerken	Celina	LT Schafhauser Wald	01:09:44	01:06:07	00:58:30	01:11:21	01:01:35	00:59:21	06:26:34	73	WH
1588	Schuir	Anne	Meyer Werft	01:06:14	01:08:40	00:59:43	01:15:19	00:59:03	00:58:37	06:27:33	74	WH
1596	Jakobs	Laura	Landkreis Wittmund	01:11:27	01:07:35	00:58:57	01:12:07	00:59:58	00:58:09	06:28:10	75	WH
1613	Balzen	Daniela	Bünting Tee	01:09:13	01:07:57	00:58:42	01:12:10	01:01:09	01:00:34	06:29:40	76	WH
1619	Oltmanns	Bianca	Weener Plastik	01:07:58	01:10:36	00:50:40	01:14:02	01:03:52	01:03:04	06:30:08	77	WH
1633	Kanthak	Lea	Fehnloppers	01:06:56	01:05:05	00:56:49	01:15:49	01:03:53	01:02:30	06:30:58	78	WH
1635	Langenberg	Mara	IGS Aurich Sek II SP224	01:15:37	01:15:38	00:58:28	01:08:35	00:57:09	00:55:42	06:31:06	79	WH
1640	Langen	Julia	Fachbereich Seefahrt	01:09:45	01:07:57	00:58:30	01:12:22	01:02:42	01:00:25	06:31:38	80	WH
1651	Hippen	Elke	Stadt Aurich	01:09:37	01:08:29	00:58:27	01:12:56	01:00:57	01:01:59	06:32:22	81	WH
1670	Muwenge	Nela	OBW	01:04:54	01:08:14	00:58:59	01:16:09	01:03:33	01:02:10	06:33:55	82	WH
1714	Möhlmann	Wiebke	NV-Versicherungen VVaG	01:12:57	01:09:24	01:04:48	01:12:54	01:01:06	00:57:50	06:38:56	83	WH
1717	Bluhm	Christina		01:12:20	01:10:52	01:01:23	01:10:02	01:03:51	01:00:40	06:39:04	84	WH
1721	van Scharrel	Lena	Ostfriesische Volksbank eG Leer	01:08:51	01:10:28	01:01:17	01:14:57	01:02:43	01:00:55	06:39:09	85	WH
1724	Kloppenburger	Lea	BBC Chartering	01:12:31	01:10:45	00:59:37	01:13:40	01:01:08	01:02:02	06:39:39	86	WH
1725	Huisinga	Ellen	DLRG Weener	01:13:02	01:14:31	00:59:32	01:13:42	00:59:22	00:59:46	06:39:51	87	WH
1727	Duisken	Elsa	Klinikum Leer	01:10:36	01:10:03	01:01:49	01:15:53	01:01:23	01:00:35	06:40:16	88	WH
1746	Mönck	Birte	ProWIN	01:06:57	01:07:35	00:58:57	01:29:37	01:00:15	00:58:10	06:41:27	89	WH
1748	Ehmen	Sarah	Landkreis Leer	01:12:13	01:13:23	01:01:47	01:13:02	01:02:16	00:59:17	06:41:54	90	WH
1768	Middendorf	Sandra	LT Spass mit Sport	01:14:05	01:11:14	01:00:33	01:14:13	01:02:45	01:00:43	06:43:29	91	WH
1771	Koppelkamm	Lydia	Kanzlei Lotz	01:09:50	01:12:46	01:01:03	01:15:38	01:02:29	01:01:49	06:43:32	92	WH
1775	Onken	Lena	Amtsgericht Emden	01:10:56	01:10:46	01:01:37	01:15:22	01:03:17	01:01:45	06:43:40	93	WH
1777	Siefken	Anne	OLB	01:10:56	01:10:46	01:01:37	01:15:22	01:03:17	01:01:46	06:43:42	94	WH
1783	Horn	Christina	Rettungsdienst Wittmund	01:12:24	01:10:56	01:01:18	01:15:29	01:02:40	01:01:40	06:44:23	95	WH
1797	Immenga	Martje		01:13:49	01:10:05	01:01:31	01:16:04	01:03:50	01:00:29	06:45:45	96	WH
1799	Derr	Anna	Fit 4 Run	01:16:10	01:12:41	00:59:49	01:16:22	01:02:18	00:58:39	06:45:55	97	WH
1820	Seggermann	Kathrin	Team AURICHER EIER	01:12:51	01:12:46	01:02:11	01:15:45	01:03:37	01:00:42	06:47:49	98	WH
1833	Sanders	Hannah		01:15:29	01:11:22	01:01:07	01:16:16	01:02:01	01:02:12	06:48:24	99	WH
1851	Ley	Cindy	BW Filsum Roadrunner	01:14:22	01:12:21	01:03:21	01:15:59	01:03:13	01:01:13	06:50:26	100	WH

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1864	Baumann	Mareike		01:14:00	01:11:47	01:02:37	01:16:13	01:03:59	01:02:41	06:51:13	101	WH
1870	de Wall	Simone	RVB Aurich	01:08:56	01:10:10	01:06:59	01:15:48	01:06:14	01:03:59	06:52:03	102	WH
1872	Oltmanns	Melanie		01:14:35	01:14:06	01:02:21	01:17:58	01:02:50	01:00:19	06:52:07	103	WH
1878	Stöhr	Lisa	DESIGNSTUUV Werbeagentur	01:15:18	01:11:38	01:02:22	01:16:06	01:05:22	01:01:44	06:52:26	104	WH
1909	Grünefeld	Pia		01:10:35	01:13:33	01:02:42	01:18:33	01:06:30	01:03:25	06:55:14	105	WH
1911	Krüger	Alina	Hotel Am Schloss Aurich	01:13:11	01:14:06	01:01:08	01:20:32	01:03:28	01:03:09	06:55:31	106	WH
1914	Rosenboom	Imke	KGS Großefehn	01:13:50	01:11:46	01:03:51	01:18:40	01:04:07	01:03:29	06:55:41	107	WH
1922	Acher	Lea	van Rossum/Kuiper	01:13:02	01:06:57	01:01:45	01:21:46	01:07:52	01:05:03	06:56:22	108	WH
1924	Thoben	Franziska	van Rossum/Kuiper	01:13:02	01:06:57	01:01:49	01:21:46	01:07:52	01:05:04	06:56:27	109	WH
1960	Hummel	Imke	M-Team Filsum	01:13:44	01:13:35	01:03:43	01:17:55	01:07:45	01:04:33	07:01:12	110	WH
1981	Krämer	Lena	Töben + Partner	01:14:00	01:13:27	01:04:17	01:19:21	01:05:48	01:06:33	07:03:23	111	WH
1986	Gharagozloo	Jalda	Bünting Tee	01:16:30	01:13:57	01:05:05	01:17:36	01:07:56	01:03:36	07:04:36	112	WH
2005	Koning	Saskia	Töben + Partner	01:17:30	01:15:21	01:04:37	01:19:21	01:05:05	01:04:54	07:06:44	113	WH
2008	Behrends	Mareike	Holterfehn	01:15:21	01:17:23	01:03:57	01:18:58	01:07:52	01:03:24	07:06:51	114	WH
2013	Heyenga	Daniela	Volksbank eG Westrhauderfeh	01:15:21	01:17:22	01:03:56	01:19:06	01:08:23	01:03:33	07:07:38	115	WH
2022	Saadthoff	Meike	De Kanaal-Loopers	01:16:44	01:14:45	01:04:32	01:18:07	01:08:05	01:06:31	07:08:40	116	WH
2034	Goldbach	Janin	Team Buss	01:18:13	01:16:45	01:03:52	01:20:59	01:06:48	01:03:32	07:10:05	117	WH
2047	Willms	Sonka	Driest-Weg Dunum-Brill	01:13:49	01:15:27	01:06:14	01:20:10	01:09:26	01:06:37	07:11:41	118	WH
2050	Harms-Neunaber	Maike	Landkreis Wittmund	01:15:09	01:15:21	01:06:56	01:20:00	01:07:15	01:07:52	07:12:30	119	WH
2068	Suur	Alina	FCSO SII Kurs	01:22:23	01:15:46	01:03:27	01:20:46	01:08:05	01:05:16	07:15:40	120	WH
2087	Borowiak	Tatjana	Zahnheimat Esens	01:15:08	01:16:57	01:07:41	01:20:37	01:09:14	01:08:09	07:17:43	121	WH
2100	Hildebrandt	Lisa-Marie	NLBV	01:16:16	01:17:22	01:06:50	01:23:03	01:09:53	01:06:44	07:20:05	122	WH
2111	Meyer	Anja	Fleischerei Leggedör	01:17:42	01:17:04	01:06:19	01:23:24	01:12:10	01:06:21	07:22:57	123	WH
2127	Hohl	Laura	Fachbereich Seefahrt	01:24:30	01:19:18	01:05:58	01:24:07	01:08:27	01:03:51	07:26:08	124	WH
2144	Krug	Wencke	NV-Versicherungen VVaG	01:20:00	01:24:35	01:13:47	01:20:06	01:06:54	01:04:30	07:29:48	125	WH
2156	Onneken	Kim	Onnekens Einfallsreich	01:21:15	01:20:36	01:09:55	01:23:43	01:10:12	01:07:45	07:33:22	126	WH
2157	Ehmen	Dörte	3ing	01:17:44	01:20:36	01:09:45	01:26:22	01:11:31	01:08:28	07:34:22	127	WH
2166	Habben	Mena	EasyFitness Aurich	01:20:07	01:22:21	01:09:15	01:24:18	01:10:59	01:09:25	07:36:23	128	WH
2180	Kloppenburg	Anke	Briese Schifffahrt	01:21:40	01:24:19	01:10:40	01:23:06	01:11:12	01:09:54	07:40:48	129	WH
2188	Junge	Marisa	Fachbereich Seefahrt	01:21:18	01:22:48	01:11:04	01:26:21	01:11:18	01:09:30	07:42:16	130	WH
2198	de Vries	Sabrina	TSV Hesel	01:20:42	01:21:50	01:09:08	01:25:26	01:16:56	01:12:28	07:46:27	131	WH
2200	Fröhling	Latifa	LT TuS Aurich-Ost	01:14:33	01:17:33	01:19:16	01:24:21	01:14:50	01:16:34	07:47:04	132	WH
2211	Janssen	Bianca	Bäckerei Hoppmann	01:21:19	01:20:58	01:10:16	01:29:57	01:17:42	01:10:16	07:50:24	133	WH
2214	Behrends	Marika	SV Nortmoor	01:24:37	01:24:46	01:11:13	01:28:03	01:14:28	01:07:59	07:51:01	134	WH
2219	Venske	Sabrina	Schule Hochschule Emden-Lee	01:20:44	01:23:01	01:13:36	01:29:20	01:14:21	01:11:36	07:52:36	135	WH
2231	Kirchhoff	Janna	Hartmann Group	01:21:55	01:23:43	01:14:06	01:30:40	01:14:58	01:12:12	07:57:31	136	WH
2241	Harms	Leona	LT TuS Aurich-Ost	01:26:16	01:28:01	01:13:51	01:29:45	01:13:33	01:10:49	08:02:11	137	WH
2245	Pollmann	Jessica	Wreesmann Logistik	01:24:36	01:24:48	01:12:54	01:28:16	01:18:43	01:14:10	08:03:24	138	WH
2247	Oltmanns	Verena		01:25:32	01:27:31	01:15:26	01:29:37	01:14:58	01:12:07	08:05:07	139	WH
2252	Daniels	Imke	Aurich	01:29:09	01:29:11	01:12:24	01:29:14	01:16:05	01:10:50	08:06:50	140	WH
2256	Geiken	Lisa		01:29:26	01:27:36	01:15:22	01:29:37	01:16:47	01:12:06	08:10:50	141	WH
2265	Adden	Janna	TSV Jahn Carolinensiel	01:25:48	01:25:23	01:24:42	01:32:16	01:19:54	01:12:42	08:20:41	142	WH
2274	Post	Julia	KVHS Aurich	01:29:57	01:29:25	01:18:57	01:35:24	01:21:36	01:16:33	08:31:48	143	WH
164	Uphoff	Insa	LG Fliegerhorst Upjever	00:49:08	00:49:48	00:43:11	00:53:20	00:44:56	00:43:58	04:44:18	1	W30
344	Pupelis	Caro	Capri Runners	00:52:30	00:53:43	00:45:10	00:57:41	00:48:02	00:44:30	05:01:33	2	W30
439	Hillrichs	Janina	Holtland	00:53:50	00:55:49	00:47:57	00:57:16	00:47:21	00:46:41	05:08:51	3	W30
700	Bunger	Annika	Landkreis Leer	00:59:24	00:58:34	00:49:30	01:00:10	00:50:07	00:48:50	05:26:32	4	W30
710	Tuitjer	Jessika	BASF Coatings GmbH	00:54:49	00:51:58	00:49:23	01:00:23	01:05:05	00:45:21	05:26:56	5	W30
739	Arians	Julia	Marx	00:57:31	00:57:52	00:50:20	01:01:59	00:51:55	00:49:38	05:29:12	6	W30
753	Wunder	Jutta	Sonnen-Apotheke	00:57:51	00:58:49	00:51:58	00:53:56	00:54:22	00:52:48	05:29:42	7	W30
856	Heuermann-Steink	Maike	Hilde Ubben GmbH	00:59:04	00:59:12	00:52:23	01:02:31	00:52:47	00:50:37	05:36:31	8	W30
868	Meyer-Störmer	Silke	BwKrhs Westerstede	00:58:41	00:59:38	00:51:55	01:03:10	00:52:50	00:51:15	05:37:25	9	W30
874	Henning	Patricia	Landkreis Wittmund	01:00:07	00:59:08	00:51:13	01:04:14	00:53:07	00:50:03	05:37:48	10	W30
885	Tunder	Marlis	SC Wiesens	00:59:20	01:00:39	00:51:25	01:02:51	00:52:51	00:51:45	05:38:47	11	W30
983	Werner	Christina	Fenestra Nordwest	01:01:22	01:02:06	00:52:00	01:04:06	00:53:47	00:51:59	05:45:16	12	W30
1015	Leonhard	Kosima	On Fire	01:04:04	01:02:24	00:51:55	01:03:55	00:52:55	00:52:02	05:47:11	13	W30
1019	Saathoff	Marina	TSV Riepe	01:03:03	01:01:17	00:51:53	01:04:26	00:53:04	00:53:56	05:47:35	14	W30
1025	Kathmann	Karina	EMA Running Group	01:01:33	01:00:53	00:53:11	01:05:11	00:54:58	00:52:14	05:47:56	15	W30
1053	Wagner	Carmen	Nordland Papier e.V.	01:03:12	01:09:16	00:52:44	01:01:39	00:53:29	00:49:25	05:49:41	16	W30
1086	Caspers	Janina	Landguth Heimtiernahrung	01:03:36	01:03:05	00:53:12	01:06:09	00:53:12	00:52:13	05:51:25	17	W30

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1109	Leikom	Ljuba	SO Medien Hafengebäude	01:06:18	01:02:37	00:52:11	01:04:12	00:54:51	00:52:51	05:52:56	18	W30
1173	Haak	Yvonne	Team Möbel Buss	01:02:30	01:03:28	00:53:40	01:09:22	00:56:12	00:52:58	05:58:06	19	W30
1303	Schülke	Stephanie	Fenestra Nordwest	01:06:54	01:03:14	00:55:33	01:08:36	00:57:55	00:54:37	06:06:45	20	W30
1350	Rass	Claudia	Norden - Hase läuft auch wieder	01:04:50	01:05:56	00:57:36	01:07:49	00:58:20	00:55:35	06:10:02	21	W30
1398	Wolbers	Ines	BMW TEKKEN	01:04:26	01:05:01	00:56:00	01:10:52	00:58:48	00:58:25	06:13:29	22	W30
1429	Wachholz	Elena	Lidl	01:06:18	01:06:51	00:58:01	01:09:57	00:58:48	00:55:27	06:15:19	23	W30
1438	Wienekamp	Tina	LT TuS Aurich-Ost/Blödsinn, la	01:04:15	01:04:57	00:57:17	01:11:22	01:01:22	00:57:02	06:16:13	24	W30
1486	Höncher	Nekane	MTV Aurich Basketball	01:11:10	01:08:19	00:57:20	01:09:37	00:57:00	00:55:57	06:19:20	25	W30
1498	Pupkes	Kerstin	B-Plast 2000	01:10:19	01:10:22	00:55:53	01:09:43	00:57:57	00:56:27	06:20:38	26	W30
1503	Ruhmkorf	Sabine	Bünting Tee	01:08:30	01:03:27	00:53:40	01:14:00	01:00:50	01:00:37	06:21:01	27	W30
1512	Reinhard	Nadine	Autohaus am Emspark	01:07:44	01:08:07	00:57:29	01:11:01	01:00:03	00:57:29	06:21:51	28	W30
1568	Jacobs	Ina	Töben + Partner	01:07:57	01:07:20	00:59:04	01:12:13	01:00:34	00:58:34	06:25:38	29	W30
1572	Reuter	Daniela	Injoy Leer	01:07:46	01:08:09	00:58:46	01:12:17	01:00:20	00:58:40	06:25:54	30	W30
1642	Janßen	Ramona	LT TuS Aurich-Ost	01:03:58	01:05:49	01:09:56	01:03:03	01:05:47	01:03:18	06:31:46	31	W30
1644	Janßen	Sonja	KBV Langefeld	01:13:40	01:10:41	00:59:04	01:11:15	00:59:43	00:57:32	06:31:52	32	W30
1702	Erhardt	Natalie	OBW	01:08:16	01:08:27	00:59:42	01:14:19	01:02:10	01:04:53	06:37:44	33	W30
1703	Broers	Daniela	SV Holtland	01:11:02	01:09:52	00:59:39	01:14:16	01:03:10	00:59:51	06:37:47	34	W30
1757	Grest	Christiane	Stadtwerke Leer Loopers	01:09:34	01:10:05	01:00:01	01:16:54	01:05:44	01:00:46	06:43:01	35	W30
1761	Prins	Sandra	Tausendfüßler	01:10:13	01:11:26	01:01:08	01:15:53	01:03:50	01:00:44	06:43:11	36	W30
1846	Wodak-Frey	Miriam	ORGADATA	01:09:01	01:11:54	01:00:15	01:16:56	01:06:24	01:05:26	06:49:53	37	W30
1848	de Riese	Elke	FRV Filsum	01:15:03	01:13:59	01:01:44	01:14:46	01:03:06	01:01:23	06:49:57	38	W30
1852	Kruse	Imke	LT TuS Aurich-Ost	01:10:05	01:11:24	01:01:24	01:18:29	01:05:25	01:03:48	06:50:31	39	W30
1859	Werner	Jalyna	Team ENERCON	01:13:45	01:13:30	01:01:26	01:16:58	01:03:41	01:01:33	06:50:50	40	W30
1883	Schoon	Karin	Blödsinn, laufen und mehr	01:10:20	01:11:51	01:01:38	01:19:11	01:07:08	01:02:35	06:52:39	41	W30
1903	Weigelt	Katrin	Wiefelstede	01:14:16	01:12:53	01:02:43	01:16:58	01:03:59	01:03:52	06:54:38	42	W30
1931	Schöne	Ingrid	Team ENERCON	01:14:35	01:14:56	01:03:47	01:18:26	01:04:24	01:01:41	06:57:47	43	W30
1932	Raters	Kathrin	Fenestra Nordwest	01:17:35	01:14:50	01:01:46	01:18:03	01:03:19	01:02:26	06:57:55	44	W30
1935	Rosenboom	Kerstin	Störtebeker Loopers TVM	01:14:59	01:16:40	01:02:54	01:17:09	01:03:18	01:03:09	06:58:06	45	W30
1943	Poppen	Anna - Lena	Silomons Stramme Waden	01:11:39	01:13:15	01:03:38	01:19:17	01:06:11	01:05:00	06:58:57	46	W30
1975	Saathoff	Vanessa	Bodyinform	01:16:10	01:15:49	01:02:54	01:16:53	01:08:27	01:02:31	07:02:41	47	W30
2016	Petrikat	Monika	Petrikat	01:15:55	01:16:25	01:03:55	01:20:21	01:06:38	01:04:40	07:07:51	48	W30
2019	Koch	Antje	LT TuS Aurich-Ost	01:14:34	01:14:56	01:05:03	01:19:15	01:09:13	01:05:18	07:08:16	49	W30
2024	Remmers	Susanne	Ramsloh	01:12:56	01:14:28	01:04:37	01:20:59	01:08:42	01:07:39	07:09:17	50	W30
2044	Maurer	Stephanie	Flotte Nadeln	01:13:30	01:15:24	01:05:49	01:22:14	01:11:32	01:03:04	07:11:30	51	W30
2059	Trojahn	Maria	NW Steuerberatungsgesellschaft	01:17:27	01:18:10	01:06:09	01:19:08	01:08:29	01:04:45	07:14:03	52	W30
2085	Schöneboom	Daniela	Rosendahl & Frank Energietechnik	01:17:21	01:16:42	01:05:01	01:21:46	01:09:12	01:07:33	07:17:32	53	W30
2086	Renken	Katja	Töben + Partner	01:17:06	01:17:13	01:07:31	01:20:46	01:09:17	01:05:43	07:17:33	54	W30
2096	Block	Bärbel	2-Rad Center Block Aurich	01:13:09	01:20:35	01:06:21	01:23:10	01:08:29	01:06:58	07:18:38	55	W30
2102	Janssen	Melanie	Oldenburg	01:18:15	01:19:22	01:06:56	01:22:03	01:08:31	01:06:03	07:21:06	56	W30
2155	Hosemann	Linda	BBC Chartering	01:16:06	01:27:38	01:07:10	01:27:17	01:10:49	01:04:11	07:33:08	57	W30
2165	Rosenboom	Insen	Loopers ut Wies	01:19:50	01:20:54	01:08:16	01:24:29	01:14:58	01:07:16	07:35:41	58	W30
2246	Lind	Imke	Hollen	01:22:57	01:26:54	01:16:08	01:27:09	01:18:17	01:12:35	08:03:57	59	W30
2254	Lengen	Melanie	Amtsgericht Aurich	01:25:10	01:27:15	01:13:05	01:31:20	01:17:44	01:12:45	08:07:17	60	W30
2284	Schoolmann	Elke	TuS Horsten-Etzel e.V	01:49:13	01:32:42	01:19:12	01:34:21	01:19:46	01:17:03	08:52:14	61	W30
106	Franzen	Insa	LG TV Bunde	00:46:47	00:47:56	00:41:52	00:50:58	00:43:11	00:42:16	04:32:57	1	W35
122	Janssen	Claudia	TV Norden	00:47:49	00:49:01	00:42:38	00:51:13	00:43:15	00:42:21	04:36:14	2	W35
193	Graf	Melanie	BadeWerk Neuuharlingersiel	00:50:43	00:50:55	00:44:05	00:53:18	00:44:31	00:43:43	04:47:11	3	W35
232	Böhme	Linda	Emder LG	00:51:16	00:51:19	00:44:43	00:54:26	00:44:35	00:45:28	04:51:44	4	W35
387	Rogga	Daja	Staatsanwaltschaft Aurich	00:54:30	00:54:10	00:46:06	00:56:20	00:47:38	00:45:46	05:04:26	5	W35
543	Stern	Jessica	Briese Schifffahrt	00:54:14	00:54:43	00:48:06	00:58:29	00:50:55	00:49:06	05:15:30	6	W35
575	Freudenberg	Gesa	Ihlowerfehn	00:54:46	00:57:14	00:48:00	00:58:28	00:50:25	00:48:53	05:17:43	7	W35
590	Jacobs	Antje	LSF Oldenburg	00:54:53	00:56:54	00:48:07	00:59:23	00:49:40	00:49:42	05:18:36	8	W35
626	Lübbers	Sandra	Tura Marienhafen	00:56:26	00:57:16	00:49:07	00:59:58	00:50:04	00:48:30	05:21:17	9	W35
732	Immega	Gabriele	KGS Wittmund	00:57:45	00:57:28	00:49:58	01:00:59	00:52:12	00:50:36	05:28:54	10	W35
808	Walter	Tatjana	Klinikum Leer	00:58:36	00:58:49	00:50:14	01:01:46	00:52:56	00:51:12	05:33:30	11	W35
809	Engelberg	Mareike	SO Medien Hafengebäude	01:00:10	00:59:15	00:51:04	01:02:21	00:51:05	00:49:46	05:33:37	12	W35
815	Berents	Anja	LT TuS Aurich-Ost/Blödsinn, la	00:58:42	00:59:54	00:50:39	01:02:06	00:52:30	00:49:56	05:33:43	13	W35
818	Fink	Anna	Aurich	00:59:22	00:58:35	00:52:35	01:01:21	00:52:01	00:50:00	05:33:50	14	W35
851	Immega	Tanja	LT Schaffhauser Wald	00:59:28	00:59:14	00:51:07	01:02:22	00:53:02	00:51:02	05:36:11	15	W35
999	Kretzmer	Sonka	Oberschule Bunde	01:00:41	01:00:32	00:53:00	01:03:38	00:54:00	00:54:38	05:46:25	16	W35



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2082	Diehl	Sabrina	Bohlen & Doyen	01:13:58	01:19:34	01:06:58	01:22:03	01:08:31	01:06:02	07:17:01	79	W35
2089	Treyße	Insa		01:17:14	01:19:30	01:05:37	01:22:34	01:07:29	01:05:35	07:17:56	80	W35
2091	von Höveling	Hilke	Klinikum Emden	01:18:33	01:16:37	01:05:00	01:21:23	01:09:17	01:07:29	07:18:16	81	W35
2099	Hoek	Britta	Heerenskamp	01:17:33	01:16:44	01:06:33	01:24:21	01:08:28	01:05:59	07:19:35	82	W35
2107	Schulte	Ulla		01:20:06	01:17:36	01:04:08	01:22:49	01:10:56	01:06:38	07:22:09	83	W35
2114	Post	Heike	LG Uplengen	01:16:58	01:18:32	01:07:50	01:22:05	01:10:12	01:07:32	07:23:06	84	W35
2153	Möhlmann	Kerstin	Heerenskamp	01:22:15	01:21:01	01:09:39	01:24:21	01:09:09	01:05:59	07:32:22	85	W35
2175	Domschky	Stephi	LT TuS Aurich-Ost/ KiTa Walling	01:18:25	01:21:35	01:11:35	01:25:53	01:12:08	01:09:38	07:39:11	86	W35
2203	Janssen	Maike		01:20:25	01:21:54	01:12:11	01:26:59	01:15:28	01:10:44	07:47:38	87	W35
2222	Klün	Erna	Team ENERCON	01:22:59	01:22:25	01:11:37	01:28:22	01:16:21	01:11:48	07:53:29	88	W35
2224	Jakobs	Tanja	Krankenhaus Wittmund	01:21:38	01:24:20	01:13:04	01:28:59	01:14:34	01:12:03	07:54:34	89	W35
2227	Busch	Inga	Kleene Trockenbau	01:25:33	01:30:20	01:12:36	01:26:56	01:11:44	01:07:57	07:55:03	90	W35
2239	Ostermoor	Carina	Judo Team Leer VFR Heisfelde	01:23:23	01:23:46	01:12:33	01:29:55	01:17:40	01:13:44	08:00:58	91	W35
2255	Wagenschütz	Susanne	LT TuS Aurich-Ost	01:25:19	01:24:21	01:15:51	01:32:49	01:18:04	01:11:10	08:07:31	92	W35
2261	Kleene	Insa	Kleene Trockenbau	01:25:32	01:30:19	01:14:42	01:32:35	01:20:29	01:13:55	08:17:29	93	W35
2271	Hoffnung	Eva-Maria	KVHS Aurich	01:29:56	01:29:28	01:18:58	01:35:28	01:18:08	01:16:37	08:28:32	94	W35
2290	Stekker	Ilona	LT TuS Aurich-Ost	01:37:09	01:38:27	01:25:53	01:45:43	01:29:04	01:29:27	09:25:39	95	W35
26	Schwarz	Tanja	MTV Aurich	00:43:51	00:44:05	00:38:17	00:46:33	00:39:18	00:38:51	04:10:52	1	W40
184	Krull	Inka	LT TuS Aurich-Ost	00:49:47	00:51:01	00:44:15	00:53:48	00:44:08	00:43:48	04:46:42	2	W40
194	Lünemann	Claudia	MTV Aurich	00:49:53	00:51:20	00:44:07	00:53:31	00:44:44	00:43:53	04:47:24	3	W40
205	Steffens	Viola	Emder LG	00:49:50	00:50:47	00:44:32	00:55:12	00:44:25	00:44:16	04:48:59	4	W40
210	Wessalowski	Nina	LSF Oldenburg	00:52:21	00:50:42	00:43:47	00:54:04	00:45:11	00:43:54	04:49:54	5	W40
438	Ender	Imke	WfBM Aurich-Wittmund	00:53:42	00:54:57	00:47:28	00:57:20	00:48:45	00:46:34	05:08:43	6	W40
501	Süßen	Sonja	B-Plast 2000	00:54:14	00:55:23	00:47:23	00:58:05	00:49:47	00:47:40	05:12:28	7	W40
545	Engels-Bakker	Janke	Maler Engels Holterfehn	00:55:23	00:55:35	00:48:29	00:58:37	00:49:03	00:48:31	05:15:36	8	W40
583	Jelen	Karin	LG Teutonia Stapelmoor	00:55:29	00:56:08	00:49:17	00:59:30	00:49:29	00:48:20	05:18:10	9	W40
587	Elling	Insa	SV Stern Schwerinsdorf	00:54:37	00:55:33	00:49:14	00:59:47	00:49:51	00:49:28	05:18:27	10	W40
696	Kohn	Martina	HSG Leer	00:57:24	00:58:57	00:49:30	01:00:26	00:50:23	00:49:23	05:25:59	11	W40
717	Vierkant	Kerstin	Heide-Apotheke Weener	00:57:46	00:58:39	00:49:40	01:00:42	00:50:53	00:49:52	05:27:29	12	W40
738	Hippen	Vera	LT TuS Aurich-Ost	00:58:42	00:59:47	00:50:10	01:01:08	00:50:30	00:48:54	05:29:08	13	W40
750	Rose	Dörthe	TV Norden	00:57:14	00:57:26	00:50:01	01:01:25	00:51:59	00:51:38	05:29:39	14	W40
800	Wulf	Marit	Team ENERCON	00:59:57	00:58:18	00:50:26	01:01:11	00:51:56	00:51:21	05:33:06	15	W40
801	Janssen	Silke	SV Borussia Leer	00:57:48	00:58:42	00:51:41	01:02:12	00:52:26	00:50:25	05:33:13	16	W40
804	Behnke	Claudia	KBV Wiesederfehn	00:58:04	00:58:37	00:51:30	01:01:37	00:52:08	00:51:26	05:33:18	17	W40
819	Gerdes	Carmen	SV Ochtersum	00:58:30	00:59:02	00:51:07	01:02:16	00:52:12	00:50:47	05:33:51	18	W40
842	Weber	Steffi	Haskamp	00:58:29	00:59:51	00:52:21	01:02:00	00:52:12	00:50:52	05:35:40	19	W40
887	Post- de Buhr	Karin	Mahl- und Mischbetrieb G.de E	00:59:20	01:00:38	00:51:24	01:02:51	00:52:52	00:51:46	05:38:48	20	W40
928	Heidergott	Britta	Injoy Leer	01:00:59	01:00:44	00:51:59	01:04:14	00:52:46	00:50:56	05:41:35	21	W40
948	Hollander	Sandra	ArtLetik women	00:59:05	01:00:01	00:52:55	01:03:57	00:53:35	00:53:10	05:42:39	22	W40
957	Loers	Monika	Rolf Janssen Gruppe	00:58:39	01:00:03	00:52:34	01:04:19	00:54:37	00:53:02	05:43:11	23	W40
960	Stolle	Christine	BadeWerk Neuharlingsiel	01:03:24	01:00:53	00:51:57	01:03:04	00:53:18	00:50:57	05:43:30	24	W40
961	Mikolay	Manuela		01:02:46	01:00:46	00:52:25	01:03:29	00:52:33	00:51:41	05:43:37	25	W40
988	Tammen-Bauer	Heidi	Sportstudio Aktivital	01:00:43	01:00:26	00:52:40	01:04:20	00:54:46	00:52:48	05:45:40	26	W40
995	Flemming	Dana	Fitness im Feedback	01:01:16	01:02:03	00:52:55	01:03:50	00:53:36	00:52:38	05:46:15	27	W40
1002	Köster	Sabrina	MTV Aurich	01:02:03	01:01:15	00:51:46	01:04:49	00:53:53	00:52:46	05:46:28	28	W40
1018	Seegers	Nicole	Team BauCon	01:00:23	01:01:10	00:53:09	01:05:11	00:54:22	00:53:07	05:47:19	29	W40
1035	Groen	Kerstin	LT Spass mit Sport	01:00:34	01:00:13	00:52:48	01:04:43	00:56:16	00:54:00	05:48:30	30	W40
1040	Götemann	Karin	TuS Eintracht Hinte /Sparkasse	01:00:42	01:01:08	00:53:17	01:04:48	00:54:32	00:54:17	05:48:41	31	W40
1056	Weigl	Imke	LT TuS Aurich-Ost	01:00:56	01:02:00	00:52:40	01:05:21	00:55:45	00:53:09	05:49:48	32	W40
1066	Sladitschek	Petra	Einzel	01:03:21	01:02:08	00:53:28	01:04:07	00:53:21	00:53:49	05:50:10	33	W40
1094	Ploch	Daniela	SV Ochtersum	01:01:21	01:01:59	00:53:20	01:06:59	00:54:34	00:53:52	05:52:02	34	W40
1107	Dultmeyer	Yvonne	Sanipoint	01:01:31	01:01:12	00:54:29	01:07:42	00:54:41	00:53:11	05:52:43	35	W40
1118	Pampuch	Andrea	TSV Jahn Carolinensiel	01:01:50	01:01:50	00:54:28	01:06:05	00:55:13	00:54:04	05:53:26	36	W40
1158	Tränapp-Heizmann	Tanja	Zahnheimat Esens	01:01:34	01:02:32	00:54:55	01:06:59	00:56:37	00:54:40	05:57:15	37	W40
1165	Obst	Rabea	Förderschule Wittmund	01:00:27	01:01:40	01:00:24	01:05:56	00:55:46	00:53:19	05:57:29	38	W40
1171	Zehm	Anett	Schule Altes Amt Friedeburg	01:01:37	01:04:32	00:54:09	01:07:16	00:56:53	00:53:41	05:58:03	39	W40
1179	Treue	Najat	Emder LG	01:02:16	01:04:22	00:55:40	01:07:32	00:54:48	00:53:50	05:58:25	40	W40
1197	de Jonge	Ilona	BMW TEKKEN	01:04:09	01:02:21	00:54:20	01:06:54	00:57:10	00:55:17	06:00:07	41	W40
1210	Rüst	Andrea	TuS Pewsum	01:05:35	01:04:03	00:54:11	01:07:41	00:56:07	00:53:38	06:01:12	42	W40
1225	Hakvoort	Myriam	TSV Jahn Carolinensiel	01:03:30	01:04:28	00:54:51	01:07:08	00:57:30	00:54:42	06:02:05	43	W40

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1263	Diekmann	Bianca	Lauffreunde Wittmund	01:02:27	01:03:37	00:54:43	01:08:54	00:58:32	00:56:16	06:04:25	44	W40
1298	Stamm	Tina	LG Fliegerhorst Upjever	01:04:29	01:03:30	00:56:02	01:07:18	00:58:27	00:56:53	06:06:35	45	W40
1347	Wolter	Alexandra	LT TuS Aurich-Ost	01:03:28	01:04:23	00:56:41	01:09:03	00:59:45	00:56:42	06:09:58	46	W40
1362	Janssen	Jasmin	LG Eekenstraat/Hoog Warf	01:04:27	01:04:55	00:56:56	01:09:20	00:58:45	00:56:41	06:11:01	47	W40
1365	Sap	Esther	2 Rheiderländer gehen's an	01:04:41	01:04:05	00:56:45	01:10:20	00:59:20	00:56:05	06:11:13	48	W40
1373	Dannholz	Iris	LT TuS Aurich-Ost	01:04:24	01:06:00	00:56:47	01:09:48	00:58:17	00:56:34	06:11:45	49	W40
1376	Weber	Melanie	Krankengymnastik-und Massag	01:08:06	01:07:14	00:55:40	01:08:30	00:57:02	00:55:38	06:12:08	50	W40
1397	Meenen	Susanne	Krankenhaus Wittmund	01:06:33	01:05:05	00:56:51	01:10:00	00:58:23	00:56:36	06:13:25	51	W40
1403	Lühring	Silvia	LT TuRa 07 Westrhauderfehn	01:11:01	01:04:43	00:55:13	01:08:56	00:57:55	00:56:00	06:13:45	52	W40
1422	Janssen	Sonja	Emder Zeitung	01:08:32	01:05:43	00:55:18	01:09:13	00:56:58	00:59:14	06:14:54	53	W40
1436	Müller	Kathrin	SV Neptun Emden	01:05:33	01:05:19	00:57:23	01:10:13	01:00:00	00:57:37	06:16:01	54	W40
1496	Memenga	Sonja	New Forest Zucht Nordstern	01:06:35	01:07:03	00:57:38	01:10:47	01:00:24	00:57:55	06:20:18	55	W40
1562	Geerdes	Sandra	Gandersum	01:07:26	01:07:39	00:58:33	01:11:33	01:01:23	00:58:37	06:25:07	56	W40
1589	Dieckmann	Silke	LT TuS Aurich-Ost	01:06:51	01:07:20	00:59:14	01:11:24	01:03:56	00:58:58	06:27:38	57	W40
1591	van Goens	Vero	Laufschurken	01:04:57	01:01:47	01:00:24	01:19:05	01:01:32	01:00:06	06:27:48	58	W40
1598	Giertz	Grit	ORGADATA	01:11:19	01:09:48	00:57:43	01:12:40	00:59:54	00:56:59	06:28:20	59	W40
1603	Till	Helga	Running Gag	01:10:03	01:07:27	00:57:58	01:12:11	01:03:16	00:57:54	06:28:45	60	W40
1608	Oldenburger	Marion	LT TuS Aurich-Ost	01:08:48	01:08:15	00:58:33	01:13:18	01:01:37	00:58:51	06:29:19	61	W40
1628	Siedler	Kerstin	Sparkasse Emden	01:10:18	01:10:36	00:59:10	01:13:09	00:59:04	00:58:29	06:30:43	62	W40
1646	Siefken	Sandra	nie ohne lächeln Laufen...	01:10:26	01:08:02	00:58:59	01:11:58	01:03:10	00:59:23	06:31:55	63	W40
1647	Gronewold	Anja	Team AURICHER EIER	01:15:36	01:12:56	01:01:49	01:06:49	00:55:05	00:59:53	06:32:05	64	W40
1648	Bigalski	Doris	Realschule Aurich	01:08:40	01:09:24	00:58:40	01:13:30	01:02:24	00:59:37	06:32:12	65	W40
1683	Brandt	Kirsten	EWE-Wattloopers	01:12:20	01:10:40	00:59:54	01:13:16	01:00:30	00:58:52	06:35:30	66	W40
1699	Fresemann	Elke	Malibu Kirchborgum	01:11:26	01:11:12	01:00:34	01:15:33	01:00:23	00:57:55	06:37:00	67	W40
1708	Wechselberg	Sandra	Selbstläufer	01:13:19	01:09:43	01:00:07	01:13:57	01:01:46	00:59:32	06:38:21	68	W40
1711	Bartjen	Walburga	Sedelsberg	01:11:19	01:08:00	01:00:39	01:14:53	01:02:52	01:01:08	06:38:47	69	W40
1730	Berger	Ulrike	Selbstläufer/ Leinerstift e.V.	01:13:20	01:10:07	01:00:08	01:13:58	00:54:54	01:08:01	06:40:25	70	W40
1743	Pätsch	Daniela	MTV Aurich Triathlon	01:10:09	01:14:22	00:59:25	01:13:24	01:02:34	01:01:30	06:41:20	71	W40
1747	Meinen	Marina	KGS Wiesmoor	01:08:58	01:10:19	00:58:19	01:16:58	01:03:39	01:03:20	06:41:29	72	W40
1801	Stroeve	Claudia	Liberty Blue Shipmanagement	01:10:52	01:10:51	01:01:45	01:16:12	01:02:40	01:03:47	06:46:03	73	W40
1806	Kuiper	Mareike	Praxis van Rossum/ Kuiper	01:12:59	01:12:01	01:01:43	01:15:29	01:03:22	01:00:54	06:46:24	74	W40
1857	Grünert	Nicole	Borromäus Hospital Leer	01:12:17	01:12:18	01:01:59	01:16:21	01:04:50	01:03:03	06:50:45	75	W40
1869	Markus	Birgit	Klinikum Leer	01:14:41	01:11:02	01:01:08	01:13:55	01:04:39	01:06:35	06:51:57	76	W40
1877	Roll	Manuela	MPC2018	01:15:56	01:13:54	01:01:53	01:16:01	01:04:46	00:59:55	06:52:23	77	W40
1882	Held	Bettina	KBV Rechtsweg	01:13:09	01:11:56	01:03:32	01:18:05	01:03:11	01:02:46	06:52:36	78	W40
1887	Meyer	Claudia	Bad Zwischenahn	01:12:47	01:11:56	01:03:19	01:14:21	01:00:36	01:10:01	06:52:56	79	W40
1894	Ehmen	Heidrun	Selbstläufer	01:13:14	01:13:03	01:01:52	01:17:31	01:04:43	01:03:01	06:53:21	80	W40
1897	Kuhlmann	Astrid	Selbstläufer	01:13:14	01:13:03	01:01:52	01:17:31	01:05:19	01:03:00	06:53:56	81	W40
1899	Meier	Anna	Textilie Waschstraßeam E-Cent	01:14:36	01:11:48	01:01:38	01:16:31	01:06:20	01:03:19	06:54:08	82	W40
1902	Schulte	Doris	Die Sonntagsläufer	01:14:00	01:12:02	01:01:11	01:16:51	01:08:04	01:02:26	06:54:31	83	W40
1907	Freese	Martina	Selbstläufer	01:13:50	01:13:03	01:02:08	01:17:30	01:05:18	01:03:11	06:54:57	84	W40
1908	Fauerbach	Kerstin	Team ENERCON	01:14:43	01:14:11	01:04:18	01:16:33	01:03:37	01:01:50	06:55:08	85	W40
1937	Janssen	Imke	LT TuS Aurich-Ost	01:14:43	01:13:16	01:03:49	01:17:22	01:05:54	01:03:24	06:58:24	86	W40
1939	Hinderks	Manuela	Pewsum	01:14:19	01:12:55	01:03:51	01:18:33	01:05:04	01:03:53	06:58:32	87	W40
1954	Seeba	Andrea	Störtebeker Loopers TVM	01:14:59	01:16:32	01:02:54	01:17:09	01:05:39	01:03:09	07:00:18	88	W40
1985	Dirks	Michaela	Pro Organspende	01:15:53	01:15:40	01:04:24	01:19:22	01:06:19	01:02:58	07:04:33	89	W40
1990	Groß	Natalja	Blau-Weiß Filsum	01:13:14	01:13:51	01:04:29	01:18:16	01:09:20	01:05:55	07:05:02	90	W40
1995	Sikken	Nicole	Doepke Schaltgeräte GmbH	01:13:07	01:11:53	01:05:14	01:21:59	01:08:29	01:04:38	07:05:16	91	W40
2009	Ressel	Dörthe	TV Norden	01:14:07	01:15:13	01:04:55	01:19:03	01:09:45	01:03:57	07:06:56	92	W40
2018	Jetzes	Ute	Prosecco Lerche	01:16:47	01:18:20	01:06:54	01:16:44	01:05:39	01:03:38	07:07:57	93	W40
2023	Natelberg	Inka	LT TuRa 07 Westrhauderfehn	01:13:36	01:15:31	01:05:16	01:21:09	01:07:41	01:06:00	07:09:10	94	W40
2048	Weiler	Anja	Upstalsboomer	01:17:17	01:17:06	01:04:54	01:19:52	01:08:18	01:04:45	07:12:08	95	W40
2064	Egberts	Nicole	Team Hebammen	01:17:24	01:16:45	01:05:14	01:22:55	01:08:44	01:03:57	07:14:57	96	W40
2072	Völcker	Jasmin		01:14:26	01:13:45	01:10:27	01:20:19	01:11:21	01:05:46	07:15:59	97	W40
2084	Schwertner	Renate	Laufbär	01:18:40	01:17:42	01:05:02	01:20:45	01:06:53	01:08:19	07:17:19	98	W40
2088	Sonak-Böse	Jana	SV Stikelkamp	01:17:12	01:19:30	01:05:38	01:22:34	01:07:29	01:05:34	07:17:54	99	W40
2103	Schmidt	Gudrun	Mario Schmidt Chiro- und Schn	01:16:03	01:15:23	01:05:56	01:22:13	01:13:48	01:08:02	07:21:22	100	W40
2117	Dorenbusch	Kerstin	OBW	01:19:52	01:19:02	01:07:00	01:21:00	01:09:48	01:06:45	07:23:22	101	W40
2119	Unger	Diana		01:18:15	01:17:34	01:07:15	01:21:32	01:11:31	01:07:44	07:23:48	102	W40
2122	Brosa-Spieker	Maren	LT TuRa 07 Westrhauderfehn	01:18:52	01:18:33	01:06:43	01:24:19	01:09:22	01:06:27	07:24:13	103	W40
2129	Dirks	Marion	TSG Westerstede	01:19:07	01:20:53	01:07:08	01:21:15	01:11:29	01:06:58	07:26:47	104	W40
2133	Hanssen	Ina	Running Gag	01:19:01	01:18:29	01:07:36	01:22:57	01:10:59	01:08:40	07:27:40	105	W40



# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2134	Calbow	Christiane	LT Spass mit Sport	01:22:12	01:18:50	01:06:41	01:24:18	01:10:10	01:05:40	07:27:47	106	W40
2136	Trauer	Dörthe	Tannenhäusen	01:16:03	01:17:25	01:07:46	01:23:44	01:11:40	01:11:17	07:27:51	107	W40
2159	Nordhaus	Claudia	Aurich	01:21:41	01:20:43	01:07:40	01:24:37	01:11:52	01:08:19	07:34:49	108	W40
2160	Campen	Johanna	Selbstläufer / Logopädische Pr	01:19:28	01:22:29	01:09:09	01:23:46	01:12:03	01:08:01	07:34:53	109	W40
2168	Eilts	Elke		01:22:41	01:20:45	01:10:08	01:22:50	01:11:24	01:09:07	07:36:52	110	W40
2181	Groeneveld	Tanja	van Rossum/Kuiper	01:21:35	01:21:43	01:09:38	01:24:24	01:12:02	01:11:41	07:41:00	111	W40
2195	Schoon	Ulrike	Stadt Wiesmoor	01:21:28	01:20:15	01:09:52	01:27:04	01:15:42	01:11:09	07:45:27	112	W40
2216	Oltmanns	Sigrid	KBV Uttel	01:26:33	01:23:20	01:12:46	01:27:36	01:12:00	01:09:02	07:51:14	113	W40
2248	Thomas	Annette	Dagmar und Christian heiraten	01:22:52	01:24:01	01:15:55	01:29:59	01:18:32	01:14:28	08:05:43	114	W40
2260	Weermann	Sonja	Vereinslos	01:23:22	01:25:30	01:16:42	01:34:08	01:20:27	01:14:52	08:14:57	115	W40
2263	Winkler	Janine	LT TuS Aurich-Ost	01:25:18	01:27:58	01:16:41	01:35:13	01:17:21	01:15:41	08:18:09	116	W40
2268	Pommer	Martina	Wreesmann Logistik	01:29:50	01:29:22	01:15:29	01:33:41	01:18:43	01:18:21	08:25:22	117	W40
2269	Tolle	Silvia	Hartmann Group	01:28:47	01:25:49	01:15:49	01:32:12	01:17:37	01:26:36	08:26:48	118	W40
2273	Kutzner	Annett	KVHS Aurich	01:29:57	01:29:25	01:18:57	01:35:25	01:21:35	01:16:30	08:31:45	119	W40
2276	Lüning	Claudia	OBS Kloster Barthe	01:30:32	01:32:36	01:18:26	01:34:01	01:19:22	01:17:17	08:32:11	120	W40
2277	Platow-Eilers	Daniela	BadeWerk Neuharlingersiel	01:30:53	01:32:37	01:17:30	01:34:39	01:20:11	01:16:33	08:32:18	121	W40
2281	Vitter	Claudia	Yvonne Ulrichs Immobilien	01:28:08	01:32:38	01:04:26	01:40:49	01:29:51	01:23:20	08:39:09	122	W40
2285	Bruns	Alke	LG Teutonia Stapelmoor	01:33:39	01:32:43	01:21:53	01:42:30	01:23:34	01:21:16	08:55:31	123	W40
230	Schmitz	Susanne	LSF Oldenburg	00:50:37	00:51:19	00:44:58	00:54:53	00:45:16	00:44:43	04:51:43	1	W45
359	Meier	Heide	Störtebeker Loopers TVM	00:52:07	00:53:04	00:46:22	00:57:12	00:47:36	00:46:26	05:02:44	2	W45
358	Müller	Maren	Herzkinder OstFriesland	00:53:07	00:52:59	00:46:24	00:56:20	00:47:48	00:46:10	05:02:44	3	W45
361	Carstens	Eva	TSV Riepe	00:52:02	00:53:35	00:46:57	00:56:58	00:47:06	00:46:11	05:02:46	4	W45
425	Krauledat	Silke	Leichtsinn Eventdeko	00:55:46	00:53:52	00:47:08	00:57:20	00:47:05	00:46:26	05:07:33	5	W45
448	Tempel	Marion	Lauftrupp WT Loppersum	00:53:42	00:54:19	00:47:25	00:57:49	00:48:57	00:47:17	05:09:26	6	W45
450	Günssel	Christina	Druckerei Meyer GmbH	00:55:42	00:55:02	00:46:57	00:58:22	00:46:54	00:46:36	05:09:30	7	W45
493	Baumann	Marion	TuS Zetel	00:54:51	00:54:48	00:47:59	00:58:17	00:48:38	00:47:32	05:12:02	8	W45
559	Ramaker	Birgit	AOK - Die Gesundheitskasse	00:55:41	00:55:23	00:48:08	00:59:01	00:49:51	00:48:45	05:16:43	9	W45
622	Rietman	Karin	SV Ochtersum	00:56:12	00:56:21	00:50:09	00:59:53	00:50:28	00:48:04	05:21:04	10	W45
680	Hayen	Ivonne	Die Knochenjäger	00:57:15	00:57:34	00:49:21	01:00:57	00:50:24	00:49:21	05:24:48	11	W45
679	Röben	Melanie	ENTDECKERGARTEN Moormerl	00:56:02	00:57:34	00:49:30	01:00:31	00:51:21	00:49:52	05:24:48	12	W45
706	Berghaus	Beate	Polizei Wiesmoor	00:57:18	00:58:09	00:50:15	01:00:29	00:50:43	00:49:52	05:26:44	13	W45
730	Potthast	Hiltrud	Fortuna Logabirum	00:57:45	00:58:38	00:49:46	01:01:20	00:51:23	00:50:02	05:28:50	14	W45
733	Jürgens	Silke	Angelsböbger Lopers & Co	00:56:17	00:57:05	00:50:08	01:02:12	00:52:11	00:51:10	05:28:59	15	W45
759	Kläner	Sonja	LSF Oldenburg	00:58:26	00:58:13	00:50:24	01:01:02	00:52:10	00:49:57	05:30:08	16	W45
761	Saathoff	Claudia	LT TuS Aurich-Ost	00:56:32	00:57:52	00:50:16	01:01:57	00:52:55	00:50:42	05:30:11	17	W45
766	Untied-Plaßmeier	Anke	Fortuna Logabirum	00:57:40	00:59:22	00:50:15	01:01:43	00:51:31	00:50:19	05:30:47	18	W45
770	Friede	Sandra	TuS Eintracht Hinte	00:59:53	00:59:25	00:50:07	01:00:17	00:51:33	00:49:46	05:30:59	19	W45
784	Klingenberg	Tanja	Deichmädchen	00:57:53	00:58:14	00:50:43	01:02:09	00:52:09	00:50:36	05:31:42	20	W45
814	Ihnen	Martina	LT TuS Aurich-Ost	00:56:07	00:57:41	00:49:51	01:01:13	00:56:09	00:52:44	05:33:43	21	W45
844	Marks	Ilona	Modehaus Böckmann	00:58:47	00:59:19	00:50:56	01:02:59	00:52:51	00:50:59	05:35:47	22	W45
859	Ebbers	Ontja	Baptisten Firrel	00:58:18	00:58:41	00:51:25	01:02:40	00:53:29	00:52:12	05:36:42	23	W45
883	Kleemann-Ewen	Anke	LT TuRa 07 Westrhauderfehn	00:59:23	00:59:31	00:53:07	01:03:03	00:52:14	00:51:14	05:38:29	24	W45
911	Schmidt	Silke	ERGO Versicherung Wolthoff	01:01:29	00:59:07	00:50:33	01:03:47	00:53:21	00:52:23	05:40:37	25	W45
949	Siefkens	Elke	Emder LG	01:01:43	01:04:07	00:51:59	01:03:43	00:51:44	00:49:28	05:42:40	26	W45
971	Richter	Wibke	LG Fliegerhorst Upjever	00:59:36	01:00:17	00:52:30	01:04:10	00:54:23	00:53:19	05:44:13	27	W45
975	Goos	Anja	Emder LG	00:55:20	00:57:43	00:54:30	01:06:52	00:55:45	00:54:18	05:44:25	28	W45
984	Stemmler	Monja	Aurich	01:00:19	01:01:36	00:52:20	01:04:26	00:54:52	00:51:55	05:45:24	29	W45
1010	Erfeling	Christel	Klinikum Leer	01:00:26	01:01:33	00:53:10	01:04:39	00:54:48	00:52:23	05:46:56	30	W45
1033	Folkerts	Anja	Krummhörner Dörloper	01:01:29	01:01:37	00:52:54	01:05:05	00:54:46	00:52:24	05:48:12	31	W45
1045	Merker	Birgit	Lauftreff Upleward / Gassco	01:00:09	01:01:35	00:55:32	01:03:43	00:54:43	00:53:41	05:49:21	32	W45
1070	Schimmelpfennig	Claudia	Weltfrieden	01:00:42	01:00:01	00:52:25	01:04:18	00:59:44	00:53:12	05:50:19	33	W45
1075	Held	Silke	LT TuS Aurich-Ost	01:00:24	01:01:56	00:52:56	01:05:38	00:55:18	00:54:35	05:50:44	34	W45
1100	Tabbert	Tanja	Dänisches Bettenlager	01:00:59	01:01:28	00:53:06	01:05:29	00:56:32	00:54:57	05:52:29	35	W45
1113	Onken	Reina	Lauffreunde Wittmund	01:01:50	01:02:53	00:53:25	01:05:44	00:55:37	00:53:39	05:53:06	36	W45
1133	Nessen	Ingrid	NLBV	01:01:37	01:03:07	00:54:22	01:06:02	00:55:25	00:54:25	05:54:55	37	W45
1148	Melzer	Martina	Stadt Emden / EmdergLG	01:02:18	01:02:36	00:54:41	01:06:52	00:55:46	00:54:18	05:56:27	38	W45
1163	Schoon	Petra	LT TuS Aurich-Ost	01:04:46	01:03:00	00:54:08	01:05:31	00:55:47	00:54:15	05:57:24	39	W45
1187	Tjardes	Martina	LT TuS Aurich-Ost, FLICK GMBH	01:02:19	01:03:21	00:54:38	01:07:07	00:56:04	00:55:40	05:59:07	40	W45
1195	Heilemann	Tanja	Praxis Heilemann	01:05:17	01:04:06	00:53:29	01:07:31	00:55:44	00:53:57	06:00:02	41	W45
1196	Wilken	Susanne	BMW TEKKEN	01:04:09	01:02:20	00:54:19	01:06:54	00:57:10	00:55:16	06:00:05	42	W45

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1202	Schütte	Silke	WfbM Aurich-Wittmund	01:03:30	01:03:53	00:54:32	01:06:59	00:56:29	00:55:14	06:00:33	43	W45
1239	Meiners	Silvia	Emder LG	01:08:33	01:05:31	00:55:06	01:05:52	00:54:43	00:53:22	06:03:04	44	W45
1243	Aden	Frauke	LG Großefehn	01:03:33	01:04:57	00:55:48	01:07:52	00:56:36	00:54:37	06:03:20	45	W45
1247	Reshöft	Nicole	IGS Aurich	01:05:30	01:04:22	00:56:57	01:05:52	00:56:48	00:54:11	06:03:37	46	W45
1268	Behrends	Gabriele	Ubbo-Emmius-Klinik/LT TuS Au	01:01:17	01:02:57	00:55:10	01:09:24	00:58:32	00:57:34	06:04:52	47	W45
1273	Harms	Kerstin	NLBV	01:03:55	01:04:20	00:55:19	01:08:02	00:58:11	00:55:13	06:04:57	48	W45
1289	Aden	Melanie	LG Großefehn	01:03:37	01:05:00	00:56:15	01:08:12	00:56:36	00:56:15	06:05:52	49	W45
1327	Thon	Petra	LT TuRa 07 Westrhauderfehn	01:05:13	01:04:14	00:55:30	01:08:44	00:57:25	00:57:19	06:08:22	50	W45
1332	Bussen	Wiebke	Arends & Bussen	01:05:32	01:04:34	00:55:01	01:10:27	00:56:58	00:56:16	06:08:44	51	W45
1334	Wallenstein	Sanndra	Fuhrunternehmen Berend Brar	01:02:12	01:04:23	00:55:59	01:09:18	01:01:01	00:56:02	06:08:53	52	W45
1359	Wiedmann	Dagmar	Turtles - Emden	01:04:56	01:05:28	00:55:47	01:08:52	00:58:15	00:57:27	06:10:40	53	W45
1383	Steinmeier	Marion	MTV Aurich	01:05:21	01:05:19	00:55:42	01:07:12	01:01:11	00:57:45	06:12:27	54	W45
1407	Funk-Janßen	Anja	LG Eekenstraat/Hoog Warf	01:04:56	01:05:36	00:58:04	01:09:20	00:59:23	00:56:44	06:14:00	55	W45
1409	Wilken	Agnes	Baptisten Firrel	01:04:36	01:05:08	00:57:06	01:10:16	00:59:23	00:57:50	06:14:15	56	W45
1411	Ottersberg	Hanna	Team Möbel Buss	01:04:36	01:05:08	00:57:06	01:10:16	00:59:23	00:57:57	06:14:23	57	W45
1419	Höfner	Silke	LG Harlingerland	01:02:31	01:04:53	00:56:59	01:10:54	01:00:23	00:59:13	06:14:50	58	W45
1465	Behmann	Senta	Lauftreff Ostfriesland Mitte	01:05:26	01:07:37	00:57:18	01:10:10	01:00:14	00:57:13	06:17:53	59	W45
1481	Redelfs	Astrid	LT TuS Aurich-Ost	01:06:01	01:05:05	00:58:48	01:10:47	01:00:12	00:58:22	06:19:12	60	W45
1495	Decker	Silvia	New Forest Zucht Nordstern	01:06:34	01:07:02	00:57:39	01:10:46	01:00:24	00:57:55	06:20:17	61	W45
1520	Gräfedünkel	Tanja	LSF Oldenburg	01:07:45	01:06:26	00:56:51	01:11:59	01:00:52	00:58:17	06:22:07	62	W45
1533	Bloch	Sonja	Upstalsboomer	01:08:31	01:07:11	00:59:01	01:11:42	00:59:26	00:57:09	06:22:57	63	W45
1611	Menz	Ingrid	SundayRun	01:10:06	01:08:46	00:58:59	01:13:01	01:00:15	00:58:18	06:29:21	64	W45
1615	Fitz	Silke	Moordörper Freetiedloopers	01:14:45	01:15:11	00:57:01	01:08:24	00:57:40	00:56:46	06:29:43	65	W45
1614	Meyerjürgens	Andrea	Bad Zwischenahn	01:08:17	01:09:20	00:59:03	01:13:10	01:01:26	00:58:31	06:29:43	66	W45
1617	Lüürsen	Kerstin	Bünting Tee	01:08:07	01:07:52	00:57:20	01:14:02	01:01:55	01:00:35	06:29:48	67	W45
1630	Bohlen	Beate	Lindenboom-Apotheke	01:08:59	01:09:55	00:59:12	01:11:29	01:02:37	00:58:38	06:30:46	68	W45
1631	Siebolds	Martine	Einzelläufer	01:11:13	01:11:59	00:59:13	01:11:43	01:00:22	00:56:25	06:30:50	69	W45
1653	Herman	Dagmar	Gymnastikgruppe Moorwarfen	01:10:24	01:10:01	01:00:08	01:12:35	01:00:57	00:58:23	06:32:26	70	W45
1654	Bloem	Nicole		01:11:54	01:12:30	00:59:06	01:11:18	00:59:37	00:58:07	06:32:30	71	W45
1665	Lübben	Svenja	LT TuS Aurich-Ost	01:10:13	01:10:19	00:59:33	01:12:49	01:00:46	00:59:47	06:33:23	72	W45
1669	Ihnken	Anja	SV Ochtersum	01:08:59	01:08:32	01:02:09	01:11:47	01:02:24	01:00:02	06:33:49	73	W45
1672	Cassen	Andrea	WfbM Aurich-Wittmund	00:59:40	01:27:23	01:09:39	01:12:54	00:50:58	00:53:29	06:33:59	74	W45
1694	Gerriets	Elke	Krankenhaus Wittmund	01:09:37	01:08:27	01:01:27	01:14:43	01:01:36	01:00:37	06:36:23	75	W45
1695	Mannott	Martina	Krankenhaus Wittmund	01:09:38	01:08:27	01:01:27	01:14:43	01:01:36	01:00:37	06:36:24	76	W45
1713	Olin	Uta	LT TuS Aurich-Ost	01:11:30	01:10:43	01:00:13	01:14:11	01:02:18	00:59:57	06:38:50	77	W45
1741	Schmidt	Heike	Emder LG	01:08:24	01:10:51	01:00:22	01:15:26	01:04:06	01:02:06	06:41:11	78	W45
1750	Schön	Rosie	OBS Kloster Barthe	01:09:24	01:08:26	00:59:49	01:14:35	00:58:55	01:10:53	06:42:00	79	W45
1752	Fecht	Miriam	Team ENERCON	01:10:42	01:12:14	01:00:47	01:13:39	01:03:36	01:01:16	06:42:11	80	W45
1753	Wallat	Elke	Borromäus Hospital Leer	01:11:34	01:09:36	01:00:40	01:17:23	01:02:28	01:00:47	06:42:25	81	W45
1756	Jacobs	Ute	Jaju	01:11:51	01:11:46	01:01:00	01:16:08	01:02:55	00:59:19	06:42:56	82	W45
1760	Joosten	Lydia	LT TuS Aurich-Ost	01:12:34	01:12:25	01:01:31	01:14:21	01:02:22	01:00:02	06:43:11	83	W45
1762	Petersen	Alexandra	Auto-Service Petersen	01:11:20	01:10:29	01:00:39	01:14:30	01:03:51	01:02:29	06:43:15	84	W45
1779	Draga	Malis	Fritzenzeit	01:05:23	01:13:46	01:04:16	01:20:33	01:05:50	00:54:06	06:43:51	85	W45
1787	Bußmann	Heike	LT TuS Holtriem	01:09:57	01:10:26	01:01:36	01:16:47	01:04:00	01:02:03	06:44:46	86	W45
1788	Nerjes-Moldenhau	Sonja	Oldenburgische Landesbank AG	01:10:34	01:09:38	01:00:09	01:14:41	01:04:53	01:04:55	06:44:47	87	W45
1793	Uphof	Thea	Uphoff	01:16:05	01:11:25	01:00:20	01:14:03	01:03:00	01:00:44	06:45:32	88	W45
1808	Beening	Heike	SV Stikelkamp	01:11:08	01:10:50	01:00:24	01:15:49	01:05:42	01:02:37	06:46:27	89	W45
1838	Meyer	Ingrid	Yvonne Ulrichs Immobilien	01:15:15	01:10:18	00:58:46	01:16:21	01:02:16	01:05:52	06:48:45	90	W45
1839	Eisert	Sabine	Aurident	01:11:43	01:11:28	01:02:04	01:15:53	01:04:59	01:02:50	06:48:54	91	W45
1843	Fecht	Jutta	Fecht & Helmig	01:12:02	01:12:30	01:02:52	01:16:00	01:04:00	01:02:00	06:49:22	92	W45
1844	Wienekamp	Edelgard-Foxi	LT TuS Aurich-Ost	01:11:42	01:11:09	01:02:48	01:16:14	01:04:43	01:03:03	06:49:36	93	W45
1866	Ahrends	Monika	Angelsböcker Lopers & Co	01:13:40	01:12:48	01:01:36	01:15:34	01:05:12	01:02:36	06:51:23	94	W45
1873	Küpker	Claudia	TvdHaarentor	01:13:31	01:11:56	01:05:00	01:15:37	01:03:29	01:02:43	06:52:13	95	W45
1890	Naase	Birgit	Die Knochenjäger	01:14:42	01:12:39	01:02:47	01:16:44	01:03:49	01:02:29	06:53:07	96	W45
1896	Jansen	Theresia	ELV Elektronik AG/eQ-3	01:12:31	01:13:44	01:03:04	01:16:43	01:04:51	01:02:51	06:53:41	97	W45
1900	Ferdinand	Tanja	LT TuS Aurich-Ost	01:11:45	01:15:28	01:02:47	01:16:17	01:05:40	01:02:25	06:54:18	98	W45
1917	Rödiger	Heike	TuS Eintracht Hinte	01:11:54	01:14:06	01:04:09	01:17:33	01:05:19	01:02:50	06:55:48	99	W45
1934	Koch	Karin	Die aus dem Moor	01:14:35	01:13:57	01:03:16	01:17:44	01:05:37	01:02:59	06:58:05	100	W45
1941	Wellendorf	Martina	Klinikum Emden	01:14:02	01:13:17	01:02:06	01:19:01	01:05:45	01:04:44	06:58:53	101	W45
1945	Steinberg	Irene	STIRBIKI	01:14:03	01:13:18	01:02:07	01:19:02	01:05:47	01:04:47	06:58:59	102	W45
1950	Behrens-Kuhl	Marlies	Klinikum Leer	01:13:22	01:13:37	01:04:00	01:18:49	01:05:43	01:04:21	06:59:49	103	W45
1958	Voß	Anja	Selbstläufer	01:14:26	01:13:19	01:04:22	01:17:30	01:07:37	01:04:01	07:01:11	104	W45

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1966	Steinfelder	Antje	LG Teutonia Stapelmoor	01:12:19	01:11:11	01:04:52	01:18:33	01:06:58	01:07:41	07:01:30	105	W45
1974	Wilken	Anja	LG Uplengen	01:14:01	01:12:50	01:04:21	01:18:59	01:07:13	01:05:10	07:02:31	106	W45
1977	Heijen	Inga	LG Teutonia Stapelmoor	01:13:11	01:11:26	01:03:42	01:19:52	01:07:58	01:06:38	07:02:44	107	W45
1987	Saathoff	Marita	Emder LG	01:15:25	01:14:14	01:06:48	01:19:58	01:04:45	01:03:40	07:04:47	108	W45
1989	Manninga	Sonja	TV Norden	01:14:20	01:13:55	01:03:18	01:18:53	01:09:37	01:04:54	07:04:54	109	W45
2002	Boden	Waltraud	Zahnarztpraxis Dr. Enno Juniel	01:15:01	01:15:19	01:06:08	01:19:02	01:06:37	01:04:10	07:06:13	110	W45
2014	Brunken	Steffanie	Borromäus Hospital Leer	01:14:03	01:15:48	01:04:07	01:20:54	01:07:10	01:05:43	07:07:43	111	W45
2021	Zubrod	Katja	MTV Hohenkirchen	01:16:13	01:17:21	01:02:07	01:19:28	01:03:09	01:10:07	07:08:22	112	W45
2026	Buss	Hilde	TV Norden	01:15:49	01:14:55	01:04:43	01:22:12	01:05:37	01:06:12	07:09:25	113	W45
2027	Heller	Silvia	ELV Elektronik AG/eQ-3	01:14:57	01:15:30	01:05:29	01:20:17	01:07:50	01:05:28	07:09:28	114	W45
2036	Verwold	Anke	TausendfüßLeer	01:17:19	01:15:32	01:05:21	01:20:53	01:07:02	01:04:25	07:10:28	115	W45
2041	Bruns	Karin	Leinerstift e.V.	01:15:45	01:15:36	01:05:31	01:21:12	01:08:07	01:05:13	07:11:22	116	W45
2045	Damm	Gudrun	Klinikum Emden	01:16:17	01:17:46	01:04:59	01:20:08	01:07:21	01:05:03	07:11:32	117	W45
2090	Lühr	Heidi	Klinikum Leer	01:20:51	01:19:19	01:06:37	01:20:54	01:05:52	01:04:38	07:18:06	118	W45
2094	Romeike	Sabine	Freunde Norden	01:15:07	01:16:42	01:06:49	01:22:23	01:09:46	01:07:46	07:18:30	119	W45
2108	Friehe	Nicole	MTV Wittmund	01:17:37	01:19:31	01:07:18	01:22:55	01:08:45	01:06:26	07:22:28	120	W45
2113	Daun	Jenny	Landkreis Leer	01:19:07	01:21:50	01:07:07	01:21:04	01:08:11	01:05:49	07:23:05	121	W45
2118	de Vries	Doris	ORGADATA	01:17:52	01:18:50	01:06:41	01:24:18	01:10:10	01:05:40	07:23:27	122	W45
2121	Dirks	Andrea	Loopers ut Wies	01:17:04	01:18:09	01:08:13	01:24:15	01:09:17	01:07:16	07:24:10	123	W45
2130	Franke	Mirja	Lauftreff Dreierbergen	01:18:39	01:20:02	01:07:39	01:23:12	01:10:29	01:06:56	07:26:54	124	W45
2132	Barth	Silke	SV Blomberg-Neuschoo	01:16:53	01:17:39	01:06:43	01:24:52	01:12:15	01:09:04	07:27:24	125	W45
2146	Kröger	Sabine	Team Eddie/Nortmoor	01:18:33	01:20:14	01:07:30	01:24:06	01:12:22	01:07:35	07:30:17	126	W45
2149	Körner	Melanie	Prosecco Lerche	01:19:00	01:22:25	01:10:18	01:16:43	01:12:10	01:10:45	07:31:17	127	W45
2182	Post	Gabi	AOK Niedersachsen	01:21:09	01:20:48	01:08:03	01:34:11	01:09:04	01:07:56	07:41:07	128	W45
2201	Theeßen	Melanie	Upstalsboomer	01:22:13	01:22:46	01:10:48	01:26:56	01:14:01	01:10:23	07:47:04	129	W45
2209	Steinmetz	Monika	Emder LG	01:23:12	01:22:25	01:11:15	01:26:01	01:14:41	01:12:34	07:50:04	130	W45
2226	Wolken	Heinke	Angelsbörrger Lopers & Co	01:20:55	01:22:04	01:12:09	01:30:40	01:16:01	01:13:18	07:55:03	131	W45
2230	Meier	Anke	TV Norden	01:21:14	01:24:36	01:13:31	01:28:41	01:15:28	01:13:05	07:56:32	132	W45
2237	Kleineidam	Gabi	Injoy Leer	01:21:24	01:21:21	01:12:52	01:29:03	01:20:25	01:14:49	07:59:51	133	W45
2250	Ismani	Fadilj	Meyer Werft	01:27:51	01:23:37	01:11:49	01:33:19	01:17:06	01:12:10	08:05:49	134	W45
341	Kobuch	Herma	LT Schafhauser Wald	00:52:02	00:53:12	00:45:56	00:55:41	00:48:07	00:46:15	05:01:10	1	W50
596	Kisch	Annette	FCSO	00:53:40	00:55:38	00:48:21	01:00:15	00:51:18	00:49:44	05:18:52	2	W50
606	Canenbley	Britta	Spaß mit Sport	00:56:01	00:55:21	00:48:29	00:59:13	00:52:11	00:48:38	05:19:49	3	W50
640	Greis	Heike	LSF Oldenburg	00:55:24	00:56:54	00:49:39	01:00:23	00:50:29	00:49:41	05:22:27	4	W50
647	Rückbrod	Andrea	TV Norden	00:55:55	00:55:05	00:48:32	01:00:14	00:51:21	00:51:38	05:22:42	5	W50
693	Folkerts	Ingrid	Fortuna Logabirum	00:59:34	00:56:40	00:49:06	00:59:49	00:49:54	00:50:44	05:25:44	6	W50
701	Geiken	Marion	LT TuS Aurich-Ost	00:55:55	00:57:35	00:49:40	01:00:46	00:51:57	00:50:45	05:26:35	7	W50
703	Dengler	Eva	Fortuna Logabirum	00:57:04	00:59:43	00:50:32	01:00:50	00:49:39	00:48:54	05:26:38	8	W50
748	Boekhoff	Petra	Freie Lunge SV Bentstreek	00:58:32	00:58:13	00:51:03	01:00:38	00:50:27	00:50:49	05:29:39	9	W50
749	Hellmers	Susanne	TV Norden	00:57:30	00:57:43	00:49:50	01:01:09	00:51:57	00:51:33	05:29:39	10	W50
805	Roofls	Waltraud	Störtebeker Loopers TVM	00:58:12	00:58:42	00:51:23	01:02:19	00:52:23	00:50:31	05:33:27	11	W50
839	van Jinnelt	Anita	MTV Hohenkirchen	00:59:26	00:57:22	00:49:39	01:04:18	00:52:57	00:51:43	05:35:22	12	W50
870	Fecht	Sabine	Neukamperfehn	00:58:47	00:59:09	00:52:34	01:02:28	00:53:05	00:51:29	05:37:28	13	W50
895	Jannsen	Ingrid	WfbM Aurich-Wittmund	01:02:19	00:56:42	00:49:31	01:06:05	00:51:28	00:53:18	05:39:20	14	W50
926	Heyenga	Anja	Flotte Nadeln	00:58:09	00:59:43	00:53:06	01:04:30	00:54:10	00:51:56	05:41:30	15	W50
930	Greiff	Marion	Praxis Dr. Holtermann/Fortuna	00:58:55	01:00:24	00:52:53	01:03:27	00:53:51	00:52:11	05:41:37	16	W50
946	Freeseemann	Silvia	Stadtwerke Leer Loopers	01:01:14	01:00:55	00:52:58	01:03:31	00:52:59	00:51:03	05:42:37	17	W50
952	Reinema	Ines	Landkreis Wittmund	01:02:48	01:00:17	00:52:06	01:02:57	00:53:19	00:51:37	05:43:00	18	W50
972	Meintrup	Marita	Michi und Marie	01:00:14	01:01:11	00:52:37	01:04:39	00:53:29	00:52:09	05:44:15	19	W50
990	Meyer	Marita	Padlooper	01:02:39	01:00:57	00:53:11	01:03:39	00:53:22	00:52:08	05:45:54	20	W50
1097	Ihnen	Gunda	LT TuS Aurich-Ost	01:00:25	01:01:56	00:53:03	01:05:39	00:56:39	00:54:28	05:52:06	21	W50
1123	Geiken	Heike	LT TuS Aurich-Ost	01:01:22	01:02:08	00:54:46	01:05:38	00:55:44	00:54:27	05:54:01	22	W50
1145	Janssen	Engeline	LG-Ostfriesland	01:01:19	01:02:55	00:55:07	01:06:47	00:55:29	00:54:47	05:56:20	23	W50
1153	Tjaden	Manuela	Emder LG	01:01:41	01:01:26	00:54:34	01:06:32	00:56:13	00:56:25	05:56:49	24	W50
1206	Bingener	Christine	LSF Oldenburg	01:02:56	01:03:04	00:55:33	01:07:17	00:56:53	00:55:14	06:00:53	25	W50
1256	Wirgenings	Ursula	MTV Aurich/TEA	01:02:47	01:03:39	00:56:41	01:08:23	00:57:33	00:55:01	06:04:01	26	W50
1257	Schulz	Steffie	WfbM Aurich-Wittmund	01:03:40	01:04:31	00:55:42	01:08:39	00:56:34	00:55:00	06:04:03	27	W50
1275	Dreyer	Martina	LG TV Bunde	01:04:09	01:04:09	00:54:56	01:08:20	00:57:33	00:56:03	06:05:07	28	W50
1304	Janssen	Maike	LT TuS Aurich-Ost	01:02:01	01:03:23	00:55:11	01:09:24	00:59:23	00:57:34	06:06:52	29	W50
1361	Röpkes	Carola	Selbstläufer	01:03:40	01:05:07	00:55:29	01:10:15	00:58:50	00:57:40	06:10:58	30	W50

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
1395	Middendorf	Doris	Padlooper	01:05:23	01:05:05	00:57:27	01:08:49	00:59:51	00:56:53	06:13:25	31	W50
1396	Brandes	Hilde	Moordörper Freetiedloopers	01:08:41	01:05:13	00:55:07	01:10:06	00:58:25	00:55:57	06:13:25	32	W50
1414	Appel	Gudrun	Krankenhaus Wittmund	01:07:41	01:05:06	00:56:58	01:10:00	00:58:23	00:56:35	06:14:39	33	W50
1417	Weelborg	Insa	Team Möbel Buss	01:08:48	01:06:29	00:55:46	01:09:22	00:58:17	00:56:06	06:14:45	34	W50
1466	Oremek	Heike	KVHS Aurich	01:05:22	01:06:08	00:55:55	01:12:58	01:00:23	00:57:13	06:17:57	35	W50
1472	Kiesel	Elisabeth	Jugendhilfsstelle	01:05:50	01:04:35	00:58:37	01:11:14	00:59:57	00:58:31	06:18:40	36	W50
1479	Schulte	Marlies	Freie Lunge SV Bentstreek	01:06:48	01:09:35	00:56:55	01:10:38	00:59:01	00:56:16	06:19:09	37	W50
1499	Neugebauer	Bärbel	TV Norden	01:08:18	01:08:47	00:57:48	01:10:05	00:58:59	00:56:50	06:20:43	38	W50
1513	Siebert	Karin	Kurt sien Trupp	01:05:54	01:05:51	00:57:04	01:12:16	01:02:48	00:58:05	06:21:54	39	W50
1528	Keck	Birgit	LG Ostfriesland	01:08:32	01:08:04	00:57:19	01:10:41	01:00:23	00:57:40	06:22:36	40	W50
1532	Eiben	Gaby	WfbM Aurich-Wittmund	01:06:53	01:06:39	00:59:12	01:11:11	01:00:30	00:58:28	06:22:50	41	W50
1534	Gralfs	Ulla	Eggelingen	01:06:02	01:06:02	00:57:54	01:12:02	01:02:18	00:58:48	06:23:01	42	W50
1566	Denker	Wilma	Ostfriesische Volksbank eG Lee	01:06:30	01:07:12	01:00:39	01:12:05	01:00:05	00:58:58	06:25:26	43	W50
1571	Pfirrmann	Angelika	NLWKN	01:10:00	01:09:27	00:58:35	01:11:29	00:59:04	00:57:17	06:25:49	44	W50
1587	Schipper	Jutta	Störtebeker Loopers TVM	01:10:05	01:09:06	00:58:19	01:13:17	00:59:07	00:57:40	06:27:31	45	W50
1626	Foorden	Andrea	Team ENERCON	01:08:16	01:09:55	00:59:17	01:11:50	01:01:27	00:59:52	06:30:33	46	W50
1638	Cordes	Gabi	"KBV \Ostfreesland\""" Reepsho	01:13:31	01:07:19	00:59:04	01:11:28	01:01:15	00:58:55	06:31:29	47	W50
1652	Stöhr	Daniela	Yachtclub Sautelersiel	01:08:32	01:09:38	01:00:23	01:12:54	01:01:21	00:59:40	06:32:26	48	W50
1676	Beeken	Heide	Lauf Geht's	01:11:06	01:10:04	00:59:55	01:12:57	01:01:02	00:59:17	06:34:18	49	W50
1701	Tölg	Claudia	OBW	01:08:15	01:08:27	00:59:42	01:14:19	01:02:10	01:04:51	06:37:41	50	W50
1712	Nessen	Almuth	LT TuS Aurich-Ost	01:11:30	01:10:43	01:00:13	01:14:11	01:02:19	00:59:56	06:38:50	51	W50
1719	Kuper	Monika	LG Teutonia Stapelmoor	01:09:49	01:11:14	00:58:41	01:12:05	01:00:44	01:06:36	06:39:06	52	W50
1772	Dziarnowski	Anja	De Kanaal-Loopers	01:13:51	01:11:35	01:00:48	01:13:29	01:02:39	01:01:18	06:43:36	53	W50
1774	Menninga	Susanne	Einzelläufer	01:11:38	01:11:25	01:00:47	01:15:52	01:03:02	01:00:59	06:43:38	54	W50
1792	Lettau	Maike	LT TuS Holtriem	01:11:08	01:10:27	01:01:30	01:16:47	01:04:00	01:01:39	06:45:29	55	W50
1796	Altschaffel-Fuchs	Alexandra	SC Wiesens	01:12:06	01:11:43	01:01:57	01:16:28	01:02:53	01:00:39	06:45:43	56	W50
1805	Becker	Frauke	SV Pötshausen	01:12:35	01:12:33	01:00:47	01:15:47	01:03:47	01:00:54	06:46:20	57	W50
1841	Rieken	Uda	"BV \Vorwärts\""" Plaggenburg	01:08:51	01:12:46	01:04:36	01:16:12	01:04:38	01:01:58	06:48:56	58	W50
1876	Bachmeier	Diana	OBW	01:12:53	01:12:41	01:02:21	01:16:28	01:06:20	01:01:40	06:52:20	59	W50
1889	Benthien	Andrea	NLBV	01:12:58	01:12:39	01:01:45	01:16:20	01:05:48	01:03:39	06:53:06	60	W50
1913	Mengers	Gerlind	LT TuRa 07 Westrhauderfehn	01:13:18	01:14:03	01:03:28	01:17:47	01:04:18	01:02:44	06:55:36	61	W50
1916	Heyen	Doris	LT TuS Aurich-Ost	01:11:42	01:11:56	01:02:26	01:16:16	01:09:55	01:03:32	06:55:44	62	W50
1920	Hicken	Thea	HICKEN ENERGIETEC	01:16:38	01:14:15	01:04:03	01:17:05	01:03:30	01:00:43	06:56:09	63	W50
1927	Gerken	Angelika	Krankenhaus Wittmund	01:14:29	01:14:17	01:03:07	01:16:32	01:04:51	01:03:51	06:57:03	64	W50
1952	Goudschaal	Imke	TV Norden	01:15:36	01:13:55	01:02:40	01:18:50	01:05:40	01:03:24	07:00:01	65	W50
1955	Meyer-Winkelhake	Karin	nie ohne lächeln Laufen...	01:14:32	01:14:21	01:03:01	01:17:48	01:07:47	01:03:34	07:01:00	66	W50
1969	Hartmann	Martina	Reit- u. Fahrverein Wilhelmsha	01:14:12	01:13:57	01:02:57	01:19:36	01:05:46	01:05:10	07:01:35	67	W50
1994	Caspers	Elise	Einzelläuferin	01:15:47	01:14:24	01:03:01	01:19:35	01:07:58	01:04:33	07:05:16	68	W50
2001	Peil	Inka	Landguth Heimtiernahrung	01:15:31	01:14:32	01:04:55	01:18:59	01:07:57	01:04:12	07:06:03	69	W50
2020	Renken	Anja	BBC Chartering	01:14:04	01:15:48	01:04:40	01:20:54	01:07:11	01:05:44	07:08:17	70	W50
2028	Riedel	Maren		01:14:30	01:16:02	01:06:19	01:20:15	01:07:55	01:04:33	07:09:30	71	W50
2030	Backer	Gudrun	Victorbur	01:15:41	01:15:44	01:04:37	01:19:30	01:09:00	01:05:07	07:09:37	72	W50
2032	Tuitjer	Inga	Tischlerei Tuitjer	01:17:51	01:16:32	01:05:09	01:19:48	01:07:39	01:02:53	07:09:48	73	W50
2040	Seele	Ulrike	LT TuS Aurich-Ost	01:14:18	01:15:31	01:05:13	01:21:25	01:08:51	01:06:03	07:11:17	74	W50
2056	Hinders	Ruth		01:17:16	01:18:22	01:06:01	01:20:36	01:07:48	01:03:48	07:13:49	75	W50
2062	Wolters	Marion	LG TV Bunde	01:13:42	01:11:26	01:03:46	01:24:09	01:11:36	01:10:11	07:14:45	76	W50
2066	Hagedorn	Silvia	LG Fliegerhorst Upjever	01:18:42	01:16:22	01:06:01	01:20:47	01:08:40	01:04:38	07:15:06	77	W50
2067	Schlünder	Sabine	Angelsböcker Lopers & Co	01:15:52	01:16:06	01:07:02	01:20:35	01:07:27	01:08:09	07:15:08	78	W50
2077	Groen	Kornelia	LT TuRa 07 Westrhauderfehn	01:14:47	01:16:28	01:06:41	01:21:51	01:10:31	01:06:21	07:16:36	79	W50
2078	Meyerhoff	Eva	Fitness im Feedback	01:18:54	01:18:44	01:06:36	01:19:11	01:07:40	01:05:42	07:16:44	80	W50
2112	Brinker	Elisabeth	LT TuRa 07 Westrhauderfehn	01:14:47	01:16:28	01:06:41	01:21:52	01:16:54	01:06:21	07:23:00	81	W50
2116	Bents	Doris	De Kanaal-Loopers	01:16:44	01:16:41	01:06:27	01:22:27	01:13:40	01:07:18	07:23:13	82	W50
2120	Wedekaemper	Maike	MTV Wittmund	01:17:51	01:19:51	01:07:19	01:22:55	01:08:45	01:07:27	07:24:04	83	W50
2123	Tertilt	Susanne	Dörschnecker	01:18:35	01:17:35	01:07:40	01:22:04	01:11:37	01:07:14	07:24:41	84	W50
2124	Schild	Corinna	Freunde der kleinen Allee	01:18:54	01:18:59	01:06:42	01:23:20	01:10:40	01:06:25	07:24:58	85	W50
2126	de Boer	Hannelore	Klinikum Leer	01:17:41	01:16:53	01:07:43	01:24:25	01:11:43	01:07:36	07:25:59	86	W50
2138	Südhoff	Roswitha	Ostfriesische Volksbank eG Lee	01:16:10	01:18:33	01:05:44	01:24:54	01:12:57	01:09:59	07:28:13	87	W50
2139	Meinen	Jutta	Hof Meinen	01:18:20	01:19:23	01:07:28	01:25:51	01:11:14	01:06:11	07:28:23	88	W50
2152	Onneken	Beate	Onnekens Einfallsreich	01:21:16	01:19:08	01:09:56	01:23:50	01:10:12	01:07:43	07:32:01	89	W50
2164	Otten	Karin	RC Jever-Jeverland	01:19:47	01:19:18	01:08:02	01:26:21	01:13:10	01:08:53	07:35:28	90	W50
2185	Nanninga	Heidemarie	nannifam/LT TuS Aurich-Ost	01:18:49	01:22:03	01:11:39	01:26:24	01:13:02	01:09:40	07:41:34	91	W50
2189	Heyenga	Petra	Die Laufschnecken	01:22:33	01:21:08	01:11:57	01:25:55	01:11:51	01:09:02	07:42:22	92	W50

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-												
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
2193	Honczek	Margret	Westerende-Kirchloog/Apothe	01:21:59	01:20:42	01:10:34	01:25:16	01:13:19	01:12:28	07:44:15	93	W50
2202	Ross	Ursula	Perspektive ein-fachliches-Zuh	01:21:13	01:23:02	01:11:02	01:28:30	01:13:27	01:10:17	07:47:28	94	W50
2221	Körber	Kristin		01:21:18	01:22:50	01:13:26	01:29:44	01:14:17	01:11:44	07:53:17	95	W50
2235	Dietzel	Britta	Stadt Emden	01:24:47	01:25:40	01:13:28	01:29:17	01:13:59	01:12:28	07:59:36	96	W50
2240	Becker	Heike	Eben-Eser Moormerland	01:22:31	01:25:47	01:12:41	01:32:18	01:16:47	01:11:43	08:01:43	97	W50
2257	Schmidt	Marita	Selbstläufer	01:32:36	01:29:50	01:17:14	01:37:07	01:10:25	01:04:02	08:11:11	98	W50
2289	Hinrichs	Kerstin	LT TuS Aurich-Ost	01:36:51	01:38:27	01:25:14	01:44:51	01:26:47	01:26:24	09:18:32	99	W50
560	Pilney	Bettina	LT SV Ems Jemgum	00:54:22	00:55:39	00:49:09	00:59:03	00:49:43	00:48:54	05:16:46	1	W55
912	Griesbacch	Anke	TV Norden	01:01:45	00:59:15	00:51:46	01:04:14	00:52:15	00:51:27	05:40:38	2	W55
1154	Heeren	Anke	Einzelläuferin	01:04:01	01:03:09	00:53:27	01:05:52	00:56:21	00:54:11	05:56:57	3	W55
1219	Boelsen	Amke	Oberschule Weener	01:05:34	01:03:57	00:54:42	01:06:14	00:56:33	00:54:43	06:01:39	4	W55
1270	Schmidt	Dorothee	LSF Oldenburg	01:04:27	01:03:23	00:54:37	01:09:18	00:57:34	00:55:40	06:04:55	5	W55
1312	Schwarte	Walburga	LT TuRa 07 Westrhauderfehn	01:04:23	01:03:45	00:54:21	01:08:04	01:01:25	00:55:28	06:07:24	6	W55
1338	Goos	Doris	Emder LG	01:01:54	01:04:23	00:55:42	01:12:37	00:59:05	00:55:25	06:09:03	7	W55
1427	Schrader	Anke	Pestalozzischule Weener	01:09:01	01:07:09	00:56:06	01:10:01	00:57:07	00:55:51	06:15:12	8	W55
1432	Stark	Regina	LG TV Bunde	01:08:41	01:06:18	00:56:08	01:09:44	00:59:13	00:55:39	06:15:40	9	W55
1450	Bruns	Rita		01:06:08	01:07:02	00:56:58	01:09:54	01:00:02	00:57:05	06:17:05	10	W55
1459	Reil	Karin	SV Gotano	01:13:16	01:05:54	00:56:07	01:08:19	00:57:13	00:56:47	06:17:33	11	W55
1462	Mager	Hilke	BSG Volksbank Jever	01:05:58	01:06:57	00:56:46	01:09:52	01:00:19	00:57:51	06:17:39	12	W55
1517	Instinske	Christa	SV Ofenerdiek	01:06:45	01:06:46	00:57:34	01:11:49	01:00:41	00:58:33	06:22:05	13	W55
1527	Lüür	Fenny	Reha Zentrum Oldenburg	01:07:43	01:14:11	00:55:08	01:09:25	00:59:37	00:56:26	06:22:26	14	W55
1563	Bruns	Edda	LT TuS Holtriem	01:07:58	01:07:22	00:58:11	01:12:47	01:01:11	00:57:50	06:25:16	15	W55
1579	Alferink	Claudia	LT TuRa 07 Westrhauderfehn	01:09:21	01:09:59	00:59:53	01:11:11	00:58:45	00:57:14	06:26:20	16	W55
1604	Wunder	Ivanka	Stadt Aurich	01:09:42	01:08:00	00:58:31	01:13:07	01:00:57	00:58:41	06:28:54	17	W55
1620	Roßkamp	Sylke	Ossilooopers Augustfehn	01:10:22	01:09:48	00:58:55	01:12:12	01:00:23	00:58:45	06:30:21	18	W55
1664	Fauerbach	Thea	SV Ochtersum	01:09:26	01:08:46	00:59:54	01:12:05	01:02:24	01:00:42	06:33:12	19	W55
1734	Kitlas-Dieling	Martha	LGO/Kanaal Loopers	01:11:26	01:11:26	01:00:38	01:13:38	01:02:11	01:01:19	06:40:35	20	W55
1735	Ditzfeld	Karin	LT TuS Aurich-Ost	01:37:09	01:03:44	00:56:08	01:08:56	00:58:38	00:56:15	06:40:45	21	W55
1744	Harms	Voline	Kaufhaus Behrends Wiesmoor	01:14:29	01:10:56	01:00:24	01:13:25	01:02:06	01:00:04	06:41:22	22	W55
1754	Marks	Andrea	Fortuna Logabirum	01:12:29	01:13:43	01:03:03	01:12:09	01:02:50	00:58:44	06:42:55	23	W55
1763	Janke-Neeland	Susanne	Zahnheimat Esens	01:11:22	01:12:34	01:01:45	01:15:39	01:01:02	01:00:58	06:43:17	24	W55
1794	Brink	Erika	Stadtwerke Leer Loopers	01:12:41	01:11:50	01:01:30	01:15:59	01:03:56	00:59:48	06:45:40	25	W55
1802	Schlingmann	Anke	Briese Schifffahrt	01:10:52	01:10:51	01:01:46	01:16:12	01:02:40	01:03:47	06:46:05	26	W55
1804	Claaßen	Christa	WfbM Aurich-Wittmund	01:12:00	01:12:39	01:01:18	01:16:04	01:03:25	01:00:51	06:46:14	27	W55
1817	Soring	Elisabeth	AGRAVIS Ems-Jade GmbH	01:12:17	01:11:00	01:01:50	01:16:31	01:04:31	01:01:30	06:47:36	28	W55
1822	Stevens	Kerstin	Emder LG	01:09:34	01:10:27	01:01:19	01:17:10	01:06:14	01:03:13	06:47:53	29	W55
1825	Uecker	Britta	Schüt-Duis / LT TuS Aurich-Ost	01:11:21	01:10:42	01:01:45	01:15:16	01:04:09	01:04:53	06:48:02	30	W55
1835	Witte	Marlies	LT Spass mit Sport	01:12:22	01:11:08	01:02:02	01:15:23	01:05:29	01:02:18	06:48:39	31	W55
1840	Schmidt	Lydia	SV Holtland	01:12:17	01:11:02	01:00:30	01:17:40	01:04:55	01:02:34	06:48:55	32	W55
1849	Dirks	Anne	TG Wiesmoor	01:14:29	01:10:57	01:02:02	01:16:22	01:04:14	01:02:12	06:50:13	33	W55
1881	Knauß	Ulrike	Eben-Eser Moormerland	01:15:56	01:14:01	01:05:25	01:17:01	01:01:40	00:58:35	06:52:36	34	W55
1912	Behrends	Anne	Idafehn	01:12:47	01:13:29	01:02:16	01:17:28	01:06:15	01:03:24	06:55:35	35	W55
1965	Grohn	Elke	Kaufhaus Behrends Wiesmoor	01:12:59	01:12:17	01:04:16	01:18:50	01:07:45	01:05:24	07:01:29	36	W55
2006	Uhe	Brigitte	Upstalsboomer	01:17:58	01:15:04	01:04:54	01:17:49	01:07:01	01:04:06	07:06:48	37	W55
2070	kompaan	Insa	es läuft rund ... und auch mal a	01:16:35	01:17:22	01:06:53	01:21:46	01:07:51	01:05:33	07:15:56	38	W55
2093	Mayer	Marlene	SV Ochtersum	01:19:16	01:19:57	01:05:16	01:19:29	01:10:51	01:03:32	07:18:18	39	W55
2098	Winter	Erika	Selbstläufer	01:17:49	01:17:41	01:07:26	01:21:57	01:07:37	01:07:07	07:19:34	40	W55
2101	Böge-Vogt	Kerstin	Fitness im Feedback	01:17:40	01:18:17	01:06:54	01:22:25	01:08:52	01:06:04	07:20:09	41	W55
2104	Eden	Karin	TV Norden	01:15:55	01:16:04	01:05:49	01:22:11	01:13:35	01:07:52	07:21:23	42	W55
2125	Cramer	Gesine		01:16:19	01:15:51	01:08:18	01:24:24	01:11:40	01:09:04	07:25:32	43	W55
2140	Warneke	Sigrid	Lauftreff Dreierbergen	01:18:40	01:21:32	01:07:39	01:23:12	01:10:29	01:06:55	07:28:24	44	W55
2150	Jansen	Sabina	Kurt sien Trupp	01:19:26	01:20:23	01:08:03	01:24:04	01:11:03	01:08:38	07:31:33	45	W55
2154	Kruse	Karin	Team Möbel Buss	01:19:34	01:20:08	01:09:24	01:22:59	01:12:10	01:08:27	07:32:39	46	W55
2158	Tauer	Irmir	Aurich	01:21:41	01:20:43	01:07:40	01:24:38	01:11:51	01:08:17	07:34:46	47	W55
2170	Eilers	Christa	Silomons Stramme Waden	01:21:48	01:20:26	01:08:38	01:24:06	01:13:00	01:10:05	07:37:59	48	W55
2210	Janßen	Elke	TuS Horsten-Etzel e.V	01:22:39	01:23:22	01:11:46	01:26:14	01:14:13	01:12:11	07:50:23	49	W55
2225	Schürmann	Ulrike	Klinikum Emden	01:23:49	01:24:39	01:11:32	01:28:05	01:15:22	01:11:30	07:54:54	50	W55
2238	Dänekas	Gabi	LG Uplengen	01:24:29	01:26:47	01:14:12	01:30:26	01:13:15	01:11:24	08:00:31	51	W55
2249	Ismani	Ricarda	Borromäus Hospital Leer	01:27:50	01:23:39	01:11:48	01:33:19	01:17:06	01:12:09	08:05:49	52	W55
2270	Pollmann	Fenna	SV Stern Schwerinsdorf	01:26:10	01:31:40	01:16:15	01:35:59	01:21:01	01:17:00	08:28:01	53	W55

# 37. Ostfrieslandlauf 2018

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK.
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km		
528	Grunenberg	Anja	LT TuS Aurich-Ost	00:54:44	00:54:57	00:47:50	00:59:28	00:49:08	00:48:28	05:14:31	1	W60
665	Keiser	Heidrun	LG Uplengen	00:56:29	00:57:16	00:49:59	01:00:19	00:50:39	00:48:58	05:23:37	2	W60
1017	Tunder	Alma	SC-Wiesens	01:00:25	01:01:18	00:53:48	01:04:47	00:53:56	00:53:07	05:47:18	3	W60
1078	Heien	Elisabeth	LT Schafhauser Wald	01:02:54	01:02:09	00:53:24	01:04:35	00:54:33	00:53:21	05:50:53	4	W60
1116	Schulz	Evelyn	Sparkasse Emden	01:01:01	01:02:26	00:53:17	01:07:03	00:56:49	00:52:52	05:53:24	5	W60
1221	Wachtendorf	Insa	INUIT	01:03:10	01:03:37	00:55:01	01:06:39	00:57:17	00:56:15	06:01:56	6	W60
1222	Schoone	Petra	LG Großefehn	01:07:40	01:03:11	00:54:25	01:06:44	00:55:49	00:54:12	06:01:58	7	W60
1333	Poguntke	Heide	TV Norden	01:04:49	01:04:43	00:56:38	01:08:35	00:57:12	00:56:56	06:08:50	8	W60
1497	Meyer	Antje	LG Uplengen	01:05:27	01:08:05	00:58:34	01:10:50	01:00:03	00:57:25	06:20:20	9	W60
1536	Weber	Birgit	Emder Zeitung	01:05:45	01:07:11	00:58:09	01:11:59	01:01:10	00:58:53	06:23:03	10	W60
1601	Quarg	Karin	BSG Volksbank Jever	01:08:13	01:09:26	00:58:50	01:12:16	01:00:45	00:59:17	06:28:44	11	W60
1621	Klaaßen	Roswitha	Krummhörner Ossiloopers	01:10:47	01:08:13	01:00:15	01:12:35	01:00:26	00:58:10	06:30:22	12	W60
1716	van Hoorn	Anne	TV Norden	01:10:09	01:09:35	00:59:23	01:15:10	01:02:18	01:02:30	06:39:01	13	W60
1781	Eisenhauer	Annelene	LT Schafhauser Wald	01:11:00	01:09:06	01:01:19	01:15:42	01:04:43	01:02:16	06:44:02	14	W60
1823	Severiens	Henni	Fortuna Logabirum	01:10:55	01:11:15	01:02:16	01:15:31	01:05:10	01:02:53	06:47:57	15	W60
1836	Petersen	Marieanne	LT Spass mit Sport	01:12:22	01:11:09	01:02:02	01:15:22	01:05:29	01:02:21	06:48:42	16	W60
1919	Tammen	Berendine	BSA Nord OHG	01:13:45	01:13:12	01:03:07	01:17:21	01:05:15	01:03:20	06:55:58	17	W60
1930	Friedrich	Corrinna	Silomons Stramme Waden	01:11:39	01:13:06	01:02:32	01:19:17	01:06:11	01:05:00	06:57:42	18	W60
1973	Terviel	Bärbel	LG Uplengen	01:14:01	01:12:50	01:04:21	01:18:59	01:07:13	01:05:10	07:02:31	19	W60
2069	Ahrendt	Astrid	LG Wilhelmshaven	01:16:11	01:16:26	01:05:49	01:19:58	01:10:49	01:06:32	07:15:41	20	W60
2083	Braams	Herma	Lauftreff Schafhauser Wald	01:17:22	01:17:25	01:05:12	01:22:46	01:08:21	01:06:02	07:17:04	21	W60
2128	Olbrich	Birgit	Leinerstift e.V.	01:18:30	01:16:48	01:08:20	01:23:03	01:12:19	01:07:27	07:26:24	22	W60
2167	Ulfers-Brandt	Doris	Stadt Leer	01:20:19	01:20:46	01:10:10	01:24:06	01:12:13	01:08:56	07:36:26	23	W60
2242	van Scharrel	Heidy	VfB Uplengen	01:24:51	01:26:48	01:14:26	01:30:38	01:13:43	01:11:53	08:02:15	24	W60
1675	Memmen	Gisela	TV Norden	01:07:34	01:08:51	00:59:27	01:14:14	01:03:24	01:00:51	06:34:17	1	W65
1736	Les	Hanne	MTV Aurich	01:13:12	01:10:18	01:00:21	01:13:16	01:02:44	01:01:03	06:40:50	2	W65
1758	Theiß	Siegrid		01:11:13	01:11:00	01:01:47	01:15:12	01:02:48	01:01:08	06:43:05	3	W65
1784	Ens	Renate	LT TuS Aurich-Ost	01:11:15	01:10:43	01:01:34	01:15:16	01:03:48	01:01:55	06:44:27	4	W65
1898	Klinkenberg	Margit	TV Norden	01:13:10	01:12:28	01:03:18	01:17:10	01:04:36	01:03:26	06:54:04	5	W65
1910	Gruben	Geda	SV Potshausen LT Tura 07	01:11:17	01:12:55	01:04:15	01:17:01	01:05:17	01:04:37	06:55:20	6	W65
1946	Boden	Helga	Wi sünd Holtriem	01:12:35	01:12:00	01:03:59	01:19:17	01:06:47	01:04:47	06:59:21	7	W65
1967	Buß	Edda	Krummhörner Ossiloopers	01:16:00	01:14:15	01:03:50	01:18:34	01:05:04	01:03:52	07:01:31	8	W65
2161	Immega	Hannelore	Haustierpark Werdum	01:19:54	01:19:47	01:08:13	01:24:39	01:12:00	01:10:46	07:35:16	9	W65
2172	Thiele	Helmi Maria	TV Marienhafe	01:19:51	01:20:24	01:09:13	01:27:52	01:12:04	01:09:20	07:38:40	10	W65
2197	Schröder	Doratheia	Ich laufe für Frieden	01:23:51	01:22:34	01:10:28	01:26:34	01:12:04	01:10:26	07:45:53	11	W65
2258	Niemeyer	Hildegard	Upstalsboomer	01:22:34	01:26:14	01:14:00	01:33:04	01:20:11	01:15:38	08:11:36	12	W65
1316	Steinke	Hilde	SV Concordia Neermoor	01:02:38	01:05:40	00:56:48	01:08:47	00:56:01	00:57:43	06:07:35	1	W70
2046	Poetzsch	Virginia	Lauftreff Ostfriesland Mitte	01:17:24	01:16:53	01:04:56	01:20:46	01:04:54	01:06:48	07:11:38	2	W70
2279	Janssen	Bärbel	TV Norden	01:31:51	01:32:40	01:18:27	01:34:01	01:19:51	01:17:18	08:34:05	1	W80