

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
2	Wiltfang	Johannes	Windhunde	00:38:24	00:38:32	00:33:35	00:40:47	00:33:49	00:33:43	03:38:46	1	MH	6
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
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	6
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	6
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	6
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	6
8	Gräfedüinkel	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	6
9	Fleißner	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	6
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	6
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	6
12	Tattje	Sven	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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
21	Hanken	Dirk	Nordgeorgsfehn	00:42:58	00:44:04	00:38:14	00:45:57	00:38:36	00:38:23	04:08:10	3	MH	6
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	6
23	Sluiter	Ralf	Emden	00:52:52	00:51:58	00:44:34	00:55:05	01:03:23	00:45:22	04:09:48	5	M40	6
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	6
25	Resch	Christian	Oldenburg e.V. \Die	00:42:56	00:44:52	00:37:57	00:47:00	00:38:51	00:38:23	04:09:56	3	M35	6
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	6
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	6
28	Menssen	Jörg	Wittmund	00:43:18	00:44:14	00:38:34	00:47:00	00:39:40	00:39:10	04:11:53	5	M35	6
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	6
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	6
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	6
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	6
33	Eickholt	Matthias	Loppersum	00:43:17	00:44:37	00:39:04	00:47:17	00:39:33	00:39:49	04:13:33	9	M30	6
34	Agena	Lukas	SP201	00:44:21	00:44:39	00:39:04	00:46:45	00:40:22	00:39:23	04:14:30	4	MU20	6
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	6
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	6
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	6
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	6
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	6
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	6
41	Böden	Timo	Seefahrt	00:45:43	00:45:35	00:39:26	00:48:31	00:40:26	00:38:56	04:18:33	7	MH	6
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	6
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	6
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	6
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	6
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	6
47	Steffens	Laura	Oldenburg	00:45:07	00:45:45	00:39:44	00:48:58	00:40:32	00:39:59	04:20:01	1	WH	6
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	6
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	6
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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
53	Schawe	Ronny	Upjever	00:44:53	00:45:58	00:40:29	00:50:25	00:40:46	00:39:56	04:22:24	12	M30	6
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	6
55	Schoonhofen	Edgar	Wittmund	00:45:12	00:46:26	00:41:41	00:48:43	00:40:33	00:40:01	04:22:31	4	M45	6
56	Voigt	Thies	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	6
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	6
58	van Geuns	Lothar	Westrhauderfehn	00:45:33	00:45:48	00:40:51	00:48:51	00:41:16	00:40:47	04:23:03	6	M45	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
66	Rüster	Moritz	Seefahrt	00:46:07	00:46:44	00:40:01	00:51:03	00:41:07	00:39:56	04:24:55	9	MH	6
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	6
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	6
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	6
70	Liebetrau	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	6
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	6
72	Sebastian	Wolfgang	Männers	00:45:36	00:46:45	00:40:49	00:49:52	00:41:46	00:41:24	04:26:08	9	M45	6
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	6
74	Kasten	Tammo	Suurhusen	00:46:40	00:46:38	00:41:32	00:49:42	00:42:19	00:40:36	04:27:24	16	M30	6
75	Janßen	Benjamin	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	6
76	Schulte	Tobi	Ossiloooper_2018	00:47:06	00:46:45	00:40:53	00:49:12	00:42:39	00:41:03	04:27:35	11	M40	6
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	6
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	6
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	6
80	Janßen	Stephan	Uplengen /	00:46:18	00:48:03	00:41:41	00:49:59	00:41:59	00:40:56	04:28:53	11	M45	6
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	6
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	6
83	Engels	Renko	Holterfehn	00:48:14	00:49:28	00:40:12	00:49:44	00:40:29	00:41:09	04:29:12	15	MU20	6
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	6
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	6
86	Herzfeld	Sven	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	6
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	6
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	6
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	6
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	6
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	6
92	Nafzger	Malte	Seefahrt	00:48:46	00:48:38	00:41:25	00:51:25	00:41:01	00:39:23	04:30:34	11	MH	6
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	6
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	6
95	Schäfer	Marco Julian	TRAUCO	00:45:49	00:47:34	00:42:12	00:50:39	00:43:07	00:41:52	04:31:09	13	MH	6
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	6
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	6
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	6
99	Schepker	Lars	Gruppe	00:46:41	00:47:56	00:41:40	00:50:38	00:42:29	00:42:05	04:31:26	8	M35	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
103	Ostermoor	Frank	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	6
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	6
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	6
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	6
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	6
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	6
109	Langer	Timo	Carolinensiel	00:47:27	00:48:07	00:42:48	00:51:08	00:42:43	00:41:53	04:34:04	14	M45	6
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	6
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	6
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	6
113	Stürzl	Sebastian	Ost/Blödsinn,	00:47:15	00:48:10	00:41:44	00:51:54	00:43:02	00:42:27	04:34:29	23	M30	6
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	6
115	Janssen	Nils	Norden	00:49:03	00:47:45	00:41:35	00:50:52	00:43:40	00:42:06	04:34:58	14	MH	6
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	6
117	Hartema	Richard	Stapelmoor	00:47:02	00:47:48	00:41:52	00:51:45	00:43:33	00:43:06	04:35:03	10	M50	6
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	6
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	6
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	6
121	Boersma	Jan	Loppersum	00:47:28	00:48:24	00:42:33	00:52:22	00:42:45	00:42:35	04:36:04	12	M35	6
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	6
123	Smid	Joachim	GmbH	00:47:31	00:49:06	00:42:17	00:52:31	00:43:56	00:41:23	04:36:41	16	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
133	Gerdes	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	6
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	6
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	6
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	6
137	Block	Wilhelm	Aurich	00:47:36	00:49:18	00:43:16	00:52:36	00:43:28	00:42:56	04:39:07	17	M35	6
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	6
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	6
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	6
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	6
142	Groß	Sven	Wittmund	00:47:27	00:49:20	00:41:37	00:51:58	00:45:58	00:43:59	04:40:16	19	MH	6
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	6
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	6
145	Kohlert	Sören	SP201	00:49:09	00:50:21	01:21:53	00:54:33	01:03:14	00:45:16	04:41:10	18	M35	6
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	6
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	6
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	6
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	6
150	Ibeling	Fred	Ostfriesland/Team	00:49:52	00:50:17	00:42:45	00:53:46	00:43:20	00:41:51	04:41:46	13	M50	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
151	Jöbges	Maximilian	Westermoor	00:50:49	00:50:38	00:43:10	00:50:47	00:43:47	00:42:39	04:41:47	22	MU20	6
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	6
153	Wieferig	Jörg	Logistik	00:50:06	00:50:41	00:42:53	00:51:54	00:43:39	00:42:51	04:42:00	20	M45	6
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	6
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	6
156	Nghiem	Min Duc	Wittmund	00:51:38	00:51:40	00:41:58	00:51:22	00:44:16	00:41:23	04:42:14	24	MH	6
157	Claassen	Marco	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	6
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	6
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	6
160	Boekhoff	Rudi	Shipmanagement	00:51:19	00:50:58	00:43:05	00:53:13	00:42:26	00:42:01	04:42:58	20	M40	6
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	6
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	6
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	6
164	Uphoff	Insa	Upjever	00:49:08	00:49:48	00:43:11	00:53:20	00:44:56	00:43:58	04:44:18	1	W30	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
172	Jürgens	Carsten	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	6
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	6
174	markgraf	Jan	Carolinensiel	00:47:27	00:50:56	00:43:24	00:54:40	00:43:20	00:46:00	04:45:43	30	M30	6
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	6
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	6
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	6
178	Emken	Nico	Gruppe	00:51:39	00:50:34	00:43:21	00:52:42	00:44:43	00:43:11	04:46:05	26	MH	6
179	Gerdes	Helmut	Upjever	00:49:33	00:49:59	00:44:27	00:53:51	00:44:30	00:43:58	04:46:15	25	M45	6
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	6
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	6
182	Willms	Wilko	Wittmund	00:49:41	00:50:46	00:43:24	00:52:46	00:44:58	00:44:57	04:46:29	28	M45	6
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	6
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	6
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	6
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	6
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	6
188	Meister	Uwe	Loopers	00:50:50	00:50:08	00:44:23	00:53:35	00:44:03	00:43:56	04:46:52	21	M35	6
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	6
190	Ufkes	Thilo	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	6
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	6
192	Lübbbers	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	6
193	Graf	Melanie	Neuharlingensiel	00:50:43	00:50:55	00:44:05	00:53:18	00:44:31	00:43:43	04:47:11	3	W35	6
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	6
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	6
196	Byl	Jens	Sportpferde	00:49:59	00:51:27	00:43:21	00:53:03	00:46:20	00:43:33	04:47:40	32	M30	6
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	6
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	6
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	6
200	Zemke	Lennart	Jever	00:52:32	00:51:41	00:43:39	00:52:53	00:45:09	00:42:11	04:48:01	28	MH	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
203	Puse	Gerd	LeerWittmund	00:50:34	00:45:32	00:45:53	00:54:33	00:46:19	00:45:47	04:48:35	8	M55	6
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	6
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	6
206	Balzen	Andree	Moordorf	00:50:33	00:51:24	00:43:47	00:53:46	00:45:24	00:44:14	04:49:04	23	M35	6
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	6
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	6
209	Schüür	Hauke	Heeren GmbH	00:52:38	00:51:40	00:44:29	00:53:36	00:44:18	00:43:10	04:49:48	34	M30	6
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	6
211	Wilken	Kai	GmbH	00:51:28	00:51:04	00:44:32	00:53:37	00:45:21	00:44:00	04:49:59	29	MH	6
212	Meyer	Tobias	FC SO 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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
220	Renken	Thomas	Waldläufer	00:49:46	00:50:32	00:44:12	00:54:05	00:46:14	00:46:04	04:50:50	25	M40	6
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	6
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	6
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	6
224	Vehndel	Jonas	Volksbank eG	00:43:50	00:44:52	00:38:07	00:52:03	01:12:29	00:40:02	04:51:20	28	MU20	6
225	Reeßing	Sven	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	6
226	Konschak	Luca	SP201	00:50:59	00:50:51	00:44:06	00:55:13	00:45:20	00:45:05	04:51:30	29	MU20	6
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	6
228	Köhler	Thomas	Remels	00:50:37	00:51:01	00:44:30	00:54:33	00:45:53	00:45:09	04:51:41	25	M35	6
229	Kramer	Volker	Club New Jersey	00:51:23	00:51:58	00:45:04	00:54:25	00:45:04	00:43:53	04:51:42	32	M45	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
238	Gass	Wladimir	Heeren GmbH	00:52:36	00:52:13	00:44:29	00:54:21	00:44:49	00:43:58	04:52:21	27	M35	6
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	6
240	Hoppen	André	Steuerberatungsge	00:50:37	00:50:42	00:44:51	00:55:10	00:45:56	00:45:12	04:52:24	36	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
247	Müller	Thorsten	Aurich / Herzkinder	00:51:26	00:51:21	00:44:59	00:54:47	00:46:21	00:44:40	04:53:30	33	M45	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
255	Pfirmann	Alexander	TRIMMER	00:52:58	00:51:46	00:44:07	00:55:32	00:45:30	00:44:14	04:54:03	26	M50	6
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	6
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	6
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	6
259	Hillerns	Jan	Carolinensiel	00:51:14	00:51:45	00:44:58	00:54:49	00:46:35	00:45:22	04:54:38	28	M40	6
260	Möhlmann	Timo	Moormerland	00:50:11	00:52:41	00:46:11	00:53:59	00:45:55	00:45:44	04:54:39	38	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
269	Hicken	Siebo	ENERGIETEC	00:51:58	00:51:53	00:45:26	00:54:49	00:46:27	00:45:05	04:55:34	29	M50	6
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	6
271	Redenius	Folkert	Westrhauderfehn	00:51:40	00:51:29	00:44:54	00:54:54	00:46:35	00:46:15	04:55:43	7	M60	6
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	6
273	Lübbbers	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	6
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	6
275	Wilken	Günther	Wittmund	00:51:31	00:52:45	00:45:46	00:54:45	00:45:59	00:45:34	04:56:16	30	M50	6
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	6
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	6
278	Harms	Eike	Gruppe	00:52:06	00:51:54	00:46:05	00:54:56	00:46:16	00:45:10	04:56:24	41	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
286	Diecks	Finn	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	6
287	Janßen	Jens-Marco	Immobilien	00:50:33	00:51:52	00:45:08	00:55:23	00:49:19	00:44:44	04:56:57	30	M40	6
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	6
289	Bruns	Rainer	Volksbank eG	00:53:10	00:53:03	00:44:51	00:54:43	00:46:33	00:44:42	04:57:00	31	M40	6
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	6
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	6
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	6
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	6
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	6
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	6
296	Holzenkämpfer	Heiko	Töben + Partner	00:52:03	00:53:12	00:45:07	00:56:31	00:45:42	00:45:08	04:57:39	45	M30	6
297	Meyer	Jörg	Upjever	00:51:29	00:52:36	00:45:34	00:55:48	00:46:43	00:45:39	04:57:45	14	M55	6
298	Bloem	Dennis	KS Gleitlager	00:55:18	00:54:07	00:44:45	00:53:46	00:45:42	00:44:16	04:57:51	46	M30	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
302	Klüver	Dennis	GmbH	00:53:01	00:52:42	00:46:38	00:55:16	00:46:27	00:44:07	04:58:07	47	M30	6
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	6
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	6
305	Tjaden	Dieter	Gruppe	00:54:01	00:52:59	00:45:32	00:53:58	00:46:53	00:44:54	04:58:14	38	M45	6
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	6
307	Hennings	Jens	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	6
308	Gerdes	Joachim	Volksbank eG	00:50:38	00:52:09	00:46:00	00:56:20	00:47:00	00:46:18	04:58:22	33	M35	6
309	Cammenga	Tammo	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	6
310	Riedlewski	Thomas	Upjever	00:52:40	00:52:07	00:46:52	00:55:07	00:45:47	00:46:00	04:58:30	34	M35	6
311	Schild	Jesse	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	6
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	6
313	Schulte	Holger	Filsum	00:52:20	00:52:43	00:45:45	00:55:41	00:47:05	00:45:33	04:59:03	35	M40	6
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	6
315	Engels	Jarno	Holterfehn	00:52:41	00:53:56	00:45:31	00:55:53	00:46:39	00:44:31	04:59:06	42	MU20	6
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	6
317	Bents	Paul	Loppersum	00:50:32	00:53:47	00:45:08	00:57:25	00:47:23	00:45:02	04:59:14	43	MU20	6
318	Nannen	Thilo	Uplengen /	00:50:08	00:52:48	00:46:43	00:58:07	00:45:52	00:45:45	04:59:19	47	MH	6
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	6
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	6
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	6
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	6
323	Bauerochse	Lutz	Friesenhof	00:51:18	00:53:00	00:46:48	00:56:28	00:46:32	00:45:39	04:59:41	48	MH	6
324	Schuirmann	Gerrit	SV Dornum	00:52:09	00:52:18	00:44:41	00:56:44	00:47:34	00:46:21	04:59:44	48	M30	6
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	6
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	6
327	Urban	Karsten	Upjever	00:51:33	00:52:37	00:45:32	00:56:59	00:47:07	00:46:07	04:59:52	39	M45	6
328	Dannholz	Hauke	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	6
329	Rieken	Volker	Wald	00:52:57	00:52:58	00:45:27	00:55:35	00:46:59	00:46:06	04:59:58	37	M50	6
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	6
331	Spekker	Heiko	Vellage	00:54:07	00:53:34	00:46:05	00:55:08	00:46:30	00:44:56	05:00:17	40	M45	6
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	6
333	Nannen	Jelto	Uplengen /	00:53:34	00:52:36	00:46:18	00:56:03	00:46:03	00:45:57	05:00:27	50	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
341	Kobuch	Herma	Wald	00:52:02	00:53:12	00:45:56	00:55:41	00:48:07	00:46:15	05:01:10	1	W50	6
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	6
343	Hicken	Jannes	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	6
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	6
345	Hemken	Jan	Upjever	00:52:21	00:53:31	00:46:18	00:56:31	00:47:04	00:45:55	05:01:38	39	M50	6
346	Amft	Marcus	Upjever	00:52:21	00:53:30	00:46:19	00:56:31	00:47:05	00:45:55	05:01:38	43	M45	6
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	6
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	6
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	6
350	Meyerhoff	Lothar	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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
353	Kuil	Heyo jun.	Heeren GmbH	00:53:27	00:52:53	00:45:52	00:56:10	00:47:19	00:46:41	05:02:17	38	M35	6
354	Gosseling	Thomas	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	6
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	6
356	Fischbach	Andreas	Team ENERCON	00:52:08	00:52:23	00:45:52	00:56:14	00:46:49	00:49:08	05:02:32	49	M30	6
357	Busboom	Wilfried	Detern	00:53:15	00:55:43	00:49:25	00:56:42	00:43:57	00:43:40	05:02:40	45	M45	6
358	Müller	Maren	OstFriesland	00:53:07	00:52:59	00:46:24	00:56:20	00:47:48	00:46:10	05:02:44	3	W45	6
359	Meier	Heide	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	6
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	6
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	6
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	6
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	6
364	Günther	Alwin	Wald	00:52:00	00:53:13	00:45:55	00:56:23	00:49:00	00:46:23	05:02:51	46	M45	6
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	6
366	Cramer	Frank	Großfehn	00:53:26	00:53:32	00:46:05	00:56:58	00:47:25	00:45:37	05:03:00	40	M40	6
367	Müller	Frank	Norden	00:53:48	00:53:17	00:46:10	00:57:00	00:47:33	00:45:24	05:03:10	47	M45	6
368	de Vries	Oliver	Team ENERCON	00:52:29	00:53:12	00:46:52	00:55:32	00:47:54	00:47:16	05:03:11	50	M30	6
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	6
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	6
371	Paul	Juri	Baptisten Firrel	00:52:56	00:53:43	00:47:00	00:56:10	00:47:31	00:46:16	05:03:32	51	M30	6
372	Taddigs	Sarina	Wald	00:53:49	00:54:11	00:45:43	00:57:25	00:46:38	00:45:52	05:03:35	4	WH	6
373	Wattjes	Mathias	KBV Upschört	00:51:09	00:52:18	00:47:38	00:57:16	00:47:23	00:47:56	05:03:38	52	M30	6
374	Sielmann	Andy	Feedback	00:52:26	00:54:11	00:47:32	00:56:51	00:46:45	00:45:59	05:03:40	48	M45	6
375	Janssen	Lotte	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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
385	Reinken	Udo	Norden	00:54:18	00:53:44	00:46:41	00:56:59	00:47:33	00:45:05	05:04:17	41	M35	6
386	Bunjes	Axel	Westrhauderfehn	00:53:31	00:54:04	00:47:06	00:56:31	00:46:48	00:46:28	05:04:24	21	M55	6
387	Rogga	Daja	Aurich	00:54:30	00:54:10	00:46:06	00:56:20	00:47:38	00:45:46	05:04:26	5	W35	6
388	Götz	Jonas	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	6
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	6
390	Rabenstein	Janna	Niedersachsen	00:52:02	00:53:06	00:46:35	00:57:44	00:48:14	00:46:55	05:04:32	5	WH	6
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	6
392	Schiffer	Dominik	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	6
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	6
394	Pollmann	Heino	Roadrunner	00:53:38	00:55:08	00:46:29	00:56:45	00:47:04	00:45:50	05:04:50	53	M30	6
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	6
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	6
397	Rohlfs	Janto	Abken Bau Utarp	00:52:52	00:52:34	00:45:50	00:58:06	00:48:52	00:46:52	05:05:04	57	MU20	6
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	6
399	Edzards	Keno	Seefahrt	00:51:58	00:54:05	00:46:36	00:57:35	00:48:53	00:46:13	05:05:17	56	MH	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
401	Schmid	Kilian	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	6
402	Boekhoff-Uphoff	Holger	Logistik	00:53:08	00:54:37	00:46:47	00:56:08	00:48:43	00:46:07	05:05:28	44	M40	6
403	Müller	Lupus	Moormerland	01:01:01	00:59:35	00:48:20	00:53:21	00:42:29	00:40:57	05:05:39	42	M35	6
404	Walter	Mathis	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	6
405	Sachse	Patrick	Moormerland	00:53:08	00:54:12	00:46:33	00:58:16	00:47:21	00:46:17	05:05:44	57	MH	6
406	Gross	Peter	ab!\\""	00:52:37	00:53:57	00:46:48	00:57:44	00:47:47	00:46:57	05:05:45	44	M50	6
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	6
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	6
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	6
410	Grimm	Nils	Team ENERCON	00:55:19	00:53:43	00:46:47	00:56:50	00:47:12	00:46:22	05:06:10	54	M30	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
425	Krauledat	Silke	Eventdeko	00:55:46	00:53:52	00:47:08	00:57:20	00:47:05	00:46:26	05:07:33	5	W45	6
426	Libertus	Philemon	FC SO SII	00:55:37	00:55:19	00:47:35	00:57:23	00:45:32	00:46:16	05:07:38	61	MU20	6
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	6
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	6
429	Bruns	Karsten	Volksbank eG	00:53:31	00:55:05	00:46:48	00:56:47	00:47:52	00:48:06	05:08:05	44	M35	6
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	6
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	6
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	6
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	6
434	Steinhorst	Ralf	Männers	00:55:15	00:54:07	00:46:57	00:57:07	00:47:50	00:47:07	05:08:20	49	M40	6
435	Bruns	Jan-Uwe	Kekse essen	00:55:40	00:53:42	00:47:03	00:57:03	00:48:54	00:46:01	05:08:21	56	M45	6
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	6
437	Brunkenhövers	Tim	8d	00:55:18	00:53:49	00:46:31	00:57:00	00:48:43	00:47:20	05:08:38	62	MU20	6
438	Ender	Imke	Wittmund	00:53:42	00:54:57	00:47:28	00:57:20	00:48:45	00:46:34	05:08:43	6	W40	6
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	6
440	Walter	Oliver	Upjever	00:53:51	00:54:13	00:47:04	00:58:01	00:47:48	00:48:03	05:08:57	57	M45	6
441	Pankratius	Kevin	FC SO	00:54:36	00:57:37	00:46:41	00:58:41	00:46:06	00:45:31	05:09:09	63	MU20	6
442	Hicken	Gert	Tinca	00:53:48	00:54:34	00:47:39	00:58:07	00:47:59	00:47:06	05:09:11	25	M55	6
443	Dickmann	Norbert	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	6
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	6
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	6
446	Meyer	Markus	üro der	01:06:43	00:56:12	00:45:09	00:53:41	00:44:41	00:43:00	05:09:23	46	M35	6
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	6
448	Tempel	Marion	Loppersum	00:53:42	00:54:19	00:47:25	00:57:49	00:48:57	00:47:17	05:09:26	6	W45	6
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	6
450	Günzel	Christina	GmbH	00:55:42	00:55:02	00:46:57	00:58:22	00:46:54	00:46:36	05:09:30	7	W45	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
451	Lümken	Matthias	ØR°RØ,	00:54:48	00:55:39	00:47:36	00:56:53	00:48:00	00:46:47	05:09:40	55	M30	6
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	6
453	Jetses	Larissa	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	6
454	Appeldorn	Thomas	Ostfriesland	00:54:33	00:54:42	00:48:14	00:57:21	00:47:38	00:47:23	05:09:49	58	M45	6
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	6
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	6
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	6
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	6
459	Grübner	Tim	Norden	00:54:05	00:53:43	00:47:23	00:57:42	00:49:03	00:48:15	05:10:07	51	M40	6
460	Fähmel	Björn	Männers	00:53:46	00:53:12	00:47:56	00:58:05	00:49:23	00:47:50	05:10:08	48	M35	6
461	Caspers	Tobias		01:10:35	00:55:27	00:46:35	00:51:34	00:44:25	00:41:42	05:10:14	56	M30	6
462	Kunst	Hauke	Westrhauderfehn	00:54:58	00:56:01	00:48:06	00:57:57	00:47:28	00:45:49	05:10:17	64	MH	6
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	6
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	6
465	Fitz	Florian	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	6
466	Huber	Torsten	Weihnachtsmützen	00:54:02	00:55:39	00:47:34	00:57:43	00:48:36	00:47:04	05:10:36	49	M35	6
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	6
468	Weerts	Holger	Wald	00:54:07	00:54:07	00:47:44	00:57:56	00:48:18	00:48:36	05:10:45	62	M45	6
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	6
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	6
471	Baum	Andreas	Baum	00:54:30	00:55:05	00:47:29	00:58:02	00:49:04	00:46:50	05:10:57	50	M35	6
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	6
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	6
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	6
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	6
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	6
477	Lühr	Torsten	TausendfußLeer	00:53:48	00:54:39	00:48:17	00:57:56	00:48:50	00:47:56	05:11:22	55	M50	6
478	Brendjes	Dominik	SP201	00:54:43	00:51:07	00:45:42	01:10:46	00:45:17	00:44:00	05:11:31	65	MU20	6
479	Hamacher	Henning	Aurich	00:53:11	00:55:17	00:48:02	00:57:47	00:49:58	00:47:25	05:11:35	54	M40	6
480	Feimann	Johannes	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	6
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	6
482	Ahlers	Sascha	Lauftreff	01:01:03	00:55:38	00:45:19	00:57:44	00:46:29	00:45:28	05:11:38	55	M40	6
483	Mischenko	Alexander	Emdion	00:57:08	00:56:30	00:47:14	00:57:51	00:46:17	00:46:43	05:11:40	57	M30	6
484	Schröder	Kristina	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	6
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	6
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	6
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	6
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	6
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	6
490	Smidt	Mike	Alkoholfrei	00:53:56	00:55:42	00:47:19	00:58:39	00:49:00	00:47:21	05:11:53	67	M45	6
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	6
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	6
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	6
494	Aggen	Edgar	Lammertsfehn	00:58:38	00:54:43	00:47:28	00:57:03	00:46:49	00:47:27	05:12:04	59	M50	6
495	Kramer	Marten	Männers	00:56:11	00:55:58	00:47:22	00:58:57	00:47:59	00:45:43	05:12:07	58	M30	6
496	Stecker	Melissa	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	6
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	6
498	Thai	Marvin	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	6
499	Götz	Thomas	Moorhusen	00:53:29	00:55:16	00:47:36	00:58:05	00:49:38	00:48:17	05:12:18	60	M50	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-											Pl.		
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
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	6
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	6
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	6
504	Lindner	Steffen	Wittmund	00:54:27	00:54:10	00:47:32	00:58:39	00:49:43	00:48:10	05:12:38	66	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
515	Hesberg	Tim	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	6
516	Gerdes	Arnim	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	6
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	6
518	Detmers	Derk	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	6
519	Boekhoff	Hermann	Bentstreek	00:54:40	00:54:59	00:48:24	00:58:26	00:49:03	00:48:30	05:13:59	28	M55	6
520	Pol	Jan	Westrhauderfehn	00:54:45	00:55:03	00:48:00	00:58:11	00:49:55	00:48:11	05:14:03	1	M75	6
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	6
522	Messer	Florian	Club New Jersey	00:57:45	00:55:25	00:47:14	00:58:22	00:47:50	00:47:33	05:14:06	76	M45	6
523	Pleis	Jannik	Roadrunner	00:57:03	00:55:22	00:49:01	00:57:33	00:48:17	00:46:54	05:14:07	67	MH	6
524	Berghaus	Jens	LT TuS Aurich-Ost	00:53:45	00:54:37	00:48:50	00:58:24	00:49:47	00:48:47	05:14:08	29	M55	6
525	Korte	Lukas	Emsland	00:54:09	00:55:47	00:47:49	00:58:06	00:49:46	00:48:36	05:14:08	63	M50	6
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	6
527	Keindorff	Philine	Loppersum	00:53:41	00:55:49	00:48:21	00:57:48	00:50:06	00:48:44	05:14:26	10	WH	6
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	6
529	Kohring	Nico	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	6
530	Kobuch	Theelke	Wald	00:54:13	00:55:49	00:46:59	00:58:39	00:49:30	00:49:41	05:14:47	11	WH	6
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	6
532	Engels	Franko	Holterfehn	00:55:03	00:55:51	00:48:33	00:58:38	00:48:23	00:48:28	05:14:53	77	M45	6
533	Post	Reinhard	Schwerinsdorf	00:54:37	00:56:24	00:48:31	00:58:37	00:49:32	00:47:18	05:14:56	30	M55	6
534	Schaper	Ulf	Team ENERCON	00:55:53	00:54:11	00:49:22	00:58:49	00:47:20	00:49:25	05:14:56	59	M30	6
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	6
536	Fleßner	Christian	Gruppe	00:53:30	00:54:40	00:49:14	01:00:11	00:49:39	00:47:52	05:15:02	68	MH	6
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	6
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	6
539	Dröst	Johann	VVaG	00:54:42	00:55:01	00:47:49	00:59:22	00:49:59	00:48:15	05:15:05	65	M50	6
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	6
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	6
542	Meinema	Alle-Jan	Freetiedloopers	00:55:05	00:56:22	00:48:12	00:59:42	00:48:35	00:47:34	05:15:27	31	M55	6
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	6
544	Janssen	Jannik	Wittmund	00:54:42	00:54:09	00:49:46	00:59:15	00:49:35	00:48:10	05:15:33	69	MH	6
545	Engels-Bakker	Janke	Holterfehn	00:55:23	00:55:35	00:48:29	00:58:37	00:49:03	00:48:31	05:15:36	8	W40	6
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	6
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	6
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	6
549	Heyken	Wessel	Hof Heyken	00:58:36	00:56:06	00:49:25	00:58:30	00:47:39	00:45:35	05:15:47	60	M30	6
550	Jensen	Joost	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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
551	Garthe	Peter	Moormerland	00:54:55	00:55:40	00:48:05	00:58:29	00:50:15	00:48:36	05:15:57	78	M45	6
552	Thoben	Martin	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	6
553	Janssen	Ingo	Willmsfeld	00:55:03	00:56:03	00:48:52	00:57:25	00:51:41	00:46:59	05:16:01	60	M40	6
554	Minor	Holger	mmer	00:56:44	00:55:21	00:47:31	00:58:46	00:49:22	00:48:34	05:16:15	80	M45	6
555	Münk	Michael	Bohlen & Doyen	00:58:00	00:56:10	00:47:36	00:58:20	00:47:18	00:49:01	05:16:22	61	M30	6
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	6
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	6
558	Schultz	Hendrik	Wittmund	00:54:59	00:55:55	00:48:37	00:59:12	00:49:03	00:48:59	05:16:41	61	M40	6
559	Ramaker	Birgit	Gesundheitskasse	00:55:41	00:55:23	00:48:08	00:59:01	00:49:51	00:48:45	05:16:43	9	W45	6
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	6
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	6
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	6
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	6
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	6
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	6
566	Geenen	Andre	Seefahrt	00:55:08	00:56:31	00:48:34	01:00:10	00:49:04	00:47:37	05:17:01	58	M35	6
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	6
568	Meinders	Jens	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	6
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	6
570	Lipperheide	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	6
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	6
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	6
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	6
574	Groß	Tim	Wittmund	00:54:58	00:55:57	00:47:49	00:58:28	00:50:46	00:49:46	05:17:41	70	MH	6
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	6
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	6
577	Riedel	Mirko	Klinge	00:53:40	00:55:19	00:47:47	01:00:45	00:51:40	00:48:43	05:17:50	63	M40	6
578	Kramer	Manfred	Werder Ossid	00:55:06	00:56:24	00:48:41	00:59:24	00:49:29	00:48:56	05:17:57	36	M55	6
579	Wilken	Gerhard	Carolinensiel /	00:57:39	00:54:15	00:47:27	01:02:42	00:48:41	00:47:21	05:18:02	82	M45	6
580	Tjardes	Ralf	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	6
581	Perdones	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	6
582	Heinrichsdorff	Ulf-Fabian	Shipmanagement	00:53:21	00:54:58	00:48:52	00:59:17	00:52:13	00:49:28	05:18:06	61	M35	6
583	Jelen	Karin	Stapelmoor	00:55:29	00:56:08	00:49:17	00:59:30	00:49:29	00:48:20	05:18:10	9	W40	6
584	Freund	Marc-Hendrik	Group	00:55:25	00:56:08	00:51:18	00:58:29	00:49:04	00:47:56	05:18:17	71	MH	6
585	Slappa	Pascal	FC SO	01:00:27	00:58:18	00:48:35	00:57:23	00:48:19	00:45:20	05:18:19	74	MU20	6
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	6
587	Elling	Insa	Schwerinsdorf	00:54:37	00:55:33	00:49:14	00:59:47	00:49:51	00:49:28	05:18:27	10	W40	6
588	Hallenga	Stefan	Tannenhausen	00:54:05	00:57:37	00:48:13	00:59:32	00:50:13	00:48:55	05:18:32	62	M30	6
589	Bohlen	Jens	Moorlage	00:56:04	00:55:16	00:47:59	00:59:49	00:50:20	00:49:11	05:18:35	85	M45	6
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	6
591	Redenius	Torsten	/Landkreis Aurich	00:54:47	00:56:25	00:49:07	00:59:22	00:50:32	00:48:27	05:18:37	86	M45	6
592	Harms	Niklas	Seefahrt	00:58:07	00:56:05	00:47:40	00:58:26	00:51:10	00:47:18	05:18:42	72	MH	6
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	6
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	6
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	6
596	Kisch	Annette	FC SO	00:53:40	00:55:38	00:48:21	01:00:15	00:51:18	00:49:44	05:18:52	2	W50	6
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	6
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	6
599	Feimann	Stefan	KS Gleitlager	00:55:33	00:55:24	00:48:13	00:58:32	00:49:29	00:52:04	05:19:12	63	M30	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
601	Schmidt	Sascha	Schmidt	00:57:25	00:56:02	00:49:05	00:58:59	00:49:17	00:48:40	05:19:24	64	M40	6
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	6
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	6
604	Hüncke	Maik	Volksbank eG	00:55:44	00:56:15	00:48:50	00:59:59	00:49:06	00:49:44	05:19:35	77	MU20	6
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	6
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	6
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	6
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	6
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	6
610	Bohnen	Michael	Fenestra Nordwest	00:53:20	00:55:07	00:48:53	00:59:02	00:53:47	00:50:02	05:20:08	64	M30	6
611	Bigalski	Jonas	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	6
612	Eden	Michael	Group	00:56:04	00:56:07	00:48:58	01:00:16	00:50:24	00:48:31	05:20:17	88	M45	6
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	6
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	6
615	Petrikat	Marcel	TEAM KITKAT	00:53:56	00:56:36	00:49:04	00:59:19	00:52:32	00:49:02	05:20:26	65	M30	6
616	Cappell	Dominik	Group	00:57:09	00:56:07	00:49:17	00:59:12	00:50:22	00:48:31	05:20:34	65	M40	6
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	6
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	6
619	Wiechers	Wilko	VW Emden	01:02:49	01:01:38	00:47:47	00:56:56	00:46:37	00:45:01	05:20:46	66	M30	6
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	6
621	Eilts	Holger	OBW	00:56:23	00:57:16	00:48:48	00:59:49	00:49:54	00:48:51	05:20:57	67	M30	6
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	6
623	Berndt	Jochen	Schwerinsdorf	00:56:32	00:58:26	00:49:50	00:59:29	00:49:33	00:47:17	05:21:05	75	MH	6
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	6
625	Ahrens	Edo	Ammerland	00:57:07	00:57:55	00:49:27	00:59:19	00:49:07	00:48:19	05:21:10	76	M50	6
626	Lübbbers	Sandra	Tura Marienhaf	00:56:26	00:57:16	00:49:07	00:59:58	00:50:04	00:48:30	05:21:17	9	W35	6
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	6
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	6
629	Hanschke	Manuel	FC SO	01:08:12	00:56:17	00:48:35	00:57:00	00:46:57	00:44:24	05:21:21	81	MU20	6
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	6
631	Geimer	Willibald	Upjever	00:57:21	01:00:55	00:48:02	00:58:04	00:48:38	00:48:34	05:21:30	15	M60	6
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	6
633	Meyer	Jan-Dirk	Seefahrt	00:59:22	00:56:32	00:48:52	01:00:18	00:49:03	00:47:37	05:21:41	77	MH	6
634	Wilken	Jan	Aurich	00:55:41	00:56:45	00:49:01	00:59:55	00:50:50	00:49:37	05:21:46	66	M40	6
635	Tjaden	Martin	Team ENERCON	00:55:17	00:56:18	00:48:45	01:00:45	00:51:15	00:49:37	05:21:54	68	M30	6
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	6
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	6
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	6
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	6
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	6
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	6
642	Schmidt	Heiko	TuS Leerhaf	00:58:35	00:54:20	00:49:22	01:00:44	00:50:34	00:48:58	05:22:28	90	M45	6
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	6
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	6
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	6
646	Schweer	Claus	Moormerland	00:56:43	00:56:21	00:49:51	01:00:15	00:50:06	00:49:28	05:22:40	92	M45	6
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	6
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	6
649	Struckmeyer	Marcus	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	6
650	Tammeus	Malte	Wittmund	00:58:00	00:57:15	00:49:10	01:00:02	00:50:39	00:47:48	05:22:50	69	M30	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
651	Bathow	Thomas	GmbH	00:58:20	00:57:28	00:49:10	00:59:43	00:49:40	00:48:34	05:22:51	70	M30	6
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	6
653	Wilken	Stephan	Logistik	00:56:02	00:57:19	00:49:07	01:02:40	00:50:10	00:47:40	05:22:55	71	M30	6
654	Rieken	Wilhelm	LeerWittmund	00:56:09	00:56:44	00:49:22	01:00:22	00:50:41	00:49:47	05:23:01	43	M55	6
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	6
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	6
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	6
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	6
659	Balbach	Christian	TuS Aurich-Ost	00:56:18	00:57:32	00:48:55	00:59:47	00:51:23	00:49:24	05:23:16	64	M35	6
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	6
661	de Buhr	Gert	Mischbetrieb G.de	00:56:26	01:00:14	00:47:53	01:00:29	00:49:16	00:49:08	05:23:24	95	M45	6
662	Brunken	Joost	VFR Heisfelde	00:56:35	00:57:36	00:50:20	01:00:12	00:50:46	00:48:02	05:23:27	72	M30	6
663	Goudschaal	Johann	Hollen	00:54:57	00:57:19	00:49:18	01:00:36	00:51:11	00:50:12	05:23:28	80	M50	6
664	Wessels	Julian	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	6
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	6
666	Bloempott	Thorsten	Männers	00:57:40	00:58:37	00:49:46	01:00:08	00:49:35	00:48:01	05:23:44	96	M45	6
667	Hagen	Wolfgang	Wald	00:55:29	00:56:57	00:48:51	01:00:31	00:51:25	00:50:35	05:23:45	81	M50	6
668	Ermer	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	6
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	6
670	Möller	Günter	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	6
671	Rohden	Heinz	Neuschoo	00:56:11	00:56:55	00:50:06	01:00:07	00:50:24	00:50:32	05:24:11	44	M55	6
672	Froschauer	Mio	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	6
673	Frerichs	Dennis	Wittmund	00:55:55	00:55:59	00:49:33	01:00:20	00:52:48	00:49:50	05:24:22	78	MH	6
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	6
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	6
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	6
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	6
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	6
679	Röben	Melanie	N Moormerland	00:56:02	00:57:34	00:49:30	01:00:31	00:51:21	00:49:52	05:24:48	12	W45	6
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	6
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	6
682	Fluß	Bernd	Wittmund	00:57:32	00:56:58	00:49:42	01:00:32	00:50:57	00:49:21	05:24:58	98	M45	6
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	6
684	Pettig	Marwin	Wittmund	00:57:03	00:57:37	00:49:46	01:00:38	00:51:34	00:48:33	05:25:07	73	M30	6
685	Vogelsang	Jens	Meyer Werft	00:56:36	00:56:57	00:49:05	01:00:09	00:51:45	00:50:42	05:25:11	74	M30	6
686	Cilsik	Malte	Fehntjer Tief	00:55:28	00:57:52	00:55:27	00:58:11	00:49:38	00:48:44	05:25:18	85	MU20	6
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	6
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	6
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	6
690	Willms	Hermann	GmbH	00:58:16	00:58:27	00:49:47	00:59:59	00:49:49	00:49:20	05:25:34	72	M40	6
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	6
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	6
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	6
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	6
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	6
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	6
697	Held	Enno	KBV Rechtsupweg	00:57:35	00:57:22	00:49:48	01:01:03	00:50:34	00:49:47	05:26:06	73	M40	6
698	Harberts	Lothar	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	6
699	Schulte	Peter	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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
704	Schulte	Elske	Jümme	00:59:32	00:57:45	00:49:41	01:00:35	00:50:21	00:48:50	05:26:41	16	WH	6
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	6
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	6
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	6
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	6
709	Collmann	Wolfgang	Blau-Weiß Filsum	00:59:08	00:58:15	00:49:42	00:59:56	00:49:57	00:49:59	05:26:53	100	M45	6
710	Tuitjer	Jessika	GmbH	00:54:49	00:51:58	00:49:23	01:00:23	01:05:05	00:45:21	05:26:56	5	W30	6
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	6
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	6
713	Tergast	Ingo	Heeren GmbH	00:57:28	00:58:50	00:50:00	01:01:05	00:50:17	00:49:28	05:27:05	76	M40	6
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	6
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	6
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	6
717	Vierkant	Kerstin	Weener	00:57:46	00:58:39	00:49:40	01:00:42	00:50:53	00:49:52	05:27:29	12	W40	6
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	6
719	Nanninga	Karl-Heinz	Freetiedloopers	00:56:46	00:58:21	00:50:49	01:00:33	00:51:29	00:49:48	05:27:44	93	M50	6
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	6
721	Warsing	Udo	Welten	00:58:58	00:58:37	00:50:47	00:59:56	00:50:46	00:48:54	05:27:55	101	M45	6
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	6
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	6
724	Hesselbrock	Georg	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	6
725	Andrees	Björn	Upjever	00:56:57	00:57:34	00:51:27	01:01:51	00:51:04	00:49:17	05:28:06	67	M35	6
726	Meyer	Lukas	Männers	01:00:35	00:58:01	00:49:27	01:00:57	00:50:38	00:48:33	05:28:08	75	M30	6
727	Friesenborg	Keno Hauke	Friesenborg	01:01:50	00:58:07	00:48:32	01:00:26	00:50:42	00:48:44	05:28:19	76	M30	6
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	6
729	Jürgens	Marek	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	6
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	6
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	6
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	6
733	Jürgens	Silke	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	6
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	6
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	6
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	6
737	Helmerichs	Stefan	Aurich	01:00:00	00:57:05	00:49:51	01:01:06	00:51:32	00:49:36	05:29:07	78	M40	6
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	6
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	6
740	Popp	Rolf	Fahrverein	00:57:59	00:57:18	00:50:50	01:01:29	00:51:02	00:50:37	05:29:12	49	M55	6
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	6
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	6
743	Hartmann	Daniel	Meyer Werft	00:56:08	00:58:12	00:51:39	01:01:35	00:51:16	00:50:31	05:29:18	77	M30	6
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	6
745	Wallenfels	Sophie	Lauftreff	00:58:53	01:01:12	00:50:53	00:59:48	00:49:40	00:49:08	05:29:32	17	WH	6
746	Klaczinski	Danny	üro der	01:06:42	00:57:21	00:49:10	01:00:05	00:49:17	00:47:01	05:29:34	69	M35	6
747	Rößing	Hermann	Wittmund	00:57:55	00:58:35	00:50:16	01:00:48	00:51:55	00:50:10	05:29:36	99	M50	6
748	Boekhoff	Petra	Bentstreek	00:58:32	00:58:13	00:51:03	01:00:38	00:50:27	00:50:49	05:29:39	9	W50	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
751	Heidenreich	Thorsten	Westrhauderfehn	00:57:31	00:57:15	00:50:03	01:01:03	00:52:45	00:51:06	05:29:40	79	M40	6
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	6
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	6
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	6
755	van Vügt	Kristian	Volksbank eG	00:57:13	00:57:30	00:51:25	01:02:25	00:51:08	00:50:07	05:29:46	82	MH	6
756	Olin	Frank	Aurich /	01:07:46	01:01:00	00:44:00	00:59:09	00:48:54	00:49:04	05:29:49	100	M50	6
757	Dechow	Ingo	Norden	00:57:35	00:57:28	00:50:08	01:01:01	00:53:14	00:50:30	05:29:52	105	M45	6
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	6
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	6
760	Peters	Jonas	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	6
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	6
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	6
763	Adick	Matthias	Taxenzentrale	00:57:25	00:57:54	00:50:36	01:02:01	00:51:48	00:50:31	05:30:13	50	M55	6
764	Poppen	Hilko	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	6
765	Hemken	Dr. Norbert	Meer	00:56:57	00:58:55	00:50:52	01:02:07	00:51:46	00:50:06	05:30:39	106	M45	6
766	Untied-Plañmeier	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	6
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	6
768	Kitzler	Hartmut	Westrhauderfehn	01:00:11	00:58:46	00:50:02	01:01:05	00:51:12	00:49:43	05:30:56	107	M45	6
769	Löseke	Oliver	Norden	00:54:52	01:02:33	00:50:38	00:59:04	00:49:21	00:54:32	05:30:57	108	M45	6
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	6
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	6
772	Saathoff	Steffen	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	6
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	6
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	6
775	Martens	Jens	Rennschweine	00:56:53	00:57:59	00:50:54	01:02:10	00:53:03	00:50:16	05:31:11	78	M30	6
776	Hahn	Oliver	OBW	01:00:43	00:59:28	00:49:29	01:02:23	00:50:11	00:49:00	05:31:12	79	M30	6
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	6
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	6
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	6
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	6
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	6
782	Niessit	Hendrik	Niessit	00:58:17	00:58:48	00:49:32	01:02:55	00:51:28	00:50:38	05:31:35	80	M30	6
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	6
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	6
785	Richter	Leonhard	Barßel	00:56:56	00:59:01	00:50:41	01:02:21	00:52:41	00:50:16	05:31:52	19	M60	6
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	6
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	6
788	Schmidt	Michael	Düsseldorf	00:57:42	00:59:21	00:50:20	01:02:37	00:51:57	00:50:18	05:32:11	70	M35	6
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	6
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	6
791	Walter	Eike	Gruppe	00:57:40	00:59:01	00:53:03	01:01:40	00:51:10	00:49:52	05:32:23	86	MH	6
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	6
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	6
794	Knutzen	Florian	EWE-Wattloopers	01:04:04	01:00:56	00:49:37	01:00:11	00:50:08	00:47:37	05:32:29	81	M30	6
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	6
796	Dorsch	Mario	Meer	01:00:09	00:59:09	00:50:35	01:02:06	00:51:32	00:49:19	05:32:46	113	M45	6
797	Kleinau	Swen	TausendfußLeer	00:59:01	00:59:09	00:50:23	01:01:50	00:52:24	00:50:12	05:32:56	105	M50	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
805	Roofs	Waltraud	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	6
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	6
807	Lücht	Heiko	Aschendorf	00:59:19	00:59:42	00:50:13	01:01:57	00:52:29	00:49:53	05:33:29	106	M50	6
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	6
809	Engelberg	Mareike	Hafenbude	01:00:10	00:59:15	00:51:04	01:02:21	00:51:05	00:49:46	05:33:37	12	W35	6
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	6
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	6
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	6
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	6
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	6
815	Berents	Anja	Ost/Blödsinn,	00:58:42	00:59:54	00:50:39	01:02:06	00:52:30	00:49:56	05:33:43	13	W35	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
823	Van Thai	Anh	Wittmund	01:01:23	00:59:25	00:51:25	00:58:45	00:51:58	00:51:16	05:34:09	115	M45	6
824	Walter	Milena	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	6
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	6
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	6
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	6
828	Poppe	Lars	Carolinensiel	00:57:39	00:59:22	00:51:16	01:02:43	00:53:13	00:50:42	05:34:51	86	M40	6
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	6
830	Kaufhold	Moritz	Jever	01:00:14	00:58:25	00:50:29	01:02:31	00:52:54	00:50:24	05:34:54	91	MH	6
831	Harms	Marlon	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	6
832	Boomgaarden	Andre	Moormerland	01:01:01	00:59:35	00:48:21	01:02:49	00:59:49	00:43:26	05:34:58	87	M40	6
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	6
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	6
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	6
836	Merker	Birte	/ Gassco	00:59:54	01:00:09	00:50:27	01:03:44	00:52:20	00:48:39	05:35:10	9	WU20	6
837	Alberts	Karsten	Meer	01:00:39	00:58:58	00:50:41	01:01:43	00:48:54	00:54:20	05:35:12	56	M55	6
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	6
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	6
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	6
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	6
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	6
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	6
844	Marks	Ilona	Böckmann	00:58:47	00:59:19	00:50:56	01:02:59	00:52:51	00:50:59	05:35:47	22	W45	6
845	Martens	Peter	"TaktLwG 71 R\''''	01:00:11	00:59:27	00:50:52	01:02:04	00:52:26	00:50:59	05:35:56	89	M40	6
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	6
847	Wessendorf	Thomas	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	6
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	6
849	Schuster	Remmer	Wald	00:59:28	00:59:14	00:51:12	01:02:22	00:52:58	00:50:59	05:36:10	58	M55	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
851	Immega	Tanja	Wald	00:59:28	00:59:14	00:51:07	01:02:22	00:53:02	00:51:02	05:36:11	15	W35	6
852	Scholla	Jürgen	Klinik	00:57:35	00:59:14	00:51:24	01:03:26	00:53:14	00:51:30	05:36:20	20	M60	6
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	6
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	6
855	Schröder	Eike	Praxis im Hufeisen	00:55:18	00:56:00	00:49:07	00:58:53	01:08:27	00:48:47	05:36:30	82	M30	6
856	Steinke	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	6
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	6
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	6
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	6
860	Schulz	Manfred	Westrhauderfehn	01:00:01	00:59:18	00:51:04	01:01:51	00:52:33	00:52:03	05:36:46	22	M60	6
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	6
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	6
863	Janssen	Fabian	Wittmund	00:59:41	00:59:28	00:51:57	01:02:44	00:51:57	00:51:13	05:36:56	93	MH	6
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	6
865	Dichmann	Stephan	Team ENERCON	00:59:59	00:59:35	00:51:12	01:02:53	00:52:17	00:51:05	05:36:58	83	M30	6
866	Germer	Ivo	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	6
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	6
868	Meyer-Störmer	Silke	Westerstede	00:58:41	00:59:38	00:51:55	01:03:10	00:52:50	00:51:15	05:37:25	9	W30	6
869	Ommen	Jens	Upjever	00:56:32	00:54:29	00:49:47	01:09:41	00:57:07	00:49:51	05:37:25	120	M45	6
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	6
871	Reichert	Axel	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	6
872	Alex	Sebastian	Upjever	00:58:10	01:04:22	00:50:28	01:01:49	00:52:09	00:50:46	05:37:42	84	M30	6
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	6
874	Henning	Patricia	Wittmund	01:00:07	00:59:08	00:51:13	01:04:14	00:53:07	00:50:03	05:37:48	10	W30	6
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	6
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	6
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	6
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	6
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	6
880	Nowinski	Paula	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	6
881	Gerber	Jan	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	6
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	6
883	Kleemann-Ewen	Anke	Westrhauderfehn	00:59:23	00:59:31	00:53:07	01:03:03	00:52:14	00:51:14	05:38:29	24	W45	6
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	6
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	6
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	6
887	Post- de Buhr	Karin	Mischbetrieb G.de	00:59:20	01:00:38	00:51:24	01:02:51	00:52:52	00:51:46	05:38:48	20	W40	6
888	Simmering	Andree	Wiesmoor	00:58:58	01:00:13	00:52:32	01:03:09	00:51:56	00:52:09	05:38:53	79	M35	6
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	6
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	6
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	6
892	Weber	Manfred	Schwerinsdorf	00:58:23	00:59:19	00:51:28	01:03:09	00:54:28	00:52:30	05:39:13	60	M55	6
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	6
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	6
895	Janssen	Ingrid	Wittmund	01:02:19	00:56:42	00:49:31	01:06:05	00:51:28	00:53:18	05:39:20	14	W50	6
896	Lambertus	Hans-Dieter	Moormerland	01:00:33	01:00:21	00:51:33	01:02:50	00:53:17	00:50:58	05:39:28	61	M55	6
897	Krämer	Christoph	Upjever	00:58:32	00:59:43	00:49:55	01:03:45	00:54:56	00:52:41	05:39:28	85	M30	6
898	Baumann	Friedhelm	Gruppe	00:59:02	00:59:21	00:53:19	01:03:00	00:52:54	00:51:57	05:39:31	62	M55	6
899	de Buhr	Oskar	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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
903	Arnold	Matthias	Team ENERCON	00:58:32	00:58:26	00:49:28	01:02:15	01:01:36	00:49:49	05:40:02	86	M30	6
904	Penner	Florian	Emden	01:00:45	00:59:44	00:52:11	01:03:24	00:52:39	00:51:28	05:40:07	63	M55	6
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	6
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	6
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	6
908	Gerhardt	Mario	Upjever	00:59:36	01:00:17	00:48:38	01:04:10	00:54:23	00:53:19	05:40:19	113	M50	6
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	6
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	6
911	Schmidt	Silke	Wolthoff	01:01:29	00:59:07	00:50:33	01:03:47	00:53:21	00:52:23	05:40:37	25	W45	6
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	6
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	6
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	6
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	6
916	Haupt	Werner	Westermoor	01:03:11	00:58:54	00:51:55	01:02:53	00:53:06	00:51:01	05:40:57	66	M55	6
917	Richter	Timo	Wittmund	01:02:46	01:00:17	00:50:50	01:02:43	00:53:17	00:51:08	05:40:58	82	M35	6
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	6
919	Friedrichs	Timo	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	6
920	Willms	Florian	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	6
921	Alfers	Torsten	Westoverledingen	01:01:42	00:59:36	00:51:42	01:03:00	00:51:27	00:53:46	05:41:09	125	M45	6
922	de Berg	Tomke	Moormerland	01:01:42	01:00:31	00:52:07	01:03:21	00:53:00	00:50:48	05:41:25	23	WH	6
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	6
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	6
925	Einnolf	Stefan	Wittmund	01:00:04	00:58:36	00:53:00	01:03:45	00:54:03	00:52:04	05:41:28	98	MH	6
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	6
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	6
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	6
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	6
930	Greiff	Marion	Dr.Holtermann/For	00:58:55	01:00:24	00:52:53	01:03:27	00:53:51	00:52:11	05:41:37	16	W50	6
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	6
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	6
933	Pessoa Cabral	Pedro	HR4YOU AG	00:59:20	01:00:30	00:52:19	01:03:15	00:54:25	00:51:57	05:41:44	87	M30	6
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	6
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	6
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	6
937	Wydora	Carsten	Auftrage des Herrn	00:59:23	00:59:57	00:52:07	01:04:48	00:53:59	00:51:54	05:42:05	117	M50	6
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	6
939	Geyken	Carina	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	6
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	6
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	6
942	Kolch	Matthias	Ulricianum Aurich	01:04:51	01:01:31	00:51:24	01:03:12	00:51:48	00:49:40	05:42:22	88	M30	6
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	6
944	de Buhr	Gerd-Thorben		01:08:07	00:59:30	00:50:37	01:01:21	00:52:05	00:50:51	05:42:29	89	M30	6
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	6
946	Freeseemann	Silvia	Loopers	01:01:14	01:00:55	00:52:58	01:03:31	00:52:59	00:51:03	05:42:37	17	W50	6
947	Bigalski	Hannes	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	6
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	6
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	6
950	Schönsee	Rainer	Heimtiernahrung	01:01:28	00:59:03	00:51:47	01:07:46	00:48:32	00:54:13	05:42:45	87	M35	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
952	Reinema	Ines	Wittmund	01:02:48	01:00:17	00:52:06	01:02:57	00:53:19	00:51:37	05:43:00	18	W50	6
953	Otten	Jan-Simon	Jever	00:59:37	00:59:22	00:52:02	01:04:40	00:56:05	00:51:18	05:43:01	90	M30	6
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	6
955	Wehmann	Timko	Wolthusen	00:59:55	00:58:44	00:51:41	01:07:49	00:52:32	00:52:25	05:43:04	88	M35	6
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	6
957	Loers	Monika	Gruppe	00:58:39	01:00:03	00:52:34	01:04:19	00:54:37	00:53:02	05:43:11	23	W40	6
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	6
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	6
960	Stolle	Christine	Neuharlingersiel	01:03:24	01:00:53	00:51:57	01:03:04	00:53:18	00:50:57	05:43:30	24	W40	6
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	6
962	Braaksma	Christian		00:59:59	00:56:06	00:47:54	01:05:16	00:55:13	00:59:11	05:43:37	91	M30	6
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	6
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	6
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	6
966	Oltmanns	Matthias	Norden	01:02:39	01:00:54	00:51:37	01:03:32	00:53:20	00:51:55	05:43:53	96	M40	6
967	Schmidt	Jochen	Wittmund	01:03:26	01:02:16	00:51:39	01:03:39	00:51:59	00:51:01	05:43:57	128	M45	6
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	6
969	Lichtblau	Mario	Bohlenbergerfeld	01:01:50	01:00:01	00:51:45	01:04:40	00:54:03	00:51:52	05:44:07	97	M40	6
970	Schulte	Günter	Bentstreek	01:00:37	01:00:23	00:52:51	01:04:20	00:53:49	00:52:14	05:44:10	120	M50	6
971	Richter	Wibke	Upjever	00:59:36	01:00:17	00:52:30	01:04:10	00:54:23	00:53:19	05:44:13	27	W45	6
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	6
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	6
974	Kruse	Theo	Wiesedermeer	01:01:48	01:00:50	00:52:40	01:03:58	00:53:20	00:51:49	05:44:22	131	M45	6
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	6
976	Beening	Anneke	Volksbank eG	01:01:20	01:02:16	00:51:58	01:04:22	00:54:11	00:50:22	05:44:26	26	WH	6
977	Frieling	Thomas	Reserve	01:00:04	01:00:44	00:53:20	01:04:42	00:53:26	00:52:17	05:44:30	121	M50	6
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	6
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	6
980	Hoek	Rainer	Westoverledingen	01:01:42	00:59:36	00:52:26	01:03:00	00:54:05	00:54:05	05:44:50	98	M40	6
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	6
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	6
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	6
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	6
985	Buntjer	Marc	Meyer Werft	01:01:52	00:59:34	00:50:48	01:04:57	00:55:02	00:53:23	05:45:33	92	M30	6
986	Hagen	Nantke	Wald	01:00:25	00:59:46	00:52:36	01:05:36	00:54:34	00:52:41	05:45:34	27	WH	6
987	Fischer	Helmut	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	6
988	Tammen-Bauer	Heidi	Aktivital	01:00:43	01:00:26	00:52:40	01:04:20	00:54:46	00:52:48	05:45:40	26	W40	6
989	Fischer	Michael	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	6
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	6
991	Schlegel	Frank	Wiesmoor	00:59:05	01:01:24	00:52:30	01:03:43	00:56:55	00:52:29	05:46:02	99	M40	6
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	6
993	Wrieden	Stefan	Seefahrt	01:03:01	01:00:02	00:52:14	01:04:49	00:53:56	00:52:11	05:46:09	100	M40	6
994	von Rhein	Jan-Lukas	Seefahrt	00:59:50	00:59:28	00:52:15	01:03:16	00:54:59	00:56:25	05:46:10	99	MH	6
995	Flemming	Dana	Feedback	01:01:16	01:02:03	00:52:55	01:03:50	00:53:36	00:52:38	05:46:15	27	W40	6
996	Decker	Hanna	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	6
997	Füst	Lena	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	6
998	Kohl	Jürgen	Wangerland Die	00:59:52	01:00:23	00:52:36	01:04:58	00:55:31	00:53:05	05:46:22	127	M50	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1001	Baller	Hans-Jürgen	Esens	01:13:58	01:07:17	00:49:05	00:58:20	00:49:47	00:48:01	05:46:26	69	M55	6
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	6
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	6
1004	Schunke	Hendrik	"TaktLwG 71 \R\""	01:03:35	01:02:53	00:51:49	01:04:04	00:52:55	00:51:27	05:46:40	93	M30	6
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	6
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	6
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	6
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	6
1009	Rosenberg	Jann	"TaktLwG 71 \R\""	01:04:54	01:02:29	00:51:57	01:03:26	00:53:20	00:50:47	05:46:50	94	M30	6
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	6
1011	Meents	Enno	Leerhafe	01:02:18	00:58:49	00:50:56	01:06:48	00:55:40	00:52:31	05:46:59	128	M50	6
1012	Stumpe	Ralf	Meyer Werft	01:00:44	01:01:28	00:53:09	01:05:22	00:54:04	00:52:21	05:47:05	95	M30	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1021	Rieck	Wolfgang	Datensysteme	01:02:26	01:01:26	00:52:25	01:04:24	00:53:37	00:53:29	05:47:44	25	M60	6
1022	Huszár	Attila	Seefahrt	01:03:13	01:03:41	00:52:05	01:01:49	00:56:13	00:50:49	05:47:46	101	MH	6
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	6
1024	Collmann	Christian	Roadrunner	01:02:29	01:01:12	00:55:29	01:03:57	00:53:41	00:51:02	05:47:48	93	M35	6
1025	Kathmann	Karina	Group	01:01:33	01:00:53	00:53:11	01:05:11	00:54:58	00:52:14	05:47:56	15	W30	6
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	6
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	6
1028	Meyer	Alina	Oldenburg	01:00:28	01:13:28	00:49:56	01:04:22	00:51:28	00:48:24	05:48:03	29	WH	6
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	6
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	6
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	6
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	6
1033	Folkerts	Anja	Dörloper	01:01:29	01:01:37	00:52:54	01:05:05	00:54:46	00:52:24	05:48:12	31	W45	6
1034	Hesse	Thomas	Upjever	01:01:28	01:01:03	00:53:17	01:04:35	00:54:41	00:53:12	05:48:12	134	M45	6
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	6
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	6
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	6
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	6
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	6
1040	Götemann	Karin	/Sparkasse Aurich-	01:00:42	01:01:08	00:53:17	01:04:48	00:54:32	00:54:17	05:48:41	31	W40	6
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	6
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	6
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	6
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	6
1045	Merker	Birgit	/ Gassco	01:00:09	01:01:35	00:55:32	01:03:43	00:54:43	00:53:41	05:49:21	32	W45	6
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	6
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	6
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	6
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	6
1050	Wagner	Andre	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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1051	Stefanski	Michael	/ 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	6
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	6
1053	Wagner	Carmen	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	6
1054	Buß	Matthias	SP224	01:01:45	01:02:56	00:53:37	01:05:45	00:53:02	00:52:39	05:49:41	111	MU20	6
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	6
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	6
1057	Börgmann	Marco	Wittmund	01:03:58	01:02:55	00:51:32	01:05:38	00:53:37	00:52:12	05:49:49	95	M35	6
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	6
1059	Ulferts	Antje	Moormerland	01:06:58	01:01:52	00:52:00	01:03:33	00:53:33	00:52:01	05:49:53	31	WH	6
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	6
1061	Meyer	Guido	Westrhauderfehn	00:58:28	00:58:03	00:49:25	01:02:43	01:00:59	01:00:20	05:49:55	139	M45	6
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	6
1063	Abken	Frauke	Abken Bau Uтары	01:02:05	01:01:56	00:53:35	01:05:40	00:53:59	00:52:53	05:50:04	17	W35	6
1064	Zielinski	Imke	SP224	01:02:05	01:02:56	00:53:38	01:05:16	00:53:34	00:52:39	05:50:05	20	WU20	6
1065	Kanning	Melanie	Westrhauderfehn	01:04:16	01:03:28	00:52:40	01:04:16	00:54:18	00:51:13	05:50:07	18	W35	6
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	6
1067	Lienemann	Gedo	HÖRWELT	01:02:02	01:02:03	00:53:14	01:05:25	00:55:36	00:51:52	05:50:10	102	M40	6
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	6
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	6
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	6
1071	Wildemann	Martin	Wittmund	01:00:10	01:01:42	00:54:54	01:04:52	00:55:12	00:53:32	05:50:19	74	M55	6
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	6
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	6
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	6
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	6
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	6
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	6
1078	Heien	Elisabeth	Wald	01:02:54	01:02:09	00:53:24	01:04:35	00:54:33	00:53:21	05:50:53	4	W60	6
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	6
1080	Kollmer	Torsten	Hafenbude	00:59:37	01:17:44	00:51:08	01:02:21	00:51:05	00:49:06	05:50:58	143	M45	6
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	6
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	6
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	6
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	6
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	6
1086	Caspers	Janina	Heimtiernahrung	01:03:36	01:03:05	00:53:12	01:06:09	00:53:12	00:52:13	05:51:25	17	W30	6
1087	Hinrichs	Rena	Niedersachsen	00:59:08	01:02:34	00:52:31	01:07:14	00:56:38	00:53:26	05:51:28	33	WH	6
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	6
1089	de Buhr	Lena	Loppersum	01:02:26	01:03:35	00:54:36	01:06:28	00:53:12	00:51:20	05:51:33	21	WU20	6
1090	Brants	Ralf	Emden	01:03:25	01:01:15	00:53:56	01:04:09	00:55:19	00:53:32	05:51:33	144	M45	6
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	6
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	6
1093	Patzwald	Christian	VVaG	01:03:04	01:03:23	00:53:56	01:03:36	00:54:50	00:53:12	05:51:58	96	M30	6
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	6
1095	Kühn	Lars	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	6
1096	Bohlen	Dieke	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	6
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	6
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	6
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	6
1100	Tabbert	Tanja	Bettenlager	01:00:59	01:01:28	00:53:06	01:05:29	00:56:32	00:54:57	05:52:29	35	W45	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
1102	Rosenkranz	Tim	LSF Oldenburg	01:02:23	01:02:20	00:53:38	01:07:19	00:53:29	00:53:29	05:52:35	97	M30	6
1103	Storm	Christian Ph.	Egels / LT TuS	01:00:50	01:02:22	00:54:21	01:06:12	00:54:43	00:54:14	05:52:38	99	M35	6
1104	Sievers	Jörn	Südbrookmerland	01:01:03	01:03:28	00:54:25	01:05:20	00:55:41	00:52:45	05:52:39	137	M50	6
1105	Hildebrandt	Volkmar	Egels/TuS Weene	01:00:50	01:02:22	00:54:21	01:06:13	00:54:43	00:54:14	05:52:40	27	M60	6
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	6
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	6
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	6
1109	Leikom	Ljuba	Hafenbude	01:06:18	01:02:37	00:52:11	01:04:12	00:54:51	00:52:51	05:52:56	18	W30	6
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	6
1111	Schöning	Karl-Heinz	Stapelmoor	01:01:34	01:03:00	00:55:50	01:04:37	00:54:29	00:53:36	05:53:03	76	M55	6
1112	Benninghoff	Ralf	Wittmund	01:05:11	01:03:24	00:54:18	01:04:45	00:53:56	00:51:35	05:53:04	138	M50	6
1113	Onken	Reina	Wittmund	01:01:50	01:02:53	00:53:25	01:05:44	00:55:37	00:53:39	05:53:06	36	W45	6
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	6
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	6
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	6
1117	Fremy	Janna	Carolinensiel	01:01:50	01:01:50	00:54:28	01:06:16	00:55:13	00:53:51	05:53:24	19	W35	6
1118	Pampuch	Andrea	Carolinensiel	01:01:50	01:01:50	00:54:28	01:06:05	00:55:13	00:54:04	05:53:26	36	W40	6
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	6
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	6
1121	Janssen	Madita	Wiesmoor	01:00:56	01:03:22	00:54:54	01:05:11	00:56:18	00:53:14	05:53:52	35	WH	6
1122	Baalmann	Sven	GmbH	01:03:26	01:03:09	00:54:51	01:04:43	00:55:57	00:51:53	05:53:55	114	MH	6
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	6
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	6
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	6
1126	Heusel	Laura	Seefahrt	01:01:56	01:02:29	00:52:41	01:06:39	00:53:53	00:56:32	05:54:07	36	WH	6
1127	Bohlen	Uwe	GmbH	01:03:19	01:03:02	00:53:33	01:05:19	00:55:34	00:53:32	05:54:16	105	M40	6
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	6
1129	Ahlburg-Hansen	Tomke Kristin	Max Glas KG	01:03:56	01:03:27	00:53:08	01:05:52	00:54:25	00:53:35	05:54:19	20	W35	6
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	6
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	6
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	6
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	6
1134	Tamminga	Kai	Loppersum	00:56:36	00:57:02	00:49:40	01:17:51	00:58:48	00:55:12	05:55:06	106	M40	6
1135	Rademacher	Gerd	Schwerinsdorf	01:03:02	01:01:51	00:52:21	01:05:20	00:56:51	00:55:52	05:55:14	10	M65	6
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	6
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	6
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	6
1139	Brachmann	Theresa	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	6
1140	Groen	Jona	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	6
1141	Duhm	Hannes	B-Plast 2000	01:02:06	01:00:41	00:52:11	01:06:37	00:57:12	00:57:06	05:55:49	98	M30	6
1142	de Vries	Tido	AG/eQ-3	01:04:38	01:03:24	00:52:54	01:05:49	00:55:30	00:53:43	05:55:54	99	M30	6
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	6
1144	Heyen	Stefan	Bünting Tee	01:02:32	01:01:35	00:53:40	01:04:28	00:53:30	01:00:31	05:56:13	100	M30	6
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	6
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	6
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	6
1148	Melzer	Martina	EmderLG	01:02:18	01:02:36	00:54:41	01:06:52	00:55:46	00:54:18	05:56:27	38	W45	6
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	6
1150	Schulz	Uwe	Tafel	01:03:07	01:03:36	00:54:48	01:05:58	00:55:18	00:53:55	05:56:39	102	M35	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
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	6
1156	Klotz	Nico	Datensysteme	01:03:09	01:02:07	00:54:05	01:06:09	00:54:51	00:56:51	05:57:08	101	M30	6
1157	Romaneeßen	Gerd	Wiesens	01:01:47	01:01:27	00:53:50	01:12:11	00:54:51	00:53:08	05:57:11	79	M55	6
1158	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	6
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	6
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	6
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	6
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	6
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	6
1164	Heilemann	Madita	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	6
1165	Obst	Rabea	Wittmund	01:00:27	01:01:40	01:00:24	01:05:56	00:55:46	00:53:19	05:57:29	38	W40	6
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	6
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	6
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	6
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	6
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	6
1171	Zehm	Anett	Friedeburg	01:01:37	01:04:32	00:54:09	01:07:16	00:56:53	00:53:41	05:58:03	39	W40	6
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	6
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	6
1174	Foest	Antonia	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	6
1175	Däuber	Günter	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	6
1176	Hook	Michael	Looper	01:00:24	01:01:37	00:52:42	01:07:50	00:59:29	00:56:17	05:58:16	144	M50	6
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	6
1178	Aden	Marika	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	6
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	6
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	6
1181	Spittka	Michael	Friedeburg	01:01:37	01:04:33	00:54:08	01:07:46	00:56:54	00:53:39	05:58:33	110	M40	6
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	6
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	6
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	6
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	6
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	6
1187	Tjardes	Martina	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	6
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	6
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	6
1190	Günsel	Lutz	GmbH	01:05:17	01:03:50	00:54:28	01:08:13	00:53:54	00:53:44	05:59:22	151	M45	6
1191	Weigl	Amelie	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	6
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	6
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	6
1194	Cassens	Daniel	Lukasläufer Walle	01:01:41	01:01:45	00:53:42	01:10:40	00:57:12	00:54:57	05:59:54	102	M30	6
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	6
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	6
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	6
1198	Erdmann	Jakob	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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
1202	Schütte	Silke	Wittmund	01:03:30	01:03:53	00:54:32	01:06:59	00:56:29	00:55:14	06:00:33	43	W45	6
1203	Wahrheit	Manuela	Wilhelmshaven	01:05:56	01:05:38	00:54:07	01:06:46	00:55:50	00:52:31	06:00:44	21	W35	6
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	6
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	6
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	6
1207	Aumann	Stefan	Triathlon	01:01:32	01:14:22	00:53:33	01:06:16	00:55:08	00:50:08	06:00:56	147	M50	6
1208	Platen	Ann-Kathrin	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	6
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	6
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	6
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	6
1212	Freese	Peter	Moormerland	01:06:11	01:06:16	00:56:57	01:03:51	00:53:17	00:54:50	06:01:19	11	M65	6
1213	Peters	Jürgen	Neuharlingersiel	01:04:32	01:02:40	00:54:41	01:06:18	00:59:22	00:53:56	06:01:25	148	M50	6
1214	Bohlen	Mathias	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	6
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	6
1216	Leggedör	Markus	Leggedör	01:04:47	01:04:30	00:55:05	01:06:17	00:56:43	00:54:11	06:01:29	103	M35	6
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	6
1218	Dam	Monika	Töben + Partner	01:03:17	01:05:33	00:54:53	01:07:16	00:56:17	00:54:26	06:01:37	22	W35	6
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	6
1220	Byl	Sarah	Sportpferde	01:05:21	01:03:10	00:53:05	01:06:55	00:58:19	00:54:58	06:01:45	42	WH	6
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	6
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	6
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	6
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	6
1225	Hakvoort	Myriam	Carolinensiel	01:03:30	01:04:28	00:54:51	01:07:08	00:57:30	00:54:42	06:02:05	43	W40	6
1226	Schuster	Matthias	Neuharlingersiel	01:05:24	01:04:04	00:55:40	01:07:48	00:56:47	00:52:29	06:02:09	114	M40	6
1227	Fecht	Tina	Laufschurken	01:02:52	01:04:25	00:55:26	01:07:15	00:56:36	00:55:41	06:02:12	23	W35	6
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	6
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	6
1230	Miener	Julia	Upjever	01:04:25	01:03:09	00:54:04	01:07:17	00:58:27	00:55:04	06:02:23	24	W35	6
1231	Kampen	Manni	Feedback	01:02:07	01:04:29	00:56:02	01:07:44	00:57:06	00:55:00	06:02:25	150	M50	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1240	Bruhnken	Hans-Günter	Jever	01:03:17	01:03:16	00:56:49	01:07:10	00:57:05	00:55:32	06:03:06	34	M60	6
1241	Moor	Andreas	OBW	01:11:51	01:02:40	00:51:19	01:04:37	00:57:24	00:55:29	06:03:17	103	M30	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1250	Büscher	Jonas	Seefahrt	01:03:56	01:03:37	00:56:29	01:06:59	00:56:45	00:55:58	06:03:41	120	MH	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1251	Staaak	Marek	Jever	01:08:53	01:06:48	00:54:51	01:06:26	00:53:28	00:53:21	06:03:43	117	M40	6
1252	Borchardt	Torsten	Jeverland	01:02:52	01:13:52	00:54:36	01:03:16	00:54:41	00:54:33	06:03:47	154	M50	6
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	6
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	6
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	6
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	6
1257	Schulz	Steffie	Wittmund	01:03:40	01:04:31	00:55:42	01:08:39	00:56:34	00:55:00	06:04:03	27	W50	6
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	6
1259	Weers	Mareike	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	6
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	6
1261	Weers	Ina	NLBV	01:03:55	01:04:24	00:54:38	01:08:02	00:58:09	00:55:15	06:04:21	25	W35	6
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	6
1263	Diekmann	Bianca	Wittmund	01:02:27	01:03:37	00:54:43	01:08:54	00:58:32	00:56:16	06:04:25	44	W40	6
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	6
1265	Geyken	Okka	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	6
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	6
1267	Wolters	Karsten	Norden	01:07:16	01:05:16	00:54:53	01:06:48	00:56:51	00:53:50	06:04:51	156	M50	6
1268	Behrends	Gabriele	Klinik/LT TuS Aurich	01:01:17	01:02:57	00:55:10	01:09:24	00:58:32	00:57:34	06:04:52	47	W45	6
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	6
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	6
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	6
1272	Bohlson	Steven	Lauftreff	01:05:09	01:04:51	00:55:23	01:08:21	00:55:10	00:56:04	06:04:55	104	M30	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1284	Everts	Mario	OBW	01:03:48	01:05:24	00:55:44	01:09:06	00:56:30	00:55:02	06:05:32	105	M30	6
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	6
1286	Klein	Albert	Wittmund	01:05:06	01:03:34	00:55:43	01:08:32	00:57:40	00:55:02	06:05:33	158	M45	6
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	6
1288	Buschmann	Kai	Moormerland	01:03:47	01:03:37	00:54:43	01:09:06	00:57:52	00:56:47	06:05:49	107	M35	6
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	6
1290	Klaassen-Dirks	Astrid	Klinikum Emden	01:04:29	01:03:19	00:55:57	01:08:27	00:58:02	00:55:47	06:05:58	26	W35	6
1291	Fritz	Thorben	Feuerwehr	01:04:18	01:04:26	00:53:27	01:12:29	00:57:09	00:54:20	06:06:06	122	MU20	6
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	6
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	6
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	6
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	6
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	6
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	6
1298	Stamm	Tina	Upjever	01:04:29	01:03:30	00:56:02	01:07:18	00:58:27	00:56:53	06:06:35	45	W40	6
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	6
1300	Auen	Doris	Stapelmoor	01:05:00	01:04:10	00:54:52	01:08:44	00:57:57	00:56:01	06:06:40	27	W35	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1301	Broek	Rena	Shipmanagement	01:03:32	01:04:04	00:56:37	01:09:05	00:58:17	00:55:12	06:06:43	48	WH	6
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	6
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	6
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	6
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	6
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	6
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	6
1308	Groen	Carsten	Datensysteme	01:03:31	01:04:22	00:56:18	01:07:07	00:58:52	00:57:06	06:07:14	106	M30	6
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	6
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	6
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	6
1312	Schwarte	Walburga	Westrhauderfehn	01:04:23	01:03:45	00:54:21	01:08:04	01:01:25	00:55:28	06:07:24	6	W55	6
1313	Goßling	Katrin	Volksbank eG	01:02:01	01:04:47	00:56:32	01:10:02	00:57:55	00:56:13	06:07:27	28	W35	6
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	6
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	6
1316	Steinke	Hilde	Neermoor	01:02:38	01:05:40	00:56:48	01:08:47	00:56:01	00:57:43	06:07:35	1	W70	6
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	6
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	6
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	6
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	6
1321	Sandrowski	Jule	Westrhauderfehn	01:04:20	01:03:06	00:56:08	01:09:27	00:59:38	00:55:29	06:08:04	36	WU20	6
1322	Hoffmann	Daniel	Sport Klaxsen	01:05:29	01:04:04	00:56:28	01:09:48	00:56:23	00:55:58	06:08:06	108	M35	6
1323	Smid	Mareike	LT TuS Aurich-Ost	01:04:39	01:03:43	00:56:23	01:08:17	00:58:45	00:56:28	06:08:11	29	W35	6
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	6
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	6
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	6
1327	Thon	Petra	Westrhauderfehn	01:05:13	01:04:14	00:55:30	01:08:44	00:57:25	00:57:19	06:08:22	50	W45	6
1328	Ansheit	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	6
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	6
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	6
1331	Kamann	Friedhelm	Klinik	01:04:24	01:06:15	00:57:32	01:08:38	00:56:38	00:55:18	06:08:42	38	M60	6
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	6
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	6
1334	Wallenstein	Sanndra	Berend Brandt	01:02:12	01:04:23	00:55:59	01:09:18	01:01:01	00:56:02	06:08:53	52	W45	6
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	6
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	6
1337	Petersen	Thomas	Petersen	01:07:59	01:04:38	00:55:31	01:07:34	00:55:59	00:57:23	06:09:01	159	M45	6
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	6
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	6
1340	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	6
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	6
1342	Vogelsang	Heike	LT TuS Aurich-Ost	01:04:39	01:03:43	00:56:23	01:09:21	00:58:46	00:56:29	06:09:18	30	W35	6
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	6
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	6
1345	Thaden	Folkert	Wald	01:05:14	01:03:22	00:56:15	01:08:57	00:58:22	00:57:28	06:09:34	40	M60	6
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	6
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	6
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	6
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	6
1350	Rass	Claudia	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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1351	De Freese	Marion	Oldersum	01:09:55	01:06:19	00:55:46	01:05:42	00:59:40	00:52:47	06:10:06	31	W35	6
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	6
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	6
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	6
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	6
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	6
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	6
1358	Puls	Claus	Wittmund	01:02:00	01:04:17	00:54:10	01:09:03	01:00:20	01:00:48	06:10:36	125	MH	6
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	6
1360	Streibel	Fenja	SP224	01:02:04	01:06:39	00:56:40	01:12:01	00:56:55	00:56:34	06:10:50	39	WU20	6
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	6
1362	Janssen	Jasmin	Eekenstraat/Hoog	01:04:27	01:04:55	00:56:56	01:09:20	00:58:45	00:56:41	06:11:01	47	W40	6
1363	Campen	Holger	Gruppe	01:01:30	00:58:15	00:57:59	01:19:45	00:59:22	00:54:16	06:11:04	109	M35	6
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	6
1365	Sap	Esther	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	6
1366	Jacobs	Andrea	LT TuS Aurich-Ost	01:04:29	01:04:45	00:55:51	01:09:09	01:01:06	00:55:59	06:11:16	32	W35	6
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	6
1368	Kösters	Wiebke	Augustfehn	01:05:44	01:06:22	00:56:30	01:09:30	00:57:13	00:56:04	06:11:20	54	WH	6
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	6
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	6
1371	Adden	Karl	Christuskirche	01:10:10	01:05:00	00:54:55	01:10:06	00:56:42	00:54:51	06:11:40	95	M55	6
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	6
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	6
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	6
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	6
1376	Weber	Melanie	und Massagepraxis	01:08:06	01:07:14	00:55:40	01:08:30	00:57:02	00:55:38	06:12:08	50	W40	6
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	6
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	6
1379	Brade	Leah-Celine	Wittmund	01:04:01	01:06:38	00:58:26	01:08:12	00:57:55	00:57:07	06:12:16	40	WU20	6
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	6
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	6
1382	Schmidt	Jochen	Carolinensiel	01:05:36	01:05:35	00:56:26	01:09:31	00:58:32	00:56:47	06:12:25	163	M45	6
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	6
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	6
1385	Budnick	Janina	Carolinensiel	01:03:30	01:16:27	00:54:33	01:07:09	00:56:17	00:54:41	06:12:34	33	W35	6
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	6
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	6
1388	Soeken	Vera	Moormerland	01:05:29	01:06:15	00:56:45	01:09:19	00:58:22	00:56:56	06:13:03	34	W35	6
1389	Raulin	Siegfried	Westrhauerfehn	01:06:02	01:06:13	00:57:07	01:08:52	00:57:47	00:57:07	06:13:04	2	M75	6
1390	Frerichs	Amke	Moormerland	01:06:13	01:05:35	00:56:21	01:09:48	00:58:46	00:56:28	06:13:07	55	WH	6
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	6
1392	Feldmann	Thomas	Männers	01:07:28	01:05:42	00:55:38	01:09:18	00:58:51	00:56:16	06:13:11	165	M45	6
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	6
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	6
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	6
1396	Brandes	Hilde	Freetiedloopers	01:08:41	01:05:13	00:55:07	01:10:06	00:58:25	00:55:57	06:13:25	32	W50	6
1397	Meenen	Susanne	Wittmund	01:06:33	01:05:05	00:56:51	01:10:00	00:58:23	00:56:36	06:13:25	51	W40	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
1402	Roßkamp	Frank	Augustfehn	01:04:27	01:03:43	00:54:29	01:06:52	00:58:08	01:06:08	06:13:43	97	M55	6
1403	Lühring	Silvia	Westrhauderfehn	01:11:01	01:04:43	00:55:13	01:08:56	00:57:55	00:56:00	06:13:45	52	W40	6
1404	Ruesink	Anne	Partyservice	01:01:22	01:07:44	00:57:08	01:10:42	00:59:20	00:57:33	06:13:46	56	WH	6
1405	Saathoff	Maike	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	6
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	6
1407	Funk-Janßen	Anja	Eekenstraat/Hoog	01:04:56	01:05:36	00:58:04	01:09:20	00:59:23	00:56:44	06:14:00	55	W45	6
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	6
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	6
1410	Wolken	Julian	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	6
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	6
1412	Brauer	Siegfried	Wittmund	01:08:43	01:06:33	00:58:12	01:03:39	01:00:22	00:56:59	06:14:25	44	M60	6
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	6
1414	Appel	Gudrun	Wittmund	01:07:41	01:05:06	00:56:58	01:10:00	00:58:23	00:56:35	06:14:39	33	W50	6
1415	Loegel	Frauke	Upschört	01:05:02	01:03:54	00:57:51	01:11:19	00:58:56	00:57:41	06:14:40	43	WU20	6
1416	Loegel	Thomas	Upschört	01:05:02	01:03:55	00:57:51	01:11:20	00:58:56	00:57:42	06:14:42	171	M50	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1424	Heymann	Holger	Wittmund	01:05:30	01:04:59	00:56:04	01:10:21	01:00:11	00:57:53	06:14:55	126	M40	6
1425	Doden	Silke	Upstalsboomer	01:07:36	01:05:41	00:55:37	01:11:42	00:59:02	00:55:34	06:15:08	35	W35	6
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	6
1427	Schrader	Anke	Weener	01:09:01	01:07:09	00:56:06	01:10:01	00:57:07	00:55:51	06:15:12	8	W55	6
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	6
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	6
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	6
1431	Stirler	Hauke	Datensysteme	01:05:28	01:04:42	00:56:42	01:10:03	01:02:43	00:56:00	06:15:35	114	M35	6
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	6
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	6
1434	Penon	Focko	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	6
1435	Wölfel	Christine	Klinikum Leer	01:05:49	01:07:50	00:57:01	01:09:21	00:59:33	00:56:23	06:15:54	36	W35	6
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	6
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	6
1438	Wienekamp	Tina	Ost/Blödsinn,	01:04:15	01:04:57	00:57:17	01:11:22	01:01:22	00:57:02	06:16:13	24	W30	6
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	6
1440	Zuidema	Famke	Niedersachsen	01:04:31	01:05:03	00:57:38	01:10:02	01:01:04	00:58:10	06:16:25	58	WH	6
1441	Schoolmann	Fee	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	6
1442	Eilers	Cord	Triathlon	01:07:56	01:06:30	00:58:31	01:06:50	00:58:42	00:58:07	06:16:32	128	M40	6
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	6
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	6
1445	Goesmann	Ineke	Wittmund	01:07:54	01:05:38	00:56:11	01:12:54	00:51:59	01:02:14	06:16:47	59	WH	6
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	6
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	6
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	6
1449	Jöhrens	Gerd	Upjever	01:11:10	01:05:50	00:57:36	01:09:26	00:57:22	00:55:43	06:17:04	171	M45	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
1455	Haschenburger	Werner	Jever	01:05:43	01:06:09	00:58:13	01:10:42	00:59:03	00:57:40	06:17:27	45	M60	6
1456	Rietdorf	Marcel	Seefahrt	01:09:09	01:05:32	00:56:34	01:09:18	01:01:15	00:55:44	06:17:29	130	MH	6
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	6
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	6
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	6
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	6
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	6
1462	Mager	Hilke	Jever	01:05:58	01:06:57	00:56:46	01:09:52	01:00:19	00:57:51	06:17:39	12	W55	6
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	6
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	6
1465	Behmann	Senta	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	6
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	6
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	6
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	6
1469	Wilts	Gerd	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	6
1470	Sühwold	Simon	Loopers	01:08:53	01:06:53	00:57:12	01:09:59	00:59:06	00:56:37	06:18:37	173	M45	6
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	6
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	6
1473	Kaslowski	Andrea	Zeitungsgruppe	01:08:55	01:06:41	00:57:03	01:10:04	00:59:37	00:56:26	06:18:44	60	WH	6
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	6
1475	Manssen	Lena	FC SO II	01:06:22	01:07:29	00:57:41	01:10:44	00:59:06	00:57:38	06:18:56	47	WU20	6
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	6
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	6
1478	Schoolmann	Claus	Moordorf	01:05:39	01:05:29	00:57:56	01:10:40	00:59:56	00:59:30	06:19:06	134	M40	6
1479	Schulte	Marlies	Bentstreek	01:06:48	01:09:35	00:56:55	01:10:38	00:59:01	00:56:16	06:19:09	37	W50	6
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	6
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	6
1482	Gosling	Sascha	Crocodiles	01:07:38	01:13:22	01:01:47	01:13:02	00:51:48	00:51:39	06:19:12	132	MH	6
1483	Finschow	Martin	FC SO	01:10:54	01:07:21	00:56:15	01:10:01	00:58:36	00:56:10	06:19:14	177	M50	6
1484	König	Tino	Moormerland	01:08:26	01:06:04	00:57:14	01:10:52	01:00:33	00:56:09	06:19:14	174	M45	6
1485	Mangold	Tamara-Victoria	Neuschoo	01:09:20	01:06:48	00:58:07	01:10:16	00:59:04	00:55:48	06:19:18	61	WH	6
1486	Höncher	Nekane	Basketball	01:11:10	01:08:19	00:57:20	01:09:37	00:57:00	00:55:57	06:19:20	25	W30	6
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	6
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	6
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	6
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	6
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	6
1492	Parduhn	Kevin	St. JH Varel	01:05:51	01:06:54	00:56:50	01:09:56	01:03:47	00:56:43	06:19:57	133	MH	6
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	6
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	6
1495	Decker	Silvia	Nordstern	01:06:34	01:07:02	00:57:39	01:10:46	01:00:24	00:57:55	06:20:17	61	W45	6
1496	Memenga	Sonja	Nordstern	01:06:35	01:07:03	00:57:38	01:10:47	01:00:24	00:57:55	06:20:18	55	W40	6
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	6
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	6
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	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
1504	Gärtner	Maik	Nord, Materiallager	01:10:15	01:07:17	00:57:42	01:10:03	00:59:49	00:56:05	06:21:07	137	M40	6
1505	von Häfen	Jasmin	MW-Trockenbau	01:10:13	01:08:35	00:58:17	01:09:26	00:58:58	00:55:54	06:21:19	37	W35	6
1506	Hanack	Friedhelm	Seefahrt	01:08:40	01:07:46	00:58:08	01:11:08	00:59:42	00:56:04	06:21:24	178	M50	6
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	6
1508	Eckhoff	Laura	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	6
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	6
1510	Hillebrand	Michael	Westoverledingen	01:09:28	01:06:53	00:56:35	01:10:39	01:00:25	00:57:44	06:21:42	138	M40	6
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	6
1512	Reinhard	Nadine	Emspark	01:07:44	01:08:07	00:57:29	01:11:01	01:00:03	00:57:29	06:21:51	28	W30	6
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	6
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	6
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	6
1516	Michaelson	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	6
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	6
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	6
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	6
1520	Gräfedüinkel	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	6
1521	Ihnken	Imke	Stadt Wiesmoor	01:07:23	01:08:09	00:58:01	01:10:10	01:00:19	00:58:11	06:22:10	38	W35	6
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	6
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	6
1524	Gebbru	Tsegay	Schwerinsdorf	01:02:39	01:11:04	00:58:09	01:13:09	00:59:27	00:57:49	06:22:14	177	M45	6
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	6
1526	Lindtner	Anna-Lena	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	6
1527	Lüür	Fenny	Oldenburg	01:07:43	01:14:11	00:55:08	01:09:25	00:59:37	00:56:26	06:22:26	14	W55	6
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	6
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	6
1530	Brandt	Anke	Fuhrunternehmen	01:06:05	01:04:51	00:58:10	01:13:56	01:01:05	00:58:45	06:22:48	64	WH	6
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	6
1532	Eiben	Gaby	Wittmund	01:06:53	01:06:39	00:59:12	01:11:11	01:00:30	00:58:28	06:22:50	41	W50	6
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	6
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	6
1535	Hinrichs	Maike	JG Grossefehn	01:08:03	01:07:50	00:57:59	01:11:14	01:00:14	00:57:46	06:23:02	65	WH	6
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	6
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	6
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	6
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	6
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	6
1541	Saathoff	Bernd	TuS Aurich-Ost	01:04:10	01:10:05	00:57:53	01:11:32	01:00:26	00:59:27	06:23:31	141	M40	6
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	6
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	6
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	6
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	6
1546	Ohling	Tim	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	6
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	6
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	6
1549	Meyer	Manuela	Team Möbel Buss	01:07:10	01:08:30	00:58:37	01:12:05	01:00:00	00:57:47	06:24:06	39	W35	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1558	Abbas	Marko	FCSO	01:08:02	01:07:19	00:58:04	01:13:30	01:00:14	00:57:39	06:24:44	119	M35	6
1559	Nanninga	Wubbo	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	6
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	6
1561	Schrader	Joachim	Datensysteme	01:09:47	01:06:28	00:58:55	01:10:37	01:01:02	00:58:07	06:24:53	103	M55	6
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	6
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	6
1564	Haasche	Jana	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	6
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	6
1566	Denker	Wilma	Volksbank eG	01:06:30	01:07:12	01:00:39	01:12:05	01:00:05	00:58:58	06:25:26	43	W50	6
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	6
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	6
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	6
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	6
1571	Pfirrman	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	6
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	6
1573	Richter	Justus	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	6
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	6
1575	Oelrichs	Manuela	GmbH	01:06:31	01:07:18	00:59:28	01:11:15	01:02:15	00:59:23	06:26:08	40	W35	6
1576	Krebs	Marc	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	6
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	6
1578	Hilbers	Anna	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	6
1579	Alferink	Claudia	Westrhauderfehn	01:09:21	01:09:59	00:59:53	01:11:11	00:58:45	00:57:14	06:26:20	16	W55	6
1580	Janssen	Max Tillmann	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	6
1581	Gerken	Celina	Wald	01:09:44	01:06:07	00:58:30	01:11:21	01:01:35	00:59:21	06:26:34	73	WH	6
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	6
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	6
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	6
1585	Richter	Pauline	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	6
1586	Bergmann	Bernd	Wittmund	01:09:57	01:07:47	00:59:03	01:11:36	01:00:05	00:58:58	06:27:22	49	M60	6
1587	Schipper	Jutta	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	6
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	6
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	6
1590	Sporré	Jürgen	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	6
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	6
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	6
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	6
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	6
1595	Bohlentz	Sabine	Ost/Blödsinn,	01:07:08	01:07:38	00:58:51	01:12:50	01:01:52	00:59:47	06:28:02	41	W35	6
1596	Jakobs	Laura	Wittmund	01:11:27	01:07:35	00:58:57	01:12:07	00:59:58	00:58:09	06:28:10	75	WH	6
1597	Ludwig	Julian	SP201	01:11:12	01:15:01	01:02:54	01:08:32	00:56:58	00:53:39	06:28:12	146	MU20	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1601	Quarg	Karin	Jever	01:08:13	01:09:26	00:58:50	01:12:16	01:00:45	00:59:17	06:28:44	11	W60	6
1602	Zepig	Christiane	Wittmund	01:08:52	01:08:18	00:59:26	01:12:53	01:00:43	00:58:36	06:28:44	42	W35	6
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	6
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	6
1605	Janssen	Jann Bruno	Tannenhäusen	01:11:28	01:10:40	00:57:31	01:13:15	01:00:05	00:56:01	06:28:57	134	MH	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1615	Fitz	Silke	Freetiedloopers	01:14:45	01:15:11	00:57:01	01:08:24	00:57:40	00:56:46	06:29:43	65	W45	6
1616	Schmidt	Christina	üro der	01:06:42	01:10:09	00:58:58	01:10:40	01:01:34	01:01:49	06:29:48	59	WU20	6
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	6
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	6
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	6
1620	Roßkamp	Sylke	Augustfehn	01:10:22	01:09:48	00:58:55	01:12:12	01:00:23	00:58:45	06:30:21	18	W55	6
1621	Klaaßen	Roswitha	Ossilooopers	01:10:47	01:08:13	01:00:15	01:12:35	01:00:26	00:58:10	06:30:22	12	W60	6
1622	Wilts	Poppe	Ossilooopers	01:10:47	01:08:13	01:00:15	01:12:35	01:00:26	00:58:10	06:30:22	21	M65	6
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	6
1624	Kuhlmann	Ina	LT TuS Aurich-Ost	01:07:28	01:08:34	00:58:50	01:13:37	01:02:40	00:59:26	06:30:31	43	W35	6
1625	Walter	Florian	Seefahrt	01:12:13	01:12:22	00:59:01	01:13:15	00:55:41	00:58:03	06:30:31	136	MH	6
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	6
1627	Werner	Christian	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	6
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	6
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	6
1630	Bohlen	Beate	Apotheke	01:08:59	01:09:55	00:59:12	01:11:29	01:02:37	00:58:38	06:30:46	68	W45	6
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	6
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	6
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	6
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	6
1635	Langenberg	Mara	SP224	01:15:37	01:15:38	00:58:28	01:08:35	00:57:09	00:55:42	06:31:06	79	WH	6
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	6
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	6
1638	Cordes	Gabi	\Ostfreesland\""	01:13:31	01:07:19	00:59:04	01:11:28	01:01:15	00:58:55	06:31:29	47	W50	6
1639	Eden	Andreas	Neuharlingersiel	01:11:35	01:08:33	00:59:13	01:11:46	01:01:17	00:59:17	06:31:37	106	M55	6
1640	Langen	Julia	Seefahrt	01:09:45	01:07:57	00:58:30	01:12:22	01:02:42	01:00:25	06:31:38	80	WH	6
1641	Anneken	Jens	Seefahrt	01:09:45	01:07:57	00:58:29	01:12:22	01:02:42	01:00:25	06:31:38	137	MH	6
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	6
1643	Gembler	Johann	Gembler	01:06:47	01:09:33	01:01:28	01:12:21	01:02:23	00:59:17	06:31:46	107	M55	6
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	6
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	6
1646	Siefken	Sandra	Laufen...	01:10:26	01:08:02	00:58:59	01:11:58	01:03:10	00:59:23	06:31:55	63	W40	6
1647	Gronewold	Anja	EIER	01:15:36	01:12:56	01:01:49	01:06:49	00:55:05	00:59:53	06:32:05	64	W40	6
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	6
1649	Bramer	Rene	A-Team Filsun	01:12:31	01:10:44	00:59:36	01:13:39	00:58:55	00:56:51	06:32:13	147	MU20	6
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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
1652	Stöhr	Daniela	Sautelersiel	01:08:32	01:09:38	01:00:23	01:12:54	01:01:21	00:59:40	06:32:26	48	W50	6
1653	Herman	Dagmar	Moorwarfen	01:10:24	01:10:01	01:00:08	01:12:35	01:00:57	00:58:23	06:32:26	70	W45	6
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	6
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	6
1656	Plawenn	Clemens	Seefahrt	01:11:11	01:10:28	00:58:27	01:12:31	01:01:19	00:58:46	06:32:39	117	M30	6
1657	Lüken-Hoppmann	Gesa	Hoppmann	01:14:19	01:10:38	00:58:40	01:11:57	00:59:47	00:57:26	06:32:44	44	W35	6
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	6
1659	Janssen	Anne	MTV Wittmund	01:10:18	01:10:01	01:00:07	01:12:35	01:01:29	00:58:22	06:32:48	45	W35	6
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	6
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	6
1662	Harms	Anke	FC SO SII	01:08:47	01:11:16	00:58:28	01:13:13	01:01:57	00:59:22	06:33:00	60	WU20	6
1663	Saßen	Frank	Wiesmoor	01:12:22	01:09:46	01:00:46	01:10:26	01:01:06	00:58:37	06:33:00	118	M30	6
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	6
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	6
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	6
1667	Kühner	Jantke	Neuharlingersiel	01:11:30	01:10:15	00:58:46	01:13:54	01:01:20	00:57:49	06:33:30	46	W35	6
1668	Bessert	Linda	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	6
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	6
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	6
1671	Klömpges	Axel	Aurich	01:07:10	01:08:55	01:01:44	01:13:24	01:02:21	01:00:26	06:33:57	108	M55	6
1672	Cassen	Andrea	Wittmund	00:59:40	01:27:23	01:09:39	01:12:54	00:50:58	00:53:29	06:33:59	74	W45	6
1673	Augustat	Matthias	VVaG	01:11:57	01:09:24	01:01:19	01:09:02	01:01:06	01:01:16	06:34:01	120	M35	6
1674	Kruse	Bernhard	Wittmund	01:08:13	01:05:26	01:04:07	01:12:37	01:05:43	00:58:09	06:34:12	139	MH	6
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	6
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	6
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	6
1678	Warnders	Ramona	Stapelmoor	01:22:22	01:09:41	00:56:25	01:10:30	00:59:37	00:55:54	06:34:25	62	WU20	6
1679	Schulz	Lara	FC SO 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	6
1680	Albers	Heio	München	01:10:44	01:08:57	01:00:00	01:13:23	01:02:19	00:59:40	06:34:59	10	M70	6
1681	Albers	Jochen	München	01:10:46	01:08:57	01:00:00	01:13:25	01:02:20	00:59:41	06:35:05	186	M45	6
1682	Oltmanns	Maike	OBS Kloster Barthe	01:11:08	01:08:27	01:00:09	01:14:35	01:01:06	00:59:47	06:35:08	47	W35	6
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	6
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	6
1685	Planteur	Daniela	SP224	01:08:57	01:09:30	00:58:22	01:12:06	00:58:26	01:08:20	06:35:39	64	WU20	6
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	6
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	6
1688	Seidemann	Swantje	löpt allein	01:13:10	01:09:27	00:58:48	01:13:32	01:01:36	00:59:31	06:36:01	48	W35	6
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	6
1690	Vorbeck	Michael	Upjever	01:09:26	01:07:32	01:00:24	01:12:17	01:04:09	01:02:21	06:36:06	145	M40	6
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	6
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	6
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	6
1694	Gerriets	Elke	Wittmund	01:09:37	01:08:27	01:01:27	01:14:43	01:01:36	01:00:37	06:36:23	75	W45	6
1695	Mannott	Martina	Wittmund	01:09:38	01:08:27	01:01:27	01:14:43	01:01:36	01:00:37	06:36:24	76	W45	6
1696	Streekmann	Silvia	KS Gleitlager	01:09:29	01:13:11	01:01:50	01:14:26	01:02:13	00:55:27	06:36:33	49	W35	6
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	6
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	6
1699	Fresemann	Elke	Kirchborgum	01:11:26	01:11:12	01:00:34	01:15:33	01:00:23	00:57:55	06:37:00	67	W40	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1714	Möhlmann	Wiebke	VVaG	01:12:57	01:09:24	01:04:48	01:12:54	01:01:06	00:57:50	06:38:56	83	WH	6
1715	Thiems	Luca	FCSO	01:07:51	01:09:17	00:58:17	01:14:28	01:09:20	00:59:47	06:38:57	149	MU20	6
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	6
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	6
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	6
1719	Kuper	Monika	Stapelmoor	01:09:49	01:11:14	00:58:41	01:12:05	01:00:44	01:06:36	06:39:06	52	W50	6
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	6
1721	van Scharrel	Lena	Volksbank eG	01:08:51	01:10:28	01:01:17	01:14:57	01:02:43	01:00:55	06:39:09	85	WH	6
1722	Günther	Dieke	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	6
1723	Suntken	Wenke	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	6
1724	Kloppenburg	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	6
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	6
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	6
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	6
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	6
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	6
1730	Berger	Ulrike	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	6
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	6
1732	Caspers	Christina	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	6
1733	Kloppenburg	Wilhelm		01:12:32	01:10:45	01:00:21	01:14:28	01:01:04	01:01:23	06:40:30	191	M50	6
1734	Kitlas-Dieling	Martha	Loopers	01:11:26	01:11:26	01:00:38	01:13:38	01:02:11	01:01:19	06:40:35	20	W55	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1742	Cornelius	Julia	Carolinensiel	01:09:18	01:11:42	00:59:53	01:14:50	01:04:45	01:00:47	06:41:12	50	W35	6
1743	Pätsch	Daniela	Triathlon	01:10:09	01:14:22	00:59:25	01:13:24	01:02:34	01:01:30	06:41:20	71	W40	6
1744	Harms	Voline	Wiesmoor	01:14:29	01:10:56	01:00:24	01:13:25	01:02:06	01:00:04	06:41:22	22	W55	6
1745	Stern	Thomas	Seefahrt	01:04:12	01:08:59	01:01:12	01:18:08	01:05:45	01:03:09	06:41:22	190	M45	6
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	6
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	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-													
einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
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	6
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	6
1753	Wallat	Elke	Leer	01:11:34	01:09:36	01:00:40	01:17:23	01:02:28	01:00:47	06:42:25	81	W45	6
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	6
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	6
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	6
1757	Grest	Christiane	Loopers	01:09:34	01:10:05	01:00:01	01:16:54	01:05:44	01:00:46	06:43:01	35	W30	6
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	6
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	6
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	6
1761	Prins	Sandra	TausendfüßLeer	01:10:13	01:11:26	01:01:08	01:15:53	01:03:50	01:00:44	06:43:11	36	W30	6
1762	Petersen	Alexandra	Petersen	01:11:20	01:10:29	01:00:39	01:14:30	01:03:51	01:02:29	06:43:15	84	W45	6
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	6
1764	Kobuch	Marieke	Wald	01:08:40	01:11:00	01:01:03	01:16:16	01:05:54	01:00:28	06:43:18	75	WU20	6
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	6
1766	Hettich	Vanessa	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	6
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	6
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	6
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	6
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	6
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	6
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	6
1773	Tomaszewski	Doris	Fit 4 Run	01:13:52	01:12:41	00:59:49	01:16:21	01:02:18	00:58:38	06:43:36	51	W35	6
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	6
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	6
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	6
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	6
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	6
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	6
1780	Peters	Esther	Moormerland	01:13:12	01:10:47	01:00:34	01:15:36	01:03:41	01:00:12	06:43:58	52	W35	6
1781	Eisenhauer	Annelene	Wald	01:11:00	01:09:06	01:01:19	01:15:42	01:04:43	01:02:16	06:44:02	14	W60	6
1782	Fecht	Malte	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	6
1783	Horn	Christina	Wittmund	01:12:24	01:10:56	01:01:18	01:15:29	01:02:40	01:01:40	06:44:23	95	WH	6
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	6
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	6
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	6
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	6
1788	Moldenhauer	Sonja	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	6
1789	Blank	Dajana	Moormerland	01:13:12	01:10:46	01:01:00	01:16:23	01:03:41	01:00:13	06:45:11	53	W35	6
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	6
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	6
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	6
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	6
1794	Brink	Erika	Loopers	01:12:41	01:11:50	01:01:30	01:15:59	01:03:56	00:59:48	06:45:40	25	W55	6
1795	Wienberg	Markus	Hafenbude	01:11:26	01:11:31	01:01:36	01:16:05	01:02:36	01:02:32	06:45:42	146	MH	6
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	6
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	6
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	6
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	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1801	Stroeve	Claudia	Shipmanagement	01:10:52	01:10:51	01:01:45	01:16:12	01:02:40	01:03:47	06:46:03	73	W40	6
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	6
1803	Trischmann	Britta	LOPER	01:13:12	01:12:12	01:01:59	01:15:38	01:02:29	01:00:45	06:46:11	54	W35	6
1804	Claaßen	Christa	Wittmund	01:12:00	01:12:39	01:01:18	01:16:04	01:03:25	01:00:51	06:46:14	27	W55	6
1805	Becker	Frauke	SV Potshausen	01:12:35	01:12:33	01:00:47	01:15:47	01:03:47	01:00:54	06:46:20	57	W50	6
1806	Kuiper	Mareike	Kuiper	01:12:59	01:12:01	01:01:43	01:15:29	01:03:22	01:00:54	06:46:24	74	W40	6
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	6
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	6
1809	Schild	Cedric	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	6
1810	Caspers	Claudia	Østfjord	01:12:11	01:12:43	01:01:41	01:15:13	01:04:09	01:00:39	06:46:33	55	W35	6
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	6
1812	Christians	Edith		01:12:52	01:10:55	00:59:06	01:17:34	01:05:34	01:01:15	06:47:13	57	W35	6
1813	Boomgaarden	Elske	LOPER	01:11:43	01:12:11	01:02:00	01:15:39	01:02:29	01:03:15	06:47:13	56	W35	6
1814	Lübben	Wiebke	Carolinensiel	01:09:18	01:11:43	01:01:39	01:17:16	01:04:45	01:02:38	06:47:16	58	W35	6
1815	Spremann	Simone	Meyer Werft	01:14:54	01:12:10	01:01:32	01:14:28	01:03:29	01:00:52	06:47:22	59	W35	6
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	6
1817	Soring	Elisabeth	GmbH	01:12:17	01:11:00	01:01:50	01:16:31	01:04:31	01:01:30	06:47:36	28	W55	6
1818	Soring	Gerd	GmbH	01:12:18	01:11:00	01:01:51	01:16:31	01:04:31	01:01:31	06:47:39	111	M55	6
1819	Plaisier	Martina	Töben + Partner	01:12:12	01:10:02	01:00:49	01:18:15	01:06:22	01:00:11	06:47:48	60	W35	6
1820	Seggermann	Kathrin	EIER	01:12:51	01:12:46	01:02:11	01:15:45	01:03:37	01:00:42	06:47:49	98	WH	6
1821	Posselt	Volker	EIER	01:12:52	01:12:46	01:02:12	01:15:45	01:03:38	01:00:40	06:47:49	122	M30	6
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	6
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	6
1824	Carstens	Sven	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	6
1825	Uecker	Britta	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	6
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	6
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	6
1828	Franzen	Wilfried	Stapelmoor	01:12:17	01:11:50	01:01:51	01:15:17	01:05:05	01:01:52	06:48:09	12	M70	6
1829	Friedrichs	Amke	TV Norden	01:12:06	01:12:21	00:59:21	01:16:54	01:04:36	01:02:56	06:48:12	61	W35	6
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	6
1831	Erdmann	Jutta	KVN	01:11:51	01:15:32	01:01:35	01:15:10	01:02:44	01:01:27	06:48:15	62	W35	6
1832	Bohlen	Gerd	Westrhauderfehn /	01:11:16	01:12:41	01:01:30	01:16:21	01:04:39	01:02:00	06:48:22	56	M60	6
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	6
1834	Leesch	Kristin	Volksbank eG	01:14:42	01:11:02	01:00:21	01:15:53	01:03:50	01:02:48	06:48:32	63	W35	6
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	6
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	6
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	6
1838	Meyer	Ingrid	Immobilien	01:15:15	01:10:18	00:58:46	01:16:21	01:02:16	01:05:52	06:48:45	90	W45	6
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	6
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	6
1841	Rieken	Uda	Plaggenburg''''	01:08:51	01:12:46	01:04:36	01:16:12	01:04:38	01:01:58	06:48:56	58	W50	6
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	6
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	6
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	6
1845	Paul	Marten	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	6
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	6
1847	Behrensmeier	Uwe	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	6
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	6
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	6
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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1851	Ley	Cindy	Roadrunner	01:14:22	01:12:21	01:03:21	01:15:59	01:03:13	01:01:13	06:50:26	100	WH	6
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	6
1853	Willms	Janina	Stb. van Grieken	01:14:06	01:13:57	01:02:39	01:15:32	01:03:53	01:00:33	06:50:36	64	W35	6
1854	Hoffmann	Sandra	Sport-Starter	01:11:35	01:11:02	01:00:31	01:17:55	01:07:06	01:02:36	06:50:41	65	W35	6
1855	Broer	Hilke	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	6
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	6
1857	Grünert	Nicole	Leer	01:12:17	01:12:18	01:01:59	01:16:21	01:04:50	01:03:03	06:50:45	75	W40	6
1858	Wolken	Gerd	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	6
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	6
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	6
1861	Janssen	Heiko	Wittmund	01:10:49	01:12:55	01:04:28	01:18:33	01:03:41	01:00:35	06:50:58	150	M40	6
1862	Kok	Holger	Leer	01:12:35	01:15:02	01:00:49	01:16:02	01:03:17	01:03:20	06:51:02	113	M55	6
1863	Berends	Duke	Tinca	01:14:33	01:15:51	01:00:18	01:15:59	01:02:49	01:01:39	06:51:06	24	M65	6
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	6
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	6
1866	Ahrends	Monika	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	6
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	6
1868	Ihnen	Michael	Wittmund	01:12:53	01:11:11	01:01:18	01:20:24	01:04:50	01:01:14	06:51:47	151	M40	6
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	6
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	6
1871	Saathoff	Gerd	Roadrunner	01:12:40	01:11:29	01:01:57	01:17:36	01:07:18	01:01:07	06:52:04	193	M50	6
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	6
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	6
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	6
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	6
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	6
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	6
1878	Stöhr	Lisa	Werbeagentur	01:15:18	01:11:38	01:02:22	01:16:06	01:05:22	01:01:44	06:52:26	104	WH	6
1879	de Buhr	Heinz	Werbeagentur	01:15:17	01:11:39	01:02:22	01:16:06	01:05:21	01:01:44	06:52:26	197	M45	6
1880	Flügge	Carsten	Gruppe	01:15:08	01:14:04	01:02:06	01:15:56	01:04:16	01:01:06	06:52:33	194	M50	6
1881	Knauß	Ulrike	Moormerland	01:15:56	01:14:01	01:05:25	01:17:01	01:01:40	00:58:35	06:52:36	34	W55	6
1882	Held	Bettina	KBV Rechtsupweg	01:13:09	01:11:56	01:03:32	01:18:05	01:03:11	01:02:46	06:52:36	78	W40	6
1883	Schoon	Karin	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	6
1884	Fleißner	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	6
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	6
1886	Günther	Christin	Wald	01:10:43	01:11:41	01:02:07	01:17:59	01:07:41	01:02:40	06:52:47	83	WU20	6
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	6
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	6
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	6
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	6
1891	Arends	Janine	SP224	01:15:36	01:17:28	01:07:34	01:08:32	00:55:59	01:08:06	06:53:12	84	WU20	6
1892	Reiter	H.Hermann	SVS Stikelkamp	01:12:28	01:14:10	01:04:37	01:16:52	01:04:24	01:00:45	06:53:12	195	M50	6
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	6
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	6
1895	Doden	Frauke	Dodi	01:13:34	01:14:12	01:03:04	01:16:46	01:03:34	01:02:25	06:53:32	66	W35	6
1896	Jansen	Theresia	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	6
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	6
1898	Klinkenborg	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	6
1899	Meier	Anna	Waschstraßeam E-	01:14:36	01:11:48	01:01:38	01:16:31	01:06:20	01:03:19	06:54:08	82	W40	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
1904	Froschauer	Maya	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	6
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	6
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	6
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	6
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	6
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	6
1910	Gruben	Geda	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	6
1911	Krüger	Alina	Aurich	01:13:11	01:14:06	01:01:08	01:20:32	01:03:28	01:03:09	06:55:31	106	WH	6
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	6
1913	Mengers	Gerlind	Westrhauderfehn	01:13:18	01:14:03	01:03:28	01:17:47	01:04:18	01:02:44	06:55:36	61	W50	6
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	6
1915	Reents	Peter	Wald	01:13:10	01:15:04	01:02:30	01:19:42	01:03:52	01:01:27	06:55:42	13	M70	6
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	6
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	6
1918	Stiemert	Aileen	Team ENERCON	01:12:18	01:12:41	01:02:55	01:19:22	01:05:52	01:02:49	06:55:54	67	W35	6
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	6
1920	Hicken	Thea	ENERGIETEC	01:16:38	01:14:15	01:04:03	01:17:05	01:03:30	01:00:43	06:56:09	63	W50	6
1921	Detert	Nele	Lillienstraße	01:11:24	01:12:29	01:05:27	01:15:22	01:09:45	01:01:59	06:56:22	86	WU20	6
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	6
1923	Fittje-Schlüter	Andrea	TRAUCO Gruppe	01:16:24	01:14:15	01:03:04	01:16:46	01:03:34	01:02:25	06:56:24	68	W35	6
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	6
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	6
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	6
1927	Gerken	Angelika	Wittmund	01:14:29	01:14:17	01:03:07	01:16:32	01:04:51	01:03:51	06:57:03	64	W50	6
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	6
1929	Kleymann	Norbert	Emden	01:18:56	01:14:52	01:01:35	01:13:58	01:05:06	01:03:02	06:57:25	196	M50	6
1930	Friedrich	Corrinna	Waden	01:11:39	01:13:06	01:02:32	01:19:17	01:06:11	01:05:00	06:57:42	18	W60	6
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	6
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	6
1933	Limburg	Ines		01:15:33	01:13:31	01:03:30	01:18:02	01:04:15	01:03:15	06:58:02	69	W35	6
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	6
1935	Rosenboom	Kerstin	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	6
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	6
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	6
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	6
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	6
1940	Davids	Stefan	Schaltgeräte	01:15:24	01:13:49	01:06:03	01:17:23	01:03:38	01:02:35	06:58:47	197	M50	6
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	6
1942	Koch	Silvia	BBC Chartering	01:11:17	01:14:47	01:01:17	01:19:58	01:08:47	01:02:53	06:58:56	70	W35	6
1943	Poppen	Anna - Lena	Waden	01:11:39	01:13:15	01:03:38	01:19:17	01:06:11	01:05:00	06:58:57	46	W30	6
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	6
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	6
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	6
1947	Langer	Detlef	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	6
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	6
1949	Harms	Nele	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	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
1951	Kneifel	Stefan	Neermoor	01:15:59	01:12:32	01:01:36	01:18:40	01:06:59	01:04:13	06:59:55	202	M45	6
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	6
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	6
1954	Seeba	Andrea	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	6
1955	Winkelhake	Karin	Laufen...	01:14:32	01:14:21	01:03:01	01:17:48	01:07:47	01:03:34	07:01:00	66	W50	6
1956	Mannott	Susann	SP201	01:14:57	01:15:01	01:05:12	01:19:13	01:03:42	01:03:00	07:01:02	89	WU20	6
1957	Olthoff	Jasmin	Stapelmoor	01:16:14	01:11:15	01:03:25	01:18:03	01:06:58	01:05:13	07:01:04	90	WU20	6
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	6
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	6
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	6
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	6
1962	Hoffbuhr	Andre	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	6
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	6
1964	Weers	Werner	LeerWittmund	01:13:05	01:14:08	01:04:02	01:17:36	01:06:59	01:05:40	07:01:25	29	M65	6
1965	Grohn	Elke	Wiesmoor	01:12:59	01:12:17	01:04:16	01:18:50	01:07:45	01:05:24	07:01:29	36	W55	6
1966	Steinfeldler	Antje	Stapelmoor	01:12:19	01:11:11	01:04:52	01:18:33	01:06:58	01:07:41	07:01:30	105	W45	6
1967	Buß	Edda	Ossiloopers	01:16:00	01:14:15	01:03:50	01:18:34	01:05:04	01:03:52	07:01:31	8	W65	6
1968	Schulte	Antje	Filsum	01:13:45	01:13:36	01:04:00	01:17:55	01:07:44	01:04:34	07:01:31	71	W35	6
1969	Hartmann	Martina	Wilhelmshaven e.	01:14:12	01:13:57	01:02:57	01:19:36	01:05:46	01:05:10	07:01:35	67	W50	6
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	6
1971	Achtermann	Hartmut	Moormerland	01:13:37	01:15:51	01:02:14	01:18:14	01:07:36	01:04:53	07:02:21	30	M65	6
1972	Wemjes	Geelke	FC SO 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	6
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	6
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	6
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	6
1976	Brüling	Maren	SV Arle	01:16:10	01:15:50	01:02:55	01:16:53	01:08:28	01:02:30	07:02:43	72	W35	6
1977	Heijen	Inga	Stapelmoor	01:13:11	01:11:26	01:03:42	01:19:52	01:07:58	01:06:38	07:02:44	107	W45	6
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	6
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	6
1980	Wittenberg	Dana	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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
1988	Luther	Simon	d alter Männer	01:15:25	01:14:14	01:06:47	01:19:58	01:04:45	01:03:42	07:04:47	125	M35	6
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	6
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	6
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	6
1992	Manssen	Theelke	FC SO	01:15:58	01:15:57	01:05:48	01:20:03	01:04:35	01:02:57	07:05:14	95	WU20	6
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	6
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	6
1995	Sikken	Nicole	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	6
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	6
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	6
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	6
1999	Janßen	Stefanie	Lidl	01:15:26	01:16:00	01:04:14	01:19:50	01:07:28	01:02:49	07:05:44	73	W35	6
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	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
2001	Peil	Inka	Heimtiernahrung	01:15:31	01:14:32	01:04:55	01:18:59	01:07:57	01:04:12	07:06:03	69	W50	6
2002	Boden	Waltraud	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	6
2003	Brahms	Stephanie	Enno Juniel	01:15:01	01:15:19	01:06:08	01:19:02	01:06:36	01:04:09	07:06:13	74	W35	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2012	Brötje	Helge	Klinik	01:14:07	01:14:15	01:05:18	01:21:01	01:06:18	01:06:36	07:07:32	205	M45	6
2013	Heyenga	Daniela	Westrhauderfehn	01:15:21	01:17:22	01:03:56	01:19:06	01:08:23	01:03:33	07:07:38	115	WH	6
2014	Brunken	Steffanie	Leer	01:14:03	01:15:48	01:04:07	01:20:54	01:07:10	01:05:43	07:07:43	111	W45	6
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	6
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	6
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	6
2018	Jetses	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	6
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	6
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	6
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	6
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	6
2023	Natelberg	Inka	Westrhauderfehn	01:13:36	01:15:31	01:05:16	01:21:09	01:07:41	01:06:00	07:09:10	94	W40	6
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	6
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	6
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	6
2027	Heller	Silvia	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	6
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	6
2029	Groen	Alwin	Westrhauderfehn	01:14:06	01:15:28	01:03:29	01:21:44	01:07:30	01:07:16	07:09:30	202	M50	6
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	6
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	6
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	6
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	6
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	6
2035	Feldkamp	Frank	Männers	01:17:29	01:14:14	01:04:52	01:20:45	01:07:13	01:05:39	07:10:09	127	M35	6
2036	Verwold	Anke	TausendfußLeer	01:17:19	01:15:32	01:05:21	01:20:53	01:07:02	01:04:25	07:10:28	115	W45	6
2037	Husmann	Rüdiger	Wiesmoor	01:14:52	01:13:31	01:08:23	01:21:05	01:07:45	01:05:20	07:10:53	120	M55	6
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	6
2039	Häring	Johannes	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	6
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	6
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	6
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	6
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	6
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	6
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	6
2046	Poetzsch	Virginia	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	6
2047	Willms	Sonka	Brill	01:13:49	01:15:27	01:06:14	01:20:10	01:09:26	01:06:37	07:11:41	118	WH	6
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	6
2049	Wilken	Helge	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	6
2050	Harms-Neunaber	Maike	Wittmund	01:15:09	01:15:21	01:06:56	01:20:00	01:07:15	01:07:52	07:12:30	119	WH	6

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
2051	Wollny	Daaje	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	6
2052	Hartmann	Lina	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	6
2053	Feldmann	Lukas	SP224	01:15:37	01:16:01	01:04:06	01:20:56	01:11:39	01:04:50	07:13:06	158	MU20	6
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	6
2055	Diekhaus	Marco	Logistik	01:14:48	01:16:01	01:04:13	01:19:42	01:08:14	01:10:22	07:13:17	127	M30	6
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	6
2057	Kaul	Stefan	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	6
2058	Wandersee	Philipp	Seefahrt	01:14:01	01:11:17	01:03:51	01:22:54	01:07:59	01:14:02	07:14:01	152	MH	6
2059	Trojahn	Maria	Steuerberatungsge	01:17:27	01:18:10	01:06:09	01:19:08	01:08:29	01:04:45	07:14:03	52	W30	6
2060	Demmler	Denise		01:15:41	01:15:31	01:05:32	01:19:01	01:10:51	01:07:51	07:14:24	75	W35	6
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	6
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	6
2063	Schreiner	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	6
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	6
2065	Honccek	Holger	Kirchloog	01:21:19	01:17:29	01:05:14	01:20:35	01:05:37	01:04:54	07:15:04	209	M45	6
2066	Hagedorn	Silvia	Upjever	01:18:42	01:16:22	01:06:01	01:20:47	01:08:40	01:04:38	07:15:06	77	W50	6
2067	Schlünder	Sabine	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	6
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	6
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	6
2070	kompaan	Insa	auch mal aus dem	01:16:35	01:17:22	01:06:53	01:21:46	01:07:51	01:05:33	07:15:56	38	W55	6
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	6
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	6
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	6
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	6
2075	Knust	Anna-Maria	IGS Aurich	01:19:05	01:21:29	01:03:47	01:19:15	01:07:54	01:05:06	07:16:34	77	W35	6
2076	Grunow	Christiane		01:19:05	01:21:28	01:03:47	01:19:15	01:07:55	01:05:07	07:16:34	76	W35	6
2077	Groen	Kornelia	Westrhauderfehn	01:14:47	01:16:28	01:06:41	01:21:51	01:10:31	01:06:21	07:16:36	79	W50	6
2078	Meyerhoff	Eva	Feedback	01:18:54	01:18:44	01:06:36	01:19:11	01:07:40	01:05:42	07:16:44	80	W50	6
2079	Lingner	Gerhard	Westrhauderfehn	01:14:49	01:16:30	01:06:42	01:21:52	01:10:32	01:06:25	07:16:47	33	M65	6
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	6
2081	Hallenga	Gunda	Tannhausen	01:16:03	01:17:25	01:05:37	01:22:15	01:09:33	01:06:00	07:16:50	78	W35	6
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	6
2083	Braams	Herma	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	6
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	6
2085	Schoneboom	Daniela	Energietechnik	01:17:21	01:16:42	01:05:01	01:21:46	01:09:12	01:07:33	07:17:32	53	W30	6
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	6
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	6
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	6
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	6
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	6
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	6
2092	Gerdes	Judith	SP224	01:15:36	01:17:27	01:07:35	01:22:45	01:06:52	01:08:06	07:18:18	104	WU20	6
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	6
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	6
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	6
2096	Block	Bärbel	Aurich	01:13:09	01:20:35	01:06:21	01:23:10	01:08:29	01:06:58	07:18:38	55	W30	6
2097	Visser	Lara	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	6
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	6
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	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
2101	Böge-Vogt	Kerstin	Feedback	01:17:40	01:18:17	01:06:54	01:22:25	01:08:52	01:06:04	07:20:09	41	W55	6
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	6
2103	Schmidt	Gudrun	Chiro- und	01:16:03	01:15:23	01:05:56	01:22:13	01:13:48	01:08:02	07:21:22	100	W40	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2111	Meyer	Anja	Leggedör	01:17:42	01:17:04	01:06:19	01:23:24	01:12:10	01:06:21	07:22:57	123	WH	6
2112	Brinker	Elisabeth	Westrhauderfehn	01:14:47	01:16:28	01:06:41	01:21:52	01:16:54	01:06:21	07:23:00	81	W50	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2122	Brosa-Spieker	Maren	Westrhauderfehn	01:18:52	01:18:33	01:06:43	01:24:19	01:09:22	01:06:27	07:24:13	103	W40	6
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	6
2124	Schild	Corinna	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	6
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	6
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	6
2127	Hohl	Laura	Seefahrt	01:24:30	01:19:18	01:05:58	01:24:07	01:08:27	01:03:51	07:26:08	124	WH	6
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	6
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	6
2130	Franke	Mirja	Dreibergen	01:18:39	01:20:02	01:07:39	01:23:12	01:10:29	01:06:56	07:26:54	124	W45	6
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	6
2132	Barth	Silke	Neuschoo	01:16:53	01:17:39	01:06:43	01:24:52	01:12:15	01:09:04	07:27:24	125	W45	6
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	6
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	6
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	6
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	6
2137	Wiltfang	Johann	Volksbank eG	01:16:10	01:18:33	01:05:44	01:24:55	01:12:57	01:09:57	07:28:12	60	M60	6
2138	Südhoff	Roswitha	Volksbank eG	01:16:10	01:18:33	01:05:44	01:24:54	01:12:57	01:09:59	07:28:13	87	W50	6
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	6
2140	Warneke	Sigrid	Dreibergen	01:18:40	01:21:32	01:07:39	01:23:12	01:10:29	01:06:55	07:28:24	44	W55	6
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	6
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	6
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	6
2144	Krug	Wencke	VVaG	01:20:00	01:24:35	01:13:47	01:20:06	01:06:54	01:04:30	07:29:48	125	WH	6
2145	Meents	Hans-Hermann	Leerhaf	01:17:26	01:17:12	01:07:10	01:25:33	01:14:50	01:07:41	07:29:49	203	M50	6
2146	Kröger	Sabine	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	6
2147	Schmalwasserr	Sören	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	6
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	6
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	6
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	6

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
2152	Onneken	Beate	Einfallsreich	01:21:16	01:19:08	01:09:56	01:23:50	01:10:12	01:07:43	07:32:01	89	W50	6
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	6
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	6
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	6
2156	Onneken	Kim	Einfallsreich	01:21:15	01:20:36	01:09:55	01:23:43	01:10:12	01:07:45	07:33:22	126	WH	6
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	6
2158	Tauer	Iirmi	Aurich	01:21:41	01:20:43	01:07:40	01:24:38	01:11:51	01:08:17	07:34:46	47	W55	6
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	6
2160	Campen	Johanna	Logopädische	01:19:28	01:22:29	01:09:09	01:23:46	01:12:03	01:08:01	07:34:53	109	W40	6
2161	Immega	Hannelore	Werdum	01:19:54	01:19:47	01:08:13	01:24:39	01:12:00	01:10:46	07:35:16	9	W65	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2170	Eilers	Christa	Waden	01:21:48	01:20:26	01:08:38	01:24:06	01:13:00	01:10:05	07:37:59	48	W55	6
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	6
2172	Thiele	Helmi Maria	TV Marienhaf	01:19:51	01:20:24	01:09:13	01:27:52	01:12:04	01:09:20	07:38:40	10	W65	6
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	6
2174	Damm	Rico	SP224	01:23:06	01:19:08	01:09:10	01:25:26	01:12:32	01:09:37	07:38:55	162	MU20	6
2175	Domschky	Stephi	KiTa Wallinghausen	01:18:25	01:21:35	01:11:35	01:25:53	01:12:08	01:09:38	07:39:11	86	W35	6
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	6
2177	Bussmann	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	6
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	6
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	6
2180	Kloppenborg	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	6
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	6
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	6
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	6
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	6
2185	Nanninga	Heidemarie	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	6
2186	Wilken	Gerhold	LeerWittmund	01:19:51	01:21:34	01:10:17	01:28:12	01:11:22	01:10:23	07:41:35	61	M60	6
2187	Backer	Alina	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	6
2188	Junge	Marisa	Seefahrt	01:21:18	01:22:48	01:11:04	01:26:21	01:11:18	01:09:30	07:42:16	130	WH	6
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	6
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	6
2191	Kompaan	Theo	Nordwest	01:18:27	01:20:34	01:10:41	01:28:23	01:12:18	01:13:24	07:43:44	62	M60	6
2192	Appel	Gudrun 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	6
2193	Honczek	Margret	Kirchloog/Apothek	01:21:59	01:20:42	01:10:34	01:25:16	01:13:19	01:12:28	07:44:15	93	W50	6
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	6
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	6
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	6
2197	Schröder	Dorathe	Frieden	01:23:51	01:22:34	01:10:28	01:26:34	01:12:04	01:10:26	07:45:53	11	W65	6
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	6
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	6
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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
2202	Ross	Ursula	fachliches-Zuhause	01:21:13	01:23:02	01:11:02	01:28:30	01:13:27	01:10:17	07:47:28	94	W50	6
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	6
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	6
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	6
2206	Ackmann	Helmut	Stadt Emden	01:24:57	01:21:45	01:09:23	01:27:21	01:15:52	01:09:43	07:48:58	63	M60	6
2207	Mennebäck	Harm	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	6
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	6
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	6
2210	Janßen	Elke	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	6
2211	Janssen	Bianca	Hoppmann	01:21:19	01:20:58	01:10:16	01:29:57	01:17:42	01:10:16	07:50:24	133	WH	6
2212	Steinke	Dietrich	Neermoor	01:22:06	01:23:30	01:12:02	01:28:43	01:11:20	01:12:51	07:50:28	12	M75	6
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	6
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	6
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	6
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	6
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	6
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	6
2219	Venske	Sabrina	Emden-Leer	01:20:44	01:23:01	01:13:36	01:29:20	01:14:21	01:11:36	07:52:36	135	WH	6
2220	Müller	Lars	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	6
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	6
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	6
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	6
2224	Jakobs	Tanja	Wittmund	01:21:38	01:24:20	01:13:04	01:28:59	01:14:34	01:12:03	07:54:34	89	W35	6
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	6
2226	Wolken	Heinke	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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2239	Ostermoor	Carina	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	6
2240	Becker	Heike	Moormerland	01:22:31	01:25:47	01:12:41	01:32:18	01:16:47	01:11:43	08:01:43	97	W50	6
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	6
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	6
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	6
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	6
2245	Pollmann	Jessica	Logistik	01:24:36	01:24:48	01:12:54	01:28:16	01:18:43	01:14:10	08:03:24	138	WH	6
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	6
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	6
2248	Thomas	Annette	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	6
2249	Ismani	Ricarda	Leer	01:27:50	01:23:39	01:11:48	01:33:19	01:17:06	01:12:09	08:05:49	52	W55	6
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	6

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
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	6
2264	Nipshagen	Grato	Wald	01:28:55	01:28:21	01:14:49	01:34:36	01:18:36	01:13:52	08:19:06	66	M60	6
2265	Adden	Janna	Carolinensiel	01:25:48	01:25:23	01:24:42	01:32:16	01:19:54	01:12:42	08:20:41	142	WH	6
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	6
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	6
2268	Pommer	Martina	Logistik	01:29:50	01:29:22	01:15:29	01:33:41	01:18:43	01:18:21	08:25:22	117	W40	6
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	6
2270	Pollmann	Fenna	Schwerinsdorf	01:26:10	01:31:40	01:16:15	01:35:59	01:21:01	01:17:00	08:28:01	53	W55	6
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	6
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	6
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	6
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	6
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	6
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	6
2277	Platow-Eilers	Daniela	Neuharlingersiel	01:30:53	01:32:37	01:17:30	01:34:39	01:20:11	01:16:33	08:32:18	121	W40	6
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	6
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	6
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	6
2281	Vitter	Claudia	Immobilien	01:28:08	01:32:38	01:04:26	01:40:49	01:29:51	01:23:20	08:39:09	122	W40	6
2282	Niemann	Mareike	Collhusen	01:28:43	01:32:56	01:18:21	01:39:40	01:23:04	01:23:42	08:46:23	116	WU20	6
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	6
2284	Schoolmann	Elke	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	6
2285	Bruns	Alke	Stapelmoor	01:33:39	01:32:43	01:21:53	01:42:30	01:23:34	01:21:16	08:55:31	123	W40	6
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	6
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	6
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	6
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	6
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	6
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	6
2292	Janßen	Uwe	VVaG	01:42:05	01:44:00	01:30:34	01:50:32	01:31:43	01:28:03	09:46:54	128	M55	6
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	6
	de Riese	Jonathan	FCSO SII Kurs	00:43:36	00:44:30	00:39:09	00:47:20	00:38:43		03:33:15			5
	Oppenborn	Stefan	IGS Moormerland	00:43:51	00:44:45	00:39:01	00:47:25	00:40:26		03:35:25			5
	Klostermann	Reno	Briese Schifffahrt	00:45:19	00:46:16	00:40:08	00:48:47		00:40:22	03:40:50			5
	Kisch	Johannes	FCSO SII Kurs	00:46:03	00:46:52	00:40:55	00:49:27	00:42:37		03:45:51			5
	Beute	Bart	AG/eQ-3	00:46:53	00:47:50	00:41:22	00:50:54	00:42:36		03:49:34			5
	Kampen	Manfred	Westoverledingen	00:47:21	00:48:35	00:48:51		00:45:43	00:43:05	03:53:31			5
	Wessels	Wolfgang	e.V.	00:48:44	00:48:36	00:43:04	00:51:16	00:43:15		03:54:52			5

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	von der Assen	Ralf	Oldenburg	00:48:09	00:49:18	00:42:32	00:51:42	00:43:29		03:55:07			5
	Denekas	Heiko	Stadt Aurich	00:50:14		00:44:05	00:54:23	00:45:04	00:43:58	03:57:42			5
	Feldmann	Ralf	"TaktLwG 71 \R\''''		00:52:36	00:44:49	00:54:32	00:46:04	00:45:27	04:03:25			5
	Stelte	Damian	Ulricianum Aurich	00:49:24		00:44:15	01:01:18	00:45:16	00:43:28	04:03:39			5
	Moritz	Arne	Seefahrt	00:49:01	00:50:12	00:41:51	00:56:33	00:46:13		04:03:47			5
	Sörös	Manni	"TaktLwG 71 \R\''''	00:49:59	00:51:35	00:43:43	00:55:07	00:44:48		04:05:09			5
	Beening	Ingo	BBS Aurich	00:49:35	00:50:36	00:43:59	00:55:55	00:46:04		04:06:06			5
	de Freese	Timo	Team LFZ 50	00:51:43	00:50:40		00:57:47	00:45:14	00:43:39	04:09:01			5
	Weerts	Klaus	AöR	00:50:55	00:55:15		00:54:33	00:44:43	00:44:08	04:09:32			5
	Sandersfeld	Marius	Emder LG	00:51:31	00:51:33	00:45:05	00:56:31		00:46:17	04:10:54			5
	Zagonel	Marco	Team ENERCON	00:51:17	00:52:06	00:45:43	00:55:32		00:46:19	04:10:56			5
	Oltrop	Nils	Emder LG	00:51:31	00:51:32	00:45:10	00:56:33		00:46:17	04:11:00			5
	van Lessen	Hartwig	Tuffeltrio	01:03:05		00:47:52	00:56:45	00:42:24	00:41:57	04:12:00			5
	Berends	Kevin	Tinca		00:55:24	00:47:08	00:57:35	00:46:38	00:45:29	04:12:12			5
	Däublin	Malte	Ulricianum Aurich	00:52:19	00:55:32	00:44:20	00:56:45	00:45:33		04:14:26			5
	Eichhorn	Tobias	Wittmund		00:56:13	00:47:21	00:58:03	00:48:29	00:46:21	04:16:23			5
	Mansveld	Torsten	BBC Chartering	00:55:12		00:46:56	00:58:49	00:48:44	00:47:05	04:16:44			5
	Ubben	Hilmar	Ulricianum Aurich		00:55:07	00:47:58	00:58:45	00:47:45	00:47:22	04:16:53			5
	ter Haseborg	Bodo	TV Apen		00:55:39	00:47:45	00:57:52	00:48:54	00:48:09	04:18:15			5
	Jacobsen	Henrik	BBC Chartering	00:52:58	00:52:57	00:46:02	00:57:48	00:48:56		04:18:38			5
	Schacha	Dirk	ORGADATA	00:53:41	00:54:21	00:47:03	00:56:10	00:48:44		04:19:56			5
	Schuster	Johannes	Team ENERCON	00:57:12	00:57:20	00:48:38		00:50:28	00:48:16	04:21:51			5
	Buß	Sven	Upjever	00:55:03		00:48:49	00:59:34	00:50:55	00:47:36	04:21:55			5
	Oberschelp	Lisa	mühlenmeute	00:56:29		00:48:50	00:59:28	00:49:28	00:48:14	04:22:26			5
	Melzer	Carsten	Team ENERCON	00:53:14	00:55:01	00:48:23	00:58:32	00:49:43		04:24:50			5
	Jürgens	Rainer	Bünting Tee	00:54:09	00:54:39	00:48:59	00:59:00		00:48:41	04:25:25			5
	Wilken	Patrick	Meyer Werft	00:54:38		00:51:26	01:01:25	00:44:24	00:53:51	04:25:40			5
	Schmidt	Claus	Team Mellum	00:54:53	00:55:32	00:47:42	00:57:45	00:51:04		04:26:53			5
	Dannecker	Michael	Emder LG	00:56:37	00:56:52	00:49:06		00:53:02	00:52:38	04:28:12			5
	Wilmering	Mauritz	NIGE	00:50:58	00:52:49	00:49:56	01:02:34	00:52:11		04:28:25			5
	Wittig	Roland	Tus Augustfehn	00:57:38	00:57:54	00:50:20		00:52:05	00:51:08	04:29:02			5
	Fiene	Thorin	Ulricianum Aurich	00:56:22	00:56:45	00:49:00		00:51:09	00:57:02	04:30:15			5
	Aeilts	Matthias	LG Glave Gruppe	00:55:53	00:55:21	00:49:50	00:58:53	00:50:35		04:30:30			5
	Neemann	Bastian	Post Norden	00:53:48	00:54:54	00:47:38	01:03:17	00:51:50		04:31:24			5
	Stöter	Simon	Egels Sek.1		00:58:25	00:49:24	01:01:20	00:52:23	00:50:17	04:31:47			5
	van Münster	René	Hüggelzwerge	00:57:36	00:55:38	00:49:25	01:00:58	00:50:02		04:33:37			5
	Reise	Lars	Heimtiernahrung	01:01:28	00:58:52	00:49:30	00:57:34		00:46:44	04:34:06			5
	Efen	Julian	Polizei Leer	00:57:09	00:56:48	00:46:51	01:03:55	00:50:32		04:35:13			5
	Döring	Dominik	Team ENERCON	01:02:28	00:59:43	00:50:47		00:52:56	00:50:29	04:36:20			5
	Korporal	Horst	Padlooper		00:59:14	00:50:23	01:02:23	00:51:34	00:53:02	04:36:33			5
	Horsters	Christopher	Pyra Squad	00:59:01	00:56:35	00:49:57	01:02:34	00:49:20		04:37:24			5
	Maschke	Silke	Aurich	00:58:18		00:50:22	01:04:31	00:54:29	00:50:29	04:38:07			5
	Nauschütt	Björn	Volksbank eG	00:56:45	00:58:23		01:02:10	00:51:24	00:49:36	04:38:15			5
	Pedersen	Björn	Seefahrt	00:59:22	00:58:04	00:49:29	01:03:01		00:50:14	04:40:07			5
	Knaap	Leigh	Klinikum Leer	00:53:26	00:57:51	00:51:02	01:04:13	00:53:47		04:40:17			5
	Paul	Sascha	Tannenhäuser e.V.	00:58:07	00:57:10	00:49:54	01:01:25	00:54:14		04:40:48			5
	Brettschneider	Roger	HTR	00:58:42	00:58:00	00:52:21	01:01:07	00:50:49		04:40:56			5
	Rehaag	Jan	FCSO	01:03:49	00:58:25	00:55:52	00:57:10	00:48:14		04:43:27			5
	Winkelmann	Marcel	Upjever	00:59:58	00:59:56	00:52:35		00:57:18	00:53:55	04:43:39			5
	Dekker	Anja	MTV Aurich/TEA	01:02:02		00:51:45	01:04:49	00:53:52	00:52:45	04:45:11			5

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	Gerdes	Dennis	Team Möbel Buss	01:00:48		00:52:36	01:03:25	00:55:50	00:53:57	04:46:34			5
	Eden	Joris	FCSO		01:00:46	00:52:16	01:10:03	00:51:22	00:53:04	04:47:28			5
	Brunken	Emma	FCSO SII Kurs	01:02:04	01:00:34	00:51:50	01:03:12	00:50:07		04:47:43			5
	Kuiper	Wiebke	TMV Weener e.V.	01:02:38	01:01:23	00:54:27		00:55:47	00:53:31	04:47:44			5
	Krüger	Jens	Teestube Eiland	01:00:19	01:01:16	00:51:24	01:03:07	00:53:03		04:49:06			5
	Wolle	Henry	Roadrunner	01:00:11	01:00:23		01:02:32	00:53:03	00:53:53	04:50:00			5
	Dorf Müller	Pepe	Upjever	01:00:24	01:00:16	00:52:40	01:04:09	00:54:23		04:51:49			5
	Sommer	Sven	Upjever	01:11:10	01:04:32		00:56:00	00:57:23	00:43:15	04:52:16			5
	Fürst	Heiko	Raketenschnecken	01:04:00	01:02:51	00:54:32		00:56:31	00:55:16	04:53:07			5
	Hillerts	Jochen	"TaktLwG 71 \R\''''		01:03:23	00:52:43	01:05:48	00:56:20	00:55:26	04:53:36			5
	Freeseemann	Gerhold	Westrhauderfehn	00:59:34	00:59:56	00:50:58	01:02:41		01:00:30	04:53:36			5
	Gierszewski	Olaf	e.V	01:02:37	01:03:10	00:56:26		00:56:30	00:55:10	04:53:50			5
	Friedrich	Wolfgang	Leinerstift e.V.	01:01:09	01:00:21	00:56:07	01:04:15	00:53:06		04:54:55			5
	Roofs	Edgar	LT TuS Aurich-Ost	01:01:21		00:54:46	01:05:45	00:56:29	00:57:19	04:55:36			5
	Ackermann	Gerd	Raketenschnecken	01:04:00	01:03:04	00:54:41		00:58:38	00:55:17	04:55:38			5
	Hanken	Holger	nhaus Westerstede	01:04:13	01:03:57	00:55:18		00:56:57	00:55:32	04:55:54			5
	Epple	Andreas	KVHS Aurich	01:00:14	01:00:14	00:52:14	01:07:34	00:55:46		04:55:59			5
	Gruben	Dirk	SV Potshausen	01:02:57	01:01:36	00:52:36	01:04:04	00:55:24		04:56:33			5
	Gette	Daniel	Seefahrt	01:06:33	01:03:31	00:53:48		00:57:14	00:55:32	04:56:34			5
	Silz	Salome	FCSO SII Kurs	01:02:24	01:03:18	00:52:54	01:05:42	00:53:23		04:57:38			5
	Bretz	Michael	Meyer Werft	01:08:08	01:03:04	00:55:54		00:57:01	00:53:55	04:57:58			5
	Szilagyi	David	ENOVA	01:04:23	01:02:19	00:54:00	01:03:09	00:55:28		04:59:16			5
	Buntjer	Nicole	Weener/Bunde	01:01:52	00:59:34	00:50:48	01:04:58	01:02:10		04:59:20			5
	Wallenstein	Elia	Briese Schifffahrt	01:04:25		00:54:45	01:04:39	00:55:09	01:00:50	04:59:46			5
	Meyerholz	Imke	Landkreis Aurich	01:05:00	01:03:52	00:56:18		00:58:35	00:57:42	05:01:24			5
	Balfanz	Christian	"TaktLwG 71 \R\''''	01:00:26	01:17:18	00:45:13	01:05:47	00:53:21		05:02:03			5
	Schumacher	Anahita	Ulricianum Aurich	01:05:32	01:03:24	01:00:40		00:58:04	00:55:34	05:03:12			5
	Gutzmann	Gerrit	BAV Aurich		01:07:27	00:55:17	01:09:04	00:58:02	00:53:47	05:03:34			5
	Schade	Jan	OBW	01:11:52	01:02:43	00:52:00	01:05:37	00:51:28		05:03:36			5
	Homann	Holger	AG/eQ-3	01:04:37	01:03:00		01:07:53	00:55:28	00:53:43	05:04:39			5
	Goetz	Helfried	Raketenschnecken	01:04:00	01:04:21	00:56:30		01:03:16	00:57:20	05:05:24			5
	Eesmann	Mareike	OLB	01:03:37	01:02:38	00:54:44	01:06:40	00:58:19		05:05:55			5
	Diekmann	Jelto		01:15:55	01:02:06	00:57:02		00:54:50	00:56:34	05:06:25			5
	Kötter	Stephan	Meyer Werft		01:05:53	00:57:13	01:09:37	00:59:09	00:54:39	05:06:28			5
	Pleis	Gregor	Roadrunner	01:01:57	01:02:22		01:07:35	00:55:52	00:59:49	05:07:33			5
	Middendorf	Hermann	Meyer Werft		01:04:01	00:56:59	01:10:35	00:59:17	00:57:30	05:08:19			5
	Onken	Claudia	LT TuS Holtriem	01:02:53	01:04:48	00:55:28	01:09:15	00:56:09		05:08:30			5
	Siemens	Luca	Ost/IGS Aurich-	01:02:41	01:03:16	00:55:44	01:08:21	00:58:46		05:08:45			5
	de Vries	Tönjes	Zwischenahn	01:08:39	01:02:34	00:55:33	01:08:13	00:53:58		05:08:54			5
	Gerdes	Anke	Böckmann / LT	01:02:58	01:02:34	00:54:46	01:10:00	00:58:43		05:08:59			5
	Bley	Markus	Leer	01:05:05	01:06:16	00:59:47		01:00:19	00:58:01	05:09:25			5
	Eilers	Hannah	MTV Aurich	01:07:22	01:05:34	00:54:16	01:05:20	00:57:47		05:10:17			5
	Specht	Frederik	Ulricianum Aurich	01:06:53	01:06:08	01:05:54		00:54:50	00:56:45	05:10:27			5
	Gronewold	Andrea	Praxis Blomberg	01:04:52	01:06:58	00:58:50		01:01:15	00:58:36	05:10:29			5
	Simmering	Thomas	Bohlen & Doyen		01:07:03	00:57:09	01:09:35	01:00:43	00:57:15	05:11:43			5
	Pollmann	Ina	Schwerinsdorf	01:05:51	01:04:14		01:08:26	00:55:51	00:57:41	05:12:00			5
	Salem	Rahel	FCSO		01:07:31	01:02:49	01:09:36	00:57:07	00:55:19	05:12:20			5
	Jacobsen	Jörn	Team ENERCON	01:06:05	01:07:50	00:58:11		01:02:36	00:59:48	05:14:27			5
	Grüßing	Johann	LG Uplengen	01:04:30	01:05:49		01:09:50	00:59:22	00:56:54	05:16:22			5
	Lemke	Klaas	RVB Aurich	01:05:56	01:05:27	00:56:08	01:10:05	00:59:38		05:17:11			5

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	Niemeyer	Petra	Avocado	01:05:24	01:05:05	00:56:29		01:14:03	00:56:55	05:17:53			5
	Pflanzer	Angelika	KGS Wiesmoor	01:04:54	01:03:44	00:58:57	01:10:53	01:00:46		05:19:11			5
	Lotz	Boris	Schwerinsdorf		01:10:32	00:59:48	01:10:46	00:59:32	00:58:52	05:19:27			5
	Möhlmann	Sandra	Westrauderfehn	01:04:52	01:05:06	00:57:22	01:13:47		00:59:22	05:20:26			5
	Köhler	Kim	Nordwest	01:05:19	01:04:46	00:52:59	01:07:11		01:10:32	05:20:45			5
	Kempe	Sophia	8b		01:08:46	01:00:10	01:14:17	00:59:09	00:58:57	05:21:17			5
	Sweers	Olaf	SV Wittmund	01:05:41	01:11:00	00:55:45	01:09:24	00:59:39		05:21:28			5
	Ubben-Folkerts	Inge	Heimtiernahrung	01:07:06	01:07:21	00:56:59	01:10:10		01:00:20	05:21:54			5
	Röhrsch	Heinz Bernhard	Logistik	01:12:24	01:06:18	00:59:27	01:09:18	00:55:54		05:23:19			5
	Bogena	Anna	M. Neemann OHG	01:05:28	01:12:31	01:01:19		01:00:50	01:03:27	05:23:32			5
	Penning	H-D.	Fortuna Logabirum	01:12:31		00:58:17	01:11:04	00:59:22	01:02:51	05:24:02			5
	Baumann	Georg Ihno	TV Greetsiel	01:03:49	01:12:51	00:56:42	01:10:25	01:02:31		05:26:15			5
	Hanneken	Sandra	Landkreis Leer	01:09:17		00:59:56	01:14:54	01:02:36	01:00:04	05:26:44			5
	Roskam	Kirsten	Wiesmoor	01:13:45		00:58:08	01:13:25	01:02:06	00:59:34	05:26:55			5
	Jugl	Herdis		01:12:00		01:00:26	01:13:24	01:02:43	00:58:51	05:27:20			5
	Hilbrands	Rebekka	FCSO SII Kurs	01:08:13	01:11:16	01:01:10		01:07:45	00:59:37	05:28:00			5
	Rudnick	Dietmar	LG Großefehn	01:10:10	01:10:43	01:01:50		01:02:56	01:02:35	05:28:13			5
	Stulken	Kay	Landkreis Aurich		01:12:42	01:02:12	01:16:01	01:05:11	00:52:30	05:28:33			5
	Frey	Inga	Feedback		01:11:39	01:00:04	01:13:35	01:03:02	01:01:03	05:29:21			5
	Schneider	Heike	Volksbank eG	01:12:21	01:10:10	01:00:23		01:04:18	01:02:47	05:29:55			5
	Rieken	Elke	Pony	01:10:39	01:08:53	00:58:08	01:12:05		01:01:13	05:30:54			5
	Henkys	Rene	Fenner, Bockhöfer		01:12:26	01:01:26	01:13:27	01:02:42	01:01:19	05:31:16			5
	Pollmann	Jannes	Logistik	01:10:30	01:09:44		01:12:25	00:59:31	00:59:52	05:31:59			5
	Ewald	Jann Martin	Seefahrt	01:12:13	01:12:23	00:59:03	01:13:14		00:55:31	05:32:20			5
	Bakker	Lisa	Emden	01:08:07	01:10:03		01:13:00	01:04:59	00:57:41	05:33:48			5
	Blank	Manuel	Moormerland	01:06:50	01:06:17	00:58:26	01:15:26		01:07:35	05:34:32			5
	Akkermann	Insa		01:13:29	01:12:26	01:00:04		01:07:27	01:01:27	05:34:51			5
	Quarg	Bruno	Jever	01:12:39	01:12:09	01:04:11		01:03:29	01:02:43	05:35:08			5
	Sürken	Monika	Wittmund	00:57:55	01:14:30	01:09:47		01:09:09	01:05:01	05:36:20			5
	Wösten	Kerstin	GmbH	01:11:02	01:11:14		01:15:33	01:01:14	00:59:25	05:38:26			5
	Weinberg	Rita	Wald	01:12:27		01:03:08	01:16:37	01:04:53	01:02:18	05:39:20			5
	Eilerts	Anika	LT TuS Aurich-Ost	01:11:04	01:10:15	01:01:31	01:14:22	01:02:27		05:39:38			5
	Schmolke	Birgit	Volksbank eG	01:12:21	01:10:10	01:00:23	01:13:25	01:04:17		05:40:34			5
	Hemmer	Marcus	Seefahrt	01:13:05		01:03:33	01:19:49	01:04:47	01:03:14	05:44:24			5
	Fecht	Udo	Fecht & Helmig	01:12:02	01:12:30	01:02:52	01:15:59		01:01:59	05:45:20			5
	Creutzfeldt	Christine	Lukasläufer Walle	01:13:32		01:04:40	01:17:20	01:06:11	01:03:55	05:45:35			5
	Brümmer	Helmuth	ENOVA	01:13:08	01:13:38	01:01:45	01:14:31	01:02:42		05:45:40			5
	Severiens	Gerold	Fortuna Logabirum	01:10:34	01:09:31	00:59:52	01:16:39	01:09:09		05:45:43			5
	Sinning	Ludwig	Sinning Norden -	01:09:55	01:09:08	00:59:49	01:21:16	01:06:08		05:46:13			5
	Pröve	Jens	Militärseelsorge	01:14:21	01:11:18	01:00:58	01:15:36		01:05:33	05:47:44			5
	Krönke	Antje	Wittmund	01:09:56	01:10:04	01:07:04	01:09:04	01:13:00		05:49:04			5
	Kruse	Alke	RVB Aurich	01:16:09	01:10:57	01:00:32	01:17:36		01:04:11	05:49:23			5
	Raeisifard	Hadi	M. Neemann OHG	01:15:46	01:12:31	01:02:10	01:18:30	01:00:49		05:49:44			5
	Rector	Daniel	Heeren GmbH	01:12:40	01:14:17	01:03:13	01:15:56	01:03:44		05:49:48			5
	Berends	Julia		01:14:22	01:13:02	01:04:31		01:11:19	01:07:06	05:50:16			5
	Rethmeier	Elke	Westerstede	01:13:22	01:11:35		01:19:54	01:03:56	01:02:35	05:51:19			5
	Aukes	Rika	Team Zimmermann	01:10:25	01:15:23	01:05:58		01:17:56	01:01:53	05:51:32			5
	Brand	Katharina	FCSO SII	01:12:01	01:12:50	01:08:09		01:11:49	01:07:02	05:51:47			5
	Bayen	Sandra	Team ENERCON	01:16:38	01:15:09	01:01:05	01:15:03	01:05:28		05:53:21			5
	Kassmann	Gunvor	VOST	01:15:17	01:14:09	01:02:21	01:17:07	01:04:31		05:53:22			5

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Kießlinger	Michael	Volksbank eG	01:16:02	01:17:10	01:03:51		01:09:37	01:07:00	05:53:37			5
	Siemens	Ralf	Hartmann Group	01:11:56	01:13:26	01:03:25	01:20:21	01:05:31		05:54:36			5
	Thume-Franz	Monika	Leer	01:18:20	01:16:43	01:05:37		01:08:58	01:05:04	05:54:40			5
	Wunder	Sarah	Team Zimmermann	01:14:49	01:15:16	01:05:57		01:17:56	01:01:53	05:55:48			5
	Büter	Dita	Leinerstift e.V.	01:12:14	01:13:18	01:04:54	01:19:54	01:06:16		05:56:33			5
	Scheffler	Andrea	LT TuS Aurich-Ost	01:14:12	01:15:56	01:03:03	01:17:52	01:05:46		05:56:46			5
	Rammelmann	Jana	SP201	01:14:56	01:15:01	01:05:11	01:19:12	01:03:42		05:57:59			5
	Maahs	Kathrin	HSG Leer	01:16:35	01:20:41	01:06:26		01:10:29	01:04:59	05:59:08			5
	Riedemann	Sonja	Jammer nicht !	01:15:03	01:14:26		01:18:38	01:07:59	01:04:51	06:00:54			5
	Lindemann	Heike	Westrhauderfehn		01:17:35	01:06:44	01:21:10	01:10:28	01:06:01	06:01:56			5
	Klock	Michael	Fenner, Bockhöfer		01:19:03	01:09:02	01:22:19	01:09:16	01:06:20	06:05:57			5
	Willms	Henning	Hartmann Group	01:16:44	01:16:09		01:18:09	01:10:43	01:07:37	06:09:19			5
	Zach	Angelika	Westrhauderfehn	01:14:48	01:16:29	01:06:42	01:21:51	01:10:32		06:10:18			5
	Zimmerling	Christine	Dörschnecker	01:18:36	01:17:34	01:07:00	01:22:04		01:05:47	06:10:58			5
	Becker	Sonja	Team ENERCON	01:14:39	01:16:45	01:08:46	01:21:59	01:08:55		06:11:00			5
	Lindemann	Deli	Westrhauderfehn	01:15:26	01:16:29	01:06:43	01:21:52	01:10:33		06:11:00			5
	Deiningner	Diana	FC SO		01:19:07	01:07:44	01:27:46	01:11:07	01:06:04	06:11:45			5
	Thomßen	Heidrun	Wittmund	01:14:35	01:20:55	01:13:03		01:12:23	01:11:19	06:12:12			5
	Knopf	Jessica	Victorbur	01:17:23	01:15:41	01:05:23	01:22:45	01:11:48		06:12:57			5
	Bruns	Harald	GmbH		01:20:51	01:10:58	01:24:49	01:12:16	01:08:16	06:17:07			5
	Rath	Johann	Team BauCon	01:17:40	01:18:03	01:07:06	01:22:36	01:14:04		06:19:25			5
	Grüssing	Ettje	Westrhauderfehn	01:20:22	01:19:54	01:08:18	01:24:12	01:10:27		06:23:10			5
	Engels	Heinz	Wiesmoor	01:15:41	01:15:30		01:28:36	01:14:20	01:12:00	06:26:04			5
	Draht	Carolina	LT TuS Aurich-Ost	01:22:21		01:10:40	01:27:56	01:14:49	01:12:12	06:27:56			5
	Geyer	Charlotte	Leezdorfer Hof	01:21:55	01:22:54	01:10:33	01:23:51		01:09:05	06:28:16			5
	Siefkes	Lena	van Rossum/Kuiper	01:21:35	01:21:42	01:09:39	01:24:25	01:12:02		06:29:20			5
	Lehnsdorf	Jörg	Hartmann Group	01:20:09	01:35:52	01:10:59		01:13:21	01:10:26	06:30:44			5
	Heimann	Sonja	MTV Wittmund	01:22:23	01:23:24	01:09:51	01:25:54	01:13:31		06:34:59			5
	Matthey	Jelisa	NIGE	01:24:23	01:26:20	01:16:17		01:22:11	01:13:29	06:42:38			5
	Janssen-Weber	Linda	Weber	01:26:11	01:31:40	01:16:16	01:35:59		01:17:01	07:07:05			5
	Schmidt	Malin	Realschule Aurich	01:32:37	01:29:50	01:17:09	01:37:05	01:12:02		07:08:39			5
	Göhler	Christoph	Aurich	01:40:00		01:33:36	02:03:49	01:35:04	01:34:58	08:27:25			5
	Henninga	Stephan	RVB Aurich	00:41:41		00:37:46	00:45:54	00:38:27		02:43:46			4
	Lünemann	Frank	MTV Aurich	00:45:12	00:51:23			00:35:25	00:35:32	02:47:29			4
	Lottmann	Ralf	EWE-Wattloopers	00:45:05	00:45:38	00:40:10			00:44:19	02:55:09			4
	Popp	Keno	TSV Riepe			00:41:41	00:50:17	00:44:24	00:42:17	02:58:37			4
	Peter	Dennis	Fit 4 Run	00:47:11	00:47:55	00:40:57	00:50:01			03:06:01			4
	Riegert	Julius	Meyer Werft	00:50:34	00:49:11	00:42:11			00:44:30	03:06:25			4
	Derr	Viktor	Fit 4 Run	00:47:37	00:48:28			00:46:45	00:44:07	03:06:54			4
	Steffens	Jannes	FC Loquard	00:50:58		00:45:06		00:46:13	00:45:29	03:07:44			4
	Trebesch	Volker	Team ENERCON	00:50:41		00:42:45	00:51:39	00:43:26		03:08:28			4
	Taapken	Sönke	Team Möbel Buss		00:50:33	00:43:18	00:52:43		00:43:11	03:09:42			4
	Zieker	Enrico	TuS Eintracht Hinte	00:46:37	00:47:39	00:42:08			00:54:17	03:10:39			4
	Wijnen	Hendrik	Fit 4 Run			00:47:51	00:57:12	00:46:44	00:44:46	03:16:30			4
	Schubert	Jens	Völlenerkönigsfehn	00:50:08	00:50:43	00:43:54	00:52:12			03:16:54			4
	Oltrop	Frank	Emden-Borssum	00:52:37	00:53:56	00:46:48			00:46:55	03:20:14			4
	Harms	Jacomo	Egels Sek.1	00:51:20	00:52:09	00:45:27		00:55:34		03:24:28			4
	Iken	Christian	Wittmund	00:51:06	00:55:57			00:49:43	00:48:25	03:25:09			4
	Giesen	Tina	e.V.			00:45:20	01:00:49	00:45:23	00:53:51	03:25:20			4
	Schüler	Daniel	Klinikum Leer	00:54:01	00:54:55			00:50:00	00:47:57	03:26:51			4

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Ihnen	Michael	Leinerstift e.V.	00:52:08	00:53:16		00:55:40		00:45:53	03:26:55			4
	Spreda	Noah	FC SO SII Kurs	00:55:18			01:06:06	00:45:24	00:45:24	03:32:11			4
	Hayungs	Fredo	LT TuS Aurich-Ost	00:53:55	00:54:35	00:47:31	00:56:32			03:32:30			4
	Köhnemann	Frank	Injoy Leer	00:53:03	00:53:32	00:46:35	00:59:40			03:32:47			4
	Gerdes	Timon	KGS Wiesmoor	00:50:26	00:51:58	00:45:50			01:05:13	03:33:25			4
	Osewold	Heinz	e.V.	00:57:02	00:57:11	00:49:05		00:51:05		03:34:20			4
	Pauser	Manuel	Seefahrt		00:58:11	00:49:26	00:58:26	00:48:47		03:34:47			4
	Hottinger	Jochen	Heinen Freezing	00:54:42	00:55:01	00:48:11	00:58:21			03:36:13			4
	Saueressig	Svenja	Petersen		00:56:13	00:49:36	01:01:18		00:49:40	03:36:45			4
	Kleen	Helmut	Wittmund	00:54:28	00:54:18	00:47:51	01:00:21			03:36:56			4
	Meyer	Hans-Jürgen	Logistik			00:53:14	01:03:40	00:51:33	00:48:49	03:37:14			4
	Doolmann	Cathrin	Leer	00:57:43	00:57:58	00:50:17			00:51:36	03:37:32			4
	Giesen	Dominik	Astrid Lindner-	01:00:51	00:53:34		00:57:24		00:46:08	03:37:54			4
	Bakker	Heinz	Backemoor		01:00:48	00:51:13		00:53:42	00:52:32	03:38:12			4
	Alts	Holger	Vffl Berumbur	00:53:46	00:53:38	00:46:20			01:05:27	03:39:09			4
	Henninga	Eike	Moormerland	00:53:35	00:56:55		01:00:15	00:48:45		03:39:28			4
	Grimm	Uwe	Vffl Berumbur	00:53:46	00:54:01	00:47:09			01:05:23	03:40:16			4
	Strangmann	Dirk	Triathlon	01:01:12	00:59:14	00:49:29			00:51:52	03:41:44			4
	Kischlat	Carsten	Optik Lenk	00:48:34	00:56:50	00:52:19	01:04:07			03:41:48			4
	Stroman	Diedrich	OBW	00:56:35	01:02:32	00:50:36			00:55:04	03:44:45			4
	Papendick	Ralf		00:59:40		00:52:53	01:03:17		00:51:42	03:47:30			4
	Krems	Hans-Jürgen	Emder Ruderverein	00:59:40		00:52:07	01:03:01	00:54:34		03:49:20			4
	Focken	Daniel	Bünting Tee	01:06:08		00:54:19		00:56:46	00:52:49	03:49:59			4
	Noll	Stefan	Klinikum Leer	01:01:17	01:02:25			00:54:02	00:52:24	03:50:06			4
	Seedorf	Leon	Egels Sek.1	01:01:42		00:52:55	01:01:40		00:55:25	03:51:41			4
	Müller	Maike	Toskana Team		01:01:56	00:53:13	01:04:32	00:53:21		03:53:00			4
	Balfanz	Hendrik	"TaktLwG 71 R\ ""		01:01:56	00:52:24	01:05:47	00:53:21		03:53:25			4
	Heilmann	Klaus	Seefahrt	00:59:20	01:00:05	00:50:53	01:04:08			03:54:23			4
	Vennen	Rolf Dieter	EWE-Wattloopers	00:59:23	00:59:29	00:53:07	01:03:03			03:55:00			4
	Gerdes	Uwe	Jackmoorskamper	01:00:26	00:59:57	00:51:27	01:03:18			03:55:06			4
	Huisinga	Anne	LG TV Bunde	00:58:38	00:59:15		01:03:24		00:54:57	03:56:11			4
	Wilts	Burkhard	Loopers	01:07:15	01:00:54			00:54:42	00:54:11	03:57:00			4
	Meyer	Wolfgang	Emder LG	01:00:43		00:52:51	01:06:37		00:57:08	03:57:17			4
	Pleis	Ingo	Roadrunner	01:01:23	00:58:39	00:56:26	01:01:07			03:57:33			4
	Rademacher	Helge	Leinerstift e.V.		01:02:47	00:54:12	01:06:37		00:54:13	03:57:47			4
	Säurich	Rico	Team BauCon	01:03:00	01:01:31			00:58:05	00:55:31	03:58:04			4
	Remmers	Saskia	Upjever	01:00:39			01:07:09	00:56:32	00:53:51	03:58:09			4
	Joppe	Matthias	LeerWittmund			00:56:51	01:09:08	00:56:34	00:56:54	03:59:24			4
	Kuwan	Kerstin	EWE-Wattloopers			00:56:39	01:08:16	00:55:59	00:58:50	03:59:41			4
	Schmidt	Svea	Emder LG	01:01:50			01:03:43	00:59:05	00:55:25	04:00:00			4
	Jürrens	Tim	EWE-Wattloopers		01:08:29	00:56:17		00:58:57	00:56:22	04:00:03			4
	Janßen	Sören	Uplengen /	01:04:18	01:04:58			00:57:41	00:53:14	04:00:08			4
	Siemens	Hermann	Hammelwarden	01:02:45	01:02:34			00:59:10	00:56:43	04:01:10			4
	Frömmling	Bastian	Campus Kultur		01:09:39	00:53:21	01:07:15		00:52:06	04:02:19			4
	Buntjer	Carina	Meyer Werft			00:56:39	01:09:47	00:58:33	00:58:11	04:03:07			4
	Wilhelm	Robin	e.V.		01:03:43	00:54:20	01:06:45	00:58:38		04:03:24			4
	Eek	Annika	Kill-Hill	01:02:42	01:00:28	00:53:50	01:06:41			04:03:39			4
	Petersen	Eike	Team ENERCON	01:06:22			01:05:50	00:57:11	00:54:42	04:04:03			4
	Dr. Peters	Dörthe	Klinik		01:06:52	00:56:05	01:07:34		00:53:45	04:04:13			4
	Theilen	Adda	TV Norden	01:03:10	00:57:29	00:49:48		01:15:28		04:05:52			4

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Sikken	Linda	Emder LG	01:02:18	01:02:35	00:54:42	01:06:52			04:06:25			4
	Sikken	Bart	Emder LG	01:02:19	01:02:36	00:54:43	01:06:54			04:06:28			4
	Anscheit	Janneke	Fortuna Logabirum	01:03:34	01:02:36		01:07:37		00:53:34	04:07:20			4
	Hofer	Nicole	KGS Wiesmoor	01:02:05	01:03:31	00:55:09	01:07:04			04:07:48			4
	Huisman	Thorsten	OBW	01:01:15	01:00:31		01:08:56	00:57:29		04:08:10			4
	Lenz	Hans-Hermann	Klinikum Leer	01:05:09	01:04:44			01:00:27	00:57:58	04:08:16			4
	Müller	Clemens	Team ENERCON	01:05:08	01:04:26	00:55:28		01:04:11		04:09:11			4
	Tapper	Lara	SV Blomberg	01:06:41	01:05:28			01:00:01	00:57:58	04:10:06			4
	Busch	Miriam	Stadt Emden		01:06:57	00:56:38	01:09:32		00:57:16	04:10:20			4
	Ihben	Tobias	Schüt-Duis	01:03:28	01:04:20	00:54:28	01:08:21			04:10:35			4
	Wittkopf	Roger	Ultrafriesen e.V.		01:13:36	01:00:50	00:57:17		00:58:57	04:10:37			4
	Mennenga	Andre	Emder LG			01:00:15	01:12:16	01:00:16	00:58:37	04:11:21			4
	Kramer	Marion	Westrhauderfehn	01:02:58		00:54:48	01:10:01		01:03:39	04:11:24			4
	Pollmann	Devin-Nick	OBS Kloster Barthe	01:05:30	01:04:11	00:53:42	01:08:43			04:12:03			4
	Hieronimus	Norbert	OBW		01:03:50	00:58:08	01:12:34		00:59:05	04:13:35			4
	Schwing	Martina	Hoppmann	01:14:19	01:06:58	00:55:21			00:58:00	04:14:35			4
	Bohse	Wiebke	Meyer Werft			00:59:58	01:13:16	01:02:49	00:58:38	04:14:39			4
	Meyer	Mario	Vffl Berumbur	01:06:46	01:06:25	00:57:38			01:05:23	04:16:09			4
	Redenius	Tobias	LT TuS Aurich-Ost		01:06:22	00:59:52	01:11:26		00:59:02	04:16:39			4
	Döhne	Raic	Seefahrt	01:10:32	01:06:50			01:01:22	00:58:11	04:16:53			4
	Weidemann	Kay	Hartmann Group	01:10:51			01:10:50	00:58:33	00:57:27	04:17:38			4
	Knoop	Imke	Meyer Werft	01:06:54		00:58:36	01:12:23		01:00:30	04:18:20			4
	Kramer	Alexander	EWE-Wattloopers	01:07:27		00:57:08	01:11:33		01:03:17	04:19:22			4
	Janssen	Silke	Ost/Blödsinn,	01:04:16	01:05:32	00:57:17	01:14:15			04:21:17			4
	Baumann	Brigitte	Emder LG	01:02:28	01:12:51		01:08:32	00:57:51		04:21:40			4
	Ortgies	Annelie	TRAUCO Gruppe			01:02:08	01:15:46	01:03:11	01:00:40	04:21:42			4
	Hoffmann	Luise	Volksbank eG	01:08:37		01:00:04	01:12:07	01:02:02		04:22:47			4
	Meenken	Lara	Landkreis Aurich		01:13:30	01:01:43		01:05:04	01:02:48	04:23:03			4
	Boenigk	Gianluca	Seefahrt		01:16:09		01:12:39	00:57:35	00:56:55	04:23:16			4
	Janßen	Til	Uplengen /	01:09:13	01:09:49			01:01:40	01:02:46	04:23:26			4
	Ippen	Sabrina	Wald		01:11:41	01:02:06		01:07:41	01:02:44	04:24:10			4
	Buschmann	Saskia	Polizei Aurich	01:10:09	01:12:45	01:00:29		01:01:11		04:24:32			4
	Murra	Hanno	OBW	01:06:07	01:04:57	01:00:09	01:13:40			04:24:51			4
	Berckhan	Zinnia	Wald	01:09:43			01:16:45	01:01:06	00:57:45	04:25:17			4
	Zimmermann	Dieter	SV Nortmoor	01:08:54	01:07:36	00:58:23	01:11:14			04:26:04			4
	Kaiser	Mareike	Realschule Aurich	01:04:35	01:08:47		01:14:17	00:59:10		04:26:46			4
	Bruns	Aike	ENOVA	01:06:34			01:10:18	01:00:25	01:09:54	04:27:10			4
	Heimann	Lukas	MTV Wittmund	01:07:54	01:13:15	00:59:53		01:07:15		04:28:15			4
	Hanssen	Anke	SC Wiesens		01:12:14	01:01:05	01:17:25		01:02:06	04:32:47			4
	Feldmann	Uwe	Vffl Berumbur	01:11:36	01:12:26	01:03:46			01:05:30	04:33:16			4
	Jürrens	Benjamin	Klinikum Emden	01:10:15		01:03:03	01:17:14	01:02:52		04:33:23			4
	Renken	Wiebke	Team ENERCON	01:12:13	01:13:23		01:03:33	01:04:19		04:33:27			4
	Fleißner	Lisa	Ulricianum Aurich	01:09:22	01:11:22			01:04:24	01:08:24	04:33:30			4
	Hemken	Daniela	Upjever	01:13:59	01:11:12			01:08:45	01:01:39	04:35:32			4
	Garthe	Laureen	Moormerland	01:16:44		01:05:26		01:08:15	01:06:47	04:37:11			4
	Backhaus	Insa	TSG Westerstede	01:13:12	01:13:07			01:05:00	01:05:56	04:37:13			4
	Wienekamp	Leon	Werbeagentur	01:12:29	01:10:24	01:03:16	01:13:25			04:39:32			4
	Weber	Heinz	Marien läuft	01:18:58		01:08:44		01:08:27	01:03:52	04:39:59			4
	Goudschaal	Karl-Heinz	TV Norden	01:15:36		01:02:41	01:18:50	01:05:41		04:42:45			4
	Rosenfeld	Kathrin	AG/eQ-3	01:12:32	01:13:26		01:16:32		01:02:20	04:44:48			4

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Kruse	Mareke	Wiesmoor	01:14:24	01:17:43	01:05:48			01:07:22	04:45:15			4
	Köster	Sandra	Werbeagentur	01:21:38		01:03:52	01:17:27		01:03:46	04:46:41			4
	Zentner	Ludmilla	Upstalsboomer	01:16:01	01:12:47	01:02:46	01:16:39			04:48:12			4
	Meyer	Christina		01:20:27		01:11:31		01:11:28	01:05:24	04:48:48			4
	Klunder	Jochen	BBS Aurich	01:14:35	01:13:38	01:04:20	01:17:18			04:49:49			4
	Grohn	Jens Peter	Wiesmoor	01:12:58	01:12:17	01:20:01			01:05:24	04:50:38			4
	Meyer	Hannah	Hartmann Group	01:16:44	01:16:09			01:10:43	01:07:39	04:51:13			4
	Gerdes	Florian	VW Emden		01:15:56		01:24:50	01:08:08	01:03:01	04:51:53			4
	Sprang, Dr.	Helmut	Uplengen	01:24:35		01:11:29		01:09:57	01:06:00	04:51:58			4
	Friedsam	Ina	Friedsam			01:06:59	01:24:09	01:10:56	01:10:11	04:52:13			4
	Burlager	Mareike	Hoppmann	01:20:44	01:15:14	01:07:07			01:10:16	04:53:19			4
	Broer	Inken	Moorhusen	01:12:48	01:11:57	01:05:37	01:23:20			04:53:40			4
	Dirks	Anneliese	OBW		01:26:13	01:09:40		01:11:15	01:07:45	04:54:51			4
	Siehlmann	Malte	On Fire	01:14:19	01:17:53	01:11:15			01:11:27	04:54:52			4
	Beening	Stefanie	Bollingen		01:17:22	01:09:06		01:13:29	01:17:02	04:56:57			4
	Janssen	Karin	Wald			01:11:58	01:25:25	01:13:30	01:08:43	04:59:34			4
	Stucke	Claudia	DRG Aurich	01:20:44		01:13:36		01:14:21	01:11:38	05:00:17			4
	Rand	Patrick	Steuerberatungsge		01:31:10	01:17:17		00:58:20	01:17:55	05:04:40			4
	Beening	Inga	Strücklingen		01:17:22	01:09:06		01:13:28	01:26:05	05:05:59			4
	Meyer	Rudi	Fortuna Logabirum	01:20:58	01:19:35	01:12:26			01:13:37	05:06:34			4
	Wulzen	Margret	LT TuS Aurich-Ost	01:16:25	01:18:51	01:08:38	01:24:33			05:08:23			4
	Fecht	Arno	und mehr	01:19:07	01:18:36		01:24:04		01:06:59	05:08:44			4
	Schaa	Heike	Hartmann Group	01:24:11		01:15:51		01:17:37	01:11:57	05:09:34			4
	Baumann	Ineke	Fit 4 Run			01:11:36	01:33:30	01:15:21	01:13:13	05:13:38			4
	Schäfer-Kraft	Dagmar		01:20:35	01:20:32	01:12:22	01:24:38			05:18:04			4
	Wolter	Laura-Alina	Steuerberatungsge		01:31:10	01:17:19		01:19:03	01:18:12	05:25:42			4
	Middelborg	Helga	LT SV Jemgum	01:14:06	01:28:22	01:15:39	01:31:39			05:29:43			4
	Wolters	Lea	Reithalle St. Martin	01:30:43			01:40:22	01:20:12	01:13:15	05:44:30			4
	Büter	Bernd	Meyer Werft	00:43:31		00:38:05		00:40:08		02:01:42			3
	Diekmann	Carsten	Gembler	00:45:36	00:48:33	00:42:12				02:16:19			3
	Klose	Christian	Feedback	00:48:02	00:49:06	00:43:13				02:20:18			3
	Klitzing	Marco	Lillienstraße	00:50:18	00:51:12	00:43:26				02:24:55			3
	Caspers	Tammo	Landkreis Aurich	00:51:15	00:52:39	00:45:06				02:28:58			3
	Häßner	Wolfgang	OBW	00:49:07	00:49:11	00:50:49				02:29:05			3
	Buß	Sönke	OBW	00:51:21	00:52:40	00:46:30				02:30:29			3
	Wessels	Timo	Logistik	00:49:49		00:44:56	00:59:20			02:34:04			3
	Schneider	Andreas	Aurich			00:52:12	00:57:49	00:45:15		02:35:14			3
	Graf	Karin	SV Dornum	00:54:37	00:55:03	00:47:57				02:37:35			3
	Geisler	Norbert	TV Norden	00:57:14	00:57:28	00:44:48				02:39:28			3
	Röben	Harry	UEG Leer		00:54:06		00:58:42		00:46:48	02:39:34			3
	Carreno Fajardo	Fernando	Team ENERCON	00:56:27	00:55:43			00:49:10		02:41:17			3
	Bachmann	Konstantin	Logistik	00:54:43			00:59:33	00:47:48		02:42:02			3
	Abeln	Dieter	KS Gleitlager	00:54:48		00:48:59	00:59:32			02:43:17			3
	Hauschild	Luciano	Team ENERCON	00:57:00	00:57:06	00:49:17				02:43:21			3
	Byl	Wiebke	Klinikum Leer	00:57:04	00:57:52	00:49:57				02:44:51			3
	Busemann	Steffen	Team ENERCON	00:58:04	00:57:13			00:49:48		02:45:03			3
	Reimann	Klaus	e.V.				01:08:16	00:55:58	00:42:38	02:46:51			3
	Lohmann	Fyll Focke	FCSO	00:56:19			01:02:18		00:49:15	02:47:50			3
	Zimmermann	Ewald	VW Emden	00:55:17	00:57:19	00:57:07				02:49:41			3
	Braun	Jürgen	"TaktLwG 71 \R\''''"	01:00:11	00:59:28	00:50:51				02:50:28			3

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	Röben	Lina	UEG Leer		00:57:14		01:02:44		00:50:46	02:50:42			3
	Haase	Patrick	Meyer Werft	01:02:53				00:54:59	00:52:56	02:50:47			3
	Zeuner	Leonie	FC SO			00:56:19		00:59:01	00:57:26	02:52:44			3
	Diamantopoulos	Angelos	ENOVA		01:02:56			00:55:26	00:55:06	02:53:26			3
	Hainke	Geert	Shipmanagement	01:02:49				00:56:42	00:54:19	02:53:47			3
	Freudenberg	Jens	FC Deutsche Post	01:02:15	01:02:17	00:52:27				02:56:57			3
	Musiol	Anja	ArtLetik women			00:55:11	01:07:31		00:55:02	02:57:42			3
	Möhlmann	Sven	Hartmann Group				01:08:58	00:55:41	00:53:43	02:58:20			3
	Schramm	Alexander	Heimtiernahrung	01:03:52	01:02:45	00:52:12				02:58:47			3
	Held	Lasse	Team BauCon	01:01:44	01:01:05			00:56:10		02:58:57			3
	van Vügt	Ulrike	Feedback	01:02:58	01:02:13	00:53:50				02:58:59			3
	Engberts	Heiko	Pagatec Operating	00:59:54	00:56:33	01:02:45				02:59:10			3
	Tonner	Peter	Klinikum Leer	01:04:25		00:57:03			00:58:34	03:00:00			3
	Machner	Melanie	Shipmanagement			01:00:36		01:01:43	00:58:08	03:00:25			3
	Jünke	Pia	Heimtiernahrung	01:04:26	01:03:06	00:53:12				03:00:42			3
	Pupkes	Werner	Duo Infernale	01:01:25	01:02:58	00:56:54				03:01:16			3
	Dorf Müller	Jannik	Upjever		00:57:35	01:14:28			00:49:16	03:01:17			3
	Bartels	Antje	Lang	01:12:30	01:00:05	00:49:13				03:01:47			3
	Borcherding	Dirk	MTV Wittmund	01:02:27	01:02:45	00:57:20				03:02:30			3
	Busse	Matthias	Tough	01:02:42		00:53:50	01:06:40			03:03:11			3
	Dirksen	Martin	Stadt Emden	01:07:01		00:56:29		00:59:56		03:03:24			3
	Frank	Annika	Wald	01:03:22	01:03:54	00:57:00				03:04:15			3
	Groninga	Vanessa	FC SO	01:05:14	01:07:24	00:52:00				03:04:37			3
	Lotz	Marco	Kanzlei Lotz	01:04:33	01:04:54	00:55:22				03:04:47			3
	Goldsweer	Theo	TuS Collinghorst	01:04:09	01:04:39	00:56:12				03:04:58			3
	Rüffert	Tobias	ENOVA	01:04:23	01:02:18			00:58:25		03:05:04			3
	Kock	Henry	Shipmanagement	01:03:27				01:04:06	00:58:03	03:05:35			3
	Kaschel	Torben	Wittmund	01:04:02	01:06:02	00:55:36				03:05:38			3
	Rull	Reiner	Dock GmbH	01:05:56	01:05:22	00:55:34				03:06:50			3
	Wiards	Tjarko	FC SO			00:59:59		01:04:41	01:02:27	03:07:05			3
	Franzisky	Helge	VITA Akademie			00:59:29	01:11:06		00:58:06	03:08:39			3
	Baalmann	Simon	Ulricianum Aurich	01:10:20	01:04:51	00:53:30				03:08:39			3
	Pflanzer	Hans	KGS Wiesmoor			00:57:30	01:10:57	01:01:53		03:10:19			3
	Mönch	Karina	OBW	01:04:31	01:07:40	00:58:15				03:10:24			3
	Hennerkes	Christian	Team ENERCON	01:06:23	01:03:38			01:00:36		03:10:35			3
	Jürgens	Melina	Lopers & Co	01:05:25		00:56:16	01:09:16			03:10:54			3
	Anders	Soeren	Bohlen & Doyen	01:11:56				01:03:07	00:55:54	03:10:55			3
	Waldmann	Frank	LG Großefehn	01:08:13	01:06:20	00:57:37				03:12:08			3
	Suntken	Tatjana	LT TuS Aurich-Ost				01:14:04	01:00:28	00:57:55	03:12:25			3
	Fleißner	Franziska	Bremen		01:13:06	00:58:40		01:00:46		03:12:30			3
	Kristleit	Rene	JFV Leer	01:06:21	01:06:29				00:59:42	03:12:31			3
	Henning	Kirsten	Realschule Aurich			01:00:11	01:14:18	00:59:10		03:13:36			3
	Langenberg	Udo	Trendwände GmbH		01:15:38			00:59:02	00:59:08	03:13:47			3
	Otto	Jürgen	Vffl Berumbur	01:04:09	01:04:27				01:05:23	03:13:57			3
	Kromminga	Gudrun	Parvins Lauftruppe	01:08:53	01:06:56				00:58:17	03:14:04			3
	Brinkema	Luc-Jannis	FC SO SII Kurs				01:16:30	00:58:06	00:59:59	03:14:34			3
	Swiderek	Ferdi	Landkreis Aurich			01:01:51	01:12:50	00:59:58		03:14:38			3
	Grimm	Thomas	Vffl Berumbur	01:03:05	01:07:28	01:04:13				03:14:44			3
	Krieger-Hetzke	Helga	TV Norden	01:07:06	01:08:54	00:59:14				03:15:12			3
	Napolow	Danilo	Meyer Werft	01:08:36				01:06:51	00:59:59	03:15:24			3

37. Ostfrieslandlauf 2018

24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	Freeseemann	Michael	EWE-Wattloopers		01:09:14	00:56:28	01:10:50			03:16:31			3
	Kapels	Tim	Logistik	01:03:25				01:08:48	01:06:22	03:18:33			3
	Brunns	Birgit	Wittmund	00:47:27		01:15:35			01:16:00	03:19:00			3
	Löning	Inka	Volksbank eG	01:08:42	01:10:10	01:00:25				03:19:15			3
	Tinnemeyer	Martina	Westrhauderfehn	01:09:22	01:10:08	01:00:02				03:19:30			3
	Tabery	Nasim	FCSO	01:09:19	01:10:28	00:59:58				03:19:43			3
	Marschall	Iris	TV Norden	01:08:37	01:09:51	01:01:37				03:20:03			3
	Dahlweg	Frank	Uplengen				01:18:38	01:03:19	00:59:51	03:21:46			3
	Wybrands	Lars	FCSO			01:08:03		01:09:18	01:04:32	03:21:51			3
	Strenge	Malte	Hartmann Group	01:11:25		01:03:18		01:08:36		03:23:18			3
	Altona	Sabine	Upjever				01:14:23	01:06:17	01:03:22	03:24:00			3
	Machatsch	Walter	e.V.	01:07:40			01:11:54	01:05:31		03:25:03			3
	Block	Katharina	Wittmund				01:16:26	01:06:07	01:03:21	03:25:52			3
	Lehmann	Ewald	Walle/LG-				01:18:49	01:05:13	01:02:41	03:26:42			3
	Kleen	Verena	LG Großefehn	01:12:14		01:06:57		01:08:56		03:28:05			3
	Janssen	Piet	Ulricianum Aurich	01:06:54	01:07:15	01:14:59				03:29:06			3
	Reiners	Joke	Uplengen		01:09:36	01:01:46	01:18:38			03:29:58			3
	Meenen	Jana	Ulricianum Aurich	01:15:46	01:12:56	01:01:45				03:30:25			3
	Decker-Gerdes	Carola	Sparkasse Emden				01:17:29	01:08:10	01:04:48	03:30:26			3
	Ennen	Ewald	AOK Niedersachsen	01:14:35	01:13:22	01:04:20				03:32:15			3
	Biskupski	Melanie	Privat	01:09:34	01:09:48		01:13:35			03:32:55			3
	Lengert	Gudrun	FC Deutsche Post	01:13:38	01:16:40	01:02:55				03:33:11			3
	Pfeiffer-Fecht	Sandra	und mehr				01:18:30	01:08:29	01:07:02	03:34:00			3
	Rebnau	Monika	Sparkasse Emden	01:10:18	01:10:36		01:13:09			03:34:01			3
	Marks	Jonte	Westrhauderfehn	01:19:01	01:15:31	00:59:52				03:34:22			3
	Schneider	Olga	Hartmann Group		01:16:09		01:13:00		01:05:17	03:34:25			3
	Ihnken	Kira	Wittmund		01:19:49	01:08:14		01:06:36		03:34:36			3
	Antons	Ulrike	Schnitzel	01:13:50	01:16:37	01:05:41				03:36:06			3
	Sigl	Gudrun	Victorbur	01:17:23	01:15:41	01:05:23				03:38:25			3
	Jänen	Hermann	e.V.				01:22:17	01:07:35	01:08:53	03:38:43			3
	Wattjes	Dayana	Team Möbel Buss	01:19:35				01:12:10	01:08:27	03:40:10			3
	Blank	Jana	FCSO	01:15:57	01:22:08	01:05:51				03:43:54			3
	Kleinau	Sabine	TausendfußLeer	01:17:24	01:16:07			01:10:41		03:44:11			3
	Bley	Cornelia	e.V	01:15:35	01:16:12			01:13:04		03:44:50			3
	Reershemius	Daniel	FCSO SII Kurs				01:25:27	01:09:34	01:09:52	03:44:51			3
	Schmidt	Elke	Team Mellum	01:20:14	01:21:23	01:14:38				03:56:13			3
	Rabenberg	Jens	RVB Aurich	01:25:41	01:22:48	01:13:54				04:02:21			3
	Gerdes	Natalie	Wittmund	01:24:32	01:27:30	01:11:01				04:03:01			3
	Jabben	Janina	On Fire				01:30:28	01:16:09	01:16:46	04:03:21			3
	Graefe	Henning	Logistik				01:38:46	01:19:23	01:14:48	04:12:55			3
	Ludwig	Andrea	OBW		01:40:10		01:40:45		01:21:06	04:41:59			3
	Lang	Daniel	Meyer Werft	00:44:39	00:45:45					01:30:22			2
	Kramer	Renate	LG TV Bunde	00:48:36					00:43:08	01:31:43			2
	Kolthoff	Günther	LG TV Bunde				00:53:06		00:43:45	01:36:50			2
	Seitz	Johann	e.V.			00:49:01		00:48:52		01:37:52			2
	Habben	Michael	TuS Weene					00:53:15	00:50:35	01:43:49			2
	Damm	Becci	Emder LG	00:49:48	00:54:12					01:43:58			2
	Damm	Ralf	Emder LG	00:49:48	00:54:13					01:43:59			2
	Caspers	Wilko	Ulricianum Aurich	00:55:47		00:49:04				01:44:50			2
	Lüken	Thomas	Volksbank eG					00:54:22	00:50:41	01:45:01			2

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Schurwanz	Carsten		00:51:29	00:53:50					01:45:17			2
	Wedig	Lukas	ENOVA	00:53:23	00:52:01					01:45:23			2
	Salem	Jonas	FCSO		01:00:51				00:49:10	01:50:00			2
	Dickmann	Clemens	e.V.		01:03:38			00:46:56		01:50:33			2
	Gusek	Neele	Meyer Werft	00:59:22		00:51:55				01:51:15			2
	Kruse	Andreas	Loppersum	00:59:03		00:52:17				01:51:19			2
	Peters	Sören	OBW	00:57:46				00:55:27		01:53:11			2
	Feldmann	Tobias	Logistik			00:54:38	00:59:18			01:53:54			2
	Meyeraan	Frank	Männers	00:56:52	00:57:21					01:54:11			2
	Meyerhoff	Hartmut	Feedback	00:50:05	01:05:12					01:55:15			2
	Kluin	Dietmar	Leinerstift e.V.			00:57:45			00:58:17	01:56:00			2
	Meyer	Jonathan	Egels Sek.1			00:52:12	01:04:01			01:56:12			2
	Dettmer	Thorsten	Leinerstift e.V.	00:57:06	00:59:40					01:56:44			2
	Leggedör	Leon	WOL-Power	00:57:51	00:59:51					01:57:41			2
	Rogge	Hendrik	RVB Aurich	01:00:45				00:57:15		01:57:59			2
	Oltmanns	Simijon	FCSO					00:58:31	00:59:35	01:58:05			2
	Heß	Kevin	"TaktLwG 71 \R\''''				01:05:46	00:52:35		01:58:19			2
	Schalich	Marc	ORGADATA					01:01:14	00:57:12	01:58:25			2
	Badinski	Sven	Hartmann Group					01:00:30	00:58:14	01:58:42			2
	Sulu	Denise	Ulricianum Aurich	00:59:15	01:01:12					02:00:25			2
	Becker	Caroline	Team ENERCON	01:01:12	01:01:04					02:02:15			2
	Xie	Yuanshun	FCSO SII Kurs		01:03:43			00:58:46		02:02:27			2
	Spießbauch	Bernd	OBW			00:58:44		01:03:49		02:02:32			2
	Kühnel	Loni	LT TuS Aurich-Ost					01:03:56	00:58:57	02:02:51			2
	Schultz	Dietmar	FC Deutsche Post					01:03:33	00:59:28	02:02:59			2
	Kleimaker	Arno	Feedback	00:59:05	01:04:04					02:03:07			2
	Fürst	Werner	Ost/Kurierdienst	01:08:32		00:56:32				02:05:02			2
	Broadhurst	Merle	OBW	01:05:21				01:00:07		02:05:27			2
	Zacher	Thomas	FC Schalke 04	01:03:31	01:03:25					02:06:55			2
	Davidekova	Monika	Team ENERCON	01:02:02	01:04:59					02:07:00			2
	Roth	Luca	FCSO	01:08:12		00:59:28				02:07:38			2
	Meyer	Hilko	AG/eQ-3	01:04:38	01:03:24					02:08:01			2
	Burmeister	Arne	Volksbank eG					01:05:55	01:03:13	02:09:06			2
	Bensch	Cynthia		01:11:10				01:00:06		02:11:15			2
	Schlösser	Julia	Seefahrt	01:07:17	01:05:45					02:13:00			2
	Dröst	Jannik	FCSO		01:12:01				01:01:27	02:13:27			2
	Reismann	Britta	Norden	01:07:10	01:07:58					02:15:06			2
	Apitzsch	Oliver	Better Bodies				01:13:27	01:02:13		02:15:39			2
	Meints	Karin	LG Großefehn	01:08:24	01:08:01					02:16:24			2
	Ackermann	Hinrich	OBW			01:07:50		01:09:19		02:17:08			2
	Gerdes	Jan-Derk	FCSO SII Kurs					01:10:52	01:06:19	02:17:10			2
	Hinrichs	Anke	TuS Pewsum	01:08:20	01:08:57					02:17:16			2
	Sattler	Wolfgang	Fortuna Logabirum	01:10:01	01:09:20					02:19:20			2
	Modderman	Claudia	Klinikum Leer	01:14:46		01:06:02				02:20:46			2
	Kruse	Rene	OBW	01:19:25			01:02:03			02:21:27			2
	Sluiter	Helga		01:10:06	01:13:56					02:24:01			2
	de Boer	Marie-Christine			01:18:33				01:05:33	02:24:05			2
	Janßen	Silas	FCSO				01:21:47		01:04:09	02:25:54			2
	Kroschwitz	Shaban	OBW	01:19:25		01:07:14				02:26:38			2
	Schlegel	Kilian	UEG Leer				01:18:56	01:07:57		02:26:52			2

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erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-Pl.	AK	Etap-pen
Ziel-einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			pen
	Schweers	Svenja	Hartmann Group		01:20:07	01:07:37				02:27:43			2
	Ali	Diana	Ulricianum Aurich	01:15:54		01:12:00				02:27:52			2
	Heitz	Rebekka	IGS Moormerland	01:18:42					01:10:41	02:29:21			2
	Gesen	Florian	Pagatec Operating	01:18:42					01:10:40	02:29:21			2
	Meyer	Jasmin	Wreesmann		01:15:44			01:14:28		02:30:11			2
	Behrensmeier	Marvin	Waldschule Hatten		01:25:12				01:11:47	02:36:58			2
	Störk	Rieke	OBW			01:22:01		01:16:46		02:38:46			2
	Heckhoff	Andreas	Leer	01:17:23	01:21:31					02:38:53			2
	Garlich	Johannes	FCSO	01:23:02	01:18:20					02:41:20			2
	Noack-Kirschner	Ingrid	Stapelmoor	01:21:19	01:22:14					02:43:32			2
	Brauns	Dieter	LT Spass mit Sport	01:28:11	01:31:54					03:00:04			2
	Indra	Neele Sophie	FCSO		01:25:34		01:41:07			03:06:40			2
	Spieker	Tammo	Westrhauderfehn						00:42:20	00:42:19			1
	Abels	Philipp	Stadt Leer			00:45:33				00:45:32			1
	Grammes	Keno	Seefahrt					00:48:27		00:48:26			1
	Menzel	Manuel	Männers	00:49:41						00:49:40			1
	Möhlmann	Max	Hartmann Group	00:50:05						00:50:04			1
	Lüpkes	Florian	KS Gleitlager	00:50:06						00:50:05			1
	Akkermann	Jens	M. Neemann OHG	00:51:15						00:51:14			1
	Behrends	Alexander				00:52:30				00:52:29			1
	Ewen	Anneke	Westrhauderfehn			00:52:57				00:52:56			1
	Schlieker	Jana	SP201						00:53:36	00:53:35			1
	Schweers	Bernd			00:54:38					00:54:37			1
	Lüken	Benjamin	Männers	00:55:17						00:55:16			1
	Blum	Harald	TV Norden			00:55:32				00:55:31			1
	Coordes	Kai Uwe	OBW			00:55:35				00:55:34			1
	Canenbley	Reinhard	Spaß mit Sport						00:56:00	00:55:59			1
	Helmers	Angelika	Wald	00:57:06						00:57:05			1
	Grote	Werner							00:58:20	00:58:19			1
	Draht	Daye	SP201						00:58:45	00:58:44			1
	Lueken	Ehrenfried	"TaktLwG 71 \R\''''"	00:58:53						00:58:52			1
	Wahrenberg	Nicole	Emder LG			00:59:07				00:59:06			1
	Bohlsen	Thomas	KGS Wiesmoor						00:59:15	00:59:14			1
	Klammt	David	OBW			00:59:31				00:59:30			1
	Pfeiffer	Dennis	nicht mehr so						00:59:33	00:59:32			1
	Meintrup	Michael	Michi und Marie					00:59:37		00:59:36			1
	Park	Harm	Stadt Aurich	00:59:55						00:59:54			1
	Kastendieck	Dennis	AG/eQ-3			01:00:44				01:00:43			1
	Sanders	Daniel	LG Großefehn				01:00:52			01:00:51			1
	de Haan	Wilfried	GmbH					01:01:59		01:01:58			1
	Mertens	Marco	rcMagdeburg			01:02:09				01:02:08			1
	Eckert	Katrin	rcMagdeburg			01:02:10				01:02:09			1
	Smid	Udo	Westrhauderfehn	01:02:58						01:02:57			1
	Paschant-Steinke	Nina	LT TuS Aurich-Ost			01:03:16				01:03:15			1
	Breiler	Daniela	Moormerland			01:05:26				01:05:25			1
	Noormann	Jens						01:05:38		01:05:38			1
	Havenstein	Regina	LSF Oldenburg	01:05:48						01:05:47			1
	Rudolph	Matthias	MTV Jever	01:06:15						01:06:14			1
	Wolf	Andreas	GmbH	01:06:18						01:06:17			1
	Reisige	Peter	e.V.				01:06:46			01:06:45			1

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24.04. bis 11.05.2018

erstellt von:
Dieter Sandrock
LG TV Bunde

Platz	Name	Vorname	Verein	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK- Pl.	AK	Etap- pen
Ziel- einlauf				11,20km	11,50km	10,00km	11,90km	9,80km	10,00km	64,40km			
	Necknig	Tobias	FCSO SII Kurs					01:07:45		01:07:44			1
	Heldens	Phillip	Seefahrt	01:07:58						01:07:57			1
	Park	Rieke	FCSO	01:08:15						01:08:15			1
	Meyer	Henning	Egels Sek.1				01:08:47			01:08:46			1
	Lüttmers	Imke	OBW			01:09:40				01:09:39			1
	Koops	Erwin	LeerWittmund					01:09:43		01:09:42			1
	Efkes	Janna	Briese Schifffahrt						01:09:55	01:09:54			1
	Kappernagel	Hannes	FCSO						01:11:30	01:11:29			1
	Tapper	Patrick	OBW						01:11:35	01:11:34			1
	Kahmann	Margret	Klinik	01:12:01						01:12:00			1
	König	Wolfgang	NIGE	01:12:19						01:12:18			1
	Friebe	Alexander	Landkreis Aurich					01:12:35		01:12:34			1
	Tülp	Wiebke	Fenner, Bockhöfer	01:12:51						01:12:50			1
	Heseding	Rieke	UEG Leer		01:13:09					01:13:08			1
	Heidenreich	Alexander	Shipmanagement	01:17:05						01:17:04			1
	Wilken	Janna	FCSO						01:19:19	01:19:18			1
	Müller	Werner	Fortuna Logabirum	01:20:21						01:20:20			1
	Neziraj	Jasmin	OBW			01:22:07				01:22:06			1
	Nordhaus	Lutz	OBW			01:22:26				01:22:25			1
	Wulf	Sven	Logistik	01:22:34						01:22:33			1
	Matz	Manuela	Klinikum Emden			01:25:14				01:25:13			1
	Mengel	Sabrina	Jürrens & Kollegen	01:26:14						01:26:13			1
	Buschkühle	Sophie	Hartmann Group						01:26:37	01:26:36			1
	Crysandt	Lukas	Landkreis Aurich		01:26:57					01:26:56			1
	Schepers	Heinrich	KS Gleitlager	01:30:46						01:30:45			1
	Mik	Arseniy	SP224				01:33:42			01:33:41			1