

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

Platz	NAME	VORNAME	VEREIN	Lauf 1	Lauf 2	Lauf 3	Lauf 4	Lauf 5	Lauf 6	Endzeit	AK-	AK	Etap-
Ziel-													
einlauf				10,5km	8,8km	11,9km	10,0km	11,3km	11,1km	63,6km	PL		pen
11	Theilken	Tom Ole	TV Apen	00:40:46	00:32:31	00:45:16	00:37:00	00:42:37	00:41:31	03:59:41	1	MU20	6
14	Agena	Lukas	Friesenstolt - friesisch kla	00:41:07	00:33:06	00:46:30	00:37:34	00:42:54	00:41:34	04:02:45	2	MU20	6
24	Sidiqy	Firoz	Easy Fitness Leer	00:41:16	00:33:57	00:47:52	00:38:55	00:44:14	00:43:44	04:09:58	3	MU20	6
30	Kröselberg	Samuel	Auto Gnieser GmbH	00:43:04	00:33:36	00:48:08	00:39:05	00:45:19	00:43:48	04:13:00	4	MU20	6
37	Bents	Marco	LG Harlingerland	00:43:49	00:34:08	00:48:28	00:39:32	00:45:00	00:44:15	04:15:12	5	MU20	6
38	De Riese	Jonathan	FCSO SII Kurs	00:47:22	00:33:29	00:47:51	00:38:55	00:44:14	00:43:44	04:15:35	6	MU20	6
42	Ufkes	Thilo	Gymnasium Ulricianum A	00:44:06	00:33:58	00:48:09	00:40:37	00:45:42	00:44:40	04:17:12	7	MU20	6
61	Wilken	Hauke	SV Holtland	00:43:40	00:34:28	00:49:40	00:40:29	00:47:39	00:46:40	04:22:36	8	MU20	6
94	Hallwaß	Nils	IGS Aurich SEKII SP201	00:46:10	00:35:21	00:51:03	00:41:35	00:49:16	00:46:40	04:30:05	9	MU20	6
97	Standke	Ihno	KGS Wiesmoor	00:47:14	00:36:55	00:50:54	00:41:36	00:47:22	00:46:21	04:30:22	10	MU20	6
102	Voigt	Thies	MTV Aurich	00:46:41	00:36:53	00:51:58	00:41:17	00:47:35	00:46:22	04:30:46	11	MU20	6
116	Bootjer	Mathis	UEG Leer	00:46:40	00:36:14	00:52:20	00:41:52	00:49:01	00:47:00	04:33:07	12	MU20	6
123	Töpfel	Ole	LV Gymnasium Westerst	00:47:06	00:36:13	00:51:12	00:42:38	00:50:03	00:47:30	04:34:42	13	MU20	6
124	Meyer	Tobias	FCSO SII Kurs	00:45:56	00:36:38	00:51:39	00:43:31	00:49:33	00:47:33	04:34:50	14	MU20	6
132	Wolken	Klaas	Angelsbörrger Loopers &	00:48:24	00:37:06	00:52:45	00:42:34	00:48:06	00:46:40	04:35:35	15	MU20	6
133	Determann	Okko	Gymnasium Ulricianum A	00:49:06	00:37:16	00:52:44	00:42:26	00:47:58	00:46:30	04:36:00	16	MU20	6
139	Woltjer	Youri	IGS Aurich SEKII SP201	00:47:30	00:36:24	00:51:11	00:41:49	00:49:14	00:50:21	04:36:29	17	MU20	6
144	Dannholz	Hauke Jelto	LT TuS Aurich-Ost	00:47:41	00:36:47	00:52:32	00:42:51	00:48:33	00:48:19	04:36:43	18	MU20	6
153	Alhamed	Ahmad	KGS Wiesmoor	00:47:15	00:36:36	00:51:34	00:43:29	00:49:28	00:49:43	04:38:05	19	MU20	6
158	Engels	Renko	Maler Engels Holterfehn	00:48:09	00:37:08	00:54:10	00:41:32	00:51:16	00:46:20	04:38:35	20	MU20	6
161	Engels	Jarno	Maler Engels Holterfehn	00:48:09	00:40:38	00:54:11	00:41:32	00:47:52	00:46:24	04:38:46	21	MU20	6
166	Neunaber	Timo	IGS Aurich	00:48:11	00:37:13	00:52:37	00:42:47	00:51:07	00:48:25	04:40:20	22	MU20	6
168	Strauß	Manuel	KGS Wiesmoor	00:49:49	00:37:51	00:52:49	00:43:08	00:48:48	00:48:12	04:40:37	23	MU20	6
172	Weermann	Fabian	Emder LG	00:47:49	00:36:57	00:53:19	00:43:02	00:50:01	00:49:37	04:40:45	24	MU20	6
196	Stöhr	Hauke	Polizeiakademie Niedersa	00:48:04	00:38:18	00:54:10	00:43:16	00:52:00	00:48:28	04:44:16	25	MU20	6
217	Berends	Kevin	OGV - Laufen für Tinca	00:47:19	00:37:12	00:54:03	00:45:04	00:51:24	00:51:18	04:46:20	26	MU20	6
220	Rohlf's	Janto	Abken Bau	00:49:06	00:39:06	00:54:20	00:43:58	00:51:15	00:48:53	04:46:38	27	MU20	6
230	Bigalski	Jonas	Gymnasium Ulricianum A	00:49:51	00:38:34	00:53:58	00:44:51	00:50:28	00:49:34	04:47:16	28	MU20	6
243	Pollmann	Devin-Nick	OBS Kloster Barthe	00:49:54	00:38:41	00:54:39	00:43:45	00:51:27	00:50:26	04:48:52	29	MU20	6
264	Mudder-Sikken	Lars	Sparkasse Emden	00:49:53	00:39:27	00:55:42	00:45:25	00:50:47	00:49:23	04:50:37	30	MU20	6
265	Salman	Samr	IGS Aurich	00:50:42	00:37:37	00:55:38	00:44:55	00:51:16	00:50:31	04:50:39	31	MU20	6
267	Groß	Philipp	LT TuRa 07 Westrhauder	00:51:22	00:38:45	00:55:51	00:44:09	00:50:52	00:49:43	04:50:42	32	MU20	6
279	Heinrich	Steven	LT TuRa 07 Westrhauder	00:51:22	00:38:46	00:55:51	00:44:20	00:50:57	00:50:01	04:51:17	33	MU20	6
297	Saathoff	Nico	DRK Kreisverband Wittm	00:49:07	00:36:49	01:01:30	00:43:02	00:53:20	00:49:22	04:53:10	34	MU20	6
300	Landmann	Hendrik	KGS Wiesmoor	00:51:11	00:39:21	00:56:31	00:45:02	00:51:38	00:49:46	04:53:29	35	MU20	6
301	Weers	Jelto	KGS Großefehn	00:52:25	00:38:39	00:54:27	00:45:45	00:51:55	00:50:19	04:53:30	36	MU20	6
303	Kohring	Nico	WfbM Aurich-Wittmund	00:49:35	00:37:36	01:00:11	00:44:13	00:50:59	00:51:09	04:53:43	37	MU20	6
311	Schön	Kilian	DLRG Leer	00:53:47	00:39:44	00:55:56	00:43:24	00:50:13	00:51:21	04:54:25	38	MU20	6
318	Von Aschwege	Henry	BBS Ammerland	00:53:49	00:39:30	00:54:55	00:45:14	00:51:16	00:50:12	04:54:56	39	MU20	6
353	Fitz	Florian	Gymnasium Ulricianum A	00:50:03	00:39:13	00:56:16	00:46:13	00:53:28	00:52:43	04:57:56	40	MU20	6
373	Antoni	Niklas	Kloster Barthe	00:53:02	00:37:14	01:04:07	00:42:10	00:51:56	00:50:18	04:58:47	41	MU20	6
380	Siemens	Piet	UEG Leer	00:50:22	00:39:34	00:57:39	00:45:37	00:55:20	00:50:26	04:58:58	42	MU20	6
384	Andreesen	Lasse		00:51:33	00:39:10	00:58:45	00:44:33	00:53:22	00:51:53	04:59:16	43	MU20	6
385	Von Seggern	Tom	United Offshore Support	00:51:20	00:39:36	00:57:10	00:45:27	00:52:39	00:53:06	04:59:18	44	MU20	6
436	Gronewold	Simon	KGS Wiesmoor	00:52:42	00:39:31	00:57:16	00:45:27	00:54:04	00:53:23	05:02:23	45	MU20	6
439	Reefßing	Oliver	Ludgerusschule Rhede	00:51:11	00:40:43	00:58:17	00:46:20	00:53:41	00:52:27	05:02:39	46	MU20	6
447	Nanninga	Stefan	Friesenstolt - friesisch kla	00:52:10	00:40:10	00:57:31	00:46:01	00:54:42	00:52:37	05:03:11	47	MU20	6
451	Detmers	Derk	Gymnasium Ulricianum A	00:52:00	00:40:42	00:58:01	00:46:09	00:53:55	00:52:40	05:03:27	48	MU20	6
456	De Buhr	Steffen	TGG Leer	00:51:56	00:41:03	00:56:55	00:47:32	00:53:23	00:52:52	05:03:41	49	MU20	6
459	Hicken	Jannes	Gymnasium Ulricianum A	00:52:04	00:40:42	00:58:20	00:46:11	00:53:54	00:52:41	05:03:52	50	MU20	6
463	Meyer	Hendrik	KGS Wiesmoor	00:52:05	00:40:29	00:57:35	00:47:05	00:53:36	00:53:15	05:04:05	51	MU20	6
470	Onken	Hakon	BioBG GmbH	00:51:43	00:39:38	00:58:46	00:46:26	00:54:41	00:53:23	05:04:37	52	MU20	6
485	Andreesen	Timon		00:51:32	00:39:10	00:58:46	00:44:33	00:53:22	00:57:53	05:05:16	53	MU20	6
487	Warfia	Steven	Gymnasium Ulricianum A	00:51:52	00:40:50	00:58:47	00:47:01	00:54:12	00:52:42	05:05:24	54	MU20	6
503	Schaa	David	FCSO	00:51:00	00:40:49	01:00:11	00:46:45	00:53:39	00:54:21	05:06:45	55	MU20	6
508	Keller	Marcel	TS Aluminium	00:57:46	00:42:48	00:56:54	00:47:05	00:52:29	00:50:34	05:07:36	56	MU20	6
515	Rehaag	Jan	FCSO	00:53:45	00:41:08	00:57:30	00:46:39	00:57:45	00:51:37	05:08:24	57	MU20	6
516	Onnen	Tino	FCSO	00:54:27	00:40:55	00:59:21	00:48:09	00:53:53	00:51:42	05:08:27	58	MU20	6
517	Lübben	Beenke	LT TuS Aurich-Ost	00:56:02	00:43:39	00:58:25	00:46:52	00:51:16	00:52:16	05:08:30	59	MU20	6
520	Poppen	Hilko	IGS Waldschule Egels	00:55:01	00:43:01	01:00:05	00:46:03	00:53:11	00:51:17	05:08:38	60	MU20	6
549	Mayer	Lukas	FCSO	00:56:27	00:41:54	00:58:41	00:47:38	00:54:19	00:51:57	05:10:56	61	MU20	6
564	Kautzky	Janosch	FCSO	00:56:28	00:40:28	01:00:11	00:47:43	00:54:34	00:52:05	05:11:29	62	MU20	6
592	Runge	Tobias	IGS Moormerland	00:58:36	00:43:33	00:59:37	00:46:00	00:53:06	00:52:08	05:13:00	63	MU20	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

610	Wahls	Leif	Gymnasium Ulricianum A	00:57:42	00:41:47	00:59:12	00:46:35	00:54:48	00:54:02	05:14:06	64	MU20	6
613	Geringer	Elias	Gymnasium Ulricianum A	00:56:21	00:41:52	00:59:23	00:47:57	00:54:46	00:54:01	05:14:20	65	MU20	6
627	Lange	Leon	OBS Kloster Barthe	00:56:14	00:42:07	01:00:32	00:47:16	00:53:09	00:55:41	05:14:59	66	MU20	6
631	Oltrop	Marvin-Dave	Team obw	00:55:00	00:43:24	00:59:59	00:48:45	00:55:18	00:52:51	05:15:17	67	MU20	6
635	Stöter	Simon		00:55:15	00:41:10	01:00:09	00:47:59	00:55:11	00:55:59	05:15:43	68	MU20	6
653	Grensemann	Phillip		00:53:39	00:41:00	00:59:05	00:51:21	00:56:44	00:55:00	05:16:49	69	MU20	6
654	Diers	Malte	BBS Ammerland	00:55:27	00:41:48	00:59:40	00:48:38	00:56:33	00:54:49	05:16:55	70	MU20	6
658	Nitsch	Bruno	IGS Aurich SekII sp222	00:53:05	00:40:36	00:56:20	00:44:02	01:07:41	00:55:15	05:16:59	71	MU20	6
662	Bruns	Hilko		00:55:21	00:42:35	01:00:11	00:49:53	00:55:21	00:53:47	05:17:08	72	MU20	6
697	Cramer	Bent	BBS Ammerland	00:55:51	00:42:07	00:59:43	00:48:58	00:57:03	00:55:32	05:19:14	73	MU20	6
700	Koops	Helge	UEG Leer	00:53:46	00:41:49	00:59:54	00:49:08	00:58:10	00:56:38	05:19:25	74	MU20	6
701	Bigalski	Noah	Gymnasium Ulricianum A	00:57:37	00:43:05	00:59:01	00:48:57	00:54:59	00:55:49	05:19:28	75	MU20	6
753	Helmerichs	Marvin	Gymnasium Ulricianum A	00:56:28	00:43:18	01:00:56	00:48:33	00:57:41	00:55:39	05:22:35	76	MU20	6
756	Landmann	Moritz	Jade-Boxring Wilhelmsha	00:55:30	00:42:20	01:01:25	00:50:27	00:57:12	00:55:50	05:22:44	77	MU20	6
770	Jürgens	Marek	Angelsbörrger Loopers &	00:54:51	00:42:11	01:03:11	00:49:51	00:56:50	00:57:06	05:24:00	78	MU20	6
782	Hofer	Franz	KGS Wiesmoor	00:59:11	00:41:49	01:01:46	00:48:49	00:56:34	00:56:50	05:24:59	79	MU20	6
819	Kramer	Timon	LT TuRa 07 Westrauder	00:59:58	00:44:17	01:07:26	00:44:19	01:01:54	00:49:46	05:27:40	80	MU20	6
820	Reshöft	Meeno	IGS Aurich / OHV Aurich	00:55:34	00:45:33	01:03:11	00:47:10	00:55:55	01:00:20	05:27:43	81	MU20	6
866	Campen	Jelto	Gymnasium Ulricianum A	00:57:46	00:43:17	01:03:21	00:49:10	01:00:05	00:56:42	05:30:21	82	MU20	6
881	Groen	Jona	Gymnasium Ulricianum A	01:04:32	00:44:23	01:07:05	00:47:52	00:54:00	00:53:18	05:31:10	83	MU20	6
884	Bigalski	Hannes	Gymnasium Ulricianum A	00:56:32	00:43:28	01:02:10	00:50:55	01:01:09	00:57:15	05:31:29	84	MU20	6
900	Wolf	Jakob	KGS Wiesmoor	00:55:07	00:41:59	01:07:03	00:49:45	01:01:09	00:57:27	05:32:30	85	MU20	6
902	Janssen	Tammo	IGS Moormerland	00:58:50	00:44:10	01:03:27	00:50:00	00:56:42	00:59:24	05:32:33	86	MU20	6
908	Thiems	Luca	FCSO	00:57:30	00:43:18	01:03:27	00:50:14	00:59:46	00:58:50	05:33:05	87	MU20	6
917	Janssen	Tyler	Ostfreesn Jungs	00:56:58	00:44:58	01:04:09	00:50:48	01:00:41	00:56:12	05:33:46	88	MU20	6
918	Reiter	Tammo	Ostfreesn Jungs	00:56:58	00:44:59	01:04:09	00:50:49	01:00:42	00:56:12	05:33:49	89	MU20	6
944	Wolken	Julian	Angelsbörrger Loopers &	00:59:14	00:44:37	01:03:13	00:49:57	00:58:56	00:58:53	05:34:50	90	MU20	6
958	Höfing	Thomas		01:00:26	00:43:50	01:06:02	00:50:06	00:58:34	00:56:29	05:35:27	91	MU20	6
962	Baalmann	Simon	Gymnasium Ulricianum A	01:04:34	00:44:45	01:07:31	00:49:05	00:55:00	00:54:42	05:35:37	92	MU20	6
964	Senft	Sascha	BBS Ammerland	01:01:06	00:46:11	01:01:12	00:51:04	00:59:21	00:56:53	05:35:47	93	MU20	6
992	Landmann	Tammo	KGS Wiesmoor	00:59:24	00:44:46	01:03:57	00:52:54	00:56:59	00:58:53	05:36:53	94	MU20	6
994	Schmidt	Hauke	IGS Moormerland	00:58:51	00:44:11	01:05:55	00:50:00	00:58:36	00:59:24	05:36:57	95	MU20	6
1004	Froschauer	Mio	Gymnasium Ulricianum A	00:55:01	00:43:07	01:04:24	00:52:09	01:01:50	01:01:12	05:37:43	96	MU20	6
1010	Seedorf	Leon	IGS Waldschule Egels	00:59:29	00:43:55	01:03:23	00:52:45	00:58:30	00:59:47	05:37:49	97	MU20	6
1013	Prietze	Florian	Gymnasium Ulricianum A	01:04:54	00:44:52	01:07:40	00:49:13	00:56:39	00:54:41	05:37:59	98	MU20	6
1014	Wollenberg	Folke	UEG Leer	01:01:46	00:45:19	01:03:27	00:51:36	00:58:54	00:56:58	05:38:00	99	MU20	6
1024	Schaa	Jared	BBS Ammerland	01:01:06	00:46:11	01:03:43	00:51:05	00:59:22	00:57:03	05:38:30	100	MU20	6
1030	Seidlitz	Sven	Team - LFZ	00:55:28	00:45:50	01:01:57	00:51:45	01:06:52	00:57:07	05:38:59	101	MU20	6
1049	Buß	David	KGS Wiesmoor	00:55:34	00:45:30	01:07:09	00:50:55	01:01:16	00:59:37	05:40:01	102	MU20	6
1092	Janßen	Sören	Team Aaron Power Upler	01:01:03	00:46:14	01:04:25	00:51:26	00:59:47	00:59:58	05:42:53	103	MU20	6
1108	Shahnazaryan	David	Gymnasium Ulricianum A	01:07:56	00:46:44	01:02:35	00:49:27	00:59:31	00:57:40	05:43:53	104	MU20	6
1113	Gerdes	Kay	Zerspanungsmechaniker	00:52:15	00:42:05	01:01:05	00:59:45	01:09:01	01:00:23	05:44:34	105	MU20	6
1131	Janssen	Christopher	Gymnasium Ulricianum A	00:58:17	00:46:34	01:04:50	00:53:03	01:01:56	01:01:12	05:45:52	106	MU20	6
1144	Olthoff	Max	LG Uplengen	01:00:02	00:46:10	01:04:54	00:51:55	01:01:14	01:02:22	05:46:37	107	MU20	6
1206	Saathoff	Jann-Rieke	Realschule Aurich	01:02:35	00:47:19	01:08:00	00:51:30	01:01:29	01:00:24	05:51:17	108	MU20	6
1233	Eberlei	Maarten	IGS Moormerland	01:02:15	00:47:15	01:07:15	00:55:26	01:00:48	01:00:21	05:53:20	109	MU20	6
1241	Krebs	Marc	Gymnasium Ulricianum A	01:04:52	00:47:17	01:07:39	00:54:59	01:01:52	00:57:44	05:54:23	110	MU20	6
1249	Erfeling	Tammo	FCSO SII Kurs	01:00:51	00:49:16	01:13:49	00:53:20	01:00:01	00:57:24	05:54:41	111	MU20	6
1256	Willms	Thilo	Fenestra Nordwest	00:59:49	00:47:28	01:10:11	00:54:41	01:02:52	00:59:58	05:54:59	112	MU20	6
1295	Moorlag	Bastiaan Sandrock	Gymnasium Ulricianum A	01:01:23	00:47:23	01:07:11	00:55:59	01:03:16	01:02:37	05:57:49	113	MU20	6
1300	Vervoort	Tom	IGS Moormerland	01:02:33	00:50:47	01:07:23	00:55:39	01:01:10	01:00:31	05:58:03	114	MU20	6
1349	Heßling	Tom	FCSO	01:00:21	00:47:27	01:09:25	00:56:18	01:02:57	01:04:51	06:01:19	115	MU20	6
1350	Grütter	Marcel	WfbM Aurich-Wittmund	01:02:49	00:49:34	01:09:15	00:55:56	01:01:43	01:02:04	06:01:21	116	MU20	6
1352	Susemiehl	Phillip	IGS Aurich SekII sp222	01:09:24	00:48:09	01:08:43	00:56:21	00:59:10	00:59:46	06:01:33	117	MU20	6
1372	Poppen	Renke	KGS Wiesmoor	01:08:42	00:46:41	01:10:38	00:54:39	01:00:14	01:01:54	06:02:48	118	MU20	6
1373	Buß	Joel	KGS Wiesmoor	01:05:54	00:47:09	01:10:38	00:54:41	01:02:42	01:01:50	06:02:54	119	MU20	6
1389	Stern	Otto	Turbine TGG	01:00:29	00:47:25	01:12:45	00:55:53	01:04:18	01:02:47	06:03:37	120	MU20	6
1394	Weber	Pepe	IGS Aurich SekII sp222	01:05:50	00:48:01	01:10:55	00:56:10	01:07:44	00:55:15	06:03:55	121	MU20	6
1404	Vitter	Jan	Yvonne Ulrichs Immobilie	00:59:31	00:43:57	00:57:17	00:50:25	01:07:37	01:25:48	06:04:35	122	MU20	6
1421	Cramer	Tim	KGS Großefehn	01:01:39	00:50:16	01:12:15	00:56:17	01:03:17	01:02:00	06:05:44	123	MU20	6
1441	Löschen	Renke	Gymnasium Ulricianum A	00:59:56	00:47:54	01:11:19	00:56:27	01:09:01	01:02:22	06:06:59	124	MU20	6
1458	Harms	Jan-Simon	IGS Aurich West Oberstu	01:02:15	00:49:30	01:09:54	00:56:49	01:05:01	01:04:04	06:07:33	125	MU20	6
1519	Niemann	Lukas	EC-LKG-Ihrhove	01:05:13	00:48:55	01:15:08	00:56:20	01:03:22	01:03:17	06:12:15	126	MU20	6
1526	Müller	Adrian		01:05:30	00:48:55	01:15:08	00:56:20	01:03:22	01:03:18	06:12:33	127	MU20	6
1529	Janssen	Max	Realschule Aurich	01:04:39	00:49:42	01:11:23	00:57:12	01:05:07	01:04:33	06:12:36	128	MU20	6
1536	Groen	Elias	FCSO SII Kurs	01:00:27	00:48:16	01:12:33	00:58:50	01:07:07	01:05:59	06:13:12	129	MU20	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1538	Gövert	Simon	Realschule Aurich	01:03:30	00:48:56	01:08:56	00:57:41	01:09:34	01:04:49	06:13:26	130	MU20	6
1539	Weers	Derk	Realschule Aurich	01:03:31	00:48:56	01:08:56	00:57:42	01:09:34	01:04:49	06:13:28	131	MU20	6
1545	Kupstor	Konstantin	FC SO SII Kurs	01:00:53	00:48:20	01:12:34	00:58:52	01:07:14	01:05:59	06:13:52	132	MU20	6
1554	Saathoff	Marcel	FC SO SII Kurs	01:01:05	00:48:19	01:12:40	00:58:54	01:07:28	01:05:59	06:14:25	133	MU20	6
1558	Harms	Tim-Ole	IGS Aurich	01:04:35	00:49:31	01:12:05	00:57:31	01:07:31	01:03:44	06:14:57	134	MU20	6
1563	Beek	Sönke	KGS Wiesmoor	01:01:52	00:52:46	01:15:40	00:58:54	01:03:32	01:02:50	06:15:34	135	MU20	6
1565	Bücker	Moritz	LT TuRa 07 Westhauder	01:07:45	00:51:08	01:13:14	00:56:38	01:03:40	01:03:10	06:15:35	136	MU20	6
1570	Arends	Thorben	IGS Moormerland	01:07:59	00:49:28	01:11:46	00:59:32	01:07:26	01:00:10	06:16:21	137	MU20	6
1595	Pankratius	Kevin	FC SO	01:00:03	00:47:51	01:13:38	01:00:42	01:09:08	01:07:16	06:18:38	138	MU20	6
1599	Geyer	Oliver	IGS Aurich-West	01:02:54	00:54:47	01:10:15	00:54:39	01:09:30	01:06:39	06:18:44	139	MU20	6
1606	Bäneck	Tom	BBS Ammerland	01:07:00	00:52:22	01:13:15	00:56:57	01:06:28	01:02:57	06:18:59	140	MU20	6
1609	Lütten	Tammo	Gymnasium Ulricianum A	01:07:08	00:51:25	01:12:42	00:57:38	01:05:04	01:05:30	06:19:27	141	MU20	6
1643	Saathoff	Alexander	FC SO	01:00:00	00:50:47	01:13:50	01:00:44	01:09:18	01:07:16	06:21:55	142	MU20	6
1653	Wilken	Tamme	IGS Moormerland	01:09:41	00:50:20	01:13:01	00:59:32	01:07:10	01:02:38	06:22:22	143	MU20	6
1668	Carstens	Sven	Gymnasium Ulricianum A	01:06:31	00:50:51	01:16:02	00:56:46	01:08:38	01:04:52	06:23:40	144	MU20	6
1674	Hardieck	Daniel	IGS Aurich SekII sp222	01:09:23	00:47:30	01:20:11	00:55:19	01:05:11	01:06:33	06:24:07	145	MU20	6
1691	Dorenbusch	Deiko	FC St. Pauli	01:05:46	00:51:09	01:14:04	00:59:16	01:06:29	01:09:06	06:25:50	146	MU20	6
1704	Deeken	Tobias	BBS Ammerland	01:09:23	00:52:22	01:13:25	00:57:02	01:10:51	01:03:59	06:27:02	147	MU20	6
1711	De Buhr	Hauke	IGS Moormerland	01:05:48	00:51:25	01:15:23	00:59:16	01:06:30	01:09:06	06:27:28	148	MU20	6
1742	Bohlen	Erik		01:11:06	00:55:13	01:15:52	01:00:01	01:06:36	01:02:18	06:31:06	149	MU20	6
1759	Oldziejewski	Jan Karol	Gymnasium Ulricianum A	01:08:57	00:51:50	01:18:08	00:58:53	01:11:56	01:04:17	06:34:01	150	MU20	6
1800	De Buhr	Tobias	Gymnasium Ulricianum A	01:10:02	00:55:55	01:15:25	01:05:22	01:06:10	01:03:58	06:36:52	151	MU20	6
1811	Fecht	Malte	IGS Waldschule Egels	01:07:37	00:53:41	01:15:34	01:02:20	01:11:06	01:07:43	06:38:01	152	MU20	6
1851	Schunke	Nick	Gymnasium Ulricianum A	01:12:22	00:53:23	01:20:33	00:58:52	01:11:56	01:04:21	06:41:27	153	MU20	6
1861	Von Glisczynski	Jonas	IGS Aurich SekII	01:05:40	00:50:08	01:11:17	01:10:54	01:17:12	01:06:48	06:41:59	154	MU20	6
1891	Bischoff	Matthis	FC SO SII Kurs	01:08:51	00:51:33	01:18:07	00:59:35	01:17:23	01:08:43	06:44:12	155	MU20	6
1948	Dröst	Tobias	FC SO SII Kurs	01:08:44	00:53:59	01:17:31	00:59:50	01:20:56	01:08:42	06:49:42	156	MU20	6
1952	Gerken	Paul	KGS Wiesmoor	01:12:37	00:55:05	01:17:44	01:00:06	01:11:21	01:13:01	06:49:54	157	MU20	6
2016	Moldenhauer	Tammo	Oberschule Kloster Barth	01:11:43	00:58:01	01:19:28	01:03:47	01:11:32	01:10:52	06:55:23	158	MU20	6
2038	Häring	Johannes	Gymnasium Ulricianum A	01:13:10	00:56:26	01:24:04	01:01:06	01:13:01	01:09:39	06:57:26	159	MU20	6
2092	Beifus	Anton	Gymnasium Ulricianum A	01:10:19	00:55:57	01:30:14	01:05:24	01:07:22	01:14:22	07:03:38	160	MU20	6
2111	Cramer	Jan-Hinnerk	Lauftreff Filsum	01:32:47	00:51:11	01:19:23	01:05:44	01:14:01	01:02:49	07:05:55	161	MU20	6
2120	Lerf	Moritz		01:11:58	00:54:23	01:25:08	01:06:18	01:15:11	01:14:01	07:06:59	162	MU20	6
2175	Schlüchtermann	Rene´	KGS Wiesmoor	01:12:38	00:54:21	01:25:22	01:04:22	01:20:10	01:19:18	07:16:11	163	MU20	6
2206	Carstens	Henrik	Gymnasium Ulricianum A	01:18:05	00:57:25	01:27:33	01:07:38	01:20:20	01:15:33	07:26:34	164	MU20	6
2264	Haase	Luke Finney	FC SO	01:18:10	01:01:35	01:32:27	01:11:32	01:21:28	01:21:09	07:46:21	165	MU20	6
2270	Sarow	Tobias	IGS Aurich SekII sp222	01:23:00	01:02:13	01:28:23	01:12:51	01:21:57	01:20:17	07:48:41	166	MU20	6
2307	Behrensmeier	Marvin	Waldschule Hatten	01:19:30	01:02:16	01:32:58	01:14:28	01:34:02	01:20:44	08:03:58	167	MU20	6
2329	Janssen	Tjorven	Grundschule Friedeburg	01:29:18	01:00:45	01:33:00	01:14:28	01:29:29	01:31:00	08:18:00	168	MU20	6
2	Ibrahim	Mahmud	Emder LG	00:36:38	00:29:45	00:42:06	00:34:02	00:40:16	00:38:47	03:41:34	1	MH	6
3	Heinken	Matthias	MTV Aurich	00:36:52	00:31:36	00:42:09	00:34:08	00:40:23	00:38:46	03:43:54	2	MH	6
4	Wiltfang	Johannes	Pewsumer Windhunde	00:36:58	00:30:24	00:43:19	00:35:03	00:40:42	00:38:56	03:45:22	3	MH	6
8	Tattje	Sven	TuS Weene	00:39:35	00:31:50	00:44:29	00:36:46	00:42:19	00:41:45	03:56:44	4	MH	6
18	Hanken	Dirk	Fehntjer Eier	00:41:47	00:32:37	00:46:03	00:38:04	00:44:33	00:42:39	04:05:43	5	MH	6
22	Mudder	Ingo		00:44:13	00:33:29	00:46:30	00:37:54	00:43:48	00:42:42	04:08:36	6	MH	6
32	Steen	Carsten	FC Oldersum	00:43:50	00:34:03	00:48:22	00:38:55	00:44:00	00:44:47	04:13:57	7	MH	6
33	Hesse	Noah	FC SO SII Kurs	00:43:51	00:33:39	00:48:15	00:39:24	00:45:05	00:44:19	04:14:33	8	MH	6
36	Grafenburg	Janek	Live-Sound GmbH & Co.	00:43:28	00:34:06	00:48:37	00:39:21	00:45:20	00:44:17	04:15:09	9	MH	6
41	Brahms	Marcel	SV Stikelkamp	00:43:06	00:34:20	00:49:09	00:39:48	00:45:32	00:45:06	04:17:01	10	MH	6
45	Büttner	Riko	Rettungsdienst Aurich	00:44:40	00:34:50	00:48:58	00:40:20	00:45:11	00:44:01	04:18:00	11	MH	6
49	Lübbers	Markus	Meyer Werft	00:43:46	00:34:52	00:49:15	00:40:07	00:45:57	00:45:04	04:19:01	12	MH	6
59	Lefering	Sebastian	SC Wiesens	00:46:03	00:35:15	00:49:54	00:41:03	00:45:19	00:44:28	04:22:02	13	MH	6
63	Böckmann	Olaf	Team ENERCON	00:45:53	00:35:23	00:49:55	00:40:25	00:45:43	00:45:18	04:22:37	14	MH	6
64	Ackmann	Steffen	TuS Eintracht Hinte	00:45:20	00:35:26	00:49:48	00:40:34	00:46:13	00:45:32	04:22:53	15	MH	6
75	Frühling	Tom	IGS Aurich SEKII SP201	00:46:08	00:35:46	00:50:38	00:40:56	00:46:07	00:45:34	04:25:09	16	MH	6
76	Janßen	Nils	Haus am Königsmoor	00:45:48	00:35:57	00:50:01	00:40:40	00:46:55	00:46:01	04:25:22	17	MH	6
87	Wildermann	Lars		00:45:22	00:35:37	00:51:25	00:41:17	00:48:08	00:46:57	04:28:46	18	MH	6
89	Lemke	René	Polizei Leer	00:46:39	00:35:56	00:50:48	00:41:27	00:47:47	00:46:27	04:29:04	19	MH	6
91	Gers	Hauke	Volkswagen Emden	00:46:35	00:36:40	00:51:43	00:41:15	00:47:37	00:45:35	04:29:25	20	MH	6
96	Keck	Tammo	Ostfriesische Brandkasse	00:46:33	00:36:53	00:51:05	00:41:04	00:47:53	00:46:54	04:30:22	21	MH	6
103	Berngruber	Thilo	Team obw	00:45:51	00:35:29	00:51:03	00:42:28	00:48:53	00:47:04	04:30:48	22	MH	6
107	Lüken	Thomas	TuS Holtriem 1.Herren	00:46:30	00:36:29	00:51:40	00:41:58	00:48:05	00:46:51	04:31:33	23	MH	6
112	Nafzger	Malte	Fachbereich Seefahrt	00:46:48	00:36:17	00:51:27	00:41:54	00:48:31	00:47:33	04:32:30	24	MH	6
113	Rosenboom	Dirk	Team Möbel Buss	00:47:11	00:36:57	00:52:12	00:41:55	00:47:41	00:47:04	04:33:00	25	MH	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

114	Roßmann	Lukas	Team Rucker	00:46:48	00:36:16	00:51:51	00:42:25	00:48:07	00:47:37	04:33:04	26	MH	6
115	Schäfer	Marco Julian	TRAUCO Gruppe	00:45:40	00:36:41	00:51:26	00:42:33	00:49:11	00:47:35	04:33:06	27	MH	6
118	Janssen	Janik	WfbM Aurich-Wittmund	00:47:44	00:36:04	00:52:01	00:41:11	00:48:41	00:48:04	04:33:45	28	MH	6
120	Emkes	Thorben	Rettungsdienst Aurich	00:46:03	00:36:57	00:52:19	00:42:43	00:48:47	00:47:28	04:34:17	29	MH	6
125	Groß	Sven	WfbM Aurich-Wittmund	00:47:07	00:37:23	00:51:48	00:43:31	00:47:35	00:47:29	04:34:53	30	MH	6
145	Frerichs	Malte Wilko		00:49:10	00:38:28	00:51:35	00:42:23	00:48:21	00:46:59	04:36:56	31	MH	6
148	Heiken	Onno	Team Rucker	00:47:15	00:36:58	00:52:58	00:42:49	00:49:20	00:48:09	04:37:29	32	MH	6
149	Edzards	Keno	Fachbereich Seefahrt	00:48:05	00:37:24	00:52:48	00:42:23	00:48:41	00:48:18	04:37:39	33	MH	6
155	Menneback	Ocko	SV Georgsheil	00:47:34	00:36:10	00:52:54	00:43:25	00:49:54	00:48:25	04:38:22	34	MH	6
174	Reil	Matthias		00:48:56	00:37:16	00:54:22	00:42:51	00:49:25	00:48:33	04:41:23	35	MH	6
180	Kruse	Jan-Eike	SV Hinrichsfehn	00:47:13	00:38:05	00:55:12	00:42:48	00:49:38	00:49:15	04:42:11	36	MH	6
187	Siemers	Andi	Stadt Emden	00:49:55	00:38:08	00:53:55	00:43:01	00:49:40	00:48:09	04:42:48	37	MH	6
206	Frerichs	Simon	Rolf Janssen Gruppe	00:49:57	00:37:37	00:54:23	00:43:40	00:50:06	00:49:24	04:45:07	38	MH	6
226	Taapken	Sönke	Team Möbel Buss	00:49:48	00:39:17	00:54:04	00:44:12	00:49:01	00:50:37	04:46:59	39	MH	6
227	Ter Veen	Markus	Meyer Werft	00:50:16	00:38:28	00:55:04	00:43:50	00:50:31	00:48:51	04:47:00	40	MH	6
238	Markus	Sven	Landkreis Leer	00:50:47	00:39:21	00:54:07	00:43:47	00:50:30	00:49:33	04:48:05	41	MH	6
248	Gastmann	Thino	Bünting Tee	00:48:55	00:38:15	00:54:45	00:44:57	00:52:09	00:50:07	04:49:08	42	MH	6
254	Hölscher	Dennis	EBB - Bauunternehmung	00:49:40	00:39:07	00:55:31	00:44:30	00:50:30	00:50:18	04:49:36	43	MH	6
255	Schneider	Jan	Rettungsdienst Leer	00:52:00	00:39:34	00:54:41	00:44:33	00:50:14	00:48:41	04:49:43	44	MH	6
281	Cordes	Jannik	BBS 1 Leer	00:48:56	00:39:14	00:56:20	00:45:13	00:52:05	00:49:33	04:51:21	45	MH	6
284	Rettig	Sebastian	Team obw	00:51:18	00:38:19	00:55:52	00:43:33	00:53:28	00:48:55	04:51:25	46	MH	6
298	Janssen	Florian	Volkswagen Emden	00:49:50	00:38:44	00:56:44	00:45:17	00:52:10	00:50:28	04:53:13	47	MH	6
327	Möhlmann	Timo	Raiffeisenbank eG, Moor	00:50:07	00:39:39	00:57:06	00:45:12	00:52:03	00:51:22	04:55:29	48	MH	6
333	De Freese	Timo	Team obw	00:52:21	00:38:33	00:57:04	00:45:25	00:51:49	00:50:42	04:55:54	49	MH	6
336	Bohlen	Stefan	B-Plast2000	00:51:09	00:39:15	00:56:30	00:45:47	00:52:33	00:50:51	04:56:05	50	MH	6
365	Möhlmann	Sven	Hartmann Group	00:50:18	00:40:12	00:56:09	00:47:13	00:53:20	00:51:27	04:58:39	51	MH	6
389	Lüken	Marco	SV Blomberg-Neuschoo	00:52:03	00:39:17	00:56:54	00:46:11	00:53:09	00:51:46	04:59:20	52	MH	6
408	Kruse	Andreas	K&W Tauchservice	00:52:08	00:40:34	00:56:53	00:47:29	00:53:06	00:49:59	05:00:09	53	MH	6
413	Ottersberg	Luca	Polizei Aurich	00:52:45	00:41:22	00:57:30	00:46:34	00:51:38	00:50:26	05:00:15	54	MH	6
421	Janßen	Sören	Grundschule Friedeburg	00:51:19	00:40:53	00:57:00	00:45:53	00:53:30	00:52:24	05:00:59	55	MH	6
448	Wächter	Linus	BBS Ammerland	00:53:56	00:39:29	00:58:41	00:45:05	00:54:31	00:51:33	05:03:15	56	MH	6
469	Janßen	Timo	Landkreis Wittmund	00:52:32	00:41:13	00:58:50	00:46:37	00:53:41	00:51:38	05:04:31	57	MH	6
475	Jacobsen	Henrik	BBC Chartering GmbH	00:52:12	00:39:18	00:59:37	00:48:39	00:52:18	00:52:44	05:04:48	58	MH	6
477	Stepien	David	#polskabiega	00:49:42	00:38:40	00:54:59	01:00:17	00:50:50	00:50:25	05:04:53	59	MH	6
479	Lippert	Silas		00:53:20	00:42:49	00:58:14	00:46:29	00:52:56	00:51:10	05:04:58	60	MH	6
483	Janssen	Keven	TS Aluminium	00:51:23	00:40:08	00:57:33	00:47:21	00:55:13	00:53:36	05:05:14	61	MH	6
491	Fauerbach	Marco	farbwelt ON FIRE	00:53:46	00:41:15	00:57:47	00:47:20	00:53:30	00:52:09	05:05:47	62	MH	6
530	Recknagel	Sven	"TaktLwG 71  R ""	00:53:52	00:42:15	00:58:04	00:47:43	00:54:09	00:53:40	05:09:43	63	MH	6
539	Kleen	Helmut	WfbM Aurich-Wittmund	00:54:32	00:41:35	00:58:24	00:47:13	00:54:25	00:54:04	05:10:13	64	MH	6
550	Bley	Stefan	MTV Aurich	00:52:28	00:41:02	00:59:07	00:49:38	00:54:15	00:54:28	05:10:58	65	MH	6
553	Manirakiza	Patrick	Upstalsboomer	00:54:00	00:40:34	00:58:18	00:46:41	00:57:37	00:53:54	05:11:04	66	MH	6
557	Holmer-Hoven	Janko	Rettungsdienst Leer	00:57:48	00:43:21	00:59:36	00:46:34	00:52:39	00:51:19	05:11:17	67	MH	6
558	Kösters	Sven	LG Papenburg-Aschendo	00:53:25	00:40:56	00:58:36	00:47:51	00:55:47	00:54:43	05:11:18	68	MH	6
571	Sachse	Patrick	Polizeiakademie Nieders	00:53:12	00:41:42	00:59:27	00:49:57	00:54:26	00:53:13	05:11:57	69	MH	6
591	Ishimwe	Janvier	Upstalsboomer	00:53:59	00:41:49	00:58:42	00:46:59	00:57:32	00:53:56	05:12:57	70	MH	6
629	Walter	Eike	Rolf Janssen Gruppe	00:55:41	00:42:19	01:01:11	00:48:24	00:53:59	00:53:33	05:15:07	71	MH	6
650	Gawel	Christopher	Kliniken Aurich-Emden-N	00:57:08	00:44:09	00:59:21	00:47:32	00:53:41	00:54:44	05:16:35	72	MH	6
675	Frerichs	Dennis	WfbM Aurich-Wittmund	00:53:41	00:42:06	01:00:39	00:48:40	00:57:02	00:56:02	05:18:10	73	MH	6
678	Ter Hark	Sven	Ostfriesische Volksbank	00:53:53	00:41:53	01:00:26	00:49:35	00:57:24	00:55:00	05:18:11	74	MH	6
702	Liesegang	Nils	TuS Augustfehn	00:54:26	00:40:02	00:59:17	00:47:44	00:59:27	00:58:34	05:19:30	75	MH	6
706	Gupta	Krish	Team ENERCON	00:55:41	00:43:31	01:02:43	00:50:03	00:54:08	00:53:40	05:19:46	76	MH	6
710	Göttsche	Dirk	Team ENERCON	00:55:47	00:43:00	01:02:04	00:49:22	00:55:46	00:54:01	05:20:00	77	MH	6
711	Rethmeier	Erik	Chikara Gym Bunde	00:54:43	00:42:56	01:00:58	00:49:48	00:55:50	00:55:52	05:20:07	78	MH	6
714	Erfeling	Stefan		00:56:58	00:43:01	00:59:53	00:49:15	00:55:45	00:55:20	05:20:12	79	MH	6
751	Rosenboom	Stefan	HR4YOU AG	00:59:59	00:44:20	01:00:07	00:48:38	00:55:09	00:54:12	05:22:25	80	MH	6
757	Groß	Tim	WfbM Aurich-Wittmund	00:57:30	00:40:48	00:59:31	00:49:52	00:56:50	00:58:17	05:22:48	81	MH	6
762	Nordbrock	Stefan	LGLN RD Aurich	00:53:31	00:42:24	01:00:30	00:48:18	00:55:32	01:02:53	05:23:08	82	MH	6
776	Krüger	Jan	Loopteam Krüger	00:54:41	00:43:37	01:01:39	00:49:53	00:57:52	00:57:02	05:24:44	83	MH	6
780	Biller	Tammo	BV Hoffnung Ludwigsdor	00:54:50	00:45:00	01:02:39	00:50:29	00:57:26	00:54:32	05:24:56	84	MH	6
784	Niet	Malte	FC Klapperschlange/Lan	00:54:34	00:44:24	01:02:02	00:50:11	00:58:17	00:55:35	05:25:03	85	MH	6
783	Arends	Phillip	FC Klapperschlange	00:54:32	00:44:24	01:02:03	00:50:11	00:58:17	00:55:36	05:25:03	86	MH	6
803	Oorlog	Ihno	FC SO SII Kurs	00:56:07	00:44:11	01:04:47	00:49:15	00:57:31	00:54:42	05:26:33	87	MH	6
808	Hauwen	Luca	Klinge Papierwerke	00:56:28	00:43:19	01:01:41	00:51:36	00:57:33	00:56:28	05:27:05	88	MH	6
815	Hinrichs	Malte	WfbM Aurich-Wittmund	00:57:18	00:42:35	00:59:42	00:48:38	01:01:07	00:58:11	05:27:31	89	MH	6
868	Schild	Cedric	Freunde der kleinen Allee	00:55:35	00:43:02	01:04:12	00:50:18	00:58:50	00:58:35	05:30:32	90	MH	6
871	Bruns	Marcel	Partyservice Klose	01:00:14	00:45:01	01:02:40	00:50:11	00:56:49	00:55:41	05:30:36	91	MH	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

880	Janssen	Fabian	WfBm Aurich-Wittmund	00:58:03	00:43:01	01:00:02	00:51:14	01:01:06	00:57:44	05:31:10	92	MH	6
883	Von Rhein	Jan-Lukas	Fachbereich Seefahrt	00:57:17	00:44:05	01:03:17	00:51:06	00:58:50	00:56:51	05:31:26	93	MH	6
888	Becker	Jan-Hermann	Landkreis Aurich	00:55:39	00:44:38	01:03:15	00:51:37	00:59:10	00:57:35	05:31:54	94	MH	6
922	Dübbelde	Uwe	AMF Bruns	00:59:24	00:46:07	01:02:05	00:51:42	00:57:22	00:57:15	05:33:55	95	MH	6
934	Herrmann	Florian	Fachbereich Seefahrt	00:56:19	00:43:00	01:04:54	00:51:06	01:01:06	00:57:57	05:34:22	96	MH	6
993	Wilken	Tim		00:58:22	00:45:32	01:04:58	00:52:12	00:58:54	00:56:58	05:36:56	97	MH	6
1007	Einnolf	Stefan	Landkreis Wittmund	00:58:06	00:45:54	01:04:19	00:51:20	01:00:11	00:57:57	05:37:47	98	MH	6
1022	Becker	Henrik	WSA Wilhelmshaven	00:56:06	00:44:42	01:04:56	00:52:27	01:00:38	00:59:39	05:38:28	99	MH	6
1086	Huszár	Attila	Fachbereich Seefahrt	00:54:08	00:41:52	00:58:33	01:14:37	00:59:27	00:54:04	05:42:41	100	MH	6
1098	Ritz	Guido	Chikara Gym Bunde	00:59:37	00:47:17	01:05:36	00:52:18	00:58:50	00:59:42	05:43:20	101	MH	6
1101	Reich	Sebastian	Fachbereich Seefahrt	01:01:07	00:46:09	01:06:03	00:51:42	00:59:28	00:59:03	05:43:32	102	MH	6
1110	Wulff	Marcel		00:55:51	00:46:49	01:04:30	00:53:17	01:03:44	00:59:56	05:44:07	103	MH	6
1120	Baalmann	Sven	Wildeboer Bauteile GmbH	00:58:58	00:46:31	01:05:44	00:53:25	01:00:35	00:59:37	05:44:50	104	MH	6
1183	Buß	Hauke	Hesse Baustoffe	01:02:06	00:47:23	01:05:47	00:52:33	01:02:18	00:59:26	05:49:33	105	MH	6
1196	Bläcker	Simon	WfBm Aurich-Wittmund	01:02:52	00:47:56	01:06:21	00:53:14	01:00:36	00:59:34	05:50:33	106	MH	6
1215	Petersen	Eike	Lukasläufer Walle	00:59:22	00:47:16	01:10:06	00:51:45	01:01:48	01:01:53	05:52:10	107	MH	6
1217	Wienekamp	Leon	DESIGNSTUUV Werbeagentur	00:59:38	00:47:16	01:07:23	00:52:54	01:03:03	01:02:03	05:52:17	108	MH	6
1244	Brandt	Dustin	Polizei Leer	01:01:18	00:48:21	01:04:20	00:55:58	01:02:34	01:01:57	05:54:28	109	MH	6
1305	Bederke	Alexander	Team Möbel Buss	01:02:36	00:49:08	01:08:03	00:55:36	01:03:18	00:59:48	05:58:29	110	MH	6
1374	Folkers	Daniel	BSG Volksbank Jever	01:03:34	00:49:21	01:09:51	00:56:23	01:02:39	01:01:10	06:02:58	111	MH	6
1384	Stefanski	Tim-Ole	"TaktLwG 71  R ""	01:03:18	00:47:26	01:09:54	00:56:20	01:03:43	01:02:50	06:03:31	112	MH	6
1410	Jessing	Kevin-Carster	WfBm Aurich-Wittmund	01:02:49	00:49:35	01:09:16	00:55:18	01:04:19	01:03:40	06:04:57	113	MH	6
1412	Melle	Daniel	NV Versicherungen VVaG	01:05:21	00:50:01	01:06:34	00:52:59	01:02:00	01:08:11	06:05:06	114	MH	6
1413	Campen	Wilko	IGS Aurich SekII sp222	01:05:16	00:50:27	01:09:05	00:57:04	01:04:16	00:59:00	06:05:08	115	MH	6
1414	Puls	Claus	WfBm Aurich-Wittmund	01:03:29	00:49:00	01:10:39	00:55:06	01:02:20	01:04:41	06:05:15	116	MH	6
1438	Riedl	Mark	Everest2023	01:03:00	00:49:25	01:11:08	00:56:36	01:05:14	01:01:34	06:06:57	117	MH	6
1453	Hiersemann	Timo	Team obw	01:03:30	00:48:29	01:10:45	00:55:39	01:03:29	01:05:24	06:07:16	118	MH	6
1460	Brandt	Arne	Rolf Janssen Gruppe	01:02:11	00:48:57	01:10:17	00:56:12	01:06:13	01:03:52	06:07:42	119	MH	6
1476	Klasen	Nils	ELV Elektronik AG/eQ-3	01:07:59	00:48:26	01:10:36	00:56:49	01:03:49	01:01:37	06:09:16	120	MH	6
1481	Weber	Stefan	RVB Aurich	01:02:26	00:48:29	01:11:19	00:56:01	01:05:03	01:06:16	06:09:34	121	MH	6
1593	Wilhelms	Hannes	TSV Lammertsfehn / Hinrich	01:06:06	00:52:37	01:11:47	00:57:49	01:05:28	01:04:44	06:18:31	122	MH	6
1612	Becker	Nils		01:03:57	00:52:35	01:15:06	00:59:17	01:05:31	01:03:12	06:19:38	123	MH	6
1686	Frank	Hero	Landkreis Leer	01:08:42	00:50:47	01:15:35	00:58:12	01:06:47	01:05:18	06:25:21	124	MH	6
1707	Kumar	Alexander	Laufftreff Ge(h)zeiten Jever	01:09:10	00:50:53	01:13:30	00:58:42	01:07:44	01:07:15	06:27:14	125	MH	6
1710	Arends	André	Landkreis Aurich	01:05:13	00:50:28	01:17:39	01:01:37	01:07:39	01:04:44	06:27:20	126	MH	6
1717	Janßen	Til	Team Aaron Power Upler	01:03:00	00:50:16	01:13:54	01:00:33	01:10:31	01:09:47	06:28:01	127	MH	6
1743	Menningen	Simon	Meyer Werft	01:06:19	00:52:09	01:15:48	01:01:23	01:08:26	01:07:19	06:31:24	128	MH	6
1824	Kaiser	Daniel	Meyer Werft	01:07:52	00:55:20	01:17:50	01:01:12	01:08:24	01:08:28	06:39:06	129	MH	6
1945	Lakeberg	Timo	Meyer Werft	01:11:45	00:55:08	01:24:05	01:03:16	01:08:22	01:06:44	06:49:20	130	MH	6
2031	Pilarczyk	Bartosz	WfBm Aurich-Wittmund	01:09:45	00:56:25	01:23:08	01:03:52	01:10:38	01:12:46	06:56:34	131	MH	6
2158	Werr	Wilhelm	Orgadata AG	01:15:29	00:55:38	01:21:05	01:03:19	01:26:00	01:11:17	07:12:48	132	MH	6
2161	Fornika	Lukas	Wreesmann Logistikdienst	01:11:50	00:58:11	01:24:25	01:07:15	01:16:14	01:16:02	07:13:57	133	MH	6
2172	Menneböck	Harm	Störtebeker Loopers TVM	01:18:21	00:58:01	01:22:49	01:06:55	01:15:26	01:13:46	07:15:18	134	MH	6
2173	Klock	Selwyn	United Offshore Support	01:16:20	00:57:38	01:22:57	01:07:03	01:15:52	01:15:36	07:15:26	135	MH	6
7	Biermann	Kai	TuS Weene	00:38:57	00:31:46	00:44:21	00:36:21	00:42:13	00:41:45	03:55:23	1	M30	6
13	Henninga	Stephan	RVB Aurich	00:40:54	00:32:34	00:45:49	00:37:42	00:42:49	00:42:02	04:01:50	2	M30	6
19	Post	Simon	LSF Oldenburg	00:42:18	00:33:16	00:47:23	00:38:07	00:43:36	00:42:40	04:07:20	3	M30	6
25	Anwand	Jens	SV Eintracht Ihlow e.V	00:44:12	00:33:40	00:47:26	00:38:22	00:43:46	00:42:42	04:10:08	4	M30	6
35	Meents	Thomas	MTV Hohenkirchen	00:42:47	00:34:19	00:48:55	00:39:27	00:45:14	00:44:18	04:15:00	5	M30	6
39	Byl	Jens	Tempel der Lüste	00:43:47	00:34:28	00:48:49	00:39:25	00:45:14	00:44:22	04:16:05	6	M30	6
51	Nobel	Benjamin	BBC Chartering GmbH	00:43:39	00:38:07	00:49:46	00:39:25	00:45:18	00:43:44	04:19:59	7	M30	6
67	Jakobs	Marco	Bordeaux Metallbau	00:44:35	00:35:11	00:50:08	00:40:40	00:47:10	00:45:29	04:23:13	8	M30	6
68	Köcklar	Matthias	Team ENERCON	00:44:51	00:35:27	00:49:55	00:40:46	00:47:43	00:44:45	04:23:27	9	M30	6
79	Villamil	David	Team ENERCON	00:46:48	00:35:19	00:50:57	00:40:36	00:47:36	00:45:36	04:26:52	10	M30	6
86	Hoogstraat	Benjamin	LT TuS Aurich-Ost	00:45:18	00:35:52	00:50:53	00:41:24	00:47:31	00:47:22	04:28:20	11	M30	6
92	Garichs	Aike Nanno	Klinikum Leer	00:47:12	00:36:50	00:51:09	00:41:32	00:47:38	00:45:27	04:29:48	12	M30	6
110	Kasten	Tammo	VW Montage Mönners	00:45:39	00:35:38	00:51:20	00:41:56	00:49:43	00:48:04	04:32:20	13	M30	6
126	Klüver	Dennis	Stadtwerke Emden GmbH	00:46:51	00:36:52	00:52:13	00:42:37	00:48:43	00:47:43	04:34:59	14	M30	6
129	Wiechers	Wilko	VW Emden	00:47:05	00:37:12	00:52:23	00:42:32	00:48:31	00:47:30	04:35:13	15	M30	6
134	Witte	Daniel	IGS Moormerland	00:47:53	00:38:03	00:52:11	00:42:53	00:48:05	00:47:00	04:36:05	16	M30	6
137	Stürzl	Sebastian	LT TuS Aurich-Ost	00:47:31	00:36:52	00:52:34	00:42:42	00:48:54	00:47:51	04:36:24	17	M30	6
154	Dieling	Malte	Oil Huus	00:47:00	00:37:36	00:52:46	00:43:03	00:49:35	00:48:11	04:38:11	18	M30	6
157	Riegert	Julius	Meyer Werft	00:48:59	00:37:51	00:53:02	00:42:48	00:48:34	00:47:21	04:38:35	19	M30	6
159	Fischbach	Andreas	Team ENERCON	00:47:31	00:37:28	00:52:58	00:43:26	00:49:18	00:47:55	04:38:36	20	M30	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

160	Zimmerling	Igor	D & Z Immobilien	00:47:36	00:37:24	00:52:19	00:44:05	00:48:29	00:48:44	04:38:37	21	M30	6
175	Bohlen	Rainer	LG Uplengen	00:48:24	00:37:38	00:53:03	00:43:42	00:49:48	00:48:52	04:41:27	22	M30	6
184	Hempfen	Henning	Fenestra Nordwest	00:47:27	00:38:00	00:53:53	00:43:38	00:50:40	00:48:45	04:42:23	23	M30	6
185	Wilken	Patrick	Meyer Werft	00:52:28	00:37:17	00:53:33	00:43:31	00:48:27	00:47:20	04:42:36	24	M30	6
200	Claassen	Marco	TV Norden	00:47:43	00:37:36	00:53:43	00:43:35	00:51:26	00:50:45	04:44:48	25	M30	6
219	Büchner	Tobias	Team ENERCON	00:50:09	00:38:13	00:54:55	00:43:46	00:50:20	00:49:12	04:46:35	26	M30	6
223	Schmidt	Stephan	Team ENERCON	00:48:19	00:38:36	00:55:21	00:44:43	00:50:04	00:49:51	04:46:54	27	M30	6
232	Pollmann	Heino	VOST / BW Filsum Road	00:49:50	00:38:33	00:54:38	00:44:08	00:51:38	00:48:40	04:47:27	28	M30	6
240	Koepfen	Aeneas	BBC Chartering GmbH	00:50:47	00:38:44	00:54:33	00:45:33	00:50:20	00:48:43	04:48:40	29	M30	6
272	Brahms	Jann	Bohlen & Doyen	00:49:29	00:39:11	00:55:28	00:44:46	00:51:27	00:50:32	04:50:53	30	M30	6
306	De Vries	Oliver	Team ENERCON	00:48:46	00:38:13	00:54:27	00:45:30	00:54:48	00:52:12	04:53:56	31	M30	6
307	Liedtke	Carsten	Braasch	00:49:58	00:39:19	00:55:18	00:45:41	00:51:40	00:52:04	04:54:00	32	M30	6
320	Meyer	Lukas	VW Montage Mäppers	00:50:11	00:40:06	00:56:13	00:45:34	00:52:36	00:50:28	04:55:08	33	M30	6
321	Schuldt	Marco		00:48:57	00:39:02	00:55:05	00:46:59	00:51:21	00:53:52	04:55:16	34	M30	6
339	Schuirmann	Gerrit	SV Dornum	00:50:01	00:41:16	00:56:11	00:45:24	00:51:27	00:52:13	04:56:32	35	M30	6
346	Jäger	Timm	OBS Kloster Barthe	00:50:58	00:40:25	00:56:20	00:46:03	00:52:12	00:51:31	04:57:29	36	M30	6
360	Heyken	Wessel	Hof Heyken	00:50:04	00:39:29	00:57:21	00:46:49	00:53:06	00:51:33	04:58:22	37	M30	6
377	Wattjes	Mathias	"KBV IFreyal"" Upschört"	00:50:08	00:40:26	00:56:28	00:46:28	00:53:14	00:52:07	04:58:51	38	M30	6
393	Miclaus	Jann-Peter	FCSO	00:55:26	00:40:27	00:56:52	00:45:45	00:52:17	00:49:02	04:59:49	39	M30	6
433	Ramisch	Benedikt	Team ENERCON	00:50:41	00:40:26	00:57:38	00:47:15	00:53:45	00:52:17	05:02:02	40	M30	6
462	Meyer	Ralf	LT Schafhauser Wald	00:52:16	00:41:22	00:56:44	00:47:07	00:53:45	00:52:51	05:04:05	41	M30	6
465	Bohlens	Steven	Uplengener Lauftreff	00:51:58	00:41:13	00:58:45	00:46:15	00:53:31	00:52:35	05:04:17	42	M30	6
473	Rabenberg	Stefan	Landkreis Leer	00:52:57	00:41:12	00:57:34	00:47:02	00:53:30	00:52:30	05:04:45	43	M30	6
486	Peters	Thomas	Braasch	00:52:42	00:40:45	00:57:09	00:46:59	00:54:59	00:52:45	05:05:19	44	M30	6
499	Kathe	Jens	Team ENERCON	00:53:46	00:41:00	00:58:50	00:48:02	00:53:25	00:51:32	05:06:35	45	M30	6
502	Randt	Karsten	AZ LG Stapelmoor	00:51:57	00:40:20	00:59:49	00:48:12	00:53:56	00:52:26	05:06:40	46	M30	6
505	Zur Mühlen	Christian	Team ENERCON	00:53:13	00:41:13	00:58:58	00:47:31	00:53:51	00:52:22	05:07:08	47	M30	6
513	Hahn	Oliver	Team obw	00:52:39	00:41:43	00:58:44	00:47:56	00:54:44	00:52:26	05:08:12	48	M30	6
541	Harms	Eike	Rolf Janssen Gruppe	00:53:16	00:42:18	00:59:08	00:47:30	00:54:47	00:53:22	05:10:21	49	M30	6
567	Buhr	Renko		00:55:19	00:42:49	00:59:21	00:48:01	00:53:20	00:52:44	05:11:34	50	M30	6
575	Nordbrock	Michael	BDO DPI AG	00:53:30	00:42:35	01:00:33	00:48:18	00:53:53	00:53:35	05:12:24	51	M30	6
579	Niessit	Hendrik	AZ LG Stapelmoor	00:52:04	00:41:54	01:00:01	00:48:08	00:55:07	00:55:18	05:12:32	52	M30	6
582	De Buhr	Gerd-Torben	farbwelt ON FIRE	00:53:45	00:41:53	00:58:32	00:48:21	00:55:03	00:55:00	05:12:34	53	M30	6
581	Bathow	Thomas	AGRAVIS Ems-Jade Gm	00:54:06	00:43:06	00:59:14	00:48:33	00:54:00	00:53:35	05:12:34	54	M30	6
583	Alex	Sebastian	LG Fliegerhorst Upjever	00:53:52	00:42:22	00:59:41	00:48:17	00:54:31	00:53:54	05:12:37	55	M30	6
594	Meyer	Daniel	Feuerwehr Neukamperfe	00:53:10	00:41:54	01:00:06	00:48:50	00:54:58	00:54:09	05:13:07	56	M30	6
626	Tammeus	Malte	Landkreis Wittmund	00:54:41	00:43:04	00:59:55	00:48:20	00:55:12	00:53:45	05:14:57	57	M30	6
630	Willer	Phillip	SV Altenoythe	00:53:50	00:43:46	00:59:59	00:48:25	00:55:58	00:53:14	05:15:12	58	M30	6
640	Wagener	Jonas	Realschule Aurich	00:57:32	00:42:10	00:58:19	00:47:40	00:54:30	00:55:45	05:15:56	59	M30	6
649	Kochale	Sebastian	Auricher Süsstmost GmbH	00:57:39	00:42:24	00:59:31	00:48:08	00:54:51	00:54:01	05:16:34	60	M30	6
652	Rischebode	Pascal	Landguth Heimtiernahrung	00:54:52	00:42:24	01:01:32	00:49:34	00:55:09	00:53:07	05:16:38	61	M30	6
663	Schmidt	Tammo	SV Teutonia Stapelmoor	00:53:50	00:42:41	00:59:40	00:49:24	00:55:50	00:55:47	05:17:12	62	M30	6
686	Rügner	Andreas		00:56:57	00:43:19	00:59:48	00:48:43	00:55:35	00:54:25	05:18:47	63	M30	6
694	Eilts	Holger	Landkreis Wittmund	00:57:03	00:43:04	01:01:18	00:48:32	00:54:53	00:54:19	05:19:09	64	M30	6
712	Herbers	Frank	Team ENERCON	00:55:30	00:42:25	01:00:16	00:49:34	00:56:45	00:55:39	05:20:09	65	M30	6
749	Bronsema	Viktor	Hässlich-Kite	00:54:36	00:43:11	01:06:05	00:53:11	00:52:44	00:52:26	05:22:13	66	M30	6
752	Saathoff	Steffen	Störtebeker Loopers TVM	00:54:22	00:43:18	01:01:16	00:49:38	00:57:47	00:56:11	05:22:32	67	M30	6
774	Kunst	Hauke	LT TuRa 07 Westrauder	00:54:18	00:41:59	01:01:02	00:48:23	00:55:15	01:03:38	05:24:35	68	M30	6
791	Feil	Carsten	IGS Emden	00:56:07	00:43:55	01:02:37	00:49:49	00:56:24	00:56:57	05:25:49	69	M30	6
796	Müller	Konstantin	Emission Partner	00:58:02	00:44:11	01:02:43	00:49:37	00:56:47	00:54:48	05:26:08	70	M30	6
809	Duhm	Hannes	B-Plast2000	00:58:50	00:44:50	01:00:30	00:48:38	00:54:43	00:59:42	05:27:13	71	M30	6
825	Wilken	Stephan	Wreesmann Logistikdienst	00:54:51	00:43:54	01:03:25	00:51:44	00:58:24	00:55:55	05:28:13	72	M30	6
846	Bienhoff	Karsten	Team Möbel Buss	00:57:54	00:45:11	01:03:07	00:50:14	00:56:46	00:56:03	05:29:15	73	M30	6
850	Cassens	Daniel	Lukasläufer Walle	00:57:17	00:44:20	01:02:35	00:49:57	00:58:01	00:57:27	05:29:37	74	M30	6
857	Cramer	Wilko	Gib't's das auch mit E-Ant	00:56:09	00:44:50	01:02:34	00:50:38	00:58:07	00:57:36	05:29:54	75	M30	6
872	Steinbeck	Paul	LG Fliegerhorst Upjever	01:00:43	00:46:21	01:03:15	00:48:56	00:56:10	00:55:14	05:30:39	76	M30	6
882	De Vries	Jelto	Meyer Werft	00:58:42	00:45:29	01:04:01	00:50:30	00:56:49	00:55:55	05:31:26	77	M30	6
886	Lampe	Michael	Intermedt	00:56:23	00:45:26	01:03:16	00:52:25	00:57:12	00:56:56	05:31:38	78	M30	6
909	Heinßen	Thorben	Bünting Tee	00:56:33	00:44:32	01:02:20	00:49:12	00:57:36	01:03:00	05:33:13	79	M30	6
921	Arnold	Matthias	Team ENERCON	00:57:20	00:43:55	01:04:42	00:49:06	00:56:06	01:02:45	05:33:54	80	M30	6
950	Neumann	Jürgen	Feuerwehr Grosswolde	00:59:00	00:44:43	01:06:08	00:49:29	00:58:20	00:57:25	05:35:05	81	M30	6
976	Lühring	Markus	BBS 1 Leer	00:58:39	00:45:41	01:03:26	00:51:38	00:59:39	00:57:14	05:36:17	82	M30	6
980	Kolch	Matthias	Gymnasium Ulricianum A	01:00:15	00:45:03	01:02:15	00:49:54	00:59:16	00:59:37	05:36:20	83	M30	6
983	Otten	Jan-Simon	BSG Volksbank Jever	00:57:21	00:45:09	01:03:41	00:52:07	00:59:55	00:58:14	05:36:27	84	M30	6
1011	Kettwig	Christoph	Polizei Leer	01:01:17	00:45:35	01:02:57	00:51:37	00:58:11	00:58:17	05:37:54	85	M30	6
1087	Ihler	Matthias		01:01:07	00:46:12	01:04:38	00:53:07	00:58:19	00:59:19	05:42:42	86	M30	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1148	Giske	Waldemar	IGS Emden	01:01:15	00:47:18	01:06:09	00:53:48	00:59:17	00:59:03	05:46:50	87	M30	6
1159	Eilers	Matthias		00:58:07	00:45:59	01:06:29	00:53:34	01:01:12	01:02:24	05:47:45	88	M30	6
1175	Klaaßen	Simon	VW Montage Mäppers	01:00:56	00:46:23	01:06:30	00:54:09	01:00:46	01:00:09	05:48:53	89	M30	6
1194	Schmidt	Christian	Landkreis Aurich	00:59:07	00:47:06	01:08:22	00:54:41	01:00:57	01:00:07	05:50:20	90	M30	6
1208	Hausmann	Holger	Landkreis Aurich	01:00:17	00:48:58	01:06:03	00:54:04	01:01:20	01:00:46	05:51:28	91	M30	6
1238	Gerdes	Dennis	Team Möbel Buss	01:01:07	00:47:12	01:06:29	00:54:19	01:00:41	01:04:12	05:54:00	92	M30	6
1258	Hacker	Thomas	Fenestra Nordwest	01:02:10	00:49:19	01:10:12	00:53:46	01:01:22	00:58:16	05:55:05	93	M30	6
1265	Kanthak	Marcel		01:01:26	00:48:04	01:07:50	00:54:22	01:02:53	01:00:58	05:55:33	94	M30	6
1274	Pettig	Marwin	Landkreis Wittmund	01:03:46	00:45:42	01:10:50	00:51:37	00:57:44	01:06:33	05:56:12	95	M30	6
1309	Patzwald	Christian	NV Versicherungen VVaG	01:03:58	00:50:29	01:06:47	00:53:20	01:02:00	01:02:11	05:58:45	96	M30	6
1370	Petersen	Lars	Team Wilts	01:05:32	00:49:14	01:08:37	00:54:21	01:03:30	01:01:29	06:02:43	97	M30	6
1418	Woll	Karsten	Team ENERCON	01:01:48	00:48:07	01:11:21	00:56:48	01:04:17	01:03:20	06:05:41	98	M30	6
1427	Groen	Carsten	Prisma Datensysteme Gr	01:03:30	00:49:21	01:10:42	00:56:04	01:02:30	01:04:01	06:06:08	99	M30	6
1436	Schoone	Thomas	Landkreis Aurich	01:01:25	00:49:22	01:10:56	00:56:48	01:03:56	01:04:19	06:06:46	100	M30	6
1456	Diekhaus	Marco	Wreesmann Logistikdiens	01:01:27	00:49:04	01:10:04	00:56:09	01:07:56	01:02:43	06:07:23	101	M30	6
1478	Kastendieck	Dennis	ELV Elektronik AG/eQ-3	01:03:04	00:48:37	01:12:56	00:57:40	01:03:58	01:03:06	06:09:21	102	M30	6
1498	Pfeiffer	Dennis	#wasmacheichiereigent	01:01:09	00:48:52	01:11:55	00:57:29	01:05:25	01:06:02	06:10:52	103	M30	6
1516	Kötter	Stephan	Kötter Werft	01:04:10	00:49:27	01:11:38	00:55:42	01:04:50	01:06:09	06:11:56	104	M30	6
1561	Groeneveld	Thomas	Volksbank eG Westrhau	01:06:53	00:49:35	01:12:33	00:58:11	01:05:38	01:02:26	06:15:16	105	M30	6
1651	Filke	Thorsten	LG Fliegerhorst Upjever	01:07:42	00:53:17	01:14:07	00:58:29	01:05:01	01:03:43	06:22:19	106	M30	6
1657	Veldhuis	Hendrik	IGS Moorerland	01:04:29	00:51:31	01:15:27	00:57:57	01:05:35	01:07:37	06:22:36	107	M30	6
1685	Fleßner	Gert	EWE-Wattloopers	01:06:17	00:51:44	01:13:51	00:56:44	01:07:51	01:08:52	06:25:19	108	M30	6
1689	Thamm	Marc	IGS Barßel goes Ossiloo	01:15:38	00:50:39	01:17:30	00:53:58	01:00:16	01:07:34	06:25:35	109	M30	6
1757	Domeratzky	Richard	Sparkasse Aurich-Norder	01:09:09	00:55:16	01:14:46	01:01:30	01:06:51	01:06:26	06:33:58	110	M30	6
1771	Buxbaum	Artur	United Offshore Support	01:07:52	00:51:40	01:15:32	01:01:41	01:09:46	01:08:21	06:34:52	111	M30	6
1899	Saathoff	Johann	OBS Kloster Barthe	01:08:24	00:53:16	01:17:44	01:02:41	01:11:31	01:10:47	06:44:23	112	M30	6
1960	Westdörp	Hinrich	Team obw	01:10:58	00:53:47	01:19:20	01:03:59	01:11:46	01:10:58	06:50:48	113	M30	6
1995	Edzards	Ingo	Polizei Esens	01:09:47	00:54:50	01:19:36	01:04:21	01:12:28	01:12:09	06:53:11	114	M30	6
2087	Magarin	Rico		01:11:22	00:56:18	01:19:38	01:03:34	01:17:45	01:14:06	07:02:43	115	M30	6
2093	Jürrens	Benjamin	Kliniken Aurich-Emden-N	01:13:48	00:56:54	01:22:42	01:05:20	01:12:43	01:12:15	07:03:42	116	M30	6
2216	Gerdes	Florian	Volkswagen Emden	01:11:10	00:59:58	01:27:03	01:10:58	01:19:03	01:21:19	07:29:31	117	M30	6
1	Kuhlen	Andreas	LSF Oldenburg	00:34:58	00:28:52	00:40:08	00:32:34	00:38:17	00:37:25	03:32:14	1	M35	6
15	Sauer	Artur	TuS Weene	00:41:15	00:32:35	00:45:59	00:37:38	00:42:54	00:42:34	04:02:55	2	M35	6
21	De Buhr	Hajo	TuS Weene	00:41:40	00:33:24	00:47:26	00:38:43	00:43:52	00:43:04	04:08:09	3	M35	6
23	Menssen	Jörg	Krankenhaus Wittmund	00:41:49	00:33:32	00:47:33	00:38:43	00:44:27	00:43:30	04:09:34	4	M35	6
26	Avtenev	Andres	LG Ostfriesland	00:41:40	00:33:50	00:47:42	00:38:57	00:44:35	00:43:29	04:10:13	5	M35	6
29	Müller	Matthias	Meyer Werft	00:44:38	00:33:55	00:48:28	00:38:53	00:43:44	00:42:41	04:12:19	6	M35	6
34	Klinkenberg Jun	Enno	TV Norden	00:42:54	00:34:09	00:48:48	00:39:09	00:45:45	00:43:54	04:14:39	7	M35	6
44	Janssen	Johannes	Bünting Tee	00:43:13	00:34:15	00:48:58	00:39:48	00:46:08	00:45:25	04:17:47	8	M35	6
50	Lünemann	Thomas	BDO DPI AG	00:44:40	00:34:37	00:49:52	00:39:40	00:46:00	00:44:55	04:19:44	9	M35	6
73	Buß	Timo	RVB Aurich	00:45:07	00:35:40	00:50:02	00:41:11	00:46:53	00:45:50	04:24:43	10	M35	6
78	Ehlers	Sascha	TV Apen	00:46:18	00:35:09	00:50:03	00:40:55	00:47:32	00:45:52	04:25:49	11	M35	6
80	Lübbbers	Sven	Stadt Wiesmoor	00:45:33	00:35:45	00:50:52	00:41:10	00:47:15	00:46:26	04:27:01	12	M35	6
81	Wittmann	Benjamin	Firrel	00:45:12	00:38:41	00:51:31	00:38:41	00:48:21	00:44:36	04:27:02	13	M35	6
85	Harms	Udo	Team Slaufen	00:45:29	00:35:54	00:51:00	00:41:31	00:47:09	00:47:01	04:28:04	14	M35	6
88	Kruse	Karsten	Wreesmann Logistikdiens	00:45:02	00:35:59	00:50:47	00:41:46	00:47:55	00:47:22	04:28:51	15	M35	6
90	Gehm	Florian		00:46:01	00:36:27	00:51:15	00:41:22	00:48:00	00:46:02	04:29:07	16	M35	6
98	Block	Wilhelm	2-Rad Center Block Aurich	00:45:51	00:36:30	00:51:19	00:42:01	00:48:05	00:46:40	04:30:26	17	M35	6
106	Schepker	Lars	Rolf Janssen Gruppe	00:45:20	00:35:50	00:50:52	00:41:16	00:47:39	00:50:06	04:31:03	18	M35	6
109	Müßing	Michael	Klinikum Leer	00:46:04	00:36:50	00:51:44	00:42:01	00:47:46	00:47:49	04:32:14	19	M35	6
121	Klose	Christian		00:47:23	00:37:07	00:52:13	00:41:55	00:48:30	00:47:16	04:34:24	20	M35	6
135	Thomßen	Michael	SV „Eiche“ Idafehn	00:47:04	00:36:55	00:52:57	00:42:43	00:48:42	00:47:58	04:36:19	21	M35	6
143	Hoten	Henrik	IGS Barßel goes Ossiloo	00:49:33	00:37:10	00:52:32	00:42:28	00:48:01	00:46:56	04:36:40	22	M35	6
147	Sandomier	Stefan	FW Ihlowerfehn	00:47:23	00:37:27	00:52:43	00:42:51	00:48:39	00:48:11	04:37:14	23	M35	6
152	Denekas	Heiko	Stadt Aurich	00:47:53	00:37:16	00:53:21	00:42:30	00:48:56	00:48:05	04:38:01	24	M35	6
179	Akkermann	Jens	M. Neemann OHG	00:47:46	00:37:13	00:53:56	00:43:42	00:50:04	00:49:14	04:41:55	25	M35	6
182	Bieder	Markus	ProEngeno GmbH & Co.	00:49:57	00:39:23	00:53:53	00:42:56	00:49:15	00:46:56	04:42:20	26	M35	6
197	Meyering	Christian	BBC Chartering GmbH	00:47:59	00:38:12	00:53:38	00:44:11	00:50:47	00:49:35	04:44:22	27	M35	6
208	Fleßner	Martin		00:50:26	00:38:06	00:54:41	00:43:54	00:49:33	00:48:29	04:45:09	28	M35	6
221	Korporal	Jens	KS Gleitlager GmbH	00:48:15	00:38:44	00:54:34	00:44:35	00:50:38	00:49:55	04:46:41	29	M35	6
231	Kleen	Jan	EWE-Wattloopers	00:47:51	00:38:28	00:55:00	00:44:48	00:50:50	00:50:27	04:47:24	30	M35	6
239	Balzen	Andree	SV Ostfria Moordorf	00:48:45	00:39:49	00:55:50	00:44:27	00:50:39	00:48:53	04:48:23	31	M35	6
247	Sandmann	Rainer	LT TuRa 07 Westrhauer	00:50:48	00:37:47	00:54:18	00:44:21	00:51:11	00:50:38	04:49:03	32	M35	6
268	Hülsmeier	Manfred	EBB - Bauunternehmung	00:49:58	00:39:06	00:56:01	00:45:09	00:50:26	00:50:08	04:50:48	33	M35	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

273	Balbach	Christian	LT TuS Aurich-Ost	00:49:07	00:38:46	00:54:30	00:44:50	00:51:41	00:52:00	04:50:54	34	M35	6
275	Reinken	Udo	Sparkasse Aurich-Norder	00:50:54	00:39:04	00:55:05	00:44:35	00:51:19	00:50:01	04:50:58	35	M35	6
276	Gerdes	Andree	Stadt Wiesmoor	00:50:08	00:39:52	00:55:14	00:44:46	00:50:51	00:50:13	04:51:04	36	M35	6
282	Alberts	Thomas	Loppersum	00:49:17	00:38:38	00:54:43	00:45:45	00:52:00	00:50:59	04:51:22	37	M35	6
287	Friesenborg	Keno	TuS Eintracht Hinte	00:49:12	00:38:13	00:55:56	00:45:42	00:51:20	00:51:20	04:51:43	38	M35	6
299	Bracklo	Markus	Team obw	00:50:12	00:39:00	00:55:01	00:45:37	00:52:02	00:51:32	04:53:24	39	M35	6
312	Heeren	Arno		00:51:51	00:39:34	00:55:59	00:45:22	00:51:19	00:50:23	04:54:28	40	M35	6
331	Bruns	Ingo	LT TuS Aurich-Ost	00:50:10	00:39:26	00:55:36	00:45:25	00:52:22	00:52:45	04:55:44	41	M35	6
344	Schreiber	Andre	Bünting Tee	00:49:58	00:39:33	00:56:15	00:46:10	00:52:43	00:52:26	04:57:05	42	M35	6
345	Janßen	Armin	AMF Bruns	00:51:11	00:39:15	00:56:22	00:46:16	00:52:45	00:51:30	04:57:19	43	M35	6
376	Nollau	Michael	Lauffreff Ge(h)zeiten Jev	00:50:55	00:40:21	00:56:33	00:46:31	00:52:46	00:51:44	04:58:50	44	M35	6
381	Friedrichs	Dennis	Küchen Mennen GmbH	00:50:14	00:40:28	00:57:07	00:46:30	00:52:29	00:52:19	04:59:07	45	M35	6
392	Boelsen	Thomas	multi SB-Warenhäuser	00:51:20	00:40:53	00:57:08	00:46:04	00:51:37	00:52:38	04:59:40	46	M35	6
409	Leffers	Michael	Team ENERCON	00:51:32	00:40:48	00:56:35	00:46:27	00:53:57	00:50:54	05:00:13	47	M35	6
417	Lümken	Mathias	Meyer Werft	00:51:06	00:39:41	00:57:30	00:47:04	00:53:50	00:51:38	05:00:49	48	M35	6
425	Krause	Philipp		00:52:18	00:41:58	00:57:05	00:45:41	00:52:31	00:51:45	05:01:18	49	M35	6
429	Fecht	Jan	Lauf geht's Leer	00:53:57	00:40:42	00:56:56	00:46:17	00:52:52	00:51:04	05:01:48	50	M35	6
435	Christians	Marco	Meyer Werft	00:52:20	00:40:06	00:57:23	00:46:58	00:53:17	00:52:19	05:02:23	51	M35	6
437	Martens	Michael	Team ENERCON	00:49:32	00:40:05	00:56:46	00:46:33	00:55:27	00:54:03	05:02:26	52	M35	6
446	Olbrich	Richard	Landkreis Leer	00:51:38	00:40:48	00:58:36	00:47:16	00:52:58	00:51:43	05:02:59	53	M35	6
454	Habben	Bernd	Zeppelin—Rental	00:51:27	00:40:35	00:57:56	00:47:13	00:53:32	00:52:53	05:03:36	54	M35	6
457	Blank	Manuel	Eben-Eser Moormerland	00:51:18	00:40:26	00:57:40	00:47:05	00:55:12	00:52:08	05:03:49	55	M35	6
461	Kohlert	Sören	IGS Aurich	00:54:45	00:38:41	00:55:30	00:44:33	01:00:09	00:50:18	05:03:56	56	M35	6
480	Egberts	Holger	Landkreis Wittmund	00:52:38	00:41:45	00:58:37	00:46:45	00:53:44	00:51:33	05:05:02	57	M35	6
481	Andrees	Björn	LG Fliegerhorst Upjever	00:52:15	00:41:32	00:58:48	00:47:08	00:53:35	00:51:46	05:05:04	58	M35	6
493	Leonhard	Stephan	On fire	00:51:28	00:41:10	00:59:44	00:48:03	00:53:29	00:52:13	05:06:07	59	M35	6
495	Brandt	Michael	Reilschule Aurich	00:53:41	00:41:26	00:58:27	00:46:56	00:54:25	00:51:29	05:06:24	60	M35	6
504	Wölfel	Andreas	TV Norden	00:52:50	00:41:40	00:59:22	00:46:57	00:53:57	00:52:19	05:07:05	61	M35	6
536	Frey	Christian	PMA	00:53:22	00:40:58	00:58:34	00:47:45	00:54:50	00:54:34	05:10:03	62	M35	6
543	Claaßen	Achim	Ostfriesische Brandkasse	00:51:46	00:41:50	01:00:27	00:47:44	00:54:42	00:53:58	05:10:27	63	M35	6
590	Nordmann	Jens		00:55:42	00:42:23	00:59:05	00:48:07	00:54:17	00:53:13	05:12:47	64	M35	6
593	Buss	Karsten	VW-Presswerk	00:54:17	00:42:03	01:00:38	00:48:22	00:54:33	00:53:09	05:13:02	65	M35	6
595	Ter Haseborg	Bodo	TV Apen	00:50:34	00:41:39	00:58:18	00:48:01	00:56:35	00:58:02	05:13:09	66	M35	6
597	Schaper	Ulf	Team ENERCON	00:52:56	00:41:23	01:01:46	00:49:04	00:55:01	00:53:05	05:13:15	67	M35	6
603	Winkelmann	Marcel	LG Fliegerhorst Upjever	00:53:59	00:42:29	01:00:25	00:48:18	00:54:32	00:53:54	05:13:37	68	M35	6
608	Schmunkamp	Ulrich		00:54:21	00:41:35	00:59:16	00:48:47	00:55:27	00:54:36	05:14:02	69	M35	6
620	Kramer	Marten	VW Montage Mäppers	00:53:41	00:41:54	01:00:13	00:47:40	00:56:50	00:54:28	05:14:46	70	M35	6
647	Park	Matthias	Landkreis Leer	00:54:40	00:43:31	01:00:32	00:48:34	00:55:15	00:53:58	05:16:30	71	M35	6
659	Gröger	Martin	LT TuS Aurich-Ost	00:53:26	00:43:04	01:01:20	00:48:47	00:56:02	00:54:22	05:17:01	72	M35	6
668	Richter	Timo	Landkreis Wittmund	00:54:52	00:43:40	01:01:16	00:48:32	00:55:03	00:54:05	05:17:28	73	M35	6
670	Kirchhoff	Jens	Stadt Emden	00:52:43	00:41:58	01:01:06	00:50:55	00:56:02	00:54:52	05:17:36	74	M35	6
684	Paul	Sascha	Rolf Janssen Gruppe	00:54:13	00:42:31	00:59:45	00:49:09	00:56:01	00:56:55	05:18:34	75	M35	6
709	Fähmel	Björn	Störtebeker Loopers TVM	00:55:15	00:43:44	01:00:19	00:49:11	00:55:37	00:55:53	05:19:59	76	M35	6
716	Bohnen	Michael	Fenestra Nordwest	00:52:41	00:38:47	01:02:31	00:50:58	00:58:52	00:56:25	05:20:14	77	M35	6
740	Börgmann	Marco	Landkreis Wittmund	00:54:53	00:43:52	01:01:43	00:49:17	00:55:43	00:55:59	05:21:27	78	M35	6
766	Baptist	Hannes	AMF Bruns	00:57:04	00:44:33	01:01:18	00:50:08	00:56:17	00:54:17	05:23:37	79	M35	6
769	Koop	Stefan	Team ENERCON	00:57:52	00:44:36	01:02:11	00:48:45	00:55:33	00:54:49	05:23:46	80	M35	6
777	Bühren	Hendrik		00:56:14	00:43:19	01:01:34	00:50:36	00:56:20	00:56:45	05:24:48	81	M35	6
785	Heinrichsdorff	Ulf-Fabian	Liberty Blue Shipmanage	00:54:04	00:42:16	01:02:05	00:53:06	00:56:23	00:57:17	05:25:11	82	M35	6
789	Große	Daniel	Polizei Aurich	00:53:28	00:42:47	01:02:52	00:49:15	00:55:40	01:01:34	05:25:36	83	M35	6
793	Simmering	Andree	Kaufhaus Behrends Wies	00:55:56	00:44:00	01:01:13	00:51:02	00:57:08	00:56:35	05:25:54	84	M35	6
814	Liesert	Jens		01:00:24	00:43:05	01:01:54	00:49:52	00:55:43	00:56:33	05:27:31	85	M35	6
831	Heykes	Nils		00:57:35	00:46:48	01:01:24	00:50:59	00:57:15	00:54:28	05:28:29	86	M35	6
855	Liesert	Matthias	Runboy	01:00:26	00:43:54	01:02:01	00:50:00	00:56:56	00:56:33	05:29:50	87	M35	6
867	Meinen	Heiner	SV Hinrichsfehn	00:56:41	00:44:31	01:02:41	00:51:29	00:57:58	00:57:12	05:30:32	88	M35	6
906	Campen	Timo	SC Wiesens	00:56:25	00:44:50	01:04:09	00:51:52	00:58:11	00:57:24	05:32:51	89	M35	6
928	Willms	Florian	ELV Elektronik AG/eQ-3	00:56:15	00:45:02	01:03:20	00:51:54	00:59:01	00:58:33	05:34:05	90	M35	6
935	Wiemann	Martin	"TaktLwG 71 \R\''''	00:54:22	00:43:27	01:02:16	00:49:43	01:06:11	00:58:24	05:34:23	91	M35	6
948	Jahnel	Jörg	BDO DPI AG	00:59:18	00:44:48	01:04:18	00:50:49	00:58:08	00:57:34	05:34:55	92	M35	6
977	Dollmann	Stefan		00:59:17	00:45:58	01:04:05	00:51:16	00:58:27	00:57:14	05:36:17	93	M35	6
996	Wattjes	Sascha	LoMa23	00:58:05	00:44:49	01:04:30	00:51:54	00:59:15	00:58:27	05:37:00	94	M35	6
1006	Müller	Michael	Team ENERCON	00:59:46	00:44:57	01:04:25	00:51:55	00:58:30	00:58:13	05:37:46	95	M35	6
1009	Schönsee	Rainer	Landguth Heimtiernahrung	00:54:55	00:44:56	01:04:32	00:52:11	01:02:39	00:58:36	05:37:49	96	M35	6
1036	Reinholz	Benjamin	"TaktLwG 71 \R\''''	00:58:05	00:45:21	01:05:26	00:52:43	00:59:29	00:58:20	05:39:24	97	M35	6
1039	Niebauer	Frank	Bohlen & Doyen	01:00:40	00:45:22	01:03:33	00:52:01	00:58:51	00:59:05	05:39:32	98	M35	6
1048	Korte	Michael	Klinge Paperwerke	00:59:53	00:46:37	01:04:40	00:52:38	00:58:46	00:57:23	05:39:57	99	M35	6



# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1054	Sinnen	Martin	Crew1307 Wiesmoor	00:56:59	00:45:41	01:04:37	00:52:51	01:00:03	01:00:10	05:40:21	100	M35	6
1085	Schwitters	Ralf	Score Ralf Schwitters Au	00:58:07	00:45:34	01:03:38	00:52:51	01:01:06	01:01:20	05:42:36	101	M35	6
1091	Heyen	Marco	SPIE	00:59:44	00:45:47	01:05:31	00:53:49	00:59:35	00:58:27	05:42:53	102	M35	6
1093	Pleis	Ingo	BW Filsum Roadrunner	01:02:41	00:47:51	01:04:54	00:51:44	00:58:43	00:57:03	05:42:56	103	M35	6
1095	Meyer	Timo	MTV Aurich	00:51:59	00:40:50	00:58:34	00:46:56	01:14:52	01:10:01	05:43:12	104	M35	6
1102	Janssen	Marko	TV Norden	01:02:07	00:45:58	01:08:03	00:51:49	00:58:32	00:57:09	05:43:38	105	M35	6
1103	Haak	Timo	KGS Großefehn	01:02:09	00:46:49	01:07:41	00:52:44	00:58:26	00:55:50	05:43:39	106	M35	6
1129	Campen	Holger	Rolf Janssen Gruppe	00:59:40	00:46:31	01:05:44	00:53:24	01:00:43	00:59:32	05:45:34	107	M35	6
1132	Düpre	Renke Arnd	SanUstgZ Wilhelmshaver	01:00:02	00:45:56	01:04:13	00:51:23	01:00:30	01:03:50	05:45:54	108	M35	6
1137	Sap	Stefan	Team ENERCON	00:59:31	00:45:52	01:03:32	00:53:45	01:02:05	01:01:36	05:46:21	109	M35	6
1140	Pankratz	Steffen		00:59:31	00:46:44	01:05:59	00:53:20	01:00:51	00:59:59	05:46:24	110	M35	6
1153	Handwerker	Frank	LG Teutonia Stapelmoor	01:00:11	00:46:37	01:05:26	00:53:38	01:01:58	00:59:14	05:47:04	111	M35	6
1166	Lüppens	Manfred	Landkreis Leer	01:00:08	00:47:17	01:08:22	00:54:12	00:59:12	00:59:16	05:48:27	112	M35	6
1171	Kuske	Michael	Raiffeisen-Volksbank Fre	01:00:27	00:47:05	01:07:34	00:54:26	01:00:25	00:58:41	05:48:38	113	M35	6
1180	Siemer	Jens		01:01:27	00:46:02	01:05:27	00:53:35	01:02:09	01:00:40	05:49:20	114	M35	6
1188	Schomaker	Rainer	Injoy Leer	00:59:20	00:50:45	01:05:52	00:53:52	01:00:36	00:59:26	05:49:51	115	M35	6
1199	Huang	Ray	Team ENERCON	01:00:26	00:47:54	01:08:40	00:53:59	01:00:37	00:59:11	05:50:47	116	M35	6
1213	Friedel	Johannes	Stadt Aurich	01:00:09	00:46:05	01:08:56	00:56:02	01:00:47	00:59:54	05:51:53	117	M35	6
1225	Homann	Holger	SV Nortmoor	00:59:32	00:46:26	01:07:23	00:56:49	01:01:57	01:00:48	05:52:55	118	M35	6
1230	Schoolmann	Johann	Landkreis Aurich	00:59:31	00:48:04	01:07:57	00:53:51	01:01:01	01:02:47	05:53:11	119	M35	6
1250	Schmidt	Matthias	Rolf Janssen Gruppe	01:01:53	00:49:01	01:09:27	00:53:27	01:01:29	00:59:32	05:54:49	120	M35	6
1268	Von Harten	Dennis	Crew1307 Wiesmoor	01:01:47	00:46:53	01:07:49	00:54:20	01:02:59	01:01:58	05:55:46	121	M35	6
1269	Ottjes	Rene	Crew1307 Wiesmoor	01:01:47	00:46:53	01:07:49	00:54:21	01:02:59	01:01:58	05:55:47	122	M35	6
1272	Oldigs	Dennis	Landguth Heimtiernahrung	01:02:33	00:47:20	01:06:43	00:55:08	01:03:00	01:01:16	05:56:00	123	M35	6
1278	Wolle	Henry	BW Filsum Roadrunner	01:04:07	00:47:34	01:06:57	00:53:23	01:03:12	01:01:15	05:56:28	124	M35	6
1304	Wilts	Gerd	Werkfeuerwehr VW Emd	01:02:07	00:48:11	01:07:17	00:54:56	01:02:58	01:03:00	05:58:29	125	M35	6
1310	Hoffmann	Daniel	Sport Klahren	01:01:21	00:47:46	01:07:37	00:55:56	01:03:38	01:02:27	05:58:45	126	M35	6
1325	Weigant	Eugen	OBS Kloster Barthe	01:01:20	00:47:23	01:08:25	00:55:27	01:03:09	01:04:05	05:59:49	127	M35	6
1344	Stumpe	Oliver	Hartmann Group	01:01:56	00:47:51	01:10:08	00:55:42	01:03:56	01:01:36	06:01:09	128	M35	6
1347	Selzer	Andy	LT TuS Aurich-Ost	01:03:20	00:48:17	01:09:07	00:55:07	01:02:38	01:02:50	06:01:19	129	M35	6
1390	Hiob	Frank	Yvonne Ulrichs Immobilie	01:04:30	00:50:05	01:09:55	00:55:27	01:02:17	01:01:27	06:03:41	130	M35	6
1465	Ihlow	Michael	Spritzer	01:04:14	00:49:44	01:10:54	00:56:28	01:04:42	01:02:23	06:08:25	131	M35	6
1531	Kroon	Rainer	Meyer Werft	01:03:18	00:50:09	01:11:29	00:56:51	01:04:49	01:06:09	06:12:45	132	M35	6
1562	Pupkes	Andreas	B-Plast2000	01:05:17	00:51:15	01:13:09	00:56:31	01:04:24	01:04:41	06:15:17	133	M35	6
1755	Kussinger	Jan	Laufftreff Ge(h)zeiten Jev	01:07:31	00:53:51	01:14:32	01:00:26	01:09:03	01:08:09	06:33:32	134	M35	6
1783	Schoppe	Lutz	Stadt Emden	01:07:51	00:52:29	01:17:22	01:01:04	01:10:28	01:06:43	06:35:57	135	M35	6
1790	Koch	Sebastian	KGS Wiesmoor	01:11:31	00:53:01	01:14:56	00:59:39	01:10:01	01:07:18	06:36:26	136	M35	6
1845	Specken	Thorsten		01:08:12	00:53:32	01:18:24	01:01:06	01:10:54	01:08:35	06:40:43	137	M35	6
1864	Steenblock	Frank	FC Oldersum	01:08:24	00:58:35	01:17:27	01:00:59	01:09:00	01:08:01	06:42:26	138	M35	6
1925	Saueressig	Jens	Team obw	01:08:26	00:54:31	01:16:25	01:04:10	01:11:44	01:12:02	06:47:18	139	M35	6
2008	Backhus	Tim	Autohaus Schwarte	01:11:57	00:53:27	01:17:56	01:02:01	01:15:30	01:13:57	06:54:48	140	M35	6
2052	Wienekamp	Mirco		01:15:35	00:56:07	01:15:48	01:05:43	01:13:43	01:12:12	06:59:08	141	M35	6
2286	Werner	Martin		01:18:46	01:00:27	01:29:50	01:13:49	01:26:04	01:25:46	07:54:42	142	M35	6
2327	Tirrel	Hendrik	Meyer Werft	01:23:48	01:03:34	01:36:09	01:16:12	01:27:56	01:26:38	08:14:17	143	M35	6
5	Waschkau	Jan	TuS Weene	00:38:27	00:31:23	00:44:00	00:36:06	00:41:35	00:41:45	03:53:16	1	M40	6
12	Oppenborn	Stefan	IGS Moormerland/ SV Ho	00:40:54	00:32:53	00:45:45	00:37:31	00:42:36	00:41:56	04:01:35	2	M40	6
16	De Jonge	Stefan	TuS Weene	00:40:32	00:32:54	00:45:49	00:38:15	00:43:34	00:42:28	04:03:32	3	M40	6
20	Cassoli	Jair	TuS Weene	00:41:35	00:33:18	00:47:27	00:38:31	00:43:53	00:42:39	04:07:23	4	M40	6
28	Müller	Lupus	Eben-Eser Moormerland	00:42:30	00:33:47	00:47:39	00:39:01	00:45:08	00:44:03	04:12:08	5	M40	6
53	Bartsch	Peter	Werder Bremen	00:43:57	00:34:56	00:49:50	00:40:47	00:46:46	00:45:09	04:21:25	6	M40	6
56	Richter	Wolfgang	TuS Pewsum	00:43:50	00:34:45	00:49:28	00:40:41	00:47:26	00:45:28	04:21:38	7	M40	6
82	Miethke	Kuno	LT TuS Aurich-Ost	00:45:30	00:35:45	00:51:10	00:41:33	00:46:59	00:46:09	04:27:06	8	M40	6
84	Plavenieks	Helge	SV Dornum	00:44:37	00:34:54	00:50:59	00:41:12	00:48:39	00:47:11	04:27:32	9	M40	6
95	Heuermann	Björn	LG Großefehn	00:45:20	00:35:54	00:51:03	00:42:10	00:48:13	00:47:34	04:30:14	10	M40	6
101	Kolthoff	Günther	LG TV Bunde	00:45:52	00:36:34	00:51:48	00:41:57	00:47:52	00:46:41	04:30:44	11	M40	6
104	Schulze-Osthoff	Frank	TuS Detern	00:46:09	00:36:16	00:50:52	00:42:20	00:48:14	00:47:01	04:30:52	12	M40	6
105	Zieker	Enrico	TuS Eintracht Hinte	00:46:25	00:37:08	00:52:04	00:41:16	00:47:42	00:46:18	04:30:53	13	M40	6
111	Breise	Viktor	SpVg Aurich	00:46:11	00:36:28	00:51:55	00:42:33	00:47:57	00:47:21	04:32:25	14	M40	6
117	Mocha	Jens	UEG Leer	00:46:33	00:36:43	00:52:26	00:41:57	00:48:16	00:47:17	04:33:12	15	M40	6
136	Boekhoff	Rudi	Liberty Blue Shipmanage	00:46:56	00:36:54	00:52:37	00:43:32	00:48:16	00:48:04	04:36:19	16	M40	6
156	Ahlers	Sascha	Uplengener Laufftreff	00:47:09	00:37:14	00:53:05	00:42:57	00:49:44	00:48:18	04:38:27	17	M40	6
164	Lücht	Thomas	AAfG Westerstede	00:48:21	00:37:38	00:53:03	00:43:28	00:49:40	00:47:46	04:39:56	18	M40	6
167	Winterland	Jens	TuS Eintracht Hinte	00:47:42	00:37:06	00:54:41	00:42:34	00:48:51	00:49:35	04:40:29	19	M40	6
178	Steinhorst	Ralf	VW Montage Mäppers	00:49:13	00:39:17	00:53:57	00:43:21	00:48:49	00:47:16	04:41:53	20	M40	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

186	Boekhoff-Uphoff	Holger	Wreesmann Logistikiens	00:49:04	00:38:59	00:53:53	00:43:19	00:49:02	00:48:24	04:42:41	21	M40	6
188	Henning	Jens	Team Rucker	00:47:08	00:37:32	00:53:31	00:44:18	00:51:19	00:49:03	04:42:51	22	M40	6
193	Fleßner	Onno	Team ENERCON	00:47:48	00:38:17	00:53:57	00:44:41	00:50:06	00:49:02	04:43:51	23	M40	6
209	Schmidt	Domink	MTV Hohenkirchen	00:49:03	00:39:16	00:54:32	00:43:55	00:49:57	00:48:42	04:45:25	24	M40	6
212	Westphal	Peter	Meyer Werft	00:49:03	00:38:39	00:53:27	00:44:07	00:50:22	00:50:10	04:45:48	25	M40	6
214	Boettcher	Bernd	Team ENERCON	00:48:02	00:38:39	00:54:43	00:43:50	00:51:11	00:49:39	04:46:04	26	M40	6
224	Baumann	Jens	OLB AG	00:47:43	00:38:14	00:54:09	00:45:02	00:51:07	00:50:40	04:46:55	27	M40	6
233	Schmidt	Sascha	Dellentechnik Schmidt	00:48:23	00:38:31	00:55:21	00:44:39	00:51:00	00:49:49	04:47:43	28	M40	6
235	Edzards	Daniel	RS Immobilien	00:50:48	00:38:58	00:53:49	00:44:15	00:50:18	00:49:40	04:47:48	29	M40	6
244	Willms	Hermann	Wildeboer Bauteile GmbH	00:50:05	00:38:36	00:54:35	00:44:37	00:51:09	00:49:51	04:48:53	30	M40	6
246	Janßen	Jens-Marco	Yvonne Ulrichs Immobilien	00:49:16	00:38:22	00:55:14	00:44:45	00:51:04	00:50:20	04:49:01	31	M40	6
253	Heeren	Bernhard	VW Montage Manners	00:49:36	00:38:50	00:54:49	00:45:35	00:51:03	00:49:40	04:49:33	32	M40	6
256	Poets	Dennis	DC Dörmanner / SV Mans	00:49:52	00:39:31	00:55:00	00:44:22	00:50:56	00:50:03	04:49:44	33	M40	6
259	Stöter	Kai	Volksbank eG Westrhau	00:50:09	00:39:03	00:55:05	00:44:33	00:51:04	00:50:16	04:50:10	34	M40	6
271	Kruse	Jens	LG TV Bunde	00:48:59	00:38:45	00:55:11	00:44:54	00:52:30	00:50:33	04:50:52	35	M40	6
270	Giezel	Thomas	LT TuS Aurich-Ost	00:48:29	00:38:01	00:54:59	00:45:29	00:52:44	00:51:10	04:50:52	36	M40	6
274	Mülder	Mario	Polizei Aurich	00:49:26	00:38:56	00:55:15	00:45:03	00:53:14	00:49:01	04:50:55	37	M40	6
283	Krallmann	Martin	Mittegroßefehn	00:49:10	00:40:21	00:54:41	00:45:33	00:51:04	00:50:34	04:51:23	38	M40	6
289	Bruns	Rainer	Ostfriesische Volksbank e	00:51:29	00:40:05	00:55:27	00:45:08	00:50:36	00:49:30	04:52:15	39	M40	6
290	Wempen	Holger	Töben + Partner	00:50:30	00:39:23	00:55:15	00:44:31	00:52:19	00:50:20	04:52:18	40	M40	6
291	Schweers	Bernd	Meyer Werft	00:50:20	00:38:31	00:55:23	00:44:36	00:53:25	00:50:08	04:52:23	41	M40	6
295	Schulte	Holger	Schulte Dental Filsum	00:50:35	00:39:14	00:56:03	00:45:21	00:51:10	00:50:23	04:52:46	42	M40	6
302	Schönbohm	Frank	KBV Fresena Utgast	00:49:51	00:39:37	00:56:30	00:45:42	00:51:43	00:50:09	04:53:32	43	M40	6
323	Schoone	Jens	Bohlen & Doyen / Schwir	00:50:17	00:39:16	00:56:15	00:46:34	00:51:50	00:51:10	04:55:22	44	M40	6
332	Grübner	Tim	Sparkasse Aurich-Norder	00:51:14	00:39:40	00:56:05	00:45:30	00:51:46	00:51:38	04:55:53	45	M40	6
335	Fuchs	Christian		00:51:36	00:39:52	00:56:43	00:45:31	00:51:48	00:50:35	04:56:05	46	M40	6
340	Zagonel	Marco	Team ENERCON	00:49:21	00:39:51	00:56:46	00:44:44	00:52:59	00:52:57	04:56:38	47	M40	6
342	Ruhr	Stefan	Werkfeuerwehr VW Emd	00:52:00	00:40:20	00:56:25	00:45:35	00:52:33	00:50:06	04:56:59	48	M40	6
347	Cramer	Frank	Gemeinde Großefehn	00:50:18	00:39:48	00:57:12	00:45:50	00:53:06	00:51:16	04:57:30	49	M40	6
388	Probst	Jens		00:50:19	00:38:55	00:56:04	00:45:54	00:55:16	00:52:52	04:59:20	50	M40	6
396	Lohmann	Marcus	Ostfriesische Volksbank e	00:52:02	00:40:38	00:57:01	00:46:33	00:52:33	00:51:06	04:59:53	51	M40	6
400	Müller	Thomas	Badewerk Neuharlingersi	00:51:06	00:39:40	00:56:38	00:46:53	00:53:30	00:52:14	05:00:01	52	M40	6
420	Hillerns	Jan	TSV Jahn Carolinensiel	00:51:48	00:40:35	00:56:58	00:46:18	00:53:24	00:51:47	05:00:50	53	M40	6
422	Fischer	Gerhard	MTV Aurich	00:47:43	00:37:53	00:52:05	00:43:04	01:02:01	00:58:17	05:01:03	54	M40	6
424	Frey	Matthias	TRAUCO Gruppe	00:52:35	00:42:02	00:56:57	00:45:52	00:52:22	00:51:29	05:01:17	55	M40	6
430	Janssen	Ingo	EBB - Bauunternehmung	00:51:55	00:39:46	00:57:03	00:46:31	00:53:40	00:52:53	05:01:48	56	M40	6
432	Buck	Norbert	Laufen gegen Leiden e.V	00:51:54	00:40:55	00:56:47	00:46:03	00:53:04	00:53:16	05:01:59	57	M40	6
434	Lünemann	Thorsten	Polizei Leer	00:51:30	00:39:33	00:56:58	00:46:44	00:54:17	00:53:18	05:02:20	58	M40	6
441	Hinrichs	Hermann	Laufrupp Loppersum	00:50:40	00:40:35	00:56:04	00:46:09	00:55:52	00:53:31	05:02:51	59	M40	6
452	Mansveld	Torsten	BBC Chartering GmbH	00:52:50	00:40:43	00:57:40	00:46:28	00:53:05	00:52:44	05:03:30	60	M40	6
464	Adloff	Stephan	Team ENERCON	00:51:22	00:41:11	00:57:53	00:47:10	00:54:07	00:52:30	05:04:13	61	M40	6
476	Waddenberg	Jan	LT SV Ems Jemgum	00:52:19	00:40:30	00:57:44	00:47:04	00:54:31	00:52:44	05:04:52	62	M40	6
522	Boomgaarden	Andre	Eben-Eser Moormerland	00:52:34	00:41:37	00:58:24	00:47:32	00:55:13	00:53:28	05:08:48	63	M40	6
532	Feucht	Thomas	Run for Fun	00:53:10	00:41:44	00:59:03	00:48:03	00:54:26	00:53:27	05:09:53	64	M40	6
554	Fischer	Martin	PMA	00:53:33	00:41:06	00:58:34	00:48:05	00:54:47	00:55:03	05:11:08	65	M40	6
556	Wübbena	Joachim	LG Ostfriesland	00:53:22	00:41:50	00:59:01	00:48:14	00:54:45	00:54:03	05:11:15	66	M40	6
573	Moczydlowski	Rafal		00:53:04	00:42:35	01:00:12	00:47:53	00:54:23	00:54:01	05:12:08	67	M40	6
589	Nippen	Peter	Sozialgericht Aurich	00:53:59	00:42:23	01:00:04	00:47:57	00:54:52	00:53:31	05:12:46	68	M40	6
599	Duitsmann	Jens	VfB Germania Wiesmoor	00:55:39	00:42:47	00:59:46	00:47:25	00:54:31	00:53:16	05:13:24	69	M40	6
601	Gövert	Karsten	Oberschule Kloster Barth	00:56:06	00:42:08	00:59:01	00:47:24	00:54:17	00:54:37	05:13:33	70	M40	6
609	Gerdes	Joachim	Ostfriesische Volksbank e	00:49:38	00:39:58	00:58:57	00:50:20	00:56:42	00:58:28	05:14:03	71	M40	6
615	Riedel	Mirko	Klinge Papierwerke	00:53:47	00:41:56	01:00:13	00:48:11	00:55:38	00:54:43	05:14:28	72	M40	6
616	Fischer	Stefan	Löppt	00:56:06	00:42:50	00:59:53	00:47:49	00:54:43	00:53:11	05:14:32	73	M40	6
617	Cappell	Dominik	EMA Running Group	00:52:18	00:42:39	00:59:51	00:48:35	00:55:25	00:55:45	05:14:33	74	M40	6
621	Balssen	Arnold		00:53:26	00:41:58	01:00:29	00:48:47	00:55:32	00:54:36	05:14:48	75	M40	6
637	Schultz	Hendrik	OLB Team Ostfriesland	00:53:44	00:42:14	01:00:03	00:48:52	00:55:24	00:55:32	05:15:49	76	M40	6
648	Jürgens	Rainer	Bünting Tee	00:54:43	00:42:48	00:59:41	00:48:55	00:56:00	00:54:25	05:16:32	77	M40	6
655	Lindemann	Torsten	Kumm herut Cleverns e.	00:53:07	00:42:50	01:00:31	00:50:02	00:55:36	00:54:50	05:16:56	78	M40	6
695	Heidenreich	Thorsten	LT TuRa 07 Westrhau	00:56:06	00:42:59	01:00:37	00:49:08	00:55:26	00:54:55	05:19:11	79	M40	6
698	Vesper	Sören	Fortuna Logabirum	00:55:41	00:43:58	01:00:33	00:49:36	00:56:20	00:53:07	05:19:15	80	M40	6
719	Claver	Dieter		00:56:16	00:42:14	01:01:33	00:48:03	00:56:10	00:56:07	05:20:23	81	M40	6
737	Barth	Andreas	Elektro Barth	00:53:23	00:42:21	01:01:45	00:50:39	00:56:53	00:56:19	05:21:20	82	M40	6
738	Pretl	Tim	TuS Esens	00:54:16	00:41:45	00:58:20	00:49:45	01:01:17	00:56:01	05:21:24	83	M40	6
748	Von Harten	Jens	Crew1307 Wiesmoor	00:56:32	00:44:04	01:01:34	00:48:57	00:55:47	00:55:17	05:22:11	84	M40	6
763	Kreisel	Jan C.	LSF Oldenburg	00:53:10	00:43:36	01:02:29	00:49:07	00:57:23	00:57:33	05:23:18	85	M40	6
772	Sassen	Henning		00:54:27	00:43:32	01:01:32	00:49:09	00:56:51	00:58:57	05:24:28	86	M40	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

778	Mülder	Guido	Ostfriesische Volksbank €	00:55:20	00:43:15	01:02:19	00:50:19	00:57:24	00:56:11	05:24:48	87	M40	6
779	Helmerichs	Stefan	Auricher Süßmost GmbH	00:55:49	00:43:41	01:01:15	00:50:07	00:57:41	00:56:18	05:24:51	88	M40	6
805	Krüger	Karsten	TG Wiesmoor	00:56:24	00:44:44	01:02:32	00:49:49	00:56:29	00:56:49	05:26:47	89	M40	6
810	Rietzscher	Jan Mathis		00:56:51	00:44:14	01:02:36	00:50:37	00:56:11	00:56:44	05:27:13	90	M40	6
816	Tholen	Thomas	LSF Oldenburg	00:57:15	00:44:52	01:02:47	00:49:10	00:57:54	00:55:36	05:27:34	91	M40	6
821	Rogosik	Stephan	Krankenhaus Wittmund	00:56:53	00:44:34	01:02:13	00:50:23	00:57:37	00:56:04	05:27:44	92	M40	6
840	Zimmermann	Timo	Team Slaufen	00:57:10	00:44:11	01:02:30	00:50:18	00:57:35	00:57:19	05:29:03	93	M40	6
858	Stöhr	Holger	Yvonne Ulrichs Immobilien	00:57:00	00:43:29	01:04:15	00:50:58	00:57:40	00:56:33	05:29:55	94	M40	6
891	Brüling	Cord	Schüt-Duis	00:54:53	00:51:35	01:12:33	00:46:15	00:54:16	00:52:30	05:32:02	95	M40	6
896	Heijen	Harald	Landkreis Leer	00:56:22	00:44:53	01:03:12	00:51:35	00:58:43	00:57:41	05:32:26	96	M40	6
915	Gerdas	Gerriet	MTV Hohenkirchen	00:59:25	00:46:36	01:05:24	00:49:23	00:57:42	00:55:14	05:33:44	97	M40	6
947	Tergast	Ingo	INTERSEROH Evert Hee	00:57:55	00:44:53	01:03:38	00:51:26	00:58:35	00:58:27	05:34:54	98	M40	6
949	Tammen	Friedo	Landkreis Leer	00:57:17	00:45:08	01:03:03	00:52:09	00:59:43	00:57:39	05:34:59	99	M40	6
955	Häuser	Niko	Team ENERCON	00:57:15	00:44:17	01:03:24	00:53:00	00:59:44	00:57:42	05:35:22	100	M40	6
956	Krull	Hinrich	LT TuS Aurich-Ost	00:59:15	00:45:44	01:03:09	00:51:53	00:58:02	00:57:23	05:35:26	101	M40	6
965	Behrens	Maik	BBS 2 Leer	00:59:32	00:46:03	01:05:02	00:50:27	00:57:58	00:56:49	05:35:51	102	M40	6
968	Hansen	Björn	Max Glas KG	00:59:17	00:45:59	01:04:37	00:51:26	00:57:40	00:57:08	05:36:07	103	M40	6
987	Szczepanski	Holger	AK Muskelkater	01:00:04	00:46:14	01:04:43	00:51:04	00:57:34	00:57:03	05:36:42	104	M40	6
1016	Wollenberg	Holger	Laufftreff Filsum	01:01:47	00:45:19	01:03:26	00:51:36	00:58:56	00:56:59	05:38:03	105	M40	6
1019	Simmering	Thomas	SPiE	00:58:41	00:45:06	01:04:48	00:52:32	00:59:32	00:57:41	05:38:20	106	M40	6
1020	Lübben	Bernd	LT TuS Aurich-Ost	00:59:16	00:45:44	01:03:10	00:52:45	00:59:01	00:58:26	05:38:22	107	M40	6
1027	Berends	Holger	"TaktLwG 71 \R\''''	00:57:28	00:45:21	01:05:26	00:52:43	00:59:29	00:58:19	05:38:46	108	M40	6
1046	Giebelhausen	Klaus		00:59:27	00:47:03	01:05:20	00:52:09	00:58:41	00:57:03	05:39:43	109	M40	6
1047	Schmidt	Reiner	RS Immobilien	01:00:57	00:46:19	01:05:31	00:52:07	00:57:48	00:57:09	05:39:51	110	M40	6
1059	Dirks	Gretus	LT TuS Aurich-Ost	00:59:02	00:46:25	01:05:55	00:52:34	00:59:19	00:57:28	05:40:43	111	M40	6
1063	Langen	Frank	Klinge Paperwerke	00:59:53	00:46:36	01:04:39	00:52:39	00:59:02	00:58:11	05:41:00	112	M40	6
1064	Röskens	Holger		00:59:12	00:46:23	01:06:00	00:51:28	00:59:58	00:58:00	05:41:01	113	M40	6
1066	Giebelhausen	Stephan		00:59:35	00:47:06	01:05:23	00:52:08	00:59:03	00:57:51	05:41:06	114	M40	6
1082	Koch	Marcus	LT TuS Aurich-Ost	00:59:14	00:45:45	01:05:06	00:52:50	01:00:07	00:59:22	05:42:24	115	M40	6
1114	Gutzmann	Gerrit	TTC Norden	01:00:09	00:46:24	01:06:09	00:52:28	00:59:17	01:00:10	05:44:37	116	M40	6
1121	Schweikard	Dennis	Upstalsboomer	00:57:22	00:46:30	01:05:29	00:53:45	01:01:08	01:00:41	05:44:55	117	M40	6
1125	Ressel	Stefan	TV Norden	00:57:59	00:46:57	01:07:59	00:53:21	00:59:34	00:59:23	05:45:13	118	M40	6
1130	Korporal	Stefan	Lauf geht's Leer	00:59:33	00:46:58	01:06:39	00:53:45	01:00:03	00:58:45	05:45:43	119	M40	6
1157	Ewald	Swen	Fachbereich Seefahrt	01:00:13	00:46:42	01:06:56	00:53:59	00:59:57	00:59:56	05:47:43	120	M40	6
1169	Eichstaedt	Wilfried	Lauf geht's Leer	00:59:04	00:46:46	01:08:57	00:53:37	01:00:23	00:59:50	05:48:37	121	M40	6
1231	Jäckle	Tobias	Krankenhaus Wittmund	01:00:29	00:47:20	01:08:12	00:55:06	01:01:15	01:00:53	05:53:15	122	M40	6
1273	Hanken	Holger	SV Stern Schwerinsdorf	00:59:18	00:47:59	01:07:32	00:55:39	01:02:50	01:02:47	05:56:05	123	M40	6
1277	Buhr	Detlef	Bünting Tee	01:00:15	00:47:09	01:10:19	00:54:23	01:03:00	01:01:18	05:56:24	124	M40	6
1293	Hildenbrandt	Arne	TusO	01:02:30	00:48:29	01:09:06	00:55:18	01:01:20	01:00:59	05:57:42	125	M40	6
1296	Schäfer	Marcel	Landkreis Aurich	01:00:20	00:48:46	01:08:33	00:55:13	01:02:10	01:02:51	05:57:53	126	M40	6
1298	Spieß	Thomas		01:03:40	00:48:02	01:09:41	00:55:35	01:00:53	01:00:09	05:58:00	127	M40	6
1303	Plück	Fred	Fortuna Logabirum	01:02:57	00:47:47	01:10:19	00:55:58	01:01:15	01:00:02	05:58:18	128	M40	6
1312	Glomme	Sven	AWO Nordsee-Sportgrup	01:02:05	00:48:07	01:08:19	00:55:15	01:03:13	01:01:55	05:58:54	129	M40	6
1317	Krautschick	Björn	Team ENERCON	01:02:56	00:48:00	01:09:10	00:55:07	01:02:12	01:01:54	05:59:19	130	M40	6
1381	Fahrenholz	Jens		01:02:12	00:48:49	01:09:33	00:55:32	01:04:40	01:02:39	06:03:25	131	M40	6
1383	Willms	Rainer	Wildeboer Bauteile GmbH	01:05:27	00:49:53	01:09:13	00:54:32	01:03:37	01:00:48	06:03:30	132	M40	6
1397	Bohlen	Uwe	Wildeboer Bauteile GmbH	01:04:55	00:50:14	01:10:44	00:55:16	01:01:41	01:01:11	06:04:01	133	M40	6
1406	Badinski	Sven	United Offshore Support	01:03:06	00:49:35	01:09:22	00:56:02	01:03:40	01:03:02	06:04:47	134	M40	6
1434	Lippold	Tilo		01:05:05	00:49:51	01:11:03	00:56:15	01:02:58	01:01:30	06:06:42	135	M40	6
1508	Wrieden	Stefan	Fachbereich Seefahrt	01:04:43	00:49:40	01:12:11	00:57:23	01:04:29	01:03:02	06:11:28	136	M40	6
1512	Hoffbuhr	Andre	#wasmacheichhiereigent	01:01:15	00:49:02	01:11:55	00:57:33	01:05:39	01:06:21	06:11:45	137	M40	6
1517	Eden	Thorsten		01:03:45	00:49:14	01:11:19	00:57:34	01:04:59	01:05:15	06:12:06	138	M40	6
1527	Meyer	Matthias	Team Möbel Buss	01:05:41	00:49:08	01:10:28	00:56:38	01:05:07	01:05:32	06:12:34	139	M40	6
1640	Hannebohm	Jürgen	LT TuRa 07 Westrauder	01:02:14	00:49:32	01:12:11	00:57:17	01:06:01	01:14:28	06:21:43	140	M40	6
1665	Schoon	Torsten	VfB Germania Wiesmoor	01:05:24	00:51:28	01:13:07	00:59:38	01:08:33	01:05:15	06:23:25	141	M40	6
1702	Peschke	Johannes	Landkreis Leer / BBS 2 L	01:06:05	00:49:03	01:14:06	01:00:27	01:10:16	01:07:03	06:27:00	142	M40	6
1709	Ottersberg	Enno	Hofservice Moorlage	01:09:17	00:53:22	01:13:18	01:00:12	01:06:33	01:04:38	06:27:20	143	M40	6
1830	Bollmann	Thomas	LG Fliegerhorst Upjever	01:08:40	00:54:23	01:18:06	01:00:54	01:09:34	01:07:59	06:39:36	144	M40	6
1836	Schoolmann	Claus	Volkswagen Emden	01:06:00	00:55:15	01:16:14	01:00:47	01:10:52	01:10:50	06:39:58	145	M40	6
1854	Koopmann	Michael	Meyer Werft	01:09:02	00:54:29	01:17:20	01:02:28	01:09:21	01:08:52	06:41:32	146	M40	6
1901	Gärtner	Maik	Bundeswehrdepot Nord,	01:12:27	00:54:39	01:17:11	01:01:35	01:09:43	01:09:00	06:44:35	147	M40	6
1964	Decker	Michael		01:10:50	00:54:04	01:16:42	01:03:21	01:10:42	01:15:22	06:51:01	148	M40	6
1965	Streekmann	Niels		01:19:26	00:46:13	01:29:43	00:54:20	01:01:47	01:19:40	06:51:09	149	M40	6
1967	Maurer	Dirk	Landkreis Wittmund	01:15:39	00:54:53	01:19:48	01:02:59	01:10:31	01:07:23	06:51:13	150	M40	6
2013	Willms	Henning	Hartmann Group	01:13:43	00:56:11	01:19:43	01:03:13	01:10:58	01:11:14	06:55:02	151	M40	6
2054	Stimming	Steve	Retungsdienst Ammerlar	01:09:06	00:55:54	01:19:37	01:05:40	01:15:28	01:13:28	06:59:13	152	M40	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

2185	Rahders	Martin	LSF Oldenburg	01:15:24	00:59:33	01:22:45	01:08:10	01:18:52	01:14:18	07:19:02	153	M40	6
2314	Meyer	Frank	Neukamperfehn	01:23:31	01:04:45	01:32:13	01:13:29	01:23:42	01:31:50	08:09:30	154	M40	6
2336	Balzen	Sascha	Swiss Life Select	01:27:16	01:09:55	01:29:23	01:18:28	01:33:12	01:22:55	08:21:09	155	M40	6
6	Steinke	Peter	MTV Aurich	00:38:42	00:31:37	00:44:13	00:36:13	00:41:58	00:41:47	03:54:30	1	M45	6
9	Fleßner	Hermann	MTV Aurich	00:39:37	00:32:21	00:44:38	00:36:57	00:42:21	00:41:47	03:57:41	2	M45	6
10	Gräfedünkel	Frank	LSF Oldenburg	00:39:21	00:32:31	00:45:02	00:37:04	00:42:30	00:41:54	03:58:22	3	M45	6
17	Mix	Manuel	Team Erdinger Alkoholfre	00:41:49	00:33:05	00:46:13	00:38:00	00:43:32	00:42:15	04:04:54	4	M45	6
31	Lottmann	Ralf	EWE-Wattloopers	00:42:51	00:34:07	00:48:48	00:39:14	00:44:56	00:43:48	04:13:44	5	M45	6
47	Plumeyer	Lars	Ems-Jade-Kanu Aurich	00:43:47	00:34:30	00:48:56	00:40:12	00:46:00	00:45:01	04:18:26	6	M45	6
48	Jacobs	Andreas	Polizei Aurich	00:44:20	00:34:44	00:49:44	00:39:49	00:45:27	00:44:31	04:18:35	7	M45	6
55	Cornelius	Markus	Anzeiger für Harlingerlan	00:44:20	00:35:14	00:49:41	00:40:44	00:46:28	00:45:07	04:21:34	8	M45	6
57	Schröder	Frank	Emder LG	00:44:34	00:35:28	00:50:05	00:40:21	00:46:43	00:44:34	04:21:45	9	M45	6
62	Reeßing	Sven	Nordland Papier	00:44:23	00:35:32	00:49:54	00:40:36	00:46:42	00:45:30	04:22:37	10	M45	6
65	Geiken	Ralf		00:44:42	00:35:10	00:50:26	00:40:56	00:46:37	00:45:14	04:23:05	11	M45	6
69	Schulte	Tobi		00:45:21	00:35:11	00:49:50	00:41:01	00:46:31	00:45:34	04:23:28	12	M45	6
70	Langer	Timo	TSV Jahn Carolinensiel	00:44:41	00:35:26	00:49:47	00:41:04	00:46:41	00:46:03	04:23:42	13	M45	6
72	Sebastian	Wolfgang	VW Montage Mäppers	00:44:50	00:35:23	00:50:37	00:41:06	00:46:27	00:45:53	04:24:16	14	M45	6
77	Ibelings	Michael	LSF Oldenburg	00:44:08	00:35:53	00:50:36	00:41:01	00:47:26	00:46:24	04:25:28	15	M45	6
93	Eden	Roland		00:45:26	00:36:03	00:51:25	00:41:46	00:47:50	00:47:29	04:29:59	16	M45	6
108	Bussen	Otto	Arends und Bussen	00:46:18	00:36:34	00:52:14	00:41:58	00:47:58	00:46:47	04:31:49	17	M45	6
122	Böse	Matthias	SV Stikelkamp	00:46:02	00:36:26	00:51:57	00:42:49	00:49:04	00:48:13	04:34:31	18	M45	6
140	Lübbers	Jochem	Meyer Werft	00:46:28	00:37:28	00:52:29	00:43:19	00:49:01	00:47:50	04:36:35	19	M45	6
146	Böcker	Matthias	TuS Zetel	00:45:29	00:35:43	00:51:18	00:40:57	00:53:27	00:50:13	04:37:07	20	M45	6
176	Asche	Volker	LSF Oldenburg	00:47:31	00:37:43	00:53:31	00:43:50	00:49:45	00:49:16	04:41:36	21	M45	6
205	Köster	Clemens	MTV Aurich	00:52:21	00:45:04	00:50:06	00:41:36	00:50:21	00:45:33	04:45:01	22	M45	6
210	Lambertz	Walter	Team ENERCON	00:48:01	00:38:33	00:53:58	00:44:05	00:50:53	00:50:13	04:45:43	23	M45	6
225	De Graf	Holger	Team BauCon	00:48:32	00:38:07	00:54:21	00:43:54	00:51:02	00:51:02	04:46:58	24	M45	6
234	Barth	Alwin	SV Ochtersum	00:50:48	00:37:53	00:54:20	00:45:35	00:50:09	00:49:02	04:47:47	25	M45	6
245	Gerdas	Helmut	LG Fliegerhorst Upjever	00:48:08	00:38:49	00:54:52	00:45:04	00:51:24	00:50:40	04:48:57	26	M45	6
249	Janssen	Heiko	Blomberg	00:48:48	00:38:39	00:55:06	00:45:12	00:51:15	00:50:09	04:49:09	27	M45	6
251	Smidt	Mike	Team Erdinger Alkoholfre	00:48:51	00:38:56	00:54:07	00:44:38	00:50:46	00:52:02	04:49:20	28	M45	6
250	Tofelde	Andree	Fortuna Logabirum	00:49:34	00:38:54	00:54:46	00:44:46	00:51:14	00:50:06	04:49:20	29	M45	6
257	Janßen	Elmar	Loopfrün!!	00:50:37	00:39:32	00:55:26	00:44:15	00:51:05	00:48:55	04:49:50	30	M45	6
260	Winterland	Gerhard	Warsingsfehn	00:46:03	00:38:22	00:56:06	00:45:04	00:52:21	00:52:23	04:50:19	31	M45	6
262	Bloempott	Thorsten	VW Montage Mäppers	00:49:44	00:39:44	00:55:45	00:44:41	00:51:10	00:49:22	04:50:26	32	M45	6
269	Akkermann	Michael	Jennelt	00:49:57	00:39:33	00:55:28	00:44:42	00:50:53	00:50:18	04:50:51	33	M45	6
277	Janßen	Ingo	SV Ochtersum	00:51:44	00:38:56	00:54:48	00:45:07	00:50:35	00:49:54	04:51:04	34	M45	6
285	Siemens	Marc - Oliver	MTV Aurich / TEA	00:48:53	00:38:52	00:55:51	00:44:56	00:51:50	00:51:10	04:51:32	35	M45	6
288	Müller	Frank	Sparkasse Aurich-Norder	00:50:55	00:39:17	00:55:23	00:45:00	00:51:15	00:50:21	04:52:11	36	M45	6
292	Weermann	Klaus		00:49:38	00:39:29	00:56:25	00:45:35	00:51:14	00:50:03	04:52:24	37	M45	6
308	Koch	Stefan	"TaktLwG 71 \R\''''	00:51:33	00:39:36	00:55:53	00:45:15	00:51:35	00:50:08	04:54:00	38	M45	6
309	Heiken	Ingo	SV Ochtersum	00:52:02	00:40:32	00:56:08	00:45:29	00:51:01	00:48:59	04:54:11	39	M45	6
326	Sandrowski	Peter		00:49:45	00:39:26	00:55:54	00:45:54	00:52:46	00:51:42	04:55:27	40	M45	6
325	Möhlmann	Marco	Polizei Aurich	00:51:27	00:39:44	00:56:39	00:45:32	00:51:15	00:50:50	04:55:27	41	M45	6
337	Olchers	Hilko	Team Möbel Buss	00:49:48	00:39:02	00:55:50	00:47:07	00:53:34	00:50:51	04:56:12	42	M45	6
343	Meinders	Jens	Landkreis Leer / BBS 2 L	00:51:17	00:40:32	00:56:18	00:45:43	00:51:50	00:51:20	04:57:00	43	M45	6
348	Buscher	Achim	Dörlope	00:51:46	00:40:32	00:57:31	00:44:58	00:51:37	00:51:19	04:57:43	44	M45	6
351	Alberts	Torsten	Vetra Beton	00:50:29	00:40:08	00:56:13	00:46:11	00:52:36	00:52:18	04:57:55	45	M45	6
428	Lohberg	Andy	Lohberg-Runners	00:51:46	00:40:52	00:56:45	00:46:03	00:53:04	00:53:15	05:01:45	46	M45	6
431	Janssen	Matthias	KS Gleitlager GmbH	00:50:32	00:40:31	00:57:31	00:47:10	00:53:40	00:52:26	05:01:50	47	M45	6
449	Appeldorn	Thomas	Freistaat Ostfriesland	00:52:22	00:41:20	00:57:52	00:46:31	00:53:30	00:51:49	05:03:24	48	M45	6
450	Riedel	Sascha	MTV Hohenkirchen	00:51:11	00:40:27	00:57:19	00:47:27	00:53:54	00:53:08	05:03:26	49	M45	6
458	Wessels	Wolfgang	Nordland Papier	00:54:09	00:42:30	00:53:35	00:47:16	00:49:23	00:56:57	05:03:50	50	M45	6
467	De Buhr	Gert	Mahl- und Mischbetrieb G	00:51:17	00:40:25	00:57:42	00:47:14	00:53:54	00:53:56	05:04:28	51	M45	6
507	Bohlen	Jens	Hofservice Moorlage	00:54:20	00:41:43	00:57:18	00:46:45	00:54:13	00:53:10	05:07:29	52	M45	6
509	Harberts	Lothar	ELV Elektronik AG/eQ-3	00:53:53	00:43:00	00:58:50	00:47:13	00:52:54	00:51:49	05:07:39	53	M45	6
511	Warsing	Udo	LEDA Feurige Welten	00:51:57	00:41:05	00:57:27	00:46:53	00:54:11	00:56:30	05:08:03	54	M45	6
518	Günther	Alwin	LT Schafhauser Wald	00:52:19	00:41:22	00:59:44	00:47:14	00:54:08	00:53:50	05:08:37	55	M45	6
524	Eesmann	Thorsten	Pestalozzischule Weener	00:52:36	00:41:35	00:59:06	00:47:42	00:54:37	00:53:26	05:09:02	56	M45	6
537	Auen	Stefan	Meyer Werft	00:51:57	00:40:19	00:59:50	00:48:31	00:54:56	00:54:38	05:10:11	57	M45	6
542	Backer	Thomas	TG Wiesmoor	00:52:41	00:41:39	00:58:53	00:48:05	00:54:45	00:54:21	05:10:24	58	M45	6
544	Kaiser	Jens	Enno Onnecken	00:52:32	00:40:53	00:59:21	00:48:14	00:54:52	00:54:40	05:10:32	59	M45	6
546	Renken	Thomas	Team BauCon	00:50:01	00:38:13	00:56:18	00:49:39	00:53:16	01:03:23	05:10:50	60	M45	6
547	Schoone	Matthias	Leinerstift	00:52:54	00:41:37	00:59:35	00:48:23	00:55:08	00:53:15	05:10:52	61	M45	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

563	Willms	Torsten	PMA	00:53:35	00:41:03	00:58:34	00:48:05	00:55:11	00:55:01	05:11:29	62	M45	6
565	Oltmanns	Arno	KBV Uttel	00:54:42	00:42:49	01:00:14	00:47:16	00:53:55	00:52:35	05:11:31	63	M45	6
574	Otten	Manfred	LSF Oldenburg	00:53:13	00:41:57	00:58:24	00:49:23	00:54:44	00:54:34	05:12:15	64	M45	6
586	Wilken	Gerhard	"TaktLwG 71 \R\"" / TSV	00:56:21	00:40:28	00:56:57	00:53:55	00:53:39	00:51:21	05:12:41	65	M45	6
598	Erdwiens	Hermann	LG Ostfriesland	00:53:02	00:42:35	00:59:00	00:48:29	00:56:03	00:54:13	05:13:22	66	M45	6
604	Müller	Gerold		00:54:19	00:42:14	00:58:59	00:48:31	00:55:11	00:54:23	05:13:37	67	M45	6
607	Minor	Holger	Landwirtschaftskammer N	00:54:22	00:42:03	00:59:04	00:48:25	00:55:51	00:54:04	05:13:49	68	M45	6
611	Foken	Reiner		00:54:35	00:42:19	01:00:02	00:48:30	00:54:35	00:54:12	05:14:13	69	M45	6
657	Theilen	Hans-Albert	Realschule Aurich	00:55:44	00:42:39	01:00:11	00:49:15	00:55:00	00:54:10	05:16:59	70	M45	6
666	Held	Enno	GS-Immobilienkontor	00:54:17	00:42:43	01:00:55	00:49:04	00:55:48	00:54:37	05:17:24	71	M45	6
679	Klaaßen	Jan	Nordland Papier	00:55:20	00:42:37	01:00:35	00:49:18	00:55:29	00:54:54	05:18:13	72	M45	6
680	Oltmanns	Matthias	Sparkasse Aurich-Norder	00:53:36	00:41:56	01:01:58	00:48:52	00:56:56	00:55:00	05:18:18	73	M45	6
683	Engels	Franko	Maler Engels Holterfehn	00:54:59	00:42:10	01:01:52	00:49:09	00:55:34	00:54:47	05:18:31	74	M45	6
699	Hasselder	Harald	Lauf geht's Leer	00:57:52	00:42:29	01:00:17	00:49:26	00:55:41	00:53:36	05:19:21	75	M45	6
707	Herfurth	Oliver	Aurich	00:54:00	00:42:57	01:00:51	00:49:01	00:56:36	00:56:30	05:19:55	76	M45	6
717	Sielmann	Andy	Lebenshilfe Leer	00:53:48	00:43:21	01:00:40	00:50:01	00:56:36	00:55:49	05:20:15	77	M45	6
727	Smid	Joachim	Team obw	00:52:44	00:42:05	00:59:46	00:50:55	00:57:24	00:57:46	05:20:40	78	M45	6
730	A Tellinghusen	Stefan		00:55:05	00:43:29	01:02:16	00:49:24	00:55:28	00:55:11	05:20:53	79	M45	6
744	Kruse	Gretus	LG Ostfriesland	00:53:55	00:43:14	01:01:02	00:50:24	00:56:55	00:56:31	05:22:01	80	M45	6
781	Zimmermann	Thorsten	Team ENERCON	00:55:34	00:44:29	01:01:51	00:49:59	00:56:59	00:56:06	05:24:58	81	M45	6
788	Schmidt	Heiko	TuS Leerhafe	00:54:52	00:44:17	01:02:07	00:50:47	00:57:09	00:56:23	05:25:35	82	M45	6
795	Hamacher	Henning	Lummerland Taxi Aurich	00:56:04	00:43:52	01:01:45	00:50:03	00:58:09	00:56:08	05:26:01	83	M45	6
802	Junker	Jürgen	Moormerland	00:56:29	00:44:20	01:01:50	00:50:34	00:56:42	00:56:36	05:26:31	84	M45	6
813	Malter	Thorsten	aurum. Goldschmiedeate	00:55:46	00:44:48	01:01:29	00:51:03	00:56:57	00:57:26	05:27:29	85	M45	6
822	Poets	Menno	Team obw	00:57:03	00:44:47	01:02:47	00:50:46	00:56:09	00:56:33	05:28:05	86	M45	6
828	Rahn	Hinrich	EWE-Wattloopers	00:55:26	00:43:49	01:02:12	00:50:39	00:57:17	00:59:00	05:28:23	87	M45	6
834	Seiwald	Thorsten	Fortuna Logabirum	00:54:56	00:44:14	01:02:15	00:51:37	00:57:15	00:58:30	05:28:47	88	M45	6
841	Wübker	Piet	Northern Helicopter	00:57:31	00:45:41	01:02:57	00:50:37	00:57:10	00:55:11	05:29:07	89	M45	6
860	Lindtner	Michael	Team Rücker	00:57:21	00:44:32	01:02:11	00:50:23	00:59:30	00:56:11	05:30:08	90	M45	6
862	Krumwiede	Marc	TUS Eversten	00:59:14	00:43:32	01:00:48	00:49:06	00:55:33	01:01:58	05:30:11	91	M45	6
875	Friedrichs	Timo	ELV Elektronik AG/eQ-3	00:55:40	00:44:17	01:02:45	00:51:45	00:58:21	00:58:11	05:30:59	92	M45	6
876	Thoben	Martin	ELV Elektronik AG/eQ-3	00:55:40	00:44:17	01:02:47	00:51:45	00:58:21	00:58:10	05:31:00	93	M45	6
877	Janßen	Gerriet Thoma	LG Ostfriesland	01:04:42	00:51:36	00:55:02	00:58:34	00:50:40	00:50:27	05:31:01	94	M45	6
890	Thoer	Christian	Team criss cross	00:55:13	00:45:05	01:04:57	00:51:27	00:58:00	00:57:17	05:31:59	95	M45	6
892	Menke-Saathoff	Hartmut	Kliniken Aurich-Emden-N	00:55:05	00:43:47	01:02:59	00:51:05	00:59:50	00:59:23	05:32:09	96	M45	6
903	Van Der Slyk	Holger	KlingeLe Papierwerke	00:55:28	00:44:04	01:05:09	00:52:03	00:58:09	00:57:49	05:32:42	97	M45	6
924	Seemann	Jens	Team ENERCON	00:58:10	00:45:04	01:03:34	00:51:12	00:58:11	00:57:46	05:33:57	98	M45	6
925	Schuster	Matthias	Badewerk Neuharlingersi	00:57:35	00:45:41	01:03:49	00:51:26	00:58:09	00:57:19	05:33:59	99	M45	6
929	Lübbers	Bernd	Oil Huus	00:59:30	00:46:03	01:02:55	00:50:44	00:57:58	00:57:01	05:34:11	100	M45	6
933	Hohlen	Wilfried	LT Schafhauser Wald	00:57:27	00:45:22	01:04:06	00:51:55	00:58:12	00:57:15	05:34:17	101	M45	6
953	Struckmeyer	Marcus	Gymnasium Ulricianum A	01:00:15	00:43:28	01:00:07	00:47:38	01:04:13	00:59:36	05:35:17	102	M45	6
957	Janssen	Thorsten	TV Norden	00:57:20	00:44:12	01:05:02	00:51:52	00:59:18	00:57:43	05:35:27	103	M45	6
961	Wißmann	Johann	FC Oldersum	00:57:20	00:45:22	01:02:56	00:51:43	00:58:55	00:59:20	05:35:36	104	M45	6
966	Dechow	Ingo	Sparkasse Aurich-Norder	00:57:19	00:44:41	01:03:08	00:51:20	00:59:53	00:59:33	05:35:54	105	M45	6
984	Brachthäuser	Joachim	TuS Zetel	00:57:41	00:40:52	01:05:21	00:52:55	01:00:16	00:59:24	05:36:29	106	M45	6
985	Reshöft	Jan	OHV Aurich	00:58:14	00:45:04	01:04:07	00:51:54	00:59:28	00:57:49	05:36:36	107	M45	6
990	Henkel	Dieter	BV Pfalzdorf	00:59:13	00:44:55	01:03:53	00:52:12	00:58:55	00:57:43	05:36:51	108	M45	6
997	Groote	Matthias	Landkreis Leer	00:58:47	00:45:23	01:03:44	00:52:56	00:58:21	00:57:49	05:37:00	109	M45	6
1018	Joppe	Matthias	Sparkasse LeerWittmund	00:58:40	00:45:50	01:04:01	00:52:11	00:59:58	00:57:38	05:38:18	110	M45	6
1029	Meentz	Holger	Leerhafe	00:58:37	00:46:00	01:06:16	00:51:52	00:58:31	00:57:42	05:38:58	111	M45	6
1043	Sühwold	Simon	Stadtwerke Leer Loopers	00:58:12	00:45:46	01:05:10	00:52:26	00:59:30	00:58:34	05:39:38	112	M45	6
1061	Günther	Stephan	Team Laufrausch Oldent	00:57:02	00:44:48	01:05:05	00:53:30	01:00:31	01:00:02	05:40:58	113	M45	6
1069	Nuske	Alexander	Team ENERCON	00:47:29	00:39:41	01:03:07	00:59:03	01:05:53	01:06:12	05:41:25	114	M45	6
1084	Koenen	Michael	Allianz, Weener	00:57:41	00:45:30	01:05:26	00:52:55	00:59:56	01:00:59	05:42:27	115	M45	6
1089	Gerdes	Jens	SPIE	00:59:44	00:47:23	01:04:00	00:51:32	01:00:19	00:59:50	05:42:48	116	M45	6
1090	Bley	Markus		00:58:58	00:45:25	01:05:32	00:52:56	01:00:43	00:59:16	05:42:50	117	M45	6
1094	Röben	Holger	Team ENERCON	01:07:01	00:45:55	00:54:27	01:02:14	00:50:28	01:02:59	05:43:04	118	M45	6
1107	Siedler	Olaf	Sparkasse Emden	00:59:37	00:45:54	01:07:03	00:53:09	00:59:34	00:58:35	05:43:52	119	M45	6
1141	Müller	Okko		00:57:19	00:44:12	01:05:01	00:52:57	01:06:32	01:00:25	05:46:26	120	M45	6
1172	Toben	Ralf	"TaktLwG 71 \R\""	01:00:58	00:47:36	01:06:21	00:54:05	01:00:22	00:59:19	05:48:41	121	M45	6
1184	Montigny	René	Lauftreff Ge(h)zeiten Jev	00:59:56	00:47:31	01:06:46	00:53:50	01:01:13	01:00:20	05:49:36	122	M45	6
1190	Schlossarek	Jörg		00:59:31	00:47:42	01:07:05	00:55:14	01:01:33	00:58:57	05:50:02	123	M45	6
1198	Fröhling	Torsten	EWE-Wattloopers	01:01:25	00:45:46	01:05:02	00:55:11	01:03:17	01:00:03	05:50:44	124	M45	6
1211	Gerdes	Ralf	TuS Eintracht Hinte	00:58:30	00:47:00	01:07:47	00:54:14	01:01:10	01:02:59	05:51:40	125	M45	6
1219	Ter Veer	Olaf	EWE-Wattloopers	01:01:28	00:45:50	01:05:00	00:56:27	01:03:28	01:00:25	05:52:38	126	M45	6
1224	Schlegel	Frank	Kaufhaus Behrends Wies	00:59:31	00:46:47	01:07:49	00:55:55	01:02:47	01:00:05	05:52:54	127	M45	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1227	Kusche	Alfred	VfB Rajen	01:02:05	00:47:25	01:08:47	00:54:17	01:01:46	00:58:38	05:52:58	128	M45	6
1232	Oberst	Frank	Landkreis Leer	01:01:09	00:46:56	01:07:42	00:54:42	01:01:55	01:00:55	05:53:19	129	M45	6
1235	Rohlf	Andreas	Hämangio Bremen	00:59:59	00:48:05	01:09:09	00:54:29	01:01:21	01:00:20	05:53:23	130	M45	6
1245	Schmidt	Jochen	TSV Jahn Carolinensiel	00:59:46	00:47:55	01:09:37	00:53:54	01:02:17	01:01:03	05:54:32	131	M45	6
1246	Janssen	Johann	SV Ochtersum	00:59:30	00:47:35	01:06:04	00:53:16	01:07:37	01:00:33	05:54:35	132	M45	6
1253	Goldenstein	Michael	BV Victorbur	01:00:38	00:48:40	01:07:45	00:54:49	01:02:29	01:00:32	05:54:53	133	M45	6
1259	Kuikstra	Detlef	Landkreis Leer	01:00:14	00:46:57	01:08:29	00:54:41	01:02:48	01:02:02	05:55:11	134	M45	6
1263	Klonz	Mario	Landkreis Aurich	00:58:50	00:47:13	01:09:09	00:55:30	01:01:50	01:02:51	05:55:23	135	M45	6
1267	Theilken	Dirk	Hengstforde	01:00:52	00:48:05	01:07:38	00:55:38	01:01:27	01:02:02	05:55:42	136	M45	6
1279	Behrends	Frank	Event-Kids	01:01:06	00:47:53	01:08:14	00:54:12	01:03:32	01:01:33	05:56:30	137	M45	6
1291	Vogelsang	Uwe	Stadt Leer	01:02:09	00:48:03	01:07:43	00:55:56	01:02:07	01:01:19	05:57:17	138	M45	6
1307	Claßen	Friedel Bernd	Emder Zeitung	01:02:34	00:49:22	01:07:58	00:55:46	01:01:35	01:01:25	05:58:40	139	M45	6
1313	Roofls	Edgar	LT TuS Aurich-Ost	01:00:16	00:47:22	01:09:14	00:55:09	01:04:17	01:02:42	05:59:00	140	M45	6
1332	Brouwer	Bodo	BDO DPI AG	01:01:39	00:48:52	01:07:48	00:55:20	01:04:25	01:02:13	06:00:17	141	M45	6
1362	Priet	Helmut		01:05:34	00:48:18	01:09:52	00:54:59	01:02:18	01:01:05	06:02:06	142	M45	6
1377	König	Friedhelm	Laufftreff Ramsloh	01:02:54	00:48:51	01:09:20	00:55:37	01:03:16	01:03:10	06:03:08	143	M45	6
1416	Fürst	Werner	LT TuS Aurich-Ost	01:03:21	00:49:15	01:09:57	00:56:21	01:03:47	01:02:48	06:05:29	144	M45	6
1425	Menge	Torsten	Fotografie Siebenbergen	01:02:18	00:48:39	01:10:01	00:56:46	01:03:14	01:04:56	06:05:54	145	M45	6
1444	Becker	Dieter	Lauf geht's Leer	01:02:57	00:48:39	01:10:26	00:57:11	01:04:19	01:03:32	06:07:04	146	M45	6
1483	Meyer	Mario	VfL Berumbur	01:03:52	00:50:22	01:10:00	00:56:27	01:05:15	01:03:49	06:09:45	147	M45	6
1485	Kruse	Theo	KBV Frisch weg Wiesede	01:02:37	00:49:56	01:10:23	00:56:36	01:05:33	01:04:51	06:09:56	148	M45	6
1504	Jacobsen	Jörn	Team ENERCON	01:02:31	00:50:29	01:10:35	00:58:18	01:05:05	01:04:09	06:11:07	149	M45	6
1507	Bigalski	Volker	Realschule Aurich	01:01:51	00:49:08	01:11:14	00:57:24	01:06:20	01:05:26	06:11:23	150	M45	6
1511	Weerda	Jochen	Injoy Leer	01:02:43	00:50:26	01:10:35	00:56:28	01:04:20	01:07:03	06:11:35	151	M45	6
1513	Oorlog	Werner	LG Teutonia Stapelmoor	01:06:33	00:49:38	01:10:13	00:56:51	01:05:12	01:03:19	06:11:46	152	M45	6
1515	Holz	Andree		01:07:06	00:49:03	01:09:30	00:57:59	01:05:36	01:02:41	06:11:55	153	M45	6
1532	Goetz	Helfried	Grundschule Friedeburg	01:05:05	00:51:43	01:10:59	00:57:33	01:03:50	01:03:36	06:12:46	154	M45	6
1560	Schöneboom	Wolfgang	SV Ochtersum	01:03:44	00:49:12	01:13:14	00:57:43	01:06:12	01:05:06	06:15:11	155	M45	6
1583	Bücker	Till	Qualmende Socke	01:07:45	00:51:24	01:13:20	00:57:54	01:03:28	01:03:54	06:17:45	156	M45	6
1594	Haun	Hermann	United Offshore Support	01:03:06	00:50:26	01:12:37	00:58:25	01:07:03	01:06:56	06:18:33	157	M45	6
1618	Lütten	Holger	Sandhoster Straße	01:07:47	00:51:35	01:12:42	00:57:41	01:05:03	01:05:32	06:20:20	158	M45	6
1617	Koops	Erwin	Sparkasse LeerWittmund	01:06:41	00:51:12	01:13:30	00:57:26	01:05:54	01:05:37	06:20:20	159	M45	6
1647	Schomerus	Herbert	Orthopädie - Schuhtechn	01:06:44	00:51:21	01:12:49	00:58:37	01:06:59	01:05:44	06:22:14	160	M45	6
1664	Nowak	Sascha		01:06:43	00:49:45	01:11:06	00:57:47	01:08:05	01:09:42	06:23:08	161	M45	6
1725	Stern	Thomas	Fachbereich Seefahrt	01:04:43	00:51:02	01:13:36	01:04:00	01:09:25	01:05:59	06:28:45	162	M45	6
1736	Keinert	Matthias		01:07:07	00:54:27	01:16:19	00:59:57	01:07:59	01:04:26	06:30:15	163	M45	6
1738	Schulte	Ansgar	Weener Plastik GmbH	01:08:08	00:51:09	01:13:28	00:59:47	01:08:03	01:10:05	06:30:40	164	M45	6
1745	Jabs	Markus	Bohlen und Tammling	01:08:04	00:53:48	01:14:39	01:00:29	01:08:22	01:06:18	06:31:40	165	M45	6
1780	Woldenga	Thomas	Küchenduo	01:08:52	00:53:42	01:15:48	01:00:53	01:09:22	01:07:09	06:35:46	166	M45	6
1781	Brötje	Helge	Kliniken Aurich-Emden-N	01:08:51	00:53:43	01:15:48	01:00:55	01:09:22	01:07:10	06:35:49	167	M45	6
1815	Winsenborg	Thomas	Lebenshilfe Leer	01:05:29	00:49:17	01:15:24	00:56:41	01:14:34	01:17:09	06:38:34	168	M45	6
1866	Bodenstab	Ingo	Braasch	01:11:14	00:54:53	01:17:59	00:52:54	01:13:14	01:12:17	06:42:31	169	M45	6
1908	Nauschütt	Björn	Ostfriesische Volksbank e	01:08:24	00:44:30	01:20:27	01:05:43	01:14:11	01:11:56	06:45:11	170	M45	6
1939	Weimann	Eugen	AK Muskelkater	01:10:18	00:55:52	01:20:20	01:02:58	01:09:17	01:09:41	06:48:26	171	M45	6
1962	Gilles	Tom	Gilles Personal Training	01:10:12	00:52:24	01:20:55	01:02:57	01:12:15	01:12:12	06:50:55	172	M45	6
1968	De Buhr	Heinz-H.	DESIGNSTUUV Werbea	01:11:22	00:55:02	01:18:25	01:03:05	01:12:48	01:10:31	06:51:13	173	M45	6
1974	Niehuisen	Frank	LG Ostfriesland	01:06:55	00:52:35	01:19:42	01:04:10	01:14:23	01:13:57	06:51:42	174	M45	6
1997	Cobus	Thomas	Bohlen & Doyen	01:11:30	00:54:27	01:20:10	01:04:06	01:11:55	01:11:05	06:53:13	175	M45	6
2042	Frieden	Arno	LT Jägerstraße	01:11:11	00:55:12	01:24:20	01:04:35	01:12:16	01:10:34	06:58:08	176	M45	6
2099	Caspers	Uwe	Team ENERCON	01:12:13	00:56:10	01:20:41	01:06:14	01:14:38	01:14:43	07:04:39	177	M45	6
2103	Bolinus	Thomas	TV Norden	01:12:35	00:57:01	01:21:19	01:05:58	01:14:42	01:13:27	07:05:02	178	M45	6
2139	Roelfsema	André	Kenias letzte Reserve	01:18:03	00:59:13	01:23:08	00:55:55	01:18:04	01:15:57	07:10:20	179	M45	6
2258	Engels	Timo		01:20:16	01:01:00	01:30:34	01:11:42	01:19:48	01:21:03	07:44:23	180	M45	6
2267	Meyer	Frank	ELV Elektronik AG/eQ-3	01:21:14	01:03:25	01:30:15	01:12:37	01:21:28	01:19:12	07:48:11	181	M45	6
2308	Behrensmeier	Uwe	August Brötje Handel KG	01:19:30	01:02:17	01:32:58	01:14:28	01:34:02	01:20:44	08:03:59	182	M45	6
27	Steenhardt	Wilfried	LG Teutonia Stapelmoor	00:41:57	00:33:46	00:47:36	00:40:09	00:44:47	00:43:33	04:11:48	1	M50	6
40	Weinberg	Dieter	LG Harlingerland	00:43:03	00:34:42	00:48:40	00:39:44	00:45:30	00:44:26	04:16:05	2	M50	6
58	Olin	Frank	Ultrasiesen e.V.	00:44:06	00:35:15	00:50:42	00:40:25	00:46:33	00:44:53	04:21:54	3	M50	6
60	Pelka	Alfred	Rettungsdienst Leer	00:44:35	00:34:32	00:50:05	00:40:43	00:46:56	00:45:25	04:22:16	4	M50	6
66	Hartema	Richard	LG Teutonia Stapelmoor	00:44:57	00:35:23	00:49:59	00:40:41	00:46:32	00:45:38	04:23:10	5	M50	6
71	Baxmann	Thomas	Emder LG	00:44:33	00:35:43	00:50:05	00:40:43	00:46:46	00:45:53	04:23:43	6	M50	6
83	Kampen	Manfred	Team Kampen Westover	00:45:00	00:36:22	00:50:48	00:41:26	00:47:23	00:46:14	04:27:13	7	M50	6
128	Kisch	Johannes	FCSO SII Kurs	00:47:31	00:37:20	00:50:50	00:42:11	00:48:27	00:48:52	04:35:11	8	M50	6
138	Siebens	Ivo	MTV Aurich	00:45:38	00:37:08	00:52:03	00:42:57	00:49:46	00:48:56	04:36:28	9	M50	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

151	Enders	Wilhelm	LG Großefehn	00:47:01	00:37:08	00:52:12	00:43:35	00:49:08	00:48:56	04:38:00	10	M50	6
177	Oremek	Robert	LG Ostfriesland	00:47:19	00:37:55	00:54:05	00:43:23	00:49:51	00:49:18	04:41:51	11	M50	6
183	Bootjer	Eric	RVB Aurich	00:47:20	00:37:40	00:53:32	00:43:51	00:49:58	00:50:00	04:42:21	12	M50	6
194	Ommen	Jens	LG Fliegerhorst Upjever	00:48:20	00:38:04	00:54:21	00:44:02	00:50:01	00:49:21	04:44:09	13	M50	6
195	Munk	Thomas	Rhauderfehn	00:47:54	00:37:59	00:53:53	00:44:11	00:50:30	00:49:47	04:44:14	14	M50	6
199	Hicken	Siebo	HICKEN ENERGIETEC	00:48:29	00:38:40	00:54:16	00:44:12	00:49:30	00:49:24	04:44:31	15	M50	6
202	Pffirmann	Alexander	TausendfüßLeer	00:48:49	00:38:09	00:54:09	00:44:12	00:50:26	00:49:06	04:44:51	16	M50	6
201	Peters	Wolfgang	TuS Eintracht Hinte	00:47:47	00:38:29	00:53:54	00:44:19	00:50:20	00:50:02	04:44:51	17	M50	6
203	Frühling	Uwe	Lions Club Ihlow/Südbro	00:48:24	00:38:30	00:50:39	00:45:39	00:50:53	00:50:48	04:44:53	18	M50	6
211	Willenbrink	Christian	LSF Oldenburg	00:47:42	00:38:06	00:54:38	00:45:26	00:50:34	00:49:21	04:45:47	19	M50	6
218	Sanders	Wilfried	Weener Plastik GmbH	00:48:02	00:38:30	00:54:20	00:44:07	00:51:01	00:50:26	04:46:26	20	M50	6
222	Nordbrock	Herbert	Weener Plastik GmbH	00:48:00	00:38:35	00:54:19	00:44:44	00:50:40	00:50:23	04:46:41	21	M50	6
236	Urban	Karsten	LG Fliegerhorst Upjever	00:48:56	00:38:10	00:54:48	00:44:31	00:50:51	00:50:39	04:47:55	22	M50	6
237	Ibeling	Fred	LG Ostfriesland	00:48:20	00:39:55	00:55:38	00:43:05	00:50:25	00:50:36	04:47:59	23	M50	6
241	Tabbert	Frank	LG Ostfriesland	00:48:09	00:39:17	00:55:06	00:45:22	00:50:41	00:50:12	04:48:47	24	M50	6
258	Kruse	Wilhelm	Team Möbel Buss	00:49:07	00:39:02	00:54:48	00:44:57	00:51:07	00:50:52	04:49:53	25	M50	6
293	De Buhr	Hans-Jürgen	Schulte Dental Filsum	00:50:21	00:39:14	00:56:04	00:45:22	00:51:11	00:50:23	04:52:35	26	M50	6
296	Saathoff	Detlef	Veenhusen	00:50:07	00:39:11	00:56:10	00:44:54	00:51:40	00:50:50	04:52:52	27	M50	6
304	Gross	Peter	LG: Wir reißen ab!	00:50:34	00:39:42	00:55:39	00:45:36	00:52:16	00:50:04	04:53:51	28	M50	6
305	Schwarz	Nils		00:50:23	00:39:20	00:56:16	00:45:25	00:51:39	00:50:49	04:53:52	29	M50	6
313	Petersohn	Nils	Toskana Team	00:49:45	00:39:14	00:55:39	00:45:59	00:51:53	00:52:15	04:54:45	30	M50	6
315	Vormann	Matthias	AOE31	00:50:57	00:39:32	00:55:54	00:45:12	00:52:03	00:51:11	04:54:49	31	M50	6
317	Kuhlmann	Norbert	SV Ochtersum	00:51:16	00:39:18	00:56:20	00:45:32	00:51:55	00:50:35	04:54:56	32	M50	6
319	Koch	Martin	Loga	00:49:37	00:40:00	00:56:15	00:45:15	00:52:24	00:51:35	04:55:06	33	M50	6
322	Wilken	Günther	Landkreis Wittmund	00:50:39	00:40:14	00:56:08	00:45:45	00:52:11	00:50:24	04:55:21	34	M50	6
334	Knop	Thomas	Jade Hochschule	00:49:44	00:39:17	00:56:24	00:45:55	00:52:35	00:52:03	04:55:58	35	M50	6
352	Haake	Ingo	VffL Berumbur	00:49:56	00:40:19	00:56:38	00:46:01	00:52:47	00:52:14	04:57:55	36	M50	6
354	Brader	Sascha	MTV Hohenkirchen	00:50:26	00:40:27	00:56:38	00:46:17	00:52:11	00:51:59	04:57:58	37	M50	6
357	Deutschmann	Erwin	TSV Hesel	00:49:55	00:39:28	00:56:13	00:46:22	00:53:40	00:52:25	04:58:03	38	M50	6
356	Rieken	Volker	LT Schafhauser Wald	00:50:38	00:40:20	00:56:21	00:46:42	00:52:35	00:51:27	04:58:03	39	M50	6
359	Gerdas	Arnim	Störtebeker Loopers TVM	00:50:17	00:40:12	00:56:04	00:46:16	00:52:43	00:52:42	04:58:14	40	M50	6
364	Tamminga	Holger	TV Norden	00:49:51	00:40:35	00:56:58	00:46:35	00:52:48	00:51:46	04:58:33	41	M50	6
369	Dickmann	Norbert	Nordland Papier	00:50:06	00:40:31	00:57:17	00:46:28	00:52:33	00:51:48	04:58:43	42	M50	6
372	Ottjes	Uwe	Team Möbel Buss	00:51:20	00:39:27	00:56:32	00:46:05	00:53:02	00:52:21	04:58:47	43	M50	6
401	Büscher	Johann	Büschies	00:51:05	00:40:20	00:56:49	00:46:24	00:52:57	00:52:30	05:00:05	44	M50	6
426	Meents	Enno	"KBV \Einigkeit"" Leerha	00:51:27	00:40:21	00:57:17	00:46:45	00:53:25	00:52:13	05:01:28	45	M50	6
440	Bolte	Thomas	EWE-Wattloopers	00:52:08	00:40:00	00:57:46	00:47:05	00:53:19	00:52:26	05:02:44	46	M50	6
444	Norrenbrock	Ludger	WfbM Aurich-Wittmund	00:51:49	00:40:43	00:57:31	00:46:30	00:53:39	00:52:43	05:02:55	47	M50	6
443	Wagner	Andre'	Nordland Papier	00:50:56	00:40:46	00:57:21	00:46:54	00:53:21	00:53:37	05:02:55	48	M50	6
445	Korte	Lukas	SV Surwold	00:50:55	00:40:42	00:57:37	00:46:52	00:53:27	00:53:23	05:02:56	49	M50	6
453	Schüler	Daniel	Klinikum Leer	00:51:57	00:40:33	00:57:25	00:47:28	00:53:44	00:52:27	05:03:34	50	M50	6
466	Hayungs	Fredo	LT TuS Aurich-Ost	00:52:50	00:41:08	00:57:58	00:46:44	00:53:08	00:52:35	05:04:23	51	M50	6
471	Lüppens	Frank	KS Gleitlager GmbH	00:51:39	00:40:36	00:57:45	00:47:27	00:53:23	00:53:50	05:04:40	52	M50	6
478	Grimm	Uwe	VffL Berumbur	00:51:32	00:41:14	00:57:47	00:47:16	00:54:45	00:52:22	05:04:56	53	M50	6
490	Luecht	Mathias	Fortuna Logabirum	00:52:33	00:41:04	00:58:23	00:47:17	00:53:34	00:52:50	05:05:41	54	M50	6
497	Büker	Markus	Team ENERCON	00:52:39	00:41:31	00:58:42	00:48:02	00:53:33	00:52:00	05:06:27	55	M50	6
500	Saathoff	Eric	Emder LG	00:52:53	00:41:13	00:58:32	00:47:22	00:53:47	00:52:48	05:06:35	56	M50	6
506	Rößing	Hermann	WfbM Aurich-Wittmund	00:51:39	00:41:41	00:58:57	00:47:08	00:54:31	00:53:19	05:07:15	57	M50	6
519	Laufenberg	Josef	Landkreis Leer	00:53:08	00:41:54	00:58:01	00:47:26	00:54:48	00:53:21	05:08:38	58	M50	6
521	Backer	Edgar	Victorbur	00:52:45	00:40:12	00:57:43	00:53:19	00:52:22	00:52:26	05:08:47	59	M50	6
526	Lücht	Heiko	LG Papenburg-Aschendo	00:53:16	00:41:41	00:59:10	00:47:26	00:54:24	00:53:21	05:09:18	60	M50	6
528	Reents	Ralf	LG Harlingerland	00:52:35	00:41:38	00:59:47	00:48:03	00:54:44	00:52:55	05:09:42	61	M50	6
529	Hofer	Michael	KGS Wiesmoor	00:50:44	00:40:10	00:59:00	00:47:54	00:55:04	00:56:51	05:09:43	62	M50	6
548	Hagen	Wolfgang	LT Schafhauser Wald	00:52:56	00:41:37	00:59:04	00:47:49	00:54:49	00:54:41	05:10:56	63	M50	6
552	Ruthemann	Marten	Aurich	00:52:30	00:42:45	00:58:40	00:47:58	00:54:54	00:54:17	05:11:04	64	M50	6
577	Rosenbohm	Heiko	Bünting Tee	00:52:52	00:42:36	01:00:05	00:49:01	00:55:18	00:52:33	05:12:25	65	M50	6
580	Folkerts	Friedrich	Feuerwehr Hollen	00:51:02	00:42:06	01:00:23	00:48:24	00:55:59	00:54:39	05:12:33	66	M50	6
584	Schweer	Claus	Raiffeisenbank eG, Moor	00:53:21	00:42:00	00:59:27	00:48:30	00:55:07	00:54:14	05:12:39	67	M50	6
588	Hiersemann	Frank	TuS Eintracht Hinte	00:52:53	00:42:01	00:59:14	00:48:39	00:55:05	00:54:53	05:12:45	68	M50	6
605	Feimann	Johannes	Nordland Papier	00:53:16	00:41:57	00:59:21	00:48:55	00:55:15	00:54:54	05:13:38	69	M50	6
612	Waalkens	Holger	Easyrheider	00:52:26	00:42:36	01:00:19	00:49:05	00:55:17	00:54:36	05:14:19	70	M50	6
619	Wemken	Thomas	LSF Oldenburg	00:57:11	00:43:50	01:00:07	00:47:08	00:53:30	00:52:57	05:14:43	71	M50	6
622	Averbeck	Helmut	Emder LG	00:54:24	00:41:50	00:59:31	00:48:31	00:55:55	00:54:38	05:14:49	72	M50	6
632	Harms	Klaus	EWIK Dörloopers Ammer	00:54:00	00:42:58	01:00:51	00:48:13	00:54:43	00:54:35	05:15:20	73	M50	6
633	Nanninga	Karl-Heinz	Moordörper Freetiedloop	00:53:12	00:42:18	01:00:07	00:46:01	00:57:09	00:56:38	05:15:25	74	M50	6
636	Bohlen	Gerhard		00:53:50	00:42:40	01:00:54	00:48:50	00:54:51	00:54:43	05:15:48	75	M50	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

638	Hesse	Thomas	LG Fliegerhorst Upjever	00:53:29	00:42:32	01:00:19	00:49:06	00:55:49	00:54:36	05:15:51	76	M50	6
642	Offermann	Frank	Sparkasse Emden	00:53:44	00:42:43	00:59:56	00:49:00	00:56:13	00:54:29	05:16:05	77	M50	6
646	Friedrichs	Ingo	Landkreis Wittmund	00:52:54	00:42:36	01:00:18	00:49:24	00:55:35	00:55:32	05:16:19	78	M50	6
656	Onken	Bernhard	TuS Weene	00:53:59	00:42:53	01:00:03	00:49:44	00:55:54	00:54:24	05:16:57	79	M50	6
673	Schmidt	Claus	Montags wird gelaufen!	00:53:13	00:42:14	01:00:38	00:49:01	00:56:00	00:56:52	05:17:58	80	M50	6
674	Brettschneider	Roger		00:53:01	00:41:45	01:00:26	00:51:19	00:55:41	00:55:52	05:18:04	81	M50	6
685	Janßen	Andreas	Neukamperfehn	00:51:28	00:41:32	00:59:39	00:51:37	00:57:10	00:57:11	05:18:37	82	M50	6
688	Blaurock	Andreas	Team obw	00:54:54	00:43:10	00:59:40	00:49:18	00:56:06	00:55:42	05:18:50	83	M50	6
692	Hinderks	Hermann	Nordland Papier	00:54:35	00:44:18	01:00:36	00:49:19	00:55:20	00:54:54	05:19:02	84	M50	6
722	Ahrens	Edo	SV GOTANO	00:54:37	00:43:28	01:01:17	00:48:52	00:56:37	00:55:37	05:20:28	85	M50	6
724	Schulte	Peter	Judo Team Leer VFR He	00:52:49	00:42:59	00:59:38	00:48:49	00:57:51	00:58:25	05:20:31	86	M50	6
731	Lühr	Torsten	TausendfußLeer	00:54:49	00:43:16	01:01:45	00:50:44	00:55:42	00:54:39	05:20:55	87	M50	6
733	Janßen	Jürgen	Grundschule Friedeburg	00:54:33	00:43:04	01:00:21	00:49:24	00:56:56	00:56:39	05:20:57	88	M50	6
746	Freese	Klaus	LT TuS Aurich-Ost	00:51:57	00:40:49	00:58:37	00:48:50	00:55:14	01:06:38	05:22:05	89	M50	6
765	Wittig	Roland	Ossiloopers Augustfehn	00:55:49	00:43:54	01:00:57	00:50:14	00:56:39	00:56:01	05:23:34	90	M50	6
767	Eberhard	Harald	TG Wiesmoor	00:55:31	00:43:35	01:01:21	00:49:12	00:57:19	00:56:42	05:23:40	91	M50	6
773	Brüsehoff	Wichert	FC Oldersum	00:54:54	00:44:39	01:01:49	00:49:59	00:57:23	00:55:45	05:24:29	92	M50	6
798	Van Loh	Reiner	ASV Leer	00:56:29	00:44:24	01:02:11	00:50:17	00:56:43	00:56:18	05:26:22	93	M50	6
804	Kleinau	Swen	TausendfußLeer	00:54:51	00:44:09	01:01:41	00:50:08	00:58:00	00:57:46	05:26:35	94	M50	6
807	Meyeraan	Frank	VW Montage Mäppers	00:55:06	00:44:02	01:02:38	00:51:36	00:57:51	00:55:49	05:27:02	95	M50	6
818	Kramer	Johann	RVB Aurich	00:58:23	00:44:40	01:01:56	00:49:11	00:56:00	00:57:30	05:27:40	96	M50	6
817	Bretzler	Uwe	TuS Eintracht Hinte	00:55:10	00:43:24	01:02:49	00:51:02	00:58:10	00:57:05	05:27:40	97	M50	6
824	Brouwer	Bernd	TuS Eintracht Hinte	00:56:41	00:43:21	01:02:48	00:50:44	00:57:59	00:56:39	05:28:12	98	M50	6
829	Harms	Dieter	Aurich	00:55:04	00:43:50	01:03:29	00:50:26	00:58:40	00:56:57	05:28:26	99	M50	6
835	Alberts	Alfred	Getek	00:55:58	00:44:12	01:02:39	00:50:53	00:57:42	00:57:29	05:28:53	100	M50	6
864	Broß	Rainer	Moormerland	00:54:49	00:44:16	01:06:39	00:51:15	00:56:54	00:56:21	05:30:14	101	M50	6
869	Steinfelder	Wolfgang	LG TV Bunde	00:55:17	00:43:55	01:02:11	00:51:38	01:00:08	00:57:26	05:30:35	102	M50	6
879	Hemken	Jan	LG Fliegerhorst Upjever	00:55:41	00:44:29	01:03:10	00:50:59	00:59:11	00:57:36	05:31:06	103	M50	6
878	Gerhardt	Mario	LG Fliegerhorst Upjever	00:55:41	00:44:29	01:03:10	00:50:59	00:59:11	00:57:36	05:31:06	104	M50	6
885	Rehaag	Martin	FCSO	00:58:19	00:43:54	01:04:01	00:51:11	00:58:47	00:55:25	05:31:37	105	M50	6
893	Hüttinga	Jens	n-cut25	00:56:30	00:44:33	01:03:25	00:51:27	00:58:44	00:57:38	05:32:17	106	M50	6
895	Sauerwald	Holger	TSR Olympia Wilhelmsha	00:57:32	00:43:33	01:02:40	00:48:44	00:55:52	01:04:02	05:32:23	107	M50	6
911	Korporal	Horst	Padlooper	00:56:11	00:45:36	01:03:07	00:51:20	00:59:41	00:57:25	05:33:20	108	M50	6
913	Kölber	Richard	TV Norden	00:57:23	00:44:36	01:04:45	00:51:03	00:58:28	00:57:10	05:33:25	109	M50	6
916	Gierszewski	Olaf	TuS Horsten-Etzel e.V	00:57:48	00:46:06	01:03:16	00:51:11	00:58:31	00:56:53	05:33:45	110	M50	6
920	John	Detlef	Team ENERCON	00:58:20	00:45:05	01:03:32	00:51:04	00:58:12	00:57:37	05:33:50	111	M50	6
942	Bußmann	Heiko	LT Tus Holtriem	00:57:43	00:44:58	01:04:53	00:51:23	00:58:33	00:57:16	05:34:46	112	M50	6
970	Berghaus	Joachim	VfB Uplengen	00:58:54	00:45:23	01:03:33	00:51:54	00:58:32	00:57:54	05:36:10	113	M50	6
973	Möller	Günter	Störtebeker Loopers TVM	00:59:46	00:45:38	01:03:48	00:52:32	00:58:53	00:55:37	05:36:14	114	M50	6
974	Schulz	Jörgen		00:57:20	00:45:06	01:04:34	00:52:12	00:58:46	00:58:17	05:36:15	115	M50	6
986	Schulte	Günter	Freie Lunge Bentstreeker	00:56:45	00:44:50	01:04:10	00:52:04	00:59:20	00:59:30	05:36:39	116	M50	6
989	Martin	Karsten		00:56:40	00:44:56	01:05:13	00:53:03	00:58:32	00:58:24	05:36:48	117	M50	6
998	Grischek	Thomas		01:00:17	00:47:36	01:04:45	00:50:26	00:58:03	00:55:55	05:37:02	118	M50	6
1000	Hellmers	Ralf	TV Norden	00:56:57	00:44:37	01:08:04	00:51:46	00:58:33	00:57:08	05:37:05	119	M50	6
1001	Janssen	Thomas	B-Plast2000	00:58:32	00:45:22	01:04:14	00:52:07	00:59:12	00:57:45	05:37:12	120	M50	6
1003	Buttjes	Lars		01:01:04	00:45:48	01:03:15	00:48:50	00:57:02	01:01:33	05:37:32	121	M50	6
1021	Bruns	Hartmut	Leinerstift	00:59:28	00:45:18	01:03:56	00:52:33	00:59:06	00:58:04	05:38:25	122	M50	6
1025	Gröne	Jens	Waldflitzer Varel	00:58:29	00:45:10	01:04:17	00:53:54	00:58:18	00:58:28	05:38:36	123	M50	6
1028	Gensicke	Torsten		00:58:54	00:45:10	01:05:04	00:52:17	00:58:52	00:58:40	05:38:57	124	M50	6
1033	Grensemann	Gerrit	LG Großfehn	00:58:20	00:45:53	01:04:57	00:52:39	00:58:59	00:58:17	05:39:05	125	M50	6
1034	Kohl	Jürgen	Ski Club Wangerland Die	00:56:25	00:46:36	01:04:39	00:52:31	01:00:00	00:59:04	05:39:15	126	M50	6
1035	Hicken	Manfred	Amtsgericht Aurich	00:58:21	00:45:53	01:04:44	00:52:13	01:00:01	00:58:06	05:39:18	127	M50	6
1052	Frieling	Thomas	Kenias letzte Reserve	00:56:04	00:44:51	01:04:35	00:54:39	00:59:37	01:00:31	05:40:17	128	M50	6
1068	Kramer	Dirk	Aurident	00:57:59	00:45:35	01:04:56	00:52:29	00:59:53	01:00:19	05:41:11	129	M50	6
1072	Dettmer	Thorsten	Leinerstift	00:58:26	00:45:37	01:06:35	00:52:39	01:00:03	00:58:19	05:41:39	130	M50	6
1073	Steinke	Rolf	IGS Moormerland/ SV W	00:59:14	00:45:40	01:05:32	00:52:50	00:59:44	00:58:49	05:41:49	131	M50	6
1077	Kremer	Martin		01:00:02	00:45:46	01:04:08	00:52:51	00:59:40	00:59:43	05:42:10	132	M50	6
1080	Stöhr	Holger	DESIGNSTUUV Werbea	00:59:07	00:45:58	01:04:56	00:53:30	00:59:46	00:58:56	05:42:13	133	M50	6
1097	Wolters	Karsten	Sparkasse Aurich-Norder	00:59:11	00:46:10	01:04:22	00:52:39	01:01:20	00:59:37	05:43:19	134	M50	6
1105	Meyer	Uwe	SV Holtland	00:57:54	00:45:28	01:08:48	00:53:02	01:00:35	00:57:56	05:43:43	135	M50	6
1106	Meyer	Bernd		00:58:10	00:47:08	01:05:58	00:53:26	00:59:46	00:59:20	05:43:48	136	M50	6
1117	Janssen	Nanno	Fortuna Logabirum	00:58:00	00:46:48	01:04:53	00:53:21	01:01:15	01:00:24	05:44:41	137	M50	6
1126	Köhnemann	Frank	Rettungsdienst Leer	00:56:45	00:50:31	01:14:19	00:48:28	00:58:20	00:56:50	05:45:13	138	M50	6
1143	Hildebrandt	Lothar	Emder LG	00:58:49	00:46:28	01:05:28	00:53:45	01:01:11	01:00:49	05:46:30	139	M50	6
1158	Peters	Jürgen	Badewerk Neuharlingersi	00:59:19	00:47:29	01:05:48	00:53:44	01:00:53	01:00:30	05:47:43	140	M50	6
1170	Remmers	Andreas	LT TuRa 07 Westhauder	01:02:51	00:47:45	01:07:11	00:53:10	01:00:10	00:57:30	05:48:37	141	M50	6



# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1177	Abels	Roland	Friedeburg	00:58:20	00:47:18	01:06:34	00:53:54	01:02:23	01:00:34	05:49:03	142	M50	6
1182	Iken	Jens	Bürgerverein Blersum	01:00:09	00:46:44	01:06:17	00:53:38	01:02:03	01:00:36	05:49:27	143	M50	6
1187	Nowinski	Karl-Heinz	Team ENERCON	00:58:43	00:46:38	01:06:08	00:54:31	01:02:38	01:01:10	05:49:48	144	M50	6
1195	Hiersemann	Jörg	TuS Eintracht Hinte	00:59:49	00:46:35	01:09:16	00:55:12	01:00:44	00:58:44	05:50:20	145	M50	6
1210	Mörler	Thomas	Lemonflys	01:01:04	00:47:28	01:06:46	00:53:12	01:01:54	01:01:07	05:51:31	146	M50	6
1223	Klose	Helmut	Partyservice Klose	01:00:13	00:47:01	01:08:16	00:54:52	01:02:07	01:00:21	05:52:50	147	M50	6
1247	Wilken	Uwe	SV Frisia Brinkum	01:00:56	00:48:45	01:08:38	00:54:26	01:02:23	00:59:29	05:54:37	148	M50	6
1248	Röhrsch	Heinz Bernard	Wreesmann Logistikdienst	01:02:25	00:48:57	01:09:07	00:55:01	00:59:30	00:59:41	05:54:41	149	M50	6
1251	Frerichs	Michael	Lauftrupp WT Loppersum	01:00:57	00:48:38	01:07:29	00:54:56	01:02:18	01:00:33	05:54:51	150	M50	6
1255	Eggers	Hajo	Emder LG	01:11:50	00:44:05	01:04:19	00:55:45	01:00:14	00:58:46	05:54:59	151	M50	6
1271	Coordes	Johannes	Team ENERCON	01:03:38	00:47:24	01:08:37	00:53:55	01:01:25	01:00:59	05:55:58	152	M50	6
1297	Fließner	Udo	Stadt Aurich/MTV Aurich	01:00:37	00:50:46	01:12:03	00:53:51	01:00:24	01:00:16	05:57:57	153	M50	6
1321	Stüben	Martin	LT TuS Aurich-Ost	01:00:15	00:47:21	01:09:12	00:55:44	01:04:19	01:02:53	05:59:44	154	M50	6
1328	Loegel	Thomas	SV Wiesede-Upschört	01:00:25	00:48:04	01:08:13	00:55:18	01:04:14	01:03:51	06:00:05	155	M50	6
1334	Heyenga	Uwe	HOLVAB Die Uplengener	01:03:20	00:48:03	01:08:49	00:55:29	01:02:36	01:02:20	06:00:37	156	M50	6
1343	Hinrichs	Karl	EalaFryaFresenaRönn	01:01:23	00:47:22	01:09:27	00:55:57	01:04:05	01:02:54	06:01:08	157	M50	6
1348	Krebs	Johann	MTV Aurich	01:05:17	00:50:24	01:08:39	00:53:35	01:01:55	01:01:29	06:01:19	158	M50	6
1351	Ennen	Hans-Georg	LG Großefehn	01:02:29	00:49:56	01:09:39	00:56:08	01:02:14	01:01:02	06:01:28	159	M50	6
1354	Hanack	Friedhelm	Fachbereich Seefahrt	01:01:46	00:49:23	01:09:51	00:55:52	01:02:58	01:01:46	06:01:36	160	M50	6
1356	Brake	Andreas	Meyer Werft	01:00:15	00:51:37	01:13:05	00:56:22	01:01:48	00:58:35	06:01:42	161	M50	6
1357	Franzisky	Helge	VITA Akademie	01:00:51	00:48:50	01:09:02	00:56:18	01:04:12	01:02:35	06:01:48	162	M50	6
1360	Hoppmann	Ralf	KS Gleitlager GmbH	01:01:34	00:49:50	01:09:28	00:55:50	01:02:49	01:02:20	06:01:51	163	M50	6
1361	Urner	Thorsten	LG Fliegerhorst Upjever	01:05:08	00:47:30	01:09:09	00:54:34	01:02:55	01:02:36	06:01:52	164	M50	6
1363	Salzwedel	Jörg	LT TuS Aurich-Ost	01:05:05	00:49:26	01:06:35	00:53:13	01:04:54	01:03:00	06:02:13	165	M50	6
1365	Kruse	Dirk	BBS 2 Leer Runaways	01:01:34	00:45:34	01:10:54	00:57:33	01:03:28	01:03:16	06:02:19	166	M50	6
1366	Bültena	Uwe	Bünting Tee	01:01:36	00:48:05	01:10:23	00:56:00	01:02:59	01:03:17	06:02:20	167	M50	6
1368	Pommer	Guido	TuS Eintracht Hinte	01:00:18	00:49:54	01:10:16	00:55:48	01:03:59	01:02:22	06:02:37	168	M50	6
1375	Hanneken	Heinz	Meyer Werft	01:03:37	00:47:48	01:09:17	00:56:10	01:02:13	01:03:54	06:02:59	169	M50	6
1391	Hook	Michael	SV Domum Watt'n Loope	01:01:08	00:47:41	01:10:29	00:56:03	01:05:54	01:02:32	06:03:47	170	M50	6
1402	Hard	Stefan	LG Fliegerhorst Upjever	01:05:07	00:48:36	01:09:32	00:55:17	01:03:03	01:02:54	06:04:29	171	M50	6
1403	Beening	Armin	Backemoor	01:01:58	00:48:46	01:09:18	00:56:43	01:04:04	01:03:46	06:04:35	172	M50	6
1429	Cramer	Andreas	AZ LG Stapelmoor	01:06:16	00:48:25	01:09:52	00:54:28	01:04:20	01:02:55	06:06:16	173	M50	6
1437	Simmat	Frank	Team - LFZ	01:03:32	00:50:46	01:10:16	00:56:06	01:02:45	01:03:28	06:06:53	174	M50	6
1443	Wilken	Foltmar	TRAUCO Gruppe	01:02:06	00:48:36	01:09:40	00:57:09	01:04:40	01:04:52	06:07:03	175	M50	6
1461	Goosmann	Kalle	TS Aluminium	01:01:42	00:48:49	01:10:14	00:56:57	01:05:54	01:04:19	06:07:55	176	M50	6
1488	Böhlen	Uwe	LT TuS Aurich-Ost	01:04:26	00:50:27	01:10:19	00:56:37	01:05:01	01:03:19	06:10:09	177	M50	6
1518	Sterk	Axel	TS Aluminium	01:02:51	00:48:53	01:11:13	00:58:16	01:06:13	01:04:48	06:12:14	178	M50	6
1522	Kampen	Manni	Fitness im Feedback	01:02:14	00:50:34	01:10:59	00:57:55	01:05:10	01:05:36	06:12:28	179	M50	6
1535	Sievers	Jörn	Lions Club Ihlow/Südbroc	01:02:21	00:49:56	01:10:44	00:58:31	01:06:10	01:05:26	06:13:08	180	M50	6
1540	Tjardes	Ralf	LT TuS Aurich-Ost	01:04:28	00:49:47	01:11:39	00:57:03	01:06:14	01:04:18	06:13:29	181	M50	6
1568	Freudenberg	Lothar	Dabei is alles	01:03:41	00:50:18	01:11:41	00:58:20	01:06:24	01:05:32	06:15:56	182	M50	6
1577	Blum	Harald	TV Norden	01:06:39	00:51:00	01:10:52	00:58:15	01:03:32	01:06:26	06:16:44	183	M50	6
1579	Onken	Helmut	Lauf geht's Leer	01:06:13	00:49:41	01:12:17	00:56:51	01:06:33	01:05:40	06:17:15	184	M50	6
1581	Pleis	Gregor	BW Filsum Roadrunner	01:04:07	00:49:57	01:11:08	00:59:52	01:05:36	01:06:39	06:17:19	185	M50	6
1598	Alberts	Uwe	Wildsau	01:00:41	00:48:32	01:08:40	00:55:13	01:02:51	01:22:47	06:18:44	186	M50	6
1603	Preuß	Ulf		01:04:27	00:51:28	01:13:51	00:59:33	01:05:59	01:03:36	06:18:54	187	M50	6
1608	Janssen	Detlef	Osaka Sport Center Emd	01:02:03	00:50:43	01:12:44	00:58:37	01:08:15	01:07:01	06:19:23	188	M50	6
1613	Bringewatt	Uwe	Der Westfälische Ossi	01:05:36	00:52:15	01:13:06	00:58:00	01:05:13	01:05:36	06:19:46	189	M50	6
1638	Reiter	H. Hermann	SVS Stikelkamp	01:04:21	00:50:33	01:12:12	00:59:09	01:08:06	01:07:18	06:21:39	190	M50	6
1645	Nanninga	Wubbo	Nordland Papier	01:06:10	00:52:04	01:14:05	00:58:29	01:06:00	01:05:15	06:22:03	191	M50	6
1662	Dirksen	Sven	Stadt Leer	01:04:44	00:51:14	01:13:15	00:59:23	01:09:26	01:04:58	06:23:00	192	M50	6
1667	Beekmann	Hinrich	Stadt Wiesmoor	01:02:19	00:49:29	01:11:32	00:58:23	01:11:02	01:10:51	06:23:36	193	M50	6
1683	Sweers	Olaf		01:05:53	00:50:03	01:16:38	00:58:46	01:09:35	01:04:16	06:25:11	194	M50	6
1687	Mühlenbrock	Ralf	Team ENERCON	01:04:22	00:52:17	01:14:09	00:59:45	01:08:47	01:06:10	06:25:30	195	M50	6
1693	Eisenhauer	Manny	LG Ostfriesland / Loopfrü	01:05:05	00:50:48	01:13:42	00:58:42	01:08:38	01:08:57	06:25:52	196	M50	6
1692	Bäcker	Maik	Hundsmühler TV	01:05:56	00:46:55	01:20:47	00:57:17	01:03:01	01:11:56	06:25:52	197	M50	6
1694	Julius	Uwe	Küchen Mennen GmbH	01:07:26	00:50:25	01:11:56	00:59:24	01:08:47	01:07:58	06:25:56	198	M50	6
1732	Falkenberg	Helmut	TV Norden	01:05:23	00:51:02	01:13:33	00:59:11	01:10:18	01:10:00	06:29:27	199	M50	6
1744	Feldmann	Thomas	Kenias letzte Reserve	01:10:04	00:53:46	01:13:54	00:59:27	01:06:48	01:07:33	06:31:32	200	M50	6
1761	Klunder	Jochen	LG Großefehn	01:07:40	00:52:40	01:17:14	01:00:29	01:08:53	01:07:16	06:34:12	201	M50	6
1774	Weber	Heinz	Ostfriesische Volksbank e	01:07:37	00:53:39	01:13:24	00:59:21	01:08:37	01:12:24	06:35:02	202	M50	6
1779	Watzke	Jürgen		01:10:01	00:52:53	01:15:30	00:54:44	01:12:54	01:09:43	06:35:45	203	M50	6
1787	Kitzler	Uwe	WOL-Power	01:08:16	00:53:44	01:16:14	01:01:15	01:09:22	01:07:19	06:36:10	204	M50	6
1788	Schoneboom	Hans-Günter		01:05:35	00:53:52	01:14:19	01:04:11	01:09:03	01:09:16	06:36:16	205	M50	6
1797	Beening	Jan	SV Strücklingen	01:08:28	00:53:00	01:14:25	00:59:34	01:08:07	01:13:11	06:36:45	206	M50	6
1843	Kropp	Olaf	TV Norden	01:09:19	00:56:08	01:16:37	01:01:21	01:08:00	01:09:14	06:40:39	207	M50	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1850	Willers	Thomas	Team Erdinger Alkoholfre	01:10:03	00:52:29	01:15:11	01:01:04	01:12:00	01:10:32	06:41:19	208	M50	6
1894	Schlüsselburg	Holger	BBS 2 Leer Runaways	01:08:14	00:53:54	01:18:07	01:03:03	01:08:16	01:12:41	06:44:15	209	M50	6
1947	Lüken	Heiko	Oldenburger Skater e.V.	01:06:15	00:54:05	01:18:57	01:03:11	01:13:20	01:13:52	06:49:40	210	M50	6
1985	Goudschaal	Karl-Heinz	TV Norden	01:11:09	00:56:08	01:18:34	01:04:07	01:12:14	01:10:17	06:52:29	211	M50	6
1993	Lühning	Reiner	LT TuRa 07 Westrhauder	01:09:44	00:54:15	01:19:16	01:02:43	01:13:10	01:13:53	06:53:01	212	M50	6
2010	Bruns	Wilhelm	Oll Huus	01:10:12	00:57:13	01:22:13	01:02:56	01:11:04	01:11:16	06:54:54	213	M50	6
2009	Duis	Hartmut	DUIS IMMOBILIEN	01:13:24	00:55:32	01:22:51	01:02:57	01:12:36	01:07:34	06:54:54	214	M50	6
2049	Habben	Lothar	LT TuS Aurich-Ost	01:04:27	00:51:01	01:12:19	00:59:54	01:25:11	01:26:01	06:58:53	215	M50	6
2078	Langer	Detlef	LT TuS Aurich-Ost	01:09:45	00:59:47	01:22:10	01:02:04	01:12:49	01:15:00	07:01:35	216	M50	6
2079	Saathoff	Gerd	BW Filsium Roadrunner	01:11:07	00:56:33	01:21:39	01:05:00	01:14:58	01:12:52	07:02:09	217	M50	6
2102	Götze	Thomas		01:16:07	00:56:22	01:19:43	01:04:36	01:15:43	01:12:22	07:04:53	218	M50	6
2104	Harms	Uwe		01:12:36	00:56:52	01:23:14	01:06:59	01:12:55	01:12:26	07:05:02	219	M50	6
2107	Davids	Stefan	Doepke Schaltgeräte Nor	01:12:32	00:58:19	01:21:02	01:05:35	01:13:58	01:13:55	07:05:21	220	M50	6
2248	Eden	Bernhard	Team ENERCON	01:18:03	01:00:00	01:26:58	01:11:05	01:21:28	01:23:25	07:40:59	221	M50	6
2260	Jackes	Horst	Kliniken Aurich-Emden-N	01:19:58	01:00:48	01:28:00	01:09:51	01:24:28	01:21:35	07:44:40	222	M50	6
2311	Glamann	Graif	TV Norden	01:26:57	01:07:17	01:35:48	01:20:31	01:04:32	01:32:09	08:07:14	223	M50	6
2340	Schewiola	Stefan	LT TuS Aurich-Ost	01:30:46	01:10:10	01:34:04	01:18:42	01:26:10	01:25:52	08:25:44	224	M50	6
2344	Doolmann	Lothar	NLWKN	01:25:35	01:07:24	01:35:46	01:20:10	01:28:29	01:30:53	08:28:17	225	M50	6
2350	Deuling	Andreas	BBS 2 Leer Runaways	01:30:55	01:10:19	01:39:08	01:18:49	01:28:47	01:28:12	08:36:10	226	M50	6
2353	Weber	Gerrit	Lauf geht's Leer	01:28:42	01:06:28	01:41:03	01:19:52	01:31:21	01:30:40	08:38:06	227	M50	6
99	Hallmann	Hermann	Emder LG	00:45:52	00:36:17	00:51:52	00:41:38	00:48:07	00:46:43	04:30:29	1	M55	6
100	Pree	Wolfgang	LG Harlingerland	00:45:13	00:35:48	00:51:54	00:41:31	00:49:08	00:47:02	04:30:36	2	M55	6
131	Bruns	Bernd	Laufftreff Hesel	00:47:03	00:36:33	00:52:02	00:42:44	00:49:14	00:47:43	04:35:19	3	M55	6
165	Carls	Christoph	TV Norden	00:47:24	00:37:35	00:53:42	00:43:52	00:49:33	00:48:04	04:40:10	4	M55	6
169	Schmidt	Olaf	Team ENERCON	00:47:21	00:37:31	00:53:30	00:43:32	00:50:00	00:48:44	04:40:38	5	M55	6
173	Hofmann	Fred	Weener Plastik GmbH	00:47:23	00:37:45	00:54:05	00:43:48	00:49:37	00:48:42	04:41:20	6	M55	6
181	De Buhr	Jürgen	Stadt Wiesmoor	00:48:17	00:38:03	00:53:33	00:44:10	00:49:19	00:48:57	04:42:19	7	M55	6
192	Meyeraan	Harald		00:47:56	00:38:57	00:53:45	00:43:47	00:50:27	00:48:52	04:43:44	8	M55	6
198	Lammers	Joachim	TG Wiesmoor	00:48:06	00:39:05	00:53:46	00:44:51	00:49:40	00:49:00	04:44:28	9	M55	6
204	Schmidt	Jürgen	TuS Detern	00:46:07	00:37:53	00:53:40	00:44:01	00:52:13	00:50:59	04:44:53	10	M55	6
213	Aden	Manfred	TG Wiesmoor	00:47:49	00:38:30	00:54:30	00:44:33	00:50:59	00:49:34	04:45:55	11	M55	6
215	Poguntke	Martin	TV Norden	00:47:05	00:38:05	00:53:22	00:44:28	00:50:52	00:52:15	04:46:07	12	M55	6
228	Russell	Frank	Schlaflabor Ostfriesland	00:48:24	00:38:48	00:54:42	00:44:34	00:51:01	00:49:37	04:47:06	13	M55	6
229	Gebhardt	Dieter	Sparkasse Aurich-Norder	00:49:01	00:39:08	00:54:24	00:44:22	00:50:11	00:50:04	04:47:10	14	M55	6
266	Hedemann	Fredy	Team Möbel Buss	00:49:07	00:39:09	00:55:00	00:45:14	00:51:20	00:50:52	04:50:42	15	M55	6
286	Sassen	Manfred	Weener Plastik GmbH	00:49:14	00:39:18	00:56:01	00:45:18	00:51:19	00:50:26	04:51:36	16	M55	6
314	Pollmann	Gerhard	Veenhusen	00:52:42	00:41:03	00:56:24	00:44:48	00:50:11	00:49:39	04:54:47	17	M55	6
324	Schneider	Andreas		00:48:18	00:39:05	00:53:02	00:45:45	00:58:09	00:51:04	04:55:23	18	M55	6
330	De Vries	Reinhard		00:49:32	00:39:32	00:56:01	00:45:45	00:52:46	00:52:05	04:55:41	19	M55	6
329	Meyerhoff	Hartmut		00:50:47	00:40:36	00:56:27	00:46:17	00:51:21	00:50:13	04:55:41	20	M55	6
338	Wulle	Thomas	Stadt Aurich	00:51:16	00:39:33	00:57:01	00:45:30	00:52:06	00:50:47	04:56:13	21	M55	6
355	Janssen	Dieter	LT SV Ems Jemgum	00:46:26	00:40:46	00:58:32	00:45:42	00:54:13	00:52:22	04:58:01	22	M55	6
361	Bunjes	Axel	LT TuRa 07 Westrhauder	00:50:39	00:40:11	00:56:11	00:46:32	00:53:32	00:51:25	04:58:30	23	M55	6
368	Bleeker	Rolf	VOST	00:49:49	00:39:41	00:55:34	00:46:04	00:55:05	00:52:28	04:58:41	24	M55	6
397	Welling	Torsten	MTV Wittmund	00:50:23	00:40:40	00:57:06	00:46:18	00:53:28	00:51:58	04:59:53	25	M55	6
412	Grünefeld	Johann	Stickhausen	00:47:10	00:39:06	00:57:13	00:47:47	00:53:11	00:55:46	05:00:13	26	M55	6
455	Keiser	Johann	n-cut24	00:51:43	00:40:47	00:58:57	00:46:45	00:53:16	00:52:13	05:03:41	27	M55	6
474	Mayer	Reinhard	SV Ochtersum	00:53:23	00:41:14	00:58:11	00:47:15	00:52:54	00:51:49	05:04:46	28	M55	6
484	Bertelmann	Berti	LG Papenburg-Aschendo	00:51:15	00:41:47	00:59:11	00:47:23	00:53:22	00:52:18	05:05:16	29	M55	6
488	Meyerhoff	Lothar	Störtebeker Loopers TVM	00:51:10	00:41:58	01:00:06	00:46:57	00:53:28	00:51:56	05:05:35	30	M55	6
494	Schild	Stefan	Hartmann Group	00:50:51	00:40:03	00:57:23	00:49:10	00:55:03	00:53:46	05:06:16	31	M55	6
498	De Buhr	Harald	Polizei Leer	00:51:40	00:41:17	00:58:18	00:47:34	00:53:45	00:53:57	05:06:31	32	M55	6
501	Post	Reinhard	SV Stern Schwerinsdorf	00:52:19	00:41:16	00:58:24	00:47:13	00:52:45	00:54:41	05:06:38	33	M55	6
533	Hicken	Gert	OGV - Laufen für Tinca	00:51:49	00:41:13	00:59:47	00:48:49	00:54:41	00:53:37	05:09:56	34	M55	6
535	Dröst	Johann	NV Versicherungen VVaG	00:52:19	00:41:34	00:59:12	00:48:26	00:54:40	00:53:51	05:10:02	35	M55	6
538	Thörner	Klaus	Team obw	00:52:52	00:42:02	00:58:59	00:47:47	00:53:57	00:54:34	05:10:11	36	M55	6
568	Harms	Joachim	Traba Team	00:52:36	00:42:02	00:59:01	00:48:09	00:53:59	00:55:50	05:11:37	37	M55	6
570	Kramer	Manfred	Werder Ossis	00:52:28	00:41:50	00:59:08	00:48:39	00:54:59	00:54:35	05:11:39	38	M55	6
572	Meinen	Gerold	Landkreis Wittmund	00:52:34	00:42:04	00:59:45	00:48:35	00:54:55	00:54:08	05:12:01	39	M55	6
576	Offer	Michael	WLC Nord GmbH Antriebs	00:53:12	00:42:06	01:01:53	00:48:47	00:53:37	00:52:49	05:12:24	40	M55	6
602	Ebel	Rainer	LT TuS Aurich-Ost	00:52:04	00:42:13	00:59:25	00:48:56	00:55:24	00:55:33	05:13:35	41	M55	6
624	Habben	Berend	Wybelsum	00:53:52	00:42:22	01:00:15	00:48:54	00:54:53	00:54:36	05:14:52	42	M55	6
625	Kiesé	Kersten	TuS Esens	00:53:00	00:42:16	01:00:21	00:49:11	00:55:01	00:55:06	05:14:55	43	M55	6
628	Janssen	Wilfried	Sparkasse LeerWittmund	00:53:44	00:42:28	00:59:53	00:48:49	00:55:27	00:54:43	05:15:04	44	M55	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

644	Rohden	Heinz	SV Blomberg-Neuschoor	00:53:36	00:42:29	01:00:31	00:48:52	00:56:10	00:54:34	05:16:12	45	M55	6
651	Ubben	Ehlke	Stadt Aurich	00:53:26	00:42:53	01:00:22	00:49:22	00:55:39	00:54:55	05:16:37	46	M55	6
676	Buß	Coob	SV Eintracht Ihlow e.V	00:53:58	00:42:52	01:00:09	00:49:22	00:56:11	00:55:39	05:18:11	47	M55	6
682	Hinrichs	Enno	LG Großefehn	00:54:14	00:42:37	01:00:10	00:49:21	00:56:28	00:55:37	05:18:27	48	M55	6
693	Friedrichs	Wolfgang	TV Norden / Ultrafriesen	00:51:38	00:40:17	01:03:55	00:51:53	00:56:31	00:54:48	05:19:02	49	M55	6
703	Rieken	Wilhelm	Sparkasse LeerWittmund	00:53:08	00:42:48	01:01:42	00:49:58	00:56:30	00:55:29	05:19:35	50	M55	6
718	Meyer	Jörg	LG Fliegerhorst Upjever	00:55:40	00:42:45	01:00:33	00:49:14	00:56:09	00:55:57	05:20:18	51	M55	6
728	Hummerich	Ludwig	Emder LG	00:53:26	00:43:04	01:01:32	00:50:07	00:57:36	00:54:58	05:20:43	52	M55	6
732	Poppen	Klaus	VW Emden	00:53:14	00:42:10	01:00:40	00:49:38	00:57:54	00:57:20	05:20:56	53	M55	6
736	Weber	Siegfried	Team Möbel Buss	00:53:53	00:43:14	01:00:53	00:49:31	00:56:53	00:56:54	05:21:18	54	M55	6
742	Geiken	Dieter	LT TuS Aurich-Ost	00:53:36	00:42:44	01:01:58	00:50:17	00:56:52	00:56:12	05:21:39	55	M55	6
745	Tunder	Hartmut	Stadt Aurich	00:53:58	00:41:54	01:04:11	00:48:54	00:57:56	00:55:09	05:22:02	56	M55	6
759	Wolters	Hans-Herman	Klinge Papierwerke	00:55:03	00:43:57	01:00:59	00:49:30	00:56:50	00:56:42	05:23:01	57	M55	6
764	Feldkamp	Volker	Team - LFZ	00:55:06	00:42:49	01:01:50	00:50:24	00:56:54	00:56:21	05:23:24	58	M55	6
768	Foorden	Wilfried	TG Wiesmoor	00:55:31	00:43:36	01:01:21	00:49:12	00:57:19	00:56:42	05:23:41	59	M55	6
771	Gastmann	Richard		00:53:39	00:50:02	01:01:03	00:48:57	00:54:38	00:55:45	05:24:04	60	M55	6
786	Papendick	Ralf		00:54:15	00:44:16	01:02:07	00:50:46	00:57:24	00:56:24	05:25:12	61	M55	6
799	Nesvera	Werner		00:56:29	00:44:24	01:02:11	00:50:17	00:56:43	00:56:18	05:26:22	62	M55	6
801	Hesselbrock	Georg	Nordland Papier	00:55:08	00:43:50	01:04:19	00:50:12	00:57:45	00:55:13	05:26:27	63	M55	6
812	Goudschaal	Johann	Kirchengemeinde Hollen	00:54:21	00:43:19	01:01:54	00:50:56	00:58:11	00:58:44	05:27:25	64	M55	6
832	Lüken	Ehrenfried	"TaktLwG 71 IR\''''	00:54:06	00:43:18	01:04:03	00:51:18	00:58:14	00:57:32	05:28:31	65	M55	6
842	Boekhoff	Hermann	Freie Lunge SV Bentstree	00:54:16	00:45:21	01:03:40	00:51:41	00:57:35	00:56:35	05:29:08	66	M55	6
852	August	Dieter	Die Continentale	00:54:48	00:43:36	01:03:20	00:51:32	00:57:04	00:59:19	05:29:39	67	M55	6
865	Müller	Lothar	Fortuna Logabirum	00:56:07	00:44:23	01:02:47	00:51:24	00:58:41	00:56:52	05:30:14	68	M55	6
873	Möhlmann	Manfred	SC Wiesens	00:55:32	00:44:33	01:02:36	00:51:23	00:57:59	00:58:47	05:30:50	69	M55	6
874	Adick	Matthias	Lummerland Taxi Aurich	00:56:02	00:44:41	01:02:49	00:51:22	00:58:12	00:57:49	05:30:55	70	M55	6
887	Krüger	Jens	Loopteam Krüger	00:56:45	00:44:29	01:02:13	00:51:30	00:58:37	00:58:14	05:31:48	71	M55	6
889	Alberts	Karsten	Reha-Zentrum am Meer	00:55:45	00:43:48	01:04:11	00:51:50	00:58:33	00:57:49	05:31:56	72	M55	6
897	Sprenger	Robert	LSF Oldenburg	00:56:19	00:44:55	01:03:25	00:51:58	00:58:27	00:57:24	05:32:28	73	M55	6
899	Coordes	Detlef	SPIE	00:56:44	00:44:55	01:03:30	00:50:50	00:58:32	00:57:59	05:32:30	74	M55	6
905	Lambertus	Hans-Dieter	Eben-Eser Moormerland	00:58:11	00:46:36	01:02:56	00:50:44	00:57:44	00:56:39	05:32:50	75	M55	6
907	Friedrich	Wolfgang	Leinerstift	00:56:51	00:45:06	01:03:46	00:51:41	00:58:08	00:57:23	05:32:55	76	M55	6
910	Hansen	Christian	Ingenieurbüro PHHT Aur	00:55:47	00:44:51	01:03:13	00:51:57	00:58:08	00:59:17	05:33:13	77	M55	6
914	Spannhoff	Rainer	Emder LG	00:52:54	00:42:27	01:02:04	00:53:59	01:01:12	01:00:49	05:33:25	78	M55	6
931	Diener	Wilfried	VfB Uplengen	00:57:17	00:45:02	01:02:21	00:52:00	00:59:03	00:58:32	05:34:15	79	M55	6
945	Haupt	Werner	Waldweg Lopers Westerr	00:57:16	00:44:39	01:04:03	00:51:50	00:59:23	00:57:41	05:34:52	80	M55	6
946	Weber	Manfred	SV Stern Schwerinsdorf	00:56:49	00:44:55	01:03:55	00:51:57	00:58:48	00:58:29	05:34:53	81	M55	6
951	Aumann	Stefan	MTV Aurich	00:53:41	00:54:59	01:04:11	00:48:55	00:57:56	00:55:23	05:35:05	82	M55	6
952	Dannen	Siegfried	SV Wymeer/Boen	00:55:58	00:46:30	01:03:30	00:51:47	00:58:51	00:58:31	05:35:07	83	M55	6
971	Penner	Florian	Löwen-Apotheke Emden	00:57:10	00:45:32	01:03:33	00:52:14	00:59:30	00:58:11	05:36:10	84	M55	6
1005	Gerdas	Manfred	WD 40	01:00:09	00:46:02	01:04:30	00:52:03	00:58:04	00:56:57	05:37:45	85	M55	6
1044	Oltmanns	Reinhard	Reinhard Oltmanns	00:56:33	00:44:41	01:06:16	00:53:04	01:01:01	00:58:07	05:39:42	86	M55	6
1055	Lammers	Johann	Heinen Freezing	00:57:44	00:45:24	01:05:39	00:52:52	00:58:55	00:59:47	05:40:21	87	M55	6
1057	Baller	Hans-Jürgen	JanBen-Transporte	00:57:11	00:45:24	01:06:03	00:52:56	01:00:30	00:58:29	05:40:33	88	M55	6
1067	Meintrup	Michael		00:56:26	00:44:08	01:03:06	00:54:54	01:03:58	00:58:34	05:41:06	89	M55	6
1083	Paul	Bernhard	Emder LG	00:57:41	00:45:35	01:06:49	00:52:56	01:00:16	00:59:09	05:42:26	90	M55	6
1112	Kanthak	Herbert	Team obw	00:59:27	00:46:17	01:06:51	00:53:22	01:00:32	00:57:53	05:44:22	91	M55	6
1128	Bogena	Martin	Deichgraf	00:58:45	00:45:32	01:03:54	00:52:07	01:03:59	01:01:12	05:45:29	92	M55	6
1136	Schonebeck	Karl-Heinz	AK Muskelkater	01:01:22	00:46:48	01:06:05	00:53:09	01:00:17	00:58:32	05:46:13	93	M55	6
1147	Cassens	Michael		00:58:37	00:46:14	01:06:10	00:53:23	01:00:48	01:01:34	05:46:46	94	M55	6
1151	Baumann	Friedhelm	Rolf Janssen Gruppe	00:59:46	00:47:04	01:04:53	00:53:07	00:59:48	01:02:23	05:47:01	95	M55	6
1160	Fischer	Helmut	Störtebeker Loopers TVM	00:58:41	00:46:30	01:06:04	00:53:25	01:01:43	01:01:36	05:47:59	96	M55	6
1164	Wienrank	Horst	SV Dornum/MTV Aurich	00:58:53	00:45:59	01:04:21	00:53:41	01:03:38	01:01:38	05:48:10	97	M55	6
1173	Groen	Eltjo	CVJM	00:58:48	00:43:58	01:09:31	00:54:16	00:59:00	01:03:11	05:48:44	98	M55	6
1218	Carstens	Eckard	Leinerstift	00:59:54	00:46:46	01:06:24	00:54:43	01:02:27	01:02:19	05:52:33	99	M55	6
1242	König	Tino	Eben-Eser Moormerland	01:00:53	00:47:43	01:08:32	00:54:53	01:02:15	01:00:08	05:54:24	100	M55	6
1323	Wildemann	Martin	WfbM Aurich-Wittmund	01:02:18	00:48:05	01:09:38	00:56:08	01:03:45	00:59:54	05:59:48	101	M55	6
1330	Däuber	Günter	Judo Team Leer VFR He	01:00:12	00:47:43	01:10:19	00:55:46	01:04:37	01:01:33	06:00:10	102	M55	6
1333	Lind	Peter	Team obw	01:00:47	00:46:40	01:08:47	00:56:42	01:04:36	01:02:45	06:00:17	103	M55	6
1340	Baumann	Georg Ihno	TV Greetsiel	01:01:09	00:47:53	01:08:46	00:55:46	01:02:17	01:05:06	06:00:57	104	M55	6
1371	Trauernicht	Jens	EWE-Wattloopers	01:02:03	00:48:40	01:10:08	00:56:33	01:02:47	01:02:37	06:02:48	105	M55	6
1417	Adden	Karl	Laufftreff Christuskirche C	01:02:02	00:48:51	01:09:34	00:57:36	01:03:49	01:03:37	06:05:29	106	M55	6
1423	Remmers	Joachim	WfbM Aurich-Wittmund	01:02:57	00:48:08	01:09:52	00:56:01	01:04:44	01:04:08	06:05:50	107	M55	6
1431	Hollwege	Ralf	Verein für feine Lebensar	01:04:49	00:49:36	01:09:31	00:55:25	01:03:51	01:03:22	06:06:34	108	M55	6
1433	Rosenboom	Rosi	TV Norden	01:01:02	00:49:37	01:09:35	00:56:47	01:04:42	01:04:57	06:06:40	109	M55	6
1445	Benz	Rolf	Weener Plastik GmbH	01:03:06	00:48:50	01:09:33	00:54:51	01:07:24	01:03:20	06:07:04	110	M55	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1484	Hammiediers	Fredo	ELV Elektronik AG/eQ-3	01:02:42	00:51:13	01:11:40	00:56:59	01:04:07	01:03:05	06:09:46	111	M55	6
1574	Sweers	Ralf	100 Marathon Club	00:58:16	00:49:54	01:17:36	01:00:46	01:05:53	01:04:12	06:16:37	112	M55	6
1610	Eden	Andreas	Badewerk Neuharlingersi	01:05:11	00:49:38	01:10:18	00:58:07	01:10:26	01:05:52	06:19:32	113	M55	6
1615	Ollermann	Friedrich	„Bis(s)“ zum Ziel	01:04:15	00:50:32	01:13:28	00:58:26	01:06:39	01:06:32	06:19:52	114	M55	6
1656	Kleymann	Norbert		01:04:13	00:51:08	01:15:31	00:58:08	01:07:15	01:06:14	06:22:29	115	M55	6
1676	Schmidt	Mathias	Selbstläufer	01:09:28	00:50:17	01:10:56	00:57:57	01:07:20	01:08:42	06:24:40	116	M55	6
1730	Doden	Meinhard	Getek	01:06:45	00:51:10	01:13:54	01:00:04	01:09:54	01:07:26	06:29:13	117	M55	6
1740	Ennen	Ewald	AOK Niedersachsen	01:07:07	00:51:38	01:16:22	01:00:23	01:08:07	01:07:07	06:30:44	118	M55	6
1751	Niemann	Jörg		01:06:04	00:52:51	01:15:37	01:01:11	01:08:55	01:08:23	06:33:01	119	M55	6
1756	Kleen	Walter Erich		01:06:48	00:51:37	01:15:21	01:01:42	01:09:39	01:08:43	06:33:50	120	M55	6
1762	Eilts	Harald	EWE-Wattloopers	01:07:41	00:52:41	01:17:15	01:00:31	01:08:50	01:07:14	06:34:12	121	M55	6
1784	Georg	Poppen		01:11:18	00:50:15	01:16:41	01:00:43	01:08:02	01:09:00	06:35:59	122	M55	6
1793	Efken	Thomas		01:08:09	00:54:14	01:16:05	01:00:30	01:09:36	01:07:59	06:36:33	123	M55	6
1804	Soring	Gerd	AGRAVIS Ems-Jade Gm	01:08:17	00:54:11	01:15:48	01:01:03	01:09:32	01:08:41	06:37:32	124	M55	6
1807	Claußen	Michael	Polizei Leer	01:08:25	00:52:59	01:15:27	01:02:55	01:09:23	01:08:30	06:37:39	125	M55	6
1813	Juilfs	Uwe	13 Eichen Wiesens	01:07:48	00:53:47	01:16:07	01:01:46	01:09:05	01:09:47	06:38:20	126	M55	6
1882	Schmidt	Hartmut	Aprilla RS 250 2stroke Ra	01:07:26	00:53:17	01:17:14	01:03:03	01:11:22	01:11:16	06:43:38	127	M55	6
1890	Hinrichs	Heinz-Dieter	SV Teutonia Stapelmoor	01:09:01	00:54:18	01:17:55	01:02:52	01:10:49	01:09:17	06:44:12	128	M55	6
1999	Husmann	Rüdiger	Kaufhaus Behrends Wies	01:10:27	00:55:38	01:21:34	01:03:35	01:11:47	01:10:51	06:53:52	129	M55	6
2018	Ramaker	Harald	SV Warsingsfehn	01:11:09	00:56:03	01:19:50	01:04:51	01:11:50	01:11:53	06:55:36	130	M55	6
2026	Janssen	Holger	SV Großefehn	01:06:39	00:51:27	01:24:23	01:08:49	01:14:16	01:10:29	06:56:03	131	M55	6
2064	Roos	Heinz	Brötje Raumheizsysteme	01:13:52	00:58:53	01:22:26	01:04:57	01:13:10	01:06:58	07:00:16	132	M55	6
2080	Krott	Dieter	LT TuS Aurich-Ost/KVN	01:11:38	00:56:24	01:21:22	01:05:29	01:14:39	01:12:37	07:02:09	133	M55	6
2085	Siemens	Ralf	Hartmann Group	01:12:10	00:56:25	01:21:55	01:04:43	01:13:14	01:14:05	07:02:32	134	M55	6
2137	Siefken	Wilfried		01:20:19	00:58:34	01:22:46	01:05:47	01:07:36	01:14:51	07:09:53	135	M55	6
2148	Bock	Uwe	LT TuS Aurich-Ost	01:13:00	00:57:55	01:23:48	01:07:01	01:14:50	01:14:57	07:11:31	136	M55	6
2149	Wilken	Helge	.... für Papa	01:13:00	00:57:54	01:23:51	01:07:04	01:14:50	01:14:59	07:11:38	137	M55	6
2179	Klömppges	Axel	Lummerland Taxi Aurich	01:12:51	01:00:56	01:25:58	01:07:54	01:13:27	01:15:49	07:16:55	138	M55	6
2189	Schmalwasser	Sören	Team Eddie / Nortmoor	01:15:12	00:58:16	01:24:35	01:08:57	01:19:06	01:15:02	07:21:08	139	M55	6
2214	Sinning	Ludwig	Kreuzfahrten Sinning NO	01:16:59	00:58:38	01:27:50	01:08:53	01:19:41	01:16:59	07:29:00	140	M55	6
2277	Stegemann	Bernhard		01:22:08	01:05:37	01:30:24	01:12:30	01:19:48	01:21:02	07:51:29	141	M55	6
2323	Langenberg	Udo	TRAUCO Gruppe	01:23:41	01:04:17	01:34:54	01:17:56	01:27:32	01:24:08	08:12:28	142	M55	6
2324	Peters	Klaus	Team ENERCON	01:23:41	01:04:17	01:34:55	01:17:56	01:27:31	01:24:09	08:12:29	143	M55	6
2356	Sinnhuber	Thomas	Lauf geht's Leer	01:28:45	01:10:59	01:40:26	01:19:14	01:28:49	01:31:44	08:39:57	144	M55	6
2365	Janßen	Uwe	NV Versicherungen VVaG	01:32:22	01:10:24	01:39:53	01:20:25	01:36:58	01:29:32	08:49:34	145	M55	6
46	Ludwig	Reinhard	LG Ostfriesland	00:44:06	00:35:00	00:48:54	00:40:27	00:45:28	00:44:28	04:18:23	1	M60	6
119	Stahn	Hans-Peter	LT TuS Aurich-Ost	00:46:13	00:36:54	00:52:33	00:42:32	00:48:14	00:47:40	04:34:06	2	M60	6
127	Christians	Borchard	LG Ostfriesland	00:46:03	00:37:04	00:52:03	00:42:58	00:49:06	00:47:46	04:35:00	3	M60	6
130	Eden	Kurt	TV Norden	00:45:52	00:37:14	00:52:07	00:42:59	00:49:17	00:47:45	04:35:14	4	M60	6
142	Mix	Uli	LC Hansa Stuhr	00:46:46	00:37:33	00:52:14	00:42:27	00:49:15	00:48:24	04:36:39	5	M60	6
216	Trebesch	Wolfgang	MTV Aurich	00:46:37	00:37:08	00:52:42	00:42:48	00:51:52	00:55:02	04:46:09	6	M60	6
242	Faß	Johann	Triebi voran	00:48:07	00:38:48	00:55:52	00:45:00	00:51:06	00:49:56	04:48:49	7	M60	6
252	Meyer	Tönjes	TSV Hesel	00:47:59	00:38:25	00:54:45	00:44:29	00:52:07	00:51:47	04:49:32	8	M60	6
316	Willms	Johann	Landkreis Leer	00:50:02	00:39:36	00:55:57	00:45:21	00:52:18	00:51:35	04:54:49	9	M60	6
349	Van Der Kamp	Hans Jürgen	Emder LG	00:53:09	00:39:36	00:57:11	00:45:32	00:52:07	00:50:12	04:57:47	10	M60	6
496	Doden	Johann	Emder LG	00:53:15	00:40:51	00:58:21	00:47:08	00:53:49	00:53:00	05:06:24	11	M60	6
512	Tunder	Garrelt	SC Wiesens	00:51:25	00:41:47	00:59:50	00:47:59	00:54:36	00:52:28	05:08:05	12	M60	6
561	Doden	Alfred	LT Tus Holtriem	00:52:49	00:42:08	00:58:11	00:48:51	00:54:58	00:54:24	05:11:21	13	M60	6
569	Strömer	Berthold	VW Emden	00:53:02	00:42:02	00:58:31	00:48:55	00:54:53	00:54:14	05:11:37	14	M60	6
614	Redenius	Folkert	LT TuRa 07 Westrauder	00:49:35	00:39:57	00:56:05	00:58:03	00:56:19	00:54:28	05:14:27	15	M60	6
643	De Riese	Reiner	Meyer Werft	00:53:45	00:42:36	01:00:04	00:49:35	00:55:40	00:54:27	05:16:07	16	M60	6
645	Janssen	Dieter	Wittmund	00:52:59	00:42:44	01:00:24	00:49:07	00:56:05	00:54:58	05:16:17	17	M60	6
660	Ubben	Bernd	LT TuS Aurich-Ost/MTV A	00:52:36	00:42:12	01:00:32	00:48:26	00:55:55	00:57:23	05:17:04	18	M60	6
677	Martens	Willi		00:54:25	00:42:36	01:01:04	00:49:32	00:56:46	00:53:48	05:18:11	19	M60	6
691	Schulz	Manfred	LT TuRa 07 Westrauder	00:53:44	00:42:54	01:00:27	00:49:25	00:56:04	00:56:26	05:19:00	20	M60	6
696	Geisemeyer	Lothar	Bünting Tee	00:53:54	00:44:25	00:59:55	00:48:18	00:56:37	00:56:05	05:19:14	21	M60	6
723	Hildebrandt	Theodor	LG Ostfriesland	00:53:41	00:43:30	01:00:56	00:49:11	00:56:52	00:56:19	05:20:29	22	M60	6
758	Richter	Leonhard	Aktiv Fitnessclub Barßel	00:54:13	00:43:23	01:01:50	00:50:06	00:57:01	00:56:20	05:22:53	23	M60	6
826	Bakker	Heinz	Lauf geht's Leer	00:55:48	00:44:09	01:03:34	00:51:09	00:57:14	00:56:24	05:28:18	24	M60	6
848	Nagel	Hermann	RKZ143	00:55:45	00:44:45	01:02:50	00:51:18	00:57:55	00:56:52	05:29:25	25	M60	6
853	Popp	Rolf Bernhard	Reit-und Fahrverein Conc	00:55:56	00:44:41	01:02:30	00:51:06	00:57:57	00:57:37	05:29:47	26	M60	6
898	Sweers	Siegfried	Emder LG	00:56:33	00:45:17	01:02:34	00:52:03	00:59:00	00:57:02	05:32:29	27	M60	6
904	Schoon	Focko	"TaktLwG 71  R ""	00:55:56	00:45:19	01:03:25	00:51:53	00:58:48	00:57:25	05:32:46	28	M60	6
927	Sandersfeld	Johann	LG Uplengen	00:56:35	00:45:21	01:03:43	00:51:57	00:58:30	00:57:58	05:34:04	29	M60	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

967	Prikker	Weert-Peter	Fortuna Logabirum	00:56:14	00:45:04	01:05:00	00:52:06	00:58:59	00:58:41	05:36:04	30	M60	6
972	Krems	Hans-Jürgen	Emder RV	00:57:48	00:44:46	01:03:14	00:52:10	00:58:35	00:59:39	05:36:12	31	M60	6
981	Abbas	Harald	VW - Arteon	00:55:50	00:47:18	01:03:48	00:52:04	00:58:55	00:58:26	05:36:21	32	M60	6
1031	Lohmeyer	Everwien	SV Frisia Brinkum	00:56:09	00:45:35	01:04:10	00:53:42	01:00:16	00:59:10	05:39:02	33	M60	6
1058	Tjarks	Alfred	EWE-Wattloopers	00:56:49	00:45:58	01:05:16	00:53:09	01:01:03	00:58:22	05:40:37	34	M60	6
1099	Saathoff-Kettwig	Günter		00:59:04	00:46:33	01:05:43	00:53:12	00:59:35	00:59:15	05:43:22	35	M60	6
1181	Hildebrandt	Volkmar	IGS Waldschule Egels/Tu	01:00:01	00:48:10	01:06:06	00:53:46	01:01:04	01:00:15	05:49:22	36	M60	6
1260	Winter	Heinrich	LT TuS Aurich-Ost	01:00:53	00:47:52	01:07:19	00:56:26	01:02:22	01:00:25	05:55:17	37	M60	6
1262	Schöning	Karl Heinz	LG Teutonia Stapelmoor	00:59:49	00:47:46	01:07:55	00:56:03	01:01:21	01:02:26	05:55:20	38	M60	6
1282	Zirpins	Burghardt	Team obw	00:59:48	00:48:28	01:07:34	00:55:12	01:03:31	01:02:01	05:56:34	39	M60	6
1301	Michalak	Karl-Heinz	kdo SES	01:01:41	00:48:09	01:08:31	00:55:43	01:02:32	01:01:34	05:58:10	40	M60	6
1327	Sporré	Jürgen	Emder LG	01:01:11	00:48:52	01:09:26	00:56:01	01:02:30	01:02:00	06:00:00	41	M60	6
1405	Eckhoff	Arno	Kurt sien Trupp	01:02:11	00:49:41	01:10:15	00:56:57	01:03:40	01:01:55	06:04:39	42	M60	6
1455	Poppen	Gert-Rudolf	MTV Aurich	01:05:18	00:49:14	01:10:02	00:56:14	01:03:28	01:03:05	06:07:21	43	M60	6
1470	Jelden	Jan-Gerd	TV Norden	01:02:16	00:49:36	01:10:04	00:57:27	01:04:24	01:04:52	06:08:39	44	M60	6
1493	Holzapfel	Lutz	TV Norden	01:06:41	00:48:48	01:09:02	00:56:12	01:04:48	01:05:09	06:10:40	45	M60	6
1505	Buss	Herbert	SV Stikelkamp	01:03:15	00:49:41	01:10:24	00:58:21	01:05:57	01:03:39	06:11:17	46	M60	6
1633	Wahren	Andreas	Schlaflabor Ostfriesland	01:08:07	00:53:23	01:14:15	00:58:35	01:04:14	01:02:44	06:21:18	47	M60	6
1703	Haschenburger	Werner	BSG Volksbank Jever	01:08:27	00:52:57	01:14:34	00:59:29	01:06:06	01:05:27	06:27:00	48	M60	6
1712	Remmers	Werner	hooksieger on tour	01:05:33	00:52:02	01:14:23	01:00:11	01:07:40	01:07:40	06:27:29	49	M60	6
1733	Schrage	Friedhelm	Stapel	01:04:09	00:51:41	01:16:10	01:00:28	01:08:57	01:08:10	06:29:35	50	M60	6
1735	Bergmann	Bernd	WfbM Aurich-Wittmund	01:05:04	00:53:02	01:15:34	01:00:18	01:08:40	01:07:28	06:30:06	51	M60	6
1792	Meeuw	Otto		01:08:10	00:54:14	01:16:05	01:00:29	01:09:35	01:07:59	06:36:32	52	M60	6
1827	Lanfermann	Manfred	LSF Oldenburg	01:11:37	00:55:00	01:16:36	01:00:26	01:08:28	01:07:21	06:39:28	53	M60	6
1905	Ahrlrichs	Reiner	TuS Aurich-Ost	01:09:09	00:54:46	01:17:59	01:02:00	01:11:24	01:09:39	06:44:57	54	M60	6
1938	Büttner	Walter	BPS Emden	01:08:09	00:54:56	01:17:32	01:03:48	01:11:15	01:12:34	06:48:14	55	M60	6
2034	Bruns	Rudi	VGH Versicherung	01:12:01	00:54:47	01:18:43	01:04:51	01:12:38	01:14:12	06:57:12	56	M60	6
2081	Erdmann	Jakob	Störtebeker Loopers TVM	01:04:01	00:54:10	01:14:54	01:03:04	01:11:34	01:34:29	07:02:12	57	M60	6
2125	Wiltfang	Johann	Ostfriesische Volksbank e	01:11:16	00:56:48	01:23:30	01:05:48	01:15:50	01:14:58	07:08:10	58	M60	6
2135	Foget	Edzard		01:15:43	01:00:20	01:22:50	01:07:07	01:12:33	01:10:55	07:09:28	59	M60	6
2225	Priebel	Uwe		01:17:52	01:01:35	01:25:41	01:10:19	01:19:22	01:18:24	07:33:13	60	M60	6
2252	Janssen	Heinz	Wittmund	01:19:46	01:00:56	01:28:35	01:11:56	01:23:40	01:18:12	07:43:05	61	M60	6
2275	Kompaan	Theo	Maschinenring Nordwest	01:18:54	01:01:43	01:25:58	01:11:54	01:25:55	01:26:19	07:50:43	62	M60	6
2291	Onken	Wilfried	Lauf geht's Leer	01:33:45	01:04:02	01:31:22	01:10:22	01:18:57	01:17:10	07:55:38	63	M60	6
2335	Wiebel	Alexander	Looney Loopers	01:27:11	01:07:38	01:35:20	01:16:47	01:27:25	01:26:15	08:20:36	64	M60	6
310	Anwand	Karl-Heinz	Taxi Röpkes	00:50:30	00:39:24	00:56:37	00:45:35	00:51:35	00:50:44	04:54:25	1	M65	6
350	Buß	Hinni	SV Ochtersum	00:49:16	00:39:36	00:56:01	00:47:10	00:52:03	00:52:55	04:57:51	2	M65	6
761	Bamberger	Michael	LSF Oldenburg	00:55:43	00:43:47	01:01:40	00:50:00	00:56:00	00:55:56	05:23:06	3	M65	6
1050	Waltner	Karlheinz	Klinikum Leer	00:55:56	00:45:20	01:05:04	00:54:48	00:59:59	00:59:00	05:40:07	4	M65	6
1056	De Buhr	Oskar	Schule am Petersweg Ihr	00:57:23	00:46:23	01:04:43	00:53:01	01:00:55	00:58:01	05:40:26	5	M65	6
1060	Scholz	Alfred	Emder LG	00:57:50	00:46:04	01:04:52	00:52:07	01:00:23	00:59:35	05:40:51	6	M65	6
1065	Ogiewa	Horst-Dieter	LSF Oldenburg	00:58:20	00:46:35	01:04:06	00:52:29	00:59:35	00:59:57	05:41:02	7	M65	6
1138	Oelke	Dietmar	LT Schafhauser Wald	01:00:32	00:47:17	01:05:58	00:52:51	01:01:02	00:58:41	05:46:21	8	M65	6
1149	Hahn	Werner	MTV Jever	01:00:15	00:45:46	01:08:21	00:53:57	01:00:08	00:58:23	05:46:50	9	M65	6
1207	Mitschker	Dieter	LT TuS Aurich-Ost	01:00:10	00:45:45	01:08:33	00:54:13	01:01:51	01:00:52	05:51:24	10	M65	6
1420	Büscher	Fritz	TV Norden	01:02:01	00:51:00	01:10:27	00:56:49	01:03:31	01:01:56	06:05:44	11	M65	6
1422	Goldswear	Theo	TuS Collinghorst	01:01:58	00:48:28	01:09:24	00:57:33	01:04:32	01:03:52	06:05:47	12	M65	6
1451	Bruhnken	Hans-Günter	BSG Volksbank Jever	01:00:53	00:50:01	01:10:26	00:57:35	01:04:49	01:03:25	06:07:09	13	M65	6
1467	Platte	Hans-Joachim	Stadt Wiesmoor	01:02:18	00:49:29	01:10:37	00:57:01	01:05:18	01:03:47	06:08:30	14	M65	6
1533	Willems	Heye	Fortuna Logabirum	01:02:31	00:50:58	01:11:10	00:58:19	01:04:55	01:04:56	06:12:49	15	M65	6
1578	Tinnemeyer	Oswald	LT TuRa 07 Westrhauder	01:04:52	00:50:25	01:12:02	00:58:18	01:06:07	01:05:13	06:16:57	16	M65	6
1582	Gutzmann	Manni	TuS Norderney	01:05:15	00:49:29	01:12:37	00:58:43	01:06:39	01:04:40	06:17:23	17	M65	6
1600	Janssen	Gerd	Sandhorst	01:04:32	00:51:30	01:11:50	00:58:31	01:07:00	01:05:22	06:18:45	18	M65	6
1622	Laqua	Klaus	Kurt sien Trupp	01:03:53	00:51:14	01:12:47	00:58:57	01:07:20	01:06:31	06:20:42	19	M65	6
1625	Janssen	Georg	TV Norden	01:04:07	00:50:33	01:11:32	00:58:49	01:08:09	01:07:38	06:20:48	20	M65	6
1642	Seidemann	Wolfgang	Heidmühler FC	01:04:42	00:51:45	01:13:53	01:00:40	01:05:37	01:05:18	06:21:55	21	M65	6
1677	König	Wolfgang	NIGE	01:05:30	00:50:39	01:13:24	00:59:26	01:08:28	01:07:14	06:24:41	22	M65	6
1734	Zimmermann	Reno	SV Dornum Watt'n Loopers	01:06:12	00:52:08	01:13:55	01:00:22	01:09:31	01:07:54	06:30:02	23	M65	6
1758	Lehmann	Ewald	WfbM Aurich-Wittmund	01:10:35	00:53:29	01:18:59	00:58:38	01:06:55	01:05:22	06:33:58	24	M65	6
1798	Berends	Duke	OGV - Laufen für Tinca	01:08:50	00:53:16	01:15:40	01:02:01	01:09:05	01:07:53	06:36:45	25	M65	6
1828	Frikke	Siegfried	TuS Holthusen	01:10:40	00:55:13	01:16:47	01:01:14	01:08:03	01:07:32	06:39:29	26	M65	6
1872	Rieken	Wilhelm	SV Simonswolde	01:10:36	00:54:15	01:15:31	01:00:57	01:10:03	01:11:34	06:42:56	27	M65	6
1981	Quarg	Bruno	BSG Volksbank Jever	01:08:22	00:55:52	01:19:26	01:05:34	01:10:46	01:12:12	06:52:12	28	M65	6
2028	Damm	Remmer		01:11:10	00:56:44	01:21:00	01:04:13	01:12:00	01:11:09	06:56:16	29	M65	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

2056	Weers	Werner	Sparkasse LeerWittmund	01:10:34	00:55:37	01:19:40	01:05:15	01:13:32	01:14:49	06:59:27	30	M65	6
2163	Eggerstorff	Fritz	BOX-CLUB Norden	01:11:51	00:58:38	01:24:14	01:07:23	01:14:37	01:17:36	07:14:19	31	M65	6
2191	Jänen	Hermann	Nordland Papier	01:17:20	00:59:29	01:26:34	01:10:00	01:13:41	01:14:43	07:21:47	32	M65	6
2207	Achtermann	Hartmut	Eben-Eser Moormerland	01:17:46	00:58:49	01:19:53	01:09:37	01:19:42	01:21:01	07:26:48	33	M65	6
2236	Wilken	Gerhold	Sparkasse LeerWittmund	01:17:57	01:01:46	01:30:24	01:09:51	01:20:45	01:16:08	07:36:51	34	M65	6
2278	Jürgens	Helmut	AOK Niedersachsen	01:20:35	01:03:36	01:30:01	01:12:15	01:23:52	01:21:23	07:51:42	35	M65	6
2334	Deecken	Werner	Looney Loopers	01:27:12	01:07:37	01:35:14	01:16:45	01:27:26	01:26:17	08:20:31	36	M65	6
2341	Gerdes	Hinni	MTV Hohenkirchen	01:27:50	01:09:41	01:36:34	01:16:51	01:29:19	01:25:53	08:26:08	37	M65	6
2352	Ackmann	Helmut	LT TuS Aurich-Ost /Stadt	01:26:39	01:07:28	01:37:51	01:19:57	01:32:29	01:33:31	08:37:55	38	M65	6
672	Von Kentzinsky	Roland	TG Wiesmoor	00:52:47	00:43:35	01:01:21	00:49:11	00:55:53	00:54:55	05:17:42	1	M70	6
806	Schubert	Manfred	SV Ochtersum	00:55:24	00:43:41	01:01:48	00:50:44	00:58:00	00:57:24	05:27:01	2	M70	6
995	Schultz	Heinz	VfR Heisfelde	00:55:43	00:45:56	01:04:36	00:52:55	00:58:53	00:58:56	05:36:59	3	M70	6
1118	Begitt	Kurt	SV Dornum	00:59:36	00:45:58	01:05:04	00:52:31	01:00:52	01:00:40	05:44:41	4	M70	6
1395	Beike	Günther	BSG Marinearsenal Wilhe	01:01:16	00:48:48	01:10:51	00:57:07	01:03:46	01:02:09	06:03:57	5	M70	6
1399	Hoffmann	Hans-Joachim	LT TuS Aurich-Ost	01:02:40	00:50:37	01:10:34	00:54:22	01:03:20	01:02:33	06:04:06	6	M70	6
1432	Steinmeier	Fritz		01:04:08	00:49:46	01:09:18	00:56:38	01:03:33	01:03:12	06:06:35	7	M70	6
1450	Klinkenborg	Enno	TV Norden	01:03:50	00:49:04	01:09:46	00:56:37	01:04:35	01:03:16	06:07:08	8	M70	6
1551	Freitag	Norbert	MTV Aurich	01:02:22	00:50:08	01:10:13	00:59:11	01:07:18	01:04:59	06:14:11	9	M70	6
1837	Tammen	Gerd	Team Möbel Buss	01:08:20	00:53:13	01:14:45	01:04:13	01:09:59	01:09:31	06:40:01	10	M70	6
1852	Reents	Peter	LT Schaffhauser Wald	01:07:02	00:54:11	01:17:03	01:03:51	01:09:52	01:09:30	06:41:29	11	M70	6
1855	Franzen	Wilfried	LG Teutonia Stapelmoor	01:06:52	00:53:46	01:17:07	01:02:23	01:11:04	01:10:28	06:41:40	12	M70	6
1887	Gossling	Karl	LG Bunde	01:09:40	00:55:45	01:17:41	01:02:02	01:09:40	01:09:09	06:43:57	13	M70	6
1895	Juilfs	Eilert	LG Großefehn	01:08:54	00:54:35	01:18:42	01:02:35	01:09:21	01:10:09	06:44:16	14	M70	6
2066	Lingner	Gerhard	LT TuRa 07 Westrhauder	01:09:58	00:56:43	01:19:22	01:06:14	01:14:03	01:14:05	07:00:25	15	M70	6
2098	Sattler	Wolfgang	Fortuna Logabirum	01:13:02	00:56:55	01:21:13	01:04:59	01:15:41	01:12:46	07:04:36	16	M70	6
2256	Baumhöfer	Klaus	Team BauCon	01:20:13	01:03:24	01:29:29	01:10:55	01:22:08	01:17:32	07:43:41	17	M70	6
2288	Panse	Hubert	TG Wiesmoor	01:24:15	01:04:38	01:32:52	01:13:08	01:21:35	01:18:22	07:54:50	18	M70	6
2305	Wittenburg	Peter	Team obw	01:14:16	01:03:22	01:37:52	01:15:19	01:25:25	01:25:30	08:01:44	19	M70	6
2309	Diener	Manfred	LG Großefehn	01:21:12	01:04:05	01:31:59	01:16:24	01:25:04	01:26:28	08:05:12	20	M70	6
2312	Saathoff	Günther	TSV Hesel	01:22:33	01:05:27	01:32:51	01:16:10	01:26:39	01:24:22	08:08:02	21	M70	6
2319	Hermann	Kerli	Lauf geht's Leer	01:24:47	01:06:08	01:34:36	01:14:49	01:26:08	01:24:25	08:10:53	22	M70	6
2339	Ihlow	Werner	TV Norden	01:24:45	01:07:19	01:36:01	01:17:43	01:29:35	01:28:08	08:23:31	23	M70	6
2357	Olling	Bernd		01:29:44	01:14:47	01:45:38	01:20:33	01:26:46	01:26:10	08:43:38	24	M70	6
2369	Lampen	Klaus	Solawi Hof EmsAuen	01:31:32	01:11:40	01:44:30	01:26:15	01:35:34	01:32:07	09:01:38	25	M70	6
2375	Engelberg	Gerfried	Lauf geht's Leer	01:34:02	01:18:34	01:43:58	01:22:20	01:36:48	01:37:38	09:13:20	26	M70	6
1336	Raulin	Siegfried	LT TuRa 07 Westrhauder	01:00:18	00:47:51	01:10:53	00:56:14	01:03:19	01:02:18	06:00:53	1	M75	6
1424	Badberg	Wilhelm	TG Wiesmoor	01:01:35	00:49:17	01:09:22	00:57:07	01:05:15	01:03:14	06:05:50	2	M75	6
1553	Gersch	Siegfried	TSV Riepe	01:03:09	00:50:22	01:10:55	00:58:03	01:05:10	01:06:43	06:14:22	3	M75	6
1564	Ruhe	Hans-Joachim	MTV Jever	01:03:01	00:50:53	01:13:56	00:58:30	01:04:51	01:04:24	06:15:35	4	M75	6
1567	Abken	Reinhard	Abken Bau	01:03:03	00:50:17	01:11:29	01:00:06	01:04:40	01:06:14	06:15:49	5	M75	6
1910	Eiben	Eibo	LG Harlingerland	01:08:48	00:55:35	01:17:11	01:03:23	01:10:47	01:09:39	06:45:23	6	M75	6
2019	Janssen	Günter	MTV Aurich	01:09:19	00:54:07	01:19:00	01:06:30	01:14:50	01:11:55	06:55:41	7	M75	6
2144	Eujen	Heinz- Arnold	Tafel Aurich	01:16:06	00:58:43	01:18:49	01:04:41	01:17:04	01:15:57	07:11:20	8	M75	6
2338	Steinke	Dietrich	SV Concordia Neermoor	01:24:30	01:08:20	01:35:37	01:19:05	01:28:55	01:26:15	08:22:42	9	M75	6
2366	Brauns	Dieter		01:34:32	01:13:04	01:40:37	01:18:52	01:32:33	01:32:31	08:52:09	10	M75	6
2035	Von Preyss	Bodo	Fortuna Logabirum	01:11:18	00:56:35	01:21:21	01:04:50	01:11:26	01:11:45	06:57:15	1	M80	6
2253	Wolckenhaar	Enno	TC Grün-Weiß / Leer	01:22:27	01:00:03	01:29:13	01:08:28	01:23:53	01:19:20	07:43:24	2	M80	6
52	Saathoff	Katharina	FCSO SII Kurs	00:43:50	00:34:46	00:50:03	00:40:36	00:46:00	00:45:39	04:20:54	1	WU20	6
489	Frerichs	Marja	KGS Großefehn	00:51:30	00:39:53	00:58:17	00:47:17	00:54:53	00:53:47	05:05:37	2	WU20	6
540	Siede	Celina	FCSO	00:52:35	00:39:44	00:58:55	00:47:35	00:55:06	00:56:22	05:10:17	3	WU20	6
545	Jetses	Larissa	Gymnasium Ulricianum A	00:52:56	00:41:09	00:59:22	00:47:36	00:55:36	00:54:07	05:10:46	4	WU20	6
606	Janssen	Lotte	Gymnasium Ulricianum A	00:52:55	00:41:08	00:59:26	00:47:44	00:56:52	00:55:36	05:13:41	5	WU20	6
739	Fleißner	Janka	IGS Aurich SEKII SP201	00:54:50	00:44:16	01:00:16	00:49:49	00:57:26	00:54:48	05:21:25	6	WU20	6
754	Groenewold	Lara Jenny	FCSO	00:58:16	00:43:22	01:00:19	00:49:46	00:56:20	00:54:36	05:22:39	7	WU20	6
794	Hamacher	Neele	Gymnasium Ulricianum A	00:56:03	00:43:52	01:01:44	00:50:02	00:58:08	00:56:08	05:25:57	8	WU20	6
800	Alberts	Finja	Lauftrupp WT Loppersum	00:57:15	00:43:19	01:02:28	00:50:55	00:55:58	00:56:28	05:26:23	9	WU20	6
849	Haschenburger	Julia	IGS Schortens	00:54:19	00:44:11	01:03:12	00:51:27	00:58:22	00:57:55	05:29:26	10	WU20	6
1042	Sühwold	Tomke	UEG Leer	00:58:12	00:45:45	01:05:10	00:52:25	00:59:31	00:58:34	05:39:37	11	WU20	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1053	Engelbrecht	Jule	KGS Wiesmoor	00:55:56	00:45:39	01:07:09	00:52:24	01:00:56	00:58:13	05:40:17	12	WU20	6
1062	Harms	Anke	FCSO SII Kurs	00:58:41	00:45:53	01:05:36	00:52:33	00:59:21	00:58:55	05:40:59	13	WU20	6
1109	Loesing	Ineke	DLRG Weener	00:59:35	00:46:16	01:04:39	00:52:50	01:01:02	00:59:39	05:44:01	14	WU20	6
1178	Raddatz	Johanne	VfB Uplengen	01:00:11	00:47:57	01:06:03	00:53:17	01:01:54	00:59:47	05:49:09	15	WU20	6
1214	Bülte	Nantke	UEG Leer	00:57:27	00:45:29	01:04:02	00:52:27	01:06:38	01:05:55	05:51:58	16	WU20	6
1228	Brocks	Eske	Gymnasium Ulricianum A	01:08:44	00:47:06	01:03:26	00:51:20	01:00:05	01:02:18	05:52:59	17	WU20	6
1236	Michaelsen	Sontje	FCSO	01:00:13	00:47:25	01:07:33	00:54:21	01:02:39	01:01:29	05:53:40	18	WU20	6
1270	Coordes	Astrid	OBS Schule Kloster Barthe	01:03:37	00:47:24	01:08:36	00:53:55	01:01:25	01:00:58	05:55:55	19	WU20	6
1288	Janssen	Antje	Team obw	01:00:09	00:47:19	01:08:03	00:56:01	01:02:03	01:03:24	05:56:59	20	WU20	6
1289	Naujok	Marina	WfbM Aurich-Wittmund	01:03:08	00:48:13	01:09:30	00:54:00	01:00:44	01:01:35	05:57:10	21	WU20	6
1294	Erdwiens	Hanna	Gymnasium Ulricianum A	01:01:23	00:47:23	01:07:11	00:55:58	01:03:16	01:02:34	05:57:45	22	WU20	6
1302	Sandrowski	Jule	LT TuRa 07 Westrauder	01:00:13	00:47:24	01:07:45	00:56:00	01:03:17	01:03:38	05:58:17	23	WU20	6
1308	Bakker	Harmina	Klinikum Leer	01:04:02	00:47:18	01:08:49	00:55:27	01:01:55	01:01:10	05:58:41	24	WU20	6
1320	Geiken	Amke	Gymnasium Ulricianum A	01:01:20	00:46:42	01:06:58	01:02:44	01:01:50	01:00:06	05:59:40	25	WU20	6
1329	Loegel	Frauke	SV Wiesede-Upschört	01:00:25	00:48:06	01:08:13	00:55:18	01:04:14	01:03:51	06:00:07	26	WU20	6
1385	Naujok	Wiebke	WfbM Aurich-Wittmund	01:03:37	00:48:55	01:09:59	00:55:45	01:02:48	01:02:28	06:03:32	27	WU20	6
1407	Kakuschke	Bele	Gymnasium Ulricianum A	01:04:55	00:47:02	01:10:41	00:56:03	01:04:13	01:01:53	06:04:47	28	WU20	6
1408	Gerdas	Lena	IGS Aurich	01:02:28	00:48:38	01:09:57	00:56:20	01:05:07	01:02:18	06:04:48	29	WU20	6
1464	Kempe	Sophia	Realschule Aurich	01:00:21	00:49:42	01:11:23	00:57:13	01:05:08	01:04:33	06:08:20	30	WU20	6
1475	Jibben	Nantke	LT Tus Holtriem	01:01:39	00:49:21	01:12:34	00:58:08	01:04:24	01:03:06	06:09:12	31	WU20	6
1497	Detmers	Wiebke	LG Ostfriesland	01:03:35	00:48:52	01:10:07	00:57:51	01:05:14	01:05:08	06:10:47	32	WU20	6
1503	Traore	Aicha	KGS Wiesmoor	01:07:55	00:50:37	01:11:44	00:55:41	01:03:25	01:01:40	06:11:02	33	WU20	6
1528	Toben	Laetizia	Realschule Aurich	01:04:38	00:49:40	01:11:23	00:57:13	01:05:07	01:04:33	06:12:34	34	WU20	6
1550	Jürgens	Melina	Angelsböcker Loopers &	01:05:15	00:51:09	01:11:26	00:56:31	01:05:24	01:04:24	06:14:09	35	WU20	6
1552	Trauernicht	Lisa Marie	FCSO	01:05:26	00:48:59	01:13:04	00:59:19	01:03:18	01:04:09	06:14:15	36	WU20	6
1572	Gerdas	Cindy	BBS 2 Aurich	01:03:26	00:50:27	01:10:47	00:57:55	01:07:18	01:06:34	06:16:27	37	WU20	6
1573	Ludmann	Emma	BBS Ammerland	01:10:27	00:49:32	01:10:55	00:56:02	01:05:39	01:03:58	06:16:33	38	WU20	6
1611	Lange	Michelle	OBS Kloster Barthe	01:04:21	00:50:15	01:16:52	00:56:24	01:04:48	01:06:54	06:19:34	39	WU20	6
1627	Clausen	Mona	IGS Moormerland	01:07:59	00:50:21	01:13:03	00:59:34	01:07:26	01:02:40	06:21:03	40	WU20	6
1631	Weinberg	Rieke	Jade-Boxring Wilhelmsh	01:03:41	00:50:39	01:13:49	00:59:21	01:07:28	01:06:15	06:21:13	41	WU20	6
1650	Hage	Malina	IGS Aurich SEKII SP201	01:08:15	00:50:47	01:09:01	00:56:10	01:11:29	01:06:35	06:22:17	42	WU20	6
1661	Wilkens	Wiebke		01:04:45	00:50:06	01:13:06	01:00:42	01:07:29	01:06:47	06:22:55	43	WU20	6
1673	Harms	Nele	Gymnasium Ulricianum A	01:05:59	00:51:34	01:17:07	00:58:21	01:06:06	01:04:51	06:23:58	44	WU20	6
1681	Löseke	Leni	Gymnasium Ulricianum A	01:08:32	00:50:14	01:16:27	00:57:50	01:07:32	01:04:22	06:24:57	45	WU20	6
1701	Peschke	Jule	Landkreis Leer / BBS 2 L	01:06:06	00:49:03	01:14:06	01:00:27	01:10:14	01:07:02	06:26:58	46	WU20	6
1718	Stern	Anna	Ludgerischule Leer	01:04:37	00:51:16	01:13:06	01:03:59	01:09:15	01:05:51	06:28:04	47	WU20	6
1737	Post	Johanna	Gymnasium Ulricianum A	01:10:10	00:53:16	01:14:59	00:58:34	01:08:32	01:04:51	06:30:22	48	WU20	6
1765	Beening	Inga	SV Strücklingen	01:06:33	00:52:58	01:14:11	00:59:31	01:08:11	01:13:10	06:34:34	49	WU20	6
1769	Löseke	Lotta	Gymnasium Ulricianum A	01:09:20	00:52:13	01:13:12	00:58:21	01:09:46	01:11:57	06:34:49	50	WU20	6
1777	Onken	Anna		01:11:06	00:55:17	01:17:18	01:00:04	01:07:02	01:04:50	06:35:37	51	WU20	6
1791	Saathoff	Marina	IGS Aurich SEKII SP201	01:10:01	00:52:20	01:14:04	00:59:23	01:10:00	01:10:43	06:36:31	52	WU20	6
1801	Krüger	Sina	FCSO	01:12:50	00:53:04	01:13:50	01:00:43	01:09:17	01:07:16	06:37:00	53	WU20	6
1817	Froschauer	Maya	IGS Waldschule Egels	01:07:37	00:53:44	01:15:37	01:02:45	01:11:07	01:07:46	06:38:36	54	WU20	6
1829	Trauer	Emma	Gymnasium Ulricianum A	01:08:34	00:51:50	01:16:29	00:58:43	01:11:57	01:11:57	06:39:30	55	WU20	6
1834	Kolthoff	Linda	FCSO SII Kurs	01:08:30	00:53:58	01:17:30	00:59:46	01:09:52	01:10:20	06:39:56	56	WU20	6
1848	De Wall	Anna	Gymnasium Ulricianum A	01:11:30	00:53:34	01:19:05	00:58:27	01:10:33	01:08:05	06:41:14	57	WU20	6
1860	Streibel	Fenja	IGS Aurich SekII sp222	01:05:40	00:50:08	01:11:17	01:10:53	01:17:12	01:06:48	06:41:58	58	WU20	6
1875	Diekmann	Nantke	Gymnasium Ulricianum A	01:10:36	00:50:17	01:18:12	01:02:26	01:10:01	01:11:33	06:43:05	59	WU20	6
1886	Herman	Paula	Mariengymnasium Jever	01:09:52	00:55:15	01:19:19	00:59:22	01:10:40	01:09:27	06:43:55	60	WU20	6
1904	Manssen	Lena	FCSO SII Kurs	01:09:18	00:53:43	01:18:22	01:00:08	01:09:51	01:13:32	06:44:54	61	WU20	6
1928	Heidergott	Kea	FCSO	01:08:39	00:54:52	01:17:18	01:02:35	01:12:22	01:11:37	06:47:23	62	WU20	6
1934	Nauschütt	Julia		01:08:24	00:47:16	01:20:26	01:05:44	01:14:11	01:11:57	06:47:58	63	WU20	6
1950	Hinrichs	Friederike	FCSO SII Kurs	01:08:45	00:53:59	01:17:31	00:59:51	01:20:56	01:08:43	06:49:45	64	WU20	6
1984	Weichers	Marie	OBS Kloster Barthe	01:08:43	00:45:02	01:18:47	01:05:30	01:11:38	01:22:47	06:52:27	65	WU20	6
1986	Wittmann	Marie	FCSO	01:13:52	00:58:53	01:22:27	01:04:56	01:13:11	00:59:13	06:52:32	66	WU20	6
2030	Elsen	Hanna-Antoni	FCSO SII Kurs	01:16:38	00:56:49	01:17:12	01:01:51	01:16:39	01:07:16	06:56:25	67	WU20	6
2088	Olthoff	Jasmin	LG Teutonia Stapelmoor	01:09:42	00:57:21	01:22:34	01:06:13	01:13:19	01:13:42	07:02:51	68	WU20	6
2133	Gärtner	Emmy	Gymnasium Ulricianum A	01:13:29	00:56:36	01:22:36	01:05:34	01:16:13	01:14:24	07:08:52	69	WU20	6
2140	Schreiner	Michelle	KGS Wiesmoor	01:12:38	00:55:17	01:23:56	01:02:31	01:20:08	01:16:02	07:10:32	70	WU20	6
2143	Gerdas	Lara	BBS Ammerland	01:17:39	00:58:10	01:22:26	01:05:24	01:12:54	01:14:41	07:11:14	71	WU20	6
2150	Schoolmann	Fee	Gymnasium Ulricianum A	01:14:55	00:57:48	01:26:08	01:03:40	01:11:26	01:17:41	07:11:38	72	WU20	6
2160	Faustmann	Celine	FCSO SII Kurs	01:16:40	00:57:36	01:23:38	01:05:20	01:16:39	01:13:29	07:13:22	73	WU20	6
2168	Niederstraßer	Jule	BBS Ammerland	01:15:17	00:56:30	01:25:18	01:06:33	01:16:43	01:14:40	07:15:01	74	WU20	6
2169	Ahrens	Rebecca	BBS Ammerland	01:15:18	00:56:32	01:25:18	01:06:32	01:16:43	01:14:40	07:15:03	75	WU20	6
2170	Hots	Tomma	BBS Ammerland	01:15:18	00:56:30	01:25:18	01:06:34	01:16:45	01:14:41	07:15:06	76	WU20	6
2197	Behrends	Fenna	KGS Wiesmoor	01:07:56	00:50:40	01:29:18	01:11:27	01:23:16	01:21:17	07:23:54	77	WU20	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

2203	Pröhl	Alina	BBS Ammerland	01:15:20	00:56:35	01:25:55	01:12:05	01:20:43	01:14:41	07:25:19	78	WU20	6
2246	Baumann	Kea Mareike	KGS Wiesmoor	01:17:34	00:57:48	01:29:15	01:11:29	01:23:13	01:21:14	07:40:33	79	WU20	6
2263	Marks	Ronja	FCSO SII Kurs	01:18:53	01:01:35	01:30:48	01:11:07	01:23:23	01:20:29	07:46:15	80	WU20	6
2265	Sinnhuber	Amelie	FCSO SII Kurs	01:18:53	01:01:36	01:30:49	01:11:09	01:23:24	01:20:30	07:46:21	81	WU20	6
2269	Manssen	Theelke	FCSO	01:19:56	01:01:36	01:32:27	01:11:35	01:21:33	01:21:08	07:48:15	82	WU20	6
2273	Falkenberg	Amke	TV Norden	01:21:25	01:04:25	01:30:14	01:12:37	01:21:13	01:19:57	07:49:51	83	WU20	6
2289	Saathoff	Jantje Marie H	KGS Wiesmoor	01:26:25	01:00:18	01:30:30	01:11:44	01:24:24	01:21:59	07:55:20	84	WU20	6
2296	Roos	Anna-Lena	OBS Kloster Barthe	01:16:51	01:01:34	01:32:40	01:14:35	01:28:01	01:25:00	07:58:41	85	WU20	6
2328	Niemann	Mareike	EC-LKG-Ihrhove	01:24:20	01:03:38	01:33:35	01:17:57	01:32:36	01:25:53	08:17:59	86	WU20	6
2330	Bontjer	Jana	KGS Wiesmoor	01:26:23	01:03:36	01:37:12	01:16:28	01:28:19	01:26:29	08:18:27	87	WU20	6
2343	Aktas	Selin	BBS Ammerland	01:30:02	01:05:21	01:35:39	01:17:00	01:30:10	01:30:02	08:28:14	88	WU20	6
2348	Janssen	Marje	FCSO SII Kurs	01:24:15	01:07:51	01:35:45	01:18:28	01:33:20	01:32:09	08:31:48	89	WU20	6
2354	Hank	Pia-Marie	FCSO SII Kurs	01:32:34	01:07:51	01:35:20	01:18:28	01:32:51	01:32:09	08:39:13	90	WU20	6
74	Zilich	Jana	LSF Oldenburg	00:44:13	00:35:37	00:51:07	00:41:01	00:47:08	00:45:48	04:24:54	1	WH	6
141	Burkhardt	Deike	Rennschnecken Westers	00:46:47	00:37:14	00:52:22	00:43:04	00:49:23	00:47:47	04:36:37	2	WH	6
207	Brinkmann	Liza		00:47:48	00:38:42	00:54:58	00:44:34	00:49:43	00:49:23	04:45:08	3	WH	6
278	Deharde	Meike	DVAQ	00:50:54	00:39:14	00:55:19	00:45:03	00:49:40	00:50:55	04:51:05	4	WH	6
328	Ott	Catalyn	Upstalsboomer	00:48:45	00:39:33	00:56:04	00:47:05	00:52:12	00:51:52	04:55:31	5	WH	6
416	Troff	Marie	LT TuS Aurich-Ost	00:51:02	00:40:42	00:57:11	00:46:21	00:52:49	00:52:42	05:00:47	6	WH	6
468	Huisinga	Amke	Briese Schifffahrt	00:52:17	00:40:44	00:57:41	00:47:39	00:53:40	00:52:28	05:04:29	7	WH	6
527	Kobuch	Theelke	LT Schaffhauser Wald	00:52:12	00:41:32	00:58:51	00:47:25	00:55:34	00:53:45	05:09:19	8	WH	6
551	Höfner	Lea	LG Harlingerland	00:52:29	00:41:03	00:59:08	00:49:38	00:54:15	00:54:28	05:11:01	9	WH	6
559	Knaap	Leigh	MTV Aurich	00:51:34	00:39:17	00:58:17	00:47:00	00:58:20	00:56:50	05:11:18	10	WH	6
578	Rehberg	Jennifer	MTV Hohenkirchen	00:51:59	00:41:11	00:58:28	00:48:36	00:56:27	00:55:46	05:12:27	11	WH	6
634	Bogena	Anna	M. Neemann OHG	00:54:49	00:42:51	01:00:34	00:47:25	00:55:34	00:54:24	05:15:37	12	WH	6
669	Hinrichs	Silke	Realschule Aurich	00:55:34	00:42:52	00:59:33	00:49:23	00:55:39	00:54:33	05:17:34	13	WH	6
689	Janßen	Moni	LT TuS Aurich-Ost	00:53:24	00:42:49	01:00:13	00:49:20	00:56:35	00:56:30	05:18:51	14	WH	6
735	Becker	Anna-Lena		00:55:56	00:43:04	01:00:43	00:49:14	00:56:53	00:55:24	05:21:14	15	WH	6
797	Pollmann	Sabrina	Landkreis Aurich	00:55:47	00:44:40	01:02:16	00:50:02	00:57:10	00:56:14	05:26:09	16	WH	6
830	Heumann	Pauline		00:57:17	00:44:05	01:03:07	00:49:18	00:59:27	00:55:13	05:28:27	17	WH	6
845	Dembek	Patrycja Marta	RS Immobilien	00:59:08	00:43:51	01:02:41	00:50:42	00:57:00	00:55:48	05:29:10	18	WH	6
923	Beening	Anneke	Ostfriesische Volksbank e	00:57:17	00:44:33	01:03:07	00:51:36	00:58:56	00:58:27	05:33:56	19	WH	6
940	Buntjer	Nicole		00:57:19	00:45:18	01:04:05	00:50:46	00:57:28	00:59:42	05:34:38	20	WH	6
979	Dirksen	Aiske	TuS Eintracht Hinte	00:58:08	00:44:55	01:04:57	00:50:50	00:59:42	00:57:46	05:36:18	21	WH	6
1015	Roeden	Saskia	Hockey Club Moormerland	00:58:47	00:45:43	01:05:11	00:51:35	00:59:12	00:57:33	05:38:01	22	WH	6
1026	Logemann	Jana	Rennschnecken Westers	00:57:21	00:45:32	01:04:42	00:52:19	00:59:56	00:58:48	05:38:38	23	WH	6
1037	Lowack	Venja		00:58:07	00:45:44	01:04:07	00:52:42	00:59:46	00:58:59	05:39:25	24	WH	6
1051	Hagen	Nantke	LT Schaffhauser Wald	00:57:45	00:46:04	01:04:24	00:52:52	00:59:30	00:59:34	05:40:09	25	WH	6
1075	Kettwig	Ronja	SV Stikelkamp	00:58:00	00:45:07	01:05:11	00:52:37	01:00:35	01:00:22	05:41:52	26	WH	6
1076	Backer	Carina	team traba	00:58:09	00:45:07	01:05:12	00:52:37	01:00:36	01:00:21	05:42:02	27	WH	6
1078	Krull	Stella	IGS Aurich SekII	01:02:33	00:48:04	01:08:15	00:46:26	01:00:15	00:56:37	05:42:10	28	WH	6
1088	Heusel	Laura	Fachbereich Seefahrt	00:58:18	00:45:58	01:04:27	00:55:35	00:59:26	00:58:59	05:42:43	29	WH	6
1111	Gerdes	Vanessa		00:59:19	00:46:43	01:06:10	00:52:55	01:01:00	00:58:03	05:44:10	30	WH	6
1119	Kösters	Wiebke	Gemeinde Apen	00:56:52	00:45:59	01:07:08	00:54:15	01:01:31	00:59:02	05:44:47	31	WH	6
1123	Schoormann	Saskia	Töben + Partner	00:59:23	00:46:33	01:05:42	00:53:25	01:01:09	00:58:50	05:45:02	32	WH	6
1124	Schmidt	Janna	gpl mbH	00:58:50	00:48:36	01:04:25	00:52:01	01:00:41	01:00:36	05:45:09	33	WH	6
1142	Buntjer	Carina	Meyer Werft	01:00:33	00:47:19	01:06:29	00:52:31	00:59:52	00:59:42	05:46:26	34	WH	6
1156	Hedemann	Franziska	LT TuS Aurich-Ost	00:57:42	00:46:04	01:09:41	00:53:49	01:00:36	00:59:39	05:47:31	35	WH	6
1162	Brunokowski	Maria-Sophie	HSG Friedeburg/Burhafa	01:01:25	00:47:24	01:07:30	00:52:48	00:59:36	00:59:18	05:48:01	36	WH	6
1165	Bley	Julia	MTV Aurich	00:59:10	00:46:33	01:05:18	00:53:55	01:02:14	01:01:11	05:48:21	37	WH	6
1174	Warnders	Ramona	LG Teutonia Stapelmoor	00:58:52	00:46:25	01:06:05	00:55:00	01:02:49	00:59:35	05:48:46	38	WH	6
1176	Janssen	Madita	Kaufhaus Behrends Wies	00:59:32	00:46:49	01:07:09	00:54:03	01:01:24	01:00:05	05:49:02	39	WH	6
1185	Schröder	Julia		01:01:50	00:47:53	01:04:27	00:54:08	01:01:45	00:59:33	05:49:36	40	WH	6
1191	Soring	Vanessa	HSG Friedeburg/Burhafa	01:01:28	00:47:26	01:08:06	00:52:59	01:00:24	00:59:39	05:50:02	41	WH	6
1193	Alberts	Katja	Wildsau	01:00:23	00:46:54	01:07:00	00:54:19	01:02:01	00:59:28	05:50:05	42	WH	6
1221	Post	Paula	TS Aluminium	01:02:31	00:46:52	01:05:35	00:52:48	01:03:21	01:01:37	05:52:44	43	WH	6
1226	Kruse	Nina		01:02:49	00:47:17	01:06:51	00:53:42	01:01:47	01:00:29	05:52:55	44	WH	6
1287	Eden	Merle	Polizeiakademie Nieders	01:00:11	00:50:52	01:09:56	00:55:31	01:01:53	00:58:26	05:56:49	45	WH	6
1314	Kruska	Carina	AMF Bruns	01:03:48	00:48:40	01:09:29	00:55:59	01:01:44	00:59:25	05:59:05	46	WH	6
1316	Gietzen	Kerstin	Polizei Leer	01:01:17	00:48:21	01:09:07	00:55:57	01:02:34	01:01:57	05:59:13	47	WH	6
1379	Antons	Janna	Polizei Aurich	01:03:39	00:48:39	01:09:08	00:56:16	01:04:01	01:01:28	06:03:11	48	WH	6
1380	Töpfer	Sylvia	LT TuS Aurich-Ost	01:03:03	00:48:18	01:09:53	00:55:26	01:03:44	01:02:48	06:03:12	49	WH	6
1387	Harms-Neunabe	Maike	Landkreis Wittmund	01:02:18	00:49:19	01:09:06	00:55:20	01:04:01	01:03:29	06:03:33	50	WH	6
1392	Behnert	Franziska		01:02:23	00:48:07	01:08:48	00:56:40	01:05:30	01:02:20	06:03:48	51	WH	6



# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1400	Hinrichs	Maike	Landkreis Aurich	01:02:24	00:49:18	01:10:19	00:56:05	01:03:19	01:03:00	06:04:25	52	WH	6
1401	Peters	Sandra	TSV Holtrop	01:02:24	00:49:18	01:10:19	00:56:05	01:03:20	01:03:00	06:04:26	53	WH	6
1411	Frank	Annika	LT Schaffhauser Wald	01:03:04	00:50:08	01:09:59	00:54:33	01:07:01	01:00:18	06:05:03	54	WH	6
1415	Heuermann	Dara	H.-D. Heuermann GmbH	01:02:51	00:48:56	01:02:56	00:57:37	01:06:29	01:06:30	06:05:19	55	WH	6
1428	Geesen	Nina	Ostfriesische Volksbank e	01:03:27	00:48:16	01:09:57	00:54:41	01:05:27	01:04:22	06:06:10	56	WH	6
1454	Ortgies	Imke		01:04:22	00:50:33	01:10:34	00:56:28	01:03:39	01:01:42	06:07:18	57	WH	6
1473	Beyen	Nadine	TRAUCO Gruppe	01:01:52	00:48:39	01:14:29	00:55:35	01:05:06	01:03:10	06:08:51	58	WH	6
1472	Kleen	Patricia	TRAUCO Gruppe	01:01:52	00:48:39	01:14:29	00:55:35	01:05:05	01:03:11	06:08:51	59	WH	6
1487	Onken	Griet Mara	Moormerland	01:16:01	00:51:23	01:09:19	00:54:36	00:59:37	00:59:11	06:10:07	60	WH	6
1492	Brandt	Anke	Berend Brandt Fuhrunter	01:02:11	00:48:57	01:10:17	00:59:09	01:06:13	01:03:51	06:10:38	61	WH	6
1494	Kuhlmann	Svenja		01:05:22	00:50:22	01:11:11	00:56:37	01:04:33	01:02:39	06:10:44	62	WH	6
1496	Bikker	Anja	TRAUCO Gruppe	01:05:22	00:50:22	01:11:11	00:56:37	01:04:34	01:02:39	06:10:45	63	WH	6
1510	Akkermann	Heike		01:03:32	00:49:35	01:09:52	00:57:19	01:06:16	01:04:58	06:11:32	64	WH	6
1521	Schulte	Kendra	Meyer Werft	01:02:58	00:49:43	01:12:56	00:57:01	01:05:19	01:04:28	06:12:25	65	WH	6
1559	Backer	Jana	multi SB-Warenhäuser	01:04:44	00:48:35	01:11:08	00:56:37	01:08:39	01:05:26	06:15:09	66	WH	6
1587	Igelmann	Imke	TuS Hinte	01:04:04	00:51:09	01:14:24	00:58:09	01:06:22	01:04:00	06:18:08	67	WH	6
1592	Rohlfis	Ronja	Landkreis Leer	01:03:32	00:50:02	01:12:14	00:57:36	01:07:45	01:07:21	06:18:30	68	WH	6
1616	Foget-Winterboe	Silke		01:04:07	00:52:17	01:13:19	00:58:27	01:06:08	01:05:43	06:20:01	69	WH	6
1635	Frey	Daniela	Töben + Partner	01:05:15	00:51:05	01:11:58	00:58:38	01:07:24	01:06:59	06:21:19	70	WH	6
1636	Siefken	Anne	OLB AG	01:04:35	00:51:19	01:12:44	00:58:27	01:07:36	01:06:48	06:21:29	71	WH	6
1637	Onken	Lena	LG Aurich	01:04:35	00:51:20	01:12:44	00:58:26	01:07:36	01:06:49	06:21:30	72	WH	6
1639	Bluhm	Christina		01:04:28	00:52:19	01:12:24	00:58:29	01:06:25	01:07:36	06:21:41	73	WH	6
1644	Jelden	Sandra	BDO DPI AG	01:04:22	00:50:45	01:14:00	00:59:03	01:06:48	01:07:00	06:21:58	74	WH	6
1652	Lippka	Christina		01:09:05	00:51:48	01:11:59	00:58:05	01:04:51	01:06:32	06:22:20	75	WH	6
1655	Haasche	Jana	Rettungsdienst Aurich	01:08:03	00:50:55	01:12:50	00:57:36	01:07:14	01:05:49	06:22:27	76	WH	6
1660	Haskamp	Maren	Ostfriesische Volksbank e	01:05:38	00:51:38	01:15:40	00:57:43	01:06:17	01:05:55	06:22:51	77	WH	6
1671	De Boer	Debbie	Klinikum Leer	01:12:26	00:50:55	01:14:13	00:59:05	01:02:19	01:04:58	06:23:56	78	WH	6
1690	Friedel	Janina	Stadt Aurich	01:06:12	00:52:45	01:13:46	00:58:10	01:09:58	01:04:48	06:25:39	79	WH	6
1695	Langenberg	Mara	IGS Aurich	01:07:25	00:50:28	01:12:34	01:00:18	01:07:15	01:07:58	06:25:58	80	WH	6
1729	Zuidema	Famke	Polizeiakademie Niedersa	01:04:44	00:50:35	01:15:24	01:00:27	01:09:23	01:08:27	06:29:00	81	WH	6
1754	Rosenboom	Imke	proWIN international	01:07:34	00:53:51	01:15:40	01:01:00	01:07:53	01:07:23	06:33:21	82	WH	6
1766	Lindenaus	Lea	KSF Steuerberatung	01:13:06	00:52:15	01:24:07	00:56:53	01:05:32	01:02:48	06:34:41	83	WH	6
1775	Van Rahden	Kristin	Landkreis Leer	01:06:57	00:54:17	01:16:27	01:01:25	01:08:47	01:07:20	06:35:13	84	WH	6
1786	Oltmanns	Melanie	GS Langholt	01:06:10	00:52:51	01:16:14	01:02:03	01:10:00	01:08:44	06:36:02	85	WH	6
1796	Schulte	Tomke	LG Teutonia Stapelmoor	01:08:23	00:51:40	01:17:30	01:01:09	01:10:21	01:07:33	06:36:36	86	WH	6
1809	Manninga	Tanja	TV Norden	01:11:00	00:57:00	01:20:19	00:59:35	01:05:12	01:04:43	06:37:49	87	WH	6
1816	Röttinger	Chiara	Realschule Aurich	01:07:02	00:51:40	01:19:37	00:59:14	01:09:30	01:11:33	06:38:36	88	WH	6
1818	Janshen	Antje	Landguth Heimtiernahrung	01:07:03	00:51:39	01:19:38	00:59:14	01:09:30	01:11:33	06:38:37	89	WH	6
1822	Schulmeister	Olga	Ostfriesische Volksbank e	01:09:06	00:53:56	01:16:02	01:00:31	01:09:27	01:09:44	06:38:46	90	WH	6
1821	Kruse	Melanie	Ostfriesische Volksbank e	01:09:05	00:53:56	01:16:02	01:00:33	01:09:26	01:09:44	06:38:46	91	WH	6
1825	Middendorf	Sandra		01:07:53	00:55:21	01:17:50	01:01:11	01:08:24	01:08:28	06:39:07	92	WH	6
1826	Kleen	Mareike	Running Blondies	01:10:18	00:53:03	01:16:20	01:02:32	01:09:39	01:07:33	06:39:25	93	WH	6
1893	Garrelts	Hilke	nie ohne lächeln Laufen..	01:09:50	00:53:29	01:15:54	01:00:51	01:13:29	01:10:41	06:44:14	94	WH	6
1897	Fleißner	Lisa		01:08:43	00:52:54	01:16:27	01:01:20	01:11:46	01:13:07	06:44:17	95	WH	6
1912	Frerichs	Daniela	Die Me(h)erläufer	01:14:42	00:54:35	01:17:25	01:01:55	01:09:35	01:07:33	06:45:45	96	WH	6
1920	Langen	Julia		01:07:01	00:53:06	01:17:47	01:00:20	01:15:16	01:13:00	06:46:30	97	WH	6
1922	Eilers	Wiebke	Diakoniestation Weener g	01:10:14	00:55:15	01:17:44	01:02:16	01:11:08	01:10:14	06:46:51	98	WH	6
1927	Janssen	Natascha	Landkreis Aurich	01:12:29	00:54:21	01:17:18	01:02:45	01:10:10	01:10:19	06:47:22	99	WH	6
1942	Stöhr	Lisa	DESIGNSTUUV Werbea	01:09:08	00:55:00	01:18:26	01:03:07	01:12:48	01:10:31	06:49:00	100	WH	6
1966	Meyer	Hannah	Hartmann Group	01:09:53	00:56:11	01:19:43	01:03:13	01:10:58	01:11:14	06:51:12	101	WH	6
1998	Van Der Slyk	Maike	Diakoniestation Weener g	01:10:15	00:55:15	01:17:45	01:03:37	01:13:33	01:13:02	06:53:27	102	WH	6
2003	Jakobs	Laura	Landkreis Wittmund	01:11:46	01:00:13	01:18:06	01:01:21	01:09:36	01:13:25	06:54:27	103	WH	6
2012	Wulzen	Stefanie	LT TuS Aurich-Ost	01:10:09	00:53:19	01:23:47	01:05:27	01:12:25	01:09:53	06:55:00	104	WH	6
2017	Bohlen	Lena		01:14:03	00:55:41	01:18:18	01:04:19	01:09:27	01:13:39	06:55:27	105	WH	6
2022	Hertema	Kathrin	ProEngeno GmbH & Co.	01:10:32	00:56:30	01:18:43	01:03:40	01:13:42	01:12:37	06:55:44	106	WH	6
2021	Hertema	Sandra		01:10:32	00:56:30	01:18:43	01:03:40	01:13:42	01:12:37	06:55:44	107	WH	6
2027	Rosenboom	Lina Kim	Transplant-Kids e.V.	01:11:45	00:55:48	01:19:40	01:03:50	01:12:58	01:12:07	06:56:08	108	WH	6
2051	Schoormann	Jasmin	BDO DPI AG	01:13:10	00:57:03	01:19:12	01:04:29	01:14:29	01:10:39	06:59:02	109	WH	6
2065	Röhrig	Saskia	Landkreis Aurich	01:12:22	00:56:08	01:19:49	01:04:47	01:13:59	01:13:14	07:00:19	110	WH	6
2071	Bergin	Imke	Landkreis Aurich	01:12:13	00:55:31	01:19:33	01:03:13	01:15:04	01:15:21	07:00:55	111	WH	6
2072	Hartema	Julia		01:11:07	00:55:26	01:20:37	01:06:04	01:14:06	01:13:45	07:01:05	112	WH	6
2077	Guder	Annasteena	Meyer Werft	01:11:44	00:55:09	01:24:07	01:04:13	01:12:44	01:13:34	07:01:31	113	WH	6
2083	Kruse	Anja	Sportfreunde Möhlenwarf	01:11:24	00:55:48	01:19:11	01:04:26	01:14:29	01:17:03	07:02:21	114	WH	6
2086	Schönepauck	Aileen	gpl mbH	01:11:21	00:56:18	01:19:37	01:03:34	01:17:44	01:14:05	07:02:39	115	WH	6
2089	Böde	Mareike	EMA Running Group	01:10:34	00:56:03	01:22:21	01:06:12	01:14:04	01:13:38	07:02:52	116	WH	6
2097	Auen	Joana	AZ LG Stapelmoor	01:15:15	00:54:36	01:21:37	01:05:58	01:13:19	01:13:40	07:04:25	117	WH	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

2100	Trey	Insa	AZ LG Stapelmoor	01:15:15	00:54:36	01:21:38	01:05:58	01:13:43	01:13:40	07:04:50	118	WH	6
2141	Vengust	Katja	ewe läuft	01:11:49	00:56:55	01:23:08	01:07:44	01:15:41	01:15:42	07:10:59	119	WH	6
2145	Wolf	Anneke	Badewerk Neuharlingersi	01:13:20	00:56:51	01:28:02	01:06:52	01:15:43	01:10:32	07:11:20	120	WH	6
2153	Janßen	Lara		01:18:53	00:56:47	01:23:03	01:06:01	01:13:39	01:13:45	07:12:08	121	WH	6
2174	Kyaw	Alina		01:14:30	00:58:22	01:12:30	01:10:48	01:18:46	01:20:56	07:15:52	122	WH	6
2177	Habben	Mena	Polster Hicken	01:17:37	00:59:02	01:21:02	01:06:02	01:17:01	01:15:29	07:16:13	123	WH	6
2178	Sap	Regina	United Offshore Support	01:16:08	00:58:47	01:22:57	01:07:03	01:15:52	01:15:37	07:16:24	124	WH	6
2180	Düsterhöft	Miriam	Landkreis Aurich	01:14:06	00:58:59	01:23:53	01:07:38	01:17:38	01:15:04	07:17:18	125	WH	6
2188	Aggen	Lea	VOST	01:11:10	00:57:17	01:28:24	01:07:52	01:18:39	01:16:47	07:20:09	126	WH	6
2193	Schmidt	Talea		01:12:39	00:57:08	01:27:11	01:07:49	01:19:00	01:18:31	07:22:18	127	WH	6
2195	Janhsen	Inke	Bünting Tee	01:12:39	00:57:08	01:27:11	01:07:49	01:19:50	01:18:34	07:23:11	128	WH	6
2200	Wiegmann	Imke	Ostfriesische Volksbank e	01:15:37	00:59:55	01:26:25	01:07:48	01:16:33	01:18:11	07:24:29	129	WH	6
2204	Thiesing	Denise	Landkreis Wittmund	01:20:40	01:00:05	01:27:12	01:07:46	01:14:51	01:15:53	07:26:27	130	WH	6
2205	Berends	Julia		01:17:38	00:59:02	01:21:02	01:08:33	01:22:29	01:17:45	07:26:29	131	WH	6
2215	Saathoff	Melanie	Landkreis Aurich	01:15:14	00:59:47	01:26:34	01:07:35	01:21:19	01:18:51	07:29:20	132	WH	6
2222	Tjardes	Monja	AGRAVIS Ems-Jade Gm	01:17:20	00:59:25	01:26:01	01:09:09	01:21:10	01:18:50	07:31:55	133	WH	6
2232	Tjarks	Jana	Ostfriesische Volksbank e	01:17:43	00:59:27	01:27:56	01:10:42	01:21:18	01:17:31	07:34:37	134	WH	6
2244	Thaden	Frauke	VOST	01:21:15	01:03:31	01:28:24	01:09:27	01:19:21	01:18:10	07:40:08	135	WH	6
2255	Hohl	Laura	Fachbereich Seefahrt	01:19:55	00:58:05	01:32:49	01:12:55	01:23:32	01:16:24	07:43:40	136	WH	6
2261	Harms	Lena-Marie	Ostfriesische Volksbank e	01:20:47	01:00:30	01:29:22	01:11:13	01:22:36	01:20:57	07:45:25	137	WH	6
2268	Meyer	Johanna	Ev. Gemeinschaft Weene	01:21:13	01:03:25	01:30:16	01:12:37	01:21:28	01:19:12	07:48:11	138	WH	6
2276	Grave	Ann-Katrin		01:21:29	01:02:57	01:28:55	01:13:49	01:21:35	01:22:21	07:51:06	139	WH	6
2292	Janssen	Janna	LT TuS Aurich-Ost	01:20:03	01:03:18	01:31:00	01:12:24	01:24:16	01:24:52	07:55:53	140	WH	6
2320	Pollmann	Jessica	Wreesmann Logistikdiens	01:20:32	01:05:45	01:34:46	01:16:59	01:31:09	01:22:04	08:11:15	141	WH	6
2351	Bosnjak	Mirela	NW Steuerberatungsgese	01:15:28	00:57:52	01:55:13	01:07:15	01:43:28	01:38:16	08:37:32	142	WH	6
2363	Gerdes	Anna-Lena	Rettungsdienst Aurich	01:32:39	01:10:07	01:38:38	01:21:57	01:32:25	01:31:06	08:46:52	143	WH	6
2367	Oltmanns	Verena	Lauf geht's Leer	01:29:58	01:10:14	01:42:56	01:20:12	01:39:10	01:30:30	08:53:00	144	WH	6
2374	Janssen	Franziska	Rettungsdienst Aurich	01:32:11	01:10:04	01:41:38	01:24:00	01:39:19	01:38:39	09:05:51	145	WH	6
2377	Dreier	Fabienne	Meyer Werft	01:35:03	01:22:55	01:53:16	01:33:50	01:43:03	01:40:34	09:48:41	146	WH	6
43	Coordes	Verena	TuS Weene	00:43:20	00:34:38	00:48:41	00:39:36	00:46:05	00:45:21	04:17:41	1	W30	6
54	Buntjer	Frauke	LG TV Bunde	00:43:54	00:35:18	00:49:33	00:40:50	00:46:29	00:45:28	04:21:32	2	W30	6
358	Bruhns	Frauke	Polizei Leer	00:51:30	00:39:37	00:56:32	00:45:52	00:52:44	00:51:57	04:58:12	3	W30	6
427	Hillrichs	Janina	Holtland	00:51:30	00:40:37	00:56:31	00:46:49	00:53:42	00:52:35	05:01:44	4	W30	6
442	Jütting	Bianca		00:50:30	00:39:45	00:58:18	00:47:36	00:54:20	00:52:23	05:02:52	5	W30	6
523	Kathmann	Karina	EMA Running Group	00:51:17	00:41:19	00:59:09	00:47:29	00:55:09	00:54:37	05:09:00	6	W30	6
562	Schwabe	Anna	Team ENERCON	00:52:01	00:41:47	00:59:39	00:48:47	00:55:21	00:53:53	05:11:28	7	W30	6
618	Oehm	Julia		00:52:19	00:42:39	00:59:51	00:48:35	00:55:25	00:55:44	05:14:33	8	W30	6
639	Saathoff	Marina	Landkreis Aurich	00:54:18	00:41:55	01:00:09	00:48:21	00:55:58	00:55:10	05:15:51	9	W30	6
665	Merkenrup-Kas	Gesa	ISV Emdeen	00:53:15	00:42:23	01:00:32	00:49:06	00:57:00	00:55:05	05:17:21	10	W30	6
671	Haats	Christina	Polizei Aurich	00:53:55	00:42:10	01:00:05	00:48:49	00:57:32	00:55:08	05:17:39	11	W30	6
747	Wunder	Jutta		00:54:49	00:42:54	01:01:00	00:49:40	00:57:56	00:55:49	05:22:08	12	W30	6
750	Arians	Julia		00:53:29	00:42:56	01:00:47	00:51:04	00:57:10	00:56:47	05:22:13	13	W30	6
790	Dannemann	Maren	Badewerk Neuharlingersi	00:56:06	00:45:18	01:02:31	00:49:46	00:56:16	00:55:42	05:25:39	14	W30	6
836	Petersen	Inken	SV Dornum	00:59:26	00:45:04	01:02:02	00:51:11	00:56:04	00:55:07	05:28:54	15	W30	6
843	Tunder	Marlis	SC Wiesens	00:55:29	00:44:36	01:02:38	00:51:08	00:57:58	00:57:19	05:29:08	16	W30	6
859	Meyer-Störmer	Silke		00:57:05	00:44:35	01:01:35	00:50:24	00:58:14	00:58:10	05:30:03	17	W30	6
861	Henning	Nadine	Team Rücker	00:57:20	00:44:35	01:02:11	00:50:22	00:59:29	00:56:12	05:30:09	18	W30	6
941	Winzenborg	Silke	Landkreis Leer	00:59:23	00:47:01	01:04:24	00:50:49	00:57:30	00:55:34	05:34:41	19	W30	6
1017	Wilts	Anna	Team ENERCON	01:00:45	00:45:47	01:04:40	00:51:37	00:57:58	00:57:26	05:38:13	20	W30	6
1040	Janssen	Ilka	gpl mbH	00:58:44	00:45:48	01:03:52	00:52:01	01:00:38	00:58:30	05:39:33	21	W30	6
1041	Haak	Yvonne	Team Möbel Buss	00:58:19	00:45:17	01:03:37	00:53:37	01:00:23	00:58:23	05:39:36	22	W30	6
1115	Schuler	Lucie	Polizei Leer	00:57:56	00:46:29	01:06:31	00:53:30	01:00:13	01:00:00	05:44:39	23	W30	6
1139	Byl	Sarah	Tempel der Lüste	00:57:59	00:45:48	01:05:52	00:52:25	01:04:03	01:00:14	05:46:21	24	W30	6
1145	Cullmann	Jennifer	IGS Emden	01:01:23	00:47:30	01:06:22	00:53:19	00:59:26	00:58:39	05:46:39	25	W30	6
1152	Berlin	Jana	LG Teutonia Stapelmoor	01:00:11	00:46:36	01:05:26	00:53:38	01:01:59	00:59:12	05:47:02	26	W30	6
1161	Jabben	Annika	Team ENERCON	00:57:38	00:45:11	01:05:01	00:53:46	01:03:10	01:03:13	05:47:59	27	W30	6
1200	Heyen	Friederike	Schule am Osterfehn	01:00:55	00:47:00	01:06:51	00:54:09	01:01:13	01:00:42	05:50:50	28	W30	6
1222	Janßen	Sonja	KBV Langefeld	00:59:48	00:48:12	01:07:27	00:54:21	01:00:12	01:02:45	05:52:45	29	W30	6
1229	Leonhard	Kosima	On fire	00:59:29	00:48:03	01:09:09	00:54:48	01:01:51	00:59:49	05:53:09	30	W30	6
1252	Pupkes	Kerstin	B-Plast2000	00:59:47	00:47:34	01:06:36	00:54:46	01:03:44	01:02:24	05:54:51	31	W30	6
1261	Olthoff	Jessica	Running Blondies	01:01:22	00:47:11	01:08:34	00:53:57	01:01:41	01:02:32	05:55:17	32	W30	6
1264	Rass	Claudia	Norden	00:59:21	00:46:09	01:09:02	00:55:26	01:03:01	01:02:25	05:55:24	33	W30	6
1266	Kanthak	Maren		01:01:26	00:48:05	01:07:50	00:54:22	01:02:53	01:00:59	05:55:35	34	W30	6
1280	Gonzalez	Elena	Subway	00:59:52	00:50:26	01:07:52	00:52:55	01:04:32	01:00:54	05:56:31	35	W30	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1284	Höncher	Nekane	Döör ant Döör Döörloope	01:00:23	00:49:03	01:10:13	00:54:19	01:01:35	01:01:12	05:56:45	36	W30	6
1359	Lienemann	Kerstin	NLBV Aurich	01:01:33	00:47:58	01:08:35	00:57:07	01:04:06	01:02:31	06:01:50	37	W30	6
1452	Nordmann	Maike		01:04:22	00:50:31	01:10:31	00:56:27	01:03:38	01:01:42	06:07:11	38	W30	6
1471	Sonntag	Christin	Stadt Aurich	01:03:58	00:50:12	01:11:34	00:55:59	01:03:56	01:03:10	06:08:49	39	W30	6
1500	Wachholz	Elena	Lidl	01:03:42	00:49:29	01:11:05	00:56:36	01:06:01	01:04:01	06:10:54	40	W30	6
1502	Meyer	Seena	Raiffeisen-Volksbank Fre	01:03:17	00:50:10	01:10:50	00:57:56	01:05:12	01:03:35	06:11:00	41	W30	6
1520	Hacker	Samira	Fenestra Nordwest	01:03:05	00:49:18	01:12:36	00:57:28	01:05:09	01:04:49	06:12:25	42	W30	6
1525	Loerts	Nadine	Lauf geht's Leer	01:03:19	00:49:45	01:10:53	00:58:11	01:05:43	01:04:41	06:12:32	43	W30	6
1555	Essing	Rebekka	Fenestra Nordwest	01:02:37	00:50:15	01:14:15	00:57:28	01:05:09	01:04:49	06:14:33	44	W30	6
1585	De Riese	Elke	FRV Filsum	01:05:21	00:50:54	01:11:59	00:58:57	01:05:11	01:05:33	06:17:55	45	W30	6
1601	Slieter	Heike		01:03:51	00:50:22	01:13:09	00:58:52	01:07:18	01:05:13	06:18:45	46	W30	6
1607	Gertjegerdes	Dunja	GV Weser-Ems e.V.	01:03:15	00:50:44	01:11:12	00:57:59	01:08:06	01:07:55	06:19:11	47	W30	6
1624	Reuter	Daniela	Injoy Leer	01:03:13	00:51:18	01:11:48	00:59:39	01:08:05	01:06:41	06:20:44	48	W30	6
1669	Meyer	Yvonne	Fitness im Feedback	01:07:25	00:52:23	01:11:52	00:59:10	01:06:34	01:06:19	06:23:43	49	W30	6
1680	Walth	Annemarie	Animals Running Clan	01:08:04	00:53:29	01:14:18	00:58:38	01:06:06	01:04:12	06:24:47	50	W30	6
1696	Jacobs	Ina	Töben + Partner	01:07:16	00:52:11	01:14:42	00:58:55	01:08:05	01:04:50	06:25:59	51	W30	6
1724	Siemers	Wiebke	Stadt Leer	01:07:35	00:52:41	01:13:35	00:59:58	01:07:36	01:07:19	06:28:44	52	W30	6
1726	De Neidels	Inga	de Neidels Internet- und V	01:07:03	00:52:43	01:13:04	01:00:07	01:10:27	01:05:32	06:28:56	53	W30	6
1731	Beck	Anja	Ostfriesische Volksbank e	01:15:37	00:53:02	01:12:38	00:56:57	01:06:14	01:04:53	06:29:21	54	W30	6
1741	Schaefer	Stefanie	Rettungsdienst Leer	01:04:09	00:52:38	01:15:52	01:00:54	01:09:35	01:07:47	06:30:55	55	W30	6
1749	Remmers	Susanne	Gemeinde Apen	01:06:12	00:52:32	01:14:10	01:00:45	01:09:04	01:09:52	06:32:35	56	W30	6
1808	Hippen	Elke	Stadt Aurich	01:06:33	00:53:12	01:19:01	01:02:02	01:08:58	01:08:01	06:37:47	57	W30	6
1810	Bruns	Hella	Briese Schifffahrt	01:07:07	00:52:36	01:15:23	01:00:48	01:11:52	01:10:05	06:37:51	58	W30	6
1846	Wösten	Kerstin	Wildeboer Bauteile GmbH	01:09:17	00:53:37	01:16:44	01:00:51	01:08:17	01:12:02	06:40:48	59	W30	6
1883	Fecht	Annika		01:08:11	00:56:24	01:16:02	01:02:06	01:11:10	01:09:45	06:43:38	60	W30	6
1892	Wanke	Kristin		01:07:59	00:54:28	01:18:13	01:01:51	01:09:59	01:11:42	06:44:12	61	W30	6
1900	Prins	Sandra	TausendfüßLeer	01:10:37	00:53:44	01:17:13	01:01:59	01:11:12	01:09:45	06:44:30	62	W30	6
1907	Grest	Christiane	Stadtwerke Leer Loopers	01:09:57	00:53:24	01:16:38	01:02:39	01:11:33	01:10:55	06:45:06	63	W30	6
1916	Theilen	Adda	TV Norden	01:07:18	00:56:22	01:23:41	01:01:25	01:09:06	01:08:25	06:46:17	64	W30	6
1936	Hodes	Jalyna	Team ENERCON	01:08:11	00:54:35	01:18:10	01:03:11	01:12:32	01:11:29	06:48:08	65	W30	6
1943	Gille	Wiebke	KGS Wiesmoor	01:11:52	00:54:30	01:18:21	01:02:30	01:11:08	01:10:40	06:49:01	66	W30	6
1954	Mooy	Natalie	ewe läuft	01:10:39	00:54:42	01:23:08	01:03:04	01:08:48	01:09:53	06:50:14	67	W30	6
1994	Willms	Karin	Krankenhaus Wittmund	01:09:47	00:54:50	01:19:35	01:04:21	01:12:28	01:12:08	06:53:09	68	W30	6
2001	Janssen	Andrea	Teamagentur Rolf-Jan Ja	01:14:00	00:55:34	01:19:31	01:04:09	01:11:08	01:09:55	06:54:17	69	W30	6
2004	Braun	Anne-Christin	LSF Oldenburg	01:10:38	00:55:59	01:21:17	01:02:16	01:12:27	01:11:58	06:54:35	70	W30	6
2011	Kleen	Carola	Krankenhaus Wittmund	01:13:13	00:56:28	01:19:14	01:02:45	01:11:30	01:11:47	06:54:57	71	W30	6
2036	Horn	Sina	Team Rücker	01:10:09	00:55:57	01:21:17	01:04:45	01:14:24	01:10:43	06:57:15	72	W30	6
2037	Kruse	Imke	Team Rücker	01:10:10	00:55:56	01:21:18	01:04:47	01:14:26	01:10:44	06:57:21	73	W30	6
2057	Nasr	Mona	Team ENERCON	01:13:58	00:57:05	01:12:38	01:06:33	01:15:12	01:14:16	06:59:42	74	W30	6
2058	Poppen	Anna Lena		01:10:28	00:55:42	01:21:33	01:04:29	01:14:42	01:12:53	06:59:47	75	W30	6
2061	Müller	Christina	TuS Eintracht Hinte	01:11:14	00:55:55	01:20:54	01:04:13	01:15:22	01:12:26	07:00:04	76	W30	6
2094	Groh	Andrea	Lauf geht's Leer	01:11:06	00:56:07	01:21:38	01:06:10	01:14:51	01:14:06	07:03:58	77	W30	6
2095	Schnürch	Martina	Landkreis Leer	01:13:25	00:55:15	01:22:14	01:04:39	01:15:01	01:13:41	07:04:15	78	W30	6
2113	Lengen	Karin	Landkreis Aurich	01:12:27	00:56:46	01:21:08	01:04:22	01:12:36	01:18:48	07:06:07	79	W30	6
2114	Warner	Jenni	Hartmann Group	01:15:17	00:56:54	01:20:42	01:05:23	01:14:02	01:13:53	07:06:11	80	W30	6
2122	Janssen	Nicole	DESIGNSTUUV Werbea	01:12:23	00:55:29	01:23:20	01:07:27	01:15:14	01:13:22	07:07:15	81	W30	6
2146	Weigelt	Katrin		01:14:00	00:57:10	01:22:31	01:08:10	01:18:22	01:11:11	07:11:24	82	W30	6
2155	Kiesow	Nadine	Running Blondies	01:14:56	00:55:46	01:25:51	01:07:23	01:14:18	01:14:15	07:12:29	83	W30	6
2194	Jongue	Fatou	BBS 2 Leer Runaways	01:16:56	00:58:11	01:25:43	01:08:42	01:18:41	01:14:24	07:22:37	84	W30	6
2242	Lüken	Wiebke	Team Rücker	01:18:33	01:02:44	01:26:49	01:10:12	01:20:12	01:21:03	07:39:33	85	W30	6
2247	Maurer	Stephanie	HOL'AB Die Uplengener	01:16:36	00:59:39	01:27:38	01:12:57	01:22:49	01:21:07	07:40:46	86	W30	6
2249	Jacobs	Katja	run an den Speck	01:16:57	01:01:13	01:30:41	01:08:53	01:22:52	01:21:15	07:41:51	87	W30	6
2287	Van Lengen	Teelke		01:18:46	01:00:26	01:29:51	01:13:50	01:26:04	01:25:46	07:54:43	88	W30	6
2290	Stöhr	Marion		01:18:20	01:05:31	01:33:53	01:15:45	01:23:24	01:18:33	07:55:26	89	W30	6
2294	Hieronimus	Anna Gesche	Kliniken Aurich-Emden-N	01:21:12	01:03:42	01:30:49	01:15:03	01:24:33	01:22:48	07:58:07	90	W30	6
2297	Adden	Janna	TSV Jahn Carolinensiel	01:17:35	01:03:39	01:31:19	01:13:43	01:24:11	01:28:33	07:59:00	91	W30	6
2342	Grünefeld	Eva-Marie	Lauf geht's Leer	01:27:00	01:09:48	01:40:04	01:14:31	01:28:58	01:25:51	08:26:12	92	W30	6
2358	Bluhm	Sonja	Lauf geht's Leer	01:28:45	01:11:00	01:41:08	01:19:48	01:31:19	01:31:44	08:43:44	93	W30	6
162	Franzen	Insa	LG TV Bunde	00:46:55	00:37:09	00:52:38	00:43:47	00:49:59	00:48:32	04:39:00	1	W35	6
163	Janssen	Claudia	TV Norden	00:47:57	00:38:27	00:53:06	00:43:03	00:49:05	00:48:10	04:39:48	2	W35	6
190	Frerichs	Claudia		00:47:09	00:37:57	00:54:35	00:43:43	00:50:15	00:49:28	04:43:07	3	W35	6
191	Böhme	Linda	Emder LG	00:47:40	00:37:45	00:54:07	00:44:16	00:51:11	00:48:35	04:43:34	4	W35	6
261	Weerts	Inga	Team obw	00:49:56	00:39:48	00:55:47	00:44:59	00:50:28	00:49:26	04:50:24	5	W35	6
404	Rogga	Daja	Staatsanwaltschaft Aurich	00:51:19	00:41:32	00:57:29	00:46:14	00:51:52	00:51:42	05:00:08	6	W35	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

423	Stern	Jessica	Briese Schifffahrt	00:51:03	00:40:07	00:56:46	00:47:05	00:53:40	00:52:25	05:01:06	7	W35	6
482	Andrees	Natalie	LG Fliegerhorst Upjever	00:52:15	00:41:33	00:58:47	00:47:09	00:53:35	00:51:45	05:05:04	8	W35	6
587	Fink	Anna		00:54:03	00:42:11	00:59:15	00:48:08	00:55:23	00:53:42	05:12:42	9	W35	6
600	Andreesen	Katrin		00:54:03	00:42:11	01:00:32	00:48:09	00:55:07	00:53:27	05:13:29	10	W35	6
664	Immega	Tanja	LT Schafhauser Wald	00:52:33	00:41:39	01:00:50	00:48:39	00:57:36	00:56:03	05:17:20	11	W35	6
708	Lübbbers	Sandra		00:54:08	00:42:37	01:00:18	00:49:38	00:56:58	00:56:16	05:19:55	12	W35	6
726	Geringer	Irina		00:57:03	00:43:52	00:58:28	00:49:26	00:55:39	00:56:06	05:20:34	13	W35	6
741	Freudenberg	Gesa	Ihlowerfehn	00:52:58	00:41:58	01:00:00	00:51:38	00:57:24	00:57:38	05:21:36	14	W35	6
755	Laga	Daniela		00:55:11	00:43:42	01:01:13	00:50:17	00:55:57	00:56:21	05:22:41	15	W35	6
787	Willms	Michaela	LT Schafhauser Wald	00:55:33	00:42:59	01:01:54	00:50:46	00:57:24	00:56:36	05:25:12	16	W35	6
823	Heibült	Sandra		00:55:22	00:43:57	01:01:56	00:50:59	00:58:14	00:57:42	05:28:10	17	W35	6
837	Päben	Lydia	SV Eintracht Ihlow e.V	00:56:21	00:44:00	01:02:43	00:50:55	00:57:46	00:57:09	05:28:54	18	W35	6
838	Wagner	Carmen	Nordland Papier	00:50:05	00:41:40	01:12:39	00:52:46	00:58:11	00:53:34	05:28:55	19	W35	6
870	Dam	Monika	Töben + Partner	00:56:02	00:45:04	01:03:02	00:50:32	00:57:45	00:58:10	05:30:35	20	W35	6
894	Miener	Julia	LG Fliegerhorst Upjever	00:55:35	00:44:29	01:03:10	00:51:45	00:59:10	00:58:10	05:32:19	21	W35	6
901	Ommen	Kirsten	TSV Jahn Carolinensiel	00:56:21	00:44:15	01:03:56	00:51:39	00:58:58	00:57:21	05:32:30	22	W35	6
939	Abken	Frauke	Abken Bau	00:57:46	00:44:55	01:04:49	00:51:23	00:58:22	00:57:17	05:34:32	23	W35	6
943	Bents	Sonja	LT Tus Holtriem	00:57:42	00:44:59	01:04:52	00:51:24	00:58:33	00:57:17	05:34:47	24	W35	6
969	Fremy	Janna	TSV Jahn Carolinensiel	00:57:45	00:45:41	01:03:55	00:51:55	00:59:33	00:57:20	05:36:09	25	W35	6
978	Eiben	Sandra	Yvonne Ulrichs Immobilie	00:58:44	00:45:31	01:05:03	00:51:48	00:58:52	00:56:19	05:36:17	26	W35	6
991	Ahlburg-Hansen	Tomke Kristin	Max Glas KG	00:59:17	00:46:34	01:04:40	00:52:59	00:56:38	00:56:43	05:36:51	27	W35	6
1032	Krutow	Nele	Uplengener Laufftreff	00:59:37	00:46:41	01:05:24	00:51:32	00:58:27	00:57:23	05:39:04	28	W35	6
1122	Abheiden	Daniela	Volksbank eG Westrhaud	00:58:40	00:46:39	01:06:53	00:53:18	01:00:04	00:59:27	05:45:01	29	W35	6
1127	De Freese	Marion		01:00:00	00:46:10	01:04:58	00:53:29	01:00:58	00:59:49	05:45:24	30	W35	6
1133	Auen	Doris	LG Teutonia Stapelmoor	00:58:56	00:46:13	01:05:06	00:53:16	01:01:25	01:01:00	05:45:56	31	W35	6
1135	Derezinski	Sonja	Landkreis Wittmund	00:57:36	00:45:47	01:03:35	00:51:42	01:04:01	01:03:28	05:46:09	32	W35	6
1163	Wilts	Stephanie	multi SB-Warenhäuser	01:00:25	00:47:08	01:06:17	00:53:24	00:59:51	01:01:04	05:48:09	33	W35	6
1201	Bildhauer	Silke	Schule am Osterfehn	01:00:55	00:47:00	01:06:52	00:54:10	01:01:13	01:00:42	05:50:52	34	W35	6
1239	Hinderks	Andrea	Landkreis Aurich	00:59:25	00:47:31	01:08:39	00:55:25	01:02:07	01:01:02	05:54:09	35	W35	6
1243	Peters	Esther	Eben-Eser Moormerland	01:00:53	00:47:46	01:08:32	00:54:53	01:02:15	01:00:08	05:54:27	36	W35	6
1254	Kanning	Melanie	Volksbank eG Westrhaud	01:00:24	00:47:03	01:07:39	00:56:19	01:02:20	01:01:08	05:54:53	37	W35	6
1276	Smid	Mareike	LT TuS Aurich-Ost	00:59:25	00:47:20	01:08:01	00:55:12	01:03:22	01:03:00	05:56:20	38	W35	6
1283	Giesmann	Natascha	Uplengener Laufftreff	00:58:44	00:47:25	01:07:08	00:54:32	01:03:43	01:05:09	05:56:41	39	W35	6
1299	Kretzmer	Sonka		00:57:42	00:46:35	01:06:57	00:57:13	01:05:47	01:03:47	05:58:01	40	W35	6
1311	Falge	Petra	Padlooper	01:01:02	00:48:00	01:09:34	00:54:27	01:01:35	01:04:10	05:58:48	41	W35	6
1388	Von Höveling	Hilke	Lauf geht's Leer	01:01:54	00:48:43	01:07:22	00:56:53	01:04:32	01:04:10	06:03:34	42	W35	6
1409	Dallinger	Nina		01:03:36	00:48:45	01:09:32	00:55:32	01:04:40	01:02:45	06:04:50	43	W35	6
1469	Becker	Christine		01:03:29	00:48:02	01:10:59	00:57:07	01:05:36	01:03:21	06:08:34	44	W35	6
1482	Platt	Melanie	Borromäus Hospital	01:06:53	00:49:16	01:10:13	00:56:14	01:03:36	01:03:27	06:09:39	45	W35	6
1499	Hoffmann	Sandra	Fortuna Logabirum	01:00:58	00:49:36	01:15:05	00:58:07	01:04:34	01:02:32	06:10:52	46	W35	6
1523	Werner	Christina	Fenestra Nordwest	01:02:42	00:50:16	01:14:14	00:57:28	01:05:26	01:02:25	06:12:31	47	W35	6
1530	Oltmanns	Jennifer	Landwirtschaft Oltmanns	01:03:33	00:48:59	01:11:15	00:57:28	01:06:33	01:04:49	06:12:37	48	W35	6
1548	Löning	Inka	Ostfriesische Volksbank e	01:03:24	00:50:11	01:10:51	00:58:24	01:06:13	01:05:01	06:14:04	49	W35	6
1588	Tholen	Wiebke	TuS Oestringen Triathlon	01:04:34	00:50:37	01:12:26	00:57:28	01:06:52	01:06:17	06:18:14	50	W35	6
1589	Jacobs	Andrea	LT TuS Aurich-Ost	01:03:03	00:50:31	01:10:09	00:58:40	01:09:21	01:06:32	06:18:16	51	W35	6
1590	Reens	Carina	Reha-Zentrum am Meer	01:01:14	00:50:43	01:11:31	01:00:03	01:07:13	01:07:33	06:18:17	52	W35	6
1596	Tomaszewski	Doris		01:05:02	00:50:45	01:10:32	00:57:59	01:08:08	01:06:13	06:18:39	53	W35	6
1620	Brüling	Maren	SV Arle	01:04:46	00:51:35	01:12:33	00:59:01	01:06:35	01:06:08	06:20:38	54	W35	6
1632	Ippen	Sabrina	LT Schafhauser Wald	01:03:43	00:50:39	01:13:48	00:59:22	01:07:27	01:06:15	06:21:14	55	W35	6
1641	Seidemann	Swantje	Heidmühler FC	01:04:40	00:51:45	01:13:52	01:00:41	01:05:37	01:05:18	06:21:53	56	W35	6
1672	Soeken	Vera	Raiffeisenbank eG, Moor	01:04:36	00:51:20	01:12:03	00:59:51	01:07:45	01:08:23	06:23:58	57	W35	6
1697	Ulrichs	Yvonne	Yvonne Ulrichs Immobilie	01:06:07	00:52:02	01:15:21	00:59:06	01:06:49	01:06:39	06:26:04	58	W35	6
1708	Köster	Birgit	Hofservice Moorlage	01:09:16	00:53:23	01:13:18	01:00:12	01:06:33	01:04:37	06:27:19	59	W35	6
1715	Willms	Edith	SV Blomberg-Neuschoo	01:08:07	00:52:06	01:13:27	00:59:47	01:07:36	01:06:31	06:27:34	60	W35	6
1746	Janssen	Anne	MTV Wittmund	01:06:52	00:51:47	01:13:48	00:59:36	01:07:25	01:12:13	06:31:41	61	W35	6
1773	Schoon	Anne	Klinikum Leer	01:10:15	00:52:09	01:16:04	00:59:45	01:08:01	01:08:41	06:34:55	62	W35	6
1799	Grunow	Christiane	Team ENERCON	01:08:57	00:53:37	01:15:40	01:00:21	01:09:57	01:08:13	06:36:45	63	W35	6
1802	Ulferts	Diana		01:10:46	00:53:15	01:14:27	01:01:20	01:09:44	01:07:54	06:37:26	64	W35	6
1831	Anders-Malcher	Olga	Stadt Aurich	01:09:12	00:55:44	01:16:30	01:01:40	01:09:20	01:07:11	06:39:37	65	W35	6
1832	Bollmann	Ofelia	LG Fliegerhorst Upjever	01:08:39	00:54:25	01:18:07	01:00:55	01:09:34	01:07:59	06:39:39	66	W35	6
1842	Stiemert	Aileen	Team ENERCON	01:07:44	00:54:17	01:15:54	01:02:57	01:10:18	01:09:25	06:40:35	67	W35	6
1849	Behrends	Ilona	Team Erdinger Alkoholfre	01:10:02	00:52:28	01:15:11	01:01:04	01:12:00	01:10:32	06:41:17	68	W35	6
1876	Treyße	Insa		01:08:21	00:53:05	01:16:35	01:02:34	01:11:56	01:10:44	06:43:15	69	W35	6
1902	Trieschmann	Britta	Döör ant Döör Döörloope	01:10:12	00:55:09	01:17:49	01:03:22	01:09:21	01:08:52	06:44:45	70	W35	6
1906	Heimann	Viktoria	Landkreis Aurich	01:07:47	00:53:11	01:18:33	01:01:59	01:15:04	01:08:26	06:45:00	71	W35	6
1919	Erhardt	Natalie	Team obw	01:09:31	00:53:43	01:18:40	01:03:26	01:11:16	01:09:48	06:46:24	72	W35	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1931	Janßen	Stefanie	Lidl	01:09:43	00:54:21	01:18:41	01:03:54	01:10:55	01:10:02	06:47:36	73	W35	6
1935	Köster	Sandra	DESIGNSTUUV Werbea	01:11:23	00:55:01	01:18:26	01:03:00	01:12:47	01:07:27	06:48:04	74	W35	6
1959	De Vries	Andrea	TuS Eintracht Hinte	01:09:13	00:55:10	01:17:36	01:02:07	01:13:30	01:13:05	06:50:41	75	W35	6
1963	Janhsen	Bettina	SV Blomberg-Neuschoo	01:09:19	00:54:39	01:18:19	01:02:49	01:12:05	01:13:47	06:50:58	76	W35	6
1973	Eilerts	Anika	LT TuS Aurich-Ost	01:09:30	00:55:45	01:18:25	01:04:12	01:12:42	01:10:52	06:51:26	77	W35	6
1980	Monkau	Frauke		01:10:50	00:54:59	01:18:56	01:03:57	01:12:35	01:10:50	06:52:07	78	W35	6
2023	Block	Bärbel	2 Rad Center Block Aurich	01:09:34	00:54:37	01:20:11	01:02:33	01:17:24	01:11:29	06:55:48	79	W35	6
2025	Knocke	Kristina	BBS 2 Leer	01:12:02	00:56:04	01:17:45	01:05:08	01:13:07	01:11:54	06:56:00	80	W35	6
2032	Tammen	Sabrina	MTV Aurich	01:11:59	00:55:36	01:21:54	01:02:55	01:12:04	01:12:07	06:56:35	81	W35	6
2040	Moschner	Kirsten	„Bis(s)“ zum Ziel	01:12:04	00:56:09	01:20:41	01:03:22	01:12:37	01:12:55	06:57:48	82	W35	6
2063	Budorin	Olesja	„Bis(s)“ zum Ziel	01:12:05	00:56:22	01:21:23	01:04:47	01:12:39	01:12:55	07:00:11	83	W35	6
2073	Mittmann	Carina	Hundsmühler TV	01:11:58	00:55:26	01:22:59	01:05:02	01:13:18	01:12:23	07:01:06	84	W35	6
2090	Ubbens	Ineke	Lauf geht's Leer	01:11:05	00:55:55	01:21:23	01:06:09	01:14:50	01:14:05	07:03:27	85	W35	6
2127	Appel	Annika	Lauf geht's Leer	01:12:47	00:57:04	01:20:57	01:07:43	01:17:10	01:12:32	07:08:13	86	W35	6
2142	Cornelius	Julia	TSV Jahn Carolinensiel	01:15:01	00:57:04	01:22:20	01:06:15	01:16:04	01:14:24	07:11:08	87	W35	6
2162	Schoneboom	Daniela	Rosendahl & Frank Energ	01:10:09	00:59:00	01:24:45	01:05:07	01:19:30	01:15:44	07:14:15	88	W35	6
2183	Maahs	Kathrin	HSG Leer	01:19:26	00:58:52	01:24:42	01:05:06	01:16:06	01:14:22	07:18:34	89	W35	6
2187	Renken	Katja	Töben + Partner	01:17:36	00:58:42	01:26:12	01:06:28	01:18:20	01:12:21	07:19:39	90	W35	6
2192	Stickfort	Maike	Concordia Ihrhove	01:15:59	00:59:51	01:25:29	01:08:01	01:16:59	01:15:53	07:22:12	91	W35	6
2199	Müller	Silke	Ostfriesische Volksbank e	01:15:37	00:59:55	01:26:24	01:07:48	01:16:33	01:18:11	07:24:28	92	W35	6
2201	Janßen	Diana		01:16:35	01:00:08	01:26:48	01:09:34	01:16:13	01:15:23	07:24:41	93	W35	6
2218	Von Busch	Swathjana		01:20:33	01:01:37	01:26:48	01:09:34	01:16:12	01:15:24	07:30:08	94	W35	6
2235	Riemann	Kerstin	VOST	01:18:06	01:01:38	01:28:24	01:09:28	01:20:49	01:18:10	07:36:35	95	W35	6
2239	Janssen	Yvonne		01:19:35	01:00:46	01:28:03	01:09:42	01:20:53	01:18:26	07:37:25	96	W35	6
2251	Klonz	Kati		01:16:48	00:59:17	01:28:48	01:12:45	01:23:28	01:21:06	07:42:12	97	W35	6
2254	Sandmann	Ellen	IGS Barßel goes Ossiloo	01:15:39	00:50:40	01:33:27	01:16:42	01:26:25	01:20:42	07:43:35	98	W35	6
2262	Hieronimus	Martina	Landkreis Leer	01:19:26	01:00:54	01:29:44	01:12:59	01:23:05	01:19:39	07:45:47	99	W35	6
2272	Balzen	Nicole	Landkreis Leer	01:21:23	01:01:50	01:29:23	01:11:43	01:24:05	01:21:02	07:49:26	100	W35	6
2280	Müller	Petra	Lauf geht's Leer	01:24:08	01:04:51	01:32:18	01:11:17	01:20:11	01:19:24	07:52:09	101	W35	6
2299	Seger	Katharina		01:22:31	01:03:52	01:33:41	01:12:14	01:24:48	01:22:38	07:59:44	102	W35	6
2302	Schwöppe	Iris	IGS Barßel goes Ossiloo	01:18:40	01:02:47	01:33:27	01:16:42	01:26:24	01:23:11	08:01:11	103	W35	6
2313	Jakobs	Tanja	Krankenhaus Wittmund	01:22:40	01:05:27	01:32:43	01:14:40	01:25:58	01:26:46	08:08:14	104	W35	6
2321	Buskohl	Daniela		01:18:12	01:03:12	01:33:27	01:17:58	01:32:37	01:25:54	08:11:20	105	W35	6
2326	Boekhoff	Katharina	Lauf geht's Leer	01:24:44	01:06:30	01:34:35	01:16:05	01:28:00	01:24:00	08:13:54	106	W35	6
2331	Wäcken	Stefanie	DESIGNSTUUV Werbea	01:25:44	01:06:00	01:38:17	01:17:09	01:26:00	01:25:22	08:18:32	107	W35	6
2332	Braa	Sabine	DESIGNSTUUV Werbea	01:25:50	01:06:01	01:38:17	01:17:10	01:26:03	01:25:22	08:18:43	108	W35	6
2346	Kurre	Martina	Lauf geht's Leer	01:28:42	01:11:01	01:38:51	01:19:13	01:28:48	01:24:03	08:30:38	109	W35	6
2355	Ostermoor	Carina	Judo Team Leer VFR He	01:27:02	01:09:44	01:41:39	01:19:08	01:30:16	01:31:59	08:39:48	110	W35	6
2361	Schoolmann	Elke	TuS Horsten-Etzel e.V	01:29:55	01:11:00	01:42:10	01:20:04	01:33:50	01:29:26	08:46:25	111	W35	6
2381	Oltmanns	Feeke	Lauf geht's Leer	01:42:44	01:24:14	01:58:35	01:35:58	01:46:21	01:46:11	10:14:03	112	W35	6
150	Krull	Inka	LT TuS Aurich-Ost	00:47:10	00:37:04	00:52:36	00:43:12	00:49:41	00:48:14	04:37:57	1	W40	6
170	Steffens	Viola	Emder LG	00:46:35	00:37:13	00:53:13	00:44:06	00:50:05	00:49:26	04:40:38	2	W40	6
171	Lünemann	Claudia	MTV Aurich	00:47:20	00:37:18	00:53:17	00:43:35	00:50:17	00:48:53	04:40:40	3	W40	6
189	Müller-Weber	Birgit	LG Uplengen	00:49:00	00:37:56	00:54:04	00:43:35	00:49:47	00:48:29	04:42:51	4	W40	6
341	Stutz	Kerstin	Aurich	00:49:12	00:39:42	00:56:52	00:45:59	00:53:04	00:51:52	04:56:41	5	W40	6
514	Hippen	Vera	LT TuS Aurich-Ost	00:52:28	00:41:29	00:58:38	00:47:40	00:54:22	00:53:46	05:08:23	6	W40	6
531	Meints	Melanie	Polizei Oldenburg	00:53:35	00:41:40	00:59:56	00:47:49	00:54:10	00:52:38	05:09:48	7	W40	6
534	Helms	Nadine	LSF Oldenburg	00:52:32	00:41:38	00:59:14	00:48:14	00:54:37	00:53:41	05:09:56	8	W40	6
555	Süßen	Sonja	B-Plast2000	00:52:30	00:42:09	00:59:55	00:48:35	00:54:19	00:53:45	05:11:13	9	W40	6
690	Reuter	Marion	Landkreis Aurich	00:54:28	00:42:27	01:00:09	00:48:57	00:56:14	00:56:44	05:18:59	10	W40	6
713	Klaassen	Jutta	Störtebeker Loopers TVM	00:54:13	00:43:37	01:01:08	00:49:21	00:56:11	00:55:39	05:20:09	11	W40	6
725	Vierkant	Kerstin	Heide Apotheke Weener	00:55:13	00:44:03	01:00:50	00:49:10	00:56:05	00:55:10	05:20:31	12	W40	6
729	Lück	Marion	Sparkasse LeerWittmund	00:54:26	00:43:18	01:01:06	00:49:51	00:56:19	00:55:51	05:20:51	13	W40	6
833	Hollander	Sandra	LT Tus Holtriem	00:56:24	00:43:48	01:02:09	00:50:45	00:58:01	00:57:24	05:28:31	14	W40	6
844	Keraudren	Katrin	TSR Olympia Wilhelmsha	00:57:50	00:44:18	01:03:03	00:50:09	00:56:07	00:57:42	05:29:09	15	W40	6
847	Stolle	Christine	Badewerk Neuharlingersi	00:56:01	00:43:53	01:02:53	00:51:08	00:58:02	00:57:20	05:29:17	16	W40	6
854	Roofls	Martina	LT TuS Aurich-Ost	00:56:15	00:44:30	01:02:54	00:50:56	00:57:50	00:57:23	05:29:48	17	W40	6
863	Dirks	Astrid	LT TuS Aurich-Ost	00:55:46	00:44:21	01:02:42	00:52:33	00:57:49	00:57:02	05:30:13	18	W40	6
938	Tjardes	Sylwia	MTV Hohenkirchen	00:57:45	00:45:23	01:03:19	00:52:36	00:58:32	00:56:53	05:34:28	19	W40	6
954	Streekmann	Silvia	KS Gleitlager GmbH	00:59:08	00:46:12	01:03:51	00:50:57	00:58:03	00:57:09	05:35:20	20	W40	6
959	Doden	Silke	Upstalsboomer	00:56:43	00:45:18	01:03:22	00:52:32	00:59:11	00:58:27	05:35:33	21	W40	6
1023	Nester-Thomas	Michaela		00:57:44	00:45:46	01:04:10	00:52:29	00:59:11	00:59:08	05:38:28	22	W40	6
1045	Götemann	Karin	Sparkasse Aurich-Norder	00:57:35	00:45:48	01:04:28	00:52:21	00:59:55	00:59:35	05:39:42	23	W40	6
1074	Ploch	Daniela	SV Ochtersum	00:59:10	00:45:36	01:05:26	00:52:28	01:00:04	00:59:05	05:41:49	24	W40	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1096	Tränapp-Heizma	Tanja	SV Ochtersum/Zahnheim	00:59:09	00:46:18	01:05:25	00:52:17	01:00:02	01:00:07	05:43:18	25	W40	6
1100	Gronewold	Anja	Team AURICHER EIER	00:59:16	00:47:36	01:05:32	00:52:43	00:59:30	00:58:54	05:43:31	26	W40	6
1134	Mou	Ka Yan	Hartmann Group	01:04:16	00:44:56	01:07:36	00:52:05	00:58:04	00:59:05	05:46:02	27	W40	6
1150	Schmidt	Anja	Eben-Eser Moormerland	00:58:12	00:46:37	01:07:40	00:55:18	01:02:27	00:56:39	05:46:53	28	W40	6
1155	Doden	Britta	SV Blomberg-Neuschoo	01:00:01	00:47:25	01:06:20	00:53:24	01:00:25	00:59:37	05:47:12	29	W40	6
1167	Weigl	Imke	LT TuS Aurich-Ost	01:00:17	00:46:43	01:05:09	00:54:00	01:00:51	01:01:29	05:48:29	30	W40	6
1189	Held	Bettina	GS-Immobilienkontor	01:00:22	00:46:42	01:06:52	00:53:40	01:01:44	01:00:40	05:50:00	31	W40	6
1205	Siedler	Kerstin	Sparkasse Emden	01:00:24	00:47:35	01:07:34	00:53:36	01:01:39	01:00:26	05:51:14	32	W40	6
1275	Vogelsang	Heike	LT TuS Aurich-Ost	00:59:25	00:47:20	01:08:01	00:55:12	01:03:21	01:03:00	05:56:19	33	W40	6
1285	Stamm	Tina	LG Fliegerhorst Upjever	01:00:35	00:47:57	01:08:38	00:54:47	01:03:43	01:01:07	05:56:47	34	W40	6
1324	Kneifel	Veronika	LSF Oldenburg	01:00:01	00:48:29	01:08:38	00:56:06	01:03:18	01:03:16	05:59:48	35	W40	6
1338	Jugl	Herdis		01:00:19	00:48:19	01:09:40	00:56:02	01:03:38	01:02:57	06:00:55	36	W40	6
1339	Siefken	San Dra	nie ohne lächeln Laufen..	01:00:51	00:47:43	01:10:36	00:55:31	01:03:16	01:02:59	06:00:56	37	W40	6
1346	Pampuch	Andrea	TSV Jahn Carolinensiel	01:00:06	00:47:29	01:11:15	00:56:59	01:03:45	01:01:40	06:01:14	38	W40	6
1353	Ubben-Folkerts	Inge	Landguth Heimtiernahrung	01:02:20	00:48:20	01:09:57	00:56:03	01:03:22	01:01:33	06:01:35	39	W40	6
1358	Janssen	Jasmin	LG Eekenstraat	01:02:00	00:48:01	01:08:51	00:56:24	01:03:37	01:02:56	06:01:49	40	W40	6
1396	Rose	Dörthe	TV Norden	01:08:19	00:51:00	01:08:03	00:58:11	01:00:05	00:58:20	06:03:58	41	W40	6
1435	Klaas	Ute	Kliniken Aurich-Emden-N	01:01:59	00:48:45	01:13:29	00:56:32	01:03:53	01:02:07	06:06:45	42	W40	6
1440	Reents	Konstanze	SG FriPe	01:02:22	00:50:51	01:10:55	00:56:26	01:04:27	01:01:57	06:06:58	43	W40	6
1442	Conrads	Geesa	SG FriPe	01:02:23	00:50:51	01:10:55	00:56:27	01:04:26	01:01:57	06:06:59	44	W40	6
1446	Hofer	Nicole	KGS Wiesmoor	01:02:33	00:49:27	01:10:08	00:57:06	01:04:51	01:02:59	06:07:04	45	W40	6
1466	Wahrheit	Manuela	Cäcilienstule Wilhelmsh	01:03:31	00:48:02	01:10:59	00:57:00	01:05:35	01:03:20	06:08:27	46	W40	6
1474	Schulte	Doris	LT TuRa 07 Westrauder	01:03:03	00:50:24	01:11:03	00:57:30	01:03:39	01:03:25	06:09:04	47	W40	6
1495	Ludwig	Sandra	Mountainbike Treff Varel	01:03:33	00:49:30	01:11:04	00:56:38	01:05:59	01:04:01	06:10:45	48	W40	6
1506	Bigalski	Doris	Realschule Aurich	01:01:51	00:49:08	01:11:14	00:57:24	01:06:19	01:05:25	06:11:21	49	W40	6
1524	Schmidt	Nina	Lauf geht's Leer	01:03:19	00:49:45	01:10:53	00:58:10	01:05:43	01:04:41	06:12:31	50	W40	6
1543	Leesch	Kristin	Ostfriesische Volksbank e	01:03:24	00:49:43	01:10:52	00:58:24	01:06:12	01:05:01	06:13:36	51	W40	6
1546	Wechselberg	Sandra	Selbstläufer	01:03:09	00:50:09	01:10:55	00:57:47	01:05:12	01:06:43	06:13:55	52	W40	6
1549	Mülder	Yvonne	Sparkasse LeerWittmund	01:03:14	00:50:06	01:11:21	00:58:15	01:06:00	01:05:11	06:14:07	53	W40	6
1557	Strippel	Tanja		01:05:53	00:50:30	01:10:44	00:57:28	01:04:51	01:05:10	06:14:36	54	W40	6
1584	Müller	Kathrin	SV Neptun Emden	01:04:09	00:50:34	01:11:20	00:58:57	01:05:21	01:07:26	06:17:47	55	W40	6
1591	Grieskamp	Nicole		01:05:01	00:51:32	01:12:42	00:57:54	01:05:33	01:05:40	06:18:22	56	W40	6
1621	Kroon	Manuela	Feldhuis Immobilien	01:04:25	00:49:45	01:11:55	00:59:18	01:08:02	01:07:14	06:20:39	57	W40	6
1634	Geerdes	Sandra	ProEngeno GmbH & Co.	01:03:38	00:50:42	01:12:16	01:00:04	01:06:53	01:07:45	06:21:18	58	W40	6
1654	Bohlen	Anne	Rügenwalder Mühle	01:07:14	00:51:52	01:12:39	00:58:57	01:05:43	01:05:57	06:22:22	59	W40	6
1675	Willms	Silke		01:09:59	00:51:33	01:13:34	00:58:25	01:05:55	01:04:49	06:24:15	60	W40	6
1678	Memenga	Sonja	Anja's Hupfdohlen	01:05:30	00:52:21	01:12:28	00:59:09	01:07:49	01:07:24	06:24:41	61	W40	6
1684	Huxsohl	Karina	Lauf geht's Leer	01:05:02	00:51:56	01:13:49	01:00:59	01:06:53	01:06:39	06:25:18	62	W40	6
1698	Borchers	Kirsten	„Bis(s)“ zum Ziel	01:08:17	00:52:15	01:13:30	00:58:38	01:06:30	01:07:15	06:26:25	63	W40	6
1723	Peters	Inka	Ruderverein Leer	01:07:35	00:52:42	01:13:35	00:59:57	01:07:36	01:07:18	06:28:43	64	W40	6
1739	Schmitz	Insa	Team Rucker	01:05:56	00:52:33	01:15:11	01:00:23	01:07:40	01:08:58	06:30:41	65	W40	6
1770	Oltmanns	Maike	TuS Eintracht Hinte	01:07:26	00:53:03	01:14:54	01:02:01	01:09:40	01:07:47	06:34:51	66	W40	6
1785	Jetzes	Ute		01:08:09	00:53:33	01:15:10	01:00:49	01:08:24	01:09:54	06:35:59	67	W40	6
1803	Naatjes-Dreesm	Tanja	Hesse Baustoffe	01:07:46	00:53:51	01:16:43	01:00:36	01:10:10	01:08:20	06:37:26	68	W40	6
1806	Schulte	Silke	TuS Eintracht Hinte	01:08:40	00:53:05	01:16:18	01:01:22	01:09:56	01:08:16	06:37:37	69	W40	6
1819	Fresemann	Elke	Kirchborgum Wi an't Diek	01:10:40	00:53:24	01:15:37	01:01:20	01:09:44	01:07:54	06:38:39	70	W40	6
1820	Kuhlmann	Astrid	Selbstläufer	01:07:46	00:54:25	01:15:55	01:01:33	01:09:33	01:09:30	06:38:42	71	W40	6
1833	Engelke	Britta		01:09:13	00:54:01	01:17:46	01:00:48	01:09:40	01:08:13	06:39:41	72	W40	6
1835	Bohms	Trude	LT Tus Holtriem	01:11:10	00:52:52	01:16:31	01:00:18	01:09:26	01:09:40	06:39:57	73	W40	6
1839	Grünhoff	Maya		01:07:32	00:54:22	01:17:37	01:03:29	01:09:21	01:07:42	06:40:03	74	W40	6
1844	Meyer	Claudia	Bad Zwischenahn	01:10:12	00:53:18	01:18:03	01:00:56	01:09:29	01:08:42	06:40:40	75	W40	6
1856	Lohberg	Bettina	Lohberg-Runners	01:07:42	00:53:53	01:17:52	01:03:09	01:09:51	01:09:15	06:41:42	76	W40	6
1877	Böse	Jana		01:08:20	00:53:05	01:16:35	01:02:34	01:11:56	01:10:45	06:43:15	77	W40	6
1879	Kuiper	Mareike	v.Rossum/Kuiper	01:10:33	00:53:44	01:16:20	01:01:59	01:11:11	01:09:45	06:43:32	78	W40	6
1881	Erdmann	Jutta	LT TuS Aurich-Ost/KVN	01:07:58	00:54:16	01:18:04	01:02:24	01:10:43	01:10:10	06:43:35	79	W40	6
1888	Schmidt	Gudrun	Mario Schmidt Chiro- und	01:08:46	00:53:37	01:17:37	01:01:40	01:11:02	01:11:15	06:43:57	80	W40	6
1889	Siemons	Kerstin	Stapelmoor	01:09:01	00:54:17	01:17:54	01:02:52	01:10:49	01:09:16	06:44:09	81	W40	6
1903	Buldt	Rixte	Pferdefreunde Werdum	01:08:45	00:55:32	01:17:07	01:03:15	01:10:31	01:09:35	06:44:45	82	W40	6
1914	Weiler	Anja	Upstalsboomer	01:10:00	00:56:00	01:16:21	01:02:33	01:10:33	01:10:35	06:46:02	83	W40	6
1915	Hobbensiefken	Marina	Polizei Leer	01:09:18	00:55:14	01:17:28	01:02:54	01:10:05	01:11:04	06:46:03	84	W40	6
1932	Heidergott	Britta	Injoy Leer	01:08:42	00:54:54	01:17:22	01:02:37	01:12:24	01:11:39	06:47:38	85	W40	6
1933	Fauerbach	Kerstin	Team ENERCON	01:10:18	00:55:26	01:17:57	01:02:15	01:11:03	01:10:54	06:47:53	86	W40	6
1940	Seeba	Andrea	Störtebeker Loopers TVM	01:10:54	00:55:46	01:17:15	01:02:46	01:11:40	01:10:05	06:48:26	87	W40	6
1944	Egberts	Nicole		01:13:25	00:54:35	01:17:00	01:02:21	01:10:53	01:10:54	06:49:08	88	W40	6
1951	Lübben	Wiebke	TSV Jahn Carolinensiel	01:01:04	00:48:26	01:22:21	01:07:33	01:16:04	01:14:23	06:49:51	89	W40	6
1953	Markus	Birgit	Klinikum Leer	01:08:36	00:54:24	01:19:16	01:03:43	01:12:32	01:11:30	06:50:01	90	W40	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1969	Grünert	Nicole	Borromäus Hospital	01:12:37	00:55:40	01:17:16	01:03:44	01:11:06	01:10:58	06:51:21	91	W40	6
1971	Oelrichs	Manuela	AGRAVIS Ems-Jade Gm	01:09:03	00:54:43	01:20:29	01:03:16	01:11:51	01:12:02	06:51:24	92	W40	6
1972	Buss	Jessica	KGS Wiesmoor	01:11:50	00:54:31	01:20:48	01:02:28	01:11:08	01:10:40	06:51:25	93	W40	6
1988	Wagenschütz	Sanne	LT TuS Aurich-Ost	01:13:13	00:56:03	01:18:28	01:03:01	01:10:37	01:11:25	06:52:47	94	W40	6
2007	Natelberg	Inka	LT TuRa 07 Westrhauder	01:09:40	00:55:23	01:20:18	01:05:03	01:13:01	01:11:19	06:54:44	95	W40	6
2006	Brosa-Spieker	Maren	LT TuRa 07 Westrhauder	01:09:41	00:55:23	01:20:17	01:05:03	01:13:01	01:11:19	06:54:44	96	W40	6
2020	Janssen	Imke	LT TuS Aurich-Ost	01:09:19	00:54:07	01:18:59	01:06:30	01:14:50	01:11:56	06:55:41	97	W40	6
2033	Dirks	Michaela	Lauf geht's Leer	01:11:44	00:55:57	01:19:41	01:03:52	01:12:59	01:12:45	06:56:58	98	W40	6
2048	Ihnken	Nadine	TuS Esens	01:17:00	00:57:17	01:18:04	01:02:45	01:12:09	01:11:35	06:58:50	99	W40	6
2050	Lübsen-Gentsch	Janneke	Landkreis Aurich	01:13:54	00:56:04	01:18:56	01:03:59	01:13:05	01:12:58	06:58:56	100	W40	6
2059	Dirks	Marion	TSG Westerstede	01:11:01	00:55:28	01:19:35	01:04:22	01:13:43	01:15:42	06:59:51	101	W40	6
2084	Daalmeyer	Katrin	LG Teutonia Stapelmoor	01:11:31	00:56:26	01:21:27	01:05:34	01:13:17	01:14:07	07:02:22	102	W40	6
2105	Riedemann	Sonja		01:12:36	00:56:52	01:23:14	01:07:00	01:12:55	01:12:26	07:05:03	103	W40	6
2109	Pätsch	Daniela	MTV Aurich	01:13:55	00:59:23	01:20:40	01:05:18	01:14:52	01:11:28	07:05:36	104	W40	6
2112	Wattjes	Dayana	Team Möbel Buss	01:14:40	00:56:16	01:22:01	01:06:31	01:12:54	01:13:40	07:06:02	105	W40	6
2121	Eiben	Elke	Krankenhaus Wittmund	01:13:13	00:56:29	01:19:12	01:06:08	01:15:56	01:16:04	07:07:02	106	W40	6
2181	Brückner	Nadine		01:19:49	00:59:34	01:25:50	01:06:33	01:13:03	01:12:50	07:17:39	107	W40	6
2182	Mütz-Endrizzi	Hanna		01:18:11	00:59:50	01:24:21	01:07:23	01:13:24	01:14:47	07:17:56	108	W40	6
2186	Behrends	Elena	LT SV Ems Jemgum	01:14:40	00:58:51	01:24:03	01:08:57	01:15:41	01:17:11	07:19:23	109	W40	6
2202	Groeneveld	Tanja	Zahnarzt van Rossum /K	01:15:59	00:59:50	01:25:30	01:09:00	01:18:30	01:16:22	07:25:11	110	W40	6
2208	Jacobs-Schippe	Astrid	run an den Speck	01:18:08	01:00:16	01:24:25	01:09:02	01:18:00	01:17:47	07:27:38	111	W40	6
2212	Onnen	Astrid	FC Oldersum	01:21:15	00:58:38	01:02:56	01:14:43	01:26:09	01:24:50	07:28:31	112	W40	6
2217	Rolfs	Sigrid	SV Blomberg-Neuschoo	01:17:43	00:59:23	01:27:17	01:08:39	01:19:17	01:17:15	07:29:34	113	W40	6
2220	Seybold	Elke		01:17:57	01:00:50	01:25:52	01:09:44	01:18:13	01:17:43	07:30:19	114	W40	6
2221	Schneider	Hellen	Lauf geht's Leer	01:14:24	01:00:56	01:25:22	01:09:54	01:20:39	01:19:40	07:30:55	115	W40	6
2227	Caspari	Inka	Lauf geht's Leer	01:17:12	01:00:24	01:25:39	01:09:52	01:20:56	01:19:24	07:33:27	116	W40	6
2245	Krüger	Maike	RVB Aurich	01:18:28	01:00:26	01:27:02	01:10:53	01:20:51	01:22:39	07:40:19	117	W40	6
2281	Ploataw-Eilers	Daniela	Badewerk Neuharlingersi	01:25:02	01:03:53	01:28:39	01:11:14	01:22:21	01:21:14	07:52:23	118	W40	6
2283	Calbow	Christiane		01:16:52	01:00:59	01:29:21	01:10:23	01:23:20	01:32:31	07:53:26	119	W40	6
2284	Dorenbusch	Kerstin	Team obw	01:27:11	01:08:22	01:28:12	01:11:40	01:19:19	01:18:53	07:53:37	120	W40	6
2285	Oltmanns	Sigrid	KBV Uttel	01:19:54	01:04:47	01:31:28	01:13:06	01:22:48	01:22:15	07:54:18	121	W40	6
2293	Kluge	Sandra	Lauf geht's Leer	01:21:37	01:04:39	01:28:58	01:12:47	01:23:44	01:25:49	07:57:34	122	W40	6
2295	Winkler	Janine	LT TuS Aurich-Ost	01:20:03	01:03:22	01:31:24	01:14:20	01:24:33	01:24:52	07:58:34	123	W40	6
2301	Venema	Bärbel	run an den Speck	01:20:20	01:02:10	01:33:14	01:15:36	01:23:57	01:25:47	08:01:04	124	W40	6
2325	Heß-Baumann	Anja	Ostfriesische Volksbank e	01:24:47	01:05:03	01:30:47	01:17:27	01:28:05	01:27:40	08:13:49	125	W40	6
2333	Pommer	Martina	Wreesmann Logistikdiens	01:24:16	01:07:21	01:34:55	01:17:09	01:31:07	01:25:16	08:20:04	126	W40	6
2337	Lohmann	Yvonne	Landkreis Aurich	01:27:01	01:06:43	01:35:21	01:16:17	01:27:14	01:30:05	08:22:41	127	W40	6
2372	Harms	Sonja	Landkreis Aurich	01:28:46	01:11:32	01:45:31	01:25:15	01:37:27	01:37:07	09:05:38	128	W40	6
2376	Stekker	Ilona	LT TuS Aurich-Ost	01:32:49	01:12:50	01:49:18	01:28:12	01:43:02	01:41:42	09:27:53	129	W40	6
263	Brahms	Steffi	LT TuS Aurich-Ost	00:49:47	00:39:08	00:55:25	00:44:40	00:51:32	00:49:55	04:50:27	1	W45	6
280	Luppen	Marion	ZGO Zeitungsgruppe Ost	00:48:56	00:39:09	00:55:43	00:45:25	00:51:26	00:50:38	04:51:17	2	W45	6
294	Müller	Maren	Herzkinder OstFriesland	00:49:25	00:39:42	00:55:32	00:45:41	00:51:32	00:50:52	04:52:44	3	W45	6
472	Lüers	Silke	arnie's laufbande	00:52:19	00:41:41	00:58:28	00:47:37	00:52:47	00:51:51	05:04:43	4	W45	6
492	Baumann	Marion	TuS Zetel	00:51:21	00:40:53	00:57:55	00:47:39	00:54:26	00:53:45	05:05:59	5	W45	6
510	Meier	Heide	Störtebeker Loopers TVM	00:51:27	00:41:47	00:59:42	00:47:36	00:54:11	00:53:13	05:07:56	6	W45	6
525	Engels-Bakker	Janke	Maler Engels Holterfehn	00:52:47	00:41:59	01:00:21	00:47:43	00:53:46	00:52:33	05:09:09	7	W45	6
585	Tempel	Marion	Tripple MMM	00:53:11	00:42:17	00:59:13	00:49:07	00:54:55	00:53:56	05:12:39	8	W45	6
596	Reshöft	Nicole	MTV Aurich	00:52:17	00:41:57	00:59:53	00:48:50	00:55:18	00:54:57	05:13:12	9	W45	6
641	Kläner	Sonja	LSF Oldenburg	00:53:40	00:42:58	01:00:08	00:49:43	00:55:11	00:54:18	05:15:58	10	W45	6
661	Rietman	Karin	SV Ochtersum	00:59:15	00:41:57	01:00:03	00:48:03	00:54:59	00:52:50	05:17:07	11	W45	6
667	Kröger	Zandra	TuS Eintracht Hinte	00:53:46	00:42:50	01:00:16	00:49:42	00:56:05	00:54:47	05:17:26	12	W45	6
681	Hayen	Ivonne	Die Knochenjäger	00:53:58	00:43:06	01:00:50	00:49:18	00:56:00	00:55:10	05:18:22	13	W45	6
687	Gerhardt	Wibke	LG Fliegerhorst Upjever	00:54:00	00:42:43	01:00:33	00:49:15	00:56:09	00:56:07	05:18:47	14	W45	6
704	Carstens	Eva	TSV Riepe	00:53:46	00:42:53	01:01:37	00:49:19	00:56:36	00:55:28	05:19:39	15	W45	6
715	Behnke	Claudia	KBV Wiesederfehn	00:54:26	00:43:59	01:01:06	00:50:15	00:55:50	00:54:36	05:20:12	16	W45	6
720	Mikolay	Manuela	Lauf geht's Leer	00:54:49	00:43:20	01:00:52	00:49:39	00:56:16	00:55:29	05:20:25	17	W45	6
734	Seegers	Nicole	Team BauCon	00:54:26	00:43:16	01:00:53	00:49:39	00:56:32	00:56:19	05:21:05	18	W45	6
811	Kohn	Martina	FC Oldersum	00:56:33	00:44:34	01:01:56	00:50:00	00:57:41	00:56:32	05:27:16	19	W45	6
827	Dekker	Anja	MTV Aurich / TEA	00:55:14	00:44:05	01:01:53	00:50:38	00:58:14	00:58:17	05:28:21	20	W45	6
839	Post- De Buhr	Karin	Mahl- und Mischbetrieb G	00:55:29	00:44:36	01:02:34	00:51:04	00:57:55	00:57:17	05:28:55	21	W45	6
851	Wulf	Marit	Team ENERCON	00:56:03	00:43:52	01:03:17	00:51:28	00:57:45	00:57:12	05:29:37	22	W45	6
919	Jürgens	Silke	Angelsböcker Loopers &	00:57:23	00:45:18	01:04:03	00:51:54	00:58:07	00:57:04	05:33:49	23	W45	6
930	Stemmler	Monja		00:56:47	00:44:45	01:03:12	00:52:47	00:58:16	00:58:26	05:34:13	24	W45	6
937	Isernhinke	Sandra	Schönes Läuferchen	00:55:39	00:44:14	01:03:22	00:52:43	00:59:15	00:59:14	05:34:27	25	W45	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

960	Goos	Anja	Emder LG	00:56:51	00:43:55	01:02:49	00:51:37	00:59:24	01:00:58	05:35:34	26	W45	6
975	Röben	Melanie	ENTDECKERGARTEN M	00:57:25	00:45:28	01:03:40	00:52:02	00:59:34	00:58:07	05:36:16	27	W45	6
982	Saathoff	Claudia	LT TuS Aurich-Ost	00:56:15	00:45:09	01:03:53	00:52:34	01:00:23	00:58:11	05:36:25	28	W45	6
1012	Melzer	Martina	Emder LG	00:56:52	00:45:41	01:04:22	00:52:46	00:59:28	00:58:46	05:37:55	29	W45	6
1070	Musiol	Anja	ArtLetik	00:57:23	00:45:38	01:04:24	00:53:49	01:00:16	00:59:56	05:41:26	30	W45	6
1146	Brunen	Erika	RS Immobilien	01:00:53	00:46:26	01:08:42	00:53:14	00:59:10	00:58:15	05:46:40	31	W45	6
1192	Hugen	Sigrid	??Sternen Läufer ??	01:00:22	00:46:42	01:06:50	00:53:46	01:01:44	01:00:40	05:50:04	32	W45	6
1203	Aden	Frauke	LG Großefehn	01:00:07	00:47:04	01:07:15	00:54:31	01:01:31	01:00:37	05:51:05	33	W45	6
1212	Ihnen	Tini ( Martina)	LT TuS Aurich-Ost	00:56:46	00:45:35	01:07:06	00:54:16	01:03:42	01:04:16	05:51:41	34	W45	6
1216	Aden	Melanie	LG Großefehn	01:00:24	00:47:08	01:07:29	00:54:37	01:01:56	01:00:37	05:52:11	35	W45	6
1240	Grebe-Brunkens	Inga		00:58:52	00:48:30	01:08:30	00:54:45	01:02:29	01:01:06	05:54:12	36	W45	6
1281	Coordes	Silvia	Einzelläufer	01:02:17	00:48:05	01:07:29	00:54:44	01:02:45	01:01:12	05:56:32	37	W45	6
1290	Hinrichs	Anja	LT Schaffhauser Wald	01:03:02	00:48:13	01:09:48	00:54:33	01:01:35	01:00:05	05:57:16	38	W45	6
1306	Fitz	Silke	Moordörper Freetiedloop	01:01:44	00:47:53	01:07:36	00:54:00	01:04:33	01:02:52	05:58:38	39	W45	6
1318	Dannholz	Iris	LT TuS Aurich-Ost	01:00:23	00:46:56	01:07:25	00:54:37	01:05:42	01:04:16	05:59:19	40	W45	6
1326	Gräfedünkel	Tanja	LSF Oldenburg	01:00:08	00:47:32	01:07:20	00:56:04	01:04:17	01:04:29	05:59:50	41	W45	6
1337	Bloem	Nicole		01:02:07	00:48:24	01:09:39	00:55:11	01:03:07	01:02:26	06:00:54	42	W45	6
1341	Junge	Sandra	TSR Olympia Wilhelmsha	01:01:19	00:47:22	01:09:48	00:56:11	01:03:53	01:02:28	06:01:01	43	W45	6
1342	Wulf	Julia	Schönes Läuferchen	01:00:23	00:48:18	01:09:31	00:56:15	01:03:56	01:02:42	06:01:05	44	W45	6
1364	Bussen	Wiebke	Arends und Bussen	01:04:00	00:49:10	01:10:04	00:55:45	01:01:56	01:01:23	06:02:18	45	W45	6
1369	Wolter	Alexandra	LT TuS Aurich-Ost	01:01:50	00:47:52	01:09:40	00:55:11	01:04:16	01:03:51	06:02:40	46	W45	6
1376	Erfeling	Christel	Klinikum Leer	01:04:09	00:49:46	01:09:32	00:55:45	01:02:19	01:01:33	06:03:04	47	W45	6
1378	Lüürsen	Kerstin	Bünting Tee	01:02:12	00:48:01	01:08:37	00:55:14	01:04:08	01:04:56	06:03:08	48	W45	6
1426	Wilken	Anja	LG Uplengen	01:02:29	00:48:50	01:09:22	00:56:30	01:04:29	01:04:23	06:06:03	49	W45	6
1447	Mennenga-Steff	Elke	Landkreis Aurich	01:03:24	00:49:01	01:10:38	00:56:50	01:04:10	01:03:01	06:07:04	50	W45	6
1457	Meinen	Marina	KGS Wiesmoor	01:02:55	00:49:27	01:10:08	00:57:06	01:04:51	01:02:58	06:07:25	51	W45	6
1462	Ortmann	Petra	TSG Westerstede	01:03:41	00:50:53	01:10:47	00:57:01	01:02:45	01:02:56	06:08:03	52	W45	6
1479	Scheunemann	Sonja	LG Teutonia Stapelmoor	01:03:44	00:49:36	01:10:13	00:57:21	01:05:14	01:03:21	06:09:29	53	W45	6
1489	Bohlen	Beate	Lindenboom-Apotheke W	01:04:26	00:50:27	01:10:19	00:56:38	01:05:01	01:03:19	06:10:10	54	W45	6
1534	Schütte	Silke	WfbM Aurich-Wittmund	01:04:17	00:50:49	01:11:34	00:58:04	01:04:21	01:03:52	06:12:57	55	W45	6
1541	Tjardes	Martina	LT TuS Aurich-Ost	01:04:29	00:49:47	01:11:39	00:57:03	01:06:14	01:04:18	06:13:30	56	W45	6
1556	Garrelts	Elke	SC Wiesens	01:03:31	00:50:17	01:12:18	00:58:33	01:06:10	01:03:46	06:14:35	57	W45	6
1569	Hauser	Christa	Landkreis Aurich	01:03:49	00:51:35	01:10:47	00:57:23	01:07:00	01:05:23	06:15:57	58	W45	6
1571	Groenewold	Elke	Dabei is alles	01:03:53	00:50:36	01:11:41	00:58:21	01:06:23	01:05:33	06:16:27	59	W45	6
1575	Wilken	Agnes	Baptisten Firrel	01:03:55	00:50:21	01:12:21	00:58:21	01:06:19	01:05:24	06:16:41	60	W45	6
1576	Ottersberg	Hanna	Team Möbel Buss	01:03:55	00:50:22	01:12:21	00:58:21	01:06:19	01:05:25	06:16:43	61	W45	6
1597	Backhaus	Insa	TSG Westerstede	01:04:24	00:50:43	01:12:28	00:59:02	01:05:53	01:06:12	06:18:42	62	W45	6
1614	Fecht	Miriam	Team ENERCON	01:05:11	00:50:17	01:14:04	00:59:04	01:06:34	01:04:41	06:19:51	63	W45	6
1623	Keiser	Sylvia	Uplengen	01:04:20	00:49:49	01:11:33	00:58:33	01:07:11	01:09:16	06:20:42	64	W45	6
1646	Schomerus	Petra	Orthopädie - Schuhtech	01:06:44	00:51:21	01:12:49	00:58:38	01:06:58	01:05:43	06:22:13	65	W45	6
1649	Harms	Gaby	Team Rücker	01:04:52	00:50:52	01:13:19	00:58:34	01:07:17	01:07:21	06:22:15	66	W45	6
1666	Redelfs	Astrid	LT TuS Aurich-Ost	01:04:10	00:51:09	01:15:31	00:59:07	01:06:53	01:06:37	06:23:27	67	W45	6
1679	Decker	Silvia	Anja's Hupfdohlen	01:05:31	00:52:21	01:12:28	00:59:09	01:07:49	01:07:23	06:24:41	68	W45	6
1714	Nerjes-Moldenhe	Sonja		01:04:50	00:51:12	01:15:14	01:01:14	01:07:32	01:07:31	06:27:33	69	W45	6
1720	Janßen	Ulrike	Studio Nagelneu	01:05:36	00:51:32	01:14:03	01:00:42	01:07:53	01:08:24	06:28:10	70	W45	6
1727	Herman	Dagmar	Gymnastikgruppe Moorw	01:06:53	00:51:48	01:13:47	00:59:36	01:07:25	01:09:27	06:28:56	71	W45	6
1728	Ihnken	Anja	SV Ochtersum	01:06:15	00:52:33	01:14:21	00:59:47	01:07:37	01:08:24	06:28:57	72	W45	6
1752	Decker-Gerdes	Carola	Sparkasse Emden	01:06:40	00:52:10	01:15:10	01:01:31	01:09:55	01:07:43	06:33:09	73	W45	6
1763	Wallat	Elke	Borromäus Hospital	01:08:33	00:52:32	01:16:32	01:01:30	01:07:36	01:07:39	06:34:22	74	W45	6
1764	Locker	Ilka		01:10:01	00:52:54	01:15:31	00:53:23	01:12:54	01:09:43	06:34:26	75	W45	6
1767	Meyerjürgens	Andrea	Bad Zwischenahn	01:07:40	00:53:14	01:16:22	00:59:17	01:09:29	01:08:42	06:34:44	76	W45	6
1776	Plumeyer	Franciska	Pewsumer Hummel	01:11:18	00:55:01	01:16:31	01:00:53	01:07:11	01:04:31	06:35:25	77	W45	6
1778	Jansen	Theresia	ELV Elektronik AG/eQ-3	01:09:59	00:53:58	01:15:57	00:59:59	01:08:04	01:07:46	06:35:43	78	W45	6
1795	Huisinger	Maike	AZ LG Stapelmoor	01:08:23	00:51:39	01:17:30	01:01:09	01:10:21	01:07:34	06:36:36	79	W45	6
1812	Hoppmann	Christina	Eintracht Plaggenburg	01:07:20	00:53:35	01:14:50	01:02:01	01:11:14	01:09:11	06:38:11	80	W45	6
1838	Modderman	Claudia	Klinikum Leer	01:07:17	00:53:26	01:16:21	01:02:11	01:11:50	01:08:56	06:40:01	81	W45	6
1847	Daun	Jenny	Landkreis Leer	01:11:01	00:54:36	01:16:57	01:01:53	01:08:50	01:07:44	06:41:01	82	W45	6
1857	Lütten	Angelika	Larrelt	01:08:54	00:55:01	01:18:11	01:00:55	01:09:41	01:09:06	06:41:48	83	W45	6
1859	Steinfelder	Antje	LG Teutonia Stapelmoor	01:06:06	00:53:02	01:16:33	01:02:30	01:12:32	01:11:14	06:41:57	84	W45	6
1863	Behrens-Kuhl	Marlies	Klinikum Leer	01:07:14	00:53:21	01:16:32	01:02:35	01:12:22	01:10:21	06:42:25	85	W45	6
1865	Behrends Neum	Gabriele	Kliniken Aurich-Emden-N	01:07:57	00:54:14	01:17:06	01:02:22	01:10:39	01:10:09	06:42:27	86	W45	6
1871	Voß	Anja	Selbstläufer	01:09:50	00:54:25	01:15:55	01:01:34	01:11:38	01:09:30	06:42:52	87	W45	6
1909	Ahrends	Monika	Angelsböcker Loopers &	01:08:48	00:55:34	01:17:08	01:03:16	01:10:47	01:09:38	06:45:11	88	W45	6
1911	Eisert	Sabine		01:08:16	00:53:41	01:17:51	01:02:53	01:11:43	01:11:17	06:45:41	89	W45	6
1923	Meyer	Ingrid	Yvonne Ulrichs Immobilie	01:08:24	00:53:28	01:20:11	01:05:33	01:10:40	01:08:41	06:46:57	90	W45	6
1926	Janssen	Mariel		01:10:57	00:54:07	01:20:36	01:02:52	01:09:59	01:08:49	06:47:20	91	W45	6



# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1929	Barth	Silke	SV Blomberg-Neuschoor	01:10:00	00:55:05	01:18:19	01:02:19	01:10:45	01:11:03	06:47:31	92	W45	6
1941	Joosten	Lydia	LT TuS Aurich-Ost	01:10:49	00:55:23	01:18:20	01:02:27	01:10:32	01:10:56	06:48:27	93	W45	6
1957	Adden	Tanja	BBS 2 Leer Runaways	01:12:02	00:52:58	01:17:45	01:04:34	01:12:39	01:10:31	06:50:29	94	W45	6
1977	Uphoff	Thea		01:07:35	00:55:06	01:22:58	01:02:24	01:10:38	01:13:02	06:51:43	95	W45	6
1982	Franke	Mirja		01:10:13	00:54:43	01:18:58	01:03:54	01:12:53	01:11:34	06:52:15	96	W45	6
1987	Tilch	Elke		01:11:33	00:54:48	01:17:16	01:03:41	01:12:10	01:13:09	06:52:37	97	W45	6
1989	Dannen	Frauke	BBS 2 Leer Runaways / F	01:10:41	00:55:43	01:20:50	01:02:39	01:13:01	01:09:57	06:52:51	98	W45	6
1992	Allgeier	Jutta	LT Tus Holtriem	01:10:02	00:55:54	01:19:16	01:03:45	01:12:02	01:11:55	06:52:54	99	W45	6
1996	Harde	Sandra	Hundsmühler TV	01:11:03	00:53:46	01:21:59	01:02:03	01:12:24	01:11:56	06:53:11	100	W45	6
2002	Ressel	Dörthe	TV Norden	01:12:35	00:56:00	01:20:03	01:03:34	01:12:27	01:09:47	06:54:26	101	W45	6
2014	Wienekamp	Foxi (Edelgar)	LT TuS Aurich-Ost	01:09:46	00:55:55	01:18:44	01:04:34	01:13:46	01:12:25	06:55:10	102	W45	6
2039	Boven-Stroman	Christel		01:11:56	00:55:31	01:21:05	01:03:31	01:13:04	01:12:21	06:57:28	103	W45	6
2055	Leeners	Ina	Landkreis Leer	01:08:18	00:56:06	01:18:56	01:06:06	01:13:44	01:16:13	06:59:23	104	W45	6
2074	Manninga	Sonja	TV Norden	01:11:01	00:57:00	01:20:20	01:04:51	01:14:28	01:13:34	07:01:14	105	W45	6
2076	Janßen	Wilma	Hospiz Huus	01:10:31	00:55:31	01:19:46	01:05:45	01:15:00	01:14:57	07:01:30	106	W45	6
2082	Kröger	Nita	Die Krögers	01:10:53	00:55:43	01:18:01	01:02:26	01:25:41	01:09:30	07:02:14	107	W45	6
2101	Götze	Sandra		01:16:07	00:56:22	01:19:43	01:04:36	01:15:43	01:12:21	07:04:52	108	W45	6
2110	Rosenthal-Tönn	Tatiana		01:15:38	01:02:48	01:17:31	00:55:19	01:26:30	01:07:59	07:05:45	109	W45	6
2115	Buntjer	Silke	AZ LG Stapelmoor	01:12:25	00:57:41	01:22:18	01:06:34	01:13:44	01:13:40	07:06:22	110	W45	6
2118	Brink	Kerstin	AZ LG Stapelmoor	01:12:41	00:57:40	01:22:17	01:06:34	01:13:43	01:13:40	07:06:35	111	W45	6
2119	Friehe	Nicole	WfbM Aurich-Wittmund	01:13:54	00:57:13	01:20:12	01:05:53	01:13:48	01:15:50	07:06:50	112	W45	6
2123	Rose	Sylke	Ostfriesische Volksbank e	01:11:15	00:56:47	01:23:30	01:05:48	01:15:50	01:14:57	07:08:07	113	W45	6
2124	Verwold	Anke	TausendfußLeer	01:17:31	00:56:29	01:22:14	01:05:43	01:14:08	01:12:04	07:08:09	114	W45	6
2138	Kahle	Anja	FCSO	01:16:34	00:56:31	01:19:03	01:04:06	01:19:08	01:14:48	07:10:10	115	W45	6
2147	Moldenhauer	Gesa	Schleichkatze	01:12:17	00:58:29	01:22:15	01:05:43	01:14:39	01:18:04	07:11:27	116	W45	6
2151	Schulken	Kerstin	LT TuS Aurich-Ost	01:13:00	00:57:55	01:23:54	01:07:04	01:14:49	01:14:58	07:11:40	117	W45	6
2156	Trauernicht	Bettina	Team Möbel Buss	01:12:16	00:58:19	01:24:37	01:08:39	01:14:14	01:14:29	07:12:34	118	W45	6
2157	Ferdinand	Tanja	LT TuS Aurich-Ost	01:13:00	00:57:52	01:23:52	01:07:04	01:15:58	01:15:00	07:12:46	119	W45	6
2166	De Wolf	Wanda		01:11:39	00:56:03	01:23:51	01:07:14	01:18:12	01:17:37	07:14:36	120	W45	6
2171	Hafner	Andrea	Lauf geht's Leer	01:15:08	00:57:37	01:23:00	01:08:00	01:17:15	01:14:10	07:15:10	121	W45	6
2211	Goldenstein	Andrea	LT Tus Holtriem	01:17:08	01:00:23	01:25:04	01:09:45	01:18:15	01:17:43	07:28:18	122	W45	6
2213	Weimann	Claudia	AK Muskelkater	01:17:21	00:59:51	01:26:18	01:08:53	01:17:58	01:18:29	07:28:50	123	W45	6
2224	Bruns	Karin	Leinerstift	01:16:02	00:59:38	01:27:45	01:10:33	01:21:19	01:17:42	07:32:59	124	W45	6
2238	Kohlbuß	Petra	KSF Steuerberatung	01:13:07	00:57:27	01:31:32	01:13:54	01:23:20	01:18:02	07:37:22	125	W45	6
2250	Von Höveling-Sc	Elke	Montags wird gelaufen!	01:22:01	01:02:43	01:28:33	01:10:24	01:20:36	01:17:35	07:41:52	126	W45	6
2259	Bonder	Andrea	Parkrun Livonia	01:17:29	01:00:01	01:30:57	01:10:55	01:22:26	01:22:38	07:44:26	127	W45	6
2271	Schaa	Heike	Hartmann Group	01:18:53	01:02:44	01:28:42	01:13:03	01:24:34	01:21:15	07:49:11	128	W45	6
2274	Falkenberg	Gabi	TV Norden	01:21:26	01:04:26	01:30:14	01:12:38	01:21:18	01:19:57	07:49:59	129	W45	6
2322	Koop	Sonja	Lauf geht's Leer	01:24:54	01:06:31	01:34:36	01:14:50	01:27:06	01:24:01	08:11:58	130	W45	6
2345	Brechtters	Christina	NLWKN	01:25:35	01:07:25	01:35:47	01:20:10	01:28:28	01:30:53	08:28:18	131	W45	6
2359	De Jonge	Ilona	Lauf geht's Leer	01:28:46	01:11:00	01:41:08	01:19:49	01:31:19	01:31:45	08:43:47	132	W45	6
2373	Grünhagel	Elke	Landkreis Aurich	01:28:45	01:11:32	01:45:32	01:25:15	01:37:28	01:37:07	09:05:39	133	W45	6
2379	Bos	Wilma		01:41:25	01:19:38	01:54:47	01:36:02	01:46:17	01:44:37	10:02:46	134	W45	6
2382	Leonhard	Carmen	Lauf geht's Leer	01:42:45	01:24:15	01:58:35	01:35:59	01:46:21	01:46:11	10:14:06	135	W45	6
405	Folkerts	Ingrid	Fortuna Logabirum	00:50:07	00:40:36	00:56:36	00:46:34	00:53:28	00:52:47	05:00:08	1	W50	6
438	Hettstedt-Bents	Ilka	KBV Mamburg	00:52:17	00:40:45	00:57:45	00:46:10	00:52:46	00:52:46	05:02:29	2	W50	6
460	Kobuch	Herma	LT Schaffhauser Wald	00:49:56	00:40:54	00:57:55	00:47:45	00:54:01	00:53:24	05:03:55	3	W50	6
566	Geiken	Marion	LT TuS Aurich-Ost	00:52:53	00:41:50	00:59:05	00:48:19	00:55:02	00:54:22	05:11:31	4	W50	6
705	Kisch	Annette	FCSO	00:53:30	00:43:53	01:00:58	00:50:06	00:56:05	00:55:11	05:19:43	5	W50	6
743	Van Jinnelt	Anita	MTV Hohenkirchen	00:54:16	00:43:01	01:02:10	00:50:17	00:55:23	00:56:52	05:21:59	6	W50	6
775	Greis	Heike	BBS Ammerland	00:57:18	00:43:56	01:00:41	00:50:02	00:57:05	00:55:39	05:24:41	7	W50	6
792	Roofls	Waltraud	Störtebeker Loopers TVM	00:54:29	00:44:33	01:02:12	00:50:39	00:57:40	00:56:20	05:25:53	8	W50	6
856	Marks	Ilona	LT TuRa 07 Westrhauder	00:55:21	00:44:43	01:03:13	00:51:22	00:57:59	00:57:12	05:29:50	9	W50	6
912	Untied-Plaißmei	Anke	Fortuna Logabirum	00:56:40	00:44:15	01:02:52	00:52:54	00:58:53	00:57:48	05:33:22	10	W50	6
963	Lübbbers	Elke	Team criss cross	00:56:58	00:45:06	01:05:59	00:51:27	00:58:50	00:57:17	05:35:37	11	W50	6
988	Spethmann	Heidrun	TuS Eintracht Hinte	00:56:07	00:45:31	01:04:28	00:52:45	00:59:30	00:58:26	05:36:47	12	W50	6
999	Hellmers	Susanne	TV Norden	00:56:59	00:44:32	01:08:03	00:51:49	00:58:31	00:57:09	05:37:03	13	W50	6
1002	Adden	Marion	SV Großefehn	00:59:00	00:45:50	01:03:43	00:51:48	00:59:43	00:57:09	05:37:13	14	W50	6
1008	Schipper	Jutta	Störtebeker Loopers TVM	00:59:42	00:45:38	01:03:48	00:52:32	00:58:52	00:57:15	05:37:47	15	W50	6
1071	Sauer-Ufkes	Gudrun	MTV Aurich	00:58:06	00:46:57	01:04:31	00:52:45	01:01:01	00:58:11	05:41:31	16	W50	6
1079	Fecht	Sabine	Neukamperfehn	00:58:43	00:45:55	01:05:25	00:52:54	01:00:29	00:58:45	05:42:11	17	W50	6
1116	Huisinga	Anne	LG TV Bunde	00:57:38	00:45:16	01:05:54	00:53:59	01:00:43	01:01:10	05:44:40	18	W50	6
1154	Steinmeier	Marion		00:59:03	00:47:07	01:07:13	00:53:58	00:59:36	01:00:14	05:47:11	19	W50	6
1168	Laska	Monika	LT TuS Aurich-Ost	00:59:30	00:46:25	01:06:33	00:53:39	01:01:48	01:00:41	05:48:36	20	W50	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1179	Freusemann	Silvia	Stadtwerke Leer Loopers	00:59:13	00:46:29	01:05:32	00:53:36	01:03:40	01:00:46	05:49:16	21	W50	6
1202	Wilken	Susanne	BMW Tekken	00:59:09	00:47:08	01:05:50	00:54:48	01:02:59	01:00:58	05:50:52	22	W50	6
1257	Weseler	Anett		01:00:50	00:48:22	01:07:55	00:55:36	01:01:36	01:00:44	05:55:03	23	W50	6
1286	Scholz	Menna	TuS Eintracht Hinte	01:00:54	00:48:15	01:08:06	00:55:12	01:02:46	01:01:34	05:56:47	24	W50	6
1315	Kuper	Monika	LG Teutonia Stapelmoor	01:01:53	00:48:01	01:07:52	00:55:14	01:03:21	01:02:48	05:59:09	25	W50	6
1322	Cordes	Gabi	"KBV \Ostfriesland\""" Re	01:02:31	00:49:52	01:08:25	00:54:21	01:03:02	01:01:35	05:59:46	26	W50	6
1331	Förster-Riemann	Daniela	EWE-Wattloopers	00:58:32	00:48:13	01:07:46	00:59:09	01:01:59	01:04:32	06:00:11	27	W50	6
1345	Bartjen	Angelika		01:01:02	00:48:46	01:09:57	00:56:08	01:03:33	01:01:44	06:01:10	28	W50	6
1367	Ehnts-Hinrichs	Gertrud	"TaktLwG 71 \R\"""	01:01:32	00:48:52	01:08:29	00:56:52	01:03:55	01:02:53	06:02:33	29	W50	6
1386	Roskam	Kirsten	Kaufhaus Behrends Wies	01:00:00	00:48:53	01:10:44	00:56:56	01:04:35	01:02:25	06:03:33	30	W50	6
1398	Brandes	Hilde	Freetied Loopers	01:02:57	00:48:51	01:11:17	00:55:57	01:03:26	01:01:34	06:04:02	31	W50	6
1430	Heyenga	Anja	HOL\AB Die Uplengener	01:03:20	00:48:09	01:10:18	00:56:13	01:05:59	01:02:20	06:06:19	32	W50	6
1448	Beeken	Heide	Waldflitzer Varel	01:02:21	00:48:50	01:09:57	00:56:31	01:05:30	01:03:56	06:07:05	33	W50	6
1449	Berckhan	Zinnia	LT Schaffhauser Wald	01:04:19	00:48:55	01:10:36	00:55:52	01:04:38	01:02:46	06:07:06	34	W50	6
1459	Pförmann	Angelika	NLWKN	01:03:31	00:50:05	01:10:32	00:56:33	01:04:13	01:02:43	06:07:37	35	W50	6
1463	Bingener	Christine	LSF Oldenburg	01:04:18	00:49:56	01:07:54	00:57:50	01:04:14	01:04:06	06:08:18	36	W50	6
1468	Middendorf	Doris	Padlooper	01:01:27	00:49:47	01:10:35	00:57:36	01:04:57	01:04:10	06:08:32	37	W50	6
1477	Noack-Kirschner	Ingrid	LG Teutonia Stapelmoor	01:02:50	00:50:16	01:10:58	00:57:00	01:04:48	01:03:26	06:09:18	38	W50	6
1480	Schön	Rosie	OBS Kloster Barthe	01:00:16	00:48:52	01:08:23	00:58:34	01:04:07	01:09:20	06:09:32	39	W50	6
1490	Ahrends	Marion	LT Tus Holtriem	01:01:56	00:49:19	01:10:15	00:57:39	01:06:09	01:04:53	06:10:11	40	W50	6
1491	Stelling	Nicola	Schüt-Duis	01:01:56	00:49:19	01:10:17	00:57:36	01:06:11	01:04:53	06:10:12	41	W50	6
1501	Wirgenings	Ursula	MTV Aurich / TEA	01:07:00	00:50:34	01:10:24	00:56:14	01:03:41	01:03:05	06:10:58	42	W50	6
1509	Galts-Janssen	Maike	MTV Aurich	01:07:00	00:50:35	01:10:25	00:56:14	01:03:41	01:03:36	06:11:31	43	W50	6
1580	Gebhardt	Wilhelmine		01:07:00	00:50:15	01:11:55	00:57:40	01:06:09	01:04:17	06:17:16	44	W50	6
1602	Müller-Feldmann	Heike	Landkreis Aurich	01:04:42	00:52:17	01:14:00	00:58:31	01:04:33	01:04:48	06:18:51	45	W50	6
1619	Schulte	Marlies		01:02:58	00:51:03	01:14:09	00:59:34	01:06:56	01:05:48	06:20:28	46	W50	6
1626	Pollmann	Marlene	Lauf geht`s Leer	01:03:23	00:51:19	01:11:42	00:59:31	01:07:45	01:07:13	06:20:53	47	W50	6
1629	Meentzen	Britta	Landkreis Wittmund	01:04:47	00:51:14	01:13:02	00:59:11	01:06:28	01:06:28	06:21:10	48	W50	6
1630	Weinberg	Rita	LT Schaffhauser Wald	01:03:41	00:50:38	01:13:49	00:59:21	01:07:27	01:06:15	06:21:11	49	W50	6
1663	Neubert	Sabine	Lauffreff Ge(h)zeiten Jev	01:05:07	00:51:11	01:13:35	00:59:12	01:07:32	01:06:30	06:23:07	50	W50	6
1682	Hicken	Thea	HICKEN ENERGIE TEC	01:08:01	00:53:06	01:13:52	00:58:58	01:05:33	01:05:32	06:25:02	51	W50	6
1705	Faßhauer	Tatjana	LT TuS Aurich-Ost	01:05:48	00:51:28	01:17:10	00:59:05	01:06:54	01:06:38	06:27:03	52	W50	6
1706	Saathoff	Marita	IGS Emden	01:05:47	00:51:25	01:15:12	00:59:29	01:06:16	01:09:04	06:27:13	53	W50	6
1713	Remmers	Susanne	hooksieler on tour	01:05:33	00:52:02	01:14:23	01:00:12	01:07:40	01:07:39	06:27:29	54	W50	6
1719	Frieling	Edda	Kenias letzte Reserve	01:08:09	00:50:29	01:13:49	00:59:37	01:09:05	01:06:56	06:28:05	55	W50	6
1721	Denker	Wilma	Ostfriesische Volksbank e	01:03:41	00:51:12	01:11:52	01:02:51	01:09:17	01:09:33	06:28:26	56	W50	6
1747	Olin	Uta	LT TuS Aurich-Ost	01:07:11	00:51:35	01:15:31	00:59:29	01:09:22	01:08:37	06:31:45	57	W50	6
1750	Bußmann	Heike	LT Tus Holtriem	01:06:07	00:52:39	01:16:30	01:00:21	01:09:26	01:07:55	06:32:58	58	W50	6
1760	Dziarnowski	Anja	De Kanaal-Loopers	01:06:34	00:52:55	01:15:31	01:00:53	01:09:08	01:09:00	06:34:01	59	W50	6
1768	Beening	Stefanie	SV Strücklingen	01:06:33	00:53:00	01:14:12	00:59:33	01:08:14	01:13:12	06:34:44	60	W50	6
1789	Krawietz	Maja	TuS Eintracht Hinte	01:08:41	00:53:03	01:15:42	01:00:42	01:09:55	01:08:22	06:36:25	61	W50	6
1814	Altschaffel-Fuch	Alexandra	Grundschule Middels	01:07:48	00:53:47	01:16:07	01:01:46	01:09:06	01:09:47	06:38:21	62	W50	6
1853	Oeltjebuns-Krau	Andrea	Hundsmühler TV	01:05:55	00:52:04	01:18:31	00:59:50	01:13:15	01:11:54	06:41:29	63	W50	6
1858	Langer	Margit		01:07:42	00:53:52	01:18:06	01:03:09	01:09:51	01:09:15	06:41:55	64	W50	6
1862	Gerken	Angelika	Krankenhaus Wittmund	01:08:14	00:53:10	01:18:12	01:02:32	01:10:13	01:09:48	06:42:09	65	W50	6
1867	Bruns	Heike	LT TuS Aurich-Ost	01:07:58	00:54:13	01:17:09	01:02:24	01:10:43	01:10:10	06:42:37	66	W50	6
1868	Uphoff	Sabine	Löppt	01:09:33	00:53:39	01:20:18	01:01:28	01:09:46	01:07:57	06:42:41	67	W50	6
1869	Kühl-Giesenberg	Angelika	...dabei sein...	01:09:10	00:55:21	01:18:12	01:01:06	01:09:43	01:09:18	06:42:50	68	W50	6
1870	Wellendorf -Pilze	Martina	Frisch Auf Wybelsum	01:10:14	00:56:14	01:13:23	00:57:13	01:13:07	01:12:40	06:42:51	69	W50	6
1880	Janssen	Maike	LT TuS Aurich-Ost	01:07:57	00:54:18	01:18:04	01:02:23	01:10:41	01:10:10	06:43:33	70	W50	6
1896	Mannott	Martina	Krankenhaus Wittmund	01:10:20	00:53:56	01:16:32	01:02:46	01:10:29	01:10:14	06:44:17	71	W50	6
1917	Neugebauer	Bärbel	TV Norden	01:07:18	00:56:23	01:23:40	01:01:25	01:09:06	01:08:26	06:46:18	72	W50	6
1924	Bartels	Anne	OBS Kloster Barthe	01:09:10	00:55:42	01:17:29	01:02:54	01:10:49	01:11:13	06:47:17	73	W50	6
1937	Eiben	Gaby	WfbM Aurich-Wittmund	01:07:17	00:54:33	01:20:15	01:01:50	01:13:35	01:10:38	06:48:08	74	W50	6
1949	Duitsmann	Anja	AZ LG Stapelmoor	01:10:54	00:55:25	01:17:36	01:02:57	01:11:01	01:11:49	06:49:42	75	W50	6
1956	Saathoff	Margaret	LGO, de Kanaal Loopers	01:08:52	00:55:22	01:18:38	01:04:14	01:11:48	01:11:34	06:50:28	76	W50	6
1958	Caspers	Elise		01:09:08	00:55:21	01:18:36	01:04:13	01:11:47	01:11:34	06:50:39	77	W50	6
1970	Bokelmann	Sylvia	TuS Eintracht Hinte	01:09:26	00:53:47	01:17:40	01:05:59	01:12:04	01:12:26	06:51:22	78	W50	6
1976	Seele	Ulrike	LT TuS Aurich-Ost	01:09:36	00:55:00	01:19:12	01:03:56	01:12:53	01:11:05	06:51:42	79	W50	6
1975	Kramer	Marion	LT TuRa 07 Westrauder	01:08:24	00:54:15	01:19:17	01:02:43	01:13:10	01:13:53	06:51:42	80	W50	6
1979	Kurz	Ines	LSF Oldenburg	01:14:25	00:55:43	01:23:31	01:01:15	01:10:43	01:06:21	06:51:58	81	W50	6
1983	Goudschaal	Imke	TV Norden	01:11:10	00:56:08	01:18:33	01:04:07	01:12:12	01:10:16	06:52:26	82	W50	6
2015	Harms	Ina	Hundsmühler TV	01:11:02	00:53:57	01:20:46	01:05:15	01:12:19	01:11:59	06:55:18	83	W50	6
2024	Hinders	Ruth	Da capo al fine	01:10:42	00:56:26	01:19:32	01:04:01	01:12:22	01:12:48	06:55:51	84	W50	6
2043	Menninga	Susanne		01:10:46	00:58:09	01:20:57	01:04:20	01:12:19	01:11:41	06:58:12	85	W50	6
2045	Heller	Silvia	ELV Elektronik AG/eQ-3	01:11:55	00:55:31	01:21:05	01:04:19	01:13:04	01:12:21	06:58:15	86	W50	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

2046	Heijen	Inga	LG Teutonia Stapelmoor	01:12:53	00:55:39	01:19:26	01:04:30	01:13:52	01:12:09	06:58:29	87	W50	6
2047	Sürken	Monika	WfbM Aurich-Wittmund	01:11:31	00:56:32	01:21:04	01:04:06	01:13:35	01:11:51	06:58:39	88	W50	6
2062	Küpker	Claudia	TvdHaarentor	01:10:28	00:56:47	01:20:00	01:05:28	01:14:29	01:12:58	07:00:10	89	W50	6
2070	Scheffler	Andrea	LT TuS Aurich-Ost	01:11:31	00:56:03	01:20:31	01:05:20	01:14:38	01:12:37	07:00:40	90	W50	6
2069	Grünefeldt	Anke	Hundsmühler TV	01:11:57	00:56:11	01:22:59	01:04:59	01:12:36	01:11:58	07:00:40	91	W50	6
2075	Brechtters	Irene	Polizei Aurich	01:12:49	00:56:36	01:18:56	01:04:56	01:15:20	01:12:45	07:01:22	92	W50	6
2096	Müller	Birgit	Emder LG/Stadt Emden	01:10:54	00:54:33	01:22:57	01:05:01	01:16:24	01:14:28	07:04:17	93	W50	6
2108	Meinen	Jutta	VTB Varel	01:12:20	00:56:30	01:19:59	01:06:29	01:15:19	01:14:49	07:05:26	94	W50	6
2116	Groen	Kornelia	LT TuRa 07 Westrhauder	01:09:57	00:56:43	01:19:21	01:07:11	01:14:02	01:19:12	07:06:26	95	W50	6
2128	Hein	Regine	SV Dornum Watt'n Loope	01:16:14	00:56:54	01:20:03	01:07:26	01:14:21	01:13:16	07:08:14	96	W50	6
2152	Wedekämper	Meike	WfbM Aurich-Wittmund	01:13:59	00:57:55	01:22:51	01:05:48	01:15:42	01:15:49	07:12:04	97	W50	6
2159	Jacobs	Alexandra	TuS Eintracht Hinte	01:14:23	00:56:54	01:22:26	01:06:09	01:16:27	01:16:47	07:13:06	98	W50	6
2164	Lühr	Heidi	Klinikum Leer	01:11:55	00:56:31	01:24:08	01:07:53	01:20:13	01:13:44	07:14:24	99	W50	6
2165	Nanninga	Heidemarie	LT TuS Aurich-Ost	01:15:01	00:56:24	01:24:42	01:06:53	01:15:14	01:16:21	07:14:35	100	W50	6
2184	Haller	Barbara		01:14:25	00:55:45	01:23:30	01:08:53	01:19:29	01:16:43	07:18:45	101	W50	6
2198	Kleinau	Sabine	TausendfußLeer	01:11:29	00:56:31	01:24:10	01:09:53	01:21:40	01:20:20	07:24:03	102	W50	6
2209	Anneken	Christa	AK Muskelkater	01:17:21	00:59:28	01:26:05	01:08:19	01:17:58	01:18:29	07:27:40	103	W50	6
2210	Schonebeck	Monika	AK Muskelkater	01:17:20	00:59:30	01:26:06	01:08:29	01:17:57	01:18:29	07:27:51	104	W50	6
2229	Spundflasche	Anneliese	AZ LG Stapelmoor	01:19:53	00:59:44	01:28:03	01:09:15	01:19:24	01:17:40	07:33:59	105	W50	6
2228	Kuper-Haken	Petra	AZ LG Stapelmoor	01:19:54	00:59:43	01:28:04	01:09:16	01:19:23	01:17:39	07:33:59	106	W50	6
2234	Schlünder	Sabine	Angelsbörrer Loopers &	01:16:40	01:02:04	01:26:24	01:10:56	01:19:23	01:20:14	07:35:41	107	W50	6
2240	Weinert	Regina	Landkreis Aurich	01:20:04	01:02:00	01:27:19	01:08:37	01:21:15	01:19:02	07:38:17	108	W50	6
2243	Wolken	Heinke	Angelsbörrer Loopers &	01:17:23	01:00:42	01:28:26	01:10:25	01:22:03	01:20:41	07:39:40	109	W50	6
2266	Lux	Karin	Kliniken Aurich-Emden-N	01:19:58	01:00:49	01:30:48	01:09:52	01:24:30	01:21:37	07:47:34	110	W50	6
2279	Post	Gabi	AOK Niedersachsen	01:20:35	01:03:36	01:30:01	01:12:27	01:23:50	01:21:17	07:51:46	111	W50	6
2300	Siemens	Liane	Lauf geht's Leer	01:24:13	01:05:19	01:32:18	01:14:03	01:24:43	01:19:50	08:00:26	112	W50	6
2303	Kühl	Heike	Waldflitzer Varel	01:22:55	01:03:58	01:32:36	01:14:31	01:25:11	01:22:08	08:01:19	113	W50	6
2304	Gröne	Petra	Waldflitzer Varel	01:22:54	01:03:58	01:32:46	01:14:36	01:25:12	01:22:07	08:01:33	114	W50	6
2310	Weber	Ingrid	Lauf geht's Leer	01:24:54	01:05:23	01:36:25	01:14:03	01:24:13	01:21:28	08:06:26	115	W50	6
2316	Heimann	Sonja	MTV Wittmund	01:20:59	01:08:45	01:32:42	01:14:50	01:25:37	01:27:06	08:09:59	116	W50	6
2347	Janßen	Tanja	Grundschule Friedeburg	01:29:18	01:07:11	01:35:59	01:18:25	01:29:30	01:31:08	08:31:31	117	W50	6
2360	Boekhoff	Gudrun	Lauf geht's Leer	01:28:45	01:11:01	01:41:02	01:19:50	01:31:18	01:33:41	08:45:37	118	W50	6
2364	Wolf	Heidrun	Lauf geht's Leer	01:33:45	01:11:25	01:41:03	01:19:50	01:31:21	01:30:37	08:48:01	119	W50	6
2378	Rinne	Eva		01:41:24	01:19:38	01:54:48	01:36:01	01:46:15	01:44:37	10:02:43	120	W50	6
2380	Weitz	Regina		01:41:25	01:19:40	01:54:49	01:36:03	01:46:18	01:44:39	10:02:54	121	W50	6
560	Pilney	Bettina	LT SV Ems Jemgum	00:52:17	00:41:58	00:58:58	00:48:37	00:54:40	00:54:49	05:11:19	1	W55	6
721	Stecher	Martina	MTV Wittmund	00:54:00	00:43:18	01:00:55	00:49:47	00:56:21	00:56:05	05:20:26	2	W55	6
926	Griesbach	Anke	TV Norden	00:56:31	00:44:50	01:04:25	00:52:21	00:58:25	00:57:27	05:33:59	3	W55	6
932	Meintrup	Marita		00:55:31	00:45:25	01:04:11	00:52:08	00:58:59	00:58:01	05:34:15	4	W55	6
936	Glanzer	Elfriede	SV Ochtersum	00:57:16	00:45:52	01:03:30	00:51:17	00:58:46	00:57:42	05:34:23	5	W55	6
1038	Jürgens	Martina		00:57:51	00:45:36	01:04:30	00:52:52	01:00:06	00:58:34	05:39:29	6	W55	6
1081	Ricke	Sabine		01:01:19	00:45:56	01:03:55	00:52:25	00:59:34	00:59:08	05:42:17	7	W55	6
1104	Janssen-Frerich	Herma	LT Schafhauser Wald	00:59:00	00:47:32	01:06:01	00:53:07	00:59:42	00:58:20	05:43:42	8	W55	6
1186	Heeren	Anke	Einzelläuferin	00:59:52	00:46:59	01:07:46	00:53:45	01:01:19	01:00:02	05:49:43	9	W55	6
1220	Reiners	Christa	TuS Eintracht Hinte	00:59:47	00:46:36	01:07:09	00:54:53	01:02:46	01:01:33	05:52:44	10	W55	6
1234	Boelsen	Amke	Oberschule Weener	00:59:07	00:49:06	01:08:47	00:54:27	01:01:06	01:00:47	05:53:20	11	W55	6
1237	Ditzfeld	Karin	LT TuS Aurich-Ost	00:58:52	00:48:53	01:08:54	00:54:53	01:01:09	01:01:18	05:53:59	12	W55	6
1292	Baumann	Brigitte	Emder LG	01:00:57	00:48:38	01:07:30	00:56:06	01:02:18	01:01:56	05:57:25	13	W55	6
1319	Helling	Elisabeth	Emder LG	01:01:30	00:48:45	01:07:42	00:56:09	01:03:33	01:01:49	05:59:28	14	W55	6
1335	Alferink	Claudia	LT TuRa 07 Westrhauder	01:00:26	00:48:39	01:08:44	00:57:00	01:03:21	01:02:38	06:00:48	15	W55	6
1355	Tjaden	Manuela	Emder LG	01:00:51	00:48:12	01:09:47	00:55:56	01:03:41	01:03:09	06:01:36	16	W55	6
1393	Goos	Doris	Emder LG	01:01:32	00:48:33	01:10:27	00:55:55	01:03:48	01:03:35	06:03:50	17	W55	6
1419	Töpfer	Alice	LT TuS Aurich-Ost	01:03:20	00:49:39	01:09:55	00:56:13	01:03:45	01:02:50	06:05:42	18	W55	6
1439	Marks	Andrea	Fortuna Logabirum	01:05:01	00:49:53	01:11:22	00:55:48	01:04:02	01:00:51	06:06:57	19	W55	6
1486	Schade	Andrea	FC Oldersum	01:03:32	00:49:39	01:11:02	00:57:06	01:04:29	01:04:11	06:09:59	20	W55	6
1514	Bruns	Edda	LT Tus Holtriem	01:03:54	00:49:18	01:11:33	00:57:17	01:04:56	01:04:54	06:11:52	21	W55	6
1537	Stark	Regina	LG TV Bunde	01:04:36	00:49:50	01:11:25	00:58:21	01:05:05	01:04:03	06:13:20	22	W55	6
1547	Krieger-Hetzke	Helga	TV Norden	01:02:35	00:50:15	01:10:53	00:58:11	01:06:34	01:05:32	06:14:00	23	W55	6
1586	Lüür	Fenny	Reha Zentrum Oldenburg	01:04:21	00:50:38	01:12:28	00:58:45	01:05:43	01:06:11	06:18:06	24	W55	6
1605	Mager	Hilke	BSG Volksbank Jever	01:04:28	00:51:54	01:13:33	00:58:53	01:05:04	01:05:03	06:18:55	25	W55	6
1628	Kirsten	Petra	Laufftreff Ge(h)zeiten Jev	01:04:57	00:50:23	01:11:19	00:58:57	01:06:15	01:09:16	06:21:07	26	W55	6
1648	Troll	Agnes		01:05:56	00:52:05	01:12:51	00:58:38	01:05:28	01:07:16	06:22:14	27	W55	6
1670	Siebert	Karin	Kurt sien Trupp	01:05:27	00:51:14	01:12:48	01:00:32	01:07:24	01:06:30	06:23:55	28	W55	6
1688	Harms	Voline	Kaufhaus Behrends Wies	01:05:13	00:51:40	01:15:10	00:59:50	01:06:56	01:06:43	06:25:32	29	W55	6

# 38. Ostfrieslandlauf 2019

erstellt von:  
Dieter Sandrock  
LG TV Bunde

## AK - Wertung

1700	Mayer	Marlene	SV Ochtersum	01:05:43	00:52:29	01:13:53	01:00:01	01:06:30	01:08:22	06:26:58	30	W55	6
1716	Schröder	Birgit	GS Greetsiel	01:09:54	00:51:35	01:15:48	00:59:22	01:06:20	01:04:44	06:27:43	31	W55	6
1753	Hausmann	Hilke	Emder LG	01:04:46	00:52:21	01:15:13	01:00:58	01:10:13	01:09:49	06:33:20	32	W55	6
1782	Fauerbach	Thea	SV Ochtersum	01:06:54	00:52:48	01:15:10	01:01:06	01:09:10	01:10:43	06:35:51	33	W55	6
1794	Lettau	Maike	LT Tus Holtriem	01:07:17	00:53:29	01:15:44	01:00:57	01:10:24	01:08:44	06:36:35	34	W55	6
1840	Meints	Adelheid		01:08:41	00:54:39	01:17:35	01:02:20	01:08:57	01:08:05	06:40:17	35	W55	6
1841	Sanwald	Hanna	Eben-Eser Moormerland	01:06:49	00:52:47	01:17:25	01:01:46	01:11:29	01:10:18	06:40:34	36	W55	6
1873	Schrader	Anke	Pestalozzischule Weener	01:10:06	00:55:34	01:17:38	01:00:54	01:09:14	01:09:31	06:42:57	37	W55	6
1878	Wieting	Ellen	Hundsmühler TV	01:07:30	00:52:05	01:18:32	01:00:00	01:13:15	01:11:59	06:43:21	38	W55	6
1884	Dirks	Anne	TG Wiesmoor	01:06:57	00:52:56	01:19:13	01:03:48	01:09:27	01:11:19	06:43:40	39	W55	6
1898	Roßkamp	Sylke	Ossiloopers Augustfehn	01:08:20	00:54:46	01:17:25	01:02:54	01:10:43	01:10:14	06:44:22	40	W55	6
1913	Meyer-Winkelha	Karin	nie ohne lächeln Laufen..	01:08:48	00:54:13	01:16:57	01:02:57	01:10:53	01:12:09	06:45:57	41	W55	6
1918	Tölg	Claudia	Team obw	01:09:31	00:53:42	01:18:40	01:03:25	01:11:16	01:09:48	06:46:22	42	W55	6
1930	Beekmann	Gerlind	AZ LG Stapelmoor	01:10:53	00:55:25	01:17:37	01:02:58	01:10:20	01:10:19	06:47:32	43	W55	6
1946	Grohn	Elke	Kaufhaus Behrends Wies	01:08:26	00:54:41	01:17:54	01:03:21	01:14:15	01:10:51	06:49:28	44	W55	6
1961	Willers	Traute	LT TuS Aurich-Ost	01:09:36	00:55:02	01:19:20	01:02:57	01:12:52	01:11:05	06:50:52	45	W55	6
1990	Witte	Marlies	LT Spaß mit Sport	01:09:28	00:55:13	01:19:19	01:04:40	01:11:41	01:12:30	06:52:51	46	W55	6
2000	Wossack	Jutta	Bünting Tee	01:10:49	00:56:47	01:17:40	01:04:06	01:11:38	01:13:02	06:54:02	47	W55	6
2029	Schröder	Monika	Kliniken Aurich-Emden-N	01:15:17	00:57:53	01:17:33	01:03:34	01:11:42	01:10:26	06:56:25	48	W55	6
2041	Schreich	Ina	Hundsmühler TV	01:11:17	00:55:25	01:21:59	01:04:58	01:12:18	01:11:54	06:57:51	49	W55	6
2106	Riedel	Maren		01:12:35	00:57:01	01:21:22	01:05:59	01:14:40	01:13:26	07:05:03	50	W55	6
2126	Südhoff	Roswitha	Ostfriesische Volksbank e	01:11:16	00:56:47	01:23:31	01:05:48	01:15:50	01:14:59	07:08:11	51	W55	6
2129	Haseborg	Wilma	SV Dornum Watt'n Loope	01:16:15	00:56:55	01:20:04	01:07:26	01:14:24	01:13:16	07:08:20	52	W55	6
2130	Stumpe	Karin	Lebenshilfe Leer	01:14:55	00:56:34	01:21:15	01:05:57	01:15:25	01:14:25	07:08:31	53	W55	6
2154	Uecker	Angela	LT TuS Aurich-Ost	01:13:35	00:55:57	01:23:48	01:06:53	01:15:57	01:16:06	07:12:16	54	W55	6
2167	Schild	Corinna	Freunde der kleinen Allee	01:15:17	00:57:32	01:24:39	01:06:46	01:15:20	01:15:17	07:14:51	55	W55	6
2190	Eden	Karin	TV Norden	01:15:30	00:56:54	01:26:57	01:07:45	01:17:00	01:17:35	07:21:41	56	W55	6
2223	Meyerhoff	Eva		01:16:42	00:58:50	01:28:32	01:10:23	01:20:37	01:17:17	07:32:21	57	W55	6
2226	Priebel	Gabriele		01:17:53	01:01:35	01:25:42	01:10:20	01:19:24	01:18:24	07:33:18	58	W55	6
2237	Janßen	Elke	TuS Horsten-Etzel e.V	01:16:52	01:02:42	01:26:18	01:11:29	01:20:12	01:19:21	07:36:54	59	W55	6
2257	Warneke	Sigrid	Bad Zwischenahn	01:14:40	00:58:59	01:26:06	01:13:21	01:25:40	01:25:03	07:43:49	60	W55	6
2306	Ramm	Elisabeth	LT Schafhauser Wald	01:20:45	01:03:36	01:32:27	01:15:08	01:25:12	01:25:36	08:02:44	61	W55	6
2315	Becker	Heike	Eben-Eser Moormerland	01:23:39	01:05:56	01:33:54	01:17:24	01:22:48	01:26:01	08:09:42	62	W55	6
2318	Janssen Weber	Linda	Mopedstore H. Weber	01:26:13	01:05:35	01:31:31	01:14:04	01:26:48	01:26:40	08:10:51	63	W55	6
2317	Pollmann	Fenna	SV Stern Schwerinsdorf	01:26:14	01:05:35	01:31:30	01:14:04	01:26:48	01:26:40	08:10:51	64	W55	6
2349	Körber	Kristin		01:25:10	01:07:18	01:40:37	01:17:54	01:29:50	01:31:06	08:31:55	65	W55	6
2368	Gramberg	Iris	Oldenburg	01:28:54	01:12:45	01:43:29	01:22:41	01:35:23	01:34:37	08:57:49	66	W55	6
2370	Hinrichs	Kerstin	LT TuS Aurich-Ost	01:31:36	01:13:02	01:42:24	01:24:05	01:35:32	01:35:47	09:02:26	67	W55	6
2371	Krüger	Aleida	AZ LG Stapelmoor	01:29:02	01:09:53	01:43:59	01:25:20	01:37:27	01:37:07	09:02:48	68	W55	6
623	Grunenberg	Anja	LT TuS Aurich-Ost	00:52:39	00:42:00	01:00:23	00:49:49	00:55:29	00:54:29	05:14:49	1	W60	6
760	Keiser	Heidrun	LG Uplengen	00:54:16	00:44:02	01:01:18	00:50:44	00:57:01	00:55:44	05:23:05	2	W60	6
1197	Schoone	Petra	LG Großefehn	00:59:36	00:47:09	01:07:05	00:54:16	01:01:00	01:01:34	05:50:40	3	W60	6
1204	Schulz	Evelyn	Sparkasse Emden	01:00:34	00:47:35	01:07:23	00:53:36	01:01:39	01:00:26	05:51:13	4	W60	6
1209	Tunder	Alma	SC Wiesens	01:01:15	00:46:59	01:06:37	00:54:16	01:01:56	01:00:25	05:51:28	5	W60	6
1382	Poguntke	Heide	TV Norden	01:01:47	00:48:57	01:08:48	00:55:43	01:04:01	01:04:11	06:03:27	6	W60	6
1542	Meyer	Antje	LG Uplengen	01:02:24	00:50:15	01:11:44	00:58:44	01:04:58	01:05:29	06:13:34	7	W60	6
1544	Kromminga	Gudrun		01:04:02	00:50:37	01:11:20	00:57:21	01:04:58	01:05:31	06:13:49	8	W60	6
1604	Wunder	Ivanka	Stadt Aurich	01:04:58	00:51:10	01:12:37	00:58:51	01:05:36	01:05:42	06:18:54	9	W60	6
1658	Weber	Birgit	Emder Zeitung	01:04:44	00:51:32	01:14:32	00:58:35	01:06:30	01:06:45	06:22:38	10	W60	6
1699	Quarg	Karin	BSG Volksbank Jever	01:05:31	00:52:49	01:13:46	00:59:42	01:07:11	01:07:39	06:26:38	11	W60	6
1722	Kitlas-Dieling	Martha	LG Ostfriesland	01:06:26	00:52:35	01:13:27	00:59:57	01:08:37	01:07:32	06:28:34	12	W60	6
1748	Joswig	Almuth	Fortuna Logabirum	01:08:09	00:54:48	01:14:30	01:00:12	01:08:03	01:06:33	06:32:15	13	W60	6
1772	Dubiel	Regina	Hirsch Apotheke Weener	01:07:29	00:53:13	01:15:35	01:01:03	01:08:54	01:08:40	06:34:54	14	W60	6
1805	Soring	Elisabeth	AGRAVIS Ems-Jade Gm	01:08:18	00:54:11	01:15:50	01:01:04	01:09:30	01:08:39	06:37:32	15	W60	6
1823	Schiller	Heidi	Hundsmühler TV	01:06:31	00:51:57	01:18:31	00:59:35	01:10:31	01:11:55	06:39:00	16	W60	6
1874	Schröder	Uta	LFZ	01:10:06	00:55:33	01:17:38	01:00:55	01:09:14	01:09:31	06:42:57	17	W60	6
1885	Kahmann	Margret	Kliniken Aurich-Emden-N	01:08:12	00:55:40	01:18:06	01:02:06	01:10:42	01:08:55	06:43:41	18	W60	6
1921	Braams	Herma	Lauffreff Schafhauser Wa	01:09:59	00:54:11	01:18:19	01:02:19	01:10:46	01:11:03	06:46:37	19	W60	6
2044	Kompaan	Insa	Es läuft rund und auch m	01:11:00	00:55:55	01:20:27	01:05:19	01:12:57	01:12:36	06:58:14	20	W60	6
2053	Friedrich	Corinna	Silomon´s Stramme Wad	01:10:29	00:55:42	01:21:34	01:03:48	01:14:42	01:12:53	06:59:08	21	W60	6
2117	Bley	Lydia	MTV Aurich	01:11:25	00:55:36	01:22:00	01:04:30	01:14:58	01:18:02	07:06:31	22	W60	6
2131	Andressen	Hanna	Lebenshilfe Leer	01:14:55	00:56:35	01:21:15	01:05:57	01:15:25	01:14:25	07:08:32	23	W60	6
2132	Olbrich	Birgit	Leinerstift	01:14:29	00:58:15	01:22:18	01:06:10	01:14:02	01:13:36	07:08:50	24	W60	6
2176	Ahrendt	Astrid	LG Wilhelmshaven	01:15:48	00:57:37	01:23:14	01:06:14	01:17:07	01:16:12	07:16:12	25	W60	6

# 38. Ostfrieslandlauf 2019

## AK - Wertung

erstellt von:  
Dieter Sandrock  
LG TV Bunde

2196	Eilers	Christa		01:15:11	01:00:42	01:25:15	01:07:36	01:16:54	01:18:05	07:23:43	26	W60	6
2230	Boekhoff	Inge		01:18:08	01:02:25	01:25:52	01:09:53	01:19:26	01:18:26	07:34:10	27	W60	6
2231	Ahrends	Friedchen	SV Blomberg-Neuschoo	01:18:52	00:59:23	01:29:46	01:09:46	01:19:16	01:17:15	07:34:18	28	W60	6
2233	Webermann	Ingrid	Lauf geht's Leer	01:17:12	01:00:24	01:25:41	01:11:20	01:20:55	01:19:23	07:34:55	29	W60	6
2241	Oelke	Ida	LT Schafhauser Wald	01:18:12	01:00:34	01:28:11	01:10:31	01:20:41	01:20:44	07:38:53	30	W60	6
2298	Van Scharrel	Heidy	VfB Uplengen	01:22:00	01:04:03	01:31:02	01:13:59	01:24:06	01:24:31	07:59:41	31	W60	6
2362	Gerdes	Heidi		01:32:39	01:10:07	01:38:38	01:21:57	01:32:25	01:31:06	08:46:52	32	W60	6
1659	Memmen	Gisela	TV Norden	01:03:36	00:51:07	01:12:39	00:59:42	01:08:23	01:07:22	06:22:49	1	W65	6
1955	Freitag	Theda	MTV Aurich	01:11:09	00:56:30	01:19:45	01:02:38	01:10:29	01:09:43	06:50:14	2	W65	6
1978	Theiß	Siegrid		01:08:33	00:54:53	01:19:14	01:04:23	01:14:47	01:10:06	06:51:56	3	W65	6
1991	Petersen	Marieanne	LT Spaß mit Sport	01:09:28	00:55:13	01:19:19	01:04:40	01:11:41	01:12:30	06:52:51	4	W65	6
2060	Buß	Edda	Krummhörner Ossilooper	01:10:57	00:56:45	01:20:06	01:04:42	01:12:46	01:14:36	06:59:52	5	W65	6
2067	Lindemann	Deli	LT TuRa 07 Westrhauder	01:09:57	00:56:44	01:19:22	01:06:15	01:14:02	01:14:05	07:00:25	6	W65	6
2091	Ens	Renate	LT TuS Aurich-Ost	01:13:35	00:55:50	01:22:28	01:04:21	01:14:28	01:12:50	07:03:32	7	W65	6
2134	Klinkenberg	Margit	TV Norden	01:11:31	00:57:11	01:22:44	01:06:14	01:16:47	01:14:47	07:09:14	8	W65	6
2136	Rabenberg	Dora	LG TV Bunde	01:14:15	00:59:10	01:22:50	01:06:14	01:13:19	01:13:43	07:09:31	9	W65	6
2219	Ciesilski	Gertrud	SC04 Leer	01:17:03	00:59:35	01:25:41	01:09:20	01:18:18	01:20:15	07:30:12	10	W65	6
2282	Grüssing	Ettje	LT TuRa 07 Westrhauder	01:20:38	01:01:03	01:33:07	01:11:46	01:23:55	01:22:29	07:52:58	11	W65	6
1566	Steinke	Hilde	SV Concordia Neermoor	01:02:01	00:50:14	01:12:28	00:57:49	01:07:06	01:06:09	06:15:47	1	W70	6
2005	Gruben	Geda	SVPotshausen LT Tura 0	01:09:18	00:55:51	01:19:23	01:05:03	01:13:13	01:11:51	06:54:39	2	W70	6
2068	Zach	Angelika	LT TuRa 07 Westrhauder	01:09:57	00:56:44	01:19:22	01:06:14	01:14:02	01:14:06	07:00:25	3	W70	6