



Ergebnisliste Gesamteinlauf

17. 10 km TEAM-LAUF 2008 des ObjSRgtLw "F"

10 km-Lauf um den "Friesland-Pokal" • am 29. Oktober 2008 in Schortens

| Rg. | StNr. | Name, Vorname | Jg. | Verein | Zeit | Klasse | Pl. |
|-----|-------|------------------------|------|---------------------|----------|--------|-----|
| 1 | 1 | Wollherr, Maik | 1985 | SportSBw | 00:33:12 | M20 | 1 |
| 2 | 150 | Grigat, Holger | 1973 | VfL Germania Leer | 00:33:54 | M20 | 2 |
| 3 | 32 | Klein, Armin | 1970 | LG Wilhelmshaven | 00:34:13 | M20 | 3 |
| 4 | 87 | Menne, Jörn | 1968 | LG Harlingerland | 00:34:15 | M40-80 | 1 |
| 5 | 384 | Mäschig, Michael | 1977 | LG Wilhelmshaven | 00:34:17 | M20 | 4 |
| 6 | 192 | Themsen, Frank | 1968 | LG Bremen-Nord | 00:34:48 | M40-80 | 2 |
| 7 | 67 | Ohlenbusch, Falk | 1968 | VpflA Bw | 00:35:38 | M40-80 | 3 |
| 8 | 75 | Leitner, Wolf-Rüdiger | 1959 | USLw Appen | 00:35:48 | M40-80 | 4 |
| 9 | 281 | Bischof, Jürgen | 1961 | SportSBw | 00:36:13 | M40-80 | 5 |
| 10 | 427 | Lucht, Stefan | 1980 | Techn.Schule.d.Lw 3 | 00:36:18 | M20 | 5 |
| 11 | 338 | Peters, Thomas | 1968 | Streitkräfteamt | 00:36:18 | M40-80 | 6 |
| 12 | 185 | Steinke, Peter | 1970 | DIHIROPETRAU | 00:36:19 | M20 | 6 |
| 13 | 383 | Brendel, Sebastian | 1992 | LG Wilhelmshaven | 00:36:28 | M20 | 7 |
| 14 | 487 | Vlaardingerbroek, Kurt | 1968 | LG Ostfriesland | 00:36:30 | M40-80 | 7 |
| 15 | 423 | Otto, Stefan | 1981 | Techn.Schule.d.Lw 3 | 00:36:40 | M20 | 8 |
| 16 | 451 | Wouk, Franz | 1965 | LG Ostfriesland | 00:36:51 | M40-80 | 8 |
| 17 | 349 | Schnitter, Frank | 1966 | FA FuSt Oldenburg | 00:36:58 | M40-80 | 9 |
| 18 | 452 | Sanders, Anton | 1961 | LG Ostfriesland | 00:37:01 | M40-80 | 10 |
| 19 | 429 | Boukeroucha, Mehdi | 1968 | Techn.Schule.d.Lw 3 | 00:37:10 | M40-80 | 11 |
| 20 | 78 | Balko, Viktor | 1985 | USLw Appen | 00:37:20 | M20 | 9 |
| 21 | 485 | Laufenberg, Josef | 1965 | LT TuS Aurich-Ost | 00:38:11 | M40-80 | 12 |
| 22 | 180 | Wendeling, Stephan | 1969 | FFW Sande | 00:38:17 | M20 | 10 |
| 23 | 113 | Trebesch, Wolfgang | 1957 | MTV Aurich | 00:38:35 | M40-80 | 13 |
| 24 | 206 | Hellmers, Detlef | 1963 | HFlgWaS Bückeburg | 00:38:43 | M40-80 | 14 |
| 25 | 336 | Hart, Michael | 1969 | Streitkräfteamt | 00:38:46 | M20 | 11 |
| 26 | 283 | Kirchner, Stefan | 1984 | SportSBw | 00:39:00 | M20 | 12 |
| 27 | 469 | Wolf, Marko | 1976 | LT TuS Aurich-Ost | 00:39:02 | M20 | 13 |
| 28 | 454 | Tjarks, Eduard | 1954 | LG Ostfriesland | 00:39:05 | M40-80 | 15 |
| 29 | 335 | Fleischmann, Peter | 1958 | Streitkräfteamt | 00:39:06 | M40-80 | 16 |
| 30 | 12 | Hupe, Olaf | 1965 | LogZBw WHV | 00:39:20 | M40-80 | 17 |
| 31 | 468 | Sigl, Holger | 1970 | LT TuS Aurich-Ost | 00:39:20 | M20 | 14 |
| 32 | 203 | Gebauer, Stephan | 1973 | HFlgWaS Bückeburg | 00:39:22 | M20 | 15 |
| 33 | 385 | Kowollik, Karl-Heinz | 1957 | LG Wilhelmshaven | 00:39:24 | M40-80 | 18 |
| 34 | 97 | Dittebrandt, Dirk | 1972 | PI WHV / FRI | 00:39:26 | M20 | 16 |
| 35 | 421 | Münchow, Torsten | 1972 | Techn.Schule.d.Lw 3 | 00:39:27 | M20 | 17 |
| 36 | 257 | Meyer, Hubertus | 1957 | LT TuS Emstekerfeld | 00:39:33 | M40-80 | 19 |
| 37 | 458 | Meincke, Michael | 1968 | VfL Oldenburg | 00:39:46 | M40-80 | 20 |
| 38 | 158 | Puse, Hinrich | 1964 | Team JG 71 "R" | 00:39:47 | M40-80 | 21 |
| 39 | 521 | Pfuller, Roy | 1986 | 1./ObjSRgtLw | 00:39:55 | M20 | 18 |
| 40 | 208 | Polster, Frank | 1974 | HFlgWaS Bückeburg | 00:40:02 | M20 | 19 |
| 41 | 297 | Carstens-Waters, Peter | 1961 | LwInstHGrp 21 | 00:40:15 | M40-80 | 22 |

| Rg. | StNr. | Name, Vorname | Jg. | Verein | Zeit | Klasse | Pl. |
|-----|-------|--------------------------|------|------------------------|----------|--------|-----|
| 42 | 515 | Gruhle, Stephan | 1965 | KdoMFüSys | 00:40:18 | M40-80 | 23 |
| 43 | 343 | Rotte, Uwe | 1960 | Kdo 4. LwDiv | 00:40:24 | M40-80 | 24 |
| 44 | 386 | Henze, Friedhelm | 1952 | LG Wilhelmshaven | 00:40:28 | M40-80 | 25 |
| 45 | 31 | Rocker, Rolf | 1961 | LG Wilhelmshaven | 00:40:32 | M40-80 | 26 |
| 46 | 259 | Reinelt, Ulli | 1959 | LT TuS Emstekerfeld | 00:40:40 | M40-80 | 27 |
| 47 | 115 | Folkers, Wilhelm | 1967 | LogSBw | 00:40:51 | M40-80 | 28 |
| 48 | 287 | Klostermann, Waltraud | 1960 | TV Norden | 00:40:51 | W40-80 | 1 |
| 49 | 174 | Gerken, Heiko | 1984 | Team JG 71 "R" | 00:40:53 | M20 | 20 |
| 50 | 499 | Bednarz, Jürgen | 1963 | 8./ObjSRgtLw | 00:40:53 | M40-80 | 29 |
| 51 | 205 | Holle, Jörg | 1963 | HFlgWaS Bückebug | 00:40:54 | M40-80 | 30 |
| 52 | 101 | Kathmann, Aloys | 1953 | PI AUR / WTM | 00:40:54 | M40-80 | 31 |
| 53 | 16 | Heger, Torsten | 1964 | Team-Luftwaffe-Köln | 00:40:54 | M40-80 | 32 |
| 54 | 15 | Burkhardt, Frank | 1956 | Team-Luftwaffe-Köln | 00:40:55 | M40-80 | 33 |
| 55 | 21 | Surbach, Michael | 1963 | Team-Luftwaffe-Köln | 00:40:57 | M40-80 | 34 |
| 56 | 449 | Mahlow, Daniel | 1985 | 3./ObjSRgtLw | 00:41:02 | M20 | 21 |
| 57 | 448 | Jaenke, Domenico | 1982 | 3./ObjSRgtLw | 00:41:03 | M20 | 22 |
| 58 | 379 | Schulz, Manuela | 1970 | LG Wilhelmshaven | 00:41:10 | W20 | 1 |
| 59 | 99 | Jacobs, Andreas | 1972 | PI AUR / WTM | 00:41:10 | M20 | 23 |
| 60 | 74 | Marschner, Jens | 1977 | USLw Appen | 00:41:11 | M20 | 24 |
| 61 | 138 | Siebert-Diering, Manfred | 1968 | Jeveraner Unternehmer | 00:41:11 | M40-80 | 35 |
| 62 | 173 | Hömann, Volker | 1958 | Team JG 71 "R" | 00:41:17 | M40-80 | 36 |
| 63 | 430 | Leblanc, Philippe | 1966 | Techn.Schule.d.Lw 3 | 00:41:20 | M40-80 | 37 |
| 64 | 270 | Großpietsch, Axel | 1954 | SB-Ems-Weser | 00:41:24 | M40-80 | 38 |
| 65 | 200 | Hauschulte, Axel | 1980 | KdoMFüSys | 00:41:26 | M20 | 25 |
| 66 | 46 | Rethmann, Ulrich | 1959 | 4./LfzTAbt152 | 00:41:27 | M40-80 | 39 |
| 67 | 224 | Funk, Ulrich | 1964 | TrÜbPI Munster | 00:41:31 | M40-80 | 40 |
| 68 | 114 | Strehl, Enno | 1958 | LogSBw | 00:41:34 | M40-80 | 41 |
| 69 | 178 | Hödl, Bernd | 1972 | Wilhelmshaven | 00:41:38 | M20 | 26 |
| 70 | 141 | Janssen, Michael | 1970 | Emder LG | 00:41:47 | M20 | 27 |
| 71 | 312 | Otten, Chris | 1991 | LwlnsthGrp 21 | 00:41:48 | M20 | 28 |
| 72 | 262 | Troé, Michael | 1970 | Schwarz-Weiß Oldenburg | 00:41:52 | M20 | 29 |
| 73 | 453 | Dirksen, Claus | 1956 | LG Ostfriesland | 00:41:56 | M40-80 | 42 |
| 74 | 25 | Fröhking, Susanne | 1964 | BV Garrel | 00:41:58 | W40-80 | 2 |
| 75 | 432 | Thomas, Ulf | 1972 | LZO | 00:42:04 | M20 | 30 |
| 76 | 236 | Dietrich, Matthias | 1965 | FlgHStff JEVER | 00:42:06 | M40-80 | 43 |
| 77 | 54 | Vry, Ralf | 1960 | Fortuna Logabirum | 00:42:08 | M40-80 | 44 |
| 78 | 215 | Brandt, Lothar | 1966 | Ausbwerkstatt Weener | 00:42:11 | M40-80 | 45 |
| 79 | 132 | Lake, Rolf | 1950 | TuS Zetel | 00:42:12 | M40-80 | 46 |
| 80 | 420 | Schmidt, Konstantin | 1985 | HFlgWaS Bückebug | 00:42:13 | M20 | 31 |
| 81 | 136 | Herke, Steffen | 1971 | TuS Zetel | 00:42:14 | M20 | 32 |
| 82 | 330 | Koch, Michael | 1985 | 9./ObjSRgtLw | 00:42:17 | M20 | 33 |
| 83 | 475 | Kes, Tamer | 1980 | 3./ObjSRgtLw | 00:42:21 | M20 | 34 |
| 84 | 176 | DeBuhr, Jürgen | 1963 | Team JG 71 "R" | 00:42:23 | M40-80 | 47 |
| 85 | 299 | Dreyer, Eddi | 1969 | LwlnsthGrp 21 | 00:42:24 | M20 | 35 |
| 86 | 344 | Siemens, Marc-Oliver | 1971 | Kdo 4. LwDiv | 00:42:25 | M20 | 36 |
| 87 | 204 | Hamann, Thomas | 1964 | HFlgWaS Bückebug | 00:42:26 | M40-80 | 48 |
| 88 | 95 | Bulla, Matthias | 1964 | PI WHV / FRI | 00:42:29 | M40-80 | 49 |
| 89 | 419 | Schmalz, Marcus | 1981 | HFlgWaS Bückebug | 00:42:29 | M20 | 37 |
| 90 | 504 | Busch, Timo | 1984 | 3./ObjSRgtLw | 00:42:32 | M20 | 38 |
| 91 | 65 | Mencke, Matthias | 1965 | VpflA Bw | 00:42:41 | M40-80 | 50 |
| 92 | 241 | König, Stefan | 1970 | WBV Nord | 00:42:44 | M20 | 39 |
| 93 | 509 | Korczycki, Sylvio | 1982 | 9./ObjSRgtLw | 00:42:45 | M20 | 40 |
| 94 | 17 | Karstens, Uwe | 1960 | Team-Luftwaffe-Köln | 00:42:51 | M40-80 | 51 |
| 95 | 122 | Dietrich, Rene | 1977 | VersInstZ SanMat | 00:43:05 | M20 | 41 |
| 96 | 261 | Schröder, Ole | 1973 | Schwarz-Weiß Oldenburg | 00:43:07 | M20 | 42 |
| 97 | 279 | Dirkes, Franz-Josef | 1959 | SportSBw | 00:43:10 | M40-80 | 52 |
| 98 | 380 | Hörig, Silvia | 1962 | LG Wilhelmshaven | 00:43:11 | W40-80 | 3 |
| 99 | 284 | Ricke, Manuel | 1988 | SportSBw | 00:43:16 | M20 | 43 |
| 100 | 72 | Hase, Gerd | 1961 | USLw Appen | 00:43:19 | M40-80 | 53 |

| Rg. | StNr. | Name, Vorname | Jg. | Verein | Zeit | Klasse | Pl. |
|-----|-------|-----------------------|------|----------------------|----------|--------|-----|
| 101 | 160 | Bender, Björn | 1978 | Team JG 71 "R" | 00:43:27 | M20 | 44 |
| 102 | 426 | Klejdzinski, Sven | 1980 | Techn.Schule.d.Lw 3 | 00:43:30 | M20 | 45 |
| 103 | 459 | Jeske, Jürgen | 1960 | VfL Oldenburg | 00:43:32 | M40-80 | 54 |
| 104 | 387 | Weiland, Gunter | 1953 | LG Wilhelmshaven | 00:43:32 | M40-80 | 55 |
| 105 | 223 | Schmitz, Falk | 1970 | BSG NORDFROST | 00:43:37 | M20 | 46 |
| 106 | 39 | Weyrauther, Wolfgang | 1968 | LogZBw WHV | 00:43:38 | M40-80 | 56 |
| 107 | 323 | Jürgensen, Kai-Uwe | 1961 | LwInstHGrp 21 | 00:43:41 | M40-80 | 57 |
| 108 | 334 | Rosenow, Frank | 1966 | Streitkräfteamt | 00:43:45 | M40-80 | 58 |
| 109 | 229 | Knebel, Norbert | 1955 | TrÜbPI Munster | 00:43:48 | M40-80 | 59 |
| 110 | 92 | Buchheim, Sebastian | 1983 | BwKrhs Westerstede | 00:43:51 | M20 | 47 |
| 111 | 507 | Wolters, Sören | 1985 | 3./ObjSRgtLw | 00:43:54 | M20 | 48 |
| 112 | 77 | Röder, Christian | 1980 | USLw Appen | 00:43:59 | M20 | 49 |
| 113 | 156 | Poppen, Karsten | 1970 | NW-Krhs Sanderbusch | 00:44:03 | M20 | 50 |
| 114 | 405 | Stockburger, Andreas | 1982 | FIBschft BMVg Köln | 00:44:05 | M20 | 51 |
| 115 | 502 | Kasdorf, Marcel | 1983 | 3./ObjSRgtLw | 00:44:06 | M20 | 52 |
| 116 | 285 | Fohrmann, Daniel | 1989 | SportSBw | 00:44:09 | M20 | 53 |
| 117 | 472 | Dekker, Anja | 1971 | LT TuS Aurich-Ost | 00:44:10 | W20 | 2 |
| 118 | 123 | Maric, Toma | 1977 | VersInstZ SanMat | 00:44:11 | M20 | 54 |
| 119 | 166 | Walter, Raimund | 1989 | Team JG 71 "R" | 00:44:12 | M20 | 55 |
| 120 | 18 | Steller, Michael | 1957 | Team-Luftwaffe-Köln | 00:44:15 | M40-80 | 60 |
| 121 | 484 | Burunacik, Sait | 1965 | LT TuS Emstekerfeld | 00:44:17 | M40-80 | 61 |
| 122 | 286 | Klingenhäger, Raphael | 1987 | SportSBw | 00:44:22 | M20 | 56 |
| 123 | 79 | Walter, Dietmar | 1955 | USLw Appen | 00:44:23 | M40-80 | 62 |
| 124 | 91 | Thole, Holger | 1977 | BwKrhs Westerstede | 00:44:23 | M20 | 57 |
| 125 | 255 | Kerber, Wolfgang | 1951 | LT TuS Emstekerfeld | 00:44:24 | M40-80 | 63 |
| 126 | 153 | Klemptner, Thomas | 1966 | NW-Krhs Sanderbusch | 00:44:26 | M40-80 | 64 |
| 127 | 164 | Mischenko, Alexander | 1987 | Team JG 71 "R" | 00:44:31 | M20 | 58 |
| 128 | 170 | Meyer, Jörg-Gerold | 1962 | Team JG 71 "R" | 00:44:32 | M40-80 | 65 |
| 129 | 503 | Thurmann, Michael | 1983 | 3./ObjSRgtLw | 00:44:35 | M20 | 59 |
| 130 | 237 | Kethler, Wolfgang | 1965 | LogZBw WHV | 00:44:36 | M40-80 | 66 |
| 131 | 310 | Sperber, Thomas | 1988 | LwInstHGrp 21 | 00:44:41 | M20 | 60 |
| 132 | 8 | Koch, Jürgen | 1963 | LogZBw WHV | 00:44:47 | M40-80 | 67 |
| 133 | 354 | Setzkorn, Jörg | 1973 | Einsatzflottille 2 | 00:44:47 | M20 | 61 |
| 134 | 463 | Hellmers, Ralf | 1965 | CRC Brockzetel | 00:44:48 | M40-80 | 68 |
| 135 | 517 | Gasau, Bjorn | 1986 | 1./ObjSRgtLw | 00:44:55 | M20 | 62 |
| 136 | 359 | Hoffmann, Marcel | 1974 | LwInstHGrp 2 | 00:44:56 | M20 | 63 |
| 137 | 222 | Wilke, Peter | 1970 | BSG NORDFROST | 00:45:01 | M20 | 64 |
| 138 | 125 | Anton, Max | 1987 | VersInstZ SanMat | 00:45:05 | M20 | 65 |
| 139 | 363 | Armonies, Jürgen | 1954 | Laufftreff WHV | 00:45:08 | M40-80 | 69 |
| 140 | 242 | Großheim, Uwe | 1961 | WBV Nord | 00:45:16 | M40-80 | 70 |
| 141 | 100 | Glaubitz, Herbert | 1952 | PI AUR / WTM | 00:45:17 | M40-80 | 71 |
| 142 | 201 | Lange, Marin | 1979 | KdoMFüSys | 00:45:22 | M20 | 66 |
| 143 | 490 | Meinen, Gerold | 1963 | LT BSC - Burhufe | 00:45:23 | M40-80 | 72 |
| 144 | 443 | Klotzsch, Christian | 1986 | 2./ObjSRgtLw | 00:45:29 | M20 | 67 |
| 145 | 441 | Krause, Frank | 1984 | 2./ObjSRgtLw | 00:45:30 | M20 | 68 |
| 146 | 187 | Pflanzer, Hans | 1954 | KGS Wittmund | 00:45:32 | M40-80 | 73 |
| 147 | 230 | Jaschinski, Günther | 1940 | TrÜbPI Munster | 00:45:34 | M40-80 | 74 |
| 148 | 142 | Beeken, Hajo | 1961 | Stab I./ObjSRgtLw | 00:45:34 | M40-80 | 75 |
| 149 | 518 | Helmich, Daniel | 1985 | 1./ObjSRgtLw | 00:45:35 | M20 | 69 |
| 150 | 444 | Kasig, Patrick | 1988 | Ausbwerkstatt Mars | 00:45:36 | M20 | 70 |
| 151 | 333 | Stein, Stefan | 1984 | 9./ObjSRgtLw | 00:45:39 | M20 | 71 |
| 152 | 498 | Grigat, Rene | 1975 | 8./ObjSRgtLw | 00:45:42 | M20 | 72 |
| 153 | 14 | Becker, Horst | 1966 | LogZBw WHV | 00:45:42 | M40-80 | 76 |
| 154 | 197 | Eckhoff, Arno | 1959 | KdoMFüSys | 00:45:43 | M40-80 | 77 |
| 155 | 226 | Lewin, Klaus | 1961 | TrÜbPI Munster | 00:45:45 | M40-80 | 78 |
| 156 | 210 | Buhr, Jörg | 1963 | FlgH Feuerwehr Jever | 00:45:56 | M40-80 | 79 |
| 157 | 450 | Ahrens, Thomas | 1971 | TSR Olympia WHV | 00:45:56 | M20 | 73 |
| 158 | 49 | Brinkhuis, Bernd | 1949 | 4./LfzTAbt152 | 00:45:57 | M40-80 | 80 |
| 159 | 516 | Hinrichs, Benjamin | 1985 | 1./ObjSRgtLw | 00:45:58 | M20 | 74 |

| Rg. | StNr. | Name, Vorname | Jg. | Verein | Zeit | Klasse | Pl. |
|-----|-------|----------------------|------|------------------------|----------|--------|-----|
| 160 | 415 | Janssen, Wilfried | 1961 | Sparkasse LER-WTM | 00:46:02 | M40-80 | 81 |
| 161 | 184 | Steinke, Rolf | 1967 | DIHIROPETRAU | 00:46:07 | M40-80 | 82 |
| 162 | 403 | Smeets, Sven | 1975 | FIBschft BMVg Köln | 00:46:09 | M20 | 75 |
| 163 | 431 | Wishaupt, Benoit | 1978 | Techn.Schule.d.Lw 3 | 00:46:12 | M20 | 76 |
| 164 | 271 | Kravagna, Eike | 1959 | SB-Ems-Weser | 00:46:24 | M40-80 | 83 |
| 165 | 116 | Hanisch, Jörn | 1967 | LogSBw | 00:46:24 | M40-80 | 84 |
| 166 | 445 | Boernecke, Jerry | 1979 | 3./ObjSRgtLw | 00:46:25 | M20 | 77 |
| 167 | 340 | Brandt, Harald | 1961 | Kdo 4. LwDiv | 00:46:31 | M40-80 | 85 |
| 168 | 207 | Heiming, Jan | 1982 | HFlgWaS Bückebug | 00:46:33 | M20 | 78 |
| 169 | 189 | Lübbe, Thomas | 1967 | Road Runners CLP | 00:46:33 | M40-80 | 86 |
| 170 | 433 | Rost, Mike | 1963 | PI WHV / FRI | 00:46:35 | M40-80 | 87 |
| 171 | 438 | Masche, Knut | 1972 | 2./ObjSRgtLw | 00:46:37 | M20 | 79 |
| 172 | 20 | Brösicke, Stefan | 1960 | Team-Luftwaffe-Köln | 00:46:38 | M40-80 | 88 |
| 173 | 486 | Gottfried, Volker | 1960 | PI WHV / FRI | 00:46:41 | M40-80 | 89 |
| 174 | 35 | Wies, Christian | 1979 | MarMusikKorps Nordsee | 00:46:42 | M20 | 80 |
| 175 | 171 | Kern, Ulrich | 1969 | Team JG 71 "R" | 00:46:42 | M20 | 81 |
| 176 | 361 | Rosenkötter, Volker | 1957 | LwlnsthRgt 2 | 00:46:44 | M40-80 | 90 |
| 177 | 256 | Assmann, Franz-Josef | 1959 | LT TuS Emstekerfeld | 00:46:46 | M40-80 | 91 |
| 178 | 350 | Otten, Detlef | 1962 | Einsatzflottille 2 | 00:46:51 | M40-80 | 92 |
| 179 | 456 | Bäcker, Rainer | 1963 | TuS Zetel | 00:46:54 | M40-80 | 93 |
| 180 | 4 | Severiens, Gerold | 1948 | Fortuna Logabirum | 00:46:58 | M40-80 | 94 |
| 181 | 169 | Schäfer, Karl-Heinz | 1958 | Team JG 71 "R" | 00:47:05 | M40-80 | 95 |
| 182 | 365 | Seebeck, Peter | 1955 | Lauftreff WHV | 00:47:08 | M40-80 | 96 |
| 183 | 508 | Vogt, Patrick | 1970 | ObjSRgtLw "F" | 00:47:10 | M20 | 82 |
| 184 | 470 | Strömer, Berthold | 1956 | LT TuS Aurich-Ost | 00:47:10 | M40-80 | 97 |
| 185 | 402 | Bartzsch, Jörg | 1966 | FIBschft BMVg Köln | 00:47:11 | M40-80 | 98 |
| 186 | 195 | Budde, Klaus-Rainer | 1954 | KdoMFüSys | 00:47:12 | M40-80 | 99 |
| 187 | 146 | Siemens, Karl | 1951 | MTV Wittmund | 00:47:12 | M40-80 | 100 |
| 188 | 128 | Just, Janto | 1949 | LT MTV JEVER | 00:47:15 | M40-80 | 101 |
| 189 | 417 | Rieken, Wilhelm | 1962 | Sparkasse LER-WTM | 00:47:18 | M40-80 | 102 |
| 190 | 488 | Much, Egolf-Edmond | 1986 | 11./ObjSRgtLw | 00:47:23 | M20 | 83 |
| 191 | 481 | König, Stefan | 1970 | Jeveraner Unternehmer | 00:47:26 | M20 | 84 |
| 192 | 228 | Schröder, Frank | 1957 | Sande | 00:47:27 | M40-80 | 103 |
| 193 | 435 | Wulle, Thomas | 1963 | LT TuS Aurich-Ost | 00:47:27 | M40-80 | 104 |
| 194 | 511 | Neugebauer, Meichel | 1989 | SportSBw | 00:47:28 | M20 | 85 |
| 195 | 520 | Reis, Sergej | 1988 | 1./ObjSRgtLw | 00:47:29 | M20 | 86 |
| 196 | 183 | Steinke, Hilde | 1945 | DIHIROPETRAU | 00:47:30 | W40-80 | 4 |
| 197 | 135 | Pieprytza, Mike | 1972 | TuS Zetel | 00:47:30 | M20 | 87 |
| 198 | 497 | Friedrichs, Jürgen | 1971 | LogZBw WHV | 00:47:31 | M20 | 88 |
| 199 | 33 | Reesing, Volker | 1971 | MarMusikKorps Nordsee | 00:47:31 | M20 | 89 |
| 200 | 414 | Drost, Fritz | 1943 | Sparkasse LER-WTM | 00:47:32 | M40-80 | 105 |
| 201 | 104 | Mau, Jörg | 1958 | PI AUR / WTM | 00:47:32 | M40-80 | 106 |
| 202 | 240 | Meyer, Matthias | 1978 | Wilhelmshaven | 00:47:33 | M20 | 90 |
| 203 | 309 | Becker, Jens | 1968 | LwlnsthGrp 21 | 00:47:36 | M40-80 | 107 |
| 204 | 50 | Steermann, Franz | 1962 | 4./LfzTAbt152 | 00:47:44 | M40-80 | 108 |
| 205 | 127 | Wunderlich, Reinhard | 1947 | LT MTV JEVER | 00:47:46 | M40-80 | 109 |
| 206 | 506 | Schneider, Thomas | 1986 | 3./ObjSRgtLw | 00:47:46 | M20 | 91 |
| 207 | 505 | Cichon, Manuel | 1988 | 3./ObjSRgtLw | 00:47:47 | M20 | 92 |
| 208 | 362 | Müller, Hans-Jürgen | 1952 | LwlnsthRgt 2 | 00:47:56 | M40-80 | 110 |
| 209 | 428 | Steinecke, Steve | 1980 | Techn.Schule.d.Lw 3 | 00:47:57 | M20 | 93 |
| 210 | 260 | Schardt, Michael | 1954 | Schwarz-Weiß Oldenburg | 00:47:58 | M40-80 | 111 |
| 211 | 234 | Stelter, Uwe | 1961 | FlgHStff JEVER | 00:48:03 | M40-80 | 112 |
| 212 | 390 | Caspers, Marita | 1967 | LG Wilhelmshaven | 00:48:05 | W40-80 | 5 |
| 213 | 378 | Horn, Jeanette | 1970 | LG Wilhelmshaven | 00:48:05 | W20 | 3 |
| 214 | 263 | Bohlmann, Petra | 1959 | Schwarz-Weiß Oldenburg | 00:48:06 | W40-80 | 6 |
| 215 | 246 | Hollmann, Dirk | 1966 | WBV Nord | 00:48:07 | M40-80 | 113 |
| 216 | 202 | Reber, Christian | 1978 | KdoMFüSys | 00:48:11 | M20 | 94 |
| 217 | 120 | Niebisch, Daniel | 1978 | Cool Runners Friesland | 00:48:16 | M20 | 95 |
| 218 | 186 | Busker, Traute | 1953 | DIHIROPETRAU | 00:48:16 | W40-80 | 7 |

| Rg. | StNr. | Name, Vorname | Jg. | Verein | Zeit | Klasse | Pl. |
|-----|-------|------------------------|------|------------------------|----------|--------|-----|
| 219 | 129 | Tenge, Frank | 1959 | LT MTV JEVER | 00:48:23 | M40-80 | 114 |
| 220 | 398 | Willems, Heye | 1953 | Fortuna Logabirum | 00:48:33 | M40-80 | 115 |
| 221 | 193 | Fisch, Manfred | 1952 | LT MTV JEVER | 00:48:34 | M40-80 | 116 |
| 222 | 298 | vonNethen, Helmut | 1963 | LwlnsthGrp 21 | 00:48:36 | M40-80 | 117 |
| 223 | 366 | Strangmann, Hans-Gerd | 1952 | Lauftreff WHV | 00:48:40 | M40-80 | 118 |
| 224 | 7 | Sasse, Ingo | 1941 | LT MTV JEVER | 00:48:42 | M40-80 | 119 |
| 225 | 471 | Schreib, Gerhard | 1953 | LT TuS Aurich-Ost | 00:48:44 | M40-80 | 120 |
| 226 | 467 | Hoffmann, Hans-Joachim | 1948 | LT TuS Aurich-Ost | 00:48:45 | M40-80 | 121 |
| 227 | 473 | Schmidt, Karl-Heinz | 1957 | LT TuS Aurich-Ost | 00:48:48 | M40-80 | 122 |
| 228 | 337 | Humburg, Jörg | 1979 | Streitkräfteamt | 00:48:51 | M20 | 96 |
| 229 | 302 | Wieliczka, Peter | 1960 | LwlnsthGrp 21 | 00:48:55 | M40-80 | 123 |
| 230 | 124 | Freitag, Susan | 1974 | VersInstZ SanMat | 00:49:02 | W20 | 4 |
| 231 | 374 | Krüger, Rainer | 1949 | 8-9-10 Schortens | 00:49:08 | M40-80 | 124 |
| 232 | 47 | Penz, Günther | 1955 | 4./LfzTAbt152 | 00:49:17 | M40-80 | 125 |
| 233 | 274 | Stetzelberg, Jürgen | 1951 | SB-Ems-Weser | 00:49:17 | M40-80 | 126 |
| 234 | 93 | Lumma, Marc | 1984 | BwKrhs Westerstede | 00:49:21 | M20 | 97 |
| 235 | 98 | Eichner, Andreas | 1964 | PI WHV / FRI | 00:49:22 | M40-80 | 127 |
| 236 | 407 | Albers, Günther | 1952 | BSG Volksbank Jever | 00:49:23 | M40-80 | 128 |
| 237 | 446 | Kisner, Waldemar | 1978 | 3./ObjSRgtLw | 00:49:24 | M20 | 98 |
| 238 | 342 | Pahlke, Thomas | 1974 | Kdo 4. LwDiv | 00:49:26 | M20 | 99 |
| 239 | 216 | Loers, Walter | 1954 | PI WHV / FRI | 00:49:29 | M40-80 | 129 |
| 240 | 188 | Abeling, Frank | 1965 | Road Runners CLP | 00:49:31 | M40-80 | 130 |
| 241 | 300 | Seeger, Benjamin | 1982 | LwlnsthGrp 21 | 00:49:32 | M20 | 100 |
| 242 | 130 | Kohlenberg, Inse | 1950 | TuS Zetel | 00:49:36 | W40-80 | 8 |
| 243 | 196 | Dürschinger, Karlheinz | 1954 | KdoMFüSys | 00:49:37 | M40-80 | 131 |
| 244 | 325 | Süßen, Jürgen | 1965 | 9./ObjSRgtLw | 00:49:39 | M40-80 | 132 |
| 245 | 272 | Remmers, Gerd | 1955 | SB-Ems-Weser | 00:49:42 | M40-80 | 133 |
| 246 | 466 | Schewiola, Stefan | 1966 | CRC Brockzetel | 00:49:47 | M40-80 | 134 |
| 247 | 134 | Goesmann, Marion | 1971 | TuS Zetel | 00:49:51 | W20 | 5 |
| 248 | 258 | Thoben, Karl-Heinz | 1952 | LT TuS Emstekerfeld | 00:50:03 | M40-80 | 135 |
| 249 | 376 | Link, Jens | 1964 | 8-9-10 Schortens | 00:50:04 | M40-80 | 136 |
| 250 | 289 | Hilger, Patricia | 1963 | TV Norden | 00:50:13 | W40-80 | 9 |
| 251 | 179 | Rudolph, Matthias | 1969 | AOK Jever | 00:50:17 | M20 | 101 |
| 252 | 264 | Schenk, Sabine | 1969 | Schwarz-Weiß Oldenburg | 00:50:19 | W20 | 6 |
| 253 | 3 | Hennigs, Liane | 1959 | LT MTV JEVER | 00:50:25 | W40-80 | 10 |
| 254 | 480 | Urban, Christian | 1969 | Jeveraner Unternehmer | 00:50:34 | M20 | 102 |
| 255 | 464 | Daro, Jürgen | 1966 | CRC Brockzetel | 00:50:35 | M40-80 | 137 |
| 256 | 345 | Walter, Marlies | 1955 | BwDLZ Schwanewede | 00:50:37 | W40-80 | 11 |
| 257 | 409 | Dirks, Hans-Georg | 1952 | BSG Volksbank Jever | 00:50:37 | M40-80 | 138 |
| 258 | 306 | Schmidt, Benny | 1981 | LwlnsthGrp 21 | 00:50:41 | M20 | 103 |
| 259 | 460 | Toben, Ralf | 1971 | Feuerwehr EFB 4 | 00:50:45 | M20 | 104 |
| 260 | 364 | Gringel, Dirk | 1947 | Lauftreff WHV | 00:50:46 | M40-80 | 139 |
| 261 | 177 | Schmidt, Karin | 1960 | Team JG 71 "R" | 00:50:50 | W40-80 | 12 |
| 262 | 53 | Maynicke, Anita | 1980 | MatDp | 00:50:51 | W20 | 7 |
| 263 | 52 | Karsjens, Jens | 1970 | FlgH Feuerwehr Jever | 00:50:52 | M20 | 105 |
| 264 | 282 | Montag, Rolf | 1974 | SportSBw | 00:50:54 | M20 | 106 |
| 265 | 341 | Casper, Helmut | 1952 | Kdo 4. LwDiv | 00:50:55 | M40-80 | 140 |
| 266 | 103 | Janssen, Martin | 1951 | PI AUR / WTM | 00:51:04 | M40-80 | 141 |
| 267 | 9 | Luks, Carsten | 1971 | LogZBw WHV | 00:51:05 | M20 | 107 |
| 268 | 94 | Heisig, Torsten | 1983 | BwKrhs Westerstede | 00:51:09 | M20 | 108 |
| 269 | 462 | Thielke, Thorsten | 1976 | CRC Brockzetel | 00:51:11 | M20 | 109 |
| 270 | 512 | Kramer, Harald | 1946 | DAV Köln | 00:51:18 | M40-80 | 142 |
| 271 | 51 | Maynicke, Gerhard | 1954 | Hauptzollamt Stralsund | 00:51:21 | M40-80 | 143 |
| 272 | 494 | Stöckmann, Reinhard | 1964 | LogZBw WHV | 00:51:22 | M40-80 | 144 |
| 273 | 400 | Schött, Sebastian | 1987 | 11./ObjSRgtLw | 00:51:25 | M20 | 110 |
| 274 | 399 | Krüger, Thomas | 1967 | 11./ObjSRgtLw | 00:51:26 | M40-80 | 145 |
| 275 | 63 | Niclaus, Mark | 1973 | VpflA Bw | 00:51:26 | M20 | 111 |
| 276 | 327 | Fritsch, Rolf-Rainer | 1975 | 9./ObjSRgtLw | 00:51:29 | M20 | 112 |
| 277 | 233 | Reiher, Swen-Olaf | 1962 | FlgHStff JEVER | 00:51:34 | M40-80 | 146 |

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| 278 | 90 | Schmidt, Gunnar | 1960 | BwKrhs Westerstede | 00:51:35 | M40-80 | 147 |
| 279 | 218 | Juilfs, Günther | 1963 | PI WHV / FRI | 00:51:39 | M40-80 | 148 |
| 280 | 159 | Joneleit, Robert | 1974 | Team JG 71 "R" | 00:51:40 | M20 | 113 |
| 281 | 388 | Weichbrodt, Heinz-Georg | 1933 | LG Wilhelmshaven | 00:51:44 | M40-80 | 149 |
| 282 | 71 | Koch, Helmut | 1960 | VpflA Bw | 00:51:46 | M40-80 | 150 |
| 283 | 108 | Mast, Dirk | 1969 | BfD Wilhelmshaven | 00:51:47 | M20 | 114 |
| 284 | 408 | Bruhnken, Hans-Günter | 1954 | BSG Volksbank Jever | 00:51:48 | M40-80 | 151 |
| 285 | 62 | Frank, Uwe | 1953 | 8-9-10 Schortens | 00:51:56 | M40-80 | 152 |
| 286 | 107 | Kolb, Franziska | 1981 | BfD Wilhelmshaven | 00:51:59 | W20 | 8 |
| 287 | 110 | Coordes, Frank | 1961 | BfD Wilhelmshaven | 00:52:00 | M40-80 | 153 |
| 288 | 64 | Lübben, Jessica | 1967 | VpflA Bw | 00:52:00 | W40-80 | 13 |
| 289 | 111 | Rathkamp, Wolfgang | 1966 | BfD Wilhelmshaven | 00:52:04 | M40-80 | 154 |
| 290 | 275 | Störmer, Karl-Hermann | 1944 | SB-Ems-Weser | 00:52:06 | M40-80 | 155 |
| 291 | 434 | Obermann, Helmut | 1946 | TuS Oestringen | 00:52:09 | M40-80 | 156 |
| 292 | 372 | Gethmann, Uwe | 1962 | 8-9-10 Schortens | 00:52:10 | M40-80 | 157 |
| 293 | 416 | Sieling, Heiko | 1961 | Sparkasse LER-WTM | 00:52:13 | M40-80 | 158 |
| 294 | 214 | Henke, Wilko | 1989 | Ausbwerkstatt Weener | 00:52:13 | M20 | 115 |
| 295 | 461 | Gerdes, Wilhelm | 1964 | Feuerwehr EFB 4 | 00:52:14 | M40-80 | 159 |
| 296 | 30 | Bockner, Michael | 1962 | Team HA A TE WHV | 00:52:18 | M40-80 | 160 |
| 297 | 36 | Berndt, Wilhelm | 1945 | MS-Freeteam | 00:52:19 | M40-80 | 161 |
| 298 | 190 | Eckardt, Rolf | 1960 | Road Runners CLP | 00:52:21 | M40-80 | 162 |
| 299 | 295 | Wilts, Hermann | 1946 | TV Norden | 00:52:23 | M40-80 | 163 |
| 300 | 301 | Hemken, Jan | 1966 | LwlnsthGrp 21 | 00:52:27 | M40-80 | 164 |
| 301 | 266 | Kolb, Gudrun | 1952 | Wilhelmshaven | 00:52:28 | W40-80 | 14 |
| 302 | 144 | Tjardes, Karl | 1944 | MTV Wittmund | 00:52:35 | M40-80 | 165 |
| 303 | 209 | Falkena, Trijntje | 1982 | VfL Germania Leer | 00:52:37 | W20 | 9 |
| 304 | 316 | Brader, Thiemo | 1989 | LwlnsthGrp 21 | 00:52:39 | M20 | 116 |
| 305 | 82 | Herz, Alexander | 1976 | LogZBw WHV | 00:52:40 | M20 | 117 |
| 306 | 510 | Ochel, Jürgen | 1972 | 9./ObjSRgtLw | 00:52:42 | M20 | 118 |
| 307 | 479 | Jabben, Berndt | 1967 | Jeveraner Unternehmer | 00:52:43 | M40-80 | 166 |
| 308 | 154 | Germeroth, Frank | 1960 | NW-Krhs Sanderbusch | 00:52:52 | M40-80 | 167 |
| 309 | 80 | Trauernicht, Gerold | 1962 | LogZBw WHV | 00:52:54 | M40-80 | 168 |
| 310 | 482 | Titze, Andreas | 1969 | Jeveraner Unternehmer | 00:53:00 | M20 | 119 |
| 311 | 406 | Rietz, Christoph | 1986 | FIBschft BMVg Köln | 00:53:10 | M20 | 120 |
| 312 | 305 | Kramer, Johann | 1956 | LwlnsthGrp 21 | 00:53:12 | M40-80 | 169 |
| 313 | 56 | Brink, Heinz | 1953 | LG Landkreis Friesland | 00:53:15 | M40-80 | 170 |
| 314 | 367 | Kolb, Friederike | 1979 | Wilhelmshaven | 00:53:18 | W20 | 10 |
| 315 | 34 | Weimann, Robert | 1981 | MarMusikKorps Nordsee | 00:53:30 | M20 | 121 |
| 316 | 267 | Kolb, Karl | 1947 | Wilhelmshaven | 00:53:36 | M40-80 | 171 |
| 317 | 476 | Wagner, Theodor | 1948 | Jeveraner Unternehmer | 00:53:37 | M40-80 | 172 |
| 318 | 68 | Möller, Bernhard | 1964 | VpflA Bw | 00:53:39 | M40-80 | 173 |
| 319 | 296 | Schmidt, Karl-Heinz | 1957 | TV Norden | 00:53:40 | M40-80 | 174 |
| 320 | 163 | Janssen, Helmut | 1957 | Team JG 71 "R" | 00:53:41 | M40-80 | 175 |
| 321 | 307 | Keller, Klaus | 1951 | LwlnsthGrp 21 | 00:53:47 | M40-80 | 176 |
| 322 | 291 | Lindemann, Paul | 1939 | TV Norden | 00:53:49 | M40-80 | 177 |
| 323 | 194 | Birck, Carsten | 1979 | KdoMFüSys | 00:53:50 | M20 | 122 |
| 324 | 391 | Bienert, Lars | 1975 | KdoMFüSys | 00:53:50 | M20 | 123 |
| 325 | 491 | Wübbenhorst, Detlef | 1970 | LT BSC - Burhafa | 00:53:51 | M20 | 124 |
| 326 | 198 | Fehse, Carsten | 1968 | KdoMFüSys | 00:53:55 | M40-80 | 178 |
| 327 | 276 | Schimkus, Siegfried | 1938 | SB-Ems-Weser | 00:53:56 | M40-80 | 179 |
| 328 | 149 | Märker, Steffen | 1963 | LwlnsthRgt 2 | 00:54:00 | M40-80 | 180 |
| 329 | 58 | Wolken, Wilfried | 1967 | LG Landkreis Friesland | 00:54:09 | M40-80 | 181 |
| 330 | 422 | Stünkel, Jörg | 1975 | Techn.Schule.d.Lw 3 | 00:54:11 | M20 | 125 |
| 331 | 308 | Stemmermann, Rudolf | 1963 | LwlnsthGrp 21 | 00:54:17 | M40-80 | 182 |
| 332 | 501 | Scheper, Jörg | 1971 | Techn.Schule.d.Lw 3 | 00:54:18 | M20 | 126 |
| 333 | 126 | Walz, David | 1986 | VersInstZ SanMat | 00:54:19 | M20 | 127 |
| 334 | 38 | Ries, Benjamin | 1979 | LogZBw WHV | 00:54:20 | M20 | 128 |
| 335 | 370 | Garten, Dr.Harmut | 1950 | 8-9-10 Schortens | 00:54:26 | M40-80 | 183 |
| 336 | 143 | Wollermann, Manfred | 1942 | MTV Wittmund | 00:54:34 | M40-80 | 184 |

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| 337 | 483 | Jendroßek, Michael | 1971 | Jeveraner Unternehmer | 00:54:36 | M20 | 129 |
| 338 | 232 | Meinders, Jan | 1964 | FlgHStff JEVER | 00:54:39 | M40-80 | 185 |
| 339 | 418 | Eden, Gerhard | 1948 | Sparkasse LER-WTM | 00:54:40 | M40-80 | 186 |
| 340 | 369 | Egberts, Rolf | 1944 | 8-9-10 Schortens | 00:54:42 | M40-80 | 187 |
| 341 | 410 | Pietruska, Axel | 1953 | BSG Volksbank Jever | 00:54:49 | M40-80 | 188 |
| 342 | 290 | Schewiola, Axel | 1938 | TV Norden | 00:54:51 | M40-80 | 189 |
| 343 | 239 | Thien-Reinders, Mika | 1964 | Fortuna Logabirum | 00:54:57 | W40-80 | 15 |
| 344 | 277 | Wiemken, Thorsten | 1967 | SB-Ems-Weser | 00:55:02 | M40-80 | 190 |
| 345 | 293 | Heyen, Jann | 1941 | TV Norden | 00:55:05 | M40-80 | 191 |
| 346 | 41 | Jugl, Dominik | 1977 | LogZBw WHV | 00:55:09 | M20 | 130 |
| 347 | 447 | Al-Khaffaji, Haider | 1983 | 3./ObjSRgtLw | 00:55:10 | M20 | 131 |
| 348 | 329 | Raettig, Falko | 1977 | 9./ObjSRgtLw | 00:55:19 | M20 | 132 |
| 349 | 457 | Rosenstiel, Hans | 1947 | TuS Zetel | 00:55:46 | M40-80 | 192 |
| 350 | 519 | Marken, Stefan | 1987 | 1./ObjSRgtLw | 00:55:49 | M20 | 133 |
| 351 | 168 | Meenken, Matthias | 1981 | Team JG 71 "R" | 00:55:52 | M20 | 134 |
| 352 | 373 | Herget, Richard | 1931 | 8-9-10 Schortens | 00:55:56 | M40-80 | 193 |
| 353 | 292 | Trännap, Alfred | 1941 | TV Norden | 00:55:57 | M40-80 | 194 |
| 354 | 165 | Kirstein, Wilko | 1989 | Team JG 71 "R" | 00:56:03 | M20 | 135 |
| 355 | 280 | Boberg, Rudolf | 1958 | SportSBw | 00:56:06 | M40-80 | 195 |
| 356 | 182 | Steinke, Dietrich | 1941 | DIHIROPETRAU | 00:56:07 | M40-80 | 196 |
| 357 | 26 | Heydenbluth, Horst | 1939 | Schortens | 00:56:18 | M40-80 | 197 |
| 358 | 500 | Zech, Andre | 1967 | LogZBw WHV | 00:56:43 | M40-80 | 198 |
| 359 | 227 | Ackermann, Detlef | 1966 | TrÜbPI Munster | 00:56:56 | M40-80 | 199 |
| 360 | 244 | Brandt, Stephan | 1959 | WBV Nord | 00:57:01 | M40-80 | 200 |
| 361 | 245 | Spikowski, Karl-Heinz | 1957 | WBV Nord | 00:57:02 | M40-80 | 201 |
| 362 | 235 | Alam, Roman | 1988 | FlgHStff JEVER | 00:57:05 | M20 | 136 |
| 363 | 339 | Klee, Ellen | 1983 | Streitkräfteamt | 00:57:11 | W20 | 11 |
| 364 | 254 | Sander, Siegfried | 1961 | Cool Runners Friesland | 00:57:16 | M40-80 | 202 |
| 365 | 70 | Jeddeloh, Jürgen | 1965 | VpflA Bw | 00:57:31 | M40-80 | 203 |
| 366 | 314 | Schmidt, Alexander | 1991 | LwlnsthGrp 21 | 00:57:35 | M20 | 137 |
| 367 | 265 | Buck, Heino | 1950 | Team HA A TE WHV | 00:57:38 | M40-80 | 204 |
| 368 | 303 | Brunner, Manfred | 1969 | LwlnsthGrp 21 | 00:57:39 | M20 | 138 |
| 369 | 322 | Klein, Karlheinz | 1956 | LwlnsthGrp 21 | 00:57:46 | M40-80 | 205 |
| 370 | 382 | Willerts, Elfriede | 1936 | LG Wilhelmshaven | 00:58:00 | W40-80 | 16 |
| 371 | 377 | Badtke, Irene | 1941 | LG Wilhelmshaven | 00:58:01 | W40-80 | 17 |
| 372 | 496 | Janssen, Dieter | 1972 | LogZBw WHV | 00:58:15 | M20 | 139 |
| 373 | 118 | Krüger, Alfred | 1960 | LogSBw | 00:58:33 | M40-80 | 206 |
| 374 | 513 | Kelterborn, Klaus | 1957 | Schortens | 00:58:34 | M40-80 | 207 |
| 375 | 331 | Eggert, Marian | 1985 | 9./ObjSRgtLw | 00:58:38 | M20 | 140 |
| 376 | 328 | Hüls, Thomas | 1976 | 9./ObjSRgtLw | 00:58:40 | M20 | 141 |
| 377 | 137 | Herke, Petra | 1970 | TuS Zetel | 00:58:55 | W20 | 12 |
| 378 | 465 | Rosemi, Thomas | 1967 | CRC Brockzetel | 00:58:57 | M40-80 | 208 |
| 379 | 455 | Gerdes, Heinz | 1943 | LG Ostfriesland | 00:58:58 | M40-80 | 209 |
| 380 | 238 | Schoon, Claudia | 1972 | Fortuna Logabirum | 00:58:59 | W20 | 13 |
| 381 | 109 | Kiesecker, Thomas | 1955 | BfD Wilhelmshaven | 00:59:06 | M40-80 | 210 |
| 382 | 478 | Weise, Bernd | 1967 | Jeveraner Unternehmer | 00:59:08 | M40-80 | 211 |
| 383 | 167 | Meenken, Christoph | 1989 | Team JG 71 "R" | 00:59:13 | M20 | 142 |
| 384 | 181 | Drieling, Janke | 1963 | Waddewarden | 00:59:16 | W40-80 | 18 |
| 385 | 317 | Deyerling, Malte | 1989 | LwlnsthGrp 21 | 00:59:28 | M20 | 143 |
| 386 | 356 | Ostermann, Michael | 1967 | Einsatzflottille 2 | 00:59:47 | M40-80 | 212 |
| 387 | 495 | Conrads, Michael | 1970 | LogZBw WHV | 00:59:54 | M20 | 144 |
| 388 | 57 | Rieken, Ewald | 1945 | LG Landkreis Friesland | 00:59:57 | M40-80 | 213 |
| 389 | 148 | Erdmann, Reinhold | 1941 | VfB - Oldenburg | 01:00:00 | M40-80 | 214 |
| 390 | 401 | Koszyk, Jürgen | 1959 | FIBschft BMVg Köln | 01:00:01 | M40-80 | 215 |
| 391 | 139 | Claassen, Christian | 1971 | Runners Point | 01:00:01 | M20 | 145 |
| 392 | 140 | Janssen, Stefan | 1971 | Runners Point | 01:00:02 | M20 | 146 |
| 393 | 55 | Groh, Klaus | 1965 | Jever | 01:00:08 | M40-80 | 216 |
| 394 | 489 | Meinen, Cornelia | 1963 | LT BSC - Burhufe | 01:00:09 | W40-80 | 19 |
| 395 | 492 | Becker, Venke | 1967 | LT BSC - Burhufe | 01:00:10 | W40-80 | 20 |

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| 396 | 40 | Neth, Holger | 1970 | LogZBw WHV | 01:00:10 | M20 | 147 |
| 397 | 66 | Meenken, Erich | 1959 | VpflA Bw | 01:00:20 | M40-80 | 217 |
| 398 | 514 | Wübbenhorst, Andrea | 1973 | LT BSC - Burhufe | 01:00:43 | W20 | 14 |
| 399 | 172 | Hanneböhl, Jan-Niklas | 1988 | Team JG 71 "R" | 01:01:10 | M20 | 148 |
| 400 | 346 | Warwas, Dietmar | 1960 | BwDLZ Schwanewede | 01:01:48 | M40-80 | 218 |
| 401 | 269 | Gerdes, Heiner | 1956 | SB-Ems-Weser | 01:02:20 | M40-80 | 219 |
| 402 | 6 | Sicat, IanPaolo | 1986 | ObjSRgtLw "F" | 01:02:29 | M20 | 149 |
| 403 | 252 | Bennen, Ingrid | 1956 | Cool Runners Friesland | 01:02:56 | W40-80 | 21 |
| 404 | 294 | Ihlow, Werner | 1945 | TV Norden | 01:03:02 | M40-80 | 220 |
| 405 | 147 | Kleipa, Rotraut | 1943 | MTV Wittmund | 01:03:13 | W40-80 | 22 |
| 406 | 59 | Meentzen, Britta | 1969 | LG Landkreis Friesland | 01:03:16 | W20 | 15 |
| 407 | 318 | Berbalk, Paul | 1989 | LwlnsthGrp 21 | 01:03:20 | M20 | 150 |
| 408 | 273 | Steinkamp, Kai | 1974 | SB-Ems-Weser | 01:03:44 | M20 | 151 |
| 409 | 477 | Janßen, Heiner | 1964 | Jeveraner Unternehmer | 01:04:19 | M40-80 | 221 |
| 410 | 60 | Thomßen, Almuth | 1955 | LG Landkreis Friesland | 01:04:58 | W40-80 | 23 |
| 411 | 315 | Weiß, Pierre | 1987 | LwlnsthGrp 21 | 01:05:10 | M20 | 152 |
| 412 | 375 | Link, Doris | 1962 | 8-9-10 Schortens | 01:05:53 | W40-80 | 24 |
| 413 | 352 | Haase, Dina | 1984 | Einsatzflottille 2 | 01:06:00 | W20 | 16 |
| 414 | 358 | Schumacher, Reiner | 1957 | Einsatzflottille 2 | 01:06:01 | M40-80 | 222 |
| 415 | 85 | Döring, Kurt | 1938 | Fitness-World-Schortens | 01:06:02 | M40-80 | 223 |
| 416 | 355 | Micholka, Martin | 1970 | Einsatzflottille 2 | 01:06:03 | M20 | 153 |
| 417 | 313 | Tschmara, Roman | 1990 | LwlnsthGrp 21 | 01:06:14 | M20 | 154 |
| 418 | 243 | Fitzel, Reinhard | 1958 | WBV Nord | 01:06:23 | M40-80 | 224 |