



# Ergebnisliste Master-/Mistress-Wertung

## 19. 10 km TEAM-LAUF 2010 des ObjSRgtLw "F"

10 km-Lauf um den "Friesland-Pokal" • am 27. Oktober 2010 in Schortens

(226 Finisher)

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
1	273	Themsen, Frank	1968	LG Bremen-Nord	00:34:50	M40+	1
2	73	Steinke, Peter	1970	Team DIHIROPETRAU	00:35:37	M40+	2
3	60	Leitner, Wolf-Rüdiger	1959	Team USLw	00:36:37	M40+	3
4	251	Sanders, Anton	1961	LG Ostfriesland	00:36:57	M40+	4
5	397	Brunkhorst, Jörg	1969	SV Nordenham	00:37:15	M40+	5
6	66	Hupe, Olaf	1965	LogZ Bw	00:37:32	M40+	6
7	326	Wendeling, Stephan	1969	Feuerwehr Sande	00:37:44	M40+	7
8	32	Vlaardingerbroek, Kurt	1968	Waldloper Aurich	00:37:49	M40+	8
9	310	Gockel, Dieter	1961	Team Luftwaffe Köln	00:39:01	M40+	9
10	47	Henke, Frank	1963	Heidmühler FC	00:39:10	M40+	10
11	396	Puse, Heinrich	1964	TEAM JG 71 "R"	00:39:26	M40+	11
12	307	Titze, Jürgen	1963	Team Luftwaffe Köln	00:39:43	M40+	12
13	30	Langensiepen, Andreas	1970	Waldloper Aurich	00:40:00	M40+	13
14	33	Meyer, Thomas	1969	Waldloper Aurich	00:40:02	M40+	14
15	31	Sigl, Holger	1970	Waldloper Aurich	00:40:10	M40+	15
16	431	Jürgens, Thomas	1965	TuS Zetel	00:40:12	M40+	16
17	182	Franke, Hans Ulrich	1969	LogBrig 1	00:40:52	M40+	17
18	148	Folkers, Wilhelm	1967	LogZ Bw	00:40:58	M40+	18
19	332	Siebert-Diering, Manfred	1968	Jeveraner Unternehmer	00:41:01	M40+	19
20	241	Schulz, Manuela	1970	LG Wilhelmshaven	00:41:10	W40+	1
21	235	Carsten-Waters, Peter	1961	LwInsthGrp 21	00:41:40	M40+	20
22	37	Titze, Andreas	1969	Jeveraner Unternehmer	00:41:43	M40+	21
23	143	Hamann, Thomas	1964	HflgWaS Bückebug	00:41:46	M40+	22
24	309	Heger, Torsten	1964	Team Luftwaffe Köln	00:41:46	M40+	23
25	395	Höhmman, Volker	1957	TEAM JG 71 "R"	00:41:50	M40+	24
26	313	Surbach, Michael	1963	Team Luftwaffe Köln	00:42:23	M40+	25
27	114	Großpietsch, Axel	1954	SB-Ems-Weser	00:42:51	M40+	26
28	344	Dirkes, Franz Josef	1959	SportS Bw	00:42:51	M40+	27
29	230	Dreyer, Eddi	1969	LwInsthGrp 21	00:42:55	M40+	28
30	50	Grasse, Holger	1965	TuS Zetel	00:42:56	M40+	29
31	312	Karstens, Uwe	1960	Team Luftwaffe Köln	00:43:10	M40+	30
32	69	Becker, Horst	1966	LogZ Bw	00:43:18	M40+	31
33	103	Jeske, Jürgen	1960	VfL Oldenburg	00:43:32	M40+	32
34	34	Wulle, Thomas	1963	Waldloper Aurich	00:43:34	M40+	33
35	370	De Buhr, Jürgen	1963	TEAM JG 71 "R"	00:43:40	M40+	34
36	67	Kethler, Wolfgang	1965	LogZ Bw	00:43:42	M40+	35
37	267	Armonies, Jürgen	1954	Lauftreff Wilhelmshaven	00:43:51	M40+	36
38	106	Lake, Rolf	1950	TuS Zetel	00:43:54	M40+	37

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
39	371	Oltmanns, Gerold	1956	TEAM JG 71 "R"	00:43:58	M40+	38
40	81	Janßen, Horst	1968	EFB 4 Feuerwehr Bzl	00:43:59	M40+	39
41	164	Fieger, Andreas	1964	KdoMFü Sys	00:44:00	M40+	40
42	248	Schäfer, Thomas	1968	LG Wilhelmshaven	00:44:07	M40+	41
43	213	König, Stefan	1970	WBV Nord	00:44:25	M40+	42
44	236	Dietrich, Matthias	1965	LwlnsthGrp 21	00:44:28	M40+	43
45	111	Hemken, Jan	1966	LwlnsthGrp 21	00:44:30	M40+	44
46	39	Geimer, Willibald	1955	Kurt sin Trupp	00:44:45	M40+	45
47	357	Weihrauch, Heiko	1961	Kurt sin Trupp	00:44:50	M40+	46
48	107	Vry, Ralf	1960	Fortuna Logabirum	00:44:53	M40+	47
49	38	Altergott, Eduard	1969	Aurich	00:44:57	M40+	48
50	216	Großheim, Uwe	1961	WBV Nord	00:44:59	M40+	49
51	91	Holle, Jörg	1963	HflgWaS Bückeberg	00:45:05	M40+	50
52	306	Brandt, Lothar	1966	Ausbildungswerkst. Weener	00:45:18	M40+	51
53	274	Klemptner, Thomas	1966	Feuerwehr Sande	00:45:19	M40+	52
54	317	Meisterfeld, August	1958	BwKrhs Westerstede	00:45:25	M40+	53
55	245	Henze, Friedhelm	1952	LG Wilhelmshaven	00:45:37	M40+	54
56	125	Heinlein, Michael	1968	MarMusikKorps Nordsee	00:45:41	M40+	55
57	355	von Kentzinsky, Roland	1948	TG Wiesmoor	00:45:44	M40+	56
58	246	Rocker, Rolf	1961	LG Wilhelmshaven	00:45:49	M40+	57
59	436	Ennen, Markus	1967	8-9-10 Schortens	00:45:53	M40+	58
60	42	Schmidt, Jürgen	1960	ZNwG Marine	00:45:54	M40+	59
61	238	Jürgensen, Kai-Uwe	1961	LwlnsthGrp 21	00:45:57	M40+	60
62	367	Meyer, Jörg-Gerold	1962	TEAM JG 71 "R"	00:46:04	M40+	61
63	341	Rimkus, Ralf	1961	LogS Bw	00:46:10	M40+	62
64	14	Eckhoff, Arno	1959	Groß Ostiem	00:46:22	M40+	63
65	410	Gattwinkel, Klaus	1967	FIBschft BMVg Köln	00:46:23	M40+	64
66	250	Maaß, Almuth	1966	LG Ostfriesland	00:46:25	W40+	2
67	86	Hellmers, Ralf	1965	Stabs-/UstgKp 42	00:46:30	M40+	65
68	208	Engelke, Michael	1960	WBV Nord	00:46:41	M40+	66
69	247	Dams, Frank	1963	LG Wilhelmshaven	00:46:50	M40+	67
70	212	Hollmann, Dirk	1966	WBV Nord	00:47:00	M40+	68
71	72	Blankenburg, Andre	1969	LogZ Bw	00:47:20	M40+	69
72	323	Gerdes, Thorsten	1964	Feuerwehr Sande	00:47:24	M40+	70
73	117	Kravagna, Eike	1959	SB-Ems-Weser	00:47:28	M40+	71
74	63	Koch, Jürgen	1963	LogZ Bw	00:47:28	M40+	72
75	325	Ottersberg, Jörg	1970	LogZ Bw	00:47:32	M40+	73
76	160	Arnscheidt, Christoph	1962	KdoMFü Sys	00:47:46	M40+	74
77	435	König, Stefan	1970	Jeveraner Unternehmer	00:47:48	M40+	75
78	350	Hamkens, Eckhard	1959	Einsatzflottille 2	00:47:52	M40+	76
79	195	Pflanzer, Hans	1954	KGS Wittmund	00:47:52	M40+	77
80	394	Borcherding, Dirk	1960	TEAM JG 71 "R"	00:48:10	M40+	78
81	287	Langer, Frank	1963	BSG Volksbank Jever	00:48:12	M40+	79
82	74	Steinke, Rolf	1967	Team DIHIROPETRAU	00:48:27	M40+	80
83	366	Hoffmann, Hans-Joachim	1948	LT TuS Aurich-Ost	00:48:28	M40+	81
84	399	Paga, Ulla	1952	Wilhelmshaven	00:48:34	W40+	3
85	210	Ender, Günter	1966	WBV Nord	00:48:35	M40+	82
86	29	Loegel, Thomas	1965	PersABw	00:48:40	M40+	83
87	98	Weiß, Joseph	1952	HflgWaS Bückeberg	00:48:44	M40+	84
88	240	Horn, Jeanette	1970	LG Wilhelmshaven	00:48:46	W40+	4
89	254	Sieling, Heiko	1961	Spark. LeerWittmund	00:49:01	M40+	85
90	314	Brösicke, Stefan	1960	FIBschft BMVg Köln	00:49:04	M40+	86
91	187	Rosenkötter, Volker	1957	Team Luftwaffe Diepholz	00:49:09	M40+	87
92	345	Boberg, Rudolf	1958	SportS Bw	00:49:12	M40+	88
93	231	Becker, Jens	1968	LwlnsthGrp 21	00:49:17	M40+	89

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
94	9	Peters, Jürgen	1968	TEAM NWO	00:49:21	M40+	90
95	322	Rasner, Volker	1960	MTV Wittmund	00:49:30	M40+	91
96	434	Frerichs, Arne	1965	Kirche läuft WHV	00:49:37	M40+	92
97	5	Becker, Rainer	1964	TEAM NWO	00:49:39	M40+	93
98	75	Steinke, Hilde	1945	Team DIHIROPETRAU	00:49:40	W40+	5
99	369	Schäfer, Karl-Heinz	1958	TEAM JG 71 "R"	00:49:41	M40+	94
100	85	Eilerts, Jürgen	1966	Stabs-/UstgKp 42	00:49:43	M40+	95
101	144	Stöckmann, Reinhard	1969	LogZ Bw	00:49:46	M40+	96
102	3	Wolters, Thomas	1966	Team Cäciliengroden	00:49:55	M40+	97
103	2	Wolters, Gertrud	1967	Team Cäciliengroden	00:49:55	W40+	6
104	104	Kohlenberg, Inse	1950	TuS Zetel	00:49:56	W40+	7
105	272	Zeitz, Jürgen	1965	Lauftreff Wilhelmshaven	00:49:58	M40+	98
106	354	Willems, Heye	1953	Fortuna Logabirum	00:49:59	M40+	99
107	151	Müller, Martin	1962	LogZ Bw	00:50:17	M40+	100
108	11	Maynicke, Gerhard	1954	HZA Stralsund	00:50:19	M40+	101
109	122	Stetzelberg, Jürgen	1951	SB-Ems-Weser	00:50:21	M40+	102
110	174	Krüger, Thomas	1967	Stab III./ObjSRgtLw	00:50:22	M40+	103
111	15	Brink, Heinz	1953	Laufgrp. Landkreis Friesland	00:50:41	M40+	104
112	327	Schaefer, Klaus	1967	Kirche läuft WHV	00:50:46	M40+	105
113	119	Remmers, Gerd	1955	SB-Ems-Weser	00:50:51	M40+	106
114	99	Pößiger, Wolfgang	1948	Kirche läuft WHV	00:50:52	M40+	107
115	360	Gippert, Hans-Jürgen	1944	TG Wiesmoor	00:50:56	M40+	108
116	409	Bartzsch, Jörg	1966	FIBschft BMVg Köln	00:50:57	M40+	109
117	4	Hagen, Rainer	1957	Detern	00:51:19	M40+	110
118	215	Brandt, Stephan	1959	WBV Nord	00:51:22	M40+	111
119	96	Quentmeier, Ralf	1958	HflgWaS Bückeberg	00:51:25	M40+	112
120	77	Busker, Traute	1953	Team DIHIROPETRAU	00:51:29	W40+	8
121	368	Poelmann, Bernhard	1960	TEAM JG 71 "R"	00:51:31	M40+	113
122	205	Böhm, Jörg	1965	Kurt sin Trupp	00:51:33	M40+	114
123	190	Meins, Erhardt	1958	Team Luftwaffe Diepholz	00:51:34	M40+	115
124	351	Liebe, Thomas	1969	Einsatzflottille 2	00:51:35	M40+	116
125	206	Schlegel, Winfried	1944	Kurt sin Trupp	00:51:36	M40+	117
126	18	Schmertmann, Rolf	1954	Laufgrp. Landkreis Friesland	00:51:37	M40+	118
127	220	Ristau, Frank	1969	Jeveraner Unternehmer	00:51:39	M40+	119
128	330	Eckardt, Rolf	1960	Sevelten	00:51:49	M40+	120
129	120	Seller, Hans-Günther	1960	SB-Ems-Weser	00:51:50	M40+	121
130	163	Dürschinger, Karlheinz	1960	KdoMFü Sys	00:51:51	M40+	122
131	51	August, Dieter	1960	Reservistenverband	00:51:53	M40+	123
132	41	Jabben, Berndt	1967	Jeveraner Unternehmer	00:51:59	M40+	124
133	173	Oetken, Johannes	1950	TuS Zetel	00:52:10	M40+	125
134	150	Biesterfeldt, Thomas	1965	LogZ Bw	00:52:11	M40+	126
135	105	Siemens, Karl	1951	MTV Wittmund	00:52:19	M40+	127
136	284	Bruhnken, Hans-Günter	1954	BSG Volksbank Jever	00:52:32	M40+	128
137	331	Abeling, Frank	1965	Cloppenburg	00:52:38	M40+	129
138	352	Haufe, Horst-Dieter	1950	Einsatzflottille 2	00:52:46	M40+	130
139	263	Lünemann, Insa	1958	8-9-10 Schortens	00:52:53	W40+	9
140	422	Reiher, Olaf	1962	"FlgHStff and friends"	00:52:59	M40+	131
141	336	Bockner, Michael	1962	Team BMVg	00:53:05	M40+	132
142	40	Seemann, Frank	1969	TEAM NWO	00:53:11	M40+	133
143	221	Wagner, Theodor	1948	Jeveraner Unternehmer	00:53:15	M40+	134
144	188	Müller, Hans-Jürgen	1952	Team Luftwaffe Diepholz	00:53:20	M40+	135
145	358	Kolb, Gudrun	1952	Wilhelmshaven	00:53:23	W40+	10
146	386	Janssen, Helmut	1957	TEAM JG 71 "R"	00:53:25	M40+	136
147	270	Strangmann, Hans-Gerd	1952	Lauftreff Wilhelmshaven	00:53:32	M40+	137
148	214	Geiseler, Birgit	1956	WBV Nord	00:53:35	W40+	11

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
149	204	Tjardes, Karl	1944	MTV Wittmund	00:53:37	M40+	138
150	285	Dirks, Hans-Georg	1952	BSG Volksbank Jever	00:53:39	M40+	139
151	268	Seebeck, Peter	1955	Lauftreff Wilhelmshaven	00:53:43	M40+	140
152	252	Schrage, Rolf	1960	Team Isums	00:53:43	M40+	141
153	123	Wiemken, Thorsten	1967	SB-Ems-Weser	00:53:55	M40+	142
154	202	Zirkel, Günter	1941	MTV Jever	00:54:13	M40+	143
155	79	Schoon, Focko	1958	EFB 4 Feuerwehr Bzl	00:54:15	M40+	144
156	271	Seidelmann, Wolfgang	1950	Lauftreff Wilhelmshaven	00:54:22	M40+	145
157	80	Gerdes, Wilhelm	1964	EFB 4 Feuerwehr Bzl	00:54:32	M40+	146
158	269	Gringel, Dirk	1947	Lauftreff Wilhelmshaven	00:54:36	M40+	147
159	289	Mager, Hilke	1961	BSG Volksbank Jever	00:55:05	W40+	12
160	291	Schadewald, Martin	1969	BSG Volksbank Jever	00:55:07	M40+	148
161	239	Klein, Karlheinz	1956	LwInstHGrp 21	00:55:11	M40+	149
162	115	Heinemann, Thomas	1965	SB-Ems-Weser	00:55:12	M40+	150
163	359	Kolb, Karl	1947	Wilhelmshaven	00:55:22	M40+	151
164	406	Fuchs, Christine	1940	LG Bremen-Nord	00:55:34	W40+	13
165	16	Tjardes, Johannes-Günther	1958	Laufgrp. Landkreis Friesland	00:55:41	M40+	152
166	348	Hautmann, Klaus	1957	SportS Bw	00:55:50	M40+	153
167	186	Jacobsen, Ralf	1963	Team Luftwaffe Diepholz	00:55:52	M40+	154
168	316	Kloss, Peter	1959	BwKrhs Westerstede	00:56:05	M40+	155
169	388	Niemann, Jörg	1960	TEAM JG 71 "R"	00:56:16	M40+	156
170	43	Paul, Dieter	1956	ZNwG Marine	00:56:19	M40+	157
171	364	Lindemann, Paul	1939	TV Norden	00:56:21	M40+	158
172	223	Hinrichs, Alfred	1939	LT MTV Jever	00:56:23	M40+	159
173	116	Kramer, Karsten	1952	SB-Ems-Weser	00:56:27	M40+	160
174	65	Lehde, Andreas	1967	LogZ Bw	00:56:28	M40+	161
175	170	Schindler, Andreas	1960	KdoMFü Sys	00:56:38	M40+	162
176	361	Klinkenborg, Margit	1952	TV Norden	00:57:05	W40+	14
177	203	Wollermann, Manfred	1942	MTV Wittmund	00:57:32	M40+	163
178	261	Garten, Dr. Hartmut	1950	8-9-10 Schortens	00:57:38	M40+	164
179	191	Wolter, Stephanie	1966	KGS Wittmund	00:57:43	W40+	15
180	76	Steinke, Dietrich	1941	Team DIHIROPETRAU	00:58:15	M40+	165
181	242	Badtke, Irene	1941	LG Wilhelmshaven	00:58:16	W40+	16
182	423	Glave, Michael	1965	9./ObjSRgtLw	00:58:20	M40+	166
183	17	Wolken, Wilfried	1967	Laufgrp. Landkreis Friesland	00:58:38	M40+	167
184	110	Borchardt, Torsten	1966	Oldenburgische Landesbank AG	00:59:04	M40+	168
185	391	Röseke, Hermann	1966	TEAM JG 71 "R"	00:59:13	M40+	169
186	365	Tränapp, Alfred	1941	TV Norden	00:59:15	M40+	170
187	437	Heydenbluth, Horst	1939	ADFC Schortens	00:59:23	M40+	171
188	393	Stelljes, Uwe	1962	TEAM JG 71 "R"	00:59:42	M40+	172
189	389	Peters, Jürgen	1959	TEAM JG 71 "R"	00:59:43	M40+	173
190	179	Taddigs, Meike	1964	Oldenburgische Landesbank AG	00:59:45	W40+	17
191	180	Meins, Peter	1961	Oldenburgische Landesbank AG	00:59:46	M40+	174
192	266	Theilen, Susanne	1968	Kurt sin Trupp	00:59:50	W40+	18
193	293	Walter, Birgit	1957	BSG Volksbank Jever	01:00:13	W40+	19
194	387	Albrecht, Willi	1950	TEAM JG 71 "R"	01:00:29	M40+	175
195	432	Erdmann, Reinhold	1941	VfB Oldenburg	01:00:43	M40+	176
196	172	Wolfteich, Hartmut	1960	KdoMFü Sys	01:01:20	M40+	177
197	21	Schmertmann, Anneliese	1964	Laufgrp. Landkreis Friesland	01:01:24	W40+	20
198	192	Tietjen, Anja	1970	KGS Wittmund	01:01:30	W40+	21
199	222	Herget, Richard	1931	TuS Glarum	01:01:44	M40+	178
200	278	Maaß, Frank	1964	8./ObjSRgtLw	01:02:16	M40+	179
201	363	Schewiola, Axel	1938	TV Norden	01:02:23	M40+	180
202	256	Kiesecker, Thomas	1955	BFD Wilhelmshaven	01:02:25	M40+	181
203	257	Coordes, Frank	1961	BFD Wilhelmshaven	01:02:25	M40+	182

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
204	258	Rathkamp, Wolfgang	1966	BFD Wilhelmshaven	01:02:27	M40+	183
205	259	Bremer, Karin	1952	BFD Wilhelmshaven	01:02:30	W40+	22
206	408	Buchner, Peter	1961	FlBSchft BMVg Köln	01:02:52	M40+	184
207	392	Klemmer, Peer	1965	TEAM JG 71 "R"	01:03:02	M40+	185
208	154	Gerhardt, Mario	1967	S1 Dreamteam	01:03:06	M40+	186
209	286	Engelbrecht, Michael	1959	BSG Volksbank Jever	01:03:11	M40+	187
210	333	Tjaden, Elfi	1952	Lauftreff Norden	01:03:13	W40+	23
211	113	Gerdes, Heiner	1956	SB-Ems-Weser	01:03:14	M40+	188
212	49	Rinklake, Marita	1944	Terry-Fox-Lauf Wilhelmshaven	01:03:53	W40+	24
213	243	Badtke, Gerhard	1934	LG Wilhelmshaven	01:04:27	M40+	189
214	128	Mültner, Hans-Peter	1962	MarMusikKorps Nordsee	01:04:40	M40+	190
215	244	Bormann, Robert	1944	LG Wilhelmshaven	01:05:08	M40+	191
216	108	Lihs, Heinz	1934	LT MTV Jever	01:05:26	M40+	192
217	390	Hedemann, Ralf	1965	TEAM JG 71 "R"	01:05:42	M40+	193
218	328	Schaefer, Birgit	1969	Kirche läuft WHV	01:06:44	W40+	25
219	262	Meinerts, Arno	1941	8-9-10 Schortens	01:08:21	M40+	194
220	334	Tjaden, Heinz-Jürgen	1949	Lauftreff Norden	01:09:26	M40+	195
221	264	Richter Janßen, Elke	1961	8-9-10 Schortens	01:10:53	W40+	26
222	343	Beims, Dietmar	1962	SportS Bw	01:11:44	M40+	196
223	127	Krzenzissa, Pamela	1967	MarMusikKorps Nordsee	01:12:29	W40+	27
224	57	Schumacher, Reiner	1957	"FlgHStff and friends"	01:16:27	M40+	197
225	232	Janssen, Stefanie	1969	LwInstHGrp 21	01:17:57	W40+	28
226	233	Harff, Andrea	1967	LwInstHGrp 21	01:18:01	W40+	29