



Ergebnisliste Gesamteinlauf

20. 10 km TEAM-LAUF 2010 des ObjSRgtLw "F"

10 km-Lauf um den "Friesland-Pokal" • am 26. Oktober 2011 in Schortens

(408 Finisher)

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
1	228	Wolzen, Gerd	1983	VfL Germania Leer	00:33:53	M20	1
2	81	Grigat, Holger	1973	VfL Germania Leer	00:33:58	M20	2
3	55	Steinke, Peter	1970	VfL Germania Leer	00:34:54	M40+	1
4	329	Hörig, Julien	1994	LG Wilhelmshaven	00:35:01	M20	3
5	331	Klein, Armin	1970	LG Wilhelmshaven	00:35:18	M40+	2
6	123	Fleißner, Hermann	1974	LG Harlingerland	00:35:23	M20	4
7	209	Krahn, Vincent	1989	FlaRakGrp 21	00:35:41	M20	5
8	268	Ringering, Onno	1968	VfL Germania Leer	00:35:44	M40+	3
9	100	Rusche, Björn	1971	Team LogZBw	00:35:52	M40+	4
10	308	Otto, Stefan	1981	TSLw 3	00:36:11	M20	6
11	157	Günther, Jakob	1986	BFE Oldenburg	00:36:28	M20	7
12	101	Dirksen, Jens	1985	VfL Germania Leer	00:36:49	M20	8
13	371	Schneider, Axel	1961	Schwarz-Weiß Oldenburg	00:37:06	M40+	5
14	152	Vlaardingerbroek, Kurt	1968	Waldloper Aurich	00:37:43	M40+	6
15	384	Wendeling, Stephan	1969	Freiwillige Feuerwehr Sande	00:37:43	M40+	7
16	433	Vigneswaran, Vithushan	1996	SV Brake	00:37:47	M20	9
17	436	Ludwig, Reinhard	1959	LG Ostfriesland	00:38:43	M40+	8
18	302	Schulz, Nico	1983	TSLw 3	00:38:52	M20	10
19	333	Hupe, Olaf	1965	LG Wilhelmshaven	00:38:53	M40+	9
20	328	Stephan, Jonathan	1995	LG Wilhelmshaven	00:38:59	M20	11
21	334	Kowollik, Karl-Heinz	1957	LG Wilhelmshaven	00:39:01	M40+	10
22	452	Hüls, Uwe	1963	TV Norden	00:39:19	M40+	11
23	158	Seegers, Albert	1982	PK BAB Ahlhorn	00:39:23	M20	12
24	330	Otten, Sören	1994	LG Wilhelmshaven	00:39:25	M20	13
25	291	Gockel, Dieter	1961	Team-Luftwaffe Köln	00:39:29	M40+	12
26	290	Titze, Jürgen	1963	Team-Luftwaffe Köln	00:39:33	M40+	13
27	33	Tornow, Stefan	1968	LG Wilhelmshaven	00:39:37	M40+	14
28	93	Schütz, Wulf Peter	1974	Team Flugabwehrgruppe	00:39:45	M20	14
29	310	Varnewyck, Oliver	1979	TSLw 3	00:39:50	M20	15
30	454	Rüggemann, Markus	1978	TSLw 3	00:39:55	M20	16
31	153	Meyer, Thomas	1969	Waldloper Aurich	00:39:59	M40+	15
32	151	Langensiepen, Andreas	1970	Waldloper Aurich	00:40:03	M40+	16
33	107	Bienert, Lars	1975	Fregatte Karlsruhe	00:40:03	M20	17
34	431	Werner, Sascha	1974	Team JG 71 "R"	00:40:04	M20	18
35	96	Domröse, Ole	1971	ZNwG MARINE	00:40:10	M40+	17
36	227	Krüger, Tim	1987	Team LogZBw	00:40:16	M20	19
37	289	Heger, Torsten	1964	Team-Luftwaffe Köln	00:40:18	M40+	18
38	299	Haller, Frank	1968	TSLw 3	00:40:26	M40+	19

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
39	400	Puse, Hinrich	1964	Team JG 71 "R"	00:40:28	M40+	20
40	242	Rondé, Jörn	1986	Kdo MFüSys	00:40:29	M20	20
41	375	Jänicke, Sascha	1979	Schwarz-Weiß Oldenburg	00:40:31	M20	21
42	411	Scholz, Christoph	1980	Team JG 71 "R"	00:40:36	M20	22
43	11	Titze, Andreas	1969	Jeveraner Unternehmer	00:40:36	M40+	21
44	61	Dittebrandt, Dirk	1972	PI Wilhelmshaven/Friesland	00:40:37	M20	23
45	292	Hörnemann, Peter	1962	Team-Luftwaffe Köln	00:40:39	M40+	22
46	309	Voigt, Holger	1982	TSLw 3	00:40:42	M20	24
47	301	Olshausen, Thomas	1973	TSLw 3	00:40:46	M20	25
48	191	Skali, Mohamed	1990	1./ObjSRgtLw	00:40:58	M20	26
49	126	Ströhl, Thomas	1980	Blau-Weiß Bümmerstede	00:40:59	M20	27
50	210	Schönborn, Steven	1988	FlaRakGrp 21	00:41:05	M20	28
51	38	Folkers, Wilhelm	1967	Team LogZBw	00:41:08	M40+	23
52	179	Koch, Stefan	1973	SanZ Wittmund	00:41:11	M20	29
53	300	Münchow, Torsten	1972	TSLw 3	00:41:35	M20	30
54	204	Spreemann, Lars	1979	WBV Nord	00:41:38	M20	31
55	449	Hellmers, Detlef	1963	HFlgWaS Bückeberg	00:41:41	M40+	24
56	294	Surbach, Michael	1963	Team-Luftwaffe Köln	00:41:56	M40+	25
57	7	Bartnik, Timo	1988	Team LogZBw	00:41:57	M20	32
58	304	Beschorner, Stefan	1985	TSLw 3	00:41:58	M20	33
59	312	Solterbeck, Björn	1967	TSLw 3	00:42:00	M40+	26
60	165	Park, Harm	1953	TuS Weene	00:42:02	M40+	27
61	441	Stramann, Matthias	1967	TSV Großenkneten	00:42:06	M40+	28
62	434	Tjarks, Eduard	1954	LG Ostfriesland	00:42:10	M40+	29
63	295	Schmidt, Sebastian	1977	Team-Luftwaffe Köln	00:42:11	M20	34
64	397	De Buhr, Jürgen	1963	Team JG 71 "R"	00:42:12	M40+	30
65	305	Popp, Wilfried	1965	TSLw 3	00:42:16	M40+	31
66	137	Rotte, Uwe	1960	Kdo 4. LwDiv	00:42:19	M40+	32
67	2	Stargardt, Jörg	1967	Weltraumjogger Berlin	00:42:21	M40+	33
68	79	Schönberger, Maik	1983	Marinemusikkorps Nordsee	00:42:22	M20	35
69	109	Thomas, Ulf	1972	Jeveraner Unternehmer	00:42:30	M20	36
70	229	Gross, Alexander	1991	4./FlaRakGrp 26	00:42:39	M20	37
71	178	Boomkamp, Nico	1980	SanZ Wittmund	00:42:41	M20	38
72	215	Becker, Horst	1966	Team LogZBw	00:42:43	M40+	34
73	193	Wiesner, Markus	1990	1./ObjSRgtLw	00:42:43	M20	39
74	24	Ritter, Ralf	1967	Wasserschutzpolizei WHV	00:42:45	M40+	35
75	332	Schäfer, Thomas	1968	LG Wilhelmshaven	00:42:47	M40+	36
76	243	Sölken, Hagen	1974	Kdo MFüSys	00:42:48	M20	40
77	200	Gatzke, Sven	1985	1./ObjSRgtLw	00:42:50	M20	41
78	44	Stampnick, Kevin	1986	LazRgt31 BERLIN	00:42:52	M20	42
79	325	Hörig, Silvia	1962	LG Wilhelmshaven	00:42:53	W40+	1
80	442	Bahlmann, Ralf	1971	LT TuS Emstekerfeld	00:42:55	M40+	37
81	208	de Lahr, Uwe	1959	FlaRakGrp 21	00:42:56	M40+	38
82	271	Schäfer, Matthias	1964	BV Garrel	00:43:06	M40+	39
83	450	Ansorge, Matthias	1973	HFlgWaS Bückeberg	00:43:07	M20	43
84	49	Maric, Toma	1977	VersInstZ SanMat Blankenburg	00:43:09	M20	44
85	374	Reinhold, Heinz	1949	Schwarz-Weiß Oldenburg	00:43:12	M40+	40
86	13	Geimer, Willibald	1955	TSR Olympia Triathlon WHV	00:43:23	M40+	41
87	155	Wulle, Thomas	1963	Waldloper Aurich	00:43:28	M40+	42
88	274	Dreyer, Eddi	1969	LwInstHGrp 21	00:43:30	M40+	43
89	327	Horn, Chris-Manuel	1996	LG Wilhelmshaven	00:43:34	M20	45
90	111	Hemken, Jan	1966	LwInstHGrp 21	00:43:36	M40+	44
91	21	Amft, Marcus	1973	LwInstHGrp 21	00:43:38	M20	46
92	266	Jeske, Jürgen	1960	VfL Oldenburg	00:43:44	M40+	45
93	154	Recknagel, Bernd	1967	Waldloper Aurich	00:43:45	M40+	46

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94	32	Dawidowicz, Karol	1964	Kirche läuft (WHV)	00:43:50	M40+	47
95	403	Orths, Detlev	1962	Team JG 71 "R"	00:43:57	M40+	48
96	396	Oltmanns, Gerold	1956	Team JG 71 "R"	00:44:02	M40+	49
97	86	Gattwinkel, Klaus	1967	Flugbereitschaft BMVg Köln	00:44:04	M40+	50
98	443	Reinelt, Ulli	1959	BV Garrel	00:44:04	M40+	51
99	239	Hoell, Philipp	1985	Kdo MFüSys	00:44:05	M20	47
100	39	Holz, Christopher	1985	LazRgt31 BERLIN	00:44:12	M20	48
101	142	Stegemann, Kerstin	1977	SportFGrpBw Warendorf	00:44:17	W20	1
102	285	Mertens, Manuela	1982	Team SportSBw	00:44:17	W20	2
103	35	Janssen, Michaela	1974	Fortuna Logabirum	00:44:23	W20	3
104	211	Mattisek, Wilfried	1958	FlaRakGrp 21	00:44:24	M40+	52
105	68	Heinlein, Michael	1968	Marinemusikkorps Nordsee	00:44:26	M40+	53
106	317	Bader, Sebastian	1983	BwAP WHV	00:44:32	M20	49
107	203	Ender, Günter	1966	WBV Nord	00:44:32	M40+	54
108	432	Neu, Andreas	1977	Fitnessworld Schortens	00:44:33	M20	50
109	56	Palma, Manfred	1960	Terry-Fox WHV	00:44:36	M40+	55
110	199	Iciger, Mahsum	1989	1./ObjSRgtLw	00:44:40	M20	51
111	206	Großheim, Uwe	1961	WBV Nord	00:44:44	M40+	56
112	386	Gerdes, Thorsten	1966	Freiwillige Feuerwehr Sande	00:44:45	M40+	57
113	407	Damke, Andreas	1974	Team JG 71 "R"	00:44:52	M20	52
114	195	Rolbiecki, David	1992	1./ObjSRgtLw	00:44:54	M20	53
115	385	Klemptner, Thomas	1966	Freiwillige Feuerwehr Sande	00:44:55	M40+	58
116	194	Dehghani, Sebastian	1989	1./ObjSRgtLw	00:44:58	M20	54
117	283	Dirkes, Franz-Josef	1959	Team SportSBw	00:45:02	M40+	59
118	435	Ludwig, Helmut	1958	LG Ostfriesland	00:45:05	M40+	60
119	298	Ull, Andreas	1958	TSLw 3	00:45:17	M40+	61
120	241	Reibsch, Christian	1984	Kdo MFüSys	00:45:20	M20	55
121	43	Reck, Denny	1989	LazRgt31 BERLIN	00:45:21	M20	56
122	307	Arnecke, Steffen	1981	TSLw 3	00:45:23	M20	57
123	40	Geissler, Florian	1985	LazRgt31 BERLIN	00:45:24	M20	58
124	51	Seehase, Andi	1982	VersInstZ SanMat Blankenburg	00:45:28	M20	59
125	183	Peno, Eugen	1991	SanZ Wittmund	00:45:30	M20	60
126	99	Thomsen, Timo	1988	ZNWG MARINE	00:45:33	M20	61
127	198	Schenkel, Patrick	1992	1./ObjSRgtLw	00:45:37	M20	62
128	218	Freudenmacher, Oliver	1986	Team LogZBw	00:45:37	M20	63
129	255	von Kentzinsky, Roland	1948	TG Wiesmoor	00:45:40	M40+	62
130	186	Salzmann, Vitali	1981	SanStff Schortens	00:45:44	M20	64
131	196	Waßmann, Frank	1993	1./ObjSRgtLw	00:45:45	M20	65
132	322	Diedrich, Mathias	1965	Team FlgHStff Jever	00:45:47	M40+	63
133	233	Meyer, Frank	1962	9./ObjSRgtLw	00:45:48	M40+	64
134	205	König, Stefan	1970	WBV Nord	00:45:49	M40+	65
135	180	Fiedler, Tim	1984	SanZ Wittmund	00:45:50	M20	66
136	392	Brunken, Aicha	1972	LG Uplengen	00:45:53	W20	4
137	448	Holle, Jörg	1963	HFlgWaS Bückeberg	00:45:54	M40+	66
138	444	Grasse, Holger	1965	TuS Zetel	00:45:55	M40+	67
139	224	Kethler, Wolfgang	1965	Team LogZBw	00:45:57	M40+	68
140	4	Vry, Ralf	1960	Fortuna Logabirum	00:45:58	M40+	69
141	366	Paga, Ulla	1952	Wilhelmshaven	00:45:58	W40+	2
142	343	Meyer, Adolf	1958	TV Norden	00:46:01	M40+	70
143	267	Fischer, Harald	1952	TC Jever	00:46:06	M40+	71
144	344	Strupp, Manfred	1945	TV Norden	00:46:12	M40+	72
145	41	Feldhahn, Steven	1986	LazRgt31 BERLIN	00:46:12	M20	67
146	54	Sass, Günther	1962	LG Hengstforde	00:46:14	M40+	73
147	87	Smeets, Sven	1975	Flugbereitschaft BMVg Köln	00:46:16	M20	68
148	306	Stünkel, Jörg	1975	TSLw 3	00:46:17	M20	69

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149	355	Hinrichs, Johann	1952	MTV Wittmund	00:46:19	M40+	74
150	404	Kerber, Wolfgang	1951	LT TuS Emstekerfeld	00:46:20	M40+	75
151	90	Lohe, Sebastian	1983	Team Flugabwehrgruppe	00:46:21	M20	70
152	326	Horn, Jeannette	1970	LG Wilhelmshaven	00:46:28	W40+	3
153	281	Fieger, Andreas	1964	Kdo MFüSys	00:46:31	M40+	76
154	202	Engelke, Michael	1960	WBV Nord	00:46:40	M40+	77
155	143	Jankowski, Artur	1977	SportFGrpBw Warendorf	00:46:41	M20	71
156	97	Thörner, Nils	1970	ZNwG MARINE	00:46:44	M40+	78
157	197	Schuwirth, Jan Oliver	1991	1./ObjSRgtLw	00:46:50	M20	72
158	280	Dech, Harry	1950	WBK I	00:46:53	M40+	79
159	394	Pagel, Jens	1963	LG Uplengen	00:46:53	M40+	80
160	337	Hogenkamp, Lars	1972	BwDLZ Wilhelmshaven	00:46:54	M20	73
161	437	Romanowski, Arnold	1946	LG Ostfriesland	00:46:56	M40+	81
162	125	Lessat, Johanna	1983	WBK I Sportlehrer Truppe	00:46:56	W20	5
163	318	Cremer, Benjamin	1980	Team FlgHStff Jever	00:46:57	M20	74
164	240	Menzel, Mirko	1979	Kdo MFüSys	00:46:58	M20	75
165	339	Weihrauch, Heiko	1961	Kurt sien Trupp	00:47:01	M40+	82
166	311	Wegel, Sigfried	1957	TSLw 3	00:47:06	M40+	83
167	168	Großpietsch, Axel	1954	SB-Ems-Weser	00:47:07	M40+	84
168	234	Jöhrens, Gerd	1971	9./ObjSRgtLw	00:47:08	M40+	85
169	34	Rimatzi, Jörg	1963	PI Wilhelmshaven/Friesland	00:47:09	M40+	86
170	62	Hamkens, Eckhard	1959	Einsatzflottille 2	00:47:09	M40+	87
171	418	Feldmann, Ralf	1972	Team JG 71 "R"	00:47:10	M20	76
172	231	Fehling, Thorsten	1959	Jeveraner Unternehmer	00:47:11	M40+	88
173	277	Becker, Jens	1968	LwInstHGrp 21	00:47:12	M40+	89
174	42	Gierke, Manuel	1985	LazRgt31 BERLIN	00:47:23	M20	77
175	438	Maaß, Almuth	1966	LG Ostfriesland	00:47:24	W40+	4
176	5	Hoppe, Claudia	1974	MStpKdo WHV	00:47:27	W20	6
177	28	Hadeler, Uwe	1962	Wasserschutzpolizei WHV	00:47:30	M40+	90
178	269	Langen, Claudia	1974	VfL Germania Leer	00:47:30	W20	7
179	465	Eiben, Eibo	1943	SC Dunum	00:47:30	M40+	91
180	372	Schardt, Michael	1954	Schwarz-Weiß Oldenburg	00:47:33	M40+	92
181	230	Benters, Thorsten	1969	Opel Schmidt Wilhelmshaven	00:47:42	M40+	93
182	82	Falkena, Trijntje	1982	MTV Aurich Tria	00:47:55	W20	8
183	26	Elßner, Torsten	1960	Wasserschutzpolizei WHV	00:47:57	M40+	94
184	244	Spannbauer, Filip	1980	Kdo MFüSys	00:47:57	M20	78
185	98	Schmidt, Kuno	1977	ZNwG MARINE	00:47:58	M20	79
186	297	Jaschky-Sterzenbach, Iris	1961	Team-Luftwaffe Köln	00:48:03	W40+	5
187	27	Lüken, Werner	1960	Wasserschutzpolizei WHV	00:48:03	M40+	95
188	50	Lumpe, Alexander	1986	VersInstZ SanMat Blankenburg	00:48:06	M20	80
189	8	Fisch, Manfred	1952	LT MTV Jever	00:48:09	M40+	96
190	248	Zeit, Jürgen	1965	LT Wilhelmshaven	00:48:11	M40+	97
191	252	Rathkamp, Wolfgang	1966	BfD Wilhelmshaven	00:48:12	M40+	98
192	57	Sjuts, Hans-Joachim	1971	MarA MRL 68	00:48:13	M40+	99
193	451	Baumann, Marion	1971	TuS Zetel	00:48:15	W40+	6
194	455	Schafeld, Norbert	1941	Wilhelmshaven	00:48:21	M40+	100
195	445	Pötter, Andreas	1960	Einsatzflottille 2	00:48:23	M40+	101
196	395	Schäfer, Karl-Heinz	1958	Team JG 71 "R"	00:48:25	M40+	102
197	419	Lüken, Ehrenfried	1964	Team JG 71 "R"	00:48:26	M40+	103
198	192	Timpe, Sebastian	1989	1./ObjSRgtLw	00:48:28	M20	81
199	212	Blankenburg, Andre	1969	Team LogZBw	00:48:37	M40+	104
200	108	Hoffrogge, Dieter	1954	HRS Jever	00:48:38	M40+	105
201	173	Kravagna, Eike	1959	SB-Ems-Weser	00:48:40	M40+	106
202	279	Otten, Chris	1991	LwInstHGrp 21	00:48:49	M20	82
203	321	Stahn, Ole	1990	Team FlgHStff Jever	00:48:51	M20	83

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204	382	Germer-Claus, Claudia	1968	LG Wilhelmshaven	00:48:57	W40+	7
205	460	Meyer, Matthias	1972	Wilhelmshaven	00:49:03	M20	84
206	399	Münkel, Rene	1985	Team JG 71 "R"	00:49:07	M20	85
207	398	Renner, Kevin	1984	Team JG 71 "R"	00:49:07	M20	86
208	367	Kloppenborg, Alwin	1960	Injoy Leer	00:49:10	M40+	107
209	391	Dänekas, Doris	1993	LG Uplengen	00:49:18	W20	9
210	175	Seller, Hans-Günther	1960	SB-Ems-Weser	00:49:29	M40+	108
211	401	Eden, Lars	1988	Team JG 71 "R"	00:49:30	M20	87
212	102	Bruns, Gerhard	1949	Fortuna Logabirum	00:49:31	M40+	109
213	112	Röben, Sabine	1968	BwDLZ Oldenburg	00:49:36	W40+	8
214	121	Ohlenbusch, Falk	1968	BwDLZ Oldenburg	00:49:38	M40+	110
215	222	Gläser, Jens	1970	Team LogZBw	00:49:39	M40+	111
216	223	Schlegel, Joachim	1962	Team LogZBw	00:49:44	M40+	112
217	420	Hyda, Jann	1993	Team JG 71 "R"	00:49:46	M20	88
218	48	Fethke, Sven	1988	VersInstZ SanMat Blankenburg	00:49:50	M20	89
219	6	Loegel, Thomas	1965	Team PersABw	00:49:51	M40+	113
220	138	Koch, Martin	1966	Kdo 4. LwDiv	00:49:58	M40+	114
221	164	Kirschneireit, Finn	1995	Gemeinnützige Werkstätten OL	00:50:01	M20	90
222	313	Bolinius, Michael	1968	Kirche läuft (WHV)	00:50:02	M40+	115
223	29	Otte, Melanie	1972	Wasserschutzpolizei WHV	00:50:05	W20	10
224	342	Klinkenborg, Enno	1949	TV Norden	00:50:10	M40+	116
225	187	Könes, Tim	1985	SanStff Schortens	00:50:11	M20	91
226	213	Stöckmann, Reinhard	1964	Team LogZBw	00:50:11	M40+	117
227	348	Marschall, Iris	1966	LT TV Norden	00:50:12	W40+	9
228	413	Knoll, Sascha	1975	Team JG 71 "R"	00:50:12	M20	92
229	127	Berger, Christina	1979	FachSanZ WHV	00:50:13	W20	11
230	185	Große, Dr. Anett	1980	SanStff Schortens	00:50:14	W20	12
231	91	Kolberg, Sascha	1982	Team Flugabwehrgruppe	00:50:27	M20	93
232	463	Greune, Carsten	1971	Werl	00:50:35	M40+	118
233	189	Höhl, Christian	1987	SanStff Schortens	00:50:49	M20	94
234	316	Busma, Jürgen	1967	BwAP WHV	00:50:56	M40+	119
235	147	Bohlen, Heinrich	1947	Schortens	00:50:57	M40+	120
236	166	Anemüller, Heiner	1974	SB-Ems-Weser	00:51:02	M20	95
237	270	Schaefer, Klaus	1967	Kirche läuft (WHV)	00:51:08	M40+	121
238	376	Sprenger, Robert	1964	Schwarz-Weiß Oldenburg	00:51:08	M40+	122
239	94	Rudolph, Matthias	1969	MTV Jever	00:51:10	M40+	123
240	25	Suhr, Jens	1970	Wasserschutzpolizei WHV	00:51:13	M40+	124
241	370	Just, Janto	1949	LT MTV Jever	00:51:13	M40+	125
242	31	Densow, Detlef	1967	LT TuS-Aurich-OST	00:51:16	M40+	126
243	207	Hollmann, Dirk	1966	WBV Nord	00:51:18	M40+	127
244	85	Bartzsch, Jörg	1966	Flugbereitschaft BMVg Köln	00:51:28	M40+	128
245	390	Tjardes, Johannes-Günther	1958	Kurt sien Trupp	00:51:33	M40+	129
246	76	Palm, Hannes	1986	Marinemusikkorps Nordsee	00:51:34	M20	96
247	456	Müller, Rainer	1942	Friedeburg	00:51:39	M40+	130
248	383	Holgt, Jan	1979	Freiwillige Feuerwehr Sande	00:51:40	M20	97
249	237	Dürschinger, Karlheinz	1960	Kdo MFüSys	00:51:41	M40+	131
250	257	Lünemann, Insa	1958	8-9-10 Projekt	00:51:42	W40+	10
251	59	Varga, David	1991	Stab ObjSRgtLw "F"	00:51:53	M20	98
252	466	Kohl, Jürgen	1967	Ski Club Wangerland	00:52:00	M40+	132
253	264	Frerichs, Arne	1965	Kirche läuft (WHV)	00:52:02	M40+	133
254	161	Rosenkranz, Tim	1988	Gemeinnützige Werkstätten OL	00:52:02	M20	99
255	459	Sweers, Olaf	1968	Wittmund	00:52:11	M40+	134
256	412	Borcherding, Dirk	1960	Team JG 71 "R"	00:52:12	M40+	135
257	320	Grezinger, Eduard	1985	Team FlgHStff Jever	00:52:14	M20	100
258	103	Müller, Martin	1962	Team LogZBw	00:52:15	M40+	136

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
259	408	Seifert, Ulf	1969	Team JG 71 "R"	00:52:16	M40+	137
260	261	Beckmann, Stefanie	1984	8-9-10 Projekt	00:52:17	W20	13
261	148	Wolters, Gertrud	1967	Lauftreff Christuskirche Cäci	00:52:18	W40+	11
262	149	Wolters, Thomas	1966	Lauftreff Christuskirche Cäci	00:52:19	M40+	138
263	77	Weimann, Robert	1981	Marinemusikkorps Nordsee	00:52:23	M20	101
264	272	Schlegel, Winfried	1944	Kurt sien Trupp	00:52:25	M40+	139
265	220	Rakel, Frank	1975	Team LogZBw	00:52:25	M20	102
266	357	Bruhnken, Hans-Günter	1954	BSG Volksbank Jever	00:52:27	M40+	140
267	250	Kolb, Franziska	1981	BfD Wilhelmshaven	00:52:33	W20	14
268	358	Dirks, Hans-Georg	1952	BSG Volksbank Jever	00:52:34	M40+	141
269	253	Kolb, Gudrun	1952	BfD Wilhelmshaven	00:52:37	W40+	12
270	377	Bamberger, Michael	1952	Schwarz-Weiß Oldenburg	00:52:37	M40+	142
271	117	Heyng, Herbert	1966	BwDLZ Oldenburg	00:52:40	M40+	143
272	350	Pflüger, Pascal	1997	Wilhelmshaven	00:52:53	M20	103
273	10	Jendroßek, Michael	1971	Jeveraner Unternehmer	00:52:55	M40+	144
274	9	Piltz, Rüdiger	1969	Jeveraner Unternehmer	00:52:56	M40+	145
275	52	Deutschmann, Paul	1986	VersInstZ SanMat Blankenburg	00:52:56	M20	104
276	188	Schoolmann, Torsten	1988	SanStff Schortens	00:52:57	M20	105
277	417	Schäfer, Marc	1985	Team JG 71 "R"	00:52:58	M20	106
278	405	Schmertmann, Rolf	1954	Neustadtgödens	00:53:09	M40+	146
279	170	Heinemann, Thomas	1965	SB-Ems-Weser	00:53:10	M40+	147
280	402	Klapezynski, Madeleine	1985	Team JG 71 "R"	00:53:15	W20	15
281	163	Omayrat, Ghassan	1986	Gemeinnützige Werkstätten OL	00:53:18	M20	107
282	422	Janssen, Tim	1992	Team JG 71 "R"	00:53:20	M20	108
283	430	Freese, Heiko	1990	Team JG 71 "R"	00:53:25	M20	109
284	201	Pfeiffer, Kirsten	1982	WBV Nord	00:53:32	W20	16
285	368	Bertus, Günther	1962	Injoy Leer	00:53:33	M40+	148
286	176	Wiemken, Thorsten	1967	SB-Ems-Weser	00:53:45	M40+	149
287	464	Wichards, Marc	1970	Team NWO	00:53:53	M40+	150
288	146	Weichbrodt, Heinz-Georg	1933	LG Wilhelmshaven	00:54:07	M40+	151
289	406	Diemer, Matthias	1980	Team JG 71 "R"	00:54:23	M20	110
290	409	Starkloff, Joakim	1964	Team JG 71 "R"	00:54:29	M40+	152
291	128	Lukoschus, Frank	1970	FachSanZ WHV	00:54:30	M40+	153
292	106	Popken, Frank	1962	Kurt sien Trupp	00:54:39	M40+	154
293	315	Scholz, Wencke	1981	BwAP WHV	00:54:43	W20	17
294	246	Seidemann, Wolfgang	1950	LT Wilhelmshaven	00:54:46	M40+	155
295	410	Behrends, Lübbert	1965	Team JG 71 "R"	00:54:58	M40+	156
296	245	Strangmann, Hans-Gerd	1952	LT Wilhelmshaven	00:55:02	M40+	157
297	388	Wollermann, Manfred	1942	MTV Wittmund	00:55:05	M40+	158
298	389	Tjardes, Karl	1944	MTV Wittmund	00:55:06	M40+	159
299	351	Janßen, Stefan	1971	Runners Point Wilhelmshaven	00:55:14	M40+	160
300	352	Classen, Christian	1971	Runners Point Wilhelmshaven	00:55:15	M40+	161
301	453	Hüls, Marion	1966	LT TV Norden	00:55:18	W40+	13
302	16	Hennig, Heiko	1939	TuS Glarum	00:55:19	M40+	162
303	254	Bremer, Karin	1952	BfD Wilhelmshaven	00:55:21	W40+	14
304	14	Juilfs, Günther	1963	PI Wilhelmshaven/Friesland	00:55:23	M40+	163
305	360	Mager, Hilke	1961	BSG Volksbank Jever	00:55:33	W40+	15
306	393	Terviel, Bärbel	1957	LG Uplengen	00:55:38	W40+	16
307	181	Rinklake, Katrin	1985	SanZ Wittmund	00:55:49	W20	18
308	426	Niemand, Jörg	1960	Team JG 71 "R"	00:55:49	M40+	164
309	260	Garten, Dr. Hartmut	1950	8-9-10 Projekt	00:56:07	M40+	165
310	353	Störmer, Karl-Hermann	1944	MTV Jever	00:56:08	M40+	166
311	172	Kramer, Karsten	1952	SB-Ems-Weser	00:56:15	M40+	167
312	276	Strack, Dennis	1992	LwInstHGrp 21	00:56:16	M20	111
313	363	Quarg, Karin	1957	BSG Volksbank Jever	00:56:21	W40+	17

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
314	140	Boberg, Rudolf	1958	SportFGrpBw Warendorf	00:56:30	M40+	168
315	144	Toerne, Maren	1987	SportFGrpBw Warendorf	00:56:32	W20	19
316	141	Woycke, Frank	1964	SportFGrpBw Warendorf	00:56:32	M40+	169
317	462	Janßen, Nina	1979	Kurt sien Trupp	00:56:36	W20	20
318	345	Tröster, Karl-Heinz	1952	LT TV Norden	00:56:47	M40+	170
319	249	Seebeck, Peter	1955	LT Wilhelmshaven	00:56:52	M40+	171
320	156	Siebert, Karin	1964	Kurt sien Trupp	00:56:54	W40+	18
321	278	Mertins, Holger	1970	LwlnsthGrp 21	00:56:55	M40+	172
322	83	Bathen, Renate	1956	Kurt sien Trupp	00:56:56	W40+	19
323	247	Gringel, Dirk	1947	LT Wilhelmshaven	00:57:20	M40+	173
324	3	Heydenbluth, Horst	1939	ADFC OG Schortens	00:57:26	M40+	174
325	275	Käter, Timo	1990	LwlnsthGrp 21	00:57:28	M20	112
326	319	Weerts, Swantje	1981	Team FlgHStff Jever	00:57:28	W20	21
327	421	Willenberg, Eric	1993	Team JG 71 "R"	00:57:30	M20	113
328	177	Schneider, Olaf	1973	WBK I Sportlehrer Truppe	00:57:32	M20	114
329	122	Theilen, Susanne	1968	Kurt sien Trupp	00:57:38	W40+	20
330	60	Altergot, Andreas	1992	Stab ObjSRgtLw "F"	00:57:40	M20	115
331	364	Staak, Marek	1974	BSG Volksbank Jever	00:57:55	M20	116
332	226	Thelen, Sebastian	1979	Team LogZBw	00:57:59	M20	117
333	30	Groh, Klaus	1965	Jever	00:58:06	M40+	175
334	324	Badtke, Irene	1941	LG Wilhelmshaven	00:58:07	W40+	21
335	92	Langendorf, Christian	1980	Team Flugabwehrgruppe	00:58:11	M20	118
336	354	Schimkus, Siegried	1938	MTV Jever	00:58:13	W40+	22
337	415	Toben, Ralf	1971	Team JG 71 "R"	00:58:14	M40+	176
338	349	Kolb, Karl	1947	Wilhelmshaven	00:58:15	M40+	177
339	458	Kelterborn, Lasse	1990	Schortens	00:58:17	M20	119
340	235	Müller, Steffen	1985	9./ObjSRgtLw	00:58:26	M20	120
341	416	Ristock, Sebastian	1984	Team JG 71 "R"	00:58:28	M20	121
342	427	Peters, Jürgen	1959	Team JG 71 "R"	00:58:37	M40+	178
343	361	Nannen, Wiebke	1993	BSG Volksbank Jever	00:58:50	W20	22
344	314	Schindel, Ronja	1977	Kirche läuft (WHV)	00:58:52	W20	23
345	414	Janssen, Reiner	1970	Team JG 71 "R"	00:58:59	M40+	179
346	232	Glave, Michael	1965	9./ObjSRgtLw	00:59:05	M40+	180
347	369	Springer, Jürgen	1943	Schortens	00:59:05	M40+	181
348	457	Ehnts-Hinrichs, Gudrun	1965	Team JG 71 "R"	00:59:10	W40+	23
349	429	Bents, Carsten	1964	Team JG 71 "R"	00:59:13	M40+	182
350	174	Seier, Friedhelm	1952	SB-Ems-Weser	00:59:24	M40+	183
351	347	Klinkenborg, Margit	1952	LT TV Norden	00:59:25	W40+	24
352	365	Walter, Birgit	1957	BSG Volksbank Jever	00:59:34	W40+	25
353	114	Neuefeind, Bianca	1968	BwDLZ Oldenburg	00:59:36	W40+	26
354	136	Reiher, Swen-Olaf	1962	Team FlgHStff Jever	00:59:55	M40+	184
355	78	Wolf, Christian	1978	Marinemusikkorps Nordsee	01:00:05	M20	122
356	182	Marks-Hermann, Ilona	1979	SanZ Wittmund	01:00:11	W20	24
357	17	Taddigs, Meike	1964	OLB Jever	01:00:15	W40+	27
358	19	Borchardt, Torsten	1966	OLB Jever	01:00:16	M40+	185
359	18	Meins, Peter	1961	OLB Jever	01:00:16	M40+	186
360	262	Koscheck, Mirjam	1989	8-9-10 Projekt	01:00:22	W20	25
361	130	Wäcken, Tobias	1989	FachSanZ WHV	01:00:23	M20	123
362	131	Wehmeier, Christian	1986	FachSanZ WHV	01:00:23	M20	124
363	336	Kramer, Harald	1946	LG Wilhelmshaven	01:00:32	M40+	187
364	461	Lindner, Joachim	1966	LwlnsthGrp 21	01:00:56	M40+	188
365	113	Hafemann, Melanie	1972	BwDLZ Oldenburg	01:01:00	W20	26
366	423	Janssen, Kevin	1993	Team JG 71 "R"	01:01:59	M20	125
367	116	Abu-Ghazaleh, Samed	1976	BwDLZ Oldenburg	01:02:09	M20	126
368	80	Kull, Oliver	1986	Marinemusikkorps Nordsee	01:02:12	M20	127

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
369	139	Krense, Marcel	1981	Kdo 4. LwDiv	01:02:15	M20	128
370	134	Röttgers, Heinz Günter	1959	Kdo 4. LwDiv	01:02:15	M40+	189
371	145	Willerts, Elfriede	1936	LG Wilhelmshaven	01:02:17	W40+	28
372	105	Lihs, Heinz	1934	Jever	01:02:22	M40+	190
373	214	Kussinger, Jan	1980	Team LogZBw	01:02:27	M20	129
374	236	Wiesner, Stefan	1974	9./ObjSRgtLw	01:02:31	M20	130
375	288	Rose, Lothar	1991	Schortens	01:02:50	M20	131
376	120	Janßen, Mario	1994	BwDLZ Oldenburg	01:02:53	M20	132
377	73	Grebe, Britta	1985	Marinemusikkorps Nordsee	01:03:01	W20	27
378	387	Maas, Frank	1964	Freiwillige Feuerwehr Sande	01:03:06	M40+	191
379	104	Rieken, Ewald	1945	MTV Jever	01:03:07	M40+	192
380	169	Hanssen-Bruns, Regina	1968	SB-Ems-Weser	01:03:19	W40+	29
381	167	Gerdes, Heiner	1956	SB-Ems-Weser	01:03:20	M40+	193
382	133	Wördehoff, Tobi	1988	FachSanZ WHV	01:04:08	M20	133
383	20	Dirksen, Martin	1975	Wasserschutzpolizei WHV	01:04:10	M20	134
384	362	Quarg, Bruno	1953	BSG Volksbank Jever	01:04:27	M40+	194
385	150	Herget, Richard	1931	TuS Glarum	01:04:29	M40+	195
386	36	Link, Rebecca	1992	Schortens	01:04:32	W20	28
387	251	Rüdebusch, Timo	1974	BfD Wilhelmshaven	01:04:58	M20	135
388	118	Kloppenburger, Philip	1992	BwDLZ Oldenburg	01:05:00	M20	136
389	256	Rinklake, Marita	1944	Terry-Fox WHV	01:05:19	W40+	30
390	282	Beims, Dietmar	1962	Team SportSBw	01:05:44	M40+	196
391	75	Mültner, Hans-Peter	1962	Marinemusikkorps Nordsee	01:05:52	M40+	197
392	72	Adam, Angela	1984	Marinemusikkorps Nordsee	01:06:02	W20	29
393	135	Warnken, Gerd	1964	Kdo 4. LwDiv	01:06:59	M40+	198
394	71	Müller, Kirsten	1976	Marinemusikkorps Nordsee	01:07:27	W20	30
395	70	Wambach, Christine	1988	Marinemusikkorps Nordsee	01:07:27	W20	31
396	258	Brosan, Yvonne	1968	8-9-10 Projekt	01:07:32	W40+	31
397	37	Link, Doris	1962	Schortens	01:08:00	W40+	32
398	110	Vogel, Manfred	1955	Kurt sien Trupp	01:09:34	M40+	199
399	159	Hollwege, Maik	1974	Gemeinnützige Werkstätten OL	01:10:07	M20	137
400	115	Witt, Michael	1964	BwDLZ Oldenburg	01:10:41	M40+	200
401	439	Kleihauer, Carla	1959	Schortens	01:10:42	W40+	33
402	440	Meinerts, Arno	1941	Jever	01:10:51	M40+	201
403	74	Krzenzissa, Pamela	1967	Marinemusikkorps Nordsee	01:13:09	W40+	34
404	119	Bilmez, Halil	1990	BwDLZ Oldenburg	01:13:45	M20	138
405	129	Gärtner, Lisa	1990	FachSanZ WHV	01:21:32	W20	32
406	132	Schenk, Bastian	1985	FachSanZ WHV	01:21:51	M20	139
407	160	Aslan, Ertan	1986	Gemeinnützige Werkstätten OL	01:22:21	M20	140
408	425	Möbius, Danny	1990	Team JG 71 "R"	01:22:31	M20	141