



Ergebnisliste Master-/Mistress-Wertung

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

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

(234 Finisher)

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
1	55	Steinke, Peter	1970	VfL Germania Leer	00:34:54	M40+	1
2	331	Klein, Armin	1970	LG Wilhelmshaven	00:35:18	M40+	2
3	268	Ringering, Onno	1968	VfL Germania Leer	00:35:44	M40+	3
4	100	Rusche, Björn	1971	Team LogZBw	00:35:52	M40+	4
5	371	Schneider, Axel	1961	Schwarz-Weiß Oldenburg	00:37:06	M40+	5
6	152	Vlaardingerbroek, Kurt	1968	Waldloper Aurich	00:37:43	M40+	6
7	384	Wendeling, Stephan	1969	Freiwillige Feuerwehr Sande	00:37:43	M40+	7
8	436	Ludwig, Reinhard	1959	LG Ostfriesland	00:38:43	M40+	8
9	333	Hupe, Olaf	1965	LG Wilhelmshaven	00:38:53	M40+	9
10	334	Kowollik, Karl-Heinz	1957	LG Wilhelmshaven	00:39:01	M40+	10
11	452	Hüls, Uwe	1963	TV Norden	00:39:19	M40+	11
12	291	Gockel, Dieter	1961	Team-Luftwaffe Köln	00:39:29	M40+	12
13	290	Titze, Jürgen	1963	Team-Luftwaffe Köln	00:39:33	M40+	13
14	33	Tornow, Stefan	1968	LG Wilhelmshaven	00:39:37	M40+	14
15	153	Meyer, Thomas	1969	Waldloper Aurich	00:39:59	M40+	15
16	151	Langensiepen, Andreas	1970	Waldloper Aurich	00:40:03	M40+	16
17	96	Domröse, Ole	1971	ZNwG MARINE	00:40:10	M40+	17
18	289	Heger, Torsten	1964	Team-Luftwaffe Köln	00:40:18	M40+	18
19	299	Haller, Frank	1968	TSLw 3	00:40:26	M40+	19
20	400	Puse, Hinrich	1964	Team JG 71 "R"	00:40:28	M40+	20
21	11	Titze, Andreas	1969	Jeveraner Unternehmer	00:40:36	M40+	21
22	292	Hörnemann, Peter	1962	Team-Luftwaffe Köln	00:40:39	M40+	22
23	38	Folkers, Wilhelm	1967	Team LogZBw	00:41:08	M40+	23
24	449	Hellmers, Detlef	1963	HFlgWaS Bückeburg	00:41:41	M40+	24
25	294	Surbach, Michael	1963	Team-Luftwaffe Köln	00:41:56	M40+	25
26	312	Solterbeck, Björn	1967	TSLw 3	00:42:00	M40+	26
27	165	Park, Harm	1953	TuS Weene	00:42:02	M40+	27
28	441	Stramann, Matthias	1967	TSV Großenkneten	00:42:06	M40+	28
29	434	Tjarks, Eduard	1954	LG Ostfriesland	00:42:10	M40+	29
30	397	De Buhr, Jürgen	1963	Team JG 71 "R"	00:42:12	M40+	30
31	305	Popp, Wilfried	1965	TSLw 3	00:42:16	M40+	31
32	137	Rotte, Uwe	1960	Kdo 4. LwDiv	00:42:19	M40+	32
33	2	Stargardt, Jörg	1967	Weltraumjogger Berlin	00:42:21	M40+	33
34	215	Becker, Horst	1966	Team LogZBw	00:42:43	M40+	34
35	24	Ritter, Ralf	1967	Wasserschutzpolizei WHV	00:42:45	M40+	35
36	332	Schäfer, Thomas	1968	LG Wilhelmshaven	00:42:47	M40+	36
37	325	Hörig, Silvia	1962	LG Wilhelmshaven	00:42:53	W40+	1
38	442	Bahlmann, Ralf	1971	LT TuS Emstekerfeld	00:42:55	M40+	37

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
39	208	de Lahr, Uwe	1959	FlaRakGrp 21	00:42:56	M40+	38
40	271	Schäfer, Matthias	1964	BV Garrel	00:43:06	M40+	39
41	374	Reinmold, Heinz	1949	Schwarz-Weiß Oldenburg	00:43:12	M40+	40
42	13	Geimer, Willibald	1955	TSR Olympia Triathlon WHV	00:43:23	M40+	41
43	155	Wulle, Thomas	1963	Waldloper Aurich	00:43:28	M40+	42
44	274	Dreyer, Eddi	1969	LwlnsthGrp 21	00:43:30	M40+	43
45	111	Hemken, Jan	1966	LwlnsthGrp 21	00:43:36	M40+	44
46	266	Jeske, Jürgen	1960	VfL Oldenburg	00:43:44	M40+	45
47	154	Recknagel, Bernd	1967	Waldloper Aurich	00:43:45	M40+	46
48	32	Dawidowicz, Karol	1964	Kirche läuft (WHV)	00:43:50	M40+	47
49	403	Orths, Detlev	1962	Team JG 71 "R"	00:43:57	M40+	48
50	396	Oltmanns, Gerold	1956	Team JG 71 "R"	00:44:02	M40+	49
51	86	Gattwinkel, Klaus	1967	Flugbereitschaft BMVg Köln	00:44:04	M40+	50
52	443	Reinelt, Ulli	1959	BV Garrel	00:44:04	M40+	51
53	211	Mattisek, Wilfried	1958	FlaRakGrp 21	00:44:24	M40+	52
54	68	Heinlein, Michael	1968	Marinemusikkorps Nordsee	00:44:26	M40+	53
55	203	Ender, Günter	1966	WBV Nord	00:44:32	M40+	54
56	56	Palma, Manfred	1960	Terry-Fox WHV	00:44:36	M40+	55
57	206	Großheim, Uwe	1961	WBV Nord	00:44:44	M40+	56
58	386	Gerdes, Thorsten	1966	Freiwillige Feuerwehr Sande	00:44:45	M40+	57
59	385	Klemptner, Thomas	1966	Freiwillige Feuerwehr Sande	00:44:55	M40+	58
60	283	Dirkes, Franz-Josef	1959	Team SportSBw	00:45:02	M40+	59
61	435	Ludwig, Helmut	1958	LG Ostfriesland	00:45:05	M40+	60
62	298	Ull, Andreas	1958	TSLw 3	00:45:17	M40+	61
63	255	von Kentzinsky, Roland	1948	TG Wiesmoor	00:45:40	M40+	62
64	322	Diedrich, Mathias	1965	Team FlgHStff Jever	00:45:47	M40+	63
65	233	Meyer, Frank	1962	9./ObjSRgtLw	00:45:48	M40+	64
66	205	König, Stefan	1970	WBV Nord	00:45:49	M40+	65
67	448	Holle, Jörg	1963	HFlgWaS Bückeberg	00:45:54	M40+	66
68	444	Grasse, Holger	1965	TuS Zetel	00:45:55	M40+	67
69	224	Kethler, Wolfgang	1965	Team LogZBw	00:45:57	M40+	68
70	4	Vry, Ralf	1960	Fortuna Logabirum	00:45:58	M40+	69
71	366	Paga, Ulla	1952	Wilhelmshaven	00:45:58	W40+	2
72	343	Meyer, Adolf	1958	TV Norden	00:46:01	M40+	70
73	267	Fischer, Harald	1952	TC Jever	00:46:06	M40+	71
74	344	Strupp, Manfred	1945	TV Norden	00:46:12	M40+	72
75	54	Sass, Günther	1962	LG Hengstforde	00:46:14	M40+	73
76	355	Hinrichs, Johann	1952	MTV Wittmund	00:46:19	M40+	74
77	404	Kerber, Wolfgang	1951	LT TuS Emstekerfeld	00:46:20	M40+	75
78	326	Horn, Jeannette	1970	LG Wilhelmshaven	00:46:28	W40+	3
79	281	Fieger, Andreas	1964	Kdo MFüSys	00:46:31	M40+	76
80	202	Engelke, Michael	1960	WBV Nord	00:46:40	M40+	77
81	97	Thörner, Nils	1970	ZNwG MARINE	00:46:44	M40+	78
82	280	Dech, Harry	1950	WBK I	00:46:53	M40+	79
83	394	Pagel, Jens	1963	LG Uplengen	00:46:53	M40+	80
84	437	Romanowski, Arnold	1946	LG Ostfriesland	00:46:56	M40+	81
85	339	Weihrauch, Heiko	1961	Kurt sien Trupp	00:47:01	M40+	82
86	311	Wegel, Sigfried	1957	TSLw 3	00:47:06	M40+	83
87	168	Großpietsch, Axel	1954	SB-Ems-Weser	00:47:07	M40+	84
88	234	Jöhrens, Gerd	1971	9./ObjSRgtLw	00:47:08	M40+	85
89	34	Rimatzi, Jörg	1963	PI Wilhelmshaven/Friesland	00:47:09	M40+	86
90	62	Hamkens, Eckhard	1959	Einsatzflottille 2	00:47:09	M40+	87
91	231	Fehling, Thorsten	1959	Jeveraner Unternehmer	00:47:11	M40+	88
92	277	Becker, Jens	1968	LwlnsthGrp 21	00:47:12	M40+	89
93	438	Maaß, Almuth	1966	LG Ostfriesland	00:47:24	W40+	4

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94	28	Hadeler, Uwe	1962	Wasserschutzpolizei WHV	00:47:30	M40+	90
95	465	Eiben, Eibo	1943	SC Dunum	00:47:30	M40+	91
96	372	Schardt, Michael	1954	Schwarz-Weiß Oldenburg	00:47:33	M40+	92
97	230	Benters, Thorsten	1969	Opel Schmidt Wilhelmshaven	00:47:42	M40+	93
98	26	Elßner, Torsten	1960	Wasserschutzpolizei WHV	00:47:57	M40+	94
99	297	Jaschky-Sterzenbach, Iris	1961	Team-Luftwaffe Köln	00:48:03	W40+	5
100	27	Lüken, Werner	1960	Wasserschutzpolizei WHV	00:48:03	M40+	95
101	8	Fisch, Manfred	1952	LT MTV Jever	00:48:09	M40+	96
102	248	Zeitz, Jürgen	1965	LT Wilhelmshaven	00:48:11	M40+	97
103	252	Rathkamp, Wolfgang	1966	BfD Wilhelmshaven	00:48:12	M40+	98
104	57	Sjuts, Hans-Joachim	1971	MarA MRL 68	00:48:13	M40+	99
105	451	Baumann, Marion	1971	TuS Zetel	00:48:15	W40+	6
106	455	Schafeld, Norbert	1941	Wilhelmshaven	00:48:21	M40+	100
107	445	Pötter, Andreas	1960	Einsatzflottille 2	00:48:23	M40+	101
108	395	Schäfer, Karl-Heinz	1958	Team JG 71 "R"	00:48:25	M40+	102
109	419	Lüken, Ehrenfried	1964	Team JG 71 "R"	00:48:26	M40+	103
110	212	Blankenburg, Andre	1969	Team LogZBw	00:48:37	M40+	104
111	108	Hoffrogge, Dieter	1954	HRS Jever	00:48:38	M40+	105
112	173	Kravagna, Eike	1959	SB-Ems-Weser	00:48:40	M40+	106
113	382	Germer-Claus, Claudia	1968	LG Wilhelmshaven	00:48:57	W40+	7
114	367	Kloppenborg, Alwin	1960	Injoy Leer	00:49:10	M40+	107
115	175	Seller, Hans-Günther	1960	SB-Ems-Weser	00:49:29	M40+	108
116	102	Bruns, Gerhard	1949	Fortuna Logabirum	00:49:31	M40+	109
117	112	Röben, Sabine	1968	BwDLZ Oldenburg	00:49:36	W40+	8
118	121	Ohlenbusch, Falk	1968	BwDLZ Oldenburg	00:49:38	M40+	110
119	222	Gläser, Jens	1970	Team LogZBw	00:49:39	M40+	111
120	223	Schlegel, Joachim	1962	Team LogZBw	00:49:44	M40+	112
121	6	Loegel, Thomas	1965	Team PersABw	00:49:51	M40+	113
122	138	Koch, Martin	1966	Kdo 4. LwDiv	00:49:58	M40+	114
123	313	Bolinius, Michael	1968	Kirche läuft (WHV)	00:50:02	M40+	115
124	342	Klinkenborg, Enno	1949	TV Norden	00:50:10	M40+	116
125	213	Stöckmann, Reinhard	1964	Team LogZBw	00:50:11	M40+	117
126	348	Marschall, Iris	1966	LT TV Norden	00:50:12	W40+	9
127	463	Greune, Carsten	1971	Werl	00:50:35	M40+	118
128	316	Busma, Jürgen	1967	BwAP WHV	00:50:56	M40+	119
129	147	Bohlen, Heinrich	1947	Schortens	00:50:57	M40+	120
130	270	Schaefer, Klaus	1967	Kirche läuft (WHV)	00:51:08	M40+	121
131	376	Sprenger, Robert	1964	Schwarz-Weiß Oldenburg	00:51:08	M40+	122
132	94	Rudolph, Matthias	1969	MTV Jever	00:51:10	M40+	123
133	25	Suhr, Jens	1970	Wasserschutzpolizei WHV	00:51:13	M40+	124
134	370	Just, Janto	1949	LT MTV Jever	00:51:13	M40+	125
135	31	Densow, Detlef	1967	LT TuS-Aurich-OST	00:51:16	M40+	126
136	207	Hollmann, Dirk	1966	WBV Nord	00:51:18	M40+	127
137	85	Bartzsch, Jörg	1966	Flugbereitschaft BMVg Köln	00:51:28	M40+	128
138	390	Tjardes, Johannes-Günther	1958	Kurt sien Trupp	00:51:33	M40+	129
139	456	Müller, Rainer	1942	Friedeburg	00:51:39	M40+	130
140	237	Dürschinger, Karlheinz	1960	Kdo MFüSys	00:51:41	M40+	131
141	257	Lünemann, Insa	1958	8-9-10 Projekt	00:51:42	W40+	10
142	466	Kohl, Jürgen	1967	Ski Club Wangerland	00:52:00	M40+	132
143	264	Frerichs, Arne	1965	Kirche läuft (WHV)	00:52:02	M40+	133
144	459	Sweers, Olaf	1968	Wittmund	00:52:11	M40+	134
145	412	Borcherding, Dirk	1960	Team JG 71 "R"	00:52:12	M40+	135
146	103	Müller, Martin	1962	Team LogZBw	00:52:15	M40+	136
147	408	Seifert, Ulf	1969	Team JG 71 "R"	00:52:16	M40+	137
148	148	Wolters, Gertrud	1967	Lauftreff Christuskirche Cäci	00:52:18	W40+	11

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149	149	Wolters, Thomas	1966	Lauftreff Christuskirche Cäci	00:52:19	M40+	138
150	272	Schlegel, Winfried	1944	Kurt sien Trupp	00:52:25	M40+	139
151	357	Bruhnken, Hans-Günter	1954	BSG Volksbank Jever	00:52:27	M40+	140
152	358	Dirks, Hans-Georg	1952	BSG Volksbank Jever	00:52:34	M40+	141
153	253	Kolb, Gudrun	1952	BfD Wilhelmshaven	00:52:37	W40+	12
154	377	Bamberger, Michael	1952	Schwarz-Weiß Oldenburg	00:52:37	M40+	142
155	117	Heyng, Herbert	1966	BwDLZ Oldenburg	00:52:40	M40+	143
156	10	Jendroßek, Michael	1971	Jeveraner Unternehmer	00:52:55	M40+	144
157	9	Piltz, Rüdiger	1969	Jeveraner Unternehmer	00:52:56	M40+	145
158	405	Schmertmann, Rolf	1954	Neustadtgödens	00:53:09	M40+	146
159	170	Heinemann, Thomas	1965	SB-Ems-Weser	00:53:10	M40+	147
160	368	Bertus, Günther	1962	Injoy Leer	00:53:33	M40+	148
161	176	Wiemken, Thorsten	1967	SB-Ems-Weser	00:53:45	M40+	149
162	464	Wichards, Marc	1970	Team NWO	00:53:53	M40+	150
163	146	Weichbrodt, Heinz-Georg	1933	LG Wilhelmshaven	00:54:07	M40+	151
164	409	Starkloff, Joakim	1964	Team JG 71 "R"	00:54:29	M40+	152
165	128	Lukoschus, Frank	1970	FachSanZ WHV	00:54:30	M40+	153
166	106	Popken, Frank	1962	Kurt sien Trupp	00:54:39	M40+	154
167	246	Seidemann, Wolfgang	1950	LT Wilhelmshaven	00:54:46	M40+	155
168	410	Behrends, Lübbert	1965	Team JG 71 "R"	00:54:58	M40+	156
169	245	Strangmann, Hans-Gerd	1952	LT Wilhelmshaven	00:55:02	M40+	157
170	388	Wollermann, Manfred	1942	MTV Wittmund	00:55:05	M40+	158
171	389	Tjardes, Karl	1944	MTV Wittmund	00:55:06	M40+	159
172	351	Janßen, Stefan	1971	Runners Point Wilhelmshaven	00:55:14	M40+	160
173	352	Classen, Christian	1971	Runners Point Wilhelmshaven	00:55:15	M40+	161
174	453	Hüls, Marion	1966	LT TV Norden	00:55:18	W40+	13
175	16	Hennig, Heiko	1939	TuS Glarum	00:55:19	M40+	162
176	254	Bremer, Karin	1952	BfD Wilhelmshaven	00:55:21	W40+	14
177	14	Juilfs, Günther	1963	PI Wilhelmshaven/Friesland	00:55:23	M40+	163
178	360	Mager, Hilke	1961	BSG Volksbank Jever	00:55:33	W40+	15
179	393	Terviel, Bärbel	1957	LG Uplengen	00:55:38	W40+	16
180	426	Niemand, Jörg	1960	Team JG 71 "R"	00:55:49	M40+	164
181	260	Garten, Dr. Hartmut	1950	8-9-10 Projekt	00:56:07	M40+	165
182	353	Störmer, Karl-Hermann	1944	MTV Jever	00:56:08	M40+	166
183	172	Kramer, Karsten	1952	SB-Ems-Weser	00:56:15	M40+	167
184	363	Quarg, Karin	1957	BSG Volksbank Jever	00:56:21	W40+	17
185	140	Boberg, Rudolf	1958	SportFGrpBw Warendorf	00:56:30	M40+	168
186	141	Woycke, Frank	1964	SportFGrpBw Warendorf	00:56:32	M40+	169
187	345	Tröster, Karl-Heinz	1952	LT TV Norden	00:56:47	M40+	170
188	249	Seebeck, Peter	1955	LT Wilhelmshaven	00:56:52	M40+	171
189	156	Siebert, Karin	1964	Kurt sien Trupp	00:56:54	W40+	18
190	278	Mertins, Holger	1970	LwlnsthGrp 21	00:56:55	M40+	172
191	83	Bathen, Renate	1956	Kurt sien Trupp	00:56:56	W40+	19
192	247	Gringel, Dirk	1947	LT Wilhelmshaven	00:57:20	M40+	173
193	3	Heydenbluth, Horst	1939	ADFC OG Schortens	00:57:26	M40+	174
194	122	Theilen, Susanne	1968	Kurt sien Trupp	00:57:38	W40+	20
195	30	Groh, Klaus	1965	Jever	00:58:06	M40+	175
196	324	Badtke, Irene	1941	LG Wilhelmshaven	00:58:07	W40+	21
197	354	Schimkus, Siegried	1938	MTV Jever	00:58:13	W40+	22
198	415	Toben, Ralf	1971	Team JG 71 "R"	00:58:14	M40+	176
199	349	Kolb, Karl	1947	Wilhelmshaven	00:58:15	M40+	177
200	427	Peters, Jürgen	1959	Team JG 71 "R"	00:58:37	M40+	178
201	414	Janssen, Reiner	1970	Team JG 71 "R"	00:58:59	M40+	179
202	232	Glave, Michael	1965	9./ObjSRgtLw	00:59:05	M40+	180
203	369	Springer, Jürgen	1943	Schortens	00:59:05	M40+	181

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
204	457	Ehnts-Hinrichs, Gudrun	1965	Team JG 71 "R"	00:59:10	W40+	23
205	429	Bents, Carsten	1964	Team JG 71 "R"	00:59:13	M40+	182
206	174	Seier, Friedhelm	1952	SB-Ems-Weser	00:59:24	M40+	183
207	347	Klinkenborg, Margit	1952	LT TV Norden	00:59:25	W40+	24
208	365	Walter, Birgit	1957	BSG Volksbank Jever	00:59:34	W40+	25
209	114	Neuefeind, Bianca	1968	BwDLZ Oldenburg	00:59:36	W40+	26
210	136	Reiher, Swen-Olaf	1962	Team FlgHStff Jever	00:59:55	M40+	184
211	17	Taddigs, Meike	1964	OLB Jever	01:00:15	W40+	27
212	19	Borchardt, Torsten	1966	OLB Jever	01:00:16	M40+	185
213	18	Meins, Peter	1961	OLB Jever	01:00:16	M40+	186
214	336	Kramer, Harald	1946	LG Wilhelmshaven	01:00:32	M40+	187
215	461	Lindner, Joachim	1966	LwlnsthGrp 21	01:00:56	M40+	188
216	134	Röttgers, Heinz Günter	1959	Kdo 4. LwDiv	01:02:15	M40+	189
217	145	Willerts, Elfriede	1936	LG Wilhelmshaven	01:02:17	W40+	28
218	105	Lihs, Heinz	1934	Jever	01:02:22	M40+	190
219	387	Maas, Frank	1964	Freiwillige Feuerwehr Sande	01:03:06	M40+	191
220	169	Hanssen-Bruns, Regina	1968	SB-Ems-Weser	01:03:19	W40+	29
221	167	Gerdes, Heiner	1956	SB-Ems-Weser	01:03:20	M40+	192
222	362	Quarg, Bruno	1953	BSG Volksbank Jever	01:04:27	M40+	193
223	150	Herget, Richard	1931	TuS Glarum	01:04:29	M40+	194
224	256	Rinklake, Marita	1944	Terry-Fox WHV	01:05:19	W40+	30
225	282	Beims, Dietmar	1962	Team SportSBw	01:05:44	M40+	195
226	75	Mültner, Hans-Peter	1962	Marinemusikkorps Nordsee	01:05:52	M40+	196
227	135	Warnken, Gerd	1964	Kdo 4. LwDiv	01:06:59	M40+	197
228	258	Brosan, Yvonne	1968	8-9-10 Projekt	01:07:32	W40+	31
229	37	Link, Doris	1962	Schortens	01:08:00	W40+	32
230	110	Vogel, Manfred	1955	Kurt sien Trupp	01:09:34	M40+	198
231	115	Witt, Michael	1964	BwDLZ Oldenburg	01:10:41	M40+	199
232	439	Kleihauer, Carla	1959	Schortens	01:10:42	W40+	33
233	440	Meinerts, Arno	1941	Jever	01:10:51	M40+	200
234	74	Krzenzissa, Pamela	1967	Marinemusikkorps Nordsee	01:13:09	W40+	34