

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|-----------------------------|------------------------------|---------|---------|-------|------|------|--------------|
| 1 | 2138 | Hailu Atey Johannes | | 0:14:40 | 0:14:41 | 1 | MHK | 91 | 07:18 07:21 |
| 2 | 1972 | Valentin David | TV Norden | 0:16:10 | 0:16:12 | 1 | MU18 | 97 | 08:11 07:59 |
| 3 | 1142 | Groenhagen Achim | LG Harlingerland Oldies | 0:16:43 | 0:16:45 | 1 | M45 | 68 | 08:17 08:25 |
| 4 | 2342 | Penon Jann | Gymnasium Ulricianum Aurich | 0:17:30 | 0:17:32 | 2 | MU18 | 97 | 08:47 08:43 |
| 5 | 1862 | Steinke Peter | Fehntjer Laufftreff | 0:17:39 | 0:17:42 | 1 | M40 | 70 | 08:48 08:51 |
| 6 | 1120 | Röhr Thomas | Gymnasium Ulricianum Aurich | 0:18:14 | 0:18:17 | 1 | MU20 | 96 | 09:02 09:11 |
| 7 | 1144 | Wolf Marko | LG Harlingerland Oldies | 0:18:34 | 0:18:39 | 1 | M35 | 76 | 09:02 09:32 |
| 8 | 1478 | Franken Stephan | Emder Ruderverein | 0:18:50 | 0:18:54 | 2 | M40 | 70 | 09:12 09:37 |
| 9 | 1850 | Serke Estifanos | TV Norden | 0:18:54 | 0:18:55 | 2 | MU20 | 95 | 09:05 09:48 |
| 10 | 1204 | Gniechwitz Peter | SSV AH | 0:18:57 | 0:19:02 | 2 | M45 | 65 | 09:26 09:31 |
| 10 | 2111 | Christians Marco | LG Ostfriesland | 0:19:00 | 0:19:02 | 2 | MHK | 89 | 09:37 09:22 |
| 12 | 1925 | Witt Kersten | JKG Norden | 0:19:00 | 0:19:05 | 3 | MU18 | 98 | 09:07 09:52 |
| 13 | 1119 | Entgelmeier Lukas-Maximilia | Gymnasium Ulricianum Aurich | 0:19:09 | 0:19:11 | 3 | MU20 | 95 | 09:27 09:41 |
| 14 | 1769 | Poguntke Martin | TV Norden | 0:19:15 | 0:19:19 | 1 | M50 | 63 | 09:33 09:42 |
| 15 | 2182 | Schürmann Lukas | | 0:19:15 | 0:19:22 | 4 | MU20 | 96 | 09:31 09:43 |
| 16 | 1844 | Schwerin Heiko | Klinik Norddeich | 0:19:19 | 0:19:23 | 1 | M30 | 81 | 09:18 10:00 |
| 17 | 2344 | Okken Eike | TV Norden | 0:19:25 | 0:19:29 | 1 | MU16 | 99 | 09:41 09:44 |
| 18 | 1292 | Hellmers Björn | TV Norden 1 | 0:19:27 | 0:19:30 | 5 | MU20 | 96 | 09:46 09:40 |
| 19 | 1141 | Reinmold Heinz | LG Harlingerland die Flitzer | 0:19:32 | 0:19:34 | 1 | M65 | 49 | 09:33 09:58 |
| 20 | 1147 | Rößing Tammo | LG Harlingerland Youngster | 0:19:32 | 0:19:35 | 4 | MU18 | 97 | 09:32 10:00 |
| 21 | 1937 | Göbel Julius | | 0:19:33 | 0:19:37 | 3 | MHK | 88 | 09:46 09:46 |
| 22 | 1202 | Carls Christoph | SSV AH | 0:19:44 | 0:19:49 | 2 | M50 | 64 | 09:48 09:56 |
| 23 | 1059 | Gerdes Friedrich | de Teenösen | 0:19:43 | 0:19:51 | 3 | M45 | 67 | 09:42 10:01 |
| 24 | 1215 | Meyer Henning | Stadtwerke Norden 1 | 0:19:45 | 0:19:54 | 6 | MU20 | 96 | 09:27 10:18 |
| 25 | 1759 | Pabst Marek | Fortuna Wirdum | 0:19:55 | 0:19:57 | 5 | MU18 | 98 | 10:01 09:53 |
| 26 | 1140 | Falk Pospischil | LG Harlingerland die Flitzer | 0:19:57 | 0:20:02 | 6 | MU18 | 97 | 10:22 09:35 |
| 27 | 1095 | Peters Holger | Fortuna 1 | 0:20:02 | 0:20:05 | 2 | M35 | 75 | 10:01 10:01 |
| 28 | 1589 | Hübner Michael | Hobbyjogger Lünen | 0:20:07 | 0:20:10 | 4 | M45 | 67 | 09:56 10:10 |
| 29 | 1058 | Backer Edgar | de Teenösen | 0:20:08 | 0:20:16 | 5 | M45 | 65 | 10:01 10:07 |
| 30 | 1080 | Lottmann Ralf | EWE-Wattloopers 2 | 0:20:21 | 0:20:24 | 3 | M40 | 71 | 10:23 09:58 |
| 31 | 2145 | Altfeld Florian | SV Hage | 0:20:09 | 0:20:33 | 7 | MU18 | 98 | 10:11 09:57 |
| 32 | 1034 | Saathoff Andreas | AFP.DIE BERATER | 0:20:14 | 0:20:34 | 2 | M30 | 83 | 10:04 10:10 |
| 33 | 2136 | Vetter Karl-Heinz | | 0:20:31 | 0:20:35 | 4 | M40 | 72 | 10:13 10:17 |
| 34 | 1203 | Eden Kurt | SSV AH | 0:20:38 | 0:20:43 | 1 | M55 | 58 | 10:16 10:22 |
| 35 | 1118 | De Vries Mathis | Gymnasium Ulricianum Aurich | 0:20:41 | 0:20:46 | 7 | MU20 | 96 | 10:25 10:16 |
| 36 | 1225 | Wiechmann Thomas | Störtebeker Herren 2 | 0:20:42 | 0:20:47 | 5 | M40 | 71 | 10:14 10:28 |
| 37 | 1211 | Maibaum Lars | Staatsanwaltschaft 3 | 0:20:47 | 0:20:53 | 6 | M40 | 71 | 10:10 10:37 |
| 38 | 1293 | Hellmers Ralf | TV Norden 1 | 0:20:55 | 0:20:57 | 6 | M45 | 65 | 10:27 10:27 |
| 39 | 1926 | Wölfel Andreas | TV Norden | 0:21:00 | 0:21:03 | 3 | M30 | 81 | 10:11 10:49 |
| 40 | 1630 | Jöbges Maximilian | | 0:21:04 | 0:21:06 | 1 | MU14 | 02 | 10:09 10:55 |
| 41 | 1725 | Mikael Haben | TV Norden | 0:21:08 | 0:21:10 | 4 | M30 | 81 | 10:09 10:58 |
| 42 | 1525 | Hänfler Heiko | Stadt Norden | 0:21:07 | 0:21:11 | 7 | M45 | 67 | 10:22 10:44 |
| 43 | 1216 | Schuster Kolja | Stadtwerke Norden 1 | 0:21:11 | 0:21:19 | 4 | MHK | 89 | 10:17 10:53 |
| 44 | 1249 | Neumann Heye | Team Faltoflott | 0:21:15 | 0:21:19 | 5 | MHK | 87 | 10:09 11:05 |
| 44 | 1395 | Campen Bent | SV Hage | 0:21:14 | 0:21:19 | 2 | MU14 | 02 | 10:18 10:55 |
| 46 | 2122 | Biebrich Enno | JFV Norden | 0:21:19 | 0:21:27 | 2 | MU16 | 00 | 10:26 10:52 |
| 47 | 1290 | Lüken Thomas | Trink ne Coke mit Familie | 0:21:16 | 0:21:29 | 6 | MHK | 92 | 10:45 10:31 |
| 48 | 1280 | Hollwege Reiner | Tell Bau VOLLBREMSUNG | 0:21:19 | 0:21:29 | 8 | M45 | 67 | 10:43 10:36 |
| 49 | 2091 | Schipper Hendrik | KGS Hage-Nord 9b | 0:21:31 | 0:21:35 | 8 | MU18 | 98 | 10:12 11:18 |
| 50 | 1857 | Solaro Gregor | TuS Norderney | 0:21:34 | 0:21:36 | 8 | MU20 | 95 | 10:13 11:20 |
| 51 | 1212 | Rieken Helmut | Staatsanwaltschaft 3 | 0:21:37 | 0:21:43 | 3 | M50 | 62 | 10:47 10:50 |
| 52 | 1335 | Barkhoff Stefan | | 0:21:42 | 0:21:49 | 3 | M35 | 77 | 10:35 11:07 |
| 53 | 2171 | Ackermann arne | JFV Norden | 0:21:46 | 0:21:54 | 3 | MU16 | 00 | 10:41 11:04 |
| 54 | 2405 | Löloff Andreas | TV Norden Team | 0:21:42 | 0:21:56 | 2 | M55 | 57 | 10:52 10:50 |
| 55 | 1247 | Duin Kai-Uwe | Team Faltoflott | 0:21:57 | 0:21:59 | 7 | MHK | 90 | 10:17 11:39 |
| 56 | 1366 | Bongornio Max | Norder Ruderclub | 0:21:43 | 0:22:00 | 8 | MHK | 94 | 11:09 10:34 |
| 57 | 1236 | Geiken Jürren | SV Hage Volleyball Mixed | 0:21:57 | 0:22:01 | 4 | M50 | 61 | 10:43 11:13 |
| 58 | 1868 | Tamsen Ernst | Norder Ruderclub | 0:21:58 | 0:22:05 | 1 | M60 | 52 | 11:08 10:49 |
| 59 | 1508 | Goldenstein Tobias | | 0:21:57 | 0:22:07 | 9 | MHK | 91 | 10:57 11:00 |
| 60 | 1238 | Lüken Marco | SVO Wi sünd Holtriem Jungs | 0:21:41 | 0:22:08 | 9 | MU18 | 97 | 10:26 11:15 |
| 61 | 2153 | Spinneker Ole | Ulrichsgymnasium 11 | 0:22:12 | 0:22:15 | 9 | MU20 | 96 | 10:36 11:36 |
| 62 | 1162 | Gehm Vincent | Ohne AOK läuft nix | 0:22:10 | 0:22:15 | 10 | MHK | 86 | 10:38 11:31 |
| 63 | 1716 | Meyenburg Dominik | | 0:22:05 | 0:22:15 | 10 | MU18 | 97 | 10:58 11:06 |
| 64 | 1183 | Weiland Benjamin | Rennen, nicht laufen | 0:21:46 | 0:22:15 | 11 | MHK | 90 | 11:10 10:35 |
| 65 | 1181 | Brust Dennis | Rennen, nicht laufen | 0:21:46 | 0:22:16 | 5 | M30 | 83 | 11:11 10:35 |
| 66 | 1553 | Heinken Matthias | TV Norden | 0:22:06 | 0:22:19 | 12 | MHK | 93 | 12:16 09:49 |
| 67 | 1541 | Harms Gerk | TV Norden | 0:22:14 | 0:22:19 | 3 | MU14 | 01 | 10:41 11:33 |
| 68 | 1319 | Ahrends Hilko | JFV Norden | 0:22:17 | 0:22:20 | 11 | MU18 | 97 | 10:36 11:41 |

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12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|-----------------------|--------------------------------|---------|---------|-------|------|------|--------------|
| 68 | 2172 | Bordasch Marco | Verkehrsverein Aurich e.V. | 0:22:11 | 0:22:20 | 9 | M45 | 68 | 11:18 10:52 |
| 70 | 1780 | Reiners Timm | | 0:22:15 | 0:22:21 | 4 | MU16 | 99 | 11:13 11:02 |
| 71 | 1279 | Peters Andre | Tell Bau HACKENGAS | 0:22:10 | 0:22:21 | 13 | MHK | 92 | 11:47 10:23 |
| 72 | 2148 | Daehne Jannis | TUS Norderney | 0:22:14 | 0:22:21 | 4 | MU14 | 01 | 11:36 10:38 |
| 73 | 2402 | Saathoff Holger | TV Norden | 0:22:18 | 0:22:23 | 14 | MHK | 05 | 11:03 11:15 |
| 74 | 1221 | Renken Manfred | Störtebeker Herren 1 | 0:22:17 | 0:22:23 | 3 | M55 | 58 | 11:00 11:16 |
| 75 | 2341 | Daehne Bernd | TUS Norderney | 0:22:15 | 0:22:24 | 10 | M45 | 68 | 11:32 10:43 |
| 76 | 1658 | Konken Wilko | OLB1 | 0:22:09 | 0:22:26 | 10 | MU20 | 96 | 10:59 11:09 |
| 77 | 1368 | Boomfalk Björn | Ulrichsgymnasium Norden | 0:22:21 | 0:22:26 | 5 | MU14 | 01 | 11:28 10:52 |
| 78 | 1657 | Konken Günther | OLB3 | 0:22:10 | 0:22:27 | 11 | M45 | 69 | 10:58 11:11 |
| 79 | 1570 | Hinrichs Freddy | KV Neuwesteel | 0:22:21 | 0:22:28 | 5 | M50 | 61 | 11:09 11:11 |
| 80 | 1171 | Rohrmann Christoph | Plattfooten-Klinik Nordernee 1 | 0:22:10 | 0:22:29 | 4 | M35 | 75 | 11:40 10:29 |
| 81 | 2345 | Damm Dirk | EMDER Laufgemeinschaft | 0:22:28 | 0:22:38 | 6 | M50 | 64 | 11:30 10:57 |
| 82 | 1313 | Barkhoff Heinz-Dieter | VON AMTS WEGEN | 0:22:33 | 0:22:39 | 12 | M45 | 69 | 11:07 11:25 |
| 83 | 1258 | Kröger Okko | Team Kröger | 0:22:15 | 0:22:41 | 12 | MU18 | 98 | 11:34 10:41 |
| 84 | 1656 | Kösters Robert | OLB1 | 0:22:26 | 0:22:42 | 7 | M50 | 64 | 11:02 11:23 |
| 85 | 1417 | De Vries Keno | DLRG-Norden | 0:22:21 | 0:22:43 | 11 | MU20 | 96 | 11:36 10:44 |
| 86 | 1400 | Christians Kai | KGS Hage 5a | 0:22:31 | 0:22:43 | 6 | MU14 | 02 | 11:22 11:09 |
| 87 | 1105 | Taddigs Folkmar | Gebr. Neumann 2 | 0:22:33 | 0:22:45 | 8 | M50 | 63 | 10:58 11:35 |
| 88 | 1094 | Fengkohl Dennis | Fortuna 1 | 0:22:35 | 0:22:47 | 15 | MHK | 92 | 11:15 11:20 |
| 89 | 2075 | Gooßens Willi | SC Hommersum 1954 e.V. | 0:22:40 | 0:22:48 | 7 | M40 | 70 | 11:13 11:27 |
| 90 | 2166 | Knudsen Palle Uhre | Dong-Energy I | 0:22:20 | 0:22:49 | 5 | M35 | 75 | 11:01 11:18 |
| 91 | 1103 | Harms Gerold | Gebr. Neumann 2 | 0:22:45 | 0:22:50 | 13 | M45 | 67 | 11:15 11:29 |
| 92 | 1244 | Aderhold Holger | SVO Wi sünd Holtriem Mixed | 0:22:41 | 0:22:59 | 8 | M40 | 70 | 11:23 11:18 |
| 93 | 1548 | Heckhoff Andreas | VfL Germania Leer | 0:22:57 | 0:23:03 | 9 | M50 | 64 | 11:17 11:39 |
| 94 | 1248 | Guinand Michael | Team Faltoflott | 0:23:02 | 0:23:05 | 4 | M55 | 55 | 11:19 11:42 |
| 95 | 1048 | Neiße Jochen | AG Norden III | 0:22:57 | 0:23:06 | 9 | M40 | 72 | 11:24 11:33 |
| 96 | 1484 | Friedrichs Wolfgang | TV Norden | 0:22:46 | 0:23:06 | 10 | M50 | 64 | 11:31 11:14 |
| 97 | 1363 | Börchers Bernd | | 0:22:59 | 0:23:07 | 11 | M50 | 64 | 11:26 11:33 |
| 98 | 1193 | Blonn Malte | SKN Hardloopers | 0:22:51 | 0:23:08 | 16 | MHK | 93 | 11:08 11:43 |
| 99 | 1166 | Gerdas Arnim | Onnos Goldstücke | 0:23:01 | 0:23:09 | 14 | M45 | 69 | 11:26 11:34 |
| 100 | 1091 | Petersen Nils | FährhausSkippersInnFlitzer3 | 0:22:48 | 0:23:09 | 17 | MHK | 93 | 11:18 11:29 |
| 101 | 1151 | Appelhagen Hans L. | MDSI IT-Solutions | 0:22:39 | 0:23:11 | 18 | MHK | 87 | 11:29 11:09 |
| 102 | 1740 | Mürmel Luca | | 0:23:08 | 0:23:11 | 7 | MU14 | 01 | 11:28 11:39 |
| 103 | 1251 | Klein Lutz | Team Faltoflott 1 | 0:23:08 | 0:23:12 | 15 | M45 | 66 | 11:22 11:46 |
| 104 | 1230 | Coordes Jens | SV Hage Volleyball 1. Herren | 0:22:45 | 0:23:12 | 6 | M30 | 81 | 12:19 10:26 |
| 105 | 1097 | Alberts-Tammena Friso | Fortuna 2 | 0:23:00 | 0:23:13 | 10 | M40 | 72 | 11:33 11:27 |
| 106 | 1835 | Schröder Friedhelm | OLB5 | 0:22:57 | 0:23:13 | 12 | M50 | 60 | 11:24 11:32 |
| 107 | 1223 | Boomfalk Uwe | Störtebeker Herren 2 | 0:23:08 | 0:23:14 | 11 | M40 | 71 | 11:27 11:40 |
| 108 | 1096 | Sassen Heino | Fortuna 1 | 0:23:04 | 0:23:16 | 12 | M40 | 73 | 11:32 11:31 |
| 109 | 1085 | Eberleh Justus | FährhausSkippersInnFlitzer1 | 0:22:58 | 0:23:20 | 19 | MHK | 94 | 11:17 11:40 |
| 110 | 2325 | Steffens Derk | Emder LG | 0:23:12 | 0:23:23 | 8 | MU14 | 01 | 11:15 11:56 |
| 111 | 1330 | Aumann Ralf | Druckerei Haferkamp | 0:22:47 | 0:23:26 | 13 | M40 | 73 | 11:34 11:13 |
| 111 | 2403 | Rausch Gerhard | | 0:23:20 | 0:23:26 | 16 | M45 | 68 | 11:20 11:59 |
| 113 | 1919 | Willms Severin | Norder Ruderclub | 0:23:11 | 0:23:27 | 20 | MHK | 94 | 11:10 12:00 |
| 114 | 1729 | Mudder Michael | | 0:23:22 | 0:23:28 | 14 | M40 | 72 | 11:27 11:55 |
| 115 | 1851 | Sieler Michael | Hinte | 0:23:21 | 0:23:29 | 21 | MHK | 85 | 11:28 11:53 |
| 116 | 1402 | Concheiro Kai | Emder Ig | 0:23:24 | 0:23:29 | 22 | MHK | 85 | 11:22 12:01 |
| 117 | 1829 | Schol Alfred | Emder LG | 0:23:27 | 0:23:30 | 2 | M60 | 53 | 11:28 11:58 |
| 118 | 1101 | Nöding Niels | Gebr. Neumann 1 | 0:22:27 | 0:23:36 | 15 | M40 | 73 | 10:58 11:29 |
| 119 | 1273 | Wortberg Rimt | Team THADE GERDES | 0:23:25 | 0:23:36 | 16 | M40 | 71 | 11:33 11:52 |
| 120 | 1228 | Rogga Markus | Störtebeker Loopers | 0:23:15 | 0:23:39 | 6 | M35 | 77 | 11:29 11:45 |
| 121 | 1287 | Höft Marco | Testudo | 0:22:50 | 0:23:40 | 17 | M40 | 74 | 11:30 11:20 |
| 122 | 1962 | Grensemann Günther | TV Norden Team | 0:23:33 | 0:23:41 | 17 | M45 | 66 | 11:39 11:53 |
| 123 | 1276 | Mertens Christian | Tell Bau BLEIFUß | 0:23:31 | 0:23:44 | 18 | M45 | 65 | 12:02 11:28 |
| 124 | 1281 | Rosenberg Marco | Tell Bau VOLLBREMSUNG | 0:23:35 | 0:23:45 | 23 | MHK | 88 | 11:48 11:46 |
| 125 | 1167 | Goldenstein Mark | Onnos Goldstücke | 0:23:44 | 0:23:54 | 7 | M30 | 81 | 11:36 12:08 |
| 126 | 1060 | Ippen Jannes | de Teenösen | 0:23:52 | 0:24:01 | 24 | MHK | 93 | 11:42 12:10 |
| 127 | 2151 | Rosenboom Mirko | | 0:23:22 | 0:24:01 | 25 | MHK | 85 | 11:46 11:36 |
| 128 | 1259 | Bents Benjamin | Team Kurzschluss 1 | 0:23:55 | 0:24:02 | 26 | MHK | 89 | 12:06 11:49 |
| 129 | 1214 | Cramer Helmut | Stadtwerke Norden 1 | 0:23:50 | 0:24:03 | 13 | M50 | 60 | 11:45 12:04 |
| 130 | 1284 | Tebben Johann | Tell Bau VOLLGAS | 0:23:50 | 0:24:03 | 5 | M55 | 57 | 11:39 12:10 |
| 131 | 2176 | Immega Stephan | LG Harlingerland | 0:23:58 | 0:24:05 | 8 | M30 | 84 | 11:52 12:06 |
| 132 | 2173 | Luther Simon | IGS Emden | 0:23:27 | 0:24:14 | 7 | M35 | 79 | 12:04 11:22 |
| 133 | 1291 | Müller Daniel | Trink ne Coke mit Familie | 0:24:01 | 0:24:14 | 12 | MU20 | 96 | 11:47 12:13 |
| 134 | 1161 | Garrelts Arthur | Ohne AOK läuft nix | 0:24:07 | 0:24:17 | 14 | M50 | 60 | 11:45 12:21 |
| 135 | 1099 | Ortgies Melvin | Fortuna 2 | 0:24:12 | 0:24:22 | 13 | MU18 | 98 | 12:02 12:09 |
| 136 | 1568 | Hillers Matthias | | 0:24:14 | 0:24:23 | 8 | M35 | 76 | 11:51 12:22 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------------|--------------------------------|---------|---------|-------|------|------|--------------|
| 137 | 1959 | Kühl Uwe | Dong-Energy I | 0:23:55 | 0:24:25 | 19 | M45 | 65 | 11:48 12:07 |
| 138 | 2113 | Dinkla Eilbert | CVJM-Strandleben e.V. | 0:23:34 | 0:24:25 | 27 | MHK | 91 | 12:51 10:42 |
| 139 | 1738 | Mürmel Jerry | | 0:24:28 | 0:24:31 | 15 | M50 | 62 | 11:36 12:51 |
| 140 | 1043 | Buss c/o AG Norden Rainer | AG Norden II | 0:24:23 | 0:24:31 | 9 | M35 | 77 | 12:09 12:13 |
| 141 | 1132 | Harms Detlef | L. Bold Bauunternehmung | 0:24:08 | 0:24:32 | 20 | M45 | 68 | 12:34 11:33 |
| 142 | 1131 | Engler Stefan | L. Bold Bauunternehmung | 0:24:09 | 0:24:34 | 10 | M35 | 77 | 12:35 11:33 |
| 143 | 1137 | Griesheimer Volker | LG Glave Gruppe | 0:24:31 | 0:24:40 | 16 | M50 | 61 | 12:09 12:22 |
| 144 | 1394 | Bußmann Heiko | LT TuS Holtriem | 0:24:33 | 0:24:41 | 21 | M45 | 66 | 12:18 12:14 |
| 145 | 1296 | Fischer Jochen | Ulrichsgymnasium Team I | 0:24:12 | 0:24:43 | 22 | M45 | 67 | 12:21 11:51 |
| 146 | 1487 | Frömer Malte | | 0:24:20 | 0:24:43 | 28 | MHK | 92 | 12:32 11:47 |
| 147 | 0 | unbekannt DY8R734 | | 0:24:36 | 0:24:44 | 0 | M | | 11:43 12:53 |
| 148 | 1498 | Gerken Theelko | Norder Ruderclub | 0:24:33 | 0:24:50 | 29 | MHK | 93 | 12:04 12:29 |
| 149 | 1138 | Janßen Dieter | LG Glave Gruppe | 0:24:31 | 0:24:51 | 23 | M45 | 66 | 12:14 12:17 |
| 150 | 1041 | Meyer Frank | AG Norden - immer wieder | 0:24:44 | 0:24:52 | 18 | M40 | 72 | 12:09 12:34 |
| 151 | 1158 | Rosenboom Wilko | Mesters up Loop 2 | 0:23:49 | 0:24:53 | 30 | MHK | 89 | 11:39 12:10 |
| 152 | 1239 | Rohden Marko | SVO Wi sünd Holtriem Jungs | 0:24:28 | 0:24:54 | 14 | MU18 | 98 | 12:17 12:10 |
| 153 | 1672 | Kutscher Jörg | | 0:24:48 | 0:24:54 | 19 | M40 | 72 | 12:40 12:07 |
| 154 | 2101 | Hill Uwe | | 0:24:33 | 0:24:54 | 31 | MHK | 90 | 12:20 12:13 |
| 155 | 2152 | Janßen Marek | TV Norden | 0:24:40 | 0:24:54 | 32 | MHK | 93 | 11:58 12:41 |
| 156 | 2147 | Bakker Jens | | 0:23:55 | 0:24:55 | 9 | M30 | 82 | 11:48 12:06 |
| 157 | 2114 | Dinkla Lennert | CVJM-Strandleben e.V. | 0:24:05 | 0:24:55 | 33 | MHK | 90 | 12:53 11:12 |
| 158 | 1315 | Möller Günter | VON AMTS WEGEN | 0:24:35 | 0:24:58 | 24 | M45 | 68 | 11:46 12:48 |
| 159 | 1082 | Eilts Harald | EWE-Wattloopers 3 | 0:24:39 | 0:24:59 | 17 | M50 | 64 | 12:02 12:36 |
| 160 | 1332 | Bachmann Justin | | 0:24:56 | 0:25:00 | 9 | MU14 | 01 | 12:01 12:55 |
| 161 | 1098 | Krems Hans-Jürgen | Fortuna 2 | 0:24:48 | 0:25:03 | 6 | M55 | 59 | 12:06 12:41 |
| 162 | 1931 | Zuther Luca | OLB2 | 0:24:27 | 0:25:03 | 34 | MHK | 93 | 12:25 12:02 |
| 163 | 2141 | de Uries Jann | Da Urlaub | 0:24:56 | 0:25:05 | 35 | MHK | 93 | 12:11 12:45 |
| 164 | 1385 | Büttner Thade | KGS Hage 5a | 0:24:46 | 0:25:06 | 10 | MU14 | 02 | 12:46 11:59 |
| 165 | 2146 | Altfeld Felix | SV Hage | 0:24:43 | 0:25:09 | 15 | MU18 | 98 | 11:23 13:19 |
| 166 | 1159 | Rost Frank | Mesters up Loop 2 | 0:24:07 | 0:25:09 | 10 | M30 | 81 | 12:09 11:58 |
| 167 | 1229 | Albrecht Carsten | SV Hage Volleyball 1. Herren | 0:24:44 | 0:25:10 | 25 | M45 | 67 | 12:08 12:35 |
| 168 | 1778 | Raveling Hermann | Hamminkeler SV | 0:25:03 | 0:25:12 | 26 | M45 | 66 | 12:22 12:41 |
| 168 | 1561 | Heyen Michael | | 0:24:57 | 0:25:12 | 20 | M40 | 71 | 12:25 12:31 |
| 168 | 0 | unbekannt DG8KR3Z | | 0:25:02 | 0:25:12 | 0 | M | | 12:29 12:33 |
| 171 | 1562 | Heyen Thomas | | 0:24:58 | 0:25:13 | 27 | M45 | 69 | 12:26 12:32 |
| 172 | 2051 | Schunke Michael | | 0:25:02 | 0:25:14 | 28 | M45 | 67 | 12:28 12:34 |
| 173 | 1717 | Meyer Enno | Lg grossheide | 0:24:51 | 0:25:14 | 36 | MHK | | 12:17 12:34 |
| 174 | 1581 | Hollwege Hauke | VffL Berumbur | 0:24:56 | 0:25:15 | 1 | MU12 | 03 | 12:48 12:07 |
| 175 | 1195 | Tebben-Willgrubs Benjamin | SKN Hardloopers | 0:25:02 | 0:25:19 | 37 | MHK | 91 | 13:04 11:57 |
| 176 | 1971 | Knieper Lars | | 0:24:39 | 0:25:21 | 38 | MHK | 94 | 12:28 12:10 |
| 177 | 1136 | Büscher Fritz | LG Glave Gruppe | 0:24:54 | 0:25:21 | 3 | M60 | 54 | 12:40 12:14 |
| 178 | 1178 | Beyer Nico | Plattfooten-Klinik Nördermee 4 | 0:25:04 | 0:25:23 | 2 | MU12 | 03 | 12:31 12:33 |
| 179 | 1108 | Weddermann Marc | Gebr. Neumann 3 | 0:24:54 | 0:25:25 | 39 | MHK | 87 | 13:01 11:53 |
| 180 | 2160 | Jekke Heremeyer | BSS Norden | 0:25:27 | 0:25:28 | 13 | MU20 | 95 | 11:09 14:18 |
| 181 | 1224 | Saathoff Steffen | Störtebeker Herren 2 | 0:25:11 | 0:25:30 | 40 | MHK | 89 | 12:27 12:43 |
| 182 | 1569 | Hillers Thomas | | 0:25:21 | 0:25:30 | 11 | M30 | 81 | 12:05 13:15 |
| 183 | 1382 | Bruns Piet | TV Norden | 0:25:08 | 0:25:31 | 11 | MU14 | 02 | 13:26 11:41 |
| 184 | 1354 | Biebrich Eckhard | Conerus-Schule Norden | 0:25:27 | 0:25:33 | 18 | M50 | 64 | 12:34 12:52 |
| 185 | 1160 | Freudenberg Maik | Ohne AOK läuft nix | 0:25:28 | 0:25:34 | 16 | MU18 | 97 | 11:26 14:01 |
| 186 | 1028 | Eggers Sönke | 50 Jahre Rats-Apotheke 1 | 0:25:02 | 0:25:37 | 41 | MHK | 93 | 13:00 12:02 |
| 187 | 1976 | Schräder Lars | | 0:25:33 | 0:25:37 | 1 | MU10 | 05 | 12:26 13:06 |
| 188 | 1775 | Rademacher Heinz | | 0:24:59 | 0:25:38 | 42 | MHK | 86 | 12:22 12:37 |
| 189 | 1056 | Sparenborg Manfred | Busse Technischer Handel | 0:25:09 | 0:25:39 | 43 | MHK | 91 | 13:03 12:06 |
| 190 | 1283 | Backer Menne | Tell Bau VOLLGAS | 0:25:29 | 0:25:41 | 19 | M50 | 64 | 12:33 12:55 |
| 191 | 1764 | Pfluger Hermann | Druckerei Haferkamp | 0:25:05 | 0:25:44 | 21 | M40 | 74 | 13:00 12:04 |
| 192 | 1413 | De Vries Derk | VffL Berumbur | 0:25:25 | 0:25:45 | 3 | MU12 | 03 | 12:48 12:36 |
| 193 | 1963 | Carstens Rainer | TV Norden Team | 0:25:35 | 0:25:46 | 0 | M | | 12:53 12:41 |
| 194 | 1055 | Leeling Frank | Busse Technischer Handel | 0:25:19 | 0:25:47 | 29 | M45 | 68 | 12:48 12:31 |
| 195 | 1342 | Behrends Alexander | OLB3 | 0:25:16 | 0:25:50 | 44 | MHK | 89 | 12:46 12:29 |
| 196 | 1820 | Schmidt Hinrich | De Lackloopers | 0:25:19 | 0:25:51 | 30 | M45 | 65 | 12:41 12:37 |
| 197 | 0 | unbekannt DG8VTYM | | 0:25:21 | 0:25:53 | 0 | M | | 12:49 12:32 |
| 198 | 1781 | Reiners Werner | | 0:25:21 | 0:25:53 | 31 | M45 | 68 | 12:48 12:32 |
| 199 | 1678 | Lensch Titus | Norder Ruderclub | 0:25:37 | 0:25:54 | 5 | MU16 | 99 | 12:49 12:48 |
| 200 | 1974 | Oppenborn Jan-Ole | | 0:25:12 | 0:25:55 | 45 | MHK | 94 | 12:34 12:37 |
| 201 | 1453 | Ernst Jonathan | TV Norden | 0:25:43 | 0:25:59 | 12 | MU14 | 02 | 13:34 12:09 |
| 202 | 2126 | Maatz Peter | | 0:25:18 | 0:26:01 | 20 | M50 | 60 | 13:04 12:13 |
| 203 | 1359 | Bochardt Torsten | OLB5 | 0:25:18 | 0:26:01 | 32 | M45 | 66 | 12:52 12:25 |
| 204 | 1222 | Rosendahl Wilfried | Störtebeker Herren 1 | 0:25:30 | 0:26:02 | 33 | M45 | 68 | 12:59 12:31 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|-------------------------|--------------------------------|---------|---------|-------|------|------|--------------|
| 205 | 2102 | Schoneboom Thomas | Norder Ruderclub | 0:25:04 | 0:26:04 | 11 | M35 | 79 | 12:40 12:23 |
| 206 | 1694 | Manderfeld Daniel | | 0:25:43 | 0:26:05 | 46 | MHK | 91 | 12:33 13:09 |
| 207 | 1084 | Tjaden Suntko | EWE-Wattloopers 3 | 0:25:46 | 0:26:06 | 47 | MHK | 91 | 12:51 12:54 |
| 208 | 2348 | Fengkohl Frank | Fortuna Wirdum | 0:25:53 | 0:26:07 | 21 | M50 | 60 | 13:08 12:44 |
| 209 | 1871 | Thiede Bernhard | Conerus-Schule Norden | 0:25:27 | 0:26:07 | 34 | M45 | 68 | 12:35 12:51 |
| 210 | 2335 | Peters Wolfgang | TVS Eintracht Hinte | 0:25:48 | 0:26:09 | 35 | M45 | 67 | 12:31 13:17 |
| 211 | 2124 | Harmi Karsten | WFFL Berumlur | 0:26:06 | 0:26:11 | 48 | MHK | 87 | 11:48 14:17 |
| 212 | 1958 | Albrecht Mathias | Dong-Energy I | 0:25:44 | 0:26:13 | 22 | M40 | 70 | 13:09 12:35 |
| 213 | 1157 | Oltmanns Frank | Mesters up Loop 2 | 0:25:12 | 0:26:16 | 12 | M30 | 81 | 12:36 12:36 |
| 214 | 1500 | Giesenberg Georg | TTV Großheide | 0:25:48 | 0:26:16 | 2 | M65 | 49 | 13:00 12:47 |
| 215 | 2178 | Schoneboom Hans-Günter | Ember LG | 0:25:45 | 0:26:18 | 36 | M45 | 66 | 13:01 12:44 |
| 216 | 1980 | Brown Cody | UGN-Norden | 0:25:34 | 0:26:18 | 14 | MU20 | 95 | 13:04 12:30 |
| 217 | 1263 | Burmeister Arno | Team Kurzschluss 2 | 0:25:21 | 0:26:19 | 49 | MHK | 91 | 12:56 12:24 |
| 218 | 1622 | Jedamzik Felix | Fährhaus-Skippers Inn Flitzer | 0:25:48 | 0:26:19 | 13 | M30 | 80 | 13:03 12:44 |
| 219 | 1801 | Schachtschneider Holger | Kinderschutzbund Norden | 0:25:54 | 0:26:19 | 37 | M45 | 65 | 12:49 13:05 |
| 220 | 1337 | Basa Frank | Die Laufsnecken | 0:25:36 | 0:26:20 | 12 | M35 | 76 | 13:34 12:01 |
| 221 | 1398 | Caspers Silas | KGS Hage 5a | 0:26:00 | 0:26:20 | 13 | MU14 | 02 | 12:53 13:06 |
| 222 | 1614 | Janssen Thorsten | Druckerei Haferkamp | 0:25:43 | 0:26:20 | 23 | M40 | 71 | 13:05 12:38 |
| 223 | 1300 | Pittelkow Nils | Voltigierteam IV | 0:25:59 | 0:26:22 | 14 | MU14 | 02 | 13:27 12:31 |
| 224 | 1767 | Pittelkow Nils | PSV Norden | 0:26:00 | 0:26:22 | 15 | MU14 | 02 | 13:27 12:32 |
| 225 | 1031 | Büscher Jannik | 50 Jahre Rats-Apotheke 2 | 0:25:31 | 0:26:22 | 17 | MU18 | 97 | 12:54 12:36 |
| 226 | 1106 | Fiege Gerhard | Gbr. Neumann 3 | 0:25:45 | 0:26:26 | 22 | M50 | 63 | 13:06 12:39 |
| 227 | 1274 | Gaedeke Holger | Tell Bau BLEIFUß | 0:25:58 | 0:26:28 | 24 | M40 | 74 | 12:55 13:02 |
| 228 | 1301 | Aeils Paul | Voltigierteam Westerende I | 0:26:11 | 0:26:29 | 18 | MU18 | 97 | 13:25 12:46 |
| 229 | 1071 | Kahrels Sven | Die Luschen | 0:25:32 | 0:26:31 | 14 | M30 | 83 | 13:57 11:34 |
| 230 | 1070 | Dirks Christian | Die Luschen | 0:25:31 | 0:26:32 | 38 | M45 | 68 | 13:57 11:34 |
| 231 | 1079 | Bölts Arne | EWE-Wattloopers 2 | 0:25:58 | 0:26:32 | 13 | M35 | 77 | 12:58 12:59 |
| 232 | 1406 | Cramer Friedhard | Emder LG | 0:26:22 | 0:26:34 | 4 | M60 | 52 | 12:52 13:29 |
| 233 | 1893 | Vollmer Gerhard | | 0:26:16 | 0:26:36 | 7 | M55 | 59 | 13:12 13:04 |
| 234 | 1760 | Pabst Oliver | FC Brookmerland | 0:26:25 | 0:26:39 | 39 | M45 | 68 | 12:59 13:26 |
| 235 | 1081 | Schäfer Hilko | EWE-Wattloopers 2 | 0:26:21 | 0:26:39 | 50 | MHK | 87 | 13:03 13:18 |
| 236 | 1555 | Heppner Leon | Kgs Hage 5a | 0:26:20 | 0:26:40 | 4 | MU12 | 03 | 13:02 13:17 |
| 237 | 1088 | Petersen Maxime | FährhausSkippersInnFlitzer2 | 0:26:19 | 0:26:40 | 19 | MU18 | 97 | 12:26 13:52 |
| 238 | 1466 | Fischer Berthold | | 0:26:05 | 0:26:41 | 40 | M45 | 67 | 13:15 12:49 |
| 239 | 1806 | Scheepker Jochen | Tell Bau | 0:26:30 | 0:26:42 | 51 | MHK | 92 | 12:09 14:21 |
| 240 | 1282 | Yalcin Alaattin | Tell Bau VOLLBREMSUNG | 0:26:31 | 0:26:42 | 52 | MHK | 87 | 12:09 14:21 |
| 241 | 2170 | Holling Manfred | | 0:26:41 | 0:26:43 | 5 | M60 | 52 | 12:57 13:43 |
| 242 | 1220 | Arends Carl-Heinz | Störtebeker Herren 1 | 0:26:13 | 0:26:44 | 41 | M45 | 65 | 13:01 13:11 |
| 243 | 1206 | Schunck Bernd | Staatsanwaltschaft 1 | 0:26:36 | 0:26:45 | 6 | M60 | 50 | 13:03 13:32 |
| 244 | 1066 | Wolter Dominic | Die Knochenklempner | 0:25:51 | 0:26:47 | 14 | M35 | 77 | 14:00 11:50 |
| 245 | 1057 | Terveen Harald | Busse Technischer Handel | 0:26:17 | 0:26:47 | 15 | M35 | 79 | 13:03 13:13 |
| 246 | 1501 | Glamann Graf | TV Norden | 0:25:52 | 0:26:49 | 42 | M45 | 65 | 13:22 12:30 |
| 247 | 2036 | Schulzek Marten | TV Norden | 0:25:59 | 0:26:49 | 20 | MU18 | 98 | 12:53 13:06 |
| 248 | 1170 | Marcks Helge | Plattfooten-Klinik Nordernee 1 | 0:26:33 | 0:26:54 | 15 | M30 | 84 | 13:33 13:00 |
| 249 | 1278 | Linneberg Jörg | Tell Bau HACKENGAS | 0:26:26 | 0:26:56 | 25 | M40 | 71 | 12:55 13:30 |
| 250 | 1250 | Jähne Dr. Carsten | Team Faltoflott 1 | 0:26:56 | 0:27:01 | 16 | M30 | 81 | 13:39 13:16 |
| 251 | 1065 | Scholz Stefan | Die Knochenklempner | 0:26:04 | 0:27:03 | 17 | M30 | 84 | 13:58 12:06 |
| 252 | 1590 | Hugen Heinz | | 0:26:37 | 0:27:07 | 7 | M60 | 52 | 13:27 13:10 |
| 253 | 1219 | Schrock-Opitz Claudio | Stadtwerke Norden 2 | 0:26:22 | 0:27:09 | 43 | M45 | 66 | 13:36 12:45 |
| 254 | 1180 | Wypich Peter | Plattfooten-Klinik Nordernee 4 | 0:26:54 | 0:27:11 | 44 | M45 | 65 | 13:34 13:19 |
| 254 | 1086 | Eberleh Maximilian | FährhausSkippersInnFlitzer1 | 0:26:46 | 0:27:11 | 23 | M50 | 64 | 13:07 13:39 |
| 256 | 2179 | Wulf Florian | | 0:27:12 | 0:27:14 | 15 | MU20 | 96 | 11:58 15:13 |
| 257 | 1961 | Schmidt Karl-Heinz | TV Norden | 0:27:00 | 0:27:19 | 8 | M55 | 57 | 13:29 13:31 |
| 258 | 1190 | Feige Wolfgang | Skatclub Medleys | 0:27:08 | 0:27:19 | 45 | M45 | 66 | 13:16 13:52 |
| 259 | 1231 | Hartmann Ayelt | SV Hage Volleyball 1. Herren | 0:26:53 | 0:27:20 | 53 | MHK | 93 | 13:34 13:18 |
| 260 | 1051 | Taddigs Joachim | AOK-BK-Flitzer | 0:27:07 | 0:27:23 | 24 | M50 | 62 | 13:38 13:29 |
| 261 | 1072 | Bree Jonas | Die Luschen | 0:26:29 | 0:27:28 | 21 | MU18 | 98 | 13:58 12:31 |
| 262 | 2343 | Okken Jochen | TV Norden | 0:27:01 | 0:27:29 | 25 | M50 | 63 | 13:33 13:28 |
| 263 | 1064 | Assing Stefan | Die Knochenklempner | 0:26:31 | 0:27:29 | 18 | M30 | 83 | 13:58 12:32 |
| 264 | 1189 | Van der Laan Kevin | Schule am Meer Klasse 8 | 0:26:40 | 0:27:30 | 22 | MU18 | 98 | 14:14 12:26 |
| 265 | 1314 | Feldmann Guido | VON AMTS WEGEN | 0:27:09 | 0:27:32 | 54 | MHK | 94 | 12:53 14:16 |
| 266 | 1545 | Hattermann Tammo | Norder Ruderclub | 0:27:16 | 0:27:35 | 6 | MU16 | 99 | 14:18 12:57 |
| 267 | 1887 | Uphof Thorsten | Getränke Lammers | 0:26:44 | 0:27:35 | 46 | M45 | 68 | 13:52 12:51 |
| 268 | 1712 | Mennenga Michael | Getränke Lammers | 0:26:43 | 0:27:36 | 19 | M30 | 84 | 13:23 13:20 |
| 269 | 1164 | Mennenga Jörg | Onnos Friesen | 0:27:13 | 0:27:38 | 16 | M35 | 75 | 12:46 14:27 |
| 270 | 2181 | Kenu Jonas | | 0:26:52 | 0:27:40 | 16 | MU20 | 95 | 14:17 12:34 |
| 271 | 1191 | Schwicker Ralph | Skatclub Medleys | 0:27:32 | 0:27:41 | 47 | M45 | 65 | 13:32 14:00 |
| 272 | 1035 | Schneider Dennis | AFP.DIE BERATER | 0:27:13 | 0:27:45 | 55 | MHK | 89 | 13:06 14:06 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|---------------------|-----------------------------|---------|---------|-------|------|------|--------------|
| 273 | 1985 | bruns Frank | | 0:26:58 | 0:27:49 | 26 | M40 | 74 | 13:58 12:59 |
| 274 | 1989 | Janssen Arjen | SUS Berumerfehn | 0:27:47 | 0:27:52 | 26 | M50 | 61 | 13:38 14:08 |
| 275 | 1381 | Bruns Alwin | LT TuS Holtrim | 0:27:47 | 0:27:54 | 27 | M50 | 61 | 13:45 14:02 |
| 276 | 1812 | Schirmacher Malte | OLB3 | 0:27:18 | 0:27:55 | 56 | MHK | 94 | 13:53 13:25 |
| 277 | 1194 | Rüst Jan-Markus | SKN Hardloopers | 0:27:42 | 0:28:00 | 17 | M35 | 75 | 13:42 14:00 |
| 278 | 1677 | Lengert Harald | TV Osteel | 0:27:30 | 0:28:03 | 28 | M50 | 64 | 13:36 13:53 |
| 279 | 1146 | Langensiepen Jannis | LG Harlingerland Youngster | 0:27:35 | 0:28:04 | 57 | MHK | 94 | 14:03 13:31 |
| 280 | 1546 | Haupt Werner | | 0:27:18 | 0:28:04 | 29 | M50 | 62 | 13:51 13:26 |
| 281 | 1960 | Häusel Ralf | DONG-ENERGY II | 0:27:36 | 0:28:06 | 9 | M55 | 59 | 13:32 14:04 |
| 282 | 2022 | Kräfte Jochen | | 0:28:09 | 0:28:18 | 30 | M50 | 64 | 13:17 14:51 |
| 283 | 1153 | Meyer Stefan | MDSI IT-Solutions | 0:27:47 | 0:28:18 | 27 | M40 | 71 | 14:17 13:30 |
| 284 | 1165 | Neugebauer Tobias | Onnos Friesen | 0:27:59 | 0:28:19 | 20 | M30 | 82 | 13:11 14:47 |
| 285 | 1909 | Wilberts Hendrik | UG Norden 5a | 0:28:03 | 0:28:22 | 5 | MU12 | 03 | 13:40 14:23 |
| 286 | 1537 | Hanssen Leon | | 0:28:08 | 0:28:24 | 6 | MU12 | 03 | 14:31 13:36 |
| 287 | 1698 | Margraf Marcel | OLB2 | 0:27:49 | 0:28:25 | 17 | MU20 | 95 | 13:50 13:58 |
| 288 | 2076 | Carstens Lasse | JFV | 0:27:30 | 0:28:25 | 16 | MU14 | 01 | 14:44 12:46 |
| 289 | 2069 | Weber Dominik | | 0:27:46 | 0:28:25 | 58 | MHK | 86 | 13:27 14:19 |
| 290 | 2097 | Bron Lukas | Norden Gymnasium 7c | 0:27:31 | 0:28:25 | 7 | MU16 | 00 | 14:44 12:46 |
| 291 | 1414 | De Vries Erich | | 0:27:57 | 0:28:26 | 28 | M40 | 73 | 14:19 13:37 |
| 292 | 1702 | Matscheizigk Marco | | 0:28:00 | 0:28:28 | 18 | M35 | 76 | 14:06 13:53 |
| 293 | 1747 | Ocken Sven | KVHS Norden | 0:27:42 | 0:28:29 | 59 | MHK | 92 | 11:44 15:57 |
| 294 | 1205 | Boelsen Johann | Staatsanwaltschaft 1 | 0:28:11 | 0:28:31 | 31 | M50 | 62 | 13:59 14:12 |
| 295 | 1264 | Harms Timo | Team Kurzschluss 2 | 0:27:51 | 0:28:32 | 60 | MHK | 92 | 13:51 14:00 |
| 296 | 1610 | Janssen Marko | TV Norden | 0:27:40 | 0:28:36 | 21 | M30 | 81 | 14:17 13:23 |
| 297 | 1515 | Grimm Keno | VffL Berumbur | 0:28:00 | 0:28:42 | 23 | MU18 | 97 | 14:23 13:37 |
| 298 | 1505 | Gloger Günter | De Lackloopers | 0:28:08 | 0:28:46 | 29 | M40 | 71 | 13:57 14:11 |
| 299 | 1271 | Fisser Erwin | Team THADE GERDES | 0:28:38 | 0:28:48 | 22 | M30 | 82 | 12:41 15:57 |
| 300 | 1429 | Diekmann Keno | SAUSESCHRITT | 0:28:40 | 0:28:48 | 61 | MHK | 92 | 12:42 15:57 |
| 301 | 1804 | Scheepker Alfred | TV Norden | 0:27:48 | 0:28:50 | 8 | M60 | 54 | 13:45 14:03 |
| 302 | 1699 | Marjara Joseph | Klinik Norddeich | 0:27:56 | 0:28:54 | 30 | M40 | 74 | 14:07 13:48 |
| 303 | 1045 | Wagner Robert | AG Norden II | 0:28:43 | 0:28:57 | 62 | MHK | 85 | 14:06 14:36 |
| 304 | 1908 | Wiche Sven | DLRG-Norden | 0:28:41 | 0:29:02 | 31 | M40 | 73 | 15:02 13:38 |
| 305 | 2107 | Kruse Christian | CVJM-Strandleben e.V. | 0:28:13 | 0:29:03 | 63 | MHK | 93 | 14:17 13:55 |
| 306 | 1386 | Büttner Walter | | 0:28:28 | 0:29:04 | 10 | M55 | 59 | 13:45 14:43 |
| 306 | 1240 | Schmitz Henning | SVO Wi sünd Holtrium Jungs | 0:28:36 | 0:29:04 | 24 | MU18 | 97 | 15:12 13:23 |
| 308 | 2106 | Harre Andreas | CVJM-Strandleben e.V. | 0:28:14 | 0:29:05 | 32 | M50 | 64 | 14:18 13:56 |
| 309 | 1516 | Grimm Lennert | KGS Hage 5a | 0:28:45 | 0:29:05 | 17 | MU14 | 02 | 13:42 15:03 |
| 310 | 1935 | Köpsel Karsten | TV Norden | 0:28:22 | 0:29:08 | 0 | M | 05 | 14:37 13:44 |
| 311 | 1267 | Trauernicht Jens | Team Kurzschluss 3 | 0:28:46 | 0:29:10 | 33 | M50 | 63 | 14:24 14:22 |
| 312 | 1207 | Wilken Helge | Staatsanwaltschaft 1 | 0:28:53 | 0:29:22 | 34 | M50 | 61 | 14:43 14:10 |
| 313 | 1690 | Lühring Paul | Kinderschutzbund Norden | 0:28:59 | 0:29:24 | 18 | MU20 | 95 | 14:40 14:18 |
| 314 | 1326 | Arends Maron | TV Norden | 0:28:37 | 0:29:34 | 2 | MU10 | 06 | 15:10 13:27 |
| 315 | 1623 | Jenssen Jörg | TV Norden | 0:28:45 | 0:29:34 | 35 | M50 | 60 | 14:34 14:11 |
| 316 | 1328 | Arends Torsten | TV Norden | 0:28:38 | 0:29:34 | 32 | M40 | 74 | 15:10 13:27 |
| 317 | 1714 | Mennenga Reinhard | SV Süderneuland | 0:28:43 | 0:29:34 | 3 | M65 | 48 | 14:32 14:10 |
| 318 | 1916 | Willems Walter | Bahn Free Großheide | 0:28:44 | 0:29:34 | 36 | M50 | 64 | 14:33 14:11 |
| 319 | 1275 | Janssen Frank Peter | Tell Bau BLEIFUß | 0:28:55 | 0:29:35 | 48 | M45 | 67 | 14:20 14:35 |
| 320 | 1445 | Eilers Jens | NO MAAM | 0:28:50 | 0:29:35 | 19 | M35 | 79 | 14:21 14:29 |
| 321 | 1538 | Harbrecht Thomas | | 0:28:51 | 0:29:36 | 49 | M45 | 68 | 14:21 14:29 |
| 322 | 2016 | Schewiola Stefan | LT TuS Aurich-Ost | 0:29:22 | 0:29:36 | 50 | M45 | 66 | 14:10 15:12 |
| 323 | 1921 | Wilts Hermann | TV Norden | 0:28:45 | 0:29:37 | 4 | M65 | 46 | 14:41 14:03 |
| 324 | 2177 | Barsuhn Jonas | Butterfly | 0:28:45 | 0:29:38 | 8 | MU16 | 99 | 15:36 13:09 |
| 325 | 2165 | Henning Friedo | DONG-ENERGY II | 0:29:11 | 0:29:43 | 37 | M50 | 64 | 14:33 14:38 |
| 326 | 1583 | Holzappel Lutz | TV Norden | 0:29:03 | 0:29:45 | 11 | M55 | 58 | 14:51 14:12 |
| 327 | 1044 | Früchtenicht Rene | AG Norden II | 0:29:26 | 0:29:48 | 20 | M35 | 76 | 14:27 14:59 |
| 328 | 1755 | Ortmann Dirk | TUS Norderney | 0:29:37 | 0:29:49 | 51 | M45 | 65 | 14:56 14:41 |
| 329 | 1447 | El-Zein Kudor | WfbM Aurich - Wittmund | 0:29:11 | 0:29:54 | 64 | MHK | 94 | 16:41 12:30 |
| 330 | 1192 | Teekenbörg Horst | Skatclub Medleys | 0:29:51 | 0:30:00 | 52 | M45 | 66 | 14:27 15:24 |
| 331 | 1662 | Kröger Jan | Firma Kröger GmbH | 0:29:40 | 0:30:10 | 19 | MU20 | 96 | 12:33 17:07 |
| 332 | 1277 | Campe Rainer | Tell Bau HACKENGAS | 0:29:42 | 0:30:12 | 38 | M50 | 64 | 14:20 15:21 |
| 333 | 1557 | Herfeld Lukas | | 0:29:55 | 0:30:14 | 65 | MHK | 94 | 15:03 14:51 |
| 334 | 2408 | Janßen Gerrit | | 0:30:04 | 0:30:19 | 21 | M35 | 75 | 14:32 15:32 |
| 335 | 1861 | Stegmann Nils | Kreisvolkshochschule Norden | 0:29:32 | 0:30:20 | 53 | M45 | 68 | 15:00 14:31 |
| 336 | 1317 | Abels Heinz | Kreisvolkshochschule Norden | 0:29:33 | 0:30:20 | 39 | M50 | 62 | 15:01 14:31 |
| 337 | 1751 | Oldewurtel Menko | - | 0:29:37 | 0:30:24 | 66 | MHK | 89 | 14:51 14:46 |
| 338 | 1257 | Kröger Heinz | Team Kröger | 0:29:56 | 0:30:24 | 54 | M45 | 68 | 14:35 15:20 |
| 339 | 1577 | Hoheisel Wilfried | privat | 0:30:09 | 0:30:34 | 5 | M65 | 49 | 15:09 14:59 |
| 340 | 1643 | Keim Torsten | | 0:29:55 | 0:30:37 | 55 | M45 | 66 | 15:53 14:02 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|----------------------------|-------------------------------|---------|---------|-------|------|------|--------------|
| 341 | 1849 | Seemann Volker | DLRG-Norden | 0:30:17 | 0:30:38 | 40 | M50 | 60 | 17:48 12:29 |
| 342 | 1608 | Janssen Heinz | Wittmund | 0:30:10 | 0:30:47 | 12 | M55 | 55 | 14:49 15:20 |
| 343 | 1362 | Boelmann Jens | VW Emden | 0:29:49 | 0:30:48 | 56 | M45 | 67 | 14:12 15:37 |
| 344 | 1046 | Engels c/o AG Norden Heinz | AG Norden III | 0:30:37 | 0:30:48 | 22 | M35 | 76 | 15:10 15:26 |
| 345 | 1613 | Janssen Thomas | | 0:30:21 | 0:30:57 | 33 | M40 | 70 | 15:12 15:09 |
| 346 | 1458 | Fabricius Jörn | | 0:30:05 | 0:30:59 | 67 | MHK | 87 | 15:35 14:30 |
| 347 | 1090 | Seemann Julius | FährhausSkippersInnFlitzer2 | 0:30:48 | 0:31:10 | 20 | MU20 | 95 | 12:57 17:51 |
| 348 | 1881 | Trauernicht Lars | | 0:30:48 | 0:31:11 | 7 | MU12 | 03 | 15:40 15:07 |
| 349 | 1298 | Kleen Rainer | Voltigierteam IV | 0:30:49 | 0:31:13 | 25 | MU18 | 97 | 15:13 15:35 |
| 350 | 1544 | Hattermann Dieter | | 0:30:43 | 0:31:27 | 41 | M50 | 64 | 15:14 15:29 |
| 351 | 2025 | Klesitz Jochen | | 0:30:42 | 0:31:28 | 23 | M30 | 83 | 15:47 14:55 |
| 352 | 1032 | Gerdes Jann-Onno | 50 Jahre Rats-Apotheke 2 | 0:30:52 | 0:31:30 | 24 | M30 | 84 | 15:47 15:04 |
| 353 | 1817 | Schmidt Frank | NO MAAM | 0:30:46 | 0:31:32 | 23 | M35 | 76 | 15:51 14:54 |
| 354 | 1426 | Dettmers Bernd | NO MAAM | 0:30:47 | 0:31:33 | 24 | M35 | 76 | 15:51 14:55 |
| 354 | 1595 | Jakobs Jens | NO MAAM | 0:30:46 | 0:31:33 | 24 | M35 | 75 | 15:51 14:55 |
| 356 | 1490 | Gather Simon | | 0:30:31 | 0:31:34 | 68 | MHK | 90 | 15:05 15:26 |
| 357 | 1036 | Hinricks Hilko | AFP.DIE BERATER | 0:31:01 | 0:31:36 | 21 | MU20 | 96 | 15:18 15:42 |
| 358 | 1700 | Marschall Uwe | TV Norden | 0:31:00 | 0:31:41 | 13 | M55 | 58 | 15:36 15:23 |
| 359 | 1163 | Kuttig Holger | Onnos Friesen | 0:31:25 | 0:31:48 | 34 | M40 | 74 | 15:13 16:12 |
| 360 | 2095 | Menzel Martje | | 0:31:15 | 0:31:49 | 9 | MU16 | 99 | 16:17 14:57 |
| 361 | 1254 | Hildebrand Hermann | Team Hildebrand | 0:31:04 | 0:31:51 | 14 | M55 | 59 | 15:57 15:07 |
| 362 | 1030 | Groeneveld Dr. Heiko | 50 Jahre Rats-Apotheke 1 | 0:31:13 | 0:31:52 | 57 | M45 | 66 | 15:48 15:25 |
| 363 | 1605 | Janssen Georg | TV Norden | 0:31:36 | 0:31:57 | 9 | M60 | 50 | 15:07 16:29 |
| 364 | 1125 | Hayunga Frank | Happyfeet 2 | 0:31:06 | 0:32:06 | 58 | M45 | 66 | 16:14 14:51 |
| 365 | 1704 | Meelkop Jordy | | 0:32:08 | 0:32:09 | 26 | MU18 | 98 | 14:53 17:14 |
| 366 | 1956 | Engel Peter | DONG-ENERGY II | 0:31:41 | 0:32:13 | 25 | M30 | 81 | 15:44 15:57 |
| 367 | 1816 | Schmid Dr. Michael | | 0:31:55 | 0:32:26 | 10 | M60 | 52 | 15:34 16:20 |
| 368 | 2158 | Wienekamp Thomas | | 0:31:29 | 0:32:28 | 26 | M30 | 80 | 16:06 15:23 |
| 369 | 2012 | Christöphler Karsten | | 0:31:55 | 0:32:29 | 42 | M50 | 63 | 15:33 16:22 |
| 370 | 2142 | Hildebrandt Mille | Da Urlaub | 0:32:22 | 0:32:31 | 27 | MU18 | 97 | 14:49 17:32 |
| 371 | 1325 | Arends Hauke | AFP-DIE BERATER | 0:32:01 | 0:32:34 | 22 | MU20 | 96 | 13:48 18:13 |
| 372 | 1087 | Schmiegel Christof | FährhausSkippersInnFlitzer1 | 0:32:32 | 0:32:55 | 59 | M45 | 65 | 15:52 16:40 |
| 373 | 1092 | Schweser Stephan | FährhausSkippersInnFlitzer3 | 0:32:31 | 0:32:55 | 26 | M35 | 77 | 15:48 16:43 |
| 374 | 1265 | Oldendorf Arne | Team Kurzschluss 3 | 0:32:16 | 0:32:56 | 69 | MHK | 92 | 15:56 16:19 |
| 375 | 1185 | Hinrichs Kilian | Schule am Meer Klasse 7 | 0:32:13 | 0:33:03 | 10 | MU16 | 00 | 15:51 16:21 |
| 376 | 1184 | Buck Rene | Schule am Meer Klasse 7 | 0:32:24 | 0:33:15 | 11 | MU16 | 00 | 15:51 16:33 |
| 377 | 1718 | Meyer Frank | EKC- EMDEN | 0:32:51 | 0:33:17 | 27 | M35 | 77 | 15:05 17:45 |
| 378 | 1186 | Tamminga Markus | Schule am Meer Klasse 7 | 0:32:31 | 0:33:21 | 12 | MU16 | 00 | 15:51 16:39 |
| 379 | 1774 | Quaschny Bernd | Conerus-Schule Norden | 0:33:39 | 0:33:51 | 15 | M55 | 57 | 16:26 17:12 |
| 380 | 1262 | Brandt Marc | Team Kurzschluss 2 | 0:33:00 | 0:33:58 | 35 | M40 | 73 | 16:32 16:27 |
| 381 | 1882 | Tröster Karl-Heinz | TV Norden | 0:33:11 | 0:34:03 | 11 | M60 | 52 | 16:04 17:06 |
| 382 | 0 | unbekannt DZ09GP6 | | 0:33:11 | 0:34:04 | 0 | M | | 16:04 17:06 |
| 383 | 1126 | Kramer Uwe | Happyfeet 2 | 0:33:10 | 0:34:09 | 60 | M45 | 65 | 16:35 16:34 |
| 384 | 1260 | Remmers Jens | Team Kurzschluss 1 | 0:33:10 | 0:34:11 | 27 | M30 | 84 | 16:35 16:34 |
| 385 | 1152 | Gliese Sascha | MDSI IT-Solutions | 0:33:51 | 0:34:21 | 36 | M40 | 73 | 15:56 17:55 |
| 386 | 1612 | Janssen Stefan | | 0:33:49 | 0:34:27 | 28 | MU18 | 97 | 17:10 16:39 |
| 387 | 1864 | Stiller Michael | | 0:33:50 | 0:34:27 | 43 | M50 | 64 | 17:10 16:40 |
| 388 | 1347 | Bents Marvin | | 0:33:51 | 0:34:28 | 23 | MU20 | 96 | 17:10 16:40 |
| 389 | 1433 | Dirks Manfred | Stadtwerke | 0:33:53 | 0:34:40 | 44 | M50 | 61 | 16:34 17:18 |
| 390 | 1878 | Topcu Mustafa | Kreisvolkshochschule Norden | 0:34:45 | 0:34:46 | 28 | M30 | 82 | 16:48 17:56 |
| 391 | 1664 | Kropp Olaf | TV Norden | 0:33:58 | 0:34:48 | 61 | M45 | 68 | 17:34 16:23 |
| 392 | 1885 | Ubben Gerhard | | 0:33:57 | 0:34:53 | 29 | M30 | 82 | 17:01 16:56 |
| 393 | 2010 | Behrends Michael | Haneborgers Hof | 0:33:57 | 0:34:53 | 70 | MHK | 85 | 17:01 16:56 |
| 394 | 1669 | Küster Elmar | WfbM Aurich - Wittmund | 0:34:15 | 0:34:58 | 37 | M40 | 70 | 16:46 17:29 |
| 395 | 1920 | Wiltfang Wilhelm | Laufftreff Pewsum | 0:34:08 | 0:35:03 | 16 | M55 | 56 | 17:02 17:05 |
| 396 | 1124 | Goliasch Frank | Happyfeet 2 | 0:34:06 | 0:35:05 | 6 | M65 | 47 | 16:44 17:22 |
| 397 | 1938 | Memenga Merko | 6b KGS Hage | 0:34:32 | 0:35:20 | 18 | MU14 | 02 | 15:55 18:37 |
| 398 | 1511 | Goudschaal Karl-Heinz | TV Norden | 0:34:46 | 0:35:35 | 62 | M45 | 68 | 17:36 17:10 |
| 399 | 1731 | Müller Andre | | 0:34:50 | 0:35:36 | 71 | MHK | 89 | 17:18 17:31 |
| 400 | 1369 | Bornefeld Stefan | | 0:35:39 | 0:35:59 | 17 | M55 | 59 | 16:32 19:07 |
| 401 | 1156 | Petersen Carsten | Mesters up Loop | 0:35:32 | 0:36:26 | 28 | M35 | 79 | 17:12 18:20 |
| 402 | 2037 | Kopetzki Michael | Fährhaus-Skippers Inn Flitzer | 0:36:34 | 0:36:57 | 63 | M45 | 66 | 16:56 19:38 |
| 403 | 1127 | Gerdes Jenko | Happyfeet 3 | 0:36:05 | 0:37:07 | 72 | MHK | 87 | 17:33 18:31 |
| 404 | 1187 | Haan Nils | Schule am Meer Klasse 8 | 0:36:30 | 0:37:20 | 29 | MU18 | 98 | 15:54 20:35 |
| 405 | 1320 | Ahrends Jendrik | Süderneulander Sv | 0:38:43 | 0:38:46 | 24 | MU20 | 96 | 17:53 20:50 |
| 406 | 1773 | Pruin Erich | DRK | 0:38:35 | 0:39:35 | 45 | M50 | 64 | 18:16 20:18 |
| 407 | 1218 | Richtstein Stefan | Stadtwerke Norden 2 | 0:40:41 | 0:41:29 | 18 | M55 | 59 | 20:21 20:19 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Männer

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-Pl | AK | Jahr | Rundenzeiten |
|-------|---------|------|-------------|--------|--------|-------|----|------|--------------|
|-------|---------|------|-------------|--------|--------|-------|----|------|--------------|

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Frauen

| Platz | Startnr | Name | Verein/*Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|----------------------------|--------------------------------|---------|---------|-------|------|------|--------------|
| 1 | 2139 | Gebreslasea Haylay Letebrh | | 0:17:08 | 0:17:10 | 1 | WHK | 90 | 08:19 08:48 |
| 2 | 1521 | Gründel Nina | ETSV Fortuna Glückstadt | 0:20:19 | 0:20:23 | 1 | WU16 | 00 | 10:00 10:19 |
| 3 | 1143 | Hoogestraat Sonja | LG Harlingerland Oldies | 0:20:41 | 0:20:45 | 1 | W35 | 76 | 10:02 10:39 |
| 4 | 1294 | Hellmers Susanne | TV Norden 1 | 0:21:33 | 0:21:35 | 1 | W45 | 66 | 10:45 10:47 |
| 5 | 1705 | Meier Heide | Störtebeker Loopers TVM | 0:22:26 | 0:22:28 | 1 | W40 | 71 | 11:00 11:25 |
| 6 | 1182 | Jansen Laura | Rennen, nicht laufen | 0:22:00 | 0:22:29 | 2 | WHK | 94 | 11:09 10:50 |
| 7 | 1477 | Franken Maike | Emder Ruderverein | 0:22:42 | 0:22:53 | 2 | W35 | 79 | 11:21 11:21 |
| 8 | 1139 | Höfner Lea | LG Harlingerland die Flitzer | 0:23:44 | 0:23:51 | 1 | WU18 | 97 | 11:38 12:06 |
| 9 | 1520 | Gründel Marie | ETSV Fortuna Glückstadt | 0:24:18 | 0:24:21 | 2 | WU18 | 98 | 11:36 12:41 |
| 10 | 1421 | Deharde Meike | TG Wiesmoor | 0:24:20 | 0:24:23 | 2 | WU16 | 99 | 12:07 12:12 |
| 11 | 1762 | Peterssen Nele | TV Norden | 0:24:15 | 0:24:23 | 3 | WU18 | 97 | 12:25 11:50 |
| 12 | 1407 | Cramer Svenja | TV Norden | 0:24:14 | 0:24:23 | 1 | WU20 | 96 | 12:23 11:50 |
| 13 | 1761 | Peterssen Meemke | TV Norden | 0:24:16 | 0:24:24 | 4 | WU18 | 97 | 12:24 11:51 |
| 14 | 1297 | Jürgens Martina | Ulrichsgymnasium Team I | 0:24:46 | 0:24:57 | 1 | W50 | 63 | 12:31 12:14 |
| 15 | 1102 | Nordmann Daniela | Gebr. Neumann 1 | 0:24:55 | 0:25:06 | 3 | W35 | 77 | 12:27 12:28 |
| 16 | 1073 | Fischer Katrin | Die wilden Siebziger | 0:24:37 | 0:25:10 | 4 | W35 | 78 | 12:13 12:24 |
| 17 | 1727 | Moseev Ludmila | | 0:24:50 | 0:25:14 | 2 | W45 | 65 | 12:24 12:26 |
| 18 | 1378 | Broer Inken | Gymnasium Ulricianum Aurich | 0:24:49 | 0:25:19 | 3 | WU16 | 99 | 12:45 12:04 |
| 19 | 1739 | Mürmel Leonie | | 0:25:20 | 0:25:23 | 4 | WU16 | 00 | 11:41 13:38 |
| 20 | 2174 | Behrends tea | TUS Norderney | 0:25:16 | 0:25:34 | 3 | WHK | 90 | 12:46 12:29 |
| 21 | 1863 | Stern Katrin | OSC Kassel | 0:25:14 | 0:25:35 | 1 | W30 | 82 | 12:43 12:31 |
| 22 | 1295 | Eertmoed Ines | Ulrichsgymnasium Team I | 0:25:27 | 0:25:39 | 4 | WHK | 88 | 12:46 12:40 |
| 23 | 1213 | Keck Birgit | Staatsanwaltschaft 3 | 0:25:34 | 0:25:45 | 3 | W45 | 67 | 12:53 12:41 |
| 24 | 1177 | Puhle Fenna | Plattfooten-Klinik Nördernee 3 | 0:25:35 | 0:25:52 | 5 | WHK | 89 | 12:58 12:36 |
| 25 | 1551 | Heeren Antonia | | 0:25:45 | 0:26:08 | 5 | WU18 | 97 | 13:35 12:10 |
| 26 | 1924 | Winkelmann Jule | Fortuna Wirdum | 0:26:06 | 0:26:16 | 6 | WU18 | 97 | 12:34 13:31 |
| 27 | 2135 | Bartmann Gaby | | 0:26:13 | 0:26:18 | 1 | WU14 | 01 | 12:47 13:26 |
| 28 | 1475 | Folkerts Anja | Spvgg. Upleward | 0:26:10 | 0:26:22 | 2 | W40 | 71 | 12:52 13:17 |
| 29 | 1179 | Rohlf's Hilke | Plattfooten-Klinik Nördernee 4 | 0:26:05 | 0:26:23 | 6 | WHK | 86 | 13:21 12:43 |
| 30 | 1419 | Decker Mareke | WSV Norden | 0:26:00 | 0:26:25 | 4 | W45 | 69 | 12:56 13:03 |
| 31 | 1654 | Kölber Verena | TV Norden | 0:26:12 | 0:26:27 | 5 | WU16 | 99 | 12:51 13:21 |
| 32 | 1427 | Dieken Talea | Norder Ruderclub | 0:26:12 | 0:26:27 | 6 | WU16 | 99 | 12:50 13:22 |
| 33 | 1441 | Eden Wenke | OLB1 | 0:25:54 | 0:26:29 | 7 | WHK | 91 | 12:46 13:08 |
| 34 | 1874 | Tjaden Manuela | Emder LG | 0:26:16 | 0:26:30 | 2 | W50 | 64 | 13:02 13:13 |
| 35 | 1242 | Rau Michaela | SVO Wi sünd Holtriem Mädels | 0:26:05 | 0:26:31 | 2 | WU20 | 96 | 13:27 12:37 |
| 36 | 1245 | Bednarz Sophie | SVO Wi sünd Holtriem Mixed | 0:26:06 | 0:26:32 | 7 | WU18 | 97 | 14:13 11:53 |
| 37 | 1697 | Manninga Tanja | TV Norden | 0:26:20 | 0:26:34 | 8 | WU18 | 97 | 12:43 13:36 |
| 38 | 2331 | Janßen Monika | LT TUS Aurich-Ost | 0:26:26 | 0:26:36 | 3 | WU20 | 95 | 13:08 13:18 |
| 39 | 1210 | Rogga Daja | Staatsanwaltschaft 2 | 0:26:31 | 0:26:40 | 2 | W30 | 81 | 13:04 13:27 |
| 40 | 1443 | Edzards Malinde | | 0:25:56 | 0:26:41 | 4 | WU20 | 96 | 13:42 12:13 |
| 41 | 2131 | StreLOW Andrea | | 0:26:04 | 0:26:45 | 5 | W35 | 79 | 13:39 12:24 |
| 42 | 1884 | Tuitjer Ulrike | | 0:26:10 | 0:26:46 | 9 | WU18 | 97 | 13:17 12:53 |
| 43 | 1846 | Seebens Britta | Larrelt | 0:26:21 | 0:26:47 | 3 | W30 | 81 | 13:32 12:48 |
| 44 | 1910 | Wilhelm Gerlind | Larrelt | 0:26:21 | 0:26:47 | 4 | W30 | 80 | 13:32 12:48 |
| 45 | 2159 | Fischer Aneele | UGU 9D | 0:26:21 | 0:26:49 | 10 | WU18 | 98 | 13:46 12:34 |
| 46 | 2039 | Duits Gitta | | 0:26:14 | 0:26:54 | 3 | W40 | 73 | 13:41 12:33 |
| 47 | 1894 | Vollmer Katharina | | 0:26:38 | 0:26:59 | 7 | WU16 | 00 | 13:23 13:15 |
| 48 | 1819 | Schmidt Helga | EWE Wattloopers | 0:26:43 | 0:27:04 | 5 | W45 | 65 | 13:23 13:19 |
| 49 | 1047 | Groenhagen Edda | AG Norden III | 0:26:54 | 0:27:05 | 6 | W45 | 66 | 13:48 13:05 |
| 50 | 1753 | Onken Claudia | SAUSESCHRITT | 0:26:56 | 0:27:14 | 4 | W40 | 73 | 13:35 13:21 |
| 51 | 1176 | Kollmann Christine | Plattfooten-Klinik Nördernee 3 | 0:26:58 | 0:27:14 | 3 | W50 | 63 | 13:36 13:21 |
| 52 | 1730 | Mudder Rike | L. Bold Bauunternehmung | 0:27:05 | 0:27:20 | 8 | WHK | 92 | 13:49 13:16 |
| 53 | 1895 | Vollmer Mareike | | 0:27:05 | 0:27:21 | 9 | WHK | 94 | 13:28 13:37 |
| 54 | 1617 | Janßen Julia-Marie | | 0:27:05 | 0:27:27 | 11 | WU18 | 97 | 13:14 13:50 |
| 55 | 1592 | Ihnken Kira | SV Blomberg-Neuschoo | 0:27:07 | 0:27:29 | 12 | WU18 | 97 | 13:36 13:30 |
| 56 | 1130 | Asswegen Sina | L. Bold Bauunternehmung | 0:27:19 | 0:27:34 | 10 | WHK | 94 | 13:49 13:30 |
| 57 | 0 | Merker Birgit | SpVGG Upleward | 0:27:25 | 0:27:37 | 5 | W40 | 73 | 13:24 14:01 |
| 58 | 1299 | Kleen Sandra | Voltigierteam IV | 0:27:17 | 0:27:40 | 11 | WHK | 93 | 14:16 13:00 |
| 59 | 1696 | Manninga Sophia | TV Norden | 0:27:28 | 0:27:44 | 2 | WU14 | 02 | 14:04 13:24 |
| 60 | 1355 | Bijl Eva | Norder Ruderclub | 0:27:28 | 0:27:46 | 5 | WU20 | 96 | 14:19 13:09 |
| 61 | 1867 | Taddigs Famke | Norder Ruderclub | 0:27:30 | 0:27:48 | 13 | WU18 | 97 | 14:19 13:10 |
| 62 | 2130 | Backhaus Mareike | | 0:27:10 | 0:27:51 | 5 | W30 | 80 | 13:41 13:29 |
| 63 | 1312 | Steen Imke | Voltigierteam Westerende IV | 0:27:30 | 0:27:53 | 6 | WU20 | 96 | 14:17 13:12 |
| 64 | 2134 | de Vries Ulrike | Deichnschnecken Pewsum | 0:27:19 | 0:27:55 | 6 | W40 | 73 | 13:53 13:26 |
| 65 | 1709 | Memmen Rena Friederike | | 0:27:45 | 0:27:58 | 12 | WHK | 89 | 13:59 13:46 |
| 66 | 1068 | Kröger Lea | Die Krögers | 0:27:28 | 0:27:58 | 3 | WU14 | 01 | 13:51 13:37 |
| 67 | 1311 | Steen Gesa | Voltigierteam Westerende IV | 0:27:35 | 0:27:59 | 14 | WU18 | 98 | 14:16 13:18 |
| 68 | 1037 | Cramer Elke | AFP.DIE BERATER 1 | 0:27:26 | 0:28:00 | 7 | W45 | 66 | 13:16 14:09 |

5 km - Gesamtwertung

12. OLB Citylauf Norden - 26. April 2014

Frauen

| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|----------------------------|--------------------------------|---------|---------|-------|------|------|--------------|
| 69 | 1198 | Westerkamp Elke | SKN Hardloopers 1 | 0:27:42 | 0:28:01 | 13 | WHK | 89 | 14:10 13:31 |
| 70 | 1042 | Neugebauer Bärbel | AG Norden - immer wieder | 0:26:56 | 0:28:02 | 8 | W45 | 65 | 13:37 13:19 |
| 71 | 1169 | Bähr Sonja | Plattfooten-Klinik Nordersee 1 | 0:27:47 | 0:28:04 | 6 | W30 | 81 | 13:37 14:10 |
| 72 | 1393 | Busse Mirjam | Emder LG | 0:27:39 | 0:28:08 | 6 | W35 | 78 | 14:01 13:38 |
| 73 | 1145 | Böde Mareike | LG Harlingerland Youngster | 0:27:39 | 0:28:08 | 8 | WU16 | 99 | 14:04 13:35 |
| 74 | 1039 | Ulferts Lydia | AFP.DIE BERATER 1 | 0:27:40 | 0:28:13 | 14 | WHK | 91 | 13:29 14:10 |
| 75 | 1033 | Müller Christiane | 50 Jahre Rats-Apotheke 2 | 0:27:37 | 0:28:15 | 15 | WHK | 94 | 14:47 12:50 |
| 76 | 1680 | Lewicki Alexandra | Physio a Mare | 0:27:33 | 0:28:22 | 7 | W30 | 83 | 13:42 13:51 |
| 76 | 1208 | Betten Ingrid | Staatsanwaltschaft 2 | 0:28:14 | 0:28:22 | 7 | W40 | 70 | 14:12 14:01 |
| 78 | 1148 | Bruns Edda | LT TuS Holtriem | 0:28:16 | 0:28:23 | 4 | W50 | 60 | 13:45 14:31 |
| 79 | 1135 | Ulmann Janna | Lattenpussys | 0:27:58 | 0:28:26 | 7 | WU20 | 95 | 14:37 13:21 |
| 80 | 1372 | Bräuer Sandra | Conerus-Schule Norden | 0:27:50 | 0:28:28 | 8 | W30 | 80 | 14:12 13:38 |
| 81 | 2068 | Lan Ilka | | 0:27:49 | 0:28:29 | 16 | WHK | 88 | 13:29 14:19 |
| 82 | 1549 | Heckhoff Ulrike | VfL Germania Leer | 0:28:14 | 0:28:30 | 9 | W45 | 65 | 13:48 14:25 |
| 83 | 1209 | Paulke Katja | Staatsanwaltschaft 2 | 0:28:22 | 0:28:31 | 7 | W35 | 78 | 13:49 14:32 |
| 84 | 1050 | Rosenboom Hermanne | AOK-BK-Flitzer | 0:28:17 | 0:28:31 | 8 | W40 | 70 | 14:12 14:05 |
| 85 | 1796 | Saathoff Marita | ELG | 0:27:46 | 0:28:32 | 10 | W45 | 69 | 13:42 14:04 |
| 86 | 1155 | Memmen Gisela | Mesters up Loop | 0:28:26 | 0:28:38 | 1 | W60 | 52 | 14:16 14:09 |
| 87 | 2175 | Tränapp Anna | TG Wiesmoor | 0:28:38 | 0:28:41 | 9 | WU16 | 00 | 13:14 15:23 |
| 88 | 1233 | Glöy Daïke | SV Hage Volleyball 2. Damen | 0:28:06 | 0:28:48 | 15 | WU18 | 98 | 14:09 13:56 |
| 89 | 1486 | Frintrup Tina | | 0:28:15 | 0:28:48 | 17 | WHK | 88 | 14:11 14:04 |
| 90 | 1621 | Janßen Tomke | Norder Ruderclub | 0:28:34 | 0:28:52 | 10 | WU16 | 99 | 14:13 14:21 |
| 91 | 1134 | Ulferts Imke | Lattenpussys | 0:28:27 | 0:28:53 | 8 | WU20 | 95 | 13:49 14:38 |
| 92 | 1676 | Lengert Gudrun | Störtebeker Loopers TVM | 0:28:21 | 0:28:54 | 5 | W50 | 64 | 14:09 14:12 |
| 93 | 1241 | Bollhorst Rena | SVO Wi sünd Holtriem Mädels | 0:28:34 | 0:28:59 | 9 | WU20 | 96 | 14:30 14:03 |
| 94 | 1237 | Oberschelp Lisa | SV Hage Volleyball Mixed | 0:28:18 | 0:29:02 | 18 | WHK | 86 | 14:47 13:31 |
| 95 | 1824 | Schmidt Svea | Emder LG | 0:28:50 | 0:29:03 | 4 | WU14 | 01 | 14:11 14:39 |
| 96 | 2169 | Köhler Heidi | BSG Gemeinde Hinte | 0:28:54 | 0:29:09 | 11 | W45 | 69 | 14:51 14:03 |
| 97 | 1304 | Glienke Nele | Voltigierteam Westerende II | 0:28:52 | 0:29:10 | 10 | WU20 | 96 | 14:39 14:12 |
| 98 | 2162 | Horn Vanessa | | 0:29:04 | 0:29:17 | 11 | WU20 | 96 | 14:29 14:34 |
| 99 | 1457 | Evers Nicole | | 0:29:18 | 0:29:20 | 9 | W40 | 74 | 13:56 15:22 |
| 100 | 1076 | Brüggemann Sabine | EWE-Wattloopers 1 | 0:28:46 | 0:29:21 | 19 | WHK | 85 | 14:13 14:32 |
| 101 | 1785 | Rix Silke | Prax. Dr.med.dent.Edelt Peters | 0:28:38 | 0:29:27 | 20 | WHK | 87 | 14:03 14:34 |
| 102 | 1624 | Jenssen Regina | TV Norden | 0:28:43 | 0:29:34 | 12 | W45 | 66 | 14:33 14:10 |
| 103 | 1841 | Schumcher Ira | VfFL Berumbur | 0:28:55 | 0:29:37 | 13 | W45 | 68 | 14:26 14:29 |
| 104 | 1783 | Riepert Deborah | | 0:29:09 | 0:29:39 | 16 | WU18 | 97 | 15:19 13:50 |
| 105 | 1243 | Rohlf's Ronja | SVO Wi sünd Holtriem Mädels | 0:29:13 | 0:29:40 | 17 | WU18 | 97 | 15:12 14:00 |
| 106 | 1196 | Faßhauer Lena | SKN Hardloopers 1 | 0:29:24 | 0:29:42 | 21 | WHK | 92 | 14:35 14:49 |
| 107 | 1197 | Jürjens Larissa | SKN Hardloopers 1 | 0:29:26 | 0:29:44 | 22 | WHK | 91 | 14:40 14:45 |
| 108 | 1149 | Bussmann Heike | LT TuS Holtriem | 0:29:37 | 0:29:44 | 14 | W45 | 69 | 14:31 15:05 |
| 109 | 1150 | Jentsch Maureen | LT TuS Holtriem | 0:29:37 | 0:29:45 | 6 | W50 | 60 | 14:31 15:06 |
| 110 | 1107 | Hippen Silvia | Gebr. Neumann 3 | 0:28:50 | 0:29:46 | 10 | W40 | 73 | 14:10 14:40 |
| 111 | 1527 | Hahn Ines | TV Norden | 0:29:30 | 0:29:46 | 15 | W45 | 67 | 14:29 15:01 |
| 112 | 2347 | Barsuhn Gunda | Butterfly | 0:28:54 | 0:29:47 | 16 | W45 | 67 | 15:35 13:19 |
| 113 | 1506 | Gloger Helga | De Lackloopers | 0:29:11 | 0:29:48 | 11 | W40 | 74 | 15:12 13:58 |
| 114 | 2168 | Tauer-Entgelmeier Irmtraud | | 0:29:14 | 0:29:51 | 7 | W50 | 63 | 14:26 14:47 |
| 115 | 1754 | Ortgies Annelie | TV NORDEN | 0:29:06 | 0:29:53 | 2 | W60 | 50 | 14:42 14:23 |
| 116 | 1253 | Hildebrand Andrea | Team Hildebrand | 0:29:27 | 0:29:54 | 23 | WHK | 87 | 14:58 14:28 |
| 117 | 1255 | Hildebrand Irene | Team Hildebrand | 0:29:27 | 0:29:54 | 8 | W50 | 61 | 14:57 14:29 |
| 118 | 1865 | Strupp Dr. Julia | | 0:29:25 | 0:29:56 | 8 | W35 | 76 | 14:10 15:15 |
| 119 | 1246 | Fauerbach Thea | SVO Wi sünd Holtriem Mixed | 0:29:31 | 0:29:57 | 9 | W50 | 63 | 15:02 14:28 |
| 120 | 1483 | Friedrichs Amke | SAUSESCHRITT | 0:29:45 | 0:30:02 | 9 | W30 | 83 | 14:31 15:13 |
| 121 | 2156 | Grebener Susanne | Laufftreff Pewsum | 0:29:44 | 0:30:03 | 10 | W50 | 64 | 14:44 15:00 |
| 122 | 1109 | Burmeister Sabine | Golden Girls | 0:29:23 | 0:30:04 | 9 | W35 | 77 | 15:14 14:09 |
| 123 | 1494 | Geißendörfer-Ganeshan The | | 0:29:21 | 0:30:05 | 24 | WHK | 85 | 15:05 14:15 |
| 124 | 1531 | Hallwegh Christine | TuS Norderney | 0:29:49 | 0:30:06 | 11 | W50 | 64 | 14:42 15:07 |
| 125 | 1532 | Hallwegh Stina | TuS Norderney | 0:29:50 | 0:30:06 | 5 | WU14 | 02 | 14:43 15:07 |
| 126 | 1493 | Geisler Neele | | 0:29:55 | 0:30:14 | 12 | WU20 | 96 | 15:02 14:52 |
| 127 | 1111 | Eggers-Janssen Nadine | Golden Girls | 0:29:38 | 0:30:19 | 10 | W30 | 80 | 15:14 14:24 |
| 128 | 2052 | Bassler Annika | | 0:29:53 | 0:30:22 | 18 | WU18 | 97 | 15:01 14:51 |
| 129 | 2140 | Voß Lena | JAG Emden | 0:30:17 | 0:30:25 | 19 | WU18 | 98 | 14:49 15:27 |
| 130 | 2161 | de Vries Juken | | 0:30:03 | 0:30:32 | 20 | WU18 | 98 | 15:01 15:02 |
| 131 | 1234 | Schmidt Meike | SV Hage Volleyball 2. Damen | 0:30:12 | 0:30:37 | 25 | WHK | 91 | 14:07 16:04 |
| 132 | 1848 | Seemann Lisa | DLRG-Norden | 0:30:17 | 0:30:38 | 11 | WU16 | 00 | 17:48 12:29 |
| 133 | 1913 | Wilken Monika | Grundschule Rechtspupweg | 0:30:14 | 0:30:40 | 17 | W45 | 69 | 15:20 14:54 |
| 134 | 1772 | Pruin Doris | | 0:30:00 | 0:30:46 | 18 | W45 | 67 | 15:13 14:47 |
| 135 | 1408 | Damm Gudrun | Emder LG | 0:30:13 | 0:30:50 | 12 | W40 | 73 | 15:13 14:59 |
| 136 | 1975 | Schräder Heike | | 0:30:50 | 0:30:54 | 13 | W40 | 71 | 15:27 15:22 |

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| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|------------------------|-------------------------------|---------|---------|-------|------|------|--------------|
| 137 | 2127 | Müller Theda | | 0:30:15 | 0:30:58 | 19 | W45 | 69 | 15:09 15:06 |
| 138 | 1110 | De Boer Triska | Golden Girls | 0:30:19 | 0:31:00 | 11 | W30 | 81 | 15:22 14:57 |
| 139 | 1397 | Caspers Janina | | 0:30:09 | 0:31:02 | 26 | WHK | 88 | 15:35 14:33 |
| 140 | 1286 | Höft Jutta | Testudo | 0:30:11 | 0:31:03 | 10 | W35 | 79 | 15:46 14:25 |
| 141 | 1815 | Schmid Juditha | | 0:30:36 | 0:31:07 | 27 | WHK | 87 | 15:34 15:02 |
| 142 | 1310 | Ackermann Thessa | Voltigiereteam Westerende IV | 0:30:49 | 0:31:13 | 21 | WU18 | 97 | 15:13 15:35 |
| 143 | 1404 | Conring Sabine | Conerus-Schule Norden | 0:30:38 | 0:31:19 | 12 | W50 | 62 | 15:59 14:39 |
| 144 | 1534 | Hansen Maira | Klinik Norddeich | 0:30:36 | 0:31:19 | 14 | W40 | 71 | 15:10 15:26 |
| 145 | 1795 | Saathoff Marion | Kreisvolkshochschule Norden | 0:30:25 | 0:31:26 | 12 | W30 | 84 | 15:44 14:41 |
| 146 | 1735 | Müller Ute | OLB4 | 0:30:53 | 0:31:29 | 11 | W35 | 76 | 15:33 15:20 |
| 147 | 1093 | Theesfeld Maren | FährhausSkippersInnFlitzer3 | 0:31:06 | 0:31:29 | 28 | WHK | 85 | 15:47 15:18 |
| 148 | 1376 | Brinkmann Gisela | Kreisvolkshochschule Norden | 0:30:31 | 0:31:31 | 15 | W40 | 71 | 15:45 14:46 |
| 149 | 1797 | Salmaier Ella | | 0:30:31 | 0:31:34 | 13 | W30 | 84 | 15:05 15:26 |
| 150 | 1038 | Ley Bianca | AFP.DIE BERATER 1 | 0:31:02 | 0:31:37 | 14 | W30 | 84 | 16:21 14:41 |
| 151 | 1336 | Barsuhn Ines | | 0:30:45 | 0:31:39 | 12 | W35 | 76 | 15:38 15:06 |
| 152 | 1430 | Dietzel Susanne | TV Norden | 0:31:00 | 0:31:41 | 20 | W45 | 68 | 15:35 15:24 |
| 153 | 1360 | Böhler-Gude Ulrika | Conerus-Schule Norden | 0:31:06 | 0:31:48 | 3 | W60 | 54 | 16:08 14:57 |
| 154 | 1465 | Fiege Ursula | Conerus-Schule Norden | 0:31:07 | 0:31:48 | 1 | W55 | 58 | 16:09 14:57 |
| 155 | 1364 | Boje Melanie | De Lackloopers | 0:31:12 | 0:31:48 | 13 | W35 | 75 | 15:41 15:31 |
| 156 | 1765 | Philipps Johanna | | 0:31:16 | 0:31:49 | 12 | WU16 | 99 | 16:17 14:58 |
| 157 | 1563 | Heyenga Petra | Die Laufschnellen | 0:31:07 | 0:31:50 | 13 | W50 | 64 | 15:30 15:37 |
| 158 | 1346 | Bents Maïke | TSV Riepe | 0:31:04 | 0:31:51 | 15 | W30 | 81 | 15:56 15:07 |
| 159 | 1695 | Manninga Sonja | TV Norden | 0:31:43 | 0:31:56 | 16 | W40 | 70 | 15:06 16:36 |
| 160 | 1114 | Wilts Christiane | Grundschule Rechtsupweg | 0:31:31 | 0:31:58 | 2 | W55 | 57 | 15:59 15:32 |
| 161 | 1040 | Arends Angelika | AG Norden - immer wieder | 0:31:52 | 0:32:00 | 3 | W55 | 59 | 15:12 16:39 |
| 162 | 2071 | Buß Mareike | | 0:31:20 | 0:32:07 | 29 | WHK | 87 | 15:59 15:20 |
| 163 | 1303 | Schoolmann Eileen | Voltigiereteam Westerende I | 0:31:54 | 0:32:11 | 22 | WU18 | 97 | 15:19 16:35 |
| 164 | 1373 | Braun Lilia | De Lackloopers | 0:31:37 | 0:32:14 | 21 | W45 | 65 | 15:40 15:57 |
| 165 | 1069 | Kröger Nita | Die Krögers | 0:31:28 | 0:32:19 | 17 | W40 | 71 | 15:58 15:30 |
| 166 | 1112 | Knopp Katrin | Grundschule Rechtsupweg | 0:31:55 | 0:32:21 | 30 | WHK | 88 | 15:59 15:55 |
| 167 | 1116 | Münzel Anne | GS Leez | 0:31:26 | 0:32:22 | 14 | W35 | 77 | 15:44 15:41 |
| 168 | 1666 | Kruse - de Buhr Marion | | 0:31:28 | 0:32:23 | 22 | W45 | 69 | 16:34 14:54 |
| 169 | 2128 | Herlyh Edda | | 0:32:14 | 0:32:27 | 23 | W45 | 66 | 15:45 16:28 |
| 170 | 1074 | Kosin Britta | Die wilden Siebziger | 0:31:56 | 0:32:29 | 31 | WHK | | 15:57 15:58 |
| 171 | 1488 | Frohn Anna | | 0:31:56 | 0:32:30 | 16 | W30 | 81 | 15:34 16:22 |
| 172 | 1075 | Raue Maïke | Die wilden Siebziger | 0:31:56 | 0:32:30 | 18 | W40 | 73 | 15:56 15:59 |
| 173 | 2155 | Vetter Heidi | Störtebeker Loopers | 0:31:57 | 0:32:30 | 19 | W40 | 71 | 16:12 15:44 |
| 174 | 1411 | De Boer Johanna | | 0:31:59 | 0:32:38 | 4 | W60 | 50 | 16:02 15:57 |
| 175 | 2144 | Klesitz Hannah | Ulrichsgymnasium Norden 5b | 0:32:23 | 0:32:49 | 1 | WU12 | 03 | 14:30 17:53 |
| 176 | 1133 | Essigke Lara | Lattenpussys | 0:32:22 | 0:32:49 | 13 | WU20 | 96 | 14:38 17:44 |
| 177 | 1584 | Homborg Sabine | | 0:32:00 | 0:32:51 | 24 | W45 | 66 | 16:17 15:42 |
| 178 | 1939 | Goldenstein Louisa | 6b KGS Hage | 0:32:05 | 0:32:54 | 6 | WU14 | 02 | 15:01 17:04 |
| 179 | 1029 | Dirksen Sonka | 50 Jahre Rats-Apotheke 1 | 0:32:16 | 0:32:56 | 32 | WHK | 92 | 15:56 16:19 |
| 180 | 1117 | Murra Sabine | GS Leez | 0:32:09 | 0:33:04 | 25 | W45 | 68 | 16:20 15:48 |
| 181 | 2149 | Konik Karin | | 0:32:30 | 0:33:09 | 20 | W40 | 72 | 16:50 15:40 |
| 182 | 1115 | Geiken Gerlinde | GS Leez | 0:32:16 | 0:33:12 | 26 | W45 | 67 | 16:20 15:56 |
| 183 | 1306 | Scheepker Mia | Voltigiereteam Westerende II | 0:32:55 | 0:33:13 | 13 | WU16 | 00 | 15:18 17:36 |
| 184 | 1305 | Halen Freya | Voltigiereteam Westerende II | 0:32:55 | 0:33:14 | 2 | WU12 | 04 | 15:18 17:37 |
| 185 | 1734 | Müller Nicole | De Lackloopers | 0:32:44 | 0:33:21 | 15 | W35 | 77 | 16:28 16:16 |
| 186 | 1606 | Janssen Hedda | | 0:32:48 | 0:33:24 | 23 | WU18 | 97 | 16:35 16:12 |
| 187 | 2164 | Le Ngoc Han | | 0:32:53 | 0:33:24 | 14 | WU20 | 96 | 16:31 16:21 |
| 188 | 1896 | Von Garrel Constanze | NIGE | 0:32:43 | 0:33:28 | 15 | WU20 | 96 | 16:53 15:50 |
| 189 | 1869 | Tattje Lena | NIGE | 0:32:45 | 0:33:29 | 16 | WU20 | 95 | 16:53 15:51 |
| 190 | 1321 | Albowitz Anja | | 0:32:37 | 0:33:31 | 16 | W35 | 75 | 16:34 16:02 |
| 191 | 1357 | Blödom Annika | NIGE | 0:33:03 | 0:33:33 | 17 | WU20 | 95 | 16:32 16:31 |
| 192 | 1122 | Meier Anke | Happyfeet 1 | 0:32:39 | 0:33:36 | 21 | W40 | 73 | 16:36 16:02 |
| 193 | 1067 | Kröger Janna | Die Krögers | 0:33:07 | 0:33:38 | 18 | WU20 | 95 | 15:20 17:46 |
| 194 | 1077 | Christians Helga | EWE-Wattloopers 1 | 0:33:03 | 0:33:39 | 5 | W60 | 50 | 16:05 16:57 |
| 195 | 1580 | Hollwedel Karen | | 0:32:53 | 0:33:41 | 33 | WHK | 93 | 16:20 16:33 |
| 196 | 1627 | Jibben Nantke | LT Tus Holtriem | 0:33:37 | 0:33:43 | 7 | WU14 | 01 | 16:11 17:26 |
| 197 | 1252 | Neumann Lena | Team Faltoflott 1 | 0:33:38 | 0:33:44 | 34 | WHK | 86 | 15:45 17:53 |
| 198 | 1288 | Windmann Hauke | Testudo | 0:32:52 | 0:33:45 | 19 | WU20 | 96 | 16:01 16:51 |
| 199 | 1308 | Seeberg Christine | Voltigiereteam Westerende III | 0:33:23 | 0:33:46 | 14 | WU16 | 99 | 16:16 17:07 |
| 200 | 1720 | Meyer Silke | OLB4 | 0:32:53 | 0:33:51 | 27 | W45 | 69 | 16:37 16:16 |
| 201 | 1620 | Janßen Margit | OLB4 | 0:33:01 | 0:33:58 | 22 | W40 | 70 | 16:37 16:24 |
| 202 | 1922 | Wilts Nate | Firma Kröger GmbH | 0:33:11 | 0:34:01 | 28 | W45 | 66 | 16:42 16:29 |
| 203 | 1270 | Remmers Yvonne | Team Kurzschluss 4 | 0:33:11 | 0:34:12 | 35 | WHK | 86 | 16:36 16:34 |
| 204 | 1579 | Hollwedel Edzard | | 0:33:27 | 0:34:15 | 4 | W55 | 57 | 16:20 17:07 |

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| Platz | Startnr | Name | Verein*/Ort | Gesamt | Brutto | AK-PI | AK | Jahr | Rundenzeiten |
|-------|---------|----------------------|-----------------------------|---------|---------|-------|------|------|--------------|
| 205 | 1269 | Heidemann Tanja | Team Kurzschluss 4 | 0:33:20 | 0:34:21 | 36 | WHK | 88 | 16:36 16:44 |
| 206 | 1268 | Barkhoff Sylvia | Team Kurzschluss 4 | 0:33:22 | 0:34:22 | 17 | W30 | 84 | 16:38 16:43 |
| 207 | 1302 | Borrmann Helen | Voltigierteam Westerende I | 0:34:03 | 0:34:22 | 15 | WU16 | 00 | 16:19 17:44 |
| 208 | 1789 | Rose Alina | | 0:34:22 | 0:34:24 | 24 | WU18 | 98 | 15:58 18:24 |
| 209 | 2035 | Brüggemann Anna-Lena | | 0:33:47 | 0:34:28 | 37 | WHK | 92 | 15:36 18:10 |
| 210 | 1726 | Mönch Petra | FA Wybelsum | 0:33:35 | 0:34:32 | 14 | W50 | 63 | 16:57 16:38 |
| 211 | 1856 | Soerjanta Sandra | | 0:34:27 | 0:34:42 | 17 | W35 | 75 | 17:05 17:22 |
| 212 | 1904 | Welsch Tabea | TuS Norderney | 0:34:16 | 0:34:48 | 20 | WU20 | 96 | 16:38 17:38 |
| 212 | 1701 | Martens Aileen | TuS Norderney | 0:34:15 | 0:34:48 | 20 | WU20 | 96 | 16:37 17:37 |
| 214 | 1854 | Sippel Gisela | Sippel | 0:34:22 | 0:34:50 | 5 | W55 | 58 | 17:27 16:54 |
| 215 | 1062 | Nannen Karin | Die flinken Reisser | 0:33:59 | 0:34:50 | 29 | W45 | 65 | 16:41 17:18 |
| 216 | 1533 | Haneborger Silke | Haneborgers Hof | 0:33:58 | 0:34:52 | 38 | WHK | 87 | 17:01 16:56 |
| 217 | 1883 | Tuitjer Ida | | 0:34:04 | 0:34:55 | 6 | W55 | 58 | 17:13 16:50 |
| 218 | 2150 | Janning Nadine | | 0:34:39 | 0:35:17 | 39 | WHK | 88 | 16:51 17:48 |
| 219 | 1587 | Hoten Eva Maria | Conerus-Schule Norden | 0:34:39 | 0:35:18 | 18 | W30 | 80 | 16:50 17:48 |
| 220 | 1510 | Goudschaal Imke | TV Norden | 0:34:43 | 0:35:26 | 30 | W45 | 68 | 17:05 17:37 |
| 221 | 2041 | Budde Teelke | Autovermietung Jansen | 0:34:43 | 0:35:26 | 31 | W45 | 69 | 17:06 17:37 |
| 222 | 1667 | Kühn Andrea | | 0:34:41 | 0:35:32 | 18 | W35 | 76 | 16:53 17:47 |
| 223 | 1940 | Gromewold Celina | 6b KGS Hage | 0:34:44 | 0:35:33 | 8 | WU14 | 02 | 15:54 18:49 |
| 224 | 1632 | Jost-Maß Marion | Klinik Norddeich | 0:35:34 | 0:36:17 | 7 | W55 | 57 | 16:26 19:07 |
| 225 | 1987 | Stutzinger Lisa | LLG Landstuhl | 0:35:30 | 0:36:23 | 22 | WU20 | 96 | 16:58 18:32 |
| 226 | 1061 | Fischer Anna-Lena | Die flinken Reisser | 0:35:54 | 0:36:25 | 9 | WU14 | 01 | 17:18 18:36 |
| 227 | 2157 | Frühling Anna | | 0:35:28 | 0:36:27 | 19 | W30 | 83 | 17:04 18:24 |
| 228 | 1063 | Ommen Anna Lena | Die flinken Reisser | 0:36:23 | 0:36:54 | 3 | WU12 | 03 | 17:20 19:03 |
| 229 | 1289 | Janssen Lea | Trink ne Coke mit Familie | 0:36:11 | 0:36:56 | 25 | WU18 | 97 | 17:19 18:52 |
| 230 | 1793 | Saathoff Hilke | Süderneulander SV | 0:36:16 | 0:36:57 | 32 | W45 | 67 | 17:47 18:29 |
| 231 | 2089 | Kummer Corinna | Stadtwerke | 0:36:15 | 0:37:01 | 33 | W45 | 67 | 17:39 18:35 |
| 232 | 1129 | Ufen Katja | Happyfeet 3 | 0:36:05 | 0:37:07 | 23 | W40 | 72 | 17:34 18:31 |
| 233 | 2026 | Paschke Sina | NIGE | 0:37:10 | 0:37:24 | 26 | WU18 | 97 | 18:05 19:05 |
| 234 | 1154 | Gerjets Edda | Mesters up Loop | 0:36:40 | 0:37:34 | 40 | WHK | 87 | 17:30 19:10 |
| 235 | 1232 | Andler Amira | SV Hage Volleyball 2. Damen | 0:36:55 | 0:37:39 | 41 | WHK | 91 | 17:30 19:24 |
| 236 | 1235 | Geiken Janna-Theresa | SV Hage Volleyball Mixed | 0:36:56 | 0:37:40 | 42 | WHK | 91 | 17:31 19:25 |
| 237 | 1634 | Jung Dörthe | Kreisvolkshochschule Norden | 0:37:04 | 0:38:03 | 24 | W40 | 71 | 18:05 18:58 |
| 238 | 1128 | Lüpkes Simone | Happyfeet 3 | 0:37:07 | 0:38:09 | 15 | W50 | 62 | 17:32 19:35 |
| 239 | 1049 | Post Gabi | AOK-BK-Flitzer | 0:38:09 | 0:38:24 | 34 | W45 | 69 | 17:28 20:40 |
| 240 | 1685 | Lübben Gerlinde | | 0:37:49 | 0:38:27 | 35 | W45 | 66 | 17:12 20:37 |
| 241 | 1459 | Falkenberg Amke | TV Norden | 0:37:36 | 0:38:31 | 10 | WU14 | 02 | 18:51 18:45 |
| 242 | 1460 | Falkenberg Gabi | TV Norden | 0:37:44 | 0:38:38 | 25 | W40 | 72 | 18:52 18:51 |
| 243 | 1123 | Wilken Anne | Happyfeet 1 | 0:37:54 | 0:38:55 | 6 | W60 | 52 | 18:45 19:09 |
| 244 | 1121 | Hayunga Tanja | Happyfeet 1 | 0:37:54 | 0:38:55 | 19 | W35 | 78 | 18:44 19:10 |
| 245 | 1554 | Heinken Stefanie | Süderneulander SV SSV | 0:38:55 | 0:39:28 | 23 | WU20 | 96 | 17:36 21:19 |
| 246 | 2167 | Kruse Katharina | TV Norden | 0:38:55 | 0:39:29 | 24 | WU20 | 95 | 17:36 21:19 |
| 247 | 1217 | Busemann Stefanie | Stadtwerke Norden 2 | 0:40:40 | 0:41:29 | 26 | W40 | 70 | 20:21 20:19 |