

Ossiloop 2015 - 4. Etappe (Mühlenetappe Holtrop - Bagband)

08.05.2015

Gesamtwertung Damen/Herren

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
1	1	Dietrich, Georg	70	DEU	LC Wechloy	MHK	1	2:30:48	0:37:35	0:39:10	0:32:15	0:41:48		
2	30	Janssen, Ingo	85	DEU	Emder LG	MHK	2	2:33:14	0:37:58	0:38:39	0:34:39	0:41:58		
3	8	Steinke, Peter	70	DEU	MTV Aurich	MHK	3	2:35:03	0:38:26	0:39:03	0:35:08	0:42:26		
4	31	Eilerts, Heere	90	DEU	LG Harlingerland	MHK	4	2:38:38	0:39:12	0:40:12	0:36:11	0:43:03		
5	1356	Fleißner, Hermann	74	DEU	MTV Aurich	MHK	5	2:39:12	0:39:19	0:40:38	0:36:07	0:43:08		
6	11	Lünemann, Frank	77	DEU	MTV Aurich	MHK	6	2:42:17	0:40:00	0:41:10	0:36:34	0:44:33		
7	15	Schmidt, Jörn	84	DEU	MTV Aurich	MHK	7	2:42:39	0:40:27	0:41:11	0:36:45	0:44:16		
8	14	Severiens, Gerd Jelto	93	DEU	Running for Jesus	MHK	8	2:42:55	0:40:30	0:41:19	0:36:49	0:44:17		
9	33	Pingel, Thorsten	75	DEU	LSF Oldenburg	MHK	9	2:43:53	0:41:15	0:41:27	0:36:52	0:44:19		
10	9	Oppenborn, Stefan	78	DEU	IGS Moormerland	MHK	10	2:44:22	0:41:23	0:41:26	0:37:15	0:44:18		
11	81	Heidergott, Enno	71	DEU	Injoy Leer	MHK	11	2:44:35	0:42:32	0:41:54	0:36:22	0:43:47		
12	36	Wirdemann, Benjamin	83	DEU	LT Schaffhauser Wald	MHK	12	2:44:41	0:41:00	0:41:37	0:37:00	0:45:04		
13	79	Franken, Stephan	70	DEU	Reederei Buss	MHK	13	2:46:33	0:41:36	0:42:13	0:37:19	0:45:25		
14	50	Roßmann, Lukas	99	DEU	MTV Aurich	MJ	1	2:46:39	0:42:05	0:42:37	0:36:44	0:45:13		
15	40	Wouk, Franz	65	DEU	Kdo SES	MHK	14	2:47:24	0:42:09	0:42:11	0:37:40	0:45:24		
16	68	Kruse, John	82	DEU	VW Emden	MHK	15	2:47:50	0:42:07	0:42:45	0:37:30	0:45:28		
17	76	Kisch, Johannes	66	DEU	FC SO-10WPK	MHK	16	2:48:51	0:42:35	0:42:33	0:37:53	0:45:50		
18	73	Felsmann, Axel	66	DEU	LSF Oldenburg	MHK	17	2:49:14	0:43:00	0:42:31	0:37:53	0:45:50		
19	42	Schröder, Frank	70	DEU	Emder LG	MHK	18	2:49:57	0:42:41	0:42:58	0:38:12	0:46:06		
20	1546	Weinberg, Dieter	68	DEU	LG Harlingerland	MHK	19	2:50:35	0:42:40	0:42:37	0:38:29	0:46:49		
21	47	Neumann, Boris	79	DEU	Landgericht Aurich	MHK	20	2:50:37	0:42:58	0:42:57	0:38:13	0:46:29		
22	242	Meenken, Janno	94	DEU	MTV Aurich	MHK	21	2:51:34	0:43:19	0:43:28	0:37:51	0:46:56		
23	69	Spieker, Tammo	98	DEU	LT TuRa 07 Westhauderfehn	MJ	2	2:52:32	0:43:47	0:43:35	0:38:33	0:46:37		
24	656	Steffens, Daniel	88	DEU	obw Emden	MHK	22	2:52:36	0:44:18	0:43:59	0:38:10	0:46:09		
25	37	Akkermann, Michael	70	DEU	Jennelt	MHK	23	2:52:37	0:43:38	0:43:54	0:38:32	0:46:33		
26	45	Röber, Carsten	64	DEU	.	MHK	24	2:52:40	0:44:39	0:43:27	0:38:14	0:46:20		
27	564	Rose, Christian	84	DEU	ENOVA	MHK	25	2:53:46	0:45:33	0:44:23	0:38:24	0:45:26		
28	1848	Ahmed, Osman	87	DEU	Strackholt	MHK	26	2:53:55	0:44:18	0:44:02	0:38:51	0:46:44		
29	1831	Busse, Peter	65	DEU	Emder LG	MHK	27	2:54:01	0:44:14	0:44:03	0:38:29	0:47:15		
30	1357	Menssen, Jörg	81	DEU	Krankenhaus Wittmund	MHK	28	2:54:38	0:43:27	0:44:11	0:39:18	0:47:42		
31	232	Vaupel, Sven	90	DEU	Team ENERCON	MHK	29	2:54:43	0:45:25	0:43:45	0:38:27	0:47:06		
32	113	Hanken, Dirk	92	DEU	ohne	MHK	30	2:54:44	0:43:56	0:44:50	0:39:00	0:46:58		
33	34	Grafenburg, Janek	98	DEU	UEG Leer	MJ	3	2:54:55	0:44:26	0:44:04	0:39:06	0:47:19		
34	39	Piotrowski, Carsten	79	DEU	LG Harlingerland	MHK	31	2:55:06	0:43:23	0:44:06	0:38:37	0:49:00		
35	1861	Schürmann, Lukas	96	DEU	IGS Aurich-West	MJ	4	2:55:12	0:44:43	0:44:05	0:39:20	0:47:04		

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
36	112	Corsten, Richard	99	DEU	Gymnasium Ulricianum Aurich	MJ	5	2:55:20	0:44:54	0:44:22	0:38:55	0:47:09		
37	41	Klaue, Roland	71	DEU	MTV-Aurich / Pizzeria Harlekin	MHK	32	2:55:26	0:46:18	0:43:49	0:38:20	0:46:59		
38	55	Warsing, Hartmut	71	DEU	LG TV Bunde	MHK	33	2:55:34	0:44:12	0:44:24	0:39:29	0:47:29		
39	54	Wagenknecht, Till	68	DEU	LSF Oldenburg	MHK	34	2:55:37	0:43:48	0:44:08	0:39:57	0:47:44		
40	57	Niemöller, Edgar	69	DEU	Volkswagen Zentrum Oldenburg	MHK	35	2:55:40	0:44:11	0:44:16	0:39:54	0:47:19		
41	60	Steenhardt, Wilfried	66	DEU	LG Teutonia Stapelmoor	MHK	36	2:56:05	0:43:47	0:44:19	0:39:13	0:48:46		
42	74	Henninga, Stephan	86	DEU	RVB Aurich/Uplengen	MHK	37	2:56:07	0:44:34	0:44:51	0:39:03	0:47:39		
43	1358	Anderlohr, Jörg	78	DEU	ENERCON	MHK	38	2:56:16	0:43:53	0:45:58	0:39:03	0:47:22		
44	91	Klaassen, Jens	83	DEU	Emder LG	MHK	39	2:56:30	0:43:44	0:44:37	0:39:23	0:48:46		
45	249	von Felde, Janek	98	DEU	NIGE	MJ	6	2:56:37	0:45:15	0:45:16	0:38:21	0:47:45		
46	1583	Grest, Jens	71	DEU	SV Warsingsfehn	MHK	40	2:57:01	0:44:25	0:44:21	0:39:39	0:48:36		
47	77	Wittmann, Benjamin	81	DEU	Baptisten Firrel	MHK	41	2:57:58	0:44:59	0:45:10	0:39:42	0:48:07		
47	1725	Seeberg, Jonas	97	DEU	Gymnasium Ulricianum Aurich	MJ	7	2:57:58	0:44:36	0:44:32	0:40:27	0:48:23		
49	1856	Rößing, Tammo	97	DEU	LG Harlingerland	MJ	8	2:58:10	0:45:06	0:45:00	0:39:43	0:48:21		
50	88	Trebesch, Volker	65	DEU	Team ENERCON	MHK	42	2:58:14	0:44:53	0:44:40	0:40:06	0:48:35		
51	83	Kruse, Jens	75	DEU	LG TV Bunde	MHK	43	2:58:22	0:44:16	0:44:56	0:40:18	0:48:52		
52	84	Ludwig, Reinhard	59	DEU	Lummerland Taxi Aurich	MHK	44	2:58:44	0:44:59	0:46:08	0:39:39	0:47:58		
53	1363	Janssen, Georg	84	DEU	Ihlower Loopers	MHK	45	2:58:47	0:44:55	0:45:01	0:40:11	0:48:40		
54	1753	Weber, Yannik	95	DEU	Gymnasium Ulricianum Aurich	MHK	46	2:58:50	0:45:33	0:44:23	0:40:07	0:48:47		
55	267	Onneken, Tobias	92	DEU	SuS Timmel	MHK	47	2:59:03	0:46:09	0:45:11	0:39:25	0:48:18		
56	59	Köster, Clemens	73	DEU	MTV Aurich	MHK	48	2:59:06	0:44:51	0:45:06	0:40:20	0:48:49		
57	118	Recknagel, Marco	99	DEU	Gymnasium Ulricianum Aurich	MJ	9	2:59:26	0:45:12	0:44:25	0:40:48	0:49:01		
58	35	Bartsch, Peter	76	DEU	Werder Bremen	MHK	49	2:59:31	0:44:52	0:45:16	0:40:29	0:48:54		
59	182	Wollenberg, Holger	75	DEU	Filsum	MHK	50	2:59:57	0:45:14	0:45:08	0:40:35	0:49:00		
60	38	Sanders, Dieter	77	DEU	Kilometerfresser Stapelmoor	MHK	51	3:00:02	0:45:19	0:45:11	0:40:25	0:49:07		
61	70	Lottmann, Ralf	71	DEU	EWE-Wattloopers	MHK	52	3:00:28	0:45:42	0:45:46	0:40:13	0:48:47		
62	393	Lüschen, Axel	93	DEU	RVB Aurich/Uplengen	MHK	53	3:00:30	0:45:05	0:46:30	0:39:46	0:49:09		
63	119	Meyer, Martin	81	DEU	Team Zuglufttier	MHK	54	3:00:52	0:44:41	0:45:34	0:40:40	0:49:57		
64	1584	Kunz, Daniel	97	DEU	Running for Jesus	MJ	10	3:01:06	0:45:39	0:45:07	0:40:10	0:50:10		
65	137	Oremek, Robert	65	DEU	Team ENERCON	MHK	55	3:01:08	0:45:38	0:45:45	0:40:29	0:49:16		
65	93	Büttner, Riko	99	DEU	Gymnasium Ulricianum Aurich	MJ	11	3:01:08	0:46:29	0:46:06	0:39:59	0:48:34		
67	1777	Kischlat, Carsten	87	DEU	Optik Lenk	MHK	56	3:01:12	0:46:17	0:45:24	0:40:24	0:49:07		
68	106	Gerdes, Fidi	67	DEU	LG Ostfriesland/ ONNO Behrends	MHK	57	3:01:26	0:45:55	0:45:12	0:40:34	0:49:45		
69	1547	Hollmann, Kevin	97	DEU	NIGE	MJ	12	3:01:35	0:44:32	0:45:19	0:40:50	0:50:54		
70	1359	Claassen, Marcel	95	DEU	Störtebeker Loopers TVM	MHK	58	3:01:38	0:46:27	0:45:46	0:40:30	0:48:55		

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71	1748	Papenfuß, Nils	98	DEU	TSG Westerstede	MJ	13	3:01:43	0:44:08	0:47:09	0:41:14	0:49:12		
72	87	Kramer, Stefan	68	DEU	Emder LG	MHK	59	3:01:48	0:45:46	0:45:10	0:41:36	0:49:16		
73	501	Barth, Alwin	70	DEU	SVO Wi sünd Holtriem	MHK	60	3:02:13	0:45:51	0:45:54	0:41:08	0:49:20		
74	44	Töbelmann, Olaf	71	DEU	Bundeswehr Weener	MHK	61	3:02:16	0:45:34	0:45:46	0:41:05	0:49:51		
75	1431	Frobel, Maik	95	DEU	H-D HeuermannGmbH	MHK	62	3:02:17	0:46:13	0:46:08	0:40:27	0:49:29		
76	100	Steffens, Jannes	86	DEU	Team Winterhoff Buss	MHK	63	3:02:26	0:46:36	0:46:49	0:40:07	0:48:54		
77	1721	Schmidt, Thomas	90	DEU	SV Borussia Leer	MHK	64	3:02:28	0:47:04	0:46:03	0:40:33	0:48:48		
78	241	Aue, Thomas	82	DEU	Kdo SES	MHK	65	3:02:36	0:45:37	0:46:32	0:40:44	0:49:43		
79	1370	Plavenieks, Helge	77	DEU	SV Dornum	MHK	66	3:02:45	0:45:42	0:46:34	0:40:51	0:49:38		
80	1369	Lübbers, Jochem	70	DEU	LG TV Bunde	MHK	67	3:02:58	0:46:06	0:46:17	0:41:13	0:49:22		
81	1648	Alberts, Thomas	81	DEU	Loppersum	MHK	68	3:03:09	0:45:42	0:46:22	0:41:15	0:49:50		
82	1510	Meyer, Henning	96	DEU		MJ	14	3:03:19	0:47:59	0:46:37	0:40:37	0:48:06		
83	1442	Eden, Kurt	58	DEU	TV Norden	MHK	69	3:03:30	0:46:16	0:46:18	0:41:17	0:49:39		
84	1375	Wiechmann, Thomas	71	DEU	Störtebeker Loopers TVM	MHK	70	3:03:39	0:46:21	0:46:27	0:41:11	0:49:40		
85	105	Baxmann, Thomas	66	DEU	Sporting Emden	MHK	71	3:03:42	0:45:40	0:46:47	0:41:05	0:50:10		
86	94	Ostermoor, Frank	71	DEU	Fortuna Logabirum	MHK	72	3:03:54	0:45:59	0:46:31	0:41:14	0:50:10		
86	1615	Siemers, Enno	89	DEU	Südbrookmerland	MHK	72	3:03:54	0:48:31	0:45:38	0:40:14	0:49:31		
88	96	Hallmann, Hermann	62	DEU	Emder LG	MHK	74	3:03:56	0:45:53	0:46:23	0:41:43	0:49:57		
89	1365	Christians, Borchard	58	DEU	LG Ostfriesland	MHK	75	3:03:59	0:46:11	0:46:24	0:40:50	0:50:34		
90	1367	de Buhr, Julian	99	DEU	Fortuna Logabirum	MJ	15	3:04:08	0:45:44	0:46:01	0:41:22	0:51:01		
91	1364	Geiken, Ralf	71	DEU	BV Victorbur	MHK	76	3:04:13	0:45:34	0:46:05	0:42:29	0:50:05		
92	173	Landherr, Manfred	64	DEU	TG Wiesmoor	MHK	77	3:04:19	0:44:59	0:47:02	0:41:38	0:50:40		
93	680	Fuhrmann, Simon	96	DEU	Enno Onnecken	MJ	16	3:04:26	0:46:54	0:46:17	0:41:43	0:49:32		
94	1852	Idris, Hassan	90	DEU	Strackholt	MHK	78	3:04:31	0:46:05	0:48:09	0:40:51	0:49:26		
95	146	van Geuns, Lothar	73	DEU	Collinghorst	MHK	79	3:04:47	0:46:44	0:46:57	0:41:21	0:49:45		
96	127	Liebetau, Wilko	77	DEU	TRAUCO Gruppe	MHK	80	3:04:59	0:47:12	0:47:03	0:41:10	0:49:34		
97	98	Klose, Christian	84	DEU	Landgericht Aurich	MHK	81	3:05:06	0:46:42	0:46:57	0:41:26	0:50:01		
98	144	Derr, Viktor	81	DEU	Spass mit Sport	MHK	82	3:05:10	0:46:21	0:46:39	0:41:56	0:50:14		
99	92	Trebesch, Wolfgang	57	DEU	MTV Aurich	MHK	83	3:05:11	0:46:05	0:46:52	0:42:10	0:50:04		
100	108	Nordbrock, Joachim	72	DEU	Boekzetelerfehn	MHK	84	3:05:15	0:46:30	0:46:55	0:41:28	0:50:22		
101	239	Siemers, Jannek	93	DEU	Läuft bei dir!	MHK	85	3:05:16	0:46:47	0:47:20	0:41:30	0:49:39		
102	120	Breise, Viktor	78	DEU	SpVg Aurich	MHK	86	3:05:18	0:47:05	0:45:55	0:42:02	0:50:16		
103	1818	Brandt, Matthias	80	DEU	DLRG Weener	MHK	87	3:05:20	0:47:25	0:47:24	0:40:49	0:49:42		
104	1384	Hannover, Matthias	80	DEU	ZVO Zeitungsvertrieb Ostfriesland GmbH	MHK	88	3:05:23	0:47:19	0:46:37	0:41:12	0:50:15		
105	1567	Schulte, Tobias	74	DEU	Ihrenerfeld	MHK	89	3:05:36	0:47:10	0:47:25	0:41:02	0:49:59		

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106	1646	Reimann, Klaus	68	DEU	Nordland Papier	MHK	90	3:05:51	0:46:42	0:47:06	0:41:36	0:50:27		
106	1799	Rebel, Lars	99	DEU	FCSO-10WPK	MJ	17	3:05:51	0:47:44	0:47:05	0:41:34	0:49:28		
108	75	Behrens, Johannes	94	DEU	LSF Oldenburg	MHK	91	3:05:59	0:45:48	0:48:27	0:41:38	0:50:06		
109	1456	Carls, Christoph	64	DEU	TV Norden	MHK	92	3:06:02	0:46:52	0:47:07	0:41:33	0:50:30		
110	134	Newiger, Thomas	72	DEU	Aurich	MHK	93	3:06:10	0:46:04	0:46:40	0:41:52	0:51:34		
111	101	Hartema, Richard	68	DEU	LG Teutonia Stapelmoor	MHK	94	3:06:18	0:46:44	0:46:47	0:41:59	0:50:48		
112	168	Bordasch, Marco	68	DEU	Verkehrsverein Aurich	MHK	95	3:06:33	0:46:58	0:47:07	0:41:53	0:50:35		
113	503	Dirks, Jannek	97	DEU	IGS Aurich-West	MJ	18	3:06:39	0:48:24	0:47:10	0:40:04	0:51:01		
114	158	Sauer, Artur	80	DEU	Team ENERCON	MHK	96	3:06:59	0:46:54	0:47:05	0:42:08	0:50:52		
115	221	Janßen, Horst	68	DEU	Stapel	MHK	97	3:07:00	0:48:01	0:47:34	0:41:02	0:50:23		
116	954	Afewerki, Michael Haile	87	DEU	Windlooper	MHK	98	3:07:13	0:50:45	0:46:07	0:40:35	0:49:46		
117	1466	Müller, Lars	94	DEU	Team Möbel Buss	MHK	99	3:07:23	0:48:06	0:47:35	0:41:40	0:50:02		
118	628	Klump, Mario	89	DEU	Bünting Tee	MHK	100	3:07:32	0:48:10	0:47:24	0:41:04	0:50:54		
119	1670	Koppelkamm, Jan-Henrik	98	DEU	Cramer & S	MJ	19	3:07:45	0:47:26	0:47:25	0:41:12	0:51:42		
120	1351	Alts, Holger	64	DEU	VfL Berumbur	MHK	101	3:07:49	0:47:15	0:47:21	0:42:19	0:50:54		
121	153	Lünemann, Thomas	80	DEU	RSM DPI AG	MHK	102	3:07:51	0:47:08	0:47:28	0:41:54	0:51:21		
122	1781	Reiners, Steffen	96	DEU	Verein ehemaliger Ulricianer	MJ	20	3:07:58	0:47:41	0:47:38	0:42:33	0:50:06		
123	71	Ibeling, Fred	66	DEU	LG Ostfriesland	MHK	103	3:07:59	0:45:50	0:48:11	0:42:20	0:51:38		
124	145	Runden, Christoph	91	DEU	Post SV Leer	MHK	104	3:08:01	0:47:26	0:47:37	0:41:55	0:51:03		
125	316	Schepker, Lars	80	DEU	Rolf Janssen Gruppe	MHK	105	3:08:04	0:48:31	0:47:37	0:41:57	0:49:59		
126	1864	Smid, Joachim	94	DEU	Holz und Bau Weener	MHK	106	3:08:06	0:50:11	0:47:30	0:41:29	0:48:56		
127	166	Lorenz, Simon	78	DEU	Ender LG	MHK	107	3:08:20	0:47:02	0:47:40	0:42:30	0:51:08		
128	279	Enk, Jörn	77	DEU	LG Wilken	MHK	108	3:08:23	0:49:26	0:47:38	0:41:28	0:49:51		
128	1755	Oldigs, Tammo	01	DEU	SV Concordia Ihrhove	MJ	21	3:08:23	0:51:57	0:45:55	0:41:22	0:49:09		
130	1443	Poguntke, Martin	63	DEU	TV Norden	MHK	109	3:08:37	0:47:02	0:47:26	0:42:44	0:51:25		
131	235	Wildemann, Arne	98	DEU	NIGE	MJ	22	3:08:55	0:49:28	0:49:08	0:41:13	0:49:06		
132	1381	Schnuis, Henning	93	DEU	Physio Aktiv Rhauderfehn	MHK	110	3:09:11	0:47:41	0:47:53	0:41:46	0:51:51		
133	716	Nobel, Benjamin	86	DEU	BBC Chartering GmbH	MHK	111	3:09:15	0:47:41	0:48:25	0:41:47	0:51:22		
134	193	Baalman, Josef	61	DEU	MTV Aurich	MHK	112	3:09:50	0:47:55	0:48:01	0:42:24	0:51:30		
135	179	Mock, Benjamin	84	DEU	Seefahrtsschule Leer	MHK	113	3:09:51	0:48:51	0:47:58	0:42:07	0:50:55		
136	1657	Maas, Uwe	80	DEU	Nordland Papier	MHK	114	3:09:52	0:48:08	0:47:42	0:42:20	0:51:42		
137	214	Sandersfeld, Malte	96	DEU	Baptisten Firrel	MJ	23	3:09:56	0:49:34	0:47:49	0:41:40	0:50:53		
138	598	Möhlmann, Timo	95	DEU	Raiffeisenbank eG, Moormerland	MHK	115	3:09:57	0:48:30	0:47:47	0:42:19	0:51:21		
139	1568	Maibaum, Lars	71	DEU	Staatsanwaltschaft Aurich	MHK	116	3:10:08	0:49:15	0:48:00	0:41:56	0:50:57		
140	149	Siebens, Ivo	65	DEU	Ohne	MHK	117	3:10:20	0:47:18	0:48:33	0:42:51	0:51:38		

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141	107	Wilfried, Busboom	71	DEU	Posaunenchor Detern	MHK	118	3:10:26	0:49:09	0:47:57	0:42:03	0:51:17		
142	1368	Hoffmann, Karl-Heinz	58	DEU	Team Laufrausch e.V.	MHK	119	3:10:27	0:47:34	0:48:10	0:42:47	0:51:56		
143	1131	Pinkernell, Niklas	98	DEU	NIGE	MJ	24	3:10:28	0:46:28	0:48:16	0:42:53	0:52:51		
144	130	Erchinger, Heye	97	DEU	FC SO-SII	MJ	25	3:10:33	0:48:14	0:47:55	0:43:05	0:51:19		
144	104	Bender, Björn	78	DEU	TaktLwGrp "R"	MHK	120	3:10:33	0:47:16	0:48:16	0:42:27	0:52:34		
144	1377	Klaas, Mark	75	DEU	Ubbo-Emmius-Klinik Aurich	MHK	120	3:10:33	0:47:11	0:48:11	0:43:14	0:51:57		
144	1548	Rolf, Kirschke	65	DEU	Team ENERCON	MHK	120	3:10:33	0:47:22	0:47:57	0:43:22	0:51:52		
148	228	de Freese, Frank	82	DEU	EWE-Wattloopers	MHK	123	3:10:34	0:49:00	0:48:02	0:42:05	0:51:27		
149	1647	Reeßing, Sven	71	DEU	Nordland Papier	MHK	124	3:10:36	0:49:14	0:47:59	0:42:07	0:51:16		
150	993	Meents, Thomas	88	DEU	TSV Jahn Carolinensiel	MHK	125	3:10:39	0:47:11	0:48:28	0:42:16	0:52:44		
151	89	Janßen, Gerriet-Thomas	70	DEU	LG Ostfriesland	MHK	126	3:10:44	0:48:04	0:48:15	0:42:36	0:51:49		
152	1460	Tattje, Sven	92	DEU	Team Möbel Buss	MHK	127	3:10:49	0:47:41	0:48:24	0:43:01	0:51:43		
153	138	Markgraf, Jan	84	DEU	TSV Jahn Carolinensiel	MHK	128	3:10:52	0:46:52	0:48:11	0:42:01	0:53:48		
154	246	Puse, Gerd	63	DEU	Sparkasse LeerWittmund	MHK	129	3:10:54	0:48:34	0:48:30	0:42:37	0:51:13		
155	124	Brem, Thomas	70	DEU	Emder LG	MHK	130	3:10:57	0:47:33	0:48:15	0:42:46	0:52:23		
155	157	Janssen, Stefan	79	DEU	VW-EMDEN	MHK	130	3:10:57	0:47:47	0:47:44	0:42:10	0:53:16		
157	304	Sörensen, Marc	81	DEU	IN-Team Aurich	MHK	132	3:10:58	0:48:52	0:48:04	0:42:20	0:51:42		
158	207	Cassoli, Jair	77	DEU	Team ENERCON	MHK	133	3:11:00	0:48:42	0:48:04	0:43:06	0:51:08		
159	86	Krull, Gordon	70	DEU	MTV Aurich	MHK	134	3:11:06	0:48:16	0:48:41	0:42:50	0:51:19		
159	268	Block, Wilhelm	80	DEU	Laufen und Meer / 2-Rad Center Block	MHK	134	3:11:06	0:47:25	0:48:35	0:42:36	0:52:30		
161	1650	Anwand, Karl-Heinz	52	DEU	Ostfr.Moordorf	MHK	136	3:11:07	0:47:56	0:48:26	0:42:37	0:52:08		
162	374	Miethke, Kuno	75	DEU	LT TuS Aurich-Ost	MHK	137	3:11:12	0:49:02	0:48:24	0:42:09	0:51:37		
163	325	Mocha, Jens	78	DEU	UEG Leer	MHK	138	3:11:19	0:49:15	0:48:49	0:42:17	0:50:58		
163	175	Zieker, Enrico	76	DEU	VW Emden / TuS Eintracht Hinte	MHK	138	3:11:19	0:47:27	0:48:14	0:44:01	0:51:37		
165	1860	Stepniak, Robert	91	DEU	Baustoffcenter Jever	MHK	140	3:11:31	0:50:59	0:48:58	0:41:58	0:49:36		
166	186	Günther, Dieke	00	DEU	Gymnasium Ulricianum Aurich 9b	MJ	26	3:11:34	0:48:14	0:47:55	0:42:18	0:53:07		
166	211	de Buhr, Hajo	81	DEU	Aurich	MHK	141	3:11:34	0:48:31	0:48:35	0:42:35	0:51:53		
168	1372	Claassen, Marco	88	DEU	Störtebeker Loopers TVM	MHK	142	3:11:35	0:47:36	0:48:54	0:42:54	0:52:11		
169	1681	Lütten, Max	00	DEU	JAG Emden	MJ	27	3:11:42	0:52:07	0:47:10	0:41:55	0:50:30		
170	52	Nannen, Yannick	97	DEU	SV Holtland	MJ	28	3:11:45	0:47:42	0:48:51	0:43:22	0:51:50		
171	1136	Janßen, Marlon	98	DEU	NIGE	MJ	29	3:11:47	0:47:11	0:48:42	0:43:03	0:52:51		
172	63	Meyeraan, Harald	64	DEU	Loppersum / VW Emden	MHK	143	3:11:55	0:47:58	0:48:24	0:42:41	0:52:52		
173	203	Müller, Frank	72	DEU	Sparkasse Aurich-Norden	MHK	144	3:11:57	0:48:33	0:48:05	0:42:40	0:52:39		
174	178	Krahn, Daniel	71	DEU	Haupt- u. Realschule Friedeburg	MHK	145	3:12:03	0:48:54	0:48:40	0:42:51	0:51:38		
175	1703	Hüls, Uwe	63	DEU	TV Norden	MHK	146	3:12:04	0:47:34	0:48:37	0:43:29	0:52:24		

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176	102	Schurwanz, Carsten	65	DEU	Aurich	MHK	147	3:12:11	0:48:14	0:48:59	0:42:56	0:52:02		
176	183	Schmidt, Robert	93	DEU	MTV Aurich	MHK	147	3:12:11	0:48:11	0:49:20	0:43:04	0:51:36		
178	1770	Cassens, Enno	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	30	3:12:13	0:49:25	0:48:49	0:42:28	0:51:31		
179	470	Feldmann, Ralf	72	DEU	TaktLwGrp "R"	MHK	149	3:12:16	0:48:49	0:48:47	0:42:53	0:51:47		
180	1446	Hellmers, Ralf	65	DEU	TV Norden	MHK	150	3:12:22	0:48:50	0:48:38	0:43:15	0:51:39		
181	154	Buß, Hinni	54	DEU	SVO Wi sünd Holtriem	MHK	151	3:12:23	0:48:09	0:48:21	0:43:05	0:52:48		
182	97	Meyer, Tönjes	58	DEU	TSV Hesel	MHK	152	3:12:27	0:48:10	0:48:42	0:43:03	0:52:32		
182	1454	Wölfel, Andreas	81	DEU	TV Norden	MHK	152	3:12:27	0:48:55	0:48:38	0:43:15	0:51:39		
184	128	Janßen, Stephan	73	DEU	LG Uplengen	MHK	154	3:12:30	0:49:09	0:48:18	0:43:12	0:51:51		
185	114	Ulferts, Oltmann	64	DEU	SV Holtland	MHK	155	3:12:31	0:49:06	0:48:01	0:42:48	0:52:36		
185	559	Groß, Sven	91	DEU	WfbM BBB Aurich Wittmund	MHK	155	3:12:31	0:50:31	0:47:45	0:42:11	0:52:04		
187	250	Beek, Hannes	98	DEU	KGS Wiesmoor	MJ	31	3:12:32	0:51:14	0:48:55	0:41:43	0:50:40		
188	1651	Ludwigs, Ingo	76	DEU		MHK	157	3:12:42	0:49:12	0:48:52	0:43:00	0:51:38		
189	85	Witte, Daniel	86	DEU	IGS Moormerland	MHK	158	3:12:43	0:49:27	0:48:13	0:42:26	0:52:37		
190	615	Trebesch, Tilko	98	DEU	Gymnasium Ulricianum Aurich	MJ	32	3:12:48	0:49:11	0:47:54	0:42:35	0:53:08		
191	544	Heyken, Wessel	87	DEU	AGR	MHK	159	3:12:55	0:49:38	0:48:32	0:42:39	0:52:06		
192	216	Kruse, Frank	79	DEU	VW Emden	MHK	160	3:12:58	0:48:26	0:48:36	0:43:20	0:52:36		
193	243	Recknagel, Bernd	67	DEU	Hotel Waldquelle	MHK	161	3:13:04	0:48:52	0:48:48	0:43:04	0:52:20		
194	99	Gerdes, Helmut	72	DEU	Rechtsupweg	MHK	162	3:13:08	0:48:05	0:49:11	0:43:22	0:52:30		
195	583	Janßen, Henning	79	DEU	Kdo SES	MHK	163	3:13:09	0:49:48	0:49:05	0:42:14	0:52:02		
195	1663	Mennebäck, Ocko	95	DEU	Kinderhilfe Stiftung Ronald McDonald	MHK	163	3:13:09	0:49:14	0:47:38	0:44:30	0:51:47		
197	148	Markmeyer, Tobias	90	DEU	Kdo SES	MHK	165	3:13:10	0:50:45	0:49:20	0:42:16	0:50:49		
198	285	Lambertz, Walter	73	DEU	Team ENERCON	MHK	166	3:13:15	0:49:54	0:48:14	0:42:51	0:52:16		
199	164	Neuenstein, Bernd	61	DEU	LG Papenburg-Aschendorf	MHK	167	3:13:23	0:49:04	0:48:54	0:43:25	0:52:00		
200	229	Böse, Matthias	70	DEU	SV Stikerkamp	MHK	168	3:13:28	0:48:51	0:48:44	0:43:23	0:52:30		
201	451	Kruse, Manuel	96	DEU	IGS Aurich-West	MJ	33	3:13:35	0:48:52	0:48:45	0:42:11	0:53:47		
202	62	Janssen, Harm	66	DEU	Gassco Vikings	MHK	169	3:13:42	0:52:44	0:49:05	0:40:43	0:51:10		
203	133	Redenius, Folkert	57	DEU	LT TuRa 07 Westrauderfehn	MHK	170	3:13:43	0:48:40	0:49:32	0:43:13	0:52:18		
204	252	Müßing, Michael	81	DEU	Klinikum Leer	MHK	171	3:13:56	0:48:07	0:49:48	0:43:10	0:52:51		
205	187	Willms, Hermann	76	DEU	Wildeboer Bauteile GmbH	MHK	172	3:14:08	0:48:43	0:49:12	0:43:29	0:52:44		
205	139	Möller, Herbert	62	DEU	STV Sedelsberg / Peheim	MHK	172	3:14:08	0:49:11	0:48:52	0:43:13	0:52:52		
207	125	Beitelmann, Arne	87	DEU	OLB-Ostfriesland / MTV Aurich	MHK	174	3:14:15	0:49:20	0:49:58	0:43:15	0:51:42		
207	323	Gelhard, Thomas	56	DEU	LT TuS Aurich-Ost	MHK	174	3:14:15	0:48:57	0:49:26	0:43:07	0:52:45		
207	1587	Schwarzenberg, Hannes	97	DEU	Gymnasium Ulricianum Aurich sp602	MJ	34	3:14:15	0:49:14	0:47:46	0:44:06	0:53:09		
210	126	Sanders, Eckhard	66	DEU	SuS Emden	MHK	176	3:14:23	0:48:40	0:48:23	0:44:01	0:53:19		

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211	1380	Uffenbrink, Kai	00	DEU	NIGE	MJ	35	3:14:41	0:48:42	0:49:54	0:42:53	0:53:12		
212	209	Siebelts, Arnd	67	DEU	Bosselverein Free weg Westeren	MHK	177	3:14:57	0:50:09	0:48:35	0:42:38	0:53:35		
213	605	Bica, Mihai-Gabriel	84	DEU	Klinikum Leer	MHK	178	3:15:04	0:50:58	0:49:25	0:42:58	0:51:43		
214	152	Wichmann, Jochen	57	DEU	Leer	MHK	179	3:15:07	0:48:49	0:49:12	0:44:27	0:52:39		
215	261	Rahmann, Jan-Hauke	93	DEU	Bünting Tee	MHK	180	3:15:08	0:48:37	0:49:36	0:43:51	0:53:04		
216	244	Beening, Ingo	70	DEU	BBS Aurich	MHK	181	3:15:19	0:49:18	0:49:25	0:43:32	0:53:04		
217	420	Villamil, David	86	DEU	Team ENERCON	MHK	182	3:15:20	0:50:39	0:48:37	0:43:48	0:52:16		
218	1422	Diepenbroek, Daniel	79	DEU	Ender LG	MHK	183	3:15:22	0:49:58	0:48:44	0:43:48	0:52:52		
219	212	Schuster, Kalle	74	DEU	SV Simonswolde	MHK	184	3:15:26	0:49:53	0:49:36	0:42:55	0:53:02		
220	1549	Pree, Wolfgang	62	DEU	LG Harlingerland	MHK	185	3:15:30	0:49:17	0:49:21	0:44:05	0:52:47		
221	21	Stahlberg, Michael	75	DEU	Marienhafe	MHK	186	3:15:33	0:49:01	0:49:58	0:44:00	0:52:34		
222	198	Weerts, Holger	73	DEU	Lauftreff Schafhauser Wald	MHK	187	3:15:44	0:49:19	0:50:21	0:43:58	0:52:06		
223	263	Michaelsen, Claus	69	DEU	Für Jesus	MHK	188	3:15:54	0:49:46	0:50:12	0:43:14	0:52:42		
224	271	Marnowsky, Volker	61	DEU	Team Laufrausch	MHK	189	3:16:00	0:50:28	0:49:26	0:42:58	0:53:08		
225	222	Alberts, Torsten	71	DEU	Vetra Beton	MHK	190	3:16:07	0:49:38	0:49:16	0:43:44	0:53:29		
226	169	Hübner, Dennis	78	DEU	Finkenburgschule Wittmund	MHK	191	3:16:19	0:48:41	0:49:45	0:44:31	0:53:22		
227	1811	Hossaini, Elias	96	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	36	3:16:28	0:50:29	0:48:39	0:43:52	0:53:28		
228	1714	Willms, Wilko	73	DEU	LG Harlingerland	MHK	192	3:16:29	0:50:05	0:49:23	0:43:25	0:53:36		
229	121	Balzen, Timo	96	DEU	Bünting Tee	MJ	37	3:16:34	0:51:43	0:48:26	0:42:47	0:53:38		
230	1045	Janßen, Benjamin	00	DEU	Realschule Aurich	MJ	38	3:16:39	0:51:36	0:49:48	0:43:39	0:51:36		
231	116	Götz, Hartmut	72	DEU	Kdo SES	MHK	193	3:16:40	0:50:50	0:49:35	0:42:17	0:53:58		
232	612	Enders, Wilhelm	67	DEU	REHAU AG+Co	MHK	194	3:16:52	0:50:11	0:49:41	0:44:07	0:52:53		
233	1715	Langer, Timo	73	DEU	TSV Jahn Carolinensiel	MHK	195	3:16:53	0:50:25	0:49:42	0:43:33	0:53:13		
234	288	Tabbert, Frank	65	DEU	LG Ostfriesland/Gassco Vikings	MHK	196	3:17:02	0:49:51	0:49:47	0:43:55	0:53:29		
235	25	Best, Erwin	75	DEU	Wallinghausen	MHK	197	3:17:07	0:50:19	0:49:43	0:43:39	0:53:26		
236	174	Horn, Marco	86	DEU	Quarzwerk Marx	MHK	198	3:17:12	0:49:55	0:49:17	0:44:08	0:53:52		
237	150	Ehrlich, Heinz	61	DEU	Ender LG	MHK	199	3:17:17	0:49:25	0:49:46	0:43:31	0:54:35		
237	548	Otten, Christian	96	DEU	IGS Aurich-West	MJ	39	3:17:17	0:49:16	0:51:06	0:43:23	0:53:32		
239	925	Anders, Christoph	83	DEU	Bünting Tee	MHK	200	3:17:21	0:49:14	0:48:36	0:43:07	0:56:24		
240	1569	Henning, Jens	77	DEU	Briese Schifffahrt	MHK	201	3:17:23	0:50:24	0:50:10	0:43:15	0:53:34		
241	831	Hoofdman, Klaus	83	DEU	TuS Westerende	MHK	202	3:17:25	0:50:30	0:49:30	0:43:13	0:54:12		
242	1850	Fleißner, Onno	79	DEU	Ihlowerfehn	MHK	203	3:17:33	0:49:59	0:49:16	0:45:07	0:53:11		
243	192	Gerdes, Gerke	98	DEU	Realschule 10b	MJ	40	3:17:39	0:52:09	0:49:30	0:43:22	0:52:38		
244	159	Eilerts, Thade	88	DEU	LG Harlingerland	MHK	204	3:18:06	0:49:41	0:50:28	0:44:20	0:53:37		
245	1586	Saathoff, Detlef	66	DEU	Veenhusen	MHK	205	3:18:15	0:49:10	0:49:47	0:44:04	0:55:14		

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246	1760	Thies, Janus	99	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	41	3:18:24	0:51:10	0:49:49	0:43:57	0:53:28		
247	443	Eichhorn, Tobias	83	DEU	TaktLwGrp "R"	MHK	206	3:18:26	0:50:05	0:50:30	0:44:26	0:53:25		
248	111	Bartz, Matthias	97	DEU	Ubbo-Emmius-Gymnasi um	MJ	42	3:18:38	0:50:41	0:50:09	0:43:18	0:54:30		
249	260	Geisemeyer, Lothar	59	DEU	Bünting Tee	MHK	207	3:18:41	0:49:39	0:50:22	0:44:52	0:53:48		
250	236	de Freese, Timo	92	DEU	Tischlerei Pannhusen&Rademach	MHK	208	3:18:57	0:49:39	0:52:34	0:43:09	0:53:35		
251	1463	Kruse, Wilhelm	66	DEU	Team Möbel Buss	MHK	209	3:18:58	0:50:08	0:50:16	0:44:42	0:53:52		
252	220	Gresemann, Kai	95	DEU	Sparkasse Emden	MHK	210	3:19:01	0:50:52	0:49:31	0:44:40	0:53:58		
253	313	Schmidt, Heiner	74	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	211	3:19:04	0:50:41	0:50:01	0:44:31	0:53:51		
254	151	Albers, Jens	75	DEU	TG Wiesmoor	MHK	212	3:19:16	0:50:03	0:50:33	0:44:18	0:54:22		
255	529	Domschky, Christian	79	DEU	SG Egels-Popens	MHK	213	3:19:22	0:50:36	0:50:38	0:44:23	0:53:45		
256	294	Schnorrenberg, Michael	68	DEU	Emden	MHK	214	3:19:24	0:50:38	0:51:02	0:43:54	0:53:50		
257	181	Mross, Timm	81	DEU	Team ENERCON	MHK	215	3:19:34	0:50:18	0:50:33	0:44:29	0:54:14		
258	556	Nghiem, Minh Duc	93	DEU	WfbM BBB Aurich Wittmund	MHK	216	3:19:44	0:49:01	0:51:01	0:45:04	0:54:38		
259	521	Willms, Jann	98	DEU	NIGE	MJ	43	3:19:57	0:49:58	0:52:25	0:44:04	0:53:30		
260	172	Müller, Günter	67	DEU	-	MHK	217	3:20:01	0:50:41	0:50:37	0:44:54	0:53:49		
261	171	Doden, Alfred	58	DEU	LT TuS Holtriem	MHK	218	3:20:07	0:49:45	0:50:27	0:45:08	0:54:47		
261	1553	Müller, Jann	00	DEU	Gymnasium Ulricianum / MTV Aurich	MJ	44	3:20:07	0:50:58	0:50:36	0:44:45	0:53:48		
263	65	Geuken, Uwe	65	DEU	FC Bayern München	MHK	219	3:20:13	0:52:42	0:50:39	0:43:52	0:53:00		
264	634	van Loh, Nils	92	DEU	SV Eintracht Nüttermoor	MHK	220	3:20:21	0:50:41	0:51:39	0:44:23	0:53:38		
265	329	Bikker, Eike	90	DEU	Raiffeisenbank eG, Moormerland	MHK	221	3:20:26	0:50:31	0:51:21	0:44:12	0:54:22		
265	165	Geerken, Henning	69	DEU	Angelsburger Waldläufer	MHK	221	3:20:26	0:50:45	0:50:52	0:45:15	0:53:34		
267	334	Wiemann, Martin	80	DEU	TaktLwGrp "R"	MHK	223	3:20:27	0:51:17	0:51:19	0:44:21	0:53:30		
268	123	Dassel, Bastian	90	DEU	STRABAG AG	MHK	224	3:20:30	0:51:09	0:50:41	0:43:58	0:54:42		
269	210	Haake, Ingo	69	DEU	AOK Norden / VfFL B'bur	MHK	225	3:20:34	0:50:29	0:50:34	0:45:00	0:54:31		
270	1855	Hanneken, Holger	80	DEU		MHK	226	3:20:41	0:50:10	0:51:57	0:44:06	0:54:28		
271	350	Hagen, Wolfgang	67	DEU	SPORTGEMEINSCHA FT STEDESODORF	MHK	227	3:20:50	0:50:40	0:50:27	0:44:50	0:54:53		
272	469	Krallmann, Martin	76	DEU	Mittegroßefehn	MHK	228	3:20:55	0:51:27	0:50:12	0:44:38	0:54:38		
273	78	Feldiek, Georg	56	DEU	Weener Plastik	MHK	229	3:20:59	0:50:09	0:52:31	0:44:45	0:53:34		
274	240	Schild, Stefan	64	DEU	Hartmann Group	MHK	230	3:21:01	0:50:40	0:50:47	0:45:05	0:54:29		
275	607	Apel, Michael	73	DEU	Moormerland	MHK	231	3:21:02	0:51:34	0:51:00	0:44:37	0:53:51		
276	201	Boersma, Jan	83	DEU	Rolf Janssen Gruppe	MHK	232	3:21:04	0:50:40	0:50:56	0:44:38	0:54:50		
277	1600	Schut, Frank	69	DEU	VfFL Berumbur	MHK	233	3:21:10	0:51:50	0:50:37	0:44:35	0:54:08		
278	281	Rose, Jens	86	DEU	Holz und Bau Weener	MHK	234	3:21:12	0:51:20	0:51:04	0:44:34	0:54:14		
279	375	Rumpf, Bernhard	66	DEU	LG TV Bunde	MHK	235	3:21:15	0:50:48	0:51:51	0:44:29	0:54:07		
279	1386	Kern, Ulli	69	DEU	Marinestützpunkt Wilhelmshaven	MHK	235	3:21:15	0:51:29	0:50:43	0:44:37	0:54:26		

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281	32	Biel, Sönke	85	DEU	Injoy Leer	MHK	237	3:21:22	0:50:34	0:50:56	0:45:08	0:54:44		
282	438	Lindtner, Michael	70	DEU	MTV Aurich	MHK	238	3:21:25	0:50:40	0:50:36	0:45:40	0:54:29		
283	176	Sielmann, Andy	71	DEU	Neue Ziele setzen	MHK	239	3:21:26	0:51:04	0:50:58	0:44:38	0:54:46		
284	262	Schoone, Sven	94	DEU	Bünting Tee	MHK	240	3:21:29	0:50:47	0:49:16	0:46:46	0:54:40		
285	1649	Bergmann, Hanns	80	DEU	Briese Schifffahrt	MHK	241	3:21:34	0:51:27	0:50:55	0:44:43	0:54:29		
286	670	Kruse-Edenhuizen, Hilko	70	DEU	STRABAG AG	MHK	242	3:21:35	0:51:19	0:50:53	0:44:42	0:54:41		
286	208	Maschke, Jannis	78	DEU	Team ENERCON	MHK	242	3:21:35	0:50:52	0:51:05	0:44:33	0:55:05		
288	399	Schönningh, Sören	80	DEU	RAUMWERK MARTENS	MHK	244	3:21:36	0:50:57	0:51:16	0:44:17	0:55:06		
289	440	Dieling, Malte	89	DEU	Oil Huus	MHK	245	3:21:45	0:51:02	0:50:38	0:45:02	0:55:03		
290	177	Heilmann, Klaus	70	DEU	Seefahrtsschule Leer	MHK	246	3:21:50	0:50:52	0:50:56	0:45:02	0:55:00		
291	161	Eissen, Björn	68	DEU	EWE-Wattloopers	MHK	247	3:21:52	0:51:13	0:51:11	0:44:53	0:54:35		
292	597	Reiners, Oliver	94	DEU	TUS Eintracht Hinte	MHK	248	3:22:03	0:50:53	0:50:58	0:43:58	0:56:14		
293	746	Brahms, Jann	85	DEU	Bohlen & Doyen	MHK	249	3:22:06	0:52:43	0:52:00	0:44:43	0:52:40		
294	482	Schweers, Bernd	79	DEU	Westoverledigen	MHK	250	3:22:11	0:51:44	0:51:04	0:44:47	0:54:36		
295	231	Rings, Peter	50	DEU	LSF Oldenburg	MHK	251	3:22:12	0:50:50	0:51:16	0:45:29	0:54:37		
296	627	Wiemers, Sven	85	DEU	MVM IT-Management	MHK	252	3:22:18	0:50:42	0:50:15	0:46:17	0:55:04		
297	1545	Pelka, Alfred	68	DEU	Rettungsdienst Leer	MHK	253	3:22:19	0:44:39	0:45:10	0:46:24	1:06:06		
298	206	auf der Landwehr, Manfred	68	DEU	Concordia Ihrhove	MHK	254	3:22:20	0:51:39	0:50:38	0:45:11	0:54:52		
299	1592	Hinrichs, Hermann	79	DEU	WT Loppersum / Max Moritz	MHK	255	3:22:22	0:50:58	0:51:20	0:44:44	0:55:20		
300	205	Wolbers, Timo	99	DEU	UEG Leer	MJ	45	3:22:27	0:51:25	0:52:03	0:44:46	0:54:13		
301	328	Bootjer, Eric	66	DEU	RVB Aurich/Uplengen	MHK	256	3:22:32	0:51:18	0:51:35	0:45:01	0:54:38		
302	1593	Fokken, Michael	71	DEU	VW Emden	MHK	257	3:22:46	0:50:40	0:50:54	0:45:20	0:55:52		
303	435	Bruns, Jan-Uwe	72	DEU	MAN Service Emden	MHK	258	3:22:48	0:51:46	0:51:39	0:44:45	0:54:38		
304	1771	Kuhlmann, Gerrit	90	DEU	Vfl Jheringsfehn	MHK	259	3:22:50	0:57:23	0:50:50	0:41:46	0:52:51		
305	266	Bunger, Marcel	94	DEU	STRABAG AG	MHK	260	3:22:51	0:52:19	0:50:41	0:45:09	0:54:42		
305	580	Sanders, Daniel	79	DEU	LG Großefehn	MHK	260	3:22:51	0:52:16	0:50:48	0:45:19	0:54:28		
307	1049	Hartmann, Frank	71	DEU	Beekmann/Nehlsen	MHK	262	3:22:58	0:50:48	0:50:15	0:43:26	0:58:29		
308	140	Gastmann, Richard	61	DEU	Ammersum	MHK	263	3:22:59	0:53:47	0:50:55	0:43:52	0:54:25		
309	1360	Meyerhoff, Lothar	61	DEU	Störtebeker Loopers TVM	MHK	264	3:23:04	0:51:16	0:51:48	0:45:31	0:54:29		
310	752	Feucht, Thomas	77	DEU	Radiologie Aurich	MHK	265	3:23:05	0:53:46	0:49:07	0:42:48	0:57:24		
311	357	Beekhuis, Gottfried	54	DEU	Watt'n Looper SV Dornum	MHK	266	3:23:12	0:51:05	0:50:52	0:45:30	0:55:45		
312	321	Paul, Sascha	81	DEU	SpVg Aurich	MHK	267	3:23:18	0:51:08	0:51:01	0:45:37	0:55:32		
313	873	Manott, Niklas	97	DEU	NIGE	MJ	46	3:23:21	0:50:19	0:51:14	0:45:55	0:55:53		
314	202	Hilgen, Uwe	61	DEU	Feuerwehr Friedrichsfehn	MHK	268	3:23:27	0:51:36	0:51:50	0:45:46	0:54:15		
315	341	Ammermann, Ralf	67	DEU	VW Emden	MHK	269	3:23:29	0:51:42	0:51:41	0:45:21	0:54:45		

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316	270	Nielsen, Lars	77	DEU	Kdo SES	MHK	270	3:23:32	0:50:47	0:51:03	0:45:24	0:56:18		
317	562	Harms, Joachim	61	DEU	traba-team	MHK	271	3:23:34	0:51:33	0:51:44	0:45:12	0:55:05		
318	162	Hayungs, Fredo	67	DEU	LT TuS Aurich-Ost	MHK	272	3:23:38	0:51:26	0:51:08	0:46:04	0:55:00		
319	238	Ukena, Hartmut	68	DEU	Hinte	MHK	273	3:23:40	0:50:56	0:51:46	0:45:35	0:55:23		
320	1601	Schmeding, Jörg	66	DEU	Druckerei Meyer	MHK	274	3:23:44	0:52:03	0:52:13	0:44:57	0:54:31		
321	468	Schwede, Malte	99	DEU	NIGE	MJ	47	3:23:45	0:51:25	0:52:35	0:44:53	0:54:52		
322	1669	Wilhelms, Tobias	99	DEU	IGS Moormerland	MJ	48	3:23:46	0:52:08	0:51:50	0:44:35	0:55:13		
323	308	Henkel, Dieter	70	DEU	BV Pfalzdorf	MHK	275	3:23:51	0:51:39	0:51:39	0:44:59	0:55:34		
324	383	Rößing, Hermann	65	DEU	WfbM BBB Aurich Wittmund	MHK	276	3:23:59	0:51:33	0:51:14	0:45:42	0:55:30		
325	578	Feith, Patrick	94	DEU	SV Arle	MHK	277	3:24:05	0:51:07	0:52:56	0:44:33	0:55:29		
325	422	Meyer, Guido	70	DEU	LT TuRa 07 Westrauderfehn	MHK	277	3:24:05	0:51:24	0:51:12	0:45:14	0:56:15		
327	587	Ideus, Rainer	64	DEU	LT TuS Aurich-Ost	MHK	279	3:24:07	0:51:11	0:51:26	0:45:47	0:55:43		
328	1389	Freeseemann, Gerhold	64	DEU	LT TuRa 07 Westrauderfehn	MHK	280	3:24:14	0:51:22	0:51:12	0:45:29	0:56:11		
329	1590	Meinen, Gerold	63	DEU	BSC Burhufe	MHK	281	3:24:24	0:51:29	0:51:50	0:45:37	0:55:28		
330	135	Doden, Johann	59	DEU	Emder LG	MHK	282	3:24:28	0:54:13	0:51:10	0:44:38	0:54:27		
331	272	Welling, Torsten	64	DEU	MTV Wittmund	MHK	283	3:24:29	0:51:55	0:51:33	0:45:42	0:55:19		
331	431	Schulte, Holger	75	DEU	Schulte Dental Filsum	MHK	283	3:24:29	0:51:56	0:51:52	0:45:13	0:55:28		
333	191	de Vries, Reinhard	61	DEU	Ost-Victorbur	MHK	285	3:24:32	0:51:18	0:51:11	0:46:18	0:55:45		
334	1089	Frerichs, Timo	94	DEU	Remels	MHK	286	3:24:34	0:52:01	0:51:38	0:45:20	0:55:35		
335	129	Struckmeyer, Marcus	70	DEU	Gymnasium Ulricianum Aurich	MHK	287	3:24:35	0:48:30	0:48:27	0:46:59	1:00:39		
336	185	Ebel, Carsten	66	DEU	Emden	MHK	288	3:24:39	0:51:27	0:51:59	0:45:44	0:55:29		
336	230	Meinema, Alle-Jan	61	DEU	SG Moordorf	MHK	288	3:24:39	0:51:29	0:52:10	0:45:19	0:55:41		
338	1749	Schmidt, Mattes	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	49	3:24:40	0:53:14	0:50:14	0:46:08	0:55:04		
339	315	Lühr, Torsten	67	DEU	TausendfußLeer	MHK	290	3:24:44	0:51:37	0:52:19	0:45:53	0:54:55		
339	330	Buss, Sebastian	00	DEU	UEG Leer	MJ	50	3:24:44	0:53:47	0:51:39	0:44:50	0:54:28		
341	49	Fluß, Bernd	73	DEU	WfbM BBB Aurich Wittmund	MHK	291	3:24:50	0:50:56	0:52:09	0:46:05	0:55:40		
342	204	Borens, Stefan	85	DEU	Team ENERCON	MHK	292	3:24:58	0:50:52	0:50:07	0:43:53	1:00:06		
343	286	de Riese, Reiner	59	DEU	LT SC Ihrhove 07	MHK	293	3:25:04	0:51:44	0:52:04	0:45:54	0:55:22		
344	454	Gebel, Dietrich	89	DEU	Die Laufschnellen	MHK	294	3:25:20	0:51:21	0:52:03	0:44:38	0:57:18		
345	1516	Kloppenburg, Arnold	67	DEU	LG Uplengen	MHK	295	3:25:23	0:52:31	0:51:07	0:45:59	0:55:46		
346	458	Krumwiede, Marc	70	DEU	Oldenburg	MHK	296	3:25:24	0:52:00	0:52:05	0:46:04	0:55:15		
347	110	de Buhr, Harald	62	DEU	Polizei Leer	MHK	297	3:25:25	0:51:56	0:51:59	0:45:56	0:55:34		
348	269	Janssen, Nanno	67	DEU	Fortuna Logabirum	MHK	298	3:25:28	0:51:53	0:51:38	0:46:36	0:55:21		
349	1465	Hedemann, Fredy	62	DEU	Team Möbel Buss	MHK	299	3:25:36	0:52:30	0:52:26	0:45:13	0:55:27		
350	224	Concheiro, Kai	85	DEU	Emder LG	MHK	300	3:25:46	0:52:41	0:52:00	0:45:55	0:55:10		

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350	314	Harms, Johann	57	DEU	Karkdörper Moorloopers	MHK	300	3:25:46	0:52:20	0:52:04	0:45:46	0:55:36		
352	1551	Backer, Edgar	65	DEU	LG Ostfriesland	MHK	302	3:25:47	0:55:59	0:50:33	0:45:11	0:54:04		
352	1813	Coordes, jC	69	DEU	Team ENERCON	MHK	302	3:25:47	0:52:03	0:51:24	0:46:14	0:56:06		
354	390	Cramer, Frank	75	DEU	Spetzerfehn	MHK	304	3:25:49	0:53:30	0:51:31	0:45:35	0:55:13		
355	600	Meyer, Florian	92	DEU	Seefahrtsschule Leer	MHK	305	3:25:58	0:53:28	0:52:12	0:45:35	0:54:43		
356	932	Steenblock, Reemt	94	DEU	Baptisten Firrel	MHK	306	3:25:59	0:52:00	0:52:04	0:45:44	0:56:11		
357	352	Lücht, Thomas	79	DEU	Ammerland-Klinik Westerstede	MHK	307	3:26:01	0:53:10	0:52:38	0:45:41	0:54:32		
358	368	Lukahsen, Marcel	96	DEU	EWE-Wattloopers	MJ	51	3:26:06	0:54:44	0:51:19	0:45:21	0:54:42		
358	319	Bolte, Thomas	65	DEU	EWE-Wattloopers	MHK	308	3:26:06	0:52:33	0:52:49	0:45:44	0:55:00		
360	367	Bussen, Udo	88	DEU	EWE-Wattloopers	MHK	309	3:26:10	0:52:35	0:52:48	0:45:43	0:55:04		
361	850	Bergmann, Klaus	58	DEU	Seefahrtsschule Leer	MHK	310	3:26:21	0:53:50	0:52:04	0:45:26	0:55:01		
362	392	Boomgaarden, André	77	DEU	Moormerland	MHK	311	3:26:22	0:51:51	0:52:41	0:46:15	0:55:35		
363	337	Olin, Frank	68	DEU	Lummerland Taxi Aurich	MHK	312	3:26:23	0:51:54	0:52:17	0:46:49	0:55:23		
364	1467	Müller, Gerrit	61	DEU	Team Möbel Buss	MHK	313	3:26:24	0:52:29	0:52:25	0:45:15	0:56:15		
365	693	Schmidt, Olaf	64	DEU	Team ENERCON	MHK	314	3:26:27	0:52:11	0:51:22	0:46:30	0:56:24		
366	275	Meyer, Jörg	62	DEU	LG Fliegerhorst Upjever	MHK	315	3:26:30	0:51:52	0:51:53	0:46:36	0:56:09		
367	376	Hinrichs, Christoph	75	DEU	Polizei Leer	MHK	316	3:26:31	0:52:16	0:52:03	0:45:53	0:56:19		
368	733	Koch, Martin	66	DEU	Loga	MHK	317	3:26:34	0:52:33	0:51:50	0:46:36	0:55:35		
369	199	Hamann, Thomas	64	DEU	TaktLwGrp "R"	MHK	318	3:26:38	0:51:59	0:53:32	0:46:24	0:54:43		
370	300	Rakel, Frank	75	DEU	Kurt sien Trupp	MHK	319	3:26:40	0:52:07	0:52:34	0:45:56	0:56:03		
370	163	Jelden, Carsten	86	DEU	Team ENERCON	MHK	319	3:26:40	0:50:05	0:49:01	0:43:33	1:04:01		
372	160	Beiden, Andre	81	DEU	HdFul	MHK	321	3:26:43	0:52:22	0:53:18	0:45:30	0:55:33		
373	619	Stucke, Thorsten	74	DEU	PFL-Stift Esens	MHK	322	3:26:49	0:51:38	0:52:06	0:46:07	0:56:58		
374	916	Borus, Alexander	84	DEU	.	MHK	323	3:26:54	0:53:50	0:51:37	0:45:55	0:55:32		
374	1520	Saathoff, Jarek	03	DEU	IGS Waldschule Egels	MJ	52	3:26:54	0:53:58	0:52:18	0:46:04	0:54:34		
376	361	Güttner, David	80	DEU	NIGE	MHK	324	3:26:55	0:51:59	0:51:36	0:46:10	0:57:10		
376	237	Lüken, Marco	97	DEU	SVO Wi sünd Holtriem	MJ	53	3:26:55	0:52:14	0:51:11	0:46:12	0:57:18		
376	1570	Kempen, Sönke	95	DEU	Briese Schifffahrt	MHK	324	3:26:55	0:52:24	0:53:47	0:44:56	0:55:48		
379	550	Ahrendt, Michael	70	DEU	SV Dornum	MHK	326	3:26:57	0:52:00	0:52:32	0:46:02	0:56:23		
380	382	Oltrop, Ralf	69	DEU	Gassco Vikings	MHK	327	3:26:58	0:52:30	0:52:20	0:46:23	0:55:45		
381	754	Jütting, Manuel	86	DEU	Apen	MHK	328	3:27:02	0:54:15	0:52:12	0:45:25	0:55:10		
382	310	Stäude, Hartmut	71	DEU	Padlooper	MHK	329	3:27:07	0:53:03	0:52:44	0:45:25	0:55:55		
383	1457	Nanninga, Jochen	67	DEU	TV Norden	MHK	330	3:27:09	0:51:43	0:52:30	0:46:33	0:56:23		
384	372	Wilken, Günther	68	DEU	TuS Leerhufe-Hovel e.V.	MHK	331	3:27:12	0:52:47	0:52:03	0:46:12	0:56:10		
385	788	de Buhr, Hans-Jürgen	69	DEU	Schulte Dental Filsum	MHK	332	3:27:13	0:52:32	0:53:01	0:45:48	0:55:52		

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386	277	Schäfer, Marco Julian	92	DEU	Manitowoc Runners	MHK	333	3:27:17	0:52:25	0:51:58	0:46:31	0:56:23		
387	305	Berghaus, Jens	59	DEU	Realschule Aurich	MHK	334	3:27:21	0:52:01	0:52:43	0:46:11	0:56:26		
388	449	Hauschild, Luciano	79	DEU	Team ENERCON	MHK	335	3:27:25	0:52:40	0:52:42	0:46:08	0:55:55		
389	762	Konopka, Jens	72	DEU	Wiesmoor	MHK	336	3:27:27	0:52:34	0:52:23	0:46:34	0:55:56		
390	695	Smidt, Oliver	70	DEU	ENERCON	MHK	337	3:27:28	0:53:01	0:52:04	0:46:07	0:56:16		
390	1665	Lütten, Christian	68	DEU	IGS Aurich-West	MHK	337	3:27:28	0:52:20	0:53:28	0:46:09	0:55:31		
392	1476	Westphal, Torben	80	DEU	Team ENERCON	MHK	339	3:27:39	0:55:57	0:51:57	0:44:34	0:55:11		
393	1512	Schild, Cedric	97	DEU	Turbine TGG	MJ	54	3:27:42	0:52:35	0:52:08	0:44:43	0:58:16		
394	1713	Popp, Wilfried	65	DEU	TSV Riepe	MHK	340	3:27:54	0:51:52	0:52:12	0:46:49	0:57:01		
395	1423	Hesse, Noah	99	DEU	FC SO-SI	MJ	55	3:27:58	0:52:50	0:51:40	0:46:21	0:57:07		
396	46	Janke, Volkmar	63	DEU	Baptisten Firrel	MHK	341	3:28:01	0:52:36	0:52:02	0:45:57	0:57:26		
397	142	Kattenbeck, Udo	66	DEU	Stadt Emden	MHK	342	3:28:02	0:55:54	0:52:54	0:44:52	0:54:22		
398	147	Flachowsky, Elia	90	DEU	Hartmann Group	MHK	343	3:28:05	0:52:18	0:52:47	0:46:34	0:56:26		
399	448	Rieken, Volker	67	DEU	doerlooper.de	MHK	344	3:28:10	0:52:19	0:52:18	0:46:18	0:57:15		
400	217	Eckstein, Sascha	75	DEU	Peichert Luitjens & Eckstein	MHK	345	3:28:12	0:52:14	0:52:38	0:46:29	0:56:51		
400	997	Iken, Christian	95	DEU	WfbM BBB Aurich Wittmund	MHK	345	3:28:12	0:54:26	0:50:52	0:46:32	0:56:22		
402	1823	Best, Michael	89	DEU	Mahl- und Mischbetrieb G.deBuhr	MHK	347	3:28:18	0:53:04	0:52:08	0:46:36	0:56:30		
403	353	Meents, Enno	66	DEU	TUS Leerhufe - Hovel	MHK	348	3:28:22	0:52:36	0:52:34	0:46:40	0:56:32		
404	1541	Bohlen, Steffen	97	DEU	SV Großefehn	MJ	56	3:28:24	0:54:50	0:53:18	0:45:12	0:55:04		
405	331	Löseke, Oliver	72	DEU	Sparkasse Aurich-Norden	MHK	349	3:28:50	0:52:39	0:54:06	0:45:22	0:56:43		
405	1658	Wagner, Andre	68	DEU	Nordland Papier	MHK	349	3:28:50	0:52:26	0:53:37	0:47:03	0:55:44		
407	1158	Siemers, Frank	74	DEU	Klingele / Weener Energie	MHK	351	3:28:59	0:55:51	0:52:47	0:45:39	0:54:42		
408	1390	Melzer, Carsten	69	DEU	Emder LG	MHK	352	3:29:00	0:52:27	0:52:44	0:46:42	0:57:07		
409	504	Wolbers, Josef	66	DEU	Deutsche Rentenversicherung	MHK	353	3:29:07	0:53:08	0:52:50	0:46:35	0:56:34		
410	1401	August, Egon	62	DEU	Elisabethfehn	MHK	354	3:29:08	0:52:57	0:53:33	0:45:59	0:56:39		
411	1688	Pasternak, Vladislav	87	DEU	Seefahrtsschule Leer	MHK	355	3:29:13	0:54:03	0:53:16	0:45:57	0:55:57		
412	560	Grübner, Tim	75	DEU	Sparkasse Aurich-Norden	MHK	356	3:29:19	0:53:16	0:52:45	0:46:36	0:56:42		
413	293	Hinken, Jürgen	63	DEU	KBV Wiesede Boßeln	MHK	357	3:29:22	0:52:24	0:52:54	0:47:03	0:57:01		
413	666	Bloem, Günter	68	DEU	VfL Victoria Flachsmeer	MHK	357	3:29:22	0:52:50	0:53:37	0:46:16	0:56:39		
415	957	Efrem, Awet	88	DEU	Windlooper	MHK	359	3:29:23	1:00:28	0:50:14	0:43:22	0:55:19		
416	632	Goldenstein, Michael	87	DEU	Ingenieurbüro Post & Hansen	MHK	360	3:29:24	0:52:40	0:55:39	0:45:56	0:55:09		
416	1761	Hayen, Simon	98	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	57	3:29:24	0:53:25	0:52:21	0:47:01	0:56:37		
418	1585	Peters, Hendrik	91	DEU	Emder LG	MHK	361	3:29:25	0:53:16	0:53:32	0:46:20	0:56:17		
419	500	Coordes, Malte	95	DEU	TaktLwGrp "R"	MHK	362	3:29:30	0:52:27	0:51:42	0:47:04	0:58:17		
420	1455	Frerichs, Robert	74	DEU	TV Norden	MHK	363	3:29:32	0:58:41	0:51:38	0:45:23	0:53:50		

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421	1719	Rauert, Jan	82	DEU	IGNW	MHK	364	3:29:40	0:55:11	0:52:04	0:45:59	0:56:26		
422	335	Kramer, Manfred	62	DEU	LG Werder-Ossis	MHK	365	3:29:41	0:52:55	0:53:11	0:46:54	0:56:41		
423	519	Schwanka Trevisan, Aramis	87	DEU	Team ENERCON	MHK	366	3:29:44	0:55:08	0:52:59	0:45:41	0:55:56		
424	638	Blaurock, Marco	96	DEU	obw Emden	MJ	58	3:29:50	0:56:15	0:53:50	0:44:02	0:55:43		
425	397	Grimm, Uwe	69	DEU	VfFL Berumbur	MHK	367	3:29:55	0:52:40	0:53:36	0:46:52	0:56:47		
426	306	Folkerts, Friedrich	65	DEU	Feuerwehr Hollen	MHK	368	3:29:56	0:57:20	0:51:52	0:45:41	0:55:03		
426	924	Mühlenbrock, Holger	82	DEU	Landgericht Aurich	MHK	368	3:29:56	0:54:26	0:53:42	0:46:15	0:55:33		
428	1125	Faß, Johann	57	DEU	good voran emden	MHK	370	3:30:02	0:53:11	0:52:34	0:45:52	0:58:25		
429	53	Tobiassen, Jan	70	DEU	MTV Aurich	MHK	371	3:30:07	0:58:59	0:55:56	0:39:23	0:55:49		
429	861	Andrees, Björn	80	DEU	LG Fliegerhorst Upjever	MHK	371	3:30:07	0:54:15	0:52:56	0:47:22	0:55:34		
431	405	Runden, Michael	61	DEU	Stadt Leer	MHK	373	3:30:10	0:53:28	0:53:19	0:46:41	0:56:42		
432	1732	Alberts, Marco	95	DEU	GeTek	MHK	374	3:30:17	0:53:20	0:55:21	0:46:58	0:54:38		
433	379	Varga, Erwin	69	DEU	Berumerfehn	MHK	375	3:30:18	0:52:41	0:53:07	0:46:35	0:57:55		
434	576	Rücker, Konstantin	98	DEU	NIGE	MJ	59	3:30:24	0:52:29	0:53:47	0:46:29	0:57:39		
435	264	Waalkens, Holger	69	DEU	Tichelwarf	MHK	376	3:30:26	0:53:24	0:53:03	0:46:33	0:57:26		
436	539	Ahlers, Sascha	78	DEU	Sodasan	MHK	377	3:30:34	0:53:47	0:53:27	0:46:27	0:56:53		
436	1743	Heiken, Onno	97	DEU	Schachclub Aurich	MJ	60	3:30:34	0:54:12	0:52:23	0:46:40	0:57:19		
438	1782	Weber, Jan	84	DEU	IGS Moormerland	MHK	378	3:30:35	0:52:56	0:53:04	0:46:43	0:57:52		
439	1073	Bathow, Thomas	87	DEU	AGRAVIS Ems-Jade GmbH	MHK	379	3:30:42	0:53:48	0:53:11	0:46:33	0:57:10		
439	1495	Baumann, Onno	68	DEU	Leinerstift e.V.	MHK	379	3:30:42	0:53:11	0:53:20	0:47:15	0:56:56		
441	572	Zelmanski, Ingo	69	DEU	Hol ab! Getränkemarkt GmbH	MHK	381	3:30:46	0:52:10	0:52:43	0:47:19	0:58:34		
442	534	Büscher, Johann	68	DEU	Büschies	MHK	382	3:30:48	0:53:12	0:53:46	0:46:53	0:56:57		
443	381	Smidt, Mike	71	DEU	Team Erdinger	MHK	383	3:30:53	0:53:43	0:52:53	0:47:23	0:56:54		
444	358	Pleis, Ingo	80	DEU	Ammersum	MHK	384	3:31:03	0:51:49	0:54:44	0:46:25	0:58:05		
445	1809	Edzards, Julian	92	DEU	Schaffhauser Wald	MHK	385	3:31:06	0:53:08	0:52:38	0:46:53	0:58:27		
446	365	Zimmermann, Thorsten	72	DEU	Team ENERCON	MHK	386	3:31:17	0:53:55	0:53:51	0:46:53	0:56:38		
447	429	Erdwiens, Hermann	70	DEU	LG Ostfriesland	MHK	387	3:31:18	0:52:46	0:52:54	0:47:53	0:57:45		
448	526	Magarin, Rico	88	DEU	Sparkasse LeerWittmund	MHK	388	3:31:23	0:53:36	0:53:52	0:47:10	0:56:45		
449	391	Habben, Berend	60	DEU	Wybelsum	MHK	389	3:31:28	0:52:45	0:52:44	0:47:30	0:58:29		
450	645	Kleene, Holger	71	DEU	obw Emden	MHK	390	3:31:29	0:54:42	0:53:09	0:46:22	0:57:16		
451	1692	Seitz, Jonny	65	DEU	Nordland Papier	MHK	391	3:31:34	0:53:51	0:53:54	0:46:43	0:57:06		
452	1388	Damm, Itze	74	DEU	Augenoptik Ralf Damm	MHK	392	3:31:38	0:53:38	0:52:46	0:48:02	0:57:12		
453	433	Ziegler, Frank	67	DEU	Teestube Eiland	MHK	393	3:31:52	0:53:02	0:53:22	0:47:46	0:57:42		
454	844	Pretl, Tim	78	DEU	Die Drei Lauffreunde	MHK	394	3:31:56	0:52:10	0:58:15	0:46:25	0:55:06		
455	386	Jever, Karlheinz	64	DEU	Emder LG	MHK	395	3:32:01	0:52:37	0:54:33	0:47:00	0:57:51		

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456	725	Nordbrock, Herbert	67	DEU	Weener Plastik	MHK	396	3:32:04	0:54:18	0:53:04	0:46:53	0:57:49		
457	599	Henninga, Eike	91	DEU	Raiffeisenbank eG, Moormerland	MHK	397	3:32:06	0:52:24	0:55:20	0:48:01	0:56:21		
458	1491	Baumann, Hermann	70	DEU	Klinikum Emden	MHK	398	3:32:07	0:53:24	0:53:57	0:46:59	0:57:47		
459	772	Müller, Thorsten	72	DEU	Herzkinder Ostfriesland	MHK	399	3:32:08	0:55:38	0:53:55	0:46:38	0:55:57		
460	396	Brettschneider, Roger	65	DEU	HTR	MHK	400	3:32:10	0:54:40	0:53:41	0:46:52	0:56:57		
461	463	Peters, Wolfgang	67	DEU	TuS Eintracht Hinte	MHK	401	3:32:11	0:53:12	0:53:32	0:47:46	0:57:41		
461	1498	Dettmer, Thorsten	65	DEU	Leinerstift e.V.	MHK	401	3:32:11	0:54:25	0:53:20	0:47:29	0:56:57		
463	561	Steinigeweg, Hauke	83	DEU	Sparkasse Aurich-Norden	MHK	403	3:32:15	0:54:08	0:52:44	0:47:34	0:57:49		
464	1402	Büker, Markus	68	DEU	Team ENERCON	MHK	404	3:32:17	0:53:54	0:55:02	0:46:19	0:57:02		
465	109	Block, Wolfgang	73	DEU	Firmengruppe Kurre	MHK	405	3:32:18	0:57:01	0:54:07	0:46:21	0:54:49		
466	289	Baller, Holger	71	DEU	OGV	MHK	406	3:32:21	0:57:52	0:52:53	0:45:45	0:55:51		
466	1633	Schultz, Heinz	49	DEU	VfR Heisfelde	MHK	406	3:32:21	0:53:20	0:53:38	0:47:51	0:57:32		
468	318	Oetter, Detlef	64	DEU	Sparkasse LeerWittmund	MHK	408	3:32:24	0:53:32	0:53:55	0:46:53	0:58:04		
468	233	Hoop, Hinderk	96	DEU	IGS Aurich-West	MJ	61	3:32:24	0:52:46	0:55:33	0:45:38	0:58:27		
470	398	von Kentzinsky, Roland	48	DEU	TG Wiesmoor	MHK	409	3:32:25	0:53:42	0:53:27	0:47:36	0:57:40		
471	778	Gerdes, Gerhard	63	DEU	G	MHK	410	3:32:29	0:54:25	0:54:05	0:47:25	0:56:34		
472	363	Balssen, Michael	88	DEU	Rolf Janssen Gruppe	MHK	411	3:32:32	0:54:37	0:54:34	0:46:35	0:56:46		
472	1609	Buss, Bjarne	99	DEU	Gymnasium Ulricianum Aurich	MJ	62	3:32:32	0:56:12	0:53:50	0:47:39	0:54:51		
474	1500	Bretschneider, Alexander	98	DEU	Leinerstift e.V.	MJ	63	3:32:33	0:56:17	0:54:51	0:45:51	0:55:34		
475	498	Kuhlemann, Holger	82	DEU	Rolf Janssen Gruppe	MHK	412	3:32:34	0:54:41	0:54:33	0:46:34	0:56:46		
475	809	de Vries, Jan	86	DEU	Rolf Janssen Gruppe	MHK	412	3:32:34	0:54:41	0:54:32	0:46:35	0:56:46		
477	234	Janßen, Siegfried	55	DEU	Lg-Ostfriesland	MHK	414	3:32:42	0:54:57	0:53:26	0:46:32	0:57:47		
477	428	Dannen, Siegfried	61	DEU	SV Wymeer/Boen	MHK	414	3:32:42	0:53:57	0:53:46	0:47:17	0:57:42		
479	708	schmidt, jan	92	DEU	sportfreunde möhlenwarf	MHK	416	3:32:50	1:01:06	0:51:25	0:44:32	0:55:47		
480	1788	Saathoff, Jann	91	DEU	Ludwigsdorf	MHK	417	3:32:53	0:54:58	0:56:55	0:48:11	0:52:49		
481	603	Pleis, Michael	91	DEU	Blau-Weiß Filsum	MHK	418	3:32:54	0:54:20	0:54:04	0:46:45	0:57:45		
482	345	Schoon, Reiner	64	DEU	LG Wilken	MHK	419	3:32:56	0:54:12	0:53:42	0:47:20	0:57:42		
483	518	Bunjes, Axel	60	DEU	LT TuRa 07 Westrauderfehn	MHK	420	3:32:58	0:54:16	0:53:54	0:47:32	0:57:16		
484	295	Bleeker, Rolf	61	DEU	VOST	MHK	421	3:33:01	0:54:04	0:54:31	0:47:21	0:57:05		
484	846	Weidemann, Kay	94	DEU	Seefahrtsschule Leer	MHK	421	3:33:01	0:54:48	0:55:38	0:45:50	0:56:45		
486	1672	Willems, Horst	69	DEU	Jennelt	MHK	423	3:33:04	0:53:42	0:54:06	0:47:51	0:57:25		
487	245	Bohnen, Michael	84	DEU	DYNAMO LOHE	MHK	424	3:33:06	0:54:38	0:53:55	0:46:42	0:57:51		
488	1571	Sievers, Christian	84	DEU	Briese Schifffahrt	MHK	425	3:33:10	0:53:58	0:53:22	0:47:57	0:57:53		
489	658	Thörner, Klaus	64	DEU	obw Emden	MHK	426	3:33:11	0:54:04	0:53:40	0:47:37	0:57:50		
490	1820	Weerts, Steffen	91	DEU	RVB Aurich/Uplengen	MHK	427	3:33:12	0:53:03	0:54:24	0:47:41	0:58:04		

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491	1056	Schlink, Daniel	96	DEU	Neukamperfehn	MJ	64	3:33:19	0:57:15	0:53:01	0:46:24	0:56:39		
492	525	Böhm, Jörg	65	DEU	Kurt sien Trupp	MHK	428	3:33:21	0:56:07	0:53:12	0:46:54	0:57:08		
492	1661	Steffens, Derk	01	DEU	Emder LG	MJ	65	3:33:21	0:55:12	0:54:44	0:46:29	0:56:56		
494	349	Günther, Stephan	70	DEU	LC Wechloy Oldenburg	MHK	429	3:33:22	0:53:34	0:54:05	0:47:23	0:58:20		
495	407	Otten, Elmar	82	DEU	DLRG Weener	MHK	430	3:33:24	0:53:58	0:53:53	0:47:35	0:57:58		
496	467	Jacobs, Sven	01	DEU	Gymnasium Ulricianum Aurich 7c	MJ	66	3:33:25	0:53:31	0:53:21	0:46:09	1:00:24		
496	292	Reil, Stephan	67	DEU	TuS Eversten, Oldenburg	MHK	431	3:33:25	0:52:41	0:54:36	0:47:53	0:58:15		
498	385	Fürst, Heiko	75	DEU	Friedeburg	MHK	432	3:33:26	0:54:25	0:54:09	0:47:21	0:57:31		
498	64	Jacobs, Andreas	72	DEU	Polizei Aurich / MTV Aurich	MHK	432	3:33:26	0:53:31	0:53:21	0:46:10	1:00:24		
500	426	Heyen, Stefan	88	DEU	Bünting Tee	MHK	434	3:33:27	0:54:25	0:54:07	0:46:37	0:58:18		
501	1814	Aggen, Timo	97	DEU	Blau-Weiß Filsum	MJ	67	3:33:30	0:54:16	0:54:07	0:47:16	0:57:51		
502	298	Mäcken, Sven	91	DEU	MTV Aurich	MHK	435	3:33:32	0:53:29	0:53:52	0:47:43	0:58:28		
503	577	Bley, Stefan	94	DEU	MTV Aurich	MHK	436	3:33:34	0:53:29	0:53:52	0:47:43	0:58:30		
504	668	Dieken, Manni	75	DEU	CVJM Aurich	MHK	437	3:33:47	0:54:32	0:55:30	0:47:45	0:56:00		
505	508	Metz, Thorsten	87	DEU	Borromäus Hospital Leer	MHK	438	3:34:06	0:56:15	0:54:22	0:47:19	0:56:10		
506	1733	Doden, Peter	59	DEU	GeTek	MHK	439	3:34:09	0:54:03	0:54:31	0:48:14	0:57:21		
507	1362	Rogga, Marcus	77	DEU	Störtebeker Loopers TVM	MHK	440	3:34:15	0:54:40	0:53:43	0:47:58	0:57:54		
508	1660	Lemke, Rene	92	DEU	Polizei Leer	MHK	441	3:34:18	0:54:07	0:55:49	0:46:22	0:58:00		
509	417	Janßen, Stefan	70	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	442	3:34:24	0:54:49	0:53:21	0:46:48	0:59:26		
510	307	Günther, Alwin	73	DEU	SVO Wi sünd Holtriem	MHK	443	3:34:25	0:53:05	0:54:57	0:48:32	0:57:51		
511	1575	Hogekamp, Lars	72	DEU	Jever	MHK	444	3:34:29	0:55:00	0:53:44	0:47:49	0:57:56		
511	1591	Meyer, Manfred	63	DEU	Borromäus Hospital Leer	MHK	444	3:34:29	0:54:52	0:56:22	0:46:50	0:56:25		
513	1171	Dege, Andreas	82	DEU	Klinikum Leer	MHK	446	3:34:30	0:56:10	0:54:46	0:46:57	0:56:37		
514	712	Rosenkranz, Tim	88	DEU	Gemeinnützige Werkstätten/LSF	MHK	447	3:34:42	0:55:02	0:55:19	0:47:05	0:57:16		
515	404	Nagel, Hermann	56	DEU	RKZV I 43	MHK	448	3:34:49	0:53:52	0:54:25	0:48:26	0:58:06		
515	801	Odion, Jean-Yann	93	DEU	TaktLwGrp "R"	MHK	448	3:34:49	0:54:06	0:55:18	0:47:40	0:57:45		
515	633	Stafforst, Lars	67	DEU	-	MHK	448	3:34:49	0:55:41	0:54:58	0:47:21	0:56:49		
518	1499	Ihnen, Michael	62	DEU	Leinerstift e.V.	MHK	451	3:34:52	0:52:25	0:58:45	0:46:52	0:56:50		
519	273	Cremer, Benjamin	80	DEU	LG Ostfriesland	MHK	452	3:34:53	0:54:06	0:53:57	0:48:14	0:58:36		
520	897	Schröder, Eike	88	DEU	Klinikum Emden	MHK	453	3:34:55	0:56:29	0:54:04	0:46:50	0:57:32		
521	256	Olthoff, Matthias	73	DEU	Weener Plastik	MHK	454	3:35:01	0:55:40	0:53:38	0:47:54	0:57:49		
522	284	Lümken, Matthias	84	DEU	Team Ostfriesland	MHK	455	3:35:02	0:52:53	0:59:03	0:47:20	0:55:46		
522	394	Harms, Jörg	65	DEU	Schüt-Duis	MHK	455	3:35:02	0:54:30	0:54:11	0:48:01	0:58:20		
524	453	Basa, Frank	76	DEU	Die Laufschncken	MHK	457	3:35:05	0:53:41	0:54:05	0:48:14	0:59:05		
525	459	Pflanzer, Hans	54	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	458	3:35:06	0:54:01	0:54:29	0:48:03	0:58:33		

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526	378	Rieken, Wilhelm	62	DEU	Sparkasse LeerWittmund	MHK	459	3:35:08	0:54:09	0:53:42	0:47:57	0:59:20		
527	1812	Erfkamp, Manfred	59	DEU		MHK	460	3:35:13	0:54:24	0:54:31	0:48:03	0:58:15		
528	891	Janßen, Gerd	68	DEU	Bohlen & Doyen	MHK	461	3:35:22	0:53:51	0:54:07	0:47:24	1:00:00		
529	509	Kotas, Peter	85	DEU	Team ENERCON	MHK	462	3:35:24	0:55:54	0:55:03	0:47:27	0:57:00		
529	1527	Siebolds, Nicklas	00	DEU	IGS Waldschule Egels	MJ	68	3:35:24	0:55:52	0:56:17	0:46:56	0:56:19		
531	180	Reuter, Nils	88	DEU	Moorlooper	MHK	463	3:35:27	0:54:43	0:55:21	0:47:24	0:57:59		
532	297	Albers, Jürgen	69	DEU	Klinikum Leer	MHK	464	3:35:28	0:55:55	0:54:11	0:47:25	0:57:57		
533	356	Müller, Lothar	61	DEU	Onkologie UnterEms/Fortuna	MHK	465	3:35:32	0:54:24	0:55:02	0:47:46	0:58:20		
534	344	Wiechers, Wilko	87	DEU	Volkswagen Emden	MHK	466	3:35:33	0:55:37	0:55:30	0:47:16	0:57:10		
534	1396	Siemens, Hermann	67	DEU	Hammelwarder Sprinter	MHK	466	3:35:33	0:54:54	0:54:27	0:47:31	0:58:41		
536	477	van Essen, Holger	73	DEU	TaktLwGrp "R"	MHK	468	3:35:35	0:55:06	0:54:17	0:47:48	0:58:24		
537	688	Hiersemann, Frank	69	DEU	Tus Eintracht Hinte	MHK	469	3:35:45	0:54:32	0:54:57	0:47:28	0:58:48		
538	1405	Nissen, Frank	61	DEU	ISD	MHK	470	3:35:53	0:54:35	0:53:23	0:47:07	1:00:48		
539	743	Meppen, Nico	78	DEU	TSV Jahn Carolinensiel	MHK	471	3:35:58	0:54:19	0:54:57	0:48:01	0:58:41		
540	963	Kruse, Andreas	90	DEU	K & W Tauchservice	MHK	472	3:36:07	0:56:35	0:54:59	0:46:44	0:57:49		
541	223	Stekker, Andreas	82	DEU	NIGE	MHK	473	3:36:09	0:53:05	0:54:51	0:48:17	0:59:56		
542	594	Cramer, Markus	75	DEU	Post SV Leer	MHK	474	3:36:11	0:54:42	0:55:01	0:47:39	0:58:49		
543	1160	Haus, Timo	78	DEU	Klinikum Emden	MHK	475	3:36:15	0:54:21	0:56:06	0:46:58	0:58:50		
544	466	Timmer, Ulrich	71	DEU	Elisabethfehn	MHK	476	3:36:17	0:54:20	0:54:59	0:48:05	0:58:53		
545	490	Piel, Tanjev	94	DEU	TaktLwGrp "R"	MHK	477	3:36:25	0:53:42	0:54:58	0:48:07	0:59:38		
546	1741	Reiners, Timm	99	DEU	Gymnasium Ulricianum Aurich	MJ	69	3:36:27	0:53:15	0:54:28	0:47:42	1:01:02		
547	1790	Kober, Maurice	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	70	3:36:32	0:55:16	0:56:07	0:47:16	0:57:53		
548	1444	Kölber, Richard	66	DEU	TV Norden	MHK	478	3:36:37	0:55:37	0:54:17	0:47:50	0:58:53		
549	309	Hanssen, Heyo	61	DEU	SC Wiesens	MHK	479	3:36:39	0:54:37	0:53:43	0:48:21	0:59:58		
549	343	Barth, Johann	78	DEU	TVM Badminton	MHK	479	3:36:39	0:54:36	0:54:30	0:47:55	0:59:38		
549	1752	Garrelts, Hilmar	72	DEU	Friedeburg	MHK	479	3:36:39	0:56:09	0:56:00	0:47:20	0:57:10		
549	1689	Park, Harm	53	DEU	TuS Weene	MHK	479	3:36:39	0:54:12	0:55:15	0:48:28	0:58:44		
553	274	Fuchs, Holger	70	DEU	Team Laufrausch e.V.	MHK	483	3:36:41	0:54:16	0:55:57	0:47:18	0:59:10		
553	1065	Brakenhoff, Holger	68	DEU	Sparkasse Aurich-Norden	MHK	483	3:36:41	0:54:51	0:54:52	0:48:37	0:58:21		
555	141	Kohlert, Sören	82	DEU	IGS Aurich-West	MHK	485	3:36:46	0:48:56	0:48:38	1:05:40	0:53:32		
555	276	Gedes, Hendrik	96	DEU	G	MJ	71	3:36:46	0:54:37	0:56:20	0:47:15	0:58:34		
555	1780	Flessner, Hendrik	97	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	71	3:36:46	0:54:35	0:54:28	0:47:10	1:00:33		
558	865	Eden, Michael	73	DEU	Eastfrisian Metal Association	MHK	486	3:36:47	0:54:17	0:55:00	0:48:44	0:58:46		
558	1506	ter Hark, Sven	97	DEU	Orgadata AG	MJ	73	3:36:47	0:55:12	0:54:27	0:48:45	0:58:23		
560	1394	Siemer, Jens	81	DEU	Papenburg	MHK	487	3:36:53	0:55:09	0:54:50	0:48:11	0:58:43		

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561	1550	Engels, Thorsten	71	DEU	Frisia Loga	MHK	488	3:36:55	0:52:58	0:52:08	0:56:09	0:55:40		
562	61	Eberhard, Harald	66	DEU	TG Wiesmoor	MHK	489	3:36:58	0:54:27	0:55:08	0:48:32	0:58:51		
563	1608	Böhland, Kay	65	DEU	LC Wechloy	MHK	490	3:37:03	0:54:14	0:55:16	0:47:36	0:59:57		
564	290	Kuper, Wolfgang	70	DEU	Baptisten Firrel	MHK	491	3:37:05	0:53:29	0:53:14	0:48:38	1:01:44		
565	514	Gerdes, Arnim	69	DEU	Onno Behrends Tee Norden	MHK	492	3:37:06	0:53:57	0:54:44	0:48:27	0:59:58		
565	1013	Kampen, Hermann	72	DEU	Stallbrüggerfeld	MHK	492	3:37:06	0:55:28	0:55:35	0:47:33	0:58:30		
567	1774	Bensiek, Tobias	83	DEU	ENERCON	MHK	494	3:37:07	0:55:22	0:55:06	0:48:18	0:58:21		
568	421	Kühling, Paul	71	DEU	FC Sedelsberg	MHK	495	3:37:12	0:54:27	0:55:34	0:48:21	0:58:50		
569	472	Behrens, Eike	98	DEU	Boßelverein Thunum	MJ	74	3:37:17	0:55:05	0:56:22	0:47:15	0:58:35		
569	988	Brandt, Michael	84	DEU	IGS Waldschule Egels	MHK	496	3:37:17	0:55:52	0:55:17	0:48:08	0:58:00		
571	637	Blaurock, Andreas	68	DEU	obw Emden	MHK	497	3:37:21	0:56:51	0:54:31	0:47:59	0:58:00		
572	296	Schulte, Joachim	76	DEU	Barßel	MHK	498	3:37:22	0:53:08	0:53:48	0:50:20	1:00:06		
572	531	Janssen, Dieter	55	DEU	Wittmund	MHK	498	3:37:22	0:53:57	0:55:33	0:48:52	0:59:00		
572	1196	Bohlen, Hans-Peter	66	DEU	TG Wiesmoor	MHK	498	3:37:22	0:54:53	0:55:00	0:48:42	0:58:47		
575	362	Sandersfeld, Johann	55	DEU	LG Uplengen	MHK	501	3:37:24	0:54:26	0:54:19	0:48:55	0:59:44		
575	1602	de Boer, Wilhelm	61	DEU	SV Dornum	MHK	501	3:37:24	0:54:56	0:54:56	0:48:41	0:58:51		
577	1185	Ferguson, Conor	82	DEU	ENOVA	MHK	503	3:37:25	0:54:23	0:52:29	0:54:10	0:56:23		
578	373	de Buhr, Gert	72	DEU	Mahl- und Mischbetrieb G.deBuhr	MHK	504	3:37:26	0:55:53	0:55:24	0:48:34	0:57:35		
579	1573	Kreienbrock, Carsten	68	DEU	Briese Schifffahrt	MHK	505	3:37:28	0:55:00	0:55:01	0:48:42	0:58:45		
580	911	Scholla, Jürgen	56	DEU	Ubbo-Emmius-Klinik	MHK	506	3:37:30	0:54:21	0:54:24	0:48:49	0:59:56		
581	553	Knopf, Jannes	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	75	3:37:32	0:56:39	0:55:41	0:47:19	0:57:53		
581	389	Hollweg, Thomas	84	DEU	Team ENERCON	MHK	507	3:37:32	0:55:01	0:55:25	0:48:31	0:58:35		
583	682	Jäckle, Tobias	78	DEU	Krankenhaus Wittmund	MHK	508	3:37:37	0:55:12	0:54:59	0:48:43	0:58:43		
583	1773	Duhlies, Frank	60	DEU	Duhlies Dienstleistungen	MHK	508	3:37:37	0:54:16	0:54:10	0:48:59	1:00:12		
585	546	Giebelhausen, Stephan	77	DEU		MHK	510	3:37:41	0:55:35	0:55:27	0:48:11	0:58:28		
586	1035	Meyer, Bernd	65	DEU	Der Weg ist das Ziel	MHK	511	3:37:43	0:56:21	0:54:09	0:49:01	0:58:12		
586	1392	Goudschaal, Johann	64	DEU	Kirchengemeinde Hollen	MHK	511	3:37:43	0:54:13	0:54:48	0:48:46	0:59:56		
588	360	Hemken, Jan	66	DEU	LG Fliegerhorst Upjever	MHK	513	3:37:44	0:54:30	0:54:35	0:48:23	1:00:16		
589	333	Gillessen, Thorben	97	DEU	FC SO-SII	MJ	76	3:37:46	0:54:59	0:55:07	0:47:41	0:59:59		
590	722	Jacobsen, Henrik	97	DEU	SC Ihrhove 07	MJ	77	3:37:47	0:55:00	0:55:07	0:47:42	0:59:58		
591	574	Streubel, Tom	97	DEU	NIGE	MJ	78	3:37:49	0:56:26	0:54:48	0:47:01	0:59:34		
592	1710	Bohlsen, Stefan	64	DEU	Fortuna Logabirum	MHK	514	3:37:50	0:57:03	0:54:54	0:48:04	0:57:49		
593	255	Berrens, Hartmut	62	DEU	SC07 Ihrhove	MHK	515	3:37:52	0:54:03	0:54:32	0:53:32	0:55:45		
594	251	Buse, Rudolf	67	DEU	H.-D. Heuermann GmbH	MHK	516	3:37:54	0:55:23	0:54:27	0:48:17	0:59:47		
595	922	Hamacher, Henning	74	DEU	privat	MHK	517	3:37:55	0:55:55	0:55:20	0:48:37	0:58:03		

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596	624	Dreesch-Rosendahl, Frerich	68	DEU	Westrauderfehn	MHK	518	3:37:56	0:59:44	0:53:52	0:47:06	0:57:14		
597	23	Möhlmann, Sven	97	DEU	FCSO-SII	MJ	79	3:37:58	0:55:01	0:55:08	0:47:46	1:00:03		
598	858	Buß, Coob	61	DEU	SV Eintracht Ihlow	MHK	519	3:37:59	0:55:39	0:55:09	0:48:31	0:58:40		
599	868	Moos, Léon Rouven	96	DEU	NIGE	MJ	80	3:38:11	0:56:32	0:54:16	0:47:14	1:00:09		
600	770	Coordes, Detlef	63	DEU	Bohlen & Doyen	MHK	520	3:38:12	0:55:12	0:54:45	0:48:39	0:59:36		
600	1659	Kettwig, Christoph	88	DEU	Polizei Leer	MHK	520	3:38:12	0:53:20	0:56:00	0:47:47	1:01:05		
602	332	Kopietz, Manuel	96	DEU	Trauco	MJ	81	3:38:14	0:59:26	0:57:15	0:47:08	0:54:25		
603	813	Hottinger, Jochen	66	DEU	Heinen Freezing	MHK	522	3:38:15	0:56:08	0:54:42	0:48:11	0:59:14		
604	621	Tunder, Hartmut	61	DEU	MTV Aurich	MHK	523	3:38:17	0:58:59	0:55:35	0:44:37	0:59:06		
605	1155	Riedel, Mirko	77	DEU	Klinge / Weener Energie	MHK	524	3:38:25	0:55:33	0:55:25	0:47:49	0:59:38		
606	406	Brockhorst, Lucas	90	DEU	-	MHK	525	3:38:29	0:54:41	0:55:21	0:48:37	0:59:50		
607	676	Goldenstein, Siegfried	71	DEU		MHK	526	3:38:37	0:54:37	0:55:18	0:48:33	1:00:09		
607	1729	Eden, Lars	88	DEU	TaktLwGrp R	MHK	526	3:38:37	0:54:43	0:53:52	0:48:26	1:01:36		
609	524	Nanninga, Karl-Heinz	66	DEU	SG Moordorf	MHK	528	3:38:43	0:55:04	0:55:04	0:48:59	0:59:36		
610	769	Garthe, Peter	71	DEU	GARTHE SOFTWARE	MHK	529	3:38:44	0:55:02	0:55:53	0:48:21	0:59:28		
611	1426	Janssen, Piet	01	DEU	Gymnasium Ulricianum Aurich	MJ	82	3:38:52	0:54:12	0:55:28	0:47:00	1:02:12		
612	904	Baumann, Jannik	95	DEU	Orgadata AG	MHK	530	3:38:54	1:00:18	0:54:32	0:47:39	0:56:25		
613	532	Engels, Jarno	03	DEU	Maler Engels Holterfehn	MJ	83	3:38:55	0:55:04	0:55:58	0:49:04	0:58:49		
614	955	Gebrehiwei, Mikele	88	DEU	Windlooper	MHK	531	3:38:56	1:00:27	0:49:53	0:43:49	1:04:47		
615	1481	Krella, Felix	94	DEU	WfbM BBB Aurich Wittmund	MHK	532	3:39:03	0:55:18	0:53:47	0:48:57	1:01:01		
615	1740	Gedes, Martin	97	DEU	Realschule 10b	MJ	84	3:39:03	0:55:23	0:56:38	0:48:15	0:58:47		
617	1030	Weber, Maik	83	DEU	MW-Trockenbau	MHK	533	3:39:10	0:54:17	0:52:41	0:46:50	1:05:22		
618	551	Franzisky, Helge	66	DEU	VitaAkademie	MHK	534	3:39:11	0:55:36	0:55:10	0:48:49	0:59:36		
619	613	Foorden, Wilfried	64	DEU	TG Wiesmoor	MHK	535	3:39:13	0:56:18	0:55:26	0:48:35	0:58:54		
620	543	Hansen, Christian	62	DEU	Ingenieurbüro Post & Hansen	MHK	536	3:39:28	0:54:30	0:55:39	0:49:29	0:59:50		
621	196	Meyer, Marco	80	DEU	HdFul	MHK	537	3:39:32	0:56:32	0:56:18	0:48:25	0:58:17		
622	324	Wallerowitz, Ewald	65	DEU	LG Ostfriesland	MHK	538	3:39:38	0:56:56	0:54:53	0:48:23	0:59:26		
623	530	Engels, Franko	70	DEU	Maler Engels Holterfehn	MHK	539	3:39:47	0:55:26	0:56:10	0:49:10	0:59:01		
624	1867	Voorwold, Jörg	75	DEU	Baugeschäft	MHK	540	3:39:52	0:55:42	0:56:11	0:48:01	0:59:58		
625	1787	Kalski, Thomas	71	DEU	MTV Aurich	MHK	541	3:39:54	0:56:07	0:49:22	0:50:34	1:03:51		
626	740	Sandersfeld, Daniel	72	DEU	Trauco	MHK	542	3:39:56	0:55:08	0:55:38	0:49:27	0:59:43		
627	702	Knop, Thomas	67	DEU	Jade Hochschule	MHK	543	3:39:57	0:55:49	0:55:35	0:49:08	0:59:25		
628	287	Strangmann, Dirk	70	DEU	EWE-Wattlooper	MHK	544	3:39:58	0:55:02	0:56:00	0:48:32	1:00:24		
628	980	Quosdorf, Tobias	72	DEU	Ihlow	MHK	544	3:39:58	0:58:41	0:56:32	0:47:24	0:57:21		
630	1397	Boomfalk, Uwe	71	DEU	Störtebeker Loopers TVM	MHK	546	3:40:01	0:54:38	0:55:27	0:48:55	1:01:01		

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631	351	Holzenkämpfer, Heiko	86	DEU	FC Stern Völlenerfehn	MHK	547	3:40:02	0:55:15	0:55:07	0:49:13	1:00:27		
631	403	Kluba, Sebastian	96	DEU	Bünting Tee	MJ	85	3:40:02	0:57:36	0:55:22	0:48:25	0:58:39		
633	1589	Reineck, Maximilian	96	DEU	FC SO-SII	MJ	86	3:40:10	0:54:03	0:53:01	0:47:15	1:05:51		
634	408	Willms, Johann	56	DEU	Krummhörn	MHK	548	3:40:12	0:54:56	0:55:10	0:50:05	1:00:01		
635	1683	Mülder, Michael	96	DEU	IGS Aurich-West	MJ	87	3:40:14	1:05:18	0:53:25	0:43:17	0:58:14		
636	616	Popp, Rolf	59	DEU	R.u.F. Concordia Emden	MHK	549	3:40:17	0:55:25	0:56:05	0:49:02	0:59:45		
637	894	Heidebroek, Leon	97	DEU	DLRG Leer	MJ	88	3:40:19	0:58:11	0:54:38	0:47:56	0:59:34		
638	247	Ditzfeld, Tebbe	97	DEU	IGS Aurich-West	MJ	89	3:40:22	0:58:40	0:55:31	0:47:54	0:58:17		
639	1407	Koornstra, Jan	90	DEU	Seefahrtsschule Leer	MHK	550	3:40:26	0:57:33	0:56:56	0:46:57	0:59:00		
640	505	Busch, Markus	76	DEU	DLRG Leer	MHK	551	3:40:28	0:56:11	0:55:16	0:48:57	1:00:04		
641	533	Buß, Sven	68	DEU	LG Fliegerhorst Upjever	MHK	552	3:40:32	0:55:26	0:54:58	0:49:11	1:00:57		
641	1391	Keck, Tammo	95	DEU	Ostfriesische Brandkasse	MHK	552	3:40:32	0:55:33	0:55:59	0:48:12	1:00:48		
643	595	Rust, Michael	84	DEU	BBS Aurich	MHK	554	3:40:35	1:00:50	0:56:05	0:47:24	0:56:16		
644	902	Schacha, Dirk	71	DEU	Orgadata AG	MHK	555	3:40:38	0:56:02	0:55:48	0:49:36	0:59:12		
645	506	Tunder, Garrelt	55	DEU	SC Wiesens	MHK	556	3:40:51	0:55:43	0:55:46	0:49:39	0:59:43		
646	1382	Eiben, Eibo	43	DEU	Lauftreff Schafhausen Wald	MHK	557	3:40:52	0:55:22	0:56:23	0:49:27	0:59:40		
647	590	Recknagel, Sven	96	DEU	Gymnasium Ulricianum Aurich, SP 501	MJ	90	3:40:59	0:57:07	0:56:00	0:48:18	0:59:34		
648	822	Graf, Hauke	96	DEU	Watt'n Loopers SV Dornum	MJ	91	3:41:00	0:55:25	0:56:07	0:49:06	1:00:22		
649	1383	Damm, Dirk	64	DEU	AOK Ostfriesland Jade	MHK	558	3:41:01	1:00:48	0:58:28	0:46:13	0:55:32		
650	516	Freese, Klaus	69	DEU	LT TuS Aurich-Ost	MHK	559	3:41:09	0:55:12	0:55:22	0:49:51	1:00:44		
651	527	Mudder, Michael	72	DEU	Bauunternehmen Michael Mudder	MHK	560	3:41:13	0:56:04	0:56:11	0:49:53	0:59:05		
652	326	Hildebrandt, Theodor	56	DEU	LG Ostfriesland	MHK	561	3:41:15	0:53:44	0:54:40	0:52:52	0:59:59		
653	507	Wempen, Holger	75	DEU		MHK	562	3:41:19	0:55:00	0:57:36	0:48:35	1:00:08		
653	348	Müller, Robert	83	DEU	Holz und Bau Weener	MHK	562	3:41:19	0:58:39	0:55:21	0:48:27	0:58:52		
655	1200	Helmerts, Luca-Matthes	02	DEU	Concordia Ihrhove	MJ	92	3:41:22	0:57:54	0:55:10	0:48:33	0:59:45		
656	436	Wienken, Andreas	75	DEU	Küchenhus Wiesmoor	MHK	564	3:41:25	0:56:30	0:55:11	0:49:00	1:00:44		
657	1727	Franken, Uwe	76	DEU	Polizei Aurich	MHK	565	3:41:32	0:56:14	0:55:41	0:48:40	1:00:57		
658	744	Sanders, Marco	80	DEU	Sparkasse LeerWittmund	MHK	566	3:41:49	0:55:23	0:54:50	0:50:02	1:01:34		
659	522	Feldkamp, Volker	60	DEU	Schule am Deich	MHK	567	3:42:09	0:56:27	0:55:39	0:50:00	1:00:03		
659	965	Hagen, Ralf	80	DEU	Hagen Holz- u. Gartenfachmarkt	MHK	567	3:42:09	0:56:47	0:56:27	0:49:21	0:59:34		
661	1082	Abheiden, Michael	80	DEU	Schleichkatzen WOL	MHK	569	3:42:10	0:59:00	0:55:02	0:48:37	0:59:31		
662	901	Eidam, Jens	84	DEU	Orgadata AG	MHK	570	3:42:11	0:58:45	0:54:55	0:48:55	0:59:36		
663	766	Bock, Uwe	61	DEU	LT TuS Aurich-Ost	MHK	571	3:42:12	0:56:24	0:55:53	0:49:25	1:00:30		
664	847	Engels, Renko	00	DEU	Maler Engels Holterfehn	MJ	93	3:42:23	0:57:07	0:56:22	0:49:06	0:59:48		
665	535	Heinrichs, Don	92	DEU	Seefahrtsschule Leer	MHK	572	3:42:24	0:57:39	0:56:56	0:48:50	0:58:59		

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665	832	Bohlen, Gerhard	67	DEU	-	MHK	572	3:42:24	0:55:45	0:56:55	0:49:19	1:00:25		
667	721	Peters, Jörg	66	DEU	Fortuna Logabirum	MHK	574	3:42:27	0:56:26	0:55:22	0:50:13	1:00:26		
668	719	Cassens, Michael	64	DEU	Taebo Nord	MHK	575	3:42:34	0:56:31	0:56:10	0:48:56	1:00:57		
669	866	Wolters, Karsten	68	DEU	Sparkasse Aurich-Norden	MHK	576	3:42:35	0:56:28	0:56:13	0:49:16	1:00:38		
670	753	Tammen, Alfred	65	DEU	Bünting Tee	MHK	577	3:42:41	0:55:22	0:55:19	0:50:21	1:01:39		
670	439	Dorf Müller, Pepe	62	DEU	LG Fliegerhorst Upjever	MHK	577	3:42:41	0:55:48	0:55:07	0:50:34	1:01:12		
672	430	Geiken, Dieter	64	DEU	LT TuS Aurich-Ost	MHK	579	3:42:42	0:56:28	0:55:57	0:49:47	1:00:30		
673	610	Koop, Arend	60	DEU	Weener Plastik	MHK	580	3:42:47	0:56:09	0:55:59	0:50:20	1:00:19		
674	1151	Bruns, David	98	DEU	Ubbo-Emmius-Gymnasi- um/Leer	MJ	94	3:42:52	1:01:13	0:54:25	0:47:31	0:59:43		
675	815	Post, Reinhard	62	DEU	SV Stern Schwerinsdorf	MHK	581	3:42:58	0:56:24	0:56:58	0:49:27	1:00:09		
676	665	Kloos, Tobias	95	DEU	Baugeschäft Voorwold GmbH	MHK	582	3:42:59	0:59:36	0:55:51	0:48:03	0:59:29		
677	674	Heijen, Harald	75	DEU	LG TV Bunde	MHK	583	3:43:00	0:56:17	0:57:08	0:49:10	1:00:25		
678	928	Tannen, Siegfried	56	DEU	Wittmund	MHK	584	3:43:02	0:56:05	0:56:20	0:50:18	1:00:19		
679	409	Renken, Bernd	49	DEU	Emder LG	MHK	585	3:43:03	0:56:17	0:56:54	0:49:28	1:00:24		
680	347	Kiesé, Kersten	64	DEU	TuS Esens	MHK	586	3:43:06	0:55:25	0:56:23	0:50:09	1:01:09		
681	713	Korporal, Horst	66	DEU	De Padlooper	MHK	587	3:43:07	0:56:38	0:56:22	0:49:11	1:00:56		
682	1596	Boekhoff, Daniel	98	DEU	Turbine TGG	MJ	95	3:43:08	0:57:18	0:57:12	0:49:06	0:59:32		
683	302	Schulz, Michael	62	DEU	Emder LG	MHK	588	3:43:09	0:56:22	0:56:01	0:49:54	1:00:52		
683	411	Weinitschke, Uwe	59	DEU	LT Oldenburg Süd	MHK	588	3:43:09	0:57:29	0:55:08	0:49:56	1:00:36		
685	424	Steinke, Rolf	67	DEU	IGS Moormerland	MHK	590	3:43:13	0:56:47	0:56:09	0:49:16	1:01:01		
686	340	Spannhoff, Rainer	64	DEU	Emder LG	MHK	591	3:43:14	0:58:02	0:58:41	0:48:18	0:58:13		
687	806	Saathoff, Eric	68	DEU	Emder LG	MHK	592	3:43:15	0:58:02	0:58:41	0:48:18	0:58:14		
687	1494	Friedrich, Wolfgang	63	DEU	Leinerstift e.V.	MHK	592	3:43:15	0:58:39	0:56:39	0:48:25	0:59:32		
689	678	Groeneveld, Michael	71	DEU	Stadt Emden	MHK	594	3:43:16	0:59:33	0:55:10	0:48:33	1:00:00		
690	366	Lammers, Johann	63	DEU	Heinen Freezing	MHK	595	3:43:19	0:54:35	0:54:18	0:47:24	1:07:02		
691	462	Watermann, Dennis	85	DEU	FC Stern Völlenerfehn	MHK	596	3:43:29	0:56:53	0:56:17	0:49:32	1:00:47		
691	384	Brauer, Siegfried	58	DEU	WfbM BBB Aurich Wittmund	MHK	596	3:43:29	0:56:43	0:55:21	0:50:14	1:01:11		
691	1302	Rahmann, Uwe	80	DEU	Hartmann Group	MHK	596	3:43:29	0:58:28	0:56:17	0:48:35	1:00:09		
694	416	Prikker, Weert-Peter	59	DEU	Fortuna Logabirum	MHK	599	3:43:33	0:56:03	0:56:58	0:49:46	1:00:46		
695	213	Munk, Thomas	68	DEU	Westrauderfehn	MHK	600	3:43:34	0:59:10	0:55:50	0:49:07	0:59:27		
696	1572	Janßen, Andreas	67	DEU	Schwimmverein Hesel	MHK	601	3:43:37	0:56:37	0:56:08	0:51:37	0:59:15		
697	1556	Jürgens, Hendrik	96	DEU	Westerende-Kirchloog	MJ	96	3:43:38	0:56:13	0:57:33	0:49:27	1:00:25		
698	538	Oltmanns, Reinhard	64	DEU	-	MHK	602	3:43:44	0:55:37	0:57:47	0:49:07	1:01:13		
698	941	Greizinger, Eduard	85	DEU	Wittmundhafen(Bundes wehr)	MHK	602	3:43:44	0:59:22	0:57:44	0:48:13	0:58:25		
700	471	Lüken, Ehrenfried	64	DEU	TaktLwGrp "R"	MHK	604	3:43:46	0:57:18	0:56:06	0:50:23	0:59:59		

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701	571	Willems, Heye	53	DEU	LVM - Versicherung Leer	MHK	605	3:43:55	0:56:07	0:56:37	0:49:56	1:01:15		
702	1492	Fleißner, Jochen	65	DEU	Klinikum Emden	MHK	606	3:43:56	0:56:42	0:56:07	0:49:08	1:01:59		
703	480	Bakker, Heinz	56	DEU	Backemoor	MHK	607	3:43:58	0:58:08	0:56:34	0:49:29	0:59:47		
704	67	Hoffmann, Hans-Joachim	48	DEU	LT TuS Aurich-Ost	MHK	608	3:43:59	0:56:11	0:56:05	0:49:34	1:02:09		
705	1373	Fischer, Helmut	64	DEU	Störtebeker Loopers TVM	MHK	609	3:44:01	0:54:39	0:57:15	0:51:05	1:01:02		
705	1404	Daniel, Arne	92	DEU	Hochschule Emden	MHK	609	3:44:01	1:07:06	0:54:16	0:44:42	0:57:57		
707	602	Heinrichsdorff, Ulf-Fabian	82	DEU	Stadt Leer	MHK	611	3:44:05	0:56:06	0:55:49	0:49:52	1:02:18		
708	476	Adloff, Stephan	76	DEU	Team ENERCON	MHK	612	3:44:08	0:57:22	0:56:20	0:49:41	1:00:45		
709	609	Hofmann, Jakobus	54	DEU	Weener Plastik	MHK	613	3:44:14	0:57:09	0:55:58	0:50:41	1:00:26		
710	1798	Ufkes, Thilo	01	DEU	Gymnasium Ulricianum Aurich	MJ	97	3:44:16	0:56:52	0:56:18	0:49:47	1:01:19		
711	1353	Ubben, Ehlke	62	DEU	MTV Aurich	MHK	614	3:44:21	0:57:24	0:55:50	0:50:17	1:00:50		
712	715	Wildemann, Martin	60	DEU	WfbM BBB Aurich Wittmund	MHK	615	3:44:28	0:55:32	0:56:37	0:51:18	1:01:01		
713	931	Scheper, Jens	84	DEU	BMW TEKKEN	MHK	616	3:44:30	0:58:00	0:56:38	0:49:32	1:00:20		
714	557	Seehaus, Jens	91	DEU	WfbM BBB Aurich Wittmund	MHK	617	3:44:36	0:58:08	0:56:40	0:49:05	1:00:43		
715	636	Rohden, Heinz	63	DEU	SVO Wi sünd Holtriem	MHK	618	3:44:45	0:55:04	0:56:43	0:50:36	1:02:22		
716	960	Diener, Wilfried	62	DEU	VfB Uplengen	MHK	619	3:44:48	0:56:20	0:56:18	0:50:07	1:02:03		
717	617	Rull, Reiner	69	DEU	Petkumer Achterdiekloopers	MHK	620	3:44:49	0:56:42	0:57:49	0:48:56	1:01:22		
717	1815	Lüürsen, Helmut	66	DEU	LG TV Bunde	MHK	620	3:44:49	0:55:47	0:58:26	0:49:04	1:01:32		
719	1352	Schoon, Günther	50	DEU	TG Wiesmoor	MHK	622	3:44:52	0:56:52	0:55:26	0:50:33	1:02:01		
720	1594	Steimer, Dejan	97	DEU	NIGE	MJ	98	3:44:56	0:55:51	0:58:02	0:48:58	1:02:05		
721	728	Boekhoff, Hermann	61	DEU	FREIE LUNGE SV BENTSTREEK	MHK	623	3:45:01	0:57:37	0:57:00	0:49:51	1:00:33		
722	359	John, Detlef	69	DEU	Team ENERCON	MHK	624	3:45:05	0:58:05	0:56:01	0:49:18	1:01:41		
722	767	Storm, Christian	79	DEU	LT TuS Aurich-Ost / IGS Waldschule Eoels	MHK	624	3:45:05	0:55:17	0:55:18	0:53:19	1:01:11		
724	1091	Steinmeyer, Benedikt	99	DEU	Gymnasium Ulricianum Aurich	MJ	99	3:45:07	0:58:32	0:55:35	0:48:41	1:02:19		
725	499	Gastmann, Thorsten	81	DEU	Team ENERCON	MHK	626	3:45:11	0:57:45	0:55:49	0:50:04	1:01:33		
726	714	Grimm, Andre	79	DEU	LT TuS Aurich-Ost	MHK	627	3:45:16	0:57:24	0:56:35	0:49:52	1:01:25		
726	971	von Aschwege, Jan Hendrik	94	DEU	Raiffeisenbank eG, Moormerland	MHK	627	3:45:16	0:56:36	0:56:41	0:49:29	1:02:30		
728	364	Baumann, Friedhelm	60	DEU	Rolf Janssen Gruppe	MHK	629	3:45:19	0:56:07	0:56:56	0:50:55	1:01:21		
729	1819	Dirks, Hero	79	DEU	TSV Carolinensiel	MHK	630	3:45:22	0:58:54	0:59:42	0:48:13	0:58:33		
730	387	Müller, Michael	90	DEU	LG Fliegerhorst Upjever	MHK	631	3:45:25	0:57:57	0:58:53	0:50:54	0:57:41		
731	1409	Nuske, Alexander	71	DEU	Team ENERCON	MHK	632	3:45:28	0:57:44	0:56:23	0:49:13	1:02:08		
732	291	Van Thai, Anh	72	DEU	WfbM BBB Aurich Wittmund	MHK	633	3:45:49	0:58:36	0:55:20	0:50:39	1:01:14		
732	614	Barth, Andreas	75	DEU	Elektro Barth	MHK	633	3:45:49	0:54:53	0:54:59	0:50:49	1:05:08		
734	1501	Mülder, Guido	76	DEU	Ostfriesische Volksbank eG	MHK	635	3:45:54	0:57:28	0:57:35	0:50:01	1:00:50		
735	629	Scholtalbers, Hendrik	59	DEU	SV Hesel	MHK	636	3:45:56	0:56:38	0:56:08	0:51:38	1:01:32		

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735	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	100	3:45:56	1:01:30	0:58:06	0:48:14	0:58:06		
735	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	100	3:45:56	1:01:30	0:58:06	0:48:14	0:58:06		
735	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	100	3:45:56	1:01:30	0:58:06	0:48:14	0:58:06		
735	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	100	3:45:56	1:01:30	0:58:06	0:48:14	0:58:06		
738	777	Habben, Eimo	58	DEU	MTV Aurich	MHK	637	3:45:57	0:57:24	0:57:51	0:50:18	1:00:24		
738	1676	Feimann, Johannes	66	DEU	Nordland Papier	MHK	637	3:45:57	0:57:38	0:57:36	0:50:41	1:00:02		
740	1132	Iken, Matthias	72	DEU	Emder LG	MHK	639	3:45:59	0:59:47	0:55:54	0:50:37	0:59:41		
741	635	Snater, Uwe	61	DEU	LG TV Bunde	MHK	640	3:46:04	0:57:08	0:56:33	0:50:21	1:02:02		
742	917	Kleinau, Swen	67	DEU	Reederei Buss	MHK	641	3:46:06	0:57:52	0:56:00	0:50:36	1:01:38		
743	478	Stöter, Kai	76	DEU	Volksbank eG Westrauderfehn	MHK	642	3:46:08	0:57:12	0:57:12	0:49:59	1:01:45		
744	1209	Groen, Werner	71	DEU	Team ENERCON	MHK	643	3:46:14	1:01:44	0:57:40	0:48:50	0:58:00		
745	497	Rethmeier, Erik	91	DEU	Chikara-Gym Bunde e. V.	MHK	644	3:46:15	0:59:13	0:56:36	0:49:36	1:00:50		
746	377	Grote, Werner	71	DEU	Fortuna Logabirum	MHK	645	3:46:19	0:58:25	0:58:12	0:49:34	1:00:08		
747	280	Sporré, Jürgen	55	DEU	Emder LG	MHK	646	3:46:23	0:57:21	0:58:25	0:50:26	1:00:11		
748	311	Brüsehoff, Wichert	66	DEU	TV Oldersum	MHK	647	3:46:26	0:55:30	1:03:46	0:48:40	0:58:30		
749	1613	Adick, Matthias	62	DEU	Lummerland Taxi Aurich	MHK	648	3:46:29	0:58:57	0:56:51	0:49:46	1:00:55		
750	669	Gonzales, Erick	97	DEU	Rotary Club Leer	MJ	102	3:46:30	0:56:09	0:58:42	0:50:50	1:00:49		
751	876	Cordes, Jannik	97	DEU	Borromäus Hospital Leer	MJ	103	3:46:39	1:00:14	0:58:40	0:48:26	0:59:19		
752	415	Keiser, Johann	62	DEU	n-cut24	MHK	649	3:46:43	0:57:15	0:55:53	0:52:43	1:00:52		
753	143	de Vries, Michael	72	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	650	3:46:44	0:57:26	0:57:16	0:51:02	1:01:00		
754	1071	Venekamp, Christopher	96	DEU	Seefahrtsschule Leer	MJ	104	3:46:49	0:58:43	0:57:01	0:49:28	1:01:37		
754	1412	Ludwigs, Joachim	69	DEU	Stadt Emden	MHK	651	3:46:49	0:56:45	0:57:16	0:50:49	1:01:59		
756	953	Saathoff, Jens	77	DEU	Dekra Aurich	MHK	652	3:46:55	0:58:14	0:57:04	0:50:40	1:00:57		
757	156	Schulze, Klaus	65	DEU	LSF Oldenburg	MHK	653	3:46:56	0:57:01	0:56:15	0:49:09	1:04:31		
757	845	Hellmers, Uwe	78	DEU	Krüger Apen	MHK	653	3:46:56	0:57:35	0:57:48	0:49:51	1:01:42		
757	520	Sprenger, Robert	62	DEU	LSF Oldenburg	MHK	653	3:46:56	0:57:01	0:56:16	0:49:09	1:04:30		
760	816	Janssen, Matthias	74	DEU	Deternerlehe	MHK	656	3:47:00	0:57:35	0:57:47	0:50:00	1:01:38		
761	82	Junker, Jürgen	71	DEU	Moormerland	MHK	657	3:47:07	0:58:31	0:57:47	0:50:27	1:00:22		
762	1667	Grüßing, Thade	00	DEU	Freie Lunge Bentstreek	MJ	105	3:47:09	1:00:23	0:57:13	0:49:48	0:59:45		
763	1666	Beckmann, Adrian	48	DEU	Briese Schifffahrt	MHK	658	3:47:10	0:58:17	0:57:26	0:50:59	1:00:28		
763	1744	Lausen, Marius	91	DEU	TV Leer	MHK	658	3:47:10	0:58:03	0:59:20	0:50:35	0:59:12		
765	1709	Karge, Leon	01	DEU	Gymnasium Ulricianum Aurich	MJ	106	3:47:13	0:58:19	0:56:07	0:50:22	1:02:25		
766	823	Bohlen, Uwe	77	DEU	Wildeboer Bauteile GmbH	MHK	660	3:47:14	0:57:41	0:58:08	0:49:44	1:01:41		
767	1739	Müller, Gerold	53	DEU	Neu-Ekels	MHK	661	3:47:19	0:59:26	0:58:33	0:48:48	1:00:32		
767	1574	Heller, Karsten	67	DEU	Ihlowerfehn	MHK	661	3:47:19	0:58:24	0:56:25	0:50:32	1:01:58		

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769	1130	Venekamp, Gerhard	65	DEU	TUS Eintracht Hinte	MHK	663	3:47:21	0:56:44	0:57:15	0:49:54	1:03:28		
770	542	Anscheit, Peter	65	DEU	Rettungsdienst Leer	MHK	664	3:47:28	0:57:01	0:59:15	0:50:04	1:01:08		
770	1862	Janssen, Bernd	65	DEU	Emder LG	MHK	664	3:47:28	0:57:35	0:56:45	0:50:35	1:02:33		
772	949	Bessert, Marco	98	DEU	Laufen und Meer	MJ	107	3:47:31	1:00:04	0:56:29	0:48:35	1:02:23		
773	1374	Rosendahl, Wilfried	68	DEU	Störtebeker Loopers TVM	MHK	666	3:47:33	0:57:40	0:57:28	0:50:21	1:02:04		
774	339	Heckhoff, Andreas	64	DEU	Borromäus Hospital Leer	MHK	667	3:47:34	0:53:24	0:57:58	0:54:35	1:01:37		
774	1484	Gabriel, Torben	99	DEU	Team Möbel Buss	MJ	108	3:47:34	0:59:19	0:58:18	0:48:03	1:01:54		
776	786	Weber, Manfred	62	DEU	SV Stern Schwerinsdorf	MHK	668	3:47:37	0:56:23	0:57:26	0:50:22	1:03:26		
777	601	Borchert, Werner	62	DEU	Busboomsfehn	MHK	669	3:47:40	0:57:44	0:56:30	0:49:40	1:03:46		
778	1679	Dahms, Arne	76	DEU	Wildeboer Bauteile GmbH	MHK	670	3:47:43	1:00:00	0:58:11	0:49:37	0:59:55		
779	1027	Appeldorn, Thomas	71	DEU	Freistaat Ostfriesland	MHK	671	3:47:44	0:58:38	0:57:10	0:50:51	1:01:05		
780	773	Zimmermann, Dirk	80	DEU	Gymnasium Ulricianum Aurich	MHK	672	3:47:45	0:59:51	0:57:30	0:48:08	1:02:16		
781	1757	Kröger, Michael	72	DEU	L. A. Language Academy Leer	MHK	673	3:47:46	0:57:27	0:58:05	0:50:36	1:01:38		
782	1100	Bley, Günter	65	DEU	Alwin Christians	MHK	674	3:47:48	0:58:04	0:57:16	0:51:07	1:01:21		
783	1834	Sonnenberg, Horst	63	DEU	Albers Die Fußspezialisten	MHK	675	3:47:52	1:00:16	0:56:56	0:49:35	1:01:05		
784	1202	Janssen, Keven	91	DEU	Großfehn	MHK	676	3:47:53	1:04:00	0:58:17	0:48:10	0:57:26		
785	1199	Wolbers, Klaus	79	DEU	BMW TEKKEN	MHK	677	3:47:56	0:58:29	0:56:58	0:50:43	1:01:46		
786	446	Hildebrandt, Volkmar	55	DEU	Waldschule Egels / TuS Weene	MHK	678	3:47:58	0:57:54	0:57:45	0:50:41	1:01:38		
787	479	Martin, Christian	87	DEU	Physio Aktiv Rhaudefehn	MHK	679	3:47:59	0:58:20	0:58:33	0:49:45	1:01:21		
788	299	Gerhardt, Mario	67	DEU	LG Fliegerhorst Upjever	MHK	680	3:48:03	0:55:35	0:54:41	0:48:27	1:09:20		
789	943	Berends, Holger	75	DEU	-	MHK	681	3:48:05	0:59:25	0:57:26	0:50:18	1:00:56		
789	1853	Saul, Folkert	77	DEU	Reha-Team- Leer	MHK	681	3:48:05	0:58:54	0:59:00	0:49:54	1:00:17		
791	441	Bohlen, Thomas	92	DEU	LG Uplengen	MHK	683	3:48:06	0:57:16	0:58:56	0:50:00	1:01:54		
792	738	Campen, Timo	80	DEU	SC Wiesens	MHK	684	3:48:08	0:57:25	0:58:20	0:50:44	1:01:39		
793	782	Fokken, Markus	81	DEU	Running for Jesus	MHK	685	3:48:14	0:58:04	0:58:13	0:50:26	1:01:31		
794	780	Alwes, Wolfgang	50	DEU	Fortuna Logabirum	MHK	686	3:48:15	0:59:09	0:58:20	0:49:48	1:00:58		
795	886	Michalak, Karl-Heinz	57	DEU	Kdo SES	MHK	687	3:48:17	0:57:50	0:57:58	0:50:59	1:01:30		
795	923	Frieling, Jens	70	DEU	Allstars 2002	MHK	687	3:48:17	0:57:45	0:57:36	0:50:11	1:02:45		
797	1411	Goudschaal, Daniel	99	DEU	FTC Hollen	MJ	109	3:48:18	0:57:24	0:58:29	0:50:09	1:02:16		
798	1595	Pottberg, Hauke	97	DEU	BBS II Leer	MJ	110	3:48:25	0:59:21	0:56:38	0:50:17	1:02:09		
799	751	van der Berg, Axel	73	DEU	Gassco Vikings	MHK	689	3:48:28	0:58:15	0:57:36	0:50:40	1:01:57		
800	824	Bruns, Henning	96	DEU	EWE-Wattloopers	MJ	111	3:48:29	0:59:43	0:53:52	0:51:01	1:03:53		
801	F222	Kruse, Wilfried	61	DEU	VW Akademie	MHK	690	3:48:31	1:01:14	1:00:30	0:51:15	0:55:32		
802	1716	Hinrichs, Wilfried	68	DEU	Club-of-Comfort	MHK	691	3:48:33	0:59:19	0:57:20	0:50:32	1:01:22		
803	301	Reemts, Stefan	82	DEU	SV Warsingsfehn	MHK	692	3:48:39	0:58:08	0:59:06	0:49:52	1:01:33		

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804	1009	Lampe, Michael	87	DEU	Leer	MHK	693	3:48:41	0:58:27	0:58:55	0:50:03	1:01:16		
805	547	Giebelhausen, Klaus	75	DEU		MHK	694	3:48:42	0:57:47	0:56:52	0:51:13	1:02:50		
806	2011	Vogelsang, Uwe	70	DEU	Stadt Leer	MHK	695	3:48:45	0:59:28	0:57:51	0:50:36	1:00:50		
807	1863	Brink, Hans-Hermann	67	DEU	Frisia Völlnerkönigsfehn	MHK	696	3:48:46	1:00:03	0:55:27	0:49:41	1:03:35		
808	776	Badberg, Wilhelm	44	DEU	TG Wiesmoor	MHK	697	3:48:49	0:57:51	0:58:08	0:50:40	1:02:10		
809	870	Hollwege, Ralf	62	DEU	VfL Berumbur	MHK	698	3:48:57	0:57:45	0:57:33	0:51:23	1:02:16		
810	432	Röben, Holger	73	DEU	Team ENERCON	MHK	699	3:48:58	0:56:26	0:58:10	0:52:26	1:01:56		
811	898	Schweer, Claus	69	DEU	Raiffeisenbank eG, Moormerland	MHK	700	3:49:00	0:59:34	0:57:45	0:50:29	1:01:12		
812	495	Menssen, Nicolai	97	DEU	TaktLwGrp "R"	MJ	112	3:49:05	0:58:58	0:57:17	0:51:21	1:01:29		
813	1142	Land, Christian	86	DEU	Kdo SES	MHK	701	3:49:07	0:59:47	0:56:29	0:49:21	1:03:30		
813	1464	Weber, Siegfried	62	DEU	Team Möbel Buss	MHK	701	3:49:07	0:59:39	0:57:34	0:50:59	1:00:55		
815	970	Werner, Deeke	81	DEU	LG Fliegerhorst Upjever	MHK	703	3:49:09	0:58:29	0:57:10	0:50:03	1:03:27		
816	1827	Beening, Jan	65	DEU	Bollingen	MHK	704	3:49:15	0:58:22	0:58:50	0:50:51	1:01:12		
817	452	Bockhöfer, Henry	02	DEU	RAe Dr. Fenner Bockhöfer Henkys	MJ	113	3:49:22	1:05:06	0:57:19	0:49:21	0:57:36		
818	1090	Wöhrle, Christian	84	DEU	TuS Leerhufe-Hovel	MHK	705	3:49:27	0:57:47	0:57:38	0:51:17	1:02:45		
818	1417	Poppen, Helmut	50	DEU	Störtebeker Loopers TVM	MHK	705	3:49:27	0:59:44	0:57:30	0:50:37	1:01:36		
820	694	Eisenhauer, Manny	66	DEU	Wi sünd Holtriem	MHK	707	3:49:30	0:57:22	0:57:59	0:52:05	1:02:04		
821	709	Sievers, Jörn	65	DEU	LIONS Ihlow-Südbrookmerland	MHK	708	3:49:34	0:58:07	0:57:36	0:52:32	1:01:19		
822	1074	Brunken, Dennis	92	DEU	Seefahrtsschule Leer	MHK	709	3:49:36	0:56:48	0:56:29	0:53:04	1:03:15		
823	1747	Heyen, Frank	80	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	710	3:49:39	0:58:09	0:59:22	0:50:21	1:01:47		
824	874	Kleinen, Stefano	98	DEU	Niedersächsisches Internatsgymnasium	MJ	114	3:49:45	0:59:12	0:58:12	0:50:49	1:01:32		
825	401	Brunet, Holger	66	DEU	Bünting Tee	MHK	711	3:49:46	0:57:23	0:57:26	0:51:48	1:03:09		
826	1487	Friedrichs, Wilhelm	52	DEU	STRABAG AG	MHK	712	3:49:48	0:59:02	0:57:40	0:51:08	1:01:58		
827	811	Eilerts, Jürgen	66	DEU	SC Wiesens	MHK	713	3:49:50	0:59:15	0:57:18	0:52:02	1:01:15		
828	641	Willms, Jochen	81	DEU	Scharff / Trauco	MHK	714	3:49:51	0:57:44	0:58:45	0:50:37	1:02:45		
829	596	Saathoff, Eiko	97	DEU	Gymnasium Ulricianum Aurich	MJ	115	3:49:55	1:00:04	0:57:45	0:48:37	1:03:29		
829	1188	Sandmann, Rainer	82	DEU	Ostrhauderfehn	MHK	715	3:49:55	0:57:39	0:59:21	0:50:45	1:02:10		
831	1671	Wilhelm, Martin	94	DEU	Neemann	MHK	716	3:50:06	1:01:27	0:58:52	0:49:50	0:59:57		
832	718	Wolff, Hans-Peter	47	DEU	ELG	MHK	717	3:50:07	0:59:02	0:58:22	0:51:50	1:00:53		
833	1858	Huhne, Torsten	84	DEU	Oll Huus	MHK	718	3:50:09	0:57:39	0:57:56	0:50:27	1:04:07		
834	755	Bruns, Deeke	00	DEU	FTC Hollen	MJ	116	3:50:10	0:58:08	0:58:44	0:50:11	1:03:07		
835	485	Jabben, Folkert	97	DEU	TaktLwGrp "R"	MJ	117	3:50:12	1:01:57	0:57:54	0:49:57	1:00:24		
836	1398	Dirks, Andreas	64	DEU	Störtebeker Loopers TVM	MHK	719	3:50:14	0:58:07	0:57:47	0:51:04	1:03:16		
837	735	Fröhling, Rudolf	63	DEU	Norden	MHK	720	3:50:15	0:58:49	0:58:08	0:50:14	1:03:04		
837	1718	Watermeyer, Stephan	62	DEU	Sportivo Emden	MHK	720	3:50:15	0:58:24	0:58:07	0:51:29	1:02:15		

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839	1020	Heibült, Lars	04	DEU	FCSO-SI	MJ	118	3:50:16	1:01:09	0:59:46	0:49:11	1:00:10		
840	427	Heibült, Sebastian	75	DEU	Akkasnakka Ostfriesland	MHK	722	3:50:17	1:01:09	0:59:46	0:49:11	1:00:11		
840	937	Winsenborg, Thomas	73	DEU	Lebenshilfe Leer	MHK	722	3:50:17	1:00:01	0:58:13	0:50:21	1:01:42		
840	820	Buss, Hanno	66	DEU	Meyer Werft	MHK	722	3:50:17	0:59:15	0:58:55	0:49:47	1:02:20		
843	460	Luikenga, Andreas	66	DEU	ohne	MHK	725	3:50:22	0:57:06	0:57:43	0:52:20	1:03:13		
844	1421	Baumann, Jörg	74	DEU	Gemeinde Hinte	MHK	726	3:50:25	0:57:51	0:57:59	0:52:08	1:02:27		
845	1684	Hüttinga, Jens	68	DEU	n-cut24	MHK	727	3:50:26	0:57:27	0:58:46	0:52:43	1:01:30		
846	1865	Henning, Friedo	64	DEU	NYC	MHK	728	3:50:30	0:59:34	0:59:31	0:50:43	1:00:42		
847	679	Mendonca, Angelo	77	DEU	Team ENERCON	MHK	729	3:50:31	0:58:07	0:58:02	0:50:53	1:03:29		
848	338	Maskus, Arne	91	DEU	Seefahrtsschule Leer	MHK	730	3:50:32	0:57:16	1:00:41	0:51:26	1:01:09		
848	1201	Voßkuhl, Andreas	75	DEU	VfL Viktoria Flachsmeer	MHK	730	3:50:32	0:59:37	0:58:24	0:50:59	1:01:32		
850	1174	Brink, Armin	62	DEU	Stadtwerke-Leer-Loope rs	MHK	732	3:50:33	0:59:00	0:58:20	0:50:52	1:02:21		
851	1207	Redenius, Uwe	86	DEU	Herzkinder Ostfriesland	MHK	733	3:50:41	0:58:10	0:58:26	0:50:46	1:03:19		
852	1552	Ptock, Stefan	86	DEU	ENERCON	MHK	734	3:50:42	0:58:13	0:58:51	0:50:05	1:03:33		
852	1700	Bogena, Bent	96	DEU	IGS Aurich-West	MJ	119	3:50:42	1:03:58	0:57:14	0:49:47	0:59:43		
854	1598	Pollmann, Michael	69	DEU	Fortunaläufer	MHK	735	3:50:45	1:00:26	0:57:38	0:50:32	1:02:09		
855	1817	Walther, Kai	77	DEU	SuS Timmel	MHK	736	3:50:46	0:58:55	0:59:10	0:50:50	1:01:51		
856	1810	Fries, David	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	120	3:50:50	0:56:04	1:02:10	0:50:39	1:01:57		
857	703	Wessels, Harm	55	DEU	Team ENERCON	MHK	737	3:50:52	1:02:00	0:58:26	0:49:48	1:00:38		
858	1406	Meyburg, Frank	69	DEU	Ich lauf für Glücksbotenstoffe	MHK	738	3:51:00	0:59:35	0:58:57	0:50:15	1:02:13		
859	1177	Swart, Janko	98	DEU	Jugendhilfsstelle Nortmoor	MJ	121	3:51:06	1:03:55	0:57:08	0:47:15	1:02:48		
860	419	Willms, Rainer	75	DEU	Baptisten Firrel	MHK	739	3:51:11	1:00:17	0:58:48	0:50:42	1:01:24		
861	1115	Janssen, Enno	62	DEU	RVB Aurich/Uplengen	MHK	740	3:51:12	1:00:48	0:58:07	0:50:42	1:01:35		
862	625	Lowin, Volker	55	DEU	BBS Aurich	MHK	741	3:51:20	1:00:34	0:57:52	0:50:12	1:02:42		
863	592	Meise, Andre	91	DEU	RVB Aurich/Uplengen	MHK	742	3:51:21	0:59:42	0:57:53	0:50:24	1:03:22		
864	1059	Wilken, Christian	89	DEU	Sparkasse LeerWittmund	MHK	743	3:51:22	0:59:58	1:00:02	0:50:52	1:00:30		
865	783	Hildebrandt, Lothar	68	DEU	Emder LG	MHK	744	3:51:26	0:58:01	0:58:41	0:51:49	1:02:55		
866	444	Bohlen, Mathias	78	DEU	Dekra Wilhelmshaven	MHK	745	3:51:32	1:00:21	0:57:59	0:51:04	1:02:08		
867	730	Olthoff, Marco	01	DEU	FCSO-SI	MJ	122	3:51:34	0:57:44	0:58:11	0:51:02	1:04:37		
868	677	Lüning, Jens	74	DEU	Stadt Leer	MHK	746	3:51:35	0:59:18	0:57:51	0:51:05	1:03:21		
869	732	Droste, Rüdiger	80	DEU	Droste Wassersport OHG	MHK	747	3:51:37	1:00:47	0:58:00	0:50:29	1:02:21		
870	1562	Cramer, Jens	77	DEU	Gemeinde Hinte	MHK	748	3:51:41	0:58:54	0:58:00	0:52:07	1:02:40		
871	1559	Wolter, Ekkehart	53	DEU	Die Münchener	MHK	749	3:51:47	0:58:49	0:58:09	0:50:19	1:04:30		
872	1012	Kühn, Lars	02	DEU	Gymnasium Ulricianum Aurich	MJ	123	3:51:56	1:00:07	0:57:48	0:51:38	1:02:23		
873	698	Nowinski, Karl-Heinz	67	DEU	Team ENERCON	MHK	750	3:52:01	0:58:33	0:59:18	0:51:20	1:02:50		

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874	736	Herfurth, Oliver	73	DEU	Aurich	MHK	751	3:52:03	1:00:35	0:59:02	0:51:12	1:01:14		
875	830	Rühling, Michael	71	DEU	LT TuS Aurich-Ost	MHK	752	3:52:04	1:00:41	0:58:53	0:51:09	1:01:21		
876	320	Vennen, Rolf Dieter	62	DEU	EWE-Wattloopers	MHK	753	3:52:05	1:00:07	0:58:38	0:50:50	1:02:30		
877	650	Mertins, Klaus-Dieter	56	DEU	obw Emden	MHK	754	3:52:07	0:58:36	0:58:29	0:51:52	1:03:10		
878	1579	Peper, Tim	95	DEU	OBW Emden	MHK	755	3:52:11	1:02:29	0:57:01	0:49:56	1:02:45		
879	940	de Boer, Joachim	66	DEU	Team ENERCON	MHK	756	3:52:12	0:59:25	0:58:26	0:51:08	1:03:13		
879	1605	Grest, Henning	79	DEU	Sparkasse LeerWittmund	MHK	756	3:52:12	0:59:48	0:58:24	0:50:12	1:03:48		
881	1738	Krahn, Florian	87	DEU	Finanzpartner Leer	MHK	758	3:52:15	1:00:04	0:59:00	0:49:23	1:03:48		
882	802	Schollmanns, Marcel	96	DEU	TaktLwGrp "R"	MJ	124	3:52:25	0:55:42	1:01:00	0:53:10	1:02:33		
883	1088	Buss, Coob J. A. H.	78	DEU	Team Winterhoff Buss	MHK	759	3:52:27	1:02:54	0:58:28	0:50:46	1:00:19		
884	1133	Cassens, Steffen	96	DEU	NIGE	MJ	125	3:52:29	0:59:21	0:58:23	0:50:53	1:03:52		
885	978	Blank, Torsten	77	DEU	Stadt Leer	MHK	760	3:52:30	0:59:28	0:59:11	0:51:03	1:02:48		
886	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	761	3:52:35	0:59:59	0:58:43	0:51:08	1:02:45		
886	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	761	3:52:35	0:59:59	0:58:43	0:51:08	1:02:45		
886	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	761	3:52:35	0:59:59	0:58:43	0:51:08	1:02:45		
886	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	761	3:52:35	0:59:59	0:58:43	0:51:08	1:02:45		
888	1189	Schürmann, Egon	65	DEU	Jeans Janssen	MHK	763	3:52:36	0:58:06	0:58:17	0:52:52	1:03:21		
889	265	Melzel, Henrik Max	92	DEU	Rettungsdienst Leer	MHK	764	3:52:37	1:05:01	0:57:37	0:49:34	1:00:25		
889	893	Fröhling, Michael	70	DEU	KdoSES	MHK	764	3:52:37	0:59:55	0:59:21	0:49:21	1:04:00		
891	1011	Henning, Yannick	99	DEU	Laufen und Meer	MJ	126	3:52:38	1:00:09	0:58:30	0:51:41	1:02:18		
891	804	Wunderlich, Reinhard	47	DEU	Actic Fit Schortens	MHK	766	3:52:38	0:58:27	0:59:30	0:51:12	1:03:29		
893	768	Drost, Helge	74	DEU	BSG Sparkasse Wilhelmshaven	MHK	767	3:52:45	0:58:46	0:59:17	0:51:43	1:02:59		
894	675	Severiens, Gerold	48	DEU	Fortuna Logabirum	MHK	768	3:52:46	0:58:15	0:57:47	0:52:26	1:04:18		
895	667	Droste, Peter	50	DEU	Droste Wassersport OHG	MHK	769	3:52:47	1:00:51	0:57:59	0:50:59	1:02:58		
895	913	Dreesmann, Gerhard	58	DEU	DLRG Leer	MHK	769	3:52:47	0:59:47	0:58:40	0:51:50	1:02:30		
897	849	Fokken, Michael	70	DEU	Oldenburg	MHK	771	3:52:53	0:58:47	0:59:18	0:52:12	1:02:36		
897	909	Duis, Arend	57	DEU	Lions Club Uplengen	MHK	771	3:52:53	0:58:39	0:58:21	0:51:55	1:03:58		
899	1079	Moritz, Arne	95	DEU	Seefahrtsschule Leer	MHK	773	3:52:57	1:10:04	0:57:26	0:47:51	0:57:36		
900	1399	Dubiel, Carsten	49	DEU	TausendfüßLeer - Fortyniner	MHK	774	3:52:58	0:58:52	0:58:54	0:52:15	1:02:57		
901	1758	Thies, Jascha	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	127	3:53:00	0:51:10	1:04:36	0:51:19	1:05:55		
902	1603	Ebel, Rainer	62	DEU	LT TuS Aurich-Ost	MHK	775	3:53:06	1:00:25	0:57:51	0:51:58	1:02:52		
903	1447	Klinkenborg, Enno	49	DEU	TV Norden	MHK	776	3:53:07	0:58:46	0:58:52	0:52:23	1:03:06		
904	759	Stilcke, Henning	87	DEU	Seefahrtsschule Leer	MHK	777	3:53:09	1:01:28	1:00:09	0:50:03	1:01:29		
905	1668	Pupkes, Andreas	80	DEU	B-Plast 2000	MHK	778	3:53:12	1:00:17	0:59:25	0:51:50	1:01:40		
906	481	Meyer, Wolfgang	63	DEU	Emder LG	MHK	779	3:53:20	0:59:28	0:59:49	0:50:36	1:03:27		

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907	1779	Alberts, Uwe	68	DEU	Westerende Holzloog	MHK	780	3:53:22	1:00:31	0:58:33	0:51:17	1:03:01		
908	1326	Ubben, Tobias	94	DEU	Ihlowerhörn	MHK	781	3:53:30	0:58:10	1:01:12	0:51:26	1:02:42		
909	826	ter Veer, Olaf	73	DEU	EWE-Wattloopers	MHK	782	3:53:31	1:01:26	0:58:45	0:50:50	1:02:30		
910	1014	Riexinger, Sibet	59	DEU	-	MHK	783	3:53:34	0:58:29	0:59:00	0:52:12	1:03:53		
911	793	Romaneeßen, Gerd	63	DEU	Theater Brockzetel-Wiesens	MHK	784	3:53:40	0:59:39	0:58:47	0:52:06	1:03:08		
911	839	Plaggenborg, Stefan	75	DEU	Firmengruppe Kurre	MHK	784	3:53:40	1:00:21	0:59:50	0:51:14	1:02:15		
913	1769	Briese, Wilke	80	DEU	Briese Schifffahrt	MHK	786	3:53:48	1:02:43	0:59:47	0:51:15	1:00:03		
914	1403	Bruns, Simon	94	DEU	Seefahrtsschule Leer	MHK	787	3:53:52	0:59:16	0:59:50	0:51:58	1:02:48		
915	1607	Balssen, Arnold	75	DEU	-	MHK	788	3:53:56	0:58:20	0:58:40	0:53:34	1:03:22		
916	1673	Bauer, Rolf	68	DEU	Nordland Papier	MHK	789	3:54:01	0:59:20	0:58:46	0:50:52	1:05:03		
917	742	Campen, Holger	82	DEU	Rolf Janssen Gruppe	MHK	790	3:54:07	0:59:25	0:59:18	0:52:35	1:02:49		
918	704	Kaiser, Jens	72	DEU	Enno Onnecken	MHK	791	3:54:08	1:02:33	0:58:25	0:51:07	1:02:03		
919	672	Hartz, Manuel	81	DEU	Seefahrtsschule Leer	MHK	792	3:54:09	1:05:48	0:55:38	0:55:59	0:56:44		
920	827	Fleißner, Gert	85	DEU	EWE-Wattloopers	MHK	793	3:54:16	0:59:39	0:58:43	0:52:03	1:03:51		
921	1578	Müller, Stefan	61	DEU	Schleuse Leysiel	MHK	794	3:54:27	0:59:53	0:58:33	0:51:09	1:04:52		
922	1538	Renken, Ingo	67	DEU	LG Fliegerhorst Upjever	MHK	795	3:54:29	0:56:08	0:59:43	0:52:08	1:06:30		
923	579	Schatt, Olaf	67	DEU	Turbine TGG	MHK	796	3:54:32	0:59:50	0:59:35	0:50:17	1:04:50		
924	684	Bohmalk, Tom	57	DEU	SC 04 Leer	MHK	797	3:54:37	0:59:29	0:58:45	0:52:40	1:03:43		
925	1471	de Buhr, Oskar	51	DEU	Schule am Patersweg Ihren	MHK	798	3:54:49	1:00:12	0:58:41	0:52:06	1:03:50		
926	371	Kramer, Alex	71	DEU	EWE-Wattloopers	MHK	799	3:54:51	1:00:33	0:59:28	0:51:38	1:03:12		
926	626	Guilhauman, Eric	94	DEU	MVM IT-Management	MHK	799	3:54:51	0:58:59	1:03:19	0:50:04	1:02:29		
928	474	Meyer, Stefan	78	DEU	Team ENERCON	MHK	801	3:54:53	0:59:35	0:58:47	0:53:03	1:03:28		
929	691	Sikken, Bart	70	DEU	Ender LG	MHK	802	3:54:55	1:01:01	1:00:33	0:54:17	0:59:04		
929	836	Schnemann, Marcell	96	DEU	AFS Komitee Ostfriesland	MJ	128	3:54:55	0:58:02	1:02:01	0:52:43	1:02:09		
931	939	Behrends, Lübbert	65	DEU	TaktLwGrp "R"	MHK	803	3:54:59	1:00:32	0:59:13	0:52:38	1:02:36		
932	841	Schmidt, Heiko	72	DEU	Tus Leerhufe-Hovel	MHK	804	3:55:03	1:01:22	0:59:37	0:52:02	1:02:02		
933	1756	Stuhr, Arved	97	DEU	Turbine TGG	MJ	129	3:55:15	1:06:02	0:58:19	0:51:39	0:59:15		
934	1010	Kleemann, Holger	65	DEU	n-cut24 GmbH	MHK	805	3:55:18	0:58:53	0:59:31	0:52:45	1:04:09		
935	258	Kramer, Bernd	79	DEU	Aurich	MHK	806	3:55:23	0:58:53	1:00:27	0:52:33	1:03:30		
936	457	Sanders, Bonno	67	DEU	LG Loquard	MHK	807	3:55:30	0:55:42	0:56:25	0:50:45	1:12:38		
937	1400	Saathoff, Steffen	89	DEU	Störtebeker Loopers TVM	MHK	808	3:55:35	0:58:17	0:58:59	0:52:55	1:05:24		
938	763	Iken, Jens	69	DEU	KBV Bliersum	MHK	809	3:55:38	0:59:10	1:00:20	0:52:28	1:03:40		
938	689	Urner, Thorsten	67	DEU	LG Fliegerhorst Upjever	MHK	809	3:55:38	0:58:43	1:01:12	0:51:13	1:04:30		
940	877	Wallenstein, Detlef	73	DEU	Borromäus Hospital Leer	MHK	811	3:55:39	1:00:13	1:00:03	0:52:26	1:02:57		
941	942	Schmunkamp, Ulrich	84	DEU	Westoverledingen	MHK	812	3:55:41	0:59:56	0:59:00	0:51:57	1:04:48		

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942	1686	Behrends, Stefan	71	DEU	Nücke	MHK	813	3:55:43	0:59:15	0:59:00	0:52:35	1:04:53		
943	622	de Vries, Tido	87	DEU	ELV Elektronik AG	MHK	814	3:55:45	0:59:29	0:59:55	0:52:13	1:04:08		
943	623	Thoben, Martin	70	DEU	ELV Elektronik AG	MHK	814	3:55:45	0:59:29	0:59:55	0:52:12	1:04:09		
945	1329	Cammenga, Tammo	02	DEU	Gymnasium Ulricianum Aurich	MJ	130	3:55:50	1:03:07	1:00:45	0:49:42	1:02:16		
946	26	Tränapp, Andreas	83	DEU	Warsingsfehn	MHK	816	3:55:52	1:01:13	0:59:09	0:53:00	1:02:30		
947	739	Dreesman, Arno	76	DEU	LHV	MHK	817	3:55:57	1:00:36	1:00:05	0:53:33	1:01:43		
948	989	Hicken, Thomas	78	DEU	VfL Fortuna Veenhusen	MHK	818	3:55:58	1:00:52	0:58:24	0:52:09	1:04:33		
949	1717	Stahn, Hans-Peter	56	DEU	Aurich	MHK	819	3:56:04	1:04:35	1:00:04	0:49:32	1:01:53		
950	1525	Welsch, Marco	01	DEU	IGS Waldschule Egels	MJ	131	3:56:07	1:03:49	0:58:13	0:50:29	1:03:36		
951	513	Saathoff, Rainer	90	DEU	Onno Behrends Tee Norden	MHK	820	3:56:08	0:53:57	1:03:31	0:52:59	1:05:41		
952	197	Patzwald, Christian	85	DEU	NV Versicherungen VVaG	MHK	821	3:56:09	1:02:38	0:56:26	0:52:22	1:04:43		
952	1824	Möhlmann, Werner	64	DEU	CVJM Neermoor	MHK	821	3:56:09	1:01:05	1:00:11	0:52:05	1:02:48		
954	1735	Alberts, Alfred	67	DEU	GeTek	MHK	823	3:56:10	0:59:20	0:58:20	0:53:55	1:04:35		
955	1249	Waldmann, Frank	55	DEU	LG Großefehn	MHK	824	3:56:13	1:00:19	0:59:44	0:52:11	1:03:59		
956	921	Friedrichs, Timo	72	DEU	ELV Elektronik AG	MHK	825	3:56:14	0:59:29	0:59:53	0:52:16	1:04:36		
956	1854	Janßen, Armin	82	DEU		MHK	825	3:56:14	1:01:01	1:01:17	0:51:19	1:02:37		
958	871	Regling, Matthis	99	DEU	KGS Wiesmoor	MJ	132	3:56:15	1:01:06	0:58:07	0:53:46	1:03:16		
958	1231	Schumann, Klaas	87	DEU	Team ENERCON	MHK	827	3:56:15	1:03:01	1:00:31	0:51:13	1:01:30		
960	194	Janssen, Daniel	89	DEU	Moordorf	MHK	828	3:56:18	1:01:40	1:00:23	0:51:44	1:02:31		
961	946	Bohlen, Gerhard	53	DEU	Krankenhaus Wittmund	MHK	829	3:56:21	1:00:25	0:59:33	0:52:37	1:03:46		
962	919	Harberts, Lothar	74	DEU	ELV Elektronik AG	MHK	830	3:56:26	0:59:30	0:59:53	0:52:27	1:04:36		
963	1772	Brehmer, Detlef	55	DEU	Gassco Vikings	MHK	831	3:56:29	1:04:41	0:59:25	0:50:33	1:01:50		
964	1502	Nauschütt, Björn	73	DEU	Ostfriesische Volksbank eG	MHK	832	3:56:37	1:00:41	0:59:48	0:52:45	1:03:23		
965	737	Mintken, Stephan	70	DEU	TaktLwGrp "R"	MHK	833	3:56:42	1:00:35	1:00:07	0:52:01	1:03:59		
966	1701	Weber, Johannes	97	DEU	Gymnasium Ulricianum Aurich SP601	MJ	133	3:56:48	1:02:12	1:03:45	0:52:22	0:58:29		
967	515	Ippen, Jannes	93	DEU	Onno Behrends Tee Norden	MHK	834	3:56:50	0:57:06	1:03:29	0:48:12	1:08:03		
968	1210	Gerdas, Jelke	00	DEU	JUG	MJ	134	3:57:00	0:59:04	1:00:34	0:54:34	1:02:48		
969	1685	Möhlmann, Berend	63	DEU	Großefehn	MHK	835	3:57:08	1:00:31	1:00:14	0:52:38	1:03:45		
970	1674	Bölle, Andreas	68	DEU	Nordland Papier	MHK	836	3:57:12	0:57:15	1:00:55	0:49:31	1:09:31		
971	789	Müller, Wilhelm	50	DEU	Emder LG	MHK	837	3:57:19	0:59:44	0:58:09	0:54:40	1:04:46		
972	523	Möhlmann, Manfred	64	DEU	SC Wiesens	MHK	838	3:57:22	0:59:42	0:58:15	0:52:42	1:06:43		
973	1821	Kramer, Johann	66	DEU	RVB Aurich/Uplengen	MHK	839	3:57:23	1:02:37	1:00:01	0:51:25	1:03:20		
974	1124	Bruns, Aike	95	DEU	ENOVA	MHK	840	3:57:28	1:00:17	1:00:27	0:51:28	1:05:16		
975	170	Röttger, Moritz	99	DEU	IGS Aurich-West	MJ	135	3:57:31	0:51:25	0:52:58	1:03:49	1:09:19		
976	1135	Bruns, Friedrich	62	DEU	Borromäus Hospital Leer	MHK	841	3:57:33	1:01:35	1:00:12	0:52:49	1:02:57		

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977	700	Begitt, Kurt	47	DEU	Watt'n Looper SV Dornum	MHK	842	3:57:37	0:59:37	1:00:22	0:53:09	1:04:29		
978	745	Drost, Fritz	43	DEU	MTV Wittmund	MHK	843	3:57:38	1:01:04	1:00:45	0:52:50	1:02:59		
979	1830	Kleimaker, Arno	54	DEU		MHK	844	3:57:43	1:01:01	1:00:18	0:51:36	1:04:48		
980	895	Janßen, Thomas	81	DEU	RVB Aurich/Uplengen	MHK	845	3:57:45	1:01:10	0:59:28	0:52:46	1:04:21		
980	1800	Harms, Dieter	69	DEU	Aurich - Kirchdorf	MHK	845	3:57:45	1:00:16	0:59:41	0:52:52	1:04:56		
982	418	Becker, Nils	94	DEU	BSG Volksbank Jever	MHK	847	3:57:55	1:00:26	1:00:15	0:52:53	1:04:21		
983	1558	Gerdas, Uwe	66	DEU	JUG	MHK	848	3:58:00	1:00:27	0:59:57	0:54:34	1:03:02		
984	643	Hiersemann, Timo	93	DEU	obw Emden	MHK	849	3:58:01	1:01:01	1:00:42	0:51:52	1:04:26		
985	450	Moskalik, Marcel	92	DEU	Seefahrtsschule Leer	MHK	850	3:58:02	1:01:45	0:59:39	0:52:39	1:03:59		
986	355	Janssen, Drees	62	DEU	LG Ostfriesland	MHK	851	3:58:06	0:59:50	1:00:17	0:53:15	1:04:44		
987	1315	Diner, Juri	88	DEU	SC 04 Leer	MHK	852	3:58:13	1:01:51	0:59:07	0:51:42	1:05:33		
988	1751	Kuhlmann, Hilko	97	DEU	UEG Leer	MJ	136	3:58:28	0:57:23	1:00:51	0:55:22	1:04:52		
989	958	Stocker, Ralf	47	DEU	MTV Aurich	MHK	853	3:58:31	1:00:23	1:00:10	0:53:26	1:04:32		
990	686	Kamann, Friedhelm	56	DEU	Ubbo-Emmius-Klinik	MHK	854	3:58:38	1:00:44	1:00:21	0:52:55	1:04:38		
991	863	Wienekamp, Jens	91	DEU	WfbM BBB Aurich Wittmund	MHK	855	3:58:41	0:58:04	1:00:00	0:53:24	1:07:13		
992	1418	Dahlweg, Frank	78	DEU	Kautex Leer	MHK	856	3:58:46	1:01:17	1:00:32	0:52:56	1:04:01		
993	734	Meents, Hans-Hermann	65	DEU	TUS Leerhufe-Hovel eV	MHK	857	3:58:52	1:00:09	1:00:34	0:53:19	1:04:50		
994	630	Broer, Frank	70	DEU	LG Ostfriesland	MHK	858	3:59:03	1:02:42	1:00:57	0:57:40	0:57:44		
995	1785	Bergmann, Wilko	84	DEU	SV Lunzhausen	MHK	859	3:59:04	1:01:07	0:59:46	0:55:11	1:03:00		
996	1414	Beyer, Thorsten	81	DEU	TVM Badminton	MHK	860	3:59:09	1:02:20	1:00:53	0:51:44	1:04:12		
997	664	Götze, Jens	84	DEU	Baugeschäft Voorwold GmbH	MHK	861	3:59:16	1:01:00	1:00:04	0:52:38	1:05:34		
998	908	Giesenberg, Georg	49	DEU	TTV Großheide	MHK	862	3:59:17	1:00:30	0:59:55	0:53:32	1:05:20		
999	1842	Klenzendorf, Jannes	99	DEU	FCSO	MJ	137	3:59:23	1:03:26	1:00:25	0:51:10	1:04:22		
1.000	857	Schindler, Jannik	97	DEU	SV Warsingsfehn	MJ	138	3:59:25	1:01:17	1:01:15	0:52:59	1:03:54		
1.001	563	Schmidt, Jörg	70	DEU	Emder LG	MHK	863	3:59:28	0:59:48	1:02:02	0:51:34	1:06:04		
1.002	545	Schleppregrell, Ulrich	57	DEU	Team Laufrausch Oldenburg	MHK	864	3:59:41	1:02:49	1:01:40	0:53:36	1:01:36		
1.002	1621	Thaden, Folkert	55	DEU	SC Dunum	MHK	864	3:59:41	1:03:34	0:59:45	0:52:08	1:04:14		
1.004	979	Meentz, Holger	71	DEU	TuS leerhufe	MHK	866	3:59:44	1:02:19	1:00:38	0:52:39	1:04:08		
1.005	1354	Penner, Florian	63	DEU	Löwen-Apotheke Emden	MHK	867	3:59:47	1:01:04	1:01:09	0:52:51	1:04:43		
1.006	710	Schindler, Bernd	68	DEU	TV Oldersum	MHK	868	3:59:49	1:01:18	1:01:15	0:53:12	1:04:04		
1.007	892	Höschchen, Martin	65	DEU	SV Holtland	MHK	869	3:59:52	1:01:49	1:00:31	0:52:58	1:04:34		
1.008	1239	Hofer, Michael	68	DEU	KGS Wiesmoor	MHK	870	3:59:55	1:01:53	1:00:48	0:53:00	1:04:14		
1.009	72	Krisp, Stephan	72	DEU	Meyer Werft GmbH & Co KG	MHK	871	3:59:57	1:01:24	1:01:09	0:53:12	1:04:12		
1.009	761	Staak, Marek	74	DEU	BSG Volksbank Jever	MHK	871	3:59:57	1:01:51	1:00:55	0:52:44	1:04:27		
1.009	1843	Hemmes, Hendrik	98	DEU	FCSO	MJ	139	3:59:57	1:04:19	1:00:25	0:50:52	1:04:21		

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1.012	1000	Koch, Gerald	62	DEU	Baptisten Firrel	MHK	873	3:59:59	1:00:41	1:00:23	0:53:07	1:05:48		
1.013	586	Goldswear, Theo	53	DEU	TUS Collinghorst	MHK	874	4:00:07	1:00:26	1:00:13	0:53:24	1:06:04		
1.014	1802	Tammen, Friedo	76	DEU	Großsander	MHK	875	4:00:10	1:00:59	1:00:12	0:53:25	1:05:34		
1.015	1489	Fritz, Thorben	99	DEU	KGS Wiesmoor	MJ	140	4:00:13	1:05:12	0:59:59	0:52:46	1:02:16		
1.016	896	Wiemer, Siemen	91	DEU	Rettungsdienst Landkreis Aurich	MHK	876	4:00:17	1:03:02	1:00:30	0:51:21	1:05:24		
1.017	1122	Burazer, Vedran	87	DEU	ENOVA	MHK	877	4:00:28	0:59:54	0:59:55	0:53:57	1:06:42		
1.018	253	Köhler, Philipp	97	DEU	IGS Moormerland	MJ	141	4:00:35	0:59:30	1:02:02	0:52:58	1:06:05		
1.019	899	Klapproth, Christian	85	DEU	Raiffeisenbank eG, Moormerland	MHK	878	4:00:45	1:00:30	1:01:26	0:53:45	1:05:04		
1.020	1828	Webermann, Ingo	83	DEU	Zeitungsgruppe Ostfriesland	MHK	879	4:00:46	1:02:46	1:00:11	0:53:24	1:04:25		
1.021	456	Graalman, Stefan	68	DEU		MHK	880	4:00:58	1:01:13	1:00:35	0:53:46	1:05:24		
1.021	510	Tjarks, Alfred	59	DEU	EWE-Wattloopers	MHK	880	4:00:58	0:59:48	1:00:07	0:54:45	1:06:18		
1.023	697	Beening, Armin	67	DEU	Backemoor	MHK	882	4:01:01	1:00:03	1:00:54	0:54:30	1:05:34		
1.024	1483	Goeman, Ude	69	DEU	Oberschule Norden	MHK	883	4:01:02	1:00:48	1:00:39	0:53:39	1:05:56		
1.025	1544	Betz, Ralf	70	DEU	SV Frisia Loga	MHK	884	4:01:10	1:03:15	1:01:55	0:52:22	1:03:38		
1.026	1486	Weber, Christian	86	DEU	Kdo SES	MHK	885	4:01:14	1:01:31	0:59:48	0:51:52	1:08:03		
1.027	757	Müller, Horst	59	DEU	Hafenpraxis Emden Physiotherapie	MHK	886	4:01:27	1:01:17	1:02:25	0:52:44	1:05:01		
1.028	748	Meinhardt, Godehard	57	DEU	Hol ab! Getränkemarkt GmbH	MHK	887	4:01:28	0:59:44	0:59:59	0:55:22	1:06:23		
1.028	1336	Lovcik, Artur	94	DEU	Seefahrtsschule Leer	MHK	887	4:01:28	1:06:38	0:59:54	0:50:54	1:04:02		
1.030	690	Zacher, Thomas	64	DEU	FC Schalke 04	MHK	889	4:01:30	1:00:25	1:01:02	0:54:30	1:05:33		
1.031	620	Lienemann, Jann Malte	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	142	4:01:39	1:00:04	1:05:38	0:49:57	1:06:00		
1.032	906	Lenz, Hans-Hermann	52	DEU	Klinikum Leer	MHK	890	4:01:48	1:00:44	1:01:43	0:54:10	1:05:11		
1.033	1612	Platte, Hans-Joachim	53	DEU	Wiesmoor	MHK	891	4:01:51	1:02:01	1:01:08	0:53:47	1:04:55		
1.034	1577	Strömer, Berthold	56	DEU	VW- Logistik	MHK	892	4:02:02	1:00:57	1:00:17	0:54:26	1:06:22		
1.035	1680	Grimm, Thomas	61	DEU	VfL Berumbur	MHK	893	4:02:04	0:59:11	1:02:41	0:54:14	1:05:58		
1.036	1836	Krems, Hans-Jürgen	59	DEU	Fortuna Wirdum	MHK	894	4:02:22	1:01:41	1:03:02	0:53:49	1:03:50		
1.037	984	Haschenburger, Werner	55	DEU	BSG Volksbank Jever	MHK	895	4:02:23	1:01:45	1:00:13	0:54:30	1:05:55		
1.038	1240	Weber, Stefan	95	DEU	RVB Aurich/Uplengen	MHK	896	4:02:25	1:06:11	1:02:10	0:50:49	1:03:15		
1.039	1105	Budde, Thies	93	DEU	Seefahrtsschule Leer	MHK	897	4:02:26	1:04:10	1:01:59	0:52:38	1:03:39		
1.040	907	Backer, Arnold	63	DEU	SG Moordorf	MHK	898	4:02:28	0:59:46	1:00:08	0:53:18	1:09:16		
1.041	1413	Stüben, Martin	68	DEU	Störtebeker Loopers TVM	MHK	899	4:02:29	1:01:38	1:03:35	0:53:19	1:03:57		
1.042	944	Bildhauer, Torsten	68	DEU	HRS Ostrhauderfehn	MHK	900	4:02:34	1:01:02	1:01:45	0:54:04	1:05:43		
1.042	945	Däuber, Günter	61	DEU	Judo Team Leer VFR Heisfelde	MHK	900	4:02:34	1:01:55	1:00:56	0:54:14	1:05:29		
1.044	1164	Schmidt, Ingo	79	DEU	M. NEEMANN OHG	MHK	902	4:02:35	1:04:04	1:01:41	0:52:30	1:04:20		
1.044	1204	Papendick, Hauke	00	DEU	FC SO-SI	MJ	143	4:02:35	1:02:53	1:06:17	0:50:33	1:02:52		
1.046	1557	Roßmann, Bernd	74	DEU	HSV	MHK	903	4:02:40	1:01:23	1:00:41	0:53:36	1:07:00		

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1.047	1434	Eckhoff, Arno	59	DEU	Groß Ostiem	MHK	904	4:02:45	1:02:08	1:01:35	0:53:25	1:05:37		
1.048	966	Bruns, Willi	39	DEU	Laufrausch TuS Großoldendorf	MHK	905	4:02:54	1:01:10	1:00:14	0:54:33	1:06:57		
1.049	608	Willing, Rainer	66	DEU	Ubbo-Emmius-Klinik	MHK	906	4:03:01	1:02:43	1:00:41	0:55:15	1:04:22		
1.049	1610	Rademacher, Gerd	53	DEU	Stern Schwerinsdorf	MHK	906	4:03:01	1:02:05	1:02:08	0:53:05	1:05:43		
1.051	795	Stolorz, Sascha	77	DEU	BSG Landkreis Wesermarsch	MHK	908	4:03:10	1:00:30	1:03:29	0:54:29	1:04:42		
1.051	915	Janssen, Jann Bruno	93	DEU	Sportpark Tannenhausen	MHK	908	4:03:10	0:59:16	1:03:25	0:56:33	1:03:56		
1.053	887	Mennenga, Andre	61	DEU	Emder LG	MHK	910	4:03:14	1:01:17	1:01:23	0:54:26	1:06:08		
1.054	1129	Wollenhaupt, Dominik	89	DEU	Klinikum Leer	MHK	911	4:03:18	1:00:02	1:02:38	0:53:40	1:06:58		
1.055	975	Cassens, Daniel	85	DEU	Aurich	MHK	912	4:03:20	1:03:57	1:02:36	0:53:06	1:03:41		
1.056	829	Fröhling, Torsten	70	DEU	EWE-Wattloopers	MHK	913	4:03:24	1:02:19	1:00:50	0:53:59	1:06:16		
1.057	687	Ackmann, Keno	92	DEU	LT TuS Aurich-Ost	MHK	914	4:03:30	1:01:24	0:58:48	0:53:42	1:09:36		
1.058	27	Gensicke, Torsten	67	DEU	Wiesmoor	MHK	915	4:03:31	1:03:34	1:01:39	0:53:12	1:05:06		
1.059	927	Rüthemann, Frank	61	DEU	Bünting Tee	MHK	916	4:03:32	1:02:00	1:01:12	0:55:03	1:05:17		
1.060	488	Harms, Sören	96	DEU	TaktLwGrp "R"	MJ	144	4:03:37	1:04:00	1:01:09	0:53:35	1:04:53		
1.061	765	Gersch, Siegfried	42	DEU	TSV Riepe	MHK	917	4:03:41	1:01:39	1:01:13	0:54:52	1:05:57		
1.062	914	Schild, Jesse	00	DEU	Möörkenschule	MJ	145	4:03:46	1:00:55	1:01:21	0:53:07	1:08:23		
1.063	1148	Peinemann, Marc	97	DEU	IGS Aurich-West	MJ	146	4:03:50	1:05:58	0:59:59	0:52:06	1:05:47		
1.064	644	Kanthak, Herbert	61	DEU	obw Emden	MHK	918	4:04:01	1:03:01	1:03:27	0:53:28	1:04:05		
1.065	1066	Wilts, Burkhard	69	DEU	Born & Ermel Ingenieure	MHK	919	4:04:03	1:02:29	1:01:16	0:53:58	1:06:20		
1.066	1072	Hesse, Thomas	69	DEU	LG Fliegerhorst Upjever	MHK	920	4:04:12	1:02:39	1:01:17	0:54:24	1:05:52		
1.067	1143	Thau, Stephan	88	DEU	Kdo SES	MHK	921	4:04:18	1:03:08	1:01:12	0:53:43	1:06:15		
1.068	1428	Grensemann, Gerrit	68	DEU	LG Großefehn	MHK	922	4:04:19	1:02:18	1:01:12	0:54:57	1:05:52		
1.069	771	Frerichs, Frank	77	DEU	Ostfriesische Brandkasse	MHK	923	4:04:20	1:03:12	1:00:46	0:54:25	1:05:57		
1.070	878	Blumhoff, Frank	77	DEU	the Floweryards	MHK	924	4:04:21	1:03:12	1:00:47	0:54:25	1:05:57		
1.071	797	Baumann, Georg Ihno	61	DEU	TV Greetsiel	MHK	925	4:04:30	1:01:20	1:01:02	0:55:01	1:07:07		
1.072	1789	Meier, Fiete	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	147	4:04:31	1:02:39	1:04:06	0:51:10	1:06:36		
1.073	423	Loegel, Thomas	65	DEU	SV Wiesede-Upschört	MHK	926	4:04:38	1:00:47	1:00:35	0:54:00	1:09:16		
1.074	1197	Schulz, Uwe	79	DEU	Amisia Driever	MHK	927	4:04:42	1:02:28	1:02:26	0:54:13	1:05:35		
1.075	859	Meyer zu Bergsten, Thomas	70	DEU	Heimatblatt	MHK	928	4:04:45	1:02:27	1:02:13	0:54:09	1:05:56		
1.075	1474	Pagel, Jens	63	DEU	LG Uplengen	MHK	928	4:04:45	1:01:06	1:02:22	0:54:21	1:06:56		
1.077	1093	Koenen, Michael	73	DEU	Allianz, Weener	MHK	930	4:04:46	1:01:35	1:01:03	0:54:52	1:07:16		
1.078	1222	Happe, Frank	67	DEU	FFG Jever	MHK	931	4:04:55	1:05:46	1:00:38	0:53:52	1:04:39		
1.079	929	Kochan, Norman	85	DEU	Fleißner Tiefbau	MHK	932	4:05:05	1:03:45	1:03:22	0:53:17	1:04:41		
1.080	1857	Adelmund, Stephan	84	DEU	Knallfrosch Elektro	MHK	933	4:05:09	1:01:45	1:02:11	0:53:37	1:07:36		
1.081	814	Dirks, Maris	83	DEU	BBS Aurich	MHK	934	4:05:13	1:05:19	1:02:14	0:53:13	1:04:27		

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1.082	707	Freitag, Norbert	48	DEU	LT TuS Aurich-Ost	MHK	935	4:05:18	1:03:17	1:03:15	0:54:13	1:04:33		
1.083	425	Grundmann, Thomas	83	DEU	Bünting Tee	MHK	936	4:05:22	1:04:14	1:02:18	0:53:38	1:05:12		
1.084	779	Akkermann, Jens	83	DEU	Leer	MHK	937	4:05:25	1:03:19	1:01:49	0:53:48	1:06:29		
1.085	683	Pape, Michael	67	DEU	Polizei Aurich	MHK	938	4:05:28	1:06:56	0:59:37	0:50:55	1:08:00		
1.086	1702	Hertz-Kleptow, Heinz-Hermann	78	DEU	LHV Wittmund	MHK	939	4:05:30	1:02:36	1:02:34	0:53:00	1:07:20		
1.087	1796	Münchow, Felix	04	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	148	4:05:34	1:04:49	1:02:09	0:53:39	1:04:57		
1.088	1168	Hippen, Johann	67	DEU	Orgadata AG	MHK	940	4:05:37	1:02:15	1:02:31	0:53:24	1:07:27		
1.089	1028	Dirksen, Martin	70	DEU	Stadt Emden	MHK	941	4:05:40	1:02:08	1:01:53	0:54:26	1:07:13		
1.090	445	Weelborg, Stefan	87	DEU	Physio Aktiv Rhauderfehn	MHK	942	4:05:41	1:03:05	1:04:53	0:52:36	1:05:07		
1.090	1031	Cornelius, Eike	79	DEU	TSV Jahn Carolinensiel	MHK	942	4:05:41	1:01:54	1:03:39	0:54:18	1:05:50		
1.092	842	Baier, Andreas	76	DEU	Teamfahrschule Keplin	MHK	944	4:05:44	1:05:14	1:01:59	0:53:24	1:05:07		
1.093	1182	Riegger, Philipp	84	DEU	Reederei Buss	MHK	945	4:05:49	1:01:08	1:02:57	0:54:36	1:07:08		
1.094	1112	Neldner, Jan-Niklas	90	DEU	RVB Aurich/Uplengen	MHK	946	4:05:50	1:03:14	1:00:01	0:55:30	1:07:05		
1.095	1786	Johann, Schaa	54	DEU	Steutonia Stapelmoor	MHK	947	4:05:58	1:03:19	1:03:18	0:54:03	1:05:18		
1.096	1793	de Vries, Hannes	01	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	149	4:06:00	1:02:38	1:04:05	0:52:41	1:06:36		
1.097	1420	Wienrank, Horst	60	DEU	SV Dornum	MHK	948	4:06:03	1:02:11	1:01:42	0:55:03	1:07:07		
1.098	723	Hüttenberger, Michael	55	DEU	SG Stedesdorf	MHK	949	4:06:05	1:01:39	1:02:00	0:54:54	1:07:32		
1.099	1803	Vahlenkamp, Jos	01	DEU	IGS Moormerland	MJ	150	4:06:10	1:10:53	0:59:06	0:51:04	1:05:07		
1.100	1167	Ertwiens, Heinz-Peter	69	DEU	Orgadata AG	MHK	950	4:06:19	1:03:13	1:02:32	0:54:17	1:06:17		
1.101	938	Deitenbach, Jan-Hendrik	76	DEU	Leer	MHK	951	4:06:20	1:02:30	1:03:20	0:54:19	1:06:11		
1.102	511	Daro, Jörg	62	DEU	EWE-Wattloopers	MHK	952	4:06:43	1:02:40	1:02:40	0:55:10	1:06:13		
1.103	1265	Willen, Jannik	98	DEU	Gymnasium Ulricianum Aurich SP601	MJ	151	4:06:44	1:05:28	1:02:18	0:52:22	1:06:36		
1.104	1081	Soring, Gerd	60	DEU	AGRAVIS Ems-Jade GmbH	MHK	953	4:06:46	1:02:02	1:01:34	0:55:02	1:08:08		
1.104	1140	Remmers, Siebelt	79	DEU	TRAUCO Gruppe	MHK	953	4:06:46	1:02:36	1:01:50	0:55:30	1:06:50		
1.106	1029	Plagge, Kurt	62	DEU	FC SO-SI	MHK	955	4:07:00	1:04:32	1:02:46	0:54:22	1:05:20		
1.107	792	Tinnemeyer, Oswald	52	DEU	LT TuRa 07 Westrauderfehn	MHK	956	4:07:06	1:03:05	1:02:24	0:54:47	1:06:50		
1.108	787	Bassler, Heiko	68	DEU	LG Großefehn	MHK	957	4:07:12	1:04:14	1:01:38	0:54:51	1:06:29		
1.109	1128	Köller, Ingo	87	DEU	Moormerland	MHK	958	4:07:14	1:01:06	1:03:05	0:55:34	1:07:29		
1.110	838	Gippert, Hans-Jürgen	44	DEU	TG Wiesmoor	MHK	959	4:07:23	1:03:10	1:01:57	0:54:31	1:07:45		
1.111	1839	Kampen, Manfred	66	DEU		MHK	960	4:07:25	1:05:13	1:01:56	0:53:58	1:06:18		
1.112	889	Brouwer, Bodo	71	DEU	RSM DPI AG	MHK	961	4:07:26	1:02:26	1:02:57	0:55:57	1:06:06		
1.113	1247	Eggert, Karsten	89	DEU	Kdo SES	MHK	962	4:07:42	1:04:13	1:00:23	0:55:02	1:08:04		
1.114	1429	Janssen, Jann	72	DEU	Aurich	MHK	963	4:07:43	1:02:27	1:03:21	0:55:23	1:06:32		
1.115	1445	Jelden, Jan Gerd	55	DEU	TV Norden	MHK	964	4:07:44	1:02:31	1:01:40	0:55:35	1:07:58		
1.116	951	Brachthäuser, Joachim	73	DEU	WfbM BBB Aurich Wittmund	MHK	965	4:07:49	1:03:08	1:02:06	0:54:43	1:07:52		

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1.117	1067	Schoppe, Lutz	84	DEU	Stadt Emden	MHK	966	4:07:55	1:02:36	1:02:23	0:55:14	1:07:42		
1.118	774	Meyer, Mario	70	DEU	VfFL Berumbur	MHK	967	4:07:57	1:02:44	1:02:09	0:55:54	1:07:10		
1.119	492	Claußen, Jan-Niklas	95	DEU	TaktLwGrp "R"	MHK	968	4:08:02	1:02:05	1:04:55	0:53:10	1:07:52		
1.120	1436	Biermann, Stefan	92	DEU	Volkswagen Zentrum Oldenburg	MHK	969	4:08:07	1:05:45	1:02:44	0:54:19	1:05:19		
1.121	1036	Janßen, Lars	94	DEU	Gemeinde Großefehn	MHK	970	4:08:08	1:04:46	1:02:13	0:54:04	1:07:05		
1.122	1869	Sweers, Olaf	68	DEU		MHK	971	4:08:11	1:04:09	1:04:38	0:54:20	1:05:04		
1.123	1181	Habedank, Wolfgang	57	DEU		MHK	972	4:08:13	1:03:06	1:02:20	0:55:23	1:07:24		
1.124	1518	Kuhlmann, Frank	88	DEU	Reederei Buss	MHK	973	4:08:18	1:01:55	1:02:58	0:56:07	1:07:18		
1.124	833	Fenderl, Thomas	79	DEU	Gymnasium Ulricianum Aurich	MHK	973	4:08:18	1:05:30	1:01:24	0:54:23	1:07:01		
1.126	1101	Bley, Tobias	94	DEU	Alwin Christians	MHK	975	4:08:19	1:00:36	1:03:01	0:54:07	1:10:35		
1.127	1724	Lotz, Boris	72	DEU	SV Stern Schwerinsdorf	MHK	976	4:08:22	1:03:19	0:57:26	0:57:51	1:09:46		
1.128	1696	Gruben, Dirk	71	DEU	SV Potshausen	MHK	977	4:08:26	1:02:34	1:04:13	0:54:27	1:07:12		
1.129	1006	Reents, Peter	45	DEU	LT Schafhauser Wald	MHK	978	4:08:27	1:02:30	1:03:07	0:55:04	1:07:46		
1.130	585	Voskamp, Malte	96	DEU	Schule am Deich	MJ	152	4:08:30	1:04:10	1:07:17	0:52:45	1:04:18		
1.131	1588	Grünebast, Günter	65	DEU	MTV Aurich	MHK	979	4:08:32	1:04:37	1:02:14	0:54:48	1:06:53		
1.132	489	Hiller, Jannes	97	DEU	TaktLwGrp "R"	MJ	153	4:08:33	1:04:01	1:02:46	0:55:17	1:06:29		
1.133	1005	Lüken, Heiko	69	DEU	SC Wiesens / aurichskatet.de	MHK	980	4:08:35	1:03:04	1:03:36	0:54:53	1:07:02		
1.134	1767	Janssen, Tobias	98	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	154	4:08:50	1:04:12	1:02:55	0:54:11	1:07:32		
1.135	760	Bruhnken, Hans-Günter	54	DEU	BSG Volksbank Jever	MHK	981	4:09:00	1:02:55	1:02:09	0:56:28	1:07:28		
1.136	1485	Lohmeyer, Everwien	58	DEU	SV Frisia Brinkum	MHK	982	4:09:07	1:02:13	1:02:46	0:56:33	1:07:35		
1.137	1765	Wüst, Maurice	94	DEU	Alex.-v.-Humboldt-Schule WTM	MHK	983	4:09:08	1:02:17	1:03:49	0:55:04	1:07:58		
1.138	400	Brötje, Helge	72	DEU	Ubbo-Emmius-Klinik	MHK	984	4:09:09	1:05:04	1:02:37	0:54:41	1:06:47		
1.139	930	Foltrichs, Henry	68	DEU	Allstars 2002	MHK	985	4:09:28	1:03:03	1:04:14	0:55:04	1:07:07		
1.140	1480	Adler, René	80	DEU	BBS Aurich	MHK	986	4:09:33	1:06:36	1:02:26	0:53:52	1:06:39		
1.141	1126	van Rossum, Matthijs	62	DEU	van Rossum/Kuiper	MHK	987	4:09:34	1:02:38	1:00:44	0:54:36	1:11:36		
1.142	890	Koch, Detlef	55	DEU	TG Wiesmoor	MHK	988	4:09:36	1:04:52	1:03:34	0:55:16	1:05:54		
1.142	1565	Freimuth, Christoph	90	DEU	Freiwillige Feuerwehr Sandhorst	MHK	988	4:09:36	1:06:16	1:01:15	0:53:03	1:09:02		
1.144	1034	Swart, Helmut	64	DEU	Weener Plastik	MHK	990	4:09:58	1:03:30	1:01:49	0:55:51	1:08:48		
1.145	935	Goetz, Helfried	71	DEU	KBV Wiesedemeer	MHK	991	4:10:00	1:05:22	1:03:33	0:54:36	1:06:29		
1.146	1061	Hillerts, Jochen	70	DEU	KBV Blersum	MHK	992	4:10:03	1:08:04	1:02:56	0:53:51	1:05:12		
1.147	681	Wilhelms, Jan-Ole	97	DEU	EWE-Wattloopers	MJ	155	4:10:16	1:01:27	1:03:32	0:55:06	1:10:11		
1.148	834	Severiens, Harm	56	DEU	Bundeswehr Weener	MHK	993	4:10:18	1:03:11	1:02:02	0:57:28	1:07:37		
1.149	657	Stroman, Diedrich	84	DEU	obw Emden	MHK	994	4:10:37	1:01:53	1:03:14	0:52:41	1:12:49		
1.150	864	Block, Norbert	77	DEU		MHK	995	4:10:42	1:04:47	1:03:47	0:54:20	1:07:48		
1.151	1416	Schoneboom, Hans-Günter	66	DEU	Emder LG	MHK	996	4:10:47	1:03:20	1:02:43	0:56:04	1:08:40		

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1.152	796	Heidenreich, Nils	93	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	997	4:10:49	1:06:25	0:59:51	0:56:37	1:07:56		
1.153	1531	Eberhardt, Julian	00	DEU	IGS Waldschule Egels	MJ	156	4:10:53	1:03:50	1:02:23	0:59:35	1:05:05		
1.154	821	Gravel, Manfred	62	DEU	LT TuRa 07 Westrauderfehn	MHK	998	4:10:57	1:03:29	1:02:44	0:56:36	1:08:08		
1.155	790	Toben, Ralf	71	DEU	TaktLwGrp"R"	MHK	999	4:10:59	1:04:48	1:05:19	0:54:53	1:05:59		
1.156	555	Janssen, Heiko	74	DEU	WfBM BBB Aurich Wittmund	MHK	1000	4:11:07	1:01:43	1:04:53	0:55:39	1:08:52		
1.156	1283	Gross, Peter	68	DEU	Volkswagen AG	MHK	1000	4:11:07	1:04:28	1:03:54	0:54:59	1:07:46		
1.158	854	Graß, Daniel	79	DEU	RAe Dr. Fenner Bockhöfer Henkys	MHK	1002	4:11:10	1:04:11	1:04:46	0:54:32	1:07:41		
1.159	1792	Janssen, Carsten	01	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	157	4:11:35	1:02:48	1:04:35	0:54:57	1:09:15		
1.160	918	Meyering, Christian	83	DEU	Reederei Buss	MHK	1003	4:11:38	1:04:05	1:00:05	0:57:10	1:10:18		
1.161	926	Leubner, Aiko	90	DEU	Bünting Tee	MHK	1004	4:11:43	1:06:52	1:05:11	0:55:03	1:04:37		
1.162	817	Kleene, Markus	88	DEU	Beekmann/Nehlsen	MHK	1005	4:11:49	1:06:36	1:03:20	0:55:10	1:06:43		
1.163	1146	Simmat, Frank	69	DEU	Schule am Deich	MHK	1006	4:11:51	1:05:38	1:05:38	0:54:08	1:06:27		
1.164	961	Becker, Jochen Ritz	83	DEU	T+H Leer GmbH	MHK	1007	4:12:01	1:06:06	1:05:05	0:55:00	1:05:50		
1.165	1475	SATTLER, Wolfgang	47	DEU	Fortuna Logabirum	MHK	1008	4:12:06	1:03:54	1:03:10	0:55:45	1:09:17		
1.166	879	Wilken, Wilfried	50	DEU	Alt. Nortm./Holtl./Stikelk.	MHK	1009	4:12:13	1:02:10	1:12:51	0:52:37	1:04:35		
1.167	1410	Weber, Michael	54	DEU	Alex.-v.-Humboldt-Schule WTM	MHK	1010	4:12:16	1:03:09	1:03:38	0:55:54	1:09:35		
1.168	673	Heyenga, Dennis	93	DEU	Seefahrtsschule Leer	MHK	1011	4:12:17	1:05:31	1:01:55	0:55:11	1:09:40		
1.169	1508	Niedermayer, Joshua	96	DEU	Orgadata AG	MJ	158	4:12:22	1:07:51	1:03:07	0:55:30	1:05:54		
1.170	1616	Flessner, Erwin	68	DEU	ohne verein	MHK	1012	4:12:33	1:05:12	1:04:10	0:56:47	1:06:24		
1.171	1620	Katzer, Roland	65	DEU	Polizei Leer	MHK	1013	4:12:46	1:02:58	1:03:11	0:56:48	1:09:49		
1.172	1169	Seehusen, Andreas	79	DEU	Orgadata AG	MHK	1014	4:12:49	1:05:32	1:07:38	0:53:19	1:06:20		
1.173	1116	Hoppmann, Gerrit	63	DEU	ENOVA	MHK	1015	4:12:52	1:03:23	1:04:43	0:56:38	1:08:08		
1.174	976	Trauernicht, Jens	63	DEU	LG "Die Trauernicht's"	MHK	1016	4:12:57	1:04:23	1:03:10	0:55:45	1:09:39		
1.175	982	Hannebohm, Jürgen	76	DEU	Physio Aktiv Rhauderfehn	MHK	1017	4:13:23	1:05:59	1:03:25	0:56:20	1:07:39		
1.176	1378	Stern, Thomas	70	DEU	Seefahrtsschule Leer	MHK	1018	4:13:24	1:08:11	1:05:35	0:52:06	1:07:32		
1.177	884	Janßen, Holger	68	DEU	Ostfriesische Volksbank eG	MHK	1019	4:13:43	1:04:43	1:04:15	0:55:36	1:09:09		
1.178	1505	Leffers, Bernd	55	DEU		MHK	1020	4:13:53	1:04:58	1:03:53	0:55:56	1:09:06		
1.179	741	Kramer, Frank	58	DEU	team aurident	MHK	1021	4:13:54	1:07:20	1:04:43	0:55:53	1:05:58		
1.180	808	Tjaden, Dieter	69	DEU	Rolf Janssen Gruppe	MHK	1022	4:13:59	1:08:24	1:05:13	0:54:21	1:06:01		
1.181	1297	Dechow, Ingo	70	DEU	Sparkasse Aurich-Norden	MHK	1023	4:14:02	1:06:13	1:04:34	0:55:16	1:07:59		
1.182	278	Wirdemann, Stefan	72	DEU	Emder LG	MHK	1024	4:14:03	1:06:03	1:03:38	0:55:36	1:08:46		
1.183	1784	Flessner, Wilko	00	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	159	4:14:13	1:05:47	1:01:10	0:56:40	1:10:36		
1.184	882	Wilken, Foltmar	66	DEU	TRAUCO Gruppe	MHK	1025	4:14:17	1:04:24	1:04:15	0:56:10	1:09:28		
1.185	1477	Backhus, Tim	82	DEU	Volkswagen Zentrum Oldenburg	MHK	1026	4:14:18	1:05:49	1:05:44	0:55:18	1:07:27		
1.186	1419	Janssen, Gerd	53	DEU	Sandhorst	MHK	1027	4:14:25	1:05:42	1:03:38	0:56:04	1:09:01		

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1.187	1535	Reuther, Thorsten	79	DEU	Leinerstift e.V.	MHK	1028	4:14:28	1:06:02	1:04:59	0:56:24	1:07:03		
1.188	259	Gabel, Andreas	81	DEU	ELV Elektronik AG	MHK	1029	4:14:29	1:03:48	1:03:16	0:57:22	1:10:03		
1.188	1563	Grüter, Harald	60	DEU	Heilpraxis-Grueter, Nortmoor	MHK	1029	4:14:29	1:06:39	1:03:35	0:57:14	1:07:01		
1.190	1736	Doden, Meinhard	62	DEU	GeTek	MHK	1031	4:14:38	1:05:18	1:03:38	0:56:41	1:09:01		
1.191	1113	Klüver, Thomas	75	DEU	RVB Aurich/Uplengen	MHK	1032	4:14:51	1:06:23	1:04:58	0:56:03	1:07:27		
1.192	1198	Metz, Günther	60	DEU	BMW TEKKEN	MHK	1033	4:14:54	1:05:45	1:04:30	0:56:50	1:07:49		
1.193	1060	Deecken, Werner	51	DEU	loony loopers	MHK	1034	4:15:14	1:04:02	1:05:07	0:56:51	1:09:14		
1.194	947	Rudnick, Dietmar	65	DEU	LG Großefehn	MHK	1035	4:15:19	1:05:13	1:04:06	0:56:45	1:09:15		
1.195	1076	Kieselhorst, Klaus	59	DEU	Team ENERCON	MHK	1036	4:15:20	1:08:29	1:04:28	0:55:10	1:07:13		
1.196	837	Tjards, Helmut	64	DEU	LT TuS Aurich-Ost	MHK	1037	4:15:24	1:02:43	1:06:09	0:56:44	1:09:48		
1.197	248	Lammers, Marcel	98	DEU	IGS Moormerland	MJ	160	4:15:35	1:05:29	1:03:34	0:55:26	1:11:06		
1.198	1106	Oltmanns, Gerhard	64	DEU	Kichengemeinde Hollen	MHK	1038	4:15:36	1:06:23	1:05:51	0:56:08	1:07:14		
1.199	410	Warsing, Udo	71	DEU	LEDA Feurige Welten	MHK	1039	4:15:39	1:07:02	1:05:12	0:56:05	1:07:20		
1.200	1232	Frikke, Siegfried	53	DEU	TuS Holtusen	MHK	1040	4:15:40	1:00:13	1:05:35	0:58:05	1:11:47		
1.201	1038	Lüpkes, Otto	58	DEU	LT TuS Aurich-Ost	MHK	1041	4:15:45	1:05:31	1:04:12	0:57:25	1:08:37		
1.202	699	Wilhelms, Hannes	94	DEU	Schulte Dental Filsum	MHK	1042	4:15:47	1:05:48	1:05:11	0:56:18	1:08:30		
1.203	1226	Fitz, Florian	03	DEU	Moordorf	MJ	161	4:15:49	1:05:23	1:03:13	0:58:33	1:08:40		
1.204	1425	Pupkes, Werner	65	DEU	HSV	MHK	1043	4:15:50	1:05:50	1:06:55	0:56:05	1:07:00		
1.205	1763	Rücker, Nicholas	95	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	1044	4:15:52	1:05:37	1:03:49	0:53:10	1:13:16		
1.206	990	König, Wolfgang	54	DEU	NIGE	MHK	1045	4:16:15	1:04:06	1:07:20	0:56:42	1:08:07		
1.207	1759	Thies, Janic	97	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	162	4:16:21	1:05:18	1:07:25	0:55:08	1:08:30		
1.208	1452	Goudschaal, Karl-Heinz	68	DEU	TV Norden	MHK	1046	4:16:25	0:55:37	0:54:18	0:59:41	1:26:49		
1.209	973	Wenninga, Lothar	72	DEU	TausendfüßLeer	MHK	1047	4:16:52	1:04:37	1:08:10	0:55:36	1:08:29		
1.210	1256	Nitschke, Mischa	89	DEU	Klinikum Leer	MHK	1048	4:16:59	1:05:06	1:05:22	0:55:56	1:10:35		
1.211	1693	Huxsohl, Jörg	70	DEU	Backemoor	MHK	1049	4:17:01	1:09:16	1:04:17	0:55:19	1:08:09		
1.212	1355	Reiners, Joke	59	DEU	Lions Club Uplengen	MHK	1050	4:17:03	0:59:32	1:07:00	0:58:36	1:11:55		
1.213	998	Frerichs, Dennis	93	DEU	WfbM BBB Aurich Wittmund	MHK	1051	4:17:07	1:08:02	1:02:13	0:57:22	1:09:30		
1.214	1172	Gerken, Theo	44	DEU	LG Ostfriesland	MHK	1052	4:17:13	1:05:25	1:03:43	0:57:55	1:10:10		
1.215	992	Freeseemann, Michael	73	DEU	EWE-Wattloopers	MHK	1053	4:17:14	1:06:15	1:05:26	0:56:12	1:09:21		
1.216	968	Freese, Timo	96	DEU	de Baalje Aurich	MJ	163	4:17:19	1:06:43	1:06:13	0:55:05	1:09:18		
1.217	1795	Anar, Lukas	01	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	164	4:17:21	1:06:34	1:06:21	0:53:50	1:10:36		
1.218	1152	Ihnen, Helge	97	DEU	JFV Aurich	MJ	165	4:17:38	1:05:15	1:02:44	0:56:21	1:13:18		
1.219	1068	Garrelts, Bernd	76	DEU	Team ENERCON	MHK	1054	4:17:52	1:05:47	1:04:19	0:57:06	1:10:40		
1.219	1002	Wilken, Helge	61	DEU	LG Ostfriesland	MHK	1054	4:17:52	1:07:42	1:04:56	0:56:32	1:08:42		
1.221	1176	Okken, Lutz	69	DEU	Jugendhilfsstelle Nortmoor	MHK	1056	4:17:55	1:08:54	1:05:20	0:55:13	1:08:28		

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1.222	750	Richter, Uwe	50	DEU	SV Ofenerdiek	MHK	1057	4:17:58	1:06:21	1:05:34	0:58:06	1:07:57		
1.223	986	Pietruska, Axel	53	DEU	BSG Volksbank Jever	MHK	1058	4:18:07	1:05:22	1:05:52	0:57:03	1:09:50		
1.224	1214	Haseborg, Jan	61	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	1059	4:18:30	1:05:25	1:04:28	0:58:15	1:10:22		
1.225	1323	Badinski, Sven	76	DEU	Hartmann Group	MHK	1060	4:18:35	1:10:55	1:03:33	0:54:41	1:09:26		
1.226	1114	Berghaus, Jann	58	DEU	SG Egels - Popens	MHK	1061	4:18:42	1:07:13	1:04:57	0:57:16	1:09:16		
1.227	1187	Penon, Focko	71	DEU	Gymnasium Ulricianum Aurich	MHK	1062	4:19:05	1:09:08	1:04:54	0:55:56	1:09:07		
1.228	1274	Wilken, Gerhold	54	DEU	Sparkasse LeerWittmund	MHK	1063	4:19:07	1:07:11	1:06:29	0:57:06	1:08:21		
1.229	1524	Harms, Jacomo	01	DEU	IGS Waldschule Egels	MJ	166	4:19:09	1:04:07	1:03:53	0:58:14	1:12:55		
1.230	1451	Hayunga, Frank	66	DEU	TV Norden	MHK	1064	4:19:10	1:06:33	1:04:28	0:58:00	1:10:09		
1.231	1734	Heinks, Dieter	69	DEU	GeTek	MHK	1065	4:19:18	1:05:41	1:03:37	0:58:19	1:11:41		
1.231	1536	Penning, Hartmut	51	DEU	SV Brinkum	MHK	1065	4:19:18	1:06:15	1:04:43	0:57:30	1:10:50		
1.233	575	Schaefer, Klaus	67	DEU	Kirche läuft Wilhelmshaven	MHK	1067	4:19:20	1:18:47	1:01:47	0:52:37	1:06:09		
1.234	1052	Meyer, Erhard	62	DEU	Sparkasse LeerWittmund	MHK	1068	4:19:28	1:07:21	1:06:40	0:57:06	1:08:21		
1.235	1849	Schmidt, Hartmut	62	DEU	tbd.radsport-wiesmoor	MHK	1069	4:19:29	1:04:47	1:05:07	0:56:25	1:13:10		
1.236	1754	Janhsen, Siegfried	53	DEU	Südbrookmerland	MHK	1070	4:19:44	1:10:04	1:07:39	1:00:02	1:01:59		
1.237	985	Quarg, Bruno	53	DEU	BSG Volksbank Jever	MHK	1071	4:19:56	1:05:59	1:06:02	0:58:05	1:09:50		
1.238	1301	Kruth, Johannes	93	DEU	Rettungsdienst Leer	MHK	1072	4:20:01	1:10:31	1:05:28	0:54:54	1:09:08		
1.239	1037	Schlichting, Jens	64	DEU	MTV Aurich	MHK	1073	4:20:04	1:06:00	1:05:14	0:57:41	1:11:09		
1.240	491	Abels, Joshua	96	DEU	TaktLwGrp "R"	MJ	167	4:20:16	1:09:25	1:04:55	0:58:05	1:07:51		
1.241	1826	Wiechers, Erik	97	DEU	NIGE	MJ	168	4:20:19	1:07:45	1:07:22	0:55:35	1:09:37		
1.242	883	Bogena, Martin	61	DEU	Leer	MHK	1074	4:20:29	1:06:32	1:05:06	0:57:45	1:11:06		
1.243	1324	Pruin, Rene	93	DEU	Seefahrtsschule Leer	MHK	1075	4:20:30	1:10:26	1:07:52	0:53:57	1:08:15		
1.244	994	Hinrichs, Hans-Jürgen	53	DEU	SV Elisabethfehn e.V.	MHK	1076	4:20:31	1:05:49	1:05:45	0:58:13	1:10:44		
1.245	1003	Siemens, Ralf	64	DEU	Hartmann Group	MHK	1077	4:20:36	1:05:34	1:06:11	0:58:31	1:10:20		
1.246	825	Röwe, Marco	80	DEU	EWE-Wattloopers	MHK	1078	4:20:55	1:05:43	1:07:35	0:57:27	1:10:10		
1.247	1534	Gedes, Riko	01	DEU	IGS Waldschule Egels	MJ	169	4:21:01	1:07:14	1:04:43	0:59:36	1:09:28		
1.248	972	Schultz, Dietmar	65	DEU	Team Deutsche Post	MHK	1079	4:21:17	1:05:40	1:07:33	0:58:10	1:09:54		
1.249	1213	Fitz, Matthias	62	DEU	Moordorf	MHK	1080	4:21:22	1:06:47	1:05:36	0:58:32	1:10:27		
1.250	1626	Albrecht, Erik	99	DEU	WG Strukelje	MJ	170	4:21:25	1:09:58	1:07:22	0:55:41	1:08:24		
1.251	1295	Focken, Enno	90	DEU	BBC Chartering GmbH	MHK	1081	4:21:44	1:06:48	1:06:25	0:57:49	1:10:42		
1.252	1424	Ebens, Klaus	57	DEU	Bremen	MHK	1082	4:21:47	1:06:47	1:06:25	0:57:49	1:10:46		
1.253	464	Stirler, Hauke	82	DEU	kA	MHK	1083	4:22:02	1:05:14	1:06:41	0:55:58	1:14:09		
1.254	962	Lingner, Gerhard	49	DEU	LT TuRa 07 Westrauderfehn	MHK	1084	4:22:08	1:08:13	1:06:18	0:57:55	1:09:42		
1.255	1276	Buxbaum, Artur	87	DEU	Hartmann Group	MHK	1085	4:22:10	1:09:27	1:04:47	0:56:45	1:11:11		
1.256	1251	Peterssen, Kampe	81	DEU	BBS Aurich	MHK	1086	4:22:11	1:07:25	1:06:55	0:57:56	1:09:55		

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1.257	649	Mammen, Stephan	74	DEU	obw Emden	MHK	1087	4:22:25	1:07:46	1:06:37	0:57:41	1:10:21		
1.258	1137	Wischeropp, Thomas	69	DEU	Klingele / Weener Energie	MHK	1088	4:22:40	1:07:33	1:06:30	0:58:05	1:10:32		
1.259	840	Krüger, Ole	85	DEU	Firmengruppe Kurre	MHK	1089	4:22:46	1:05:11	1:09:48	0:59:02	1:08:45		
1.260	835	Schöne, André	83	DEU	Team ENERCON	MHK	1090	4:22:47	1:07:29	1:06:35	0:58:34	1:10:09		
1.261	853	Janssen, Holger	63	DEU	Tus Esens	MHK	1091	4:22:49	1:07:35	1:06:10	0:58:48	1:10:16		
1.262	1866	Schoolmann, Claus	77	DEU	Volkswagen Emden	MHK	1092	4:22:51	1:06:38	1:06:36	0:58:12	1:11:25		
1.263	1851	Cramer-Martens, Björn	78	DEU	Raumwerk Martens	MHK	1093	4:23:01	1:07:55	1:04:58	0:56:37	1:13:31		
1.264	1018	Rieken, Magnus	47	DEU	Jever	MHK	1094	4:23:08	1:06:50	1:07:22	0:58:33	1:10:23		
1.265	1762	Niestrat, Lukas	96	DEU	MH Sports	MJ	171	4:23:10	1:08:37	1:05:06	0:58:56	1:10:31		
1.266	1221	Breer, Deti	68	DEU	RSU Kp Küste	MHK	1095	4:23:13	1:10:57	1:07:59	0:55:17	1:09:00		
1.267	354	Hook, Michael	66	DEU	Watt'n Looper SV Dornum	MHK	1096	4:23:22	1:07:15	1:07:45	0:58:08	1:10:14		
1.268	828	Schoon, Günter	64	DEU	EWE-Wattloopers	MHK	1097	4:23:33	1:06:15	1:07:18	0:59:12	1:10:48		
1.269	1219	Fröbel, Heinz	47	DEU	Emder LG	MHK	1098	4:24:01	1:06:25	1:05:16	0:59:54	1:12:26		
1.270	1726	Salge, Arthur	47	DEU	IGS Moormerland	MHK	1099	4:24:10	1:08:11	1:06:22	0:59:07	1:10:30		
1.271	974	Müller, Rainer	42	DEU	TV Friedeburg	MHK	1100	4:24:21	1:13:32	1:06:26	0:56:27	1:07:56		
1.272	1118	Brümmer, Helmuth	57	DEU	ENOVA	MHK	1101	4:24:22	1:04:28	1:06:35	0:59:38	1:13:41		
1.273	1195	Harms, Uwe	69	DEU	Laufen und Meer	MHK	1102	4:24:26	1:08:21	1:06:02	0:57:44	1:12:19		
1.274	1178	Goemann, Jan Ubbo	87	DEU	Seefahrtsschule Leer	MHK	1103	4:24:33	1:09:40	1:07:45	0:56:40	1:10:28		
1.275	254	Beer, Philipp	96	DEU	Gymnasium Ulricianum Aurich SP601	MJ	172	4:24:34	1:00:02	1:14:31	1:06:54	1:03:07		
1.276	1242	Pilarczyk, Bartosz	95	DEU	WfbM BBB Aurich Wittmund	MHK	1104	4:24:36	1:08:21	1:07:08	0:57:16	1:11:51		
1.277	1462	Fabbi, Gabriel	68	DEU	Team Möbel Buss	MHK	1105	4:24:50	1:07:38	1:07:12	0:58:33	1:11:27		
1.278	1253	Cobus, Thomas	71	DEU	Bohlen & Doyen	MHK	1106	4:25:32	1:08:25	1:07:12	0:58:34	1:11:21		
1.279	1482	Bose, Patrick	96	DEU	TaktLwGrp "R"	MJ	173	4:25:44	1:07:06	1:11:11	0:58:05	1:09:22		
1.280	785	Groen, Carsten	86	DEU	Physio Aktiv Rhauderfehn	MHK	1107	4:25:50	1:07:35	1:06:06	0:58:23	1:13:46		
1.281	1561	Meyer, Ulli	58	DEU	NKF	MHK	1108	4:25:58	1:07:35	1:08:50	0:59:48	1:09:45		
1.282	1008	Smid, Frank-Michael	64	DEU	SCHARFF / TRAUCO	MHK	1109	4:25:59	1:05:32	1:09:19	0:58:41	1:12:27		
1.282	1526	Harms, Stefan	99	DEU	IGS Waldschule Egels	MJ	174	4:25:59	1:06:42	1:08:23	0:57:02	1:13:52		
1.284	1233	Niemeyer-Speckmann, Klaas	71	DEU	AFS Komitee Ostfriesland	MHK	1110	4:26:00	1:07:28	1:08:34	0:58:49	1:11:09		
1.285	1614	Buss, Günter	71	DEU	MTV Aurich / Gassco Vikings	MHK	1111	4:26:08	1:07:51	1:08:51	0:58:21	1:11:05		
1.286	1618	Katzer, Florian	96	DEU		MJ	175	4:26:09	1:06:55	1:07:43	0:59:46	1:11:45		
1.287	200	Steinke, Dietrich	41	DEU	SV Concordia Neermoor	MHK	1112	4:26:11	1:05:59	1:07:47	0:59:23	1:13:02		
1.288	1832	Schulte, Wilhelm	41	DEU	Barßel	MHK	1113	4:26:18	1:09:14	1:08:45	0:58:00	1:10:19		
1.289	1804	Kruse, Jörn	00	DEU	Gymnasium Ulricianum Aurich	MJ	176	4:26:26	1:10:12	1:06:30	0:57:18	1:12:26		
1.290	1050	Lübbbers, Tom	94	DEU	Moorlooper	MHK	1114	4:26:32	1:09:55	1:07:01	0:58:31	1:11:05		
1.291	1304	de Vries, Sascha	81	DEU	Ihlow	MHK	1115	4:26:36	1:00:58	1:00:18	1:05:46	1:19:34		

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1.292	1529	Stefanski, Tim- Ole	99	DEU	IGS Waldschule Egels	MJ	177	4:26:59	1:12:20	1:05:21	0:58:19	1:10:59		
1.293	1488	Franzen, Wilfried	45	DEU	SV Teutonia Stapelmoor	MHK	1116	4:27:12	1:06:15	1:07:37	0:59:38	1:13:42		
1.294	1245	Bruns, Ludger	74	DEU	Emder LG	MHK	1117	4:27:18	1:08:58	1:08:31	0:58:15	1:11:34		
1.295	1217	Waalkens, Manfred	51	DEU	LT TuS Aurich-Ost	MHK	1118	4:27:23	1:09:17	1:06:34	0:58:30	1:13:02		
1.296	1255	Brunken, Jörg	83	DEU	Orgadata AG	MHK	1119	4:27:38	1:11:19	1:07:26	0:57:40	1:11:13		
1.297	1224	Juilfs, Uwe	63	DEU	Wiesens	MHK	1120	4:28:03	1:10:03	1:06:38	0:59:54	1:11:28		
1.298	1044	Klunder, Jochen	67	DEU	BBS Aurich	MHK	1121	4:28:05	1:08:02	1:07:55	0:59:21	1:12:47		
1.299	1033	Büttner, Walter	59	DEU	BPS Emden	MHK	1122	4:28:10	1:08:55	1:08:32	0:58:58	1:11:45		
1.300	1766	Boger, Arthur	97	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	178	4:28:18	1:10:54	1:07:23	0:59:18	1:10:43		
1.301	1216	Brehmer, Dirk	43	DEU	AURICH	MHK	1123	4:28:31	1:08:40	1:08:07	0:59:19	1:12:25		
1.302	1162	Saathoff, Holger	73	DEU	Raiffeisenbank eG, Moormerland	MHK	1124	4:28:32	1:09:22	1:08:51	0:59:13	1:11:06		
1.303	671	Streekmann, Niels	78	DEU	Leer	MHK	1125	4:28:37	1:08:11	1:09:56	0:56:21	1:14:09		
1.304	1223	Nipshagen, Grato	58	DEU	LT Schafhauser Wald	MHK	1126	4:28:48	1:08:27	1:06:11	0:59:06	1:15:04		
1.305	959	Henning, Torsten	72	DEU	Stadt Emden	MHK	1127	4:28:50	1:09:37	1:08:15	0:58:34	1:12:24		
1.306	1318	Frühling, Kobus	69	DEU	BBS Aurich	MHK	1128	4:29:08	1:06:51	1:11:15	0:59:19	1:11:43		
1.307	1191	Freeseemann, Egon	66	DEU	Bünting Tee	MHK	1129	4:29:09	1:08:15	1:08:51	0:59:55	1:12:08		
1.308	1825	Klock, Selwyn	91	DEU	Hartmann Group	MHK	1130	4:29:16	1:13:33	1:08:38	0:54:54	1:12:11		
1.309	805	Niehuisen, Frank	70	DEU	AOK Die Gesundheitskasse	MHK	1131	4:29:18	1:09:11	1:07:53	0:59:36	1:12:38		
1.310	1581	Goudschaal, Rolf	50	DEU	Remels	MHK	1132	4:29:27	1:10:02	1:07:59	0:59:56	1:11:30		
1.311	1530	Berends, Marcel	98	DEU	IGS Waldschule Egels	MJ	179	4:29:29	1:12:20	1:06:32	0:58:19	1:12:18		
1.312	1159	Jürrens, Benjamin	86	DEU	Klinikum Emden	MHK	1133	4:29:34	1:12:47	1:07:50	0:59:16	1:09:41		
1.313	981	Bohnet, Ernst	46	DEU	Emder LG	MHK	1134	4:29:36	1:08:21	1:06:27	1:01:54	1:12:54		
1.314	1707	Filke, Thorsten	85	DEU	LG Fliegerhorst Upjever	MHK	1135	4:29:44	1:12:49	1:08:19	0:57:59	1:10:37		
1.315	1023	Dogs, Timo	77	DEU	Grundschule Overledinger Geest	MHK	1136	4:29:49	1:09:10	1:07:56	0:58:45	1:13:58		
1.316	967	Janssen, Günter	43	DEU	MTV Aurich	MHK	1137	4:29:59	1:11:43	1:06:49	0:59:38	1:11:49		
1.317	1047	Loers, Helmut	52	DEU	SV Blau Weiß Filsum	MHK	1138	4:30:20	1:08:48	1:08:02	1:00:21	1:13:09		
1.318	1333	Janssen, Arne	90	DEU	Wandertrupp Loppersum	MHK	1139	4:30:56	1:10:23	1:09:36	0:58:20	1:12:37		
1.319	24	Baumann, Ralf	79	DEU	Leer	MHK	1140	4:31:08	1:12:30	1:07:11	0:58:33	1:12:54		
1.320	1472	Bodenstab, Ingo	71	DEU	Volkswagen Zentrum Oldenburg	MHK	1141	4:31:10	1:08:18	1:08:47	0:59:37	1:14:28		
1.321	1576	Ramaker, Harald	63	DEU	SV Warsingsfehn	MHK	1142	4:31:11	1:08:08	1:08:26	0:59:39	1:14:58		
1.322	1055	Erdmann, Dieter	49	DEU	SuS Berumerfehn e. V.	MHK	1143	4:31:12	1:11:36	1:09:34	0:59:19	1:10:43		
1.323	885	Willms, Henning	76	DEU	Hartmann Group	MHK	1144	4:31:13	1:09:40	1:06:53	0:59:16	1:15:24		
1.324	781	de Buhr, Jens	68	DEU	VW Emden	MHK	1145	4:31:28	1:06:52	1:05:22	0:58:52	1:20:22		
1.325	1285	Gossling, Karl	46	DEU	LG Bunde	MHK	1146	4:32:04	1:08:56	1:09:00	1:00:27	1:13:41		
1.326	1325	Boekhoff, Ingo	82	DEU	Rettungsdienst Leer	MHK	1147	4:32:28	1:13:09	1:12:07	0:56:08	1:11:04		

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1.327	1017	Reiners, Sebastian	81	DEU	Die Laufkumpanen	MHK	1148	4:32:30	1:09:36	1:08:43	0:59:29	1:14:42		
1.328	496	Hempfen, Klaus	70	DEU	Die Laufkumpanen	MHK	1149	4:32:31	1:09:37	1:08:43	0:59:29	1:14:42		
1.329	1532	Hayenga, Manuel	01	DEU	IGS Waldschule Egels	MJ	180	4:32:35	1:09:28	1:10:14	1:02:04	1:10:49		
1.330	794	de Buhr, H1	59	DEU	Lionsclub Uplengen	MHK	1150	4:32:38	1:09:11	1:09:00	1:01:30	1:12:57		
1.331	1021	Ennen, Ewald	61	DEU	AOK Niedersachsen	MHK	1151	4:32:39	1:08:02	1:07:52	0:59:36	1:17:09		
1.332	1439	Wolckenhaar, Enno	38	DEU	TC Grün-Weiß Leer	MHK	1152	4:32:51	1:08:56	1:09:22	1:00:28	1:14:05		
1.333	1042	Nie, Richard	63	DEU	RuF Rheiderland	MHK	1153	4:32:55	1:10:41	1:12:20	0:58:41	1:11:13		
1.334	1022	Tjardes, Karl	44	DEU	MTV Wittmund	MHK	1154	4:33:13	1:08:50	1:09:40	1:01:14	1:13:29		
1.335	606	Ernst, Hinrich	55	DEU	Klinikum Leer	MHK	1155	4:33:23	1:10:17	1:07:02	1:02:49	1:13:15		
1.336	1271	Karbach, Ralf	74	DEU	Rettungsdienst Leer	MHK	1156	4:33:25	1:11:45	1:10:49	0:58:29	1:12:22		
1.337	1543	Eden, Thorsten	78	DEU	Kreuzfahrten Sinning	MHK	1157	4:33:26	1:09:50	1:07:22	1:00:19	1:15:55		
1.338	1238	Stern, Otto	06	DEU	Seefahrtsschule Leer	MJ	181	4:33:29	1:10:42	1:10:06	0:58:55	1:13:46		
1.339	1307	Fliege, Heinz-Georg	54	DEU	Klinikum Leer	MHK	1158	4:33:38	1:10:03	1:07:53	1:01:01	1:14:41		
1.340	1458	Buss, Bernhard	49	DEU	Team Möbel Buss	MHK	1159	4:33:59	1:09:54	1:09:20	1:00:08	1:14:37		
1.341	1078	Tjardes, Ralf	69	DEU	BV Vorwärts Plaaggenburg e.V.	MHK	1160	4:34:01	1:08:54	1:06:32	0:59:00	1:19:35		
1.342	729	Janssen, Thomas	74	DEU	Bünting Tee	MHK	1161	4:34:07	1:11:35	1:10:03	1:01:21	1:11:08		
1.343	1007	Jordan, Torsten	72	DEU	Ostfriesische Brandkasse	MHK	1162	4:34:12	1:11:11	1:10:01	0:57:55	1:15:05		
1.344	1165	Steinmeier, Fritz	48	DEU	MTV Aurich	MHK	1163	4:34:16	1:10:49	1:10:38	1:00:17	1:12:32		
1.345	1241	Kruse, Bernhard	90	DEU	WfbM BBB Aurich Wittmund	MHK	1164	4:34:23	1:09:09	1:09:21	0:57:15	1:18:38		
1.346	1212	Sick, Jens	65	DEU	JVA Emden	MHK	1165	4:34:35	1:09:51	1:09:51	1:01:24	1:13:29		
1.347	1048	Freudenberg, Lothar	69	DEU	Dabei is alles	MHK	1166	4:34:47	1:09:33	1:09:34	0:59:53	1:15:47		
1.348	1450	Jansen, Georg	50	DEU	TV Norden	MHK	1167	4:34:57	1:09:31	1:10:24	1:00:13	1:14:49		
1.349	660	Westdörp, Hinrich	86	DEU	obw Emden	MHK	1168	4:35:01	1:09:10	1:08:53	0:59:47	1:17:11		
1.350	1244	Beek, Helmut	56	DEU	VW Emden	MHK	1169	4:35:14	1:10:06	1:09:59	1:01:04	1:14:05		
1.351	1840	Kramer, Dirk	66	DEU	team aurident	MHK	1170	4:35:25	1:11:30	1:10:19	0:58:30	1:15:06		
1.352	1519	Redenius, Fabian	02	DEU	IGS Waldschule Egels	MJ	182	4:35:58	1:14:51	1:11:07	0:59:03	1:10:57		
1.353	1092	Sap, Stefan	80	DEU	Team ENERCON	MHK	1171	4:36:08	1:07:28	1:13:18	0:58:34	1:16:48		
1.354	1699	Murr, Michael	71	DEU	Bohlen & Doyen	MHK	1172	4:36:13	1:11:19	1:08:48	0:59:12	1:16:54		
1.355	1259	Röben, Hinrich	56	DEU	LT TuS Aurich-Ost	MHK	1173	4:36:29	1:08:19	1:09:32	1:01:59	1:16:39		
1.356	1437	Klömpges, Axel	61	DEU	Lummerland Taxi Aurich	MHK	1174	4:36:34	1:09:25	1:08:49	1:01:50	1:16:30		
1.357	1737	Heinßen, Thorben	87	DEU	Bünting Tee	MHK	1175	4:36:46	1:11:24	1:13:29	0:59:34	1:12:19		
1.358	66	Schewiola, Stefan	66	DEU	LT TuS Aurich-Ost	MHK	1176	4:36:50	1:10:33	1:09:57	1:00:54	1:15:26		
1.359	1024	Lühring, Reiner	65	DEU	LT TuRa 07 Westrauderfehn	MHK	1177	4:37:02	1:11:29	1:11:43	0:59:51	1:13:59		
1.360	1311	Redenius, Tobias	88	DEU	LT TuS Aurich-Ost	MHK	1178	4:37:15	1:09:43	1:10:10	1:02:05	1:15:17		
1.361	1236	Hildebrand, Hermann	59	DEU	Polizei Aurich	MHK	1179	4:37:25	1:10:13	1:10:33	1:01:21	1:15:18		

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
1.362	852	Dickhöfer, Holger	72	DEU	Enno Onneckten	MHK	1180	4:38:24	1:06:33	1:08:34	1:03:09	1:20:08		
1.363	1139	Reiter, H.Hermann	65	DEU	SV Stikkelkamp	MHK	1181	4:38:27	1:08:20	1:10:47	1:00:06	1:19:14		
1.364	1697	Meenken, Christoph	89	DEU	BV Vorwärts Plaqaenburg e.V.	MHK	1182	4:38:31	1:13:41	1:10:47	1:00:28	1:13:35		
1.364	1277	Ley, André	67	DEU	Polizei Aurich	MHK	1182	4:38:31	1:10:13	1:10:33	1:02:27	1:15:18		
1.366	1267	Weers, Werner	52	DEU	Sparkasse LeerWittmund	MHK	1184	4:38:41	1:09:49	1:11:24	1:02:24	1:15:04		
1.367	1064	Saathoff, Gerd	65	DEU	Filsum	MHK	1185	4:38:49	1:11:44	1:10:13	1:01:42	1:15:10		
1.367	1237	Ensslin, Gerd	49	DEU	Aurich	MHK	1185	4:38:49	1:10:42	1:10:23	1:01:47	1:15:57		
1.369	1312	Adden, Eckhard	67	DEU	OWS Emden	MHK	1187	4:38:59	1:13:45	1:09:38	1:01:13	1:14:23		
1.370	1292	Siefken, Georg	47	DEU	SZ Saterland	MHK	1188	4:39:31	1:12:31	1:10:00	1:01:25	1:15:35		
1.371	1722	Everts, Mario	85	DEU	OBW Emden	MHK	1189	4:39:45	1:14:29	1:09:53	0:57:48	1:17:35		
1.372	1190	Ammermann, Lars	72	DEU	Bünting Tee	MHK	1190	4:39:51	1:08:53	1:14:32	0:59:55	1:16:31		
1.373	1623	Albers, Heio	46	DEU	Harmonic Brass	MHK	1191	4:39:58	1:12:04	1:10:01	1:02:00	1:15:53		
1.374	1250	Davids, Stefan	66	DEU	Doepke Schaltgeräte Norden	MHK	1192	4:40:01	1:10:57	1:10:57	1:02:12	1:15:55		
1.375	1622	Albers, Jochen	69	DEU	Harmonic Brass	MHK	1193	4:40:03	1:12:04	1:10:02	1:02:02	1:15:55		
1.375	1624	Krey, Sandor	71	DEU	Therapiezentrum Rajenweg	MHK	1193	4:40:03	1:13:33	1:09:48	0:59:31	1:17:11		
1.377	1080	Mahn, Merten	93	DEU	Seefahrtsschule Leer	MHK	1195	4:40:04	1:12:35	1:10:31	1:00:33	1:16:25		
1.378	983	Sandelmann, Dieter	53	DEU	Wilhelmshaven	MHK	1196	4:40:06	1:10:03	1:10:58	1:02:39	1:16:26		
1.379	1838	Becker, Jan	84	DEU	OBS Weener	MHK	1197	4:40:07	1:12:16	1:09:15	1:01:25	1:17:11		
1.380	1069	Appel, Olaf	63	DEU	Landhotel Bauernstuben Groß	MHK	1198	4:40:10	1:10:50	1:10:27	1:01:49	1:17:04		
1.381	1043	Buss, Herbert	59	DEU	SV Stikkelkamp	MHK	1199	4:40:14	1:11:45	1:10:32	1:02:56	1:15:01		
1.381	1266	Flitz Pries, German	47	DEU	LSF Oldenburg	MHK	1199	4:40:14	1:11:50	1:09:19	1:04:28	1:14:37		
1.383	1026	Langenberg, Udo	61	DEU	ENERCON	MHK	1201	4:40:28	1:15:20	1:13:03	1:00:03	1:12:02		
1.384	1468	Stüwe, Sören	91	DEU	Team Möbel Buss	MHK	1202	4:40:29	1:11:42	1:12:17	1:00:37	1:15:53		
1.385	1108	Siebels, Gerd	53	DEU	Fortuna Logabirum	MHK	1203	4:40:51	1:11:22	1:09:46	1:03:18	1:16:25		
1.386	1617	Heibült, Christian	40	DEU	SV Holtland	MHK	1204	4:40:52	1:11:50	1:11:54	1:02:04	1:15:04		
1.387	1768	Lopez Garcia, Jan-Marcel	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	183	4:40:58	1:09:12	1:12:23	1:08:41	1:10:42		
1.388	1218	König, Antino	63	DEU	Eben- Eser	MHK	1205	4:41:17	1:12:00	1:10:24	1:02:01	1:16:52		
1.388	1606	Schunke, Michael	67	DEU	Autopark Schunke	MHK	1205	4:41:17	1:14:00	1:10:05	1:00:30	1:16:42		
1.390	1807	Gerdes, Dietmar	69	DEU	--	MHK	1207	4:41:21	1:12:01	1:10:26	1:02:02	1:16:52		
1.391	1300	Böwe, Werner	44	DEU	Ender LG	MHK	1208	4:41:47	1:14:31	1:11:14	1:01:36	1:14:26		
1.392	1470	Bigalski, Volker	74	DEU	Realschule Aurich	MHK	1209	4:42:16	1:11:36	1:11:04	1:02:41	1:16:55		
1.393	663	Wittenburg, Peter	49	DEU	obw Emden	MHK	1210	4:42:50	1:22:02	1:08:55	0:59:18	1:12:35		
1.394	549	Hoek, Rainer	78	DEU	AXA Center Hoek	MHK	1211	4:43:18	1:13:08	1:12:16	1:02:44	1:15:10		
1.395	1041	Höft, Helmut	59	DEU	LT TuS Aurich-Ost	MHK	1212	4:43:31	1:05:37	1:06:09	1:20:12	1:11:33		
1.396	1058	Drieling, Tim	93	DEU	Seefahrtsschule Leer	MHK	1213	4:43:34	1:12:40	1:13:27	1:01:02	1:16:25		

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1.397	1859	Steenhoff, Heiner	60	DEU	TSV Germania Holterfehn	MHK	1214	4:43:43	1:11:55	1:12:12	1:02:30	1:17:06		
1.398	1025	Röttmann, Hillrich	61	DEU	ENERCON	MHK	1215	4:43:45	1:10:38	1:13:02	1:03:05	1:17:00		
1.399	461	Hartwiger, Björn	77	DEU	LT TuRa 07 Westrauderfehn	MHK	1216	4:44:16	1:13:34	1:13:19	1:00:36	1:16:47		
1.400	1517	Dänekas, Jürgen	58	DEU	LG Uplengen	MHK	1217	4:44:36	1:13:23	1:11:37	1:09:56	1:09:40		
1.401	1542	Schütte, Renke	94	DEU	Seefahrtsschule Leer	MHK	1218	4:45:16	1:16:54	1:13:17	1:00:01	1:15:04		
1.402	1084	Langner, Thomas	71	DEU	Schleichkatzen WOL	MHK	1219	4:45:17	1:13:24	1:11:00	1:02:58	1:17:55		
1.403	1778	Musolf, Clemens	98	DEU	Gymnasium Ulricianum Aurich	MJ	184	4:45:50	1:06:42	1:14:31	1:06:55	1:17:42		
1.404	1205	Engel, Andreas	53	DEU	Schulzentrum Collhusen	MHK	1220	4:45:55	1:14:44	1:11:28	1:03:29	1:16:14		
1.405	1227	Henkys, René	65	DEU	RAe Dr. Fenner Bockhöfer Henkys	MHK	1221	4:46:18	1:13:53	1:13:59	1:02:31	1:15:55		
1.406	1208	Ackmann, Helmut	54	DEU	Stadt Emden	MHK	1222	4:47:42	1:13:02	1:11:53	1:03:37	1:19:10		
1.407	1303	Janßen, Torsten	70	DEU	Kdo SES	MHK	1223	4:48:27	1:11:49	1:12:05	1:04:52	1:19:41		
1.408	1254	Wiltfang, Johann	56	DEU	Ostfriesische Volksbank eG	MHK	1224	4:48:36	1:12:42	1:12:55	1:04:16	1:18:43		
1.409	1730	Zimmermann, Udo	96	DEU	GeTek	MJ	185	4:49:54	1:13:24	1:17:08	1:00:44	1:18:38		
1.410	948	Kleen, Heinrich	59	DEU	LG Großefehn	MHK	1225	4:50:12	1:14:23	1:13:54	1:03:56	1:17:59		
1.411	1046	Podlich, Gynni	64	DEU	Dabei is alles	MHK	1226	4:50:45	1:15:42	1:12:40	1:04:36	1:17:47		
1.412	1479	Lüpkes, Folkmar	60	DEU	AGRAVIS Ems-Jade GmbH	MHK	1227	4:50:53	1:11:40	1:12:53	1:05:35	1:20:45		
1.413	1075	Best, Christian	83	DEU	Oldenburg	MHK	1228	4:51:41	1:15:41	1:12:46	1:04:17	1:18:57		
1.414	1294	Caspers, Uwe	71	DEU	Team ENERCON	MHK	1229	4:51:54	1:17:06	1:12:20	1:04:39	1:17:49		
1.414	1193	Weichers, Michael	71	DEU	Bünting Tee	MHK	1229	4:51:54	1:15:42	1:14:40	1:04:51	1:16:41		
1.416	1192	Homölle, Werner	64	DEU	Bünting Tee	MHK	1231	4:52:14	1:18:20	1:12:14	1:04:00	1:17:40		
1.417	856	Ledebur, Markus	81	DEU	Bad Zwischenahn	MHK	1232	4:52:29	1:14:59	1:14:11	1:03:55	1:19:24		
1.418	1453	Frerichs, Jesen	01	DEU	TV Norden	MJ	186	4:53:02	1:14:07	1:17:39	1:09:43	1:11:33		
1.419	1776	Gerdes, Manfred	59	DEU	TuS Middels	MHK	1233	4:53:06	1:15:39	1:14:01	1:04:59	1:18:27		
1.420	1829	Kazadayer, Mykola	85	DEU	BBC Chartering GmbH	MHK	1234	4:53:09	0:56:44	1:20:27	1:07:46	1:28:12		
1.421	1039	Möhlmann, Hinrich	53	DEU	LT TuS Aurich-Ost	MHK	1235	4:53:15	1:12:31	1:15:59	1:06:49	1:17:56		
1.422	1441	Wilts, Hermann	46	DEU	TV Norden	MHK	1236	4:53:17	1:10:14	1:12:00	1:06:09	1:24:54		
1.423	1310	Rath, Johann	93	DEU	ELV Elektronik AG	MHK	1237	4:53:40	1:13:18	1:12:32	1:05:44	1:22:06		
1.424	727	Schneider, Rolf	62	DEU	SC07 Ihrhove	MHK	1238	4:54:24	1:15:30	1:13:23	1:05:04	1:20:27		
1.424	1290	Laaken, Karl-Gerhard	66	DEU	SC 07 Ihrhove	MHK	1238	4:54:24	1:15:30	1:13:24	1:05:04	1:20:26		
1.426	1314	Draht, Jelde	00	DEU	Laufen und Meer	MJ	187	4:55:48	1:18:34	1:15:52	1:06:16	1:15:06		
1.427	1153	Sühwold, Simon	71	DEU	Stadtwerke Leer Loopers	MHK	1240	4:56:29	1:16:04	1:14:59	1:05:20	1:20:06		
1.428	1186	Dreesch-Rosendahl, Okke	01	DEU	Westrauderfehn	MJ	188	4:57:37	1:22:05	1:13:44	1:04:51	1:16:57		
1.429	1230	Schön, Thomas	65	DEU	DLRG Leer	MHK	1241	4:57:39	1:18:48	1:18:29	1:07:24	1:12:58		
1.430	1339	Saathoff, Derrick	94	DEU	LT TuS Aurich-Ost	MHK	1242	4:57:43	1:15:25	1:16:08	1:06:17	1:19:53		
1.431	1004	Brandt, Henning	77	DEU	Ostfriesische Volksbank eG	MHK	1243	4:58:15	1:16:02	1:16:46	1:05:29	1:19:58		

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1.432	1280	Wogt, Matthias	94	DEU	TaktLwGrp "R"	MHK	1244	4:58:16	1:14:32	1:14:52	1:05:41	1:23:11		
1.433	1625	Havrilla, Leon	98	DEU	WG Strukelje	MJ	189	4:58:18	1:13:55	1:20:47	1:02:44	1:20:52		
1.434	1317	Piela, Joachim	51	DEU	IGS Aurich-West	MHK	1245	4:59:24	1:16:48	1:16:07	1:07:26	1:19:03		
1.435	1275	Meinders, Jan	64	DEU	TaktLwGrp "R"	MHK	1246	4:59:26	1:16:18	1:16:57	1:05:55	1:20:16		
1.436	1040	Schiemann-Lillie, Martin	55	DEU	LT TuS Aurich-Ost	MHK	1247	4:59:28	1:13:00	1:16:25	1:06:20	1:23:43		
1.437	1287	Oltmanns, Gebhard	51	DEU	MFGO	MHK	1248	4:59:47	1:17:05	1:17:34	1:05:35	1:19:33		
1.438	1246	Poppen, Gert-Rudolf	59	DEU	EDEKA	MHK	1249	4:59:57	1:11:30	1:17:52	1:07:24	1:23:11		
1.439	1262	Hicken, Günter	56	DEU	VfL Fortuna Veenhusen	MHK	1250	5:00:14	1:15:57	1:15:59	1:06:58	1:21:20		
1.440	642	Hellmann, Sascha	86	DEU	obw Emden	MHK	1251	5:00:41	1:17:05	1:17:33	1:04:55	1:21:08		
1.441	1305	Griggel, Stefan	71	DEU	Ostfriesische Volksbank eG	MHK	1252	5:01:00	1:17:03	1:13:20	1:08:30	1:22:07		
1.442	1268	Neumann, Ingo	72	DEU	----	MHK	1253	5:01:03	1:16:05	1:15:48	1:06:32	1:22:38		
1.443	1309	Schuessler, Klaus	57	DEU	loony loopers	MHK	1254	5:01:26	1:15:52	1:18:52	1:06:21	1:20:21		
1.444	662	Zirpins, Burghardt	57	DEU	obw Emden	MHK	1255	5:02:03	1:15:27	1:15:54	1:07:06	1:23:36		
1.445	1316	Pröve, Jens	65	DEU	Gemeindestiftung Ostrhauderfehn	MHK	1256	5:04:15	1:20:48	1:17:47	1:05:26	1:20:14		
1.446	1070	Sandrock, Dieter	47	DEU	LG TV Bunde	MHK	1257	5:04:16	1:15:47	1:16:41	1:08:13	1:23:35		
1.447	1448	Glamann-Schulzek, Graf	65	DEU	TV Norden	MHK	1258	5:04:33	1:16:21	1:16:25	1:07:57	1:23:50		
1.448	1341	Duin, Joachim Heyo	86	DEU	vyyé	MHK	1259	5:04:49	1:18:48	1:17:53	1:07:11	1:20:57		
1.449	1225	Sinning, Ludwig	63	DEU	Kreuzfahrten Sinning Leer	MHK	1260	5:04:59	1:17:51	1:16:43	1:06:19	1:24:06		
1.450	1708	Tuitjer, Jens	88	DEU	Wreesmann Ostrhauderfehn	MHK	1261	5:06:20	1:23:02	1:06:23	1:12:40	1:24:15		
1.451	1533	Niestrat, Malte	98	DEU	IGS Waldschule Egels	MJ	190	5:07:10	1:17:23	1:19:01	1:06:19	1:24:27		
1.452	1346	Mandel, Patrick	85	DEU	Bohlen & Doyen	MHK	1262	5:07:53	1:18:33	1:17:59	1:06:55	1:24:26		
1.453	1332	Aden, Focko	55	DEU	Privat	MHK	1263	5:08:24	1:18:09	1:18:27	1:08:02	1:23:46		
1.454	1278	Frerichs, Rieke	48	DEU	LG Großefehn	MHK	1264	5:09:01	1:18:23	1:21:29	1:08:13	1:20:56		
1.455	29	Hermann, Kerli	48	DEU	SC Collhusen	MHK	1265	5:10:11	1:19:29	1:18:48	1:07:23	1:24:31		
1.456	1528	Peters, André	99	DEU	IGS Waldschule Egels	MJ	191	5:12:01	1:29:24	1:20:10	1:03:28	1:18:59		
1.457	1430	Kompaan, Theo	57	DEU	Glansdorf	MHK	1266	5:12:40	1:18:16	1:19:40	1:07:32	1:27:12		
1.458	1273	Schmalwasser, Sören	64	DEU	Team Eddie Nortmoor	MHK	1267	5:12:46	1:21:00	1:20:02	1:08:14	1:23:30		
1.459	1335	Krott, Dieter	61	DEU	LT TuS Aurich-Ost	MHK	1268	5:13:40	1:17:38	1:16:04	1:15:10	1:24:48		
1.460	1288	Jürgens, Helmut	52	DEU	Ohne AOK läuft nix!	MHK	1269	5:15:21	1:20:58	1:21:00	1:09:27	1:23:56		
1.461	1580	Diener, Manfred	49	DEU	LG Großefehn	MHK	1270	5:16:54	1:20:43	1:20:12	1:09:40	1:26:19		
1.462	1435	Ihlow, Werner	45	DEU	TV Norden	MHK	1271	5:17:42	1:22:24	1:20:12	1:09:58	1:25:08		
1.463	1279	van Lengen, Heinrich	40	DEU	LG Großefehn	MHK	1272	5:19:21	1:18:23	1:21:28	1:13:08	1:26:22		
1.464	1296	Siemens, Günther	74	DEU	BBC Chartering GmbH	MHK	1273	5:19:56	1:23:30	1:20:27	1:07:47	1:28:12		
1.465	1319	Sternsdorff, Jörk	63	DEU	privat	MHK	1274	5:20:40	1:24:51	1:23:49	1:10:02	1:21:58		
1.466	1261	Liesen, Bernd	45	DEU	MTV Jever	MHK	1275	5:20:43	1:21:40	1:24:54	1:10:05	1:24:04		

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1.467	486	Wogt, Tobias	96	DEU	TaktLwGrp "R"	MJ	192	5:20:46	1:25:16	1:17:19	1:08:40	1:29:31		
1.468	1015	Peeken, Gerd	73	DEU	SV Wittmund	MHK	1276	5:23:05	1:22:38	1:24:05	1:11:14	1:25:08		
1.469	1111	Saathoff, Günther	46	DEU	TSV Hesel	MHK	1277	5:25:32	1:23:30	1:23:53	1:11:28	1:26:41		
1.470	1282	Vogel, Manfred	55	DEU	Kurt sien Trupp	MHK	1278	5:27:23	1:21:51	1:24:56	1:12:09	1:28:27		
1.471	1179	Pohlenz, Frank	57	DEU	Aurich	MHK	1279	5:28:36	1:26:13	1:22:16	1:12:25	1:27:42		
1.471	1342	Ely, Wolfgang	50	DEU	Norden	MHK	1279	5:28:36	1:26:13	1:22:17	1:12:25	1:27:41		
1.473	1723	Freeseemann, Harbert	64	DEU	Fortuna Logabirum	MHK	1281	5:28:56	1:24:22	1:24:20	1:11:51	1:28:23		
1.474	1321	Reuter, Manfred	57	DEU	Moorlooper Walle	MHK	1282	5:30:56	1:23:05	1:22:03	1:14:38	1:31:10		
1.475	1134	Edenhuizen, Tjark	01	DEU	Gymnasium Ulricianum Aurich 8a	MJ	193	5:42:38	1:27:06	1:28:45	1:16:28	1:30:19		
1.476	552	Müller, Timo	92	DEU	Team Möbel Buss	MHK	1283	5:43:31	1:26:30	1:29:15	1:15:30	1:32:16		
1.477	1521	Henkel, Wilke	02	DEU	IGS Waldschule Egels	MJ	194	5:44:43	1:28:56	1:28:14	1:14:27	1:33:06		
1.478	1627	Heimers, Sören	91	DEU	WG Strukelje	MHK	1284	5:48:38	1:40:24	1:35:45	1:25:17	1:07:12		
1.479	1938	Schewiola, Axel	38	DEU	TV Norden	MHK	1285	5:48:41	1:26:50	1:32:27	1:14:24	1:35:00		
1.480	1077	Bohmalk, Wilke	86	DEU	Beekmann/Nehlsen	MHK	1286	5:50:30	1:30:38	1:29:08	1:16:22	1:34:22		
1.481	1347	Lammers, Jan Moritz	82	DEU	Nobiskrug	MHK	1287	5:51:50	1:29:42	1:31:30	1:20:10	1:30:28		
1.482	1220	Dehne, Rainer-TRaDe	64	DEU	Team ENERCON	MHK	1288	5:53:08	1:31:46	1:28:05	1:18:41	1:34:36		
1.483	1291	Schürmann, Martin	60	DEU	Klinikum Emden	MHK	1289	6:03:51	1:31:15	1:32:55	1:21:13	1:38:28		
1.484	1440	Pruin, Erich	64	DEU	DLRG Leer	MHK	1290	6:05:19	1:31:15	1:32:55	1:21:13	1:39:56		
1.485	661	Wollmann, Frank	69	DEU	obw Emden	MHK	1291	6:05:38	1:32:11	1:32:38	1:20:29	1:40:20		
1.486	1631	Paschke, Hartmut	65	DEU	Paschke Werbung	MHK	1292	6:40:42	1:46:11	1:39:24	1:27:57	1:47:10		

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1	F3	Piotrowski, Heike	82	DEU	LG Harlingerland	WHK	1	3:00:36	0:45:42	0:45:54	0:40:15	0:48:45		
2	F5	Kisch, Luisa	98	DEU	Fortuna Logabirum	WJ	1	3:03:21	0:47:04	0:46:04	0:40:10	0:50:03		
3	F28	Kramer, Renate	78	DEU	LG TV Bunde	WHK	2	3:03:22	0:46:30	0:46:22	0:40:51	0:49:39		
4	F 934	Wolzen, Hilke	88	DEU	Uni Oldenburg	WHK	3	3:05:48	0:46:25	0:47:00	0:41:49	0:50:34		
5	F2	Franzen, Insa	83	DEU	LG TV Bunde	WHK	4	3:08:02	0:47:37	0:47:41	0:42:06	0:50:38		
6	F744	Hoogestraat, Sonja	76	DEU	LG Harlingerland	WHK	5	3:08:31	0:47:16	0:47:44	0:42:41	0:50:50		
7	F8	Popp, Fenja	02	DEU	TSV Riepe	WJ	2	3:10:15	0:49:33	0:47:57	0:42:10	0:50:35		
8	F80	Graf, Karin	69	DEU	Watt'n Loopers SV Dornum	WHK	6	3:11:34	0:48:42	0:48:08	0:42:41	0:52:03		
9	F4	Dengler, Eva	64	DEU	Fortuna Logabirum	WHK	7	3:14:39	0:49:11	0:49:10	0:43:11	0:53:07		
10	F57	Jütting, Bianca	87	DEU	SuS Timmel	WHK	8	3:17:05	0:49:54	0:49:55	0:44:18	0:52:58		
11	F16	Arnoldova, Kristina	84	DEU	Mühlen Apotheke Pewsum	WHK	9	3:17:57	0:50:29	0:50:10	0:43:59	0:53:19		
12	F 1005	Beening, Stefanie	69	DEU	Bollingen	WHK	10	3:18:24	0:50:12	0:50:12	0:44:42	0:53:18		
13	F783	Janssen, Claudia	80	DEU	TV Norden	WHK	11	3:19:08	0:50:16	0:50:36	0:44:53	0:53:23		
14	F872	Saathoff, Katharina	00	DEU	FC SO-SI	WJ	3	3:19:20	0:51:54	0:49:14	0:44:21	0:53:51		
15	F37	Junker, Imke	87	DEU	Borromäus Hospital Leer	WHK	12	3:21:21	0:50:33	0:50:56	0:45:08	0:54:44		
16	F18	Smid, Pascale	70	DEU	Aurich	WHK	13	3:22:45	0:51:26	0:51:28	0:45:03	0:54:48		
17	F35	Eilßel, Sandra	85	DEU	Emder LG	WHK	14	3:23:16	0:51:10	0:50:54	0:45:20	0:55:52		
18	F71	Schnabel, Indra	78	DEU	LT TuS Aurich-Ost	WHK	15	3:23:30	0:51:54	0:51:19	0:45:04	0:55:13		
19	F11	Hellmers, Susanne	66	DEU	TV Norden	WHK	16	3:23:51	0:51:31	0:51:24	0:45:47	0:55:09		
20	F 1001	van Jinnelt, Anita	65	DEU	MTV Hohenkirchen	WHK	17	3:23:58	0:51:57	0:51:21	0:45:46	0:54:54		
21	F150	Andrees, Natalie	84	DEU	LG Fliegerhorst Upjever	WHK	18	3:24:11	0:51:52	0:51:48	0:45:06	0:55:25		
22	F50	Steffens, Viola	75	DEU	Emder LG	WHK	19	3:24:19	0:51:26	0:51:22	0:45:34	0:55:57		
23	F68	Brahms, Stephanie	74	DEU	LT TuS Aurich-Ost	WHK	20	3:24:51	0:52:31	0:51:30	0:45:23	0:55:27		
24	F40	Freidel, Insa	85	DEU	Rettungsdienst Wittmund	WHK	21	3:24:59	0:52:04	0:51:49	0:45:07	0:55:59		
25	F36	Pilney, Bettina	62	DEU	LT SV Ems Jemgum	WHK	22	3:25:28	0:51:34	0:51:23	0:46:52	0:55:39		
26	F172	Boekhoff, Jessika	88	DEU	RuF Leer - Bingham	WHK	23	3:25:34	0:52:38	0:50:10	0:46:27	0:56:19		
27	F65	Weerts-Duin, Meike	76	DEU	Fortuna Logabirum	WHK	24	3:25:37	0:51:17	0:52:54	0:46:05	0:55:21		
28	F13	Hilbrands, Eske	96	DEU	Fortuna Logabirum	WJ	4	3:25:57	0:53:45	0:52:06	0:45:00	0:55:06		
29	F743	Meier, Heide	71	DEU	Störtebeker Loopers TVM	WHK	25	3:26:09	0:51:50	0:51:31	0:46:33	0:56:15		
30	F44	Seiwald, Talea	01	DEU	Fortuna Logabirum	WJ	5	3:26:12	0:53:04	0:50:42	0:44:57	0:57:29		
31	F161	Jakob, Sonja	69	DEU	MTV Aurich	WHK	26	3:26:14	0:51:41	0:50:52	0:45:30	0:58:11		
32	F19	Lübbers, Verena	81	DEU	RAe Dr. Fenner Bockhöfer Henkvs	WHK	27	3:26:37	0:51:49	0:51:33	0:46:31	0:56:44		
33	F 936	Smit, Manuela	70	DEU	TSV Riepe/ LT TUS Aurich Ost	WHK	28	3:28:10	0:52:31	0:52:07	0:46:56	0:56:36		
34	F43	Krawietz, Miriam	77	DEU	Emder LG	WHK	29	3:28:18	0:51:39	0:52:50	0:47:32	0:56:17		
35	F46	Baumann, Marion	71	DEU	TUS Zetel	WHK	30	3:28:38	0:52:51	0:53:30	0:46:18	0:55:59		

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36	F86	Kobuch, Herma	68	DEU	Lauftreff Schafhauser Wald	WHK	31	3:28:48	0:52:39	0:52:20	0:46:32	0:57:17		
37	F41	Kisch, Annette	66	DEU	Fortuna Logabirum	WHK	32	3:29:15	0:51:55	0:52:43	0:46:59	0:57:38		
38	F51	Reents, Helke	99	DEU	MLP Emden	WJ	6	3:29:26	0:52:39	0:52:56	0:46:15	0:57:36		
39	F745	Damm, Becci	83	DEU	Augenoptik Ralf Damm	WHK	33	3:30:01	0:53:38	0:52:46	0:46:22	0:57:15		
40	F764	Janssen, Lotte	04	DEU	Gymnasium Ulricianum Aurich	WJ	7	3:30:14	0:55:02	0:52:40	0:45:10	0:57:22		
41	F14	Foorden, Monika	68	DEU	LG Großefehn	WHK	34	3:30:23	0:53:04	0:53:17	0:46:26	0:57:36		
42	F20	Untied-Plassmeier, Anke	69	DEU	Fortuna Logabirum	WHK	35	3:30:45	0:53:12	0:53:10	0:46:58	0:57:25		
43	F56	Lonser, Sylvia	80	DEU	Wiefelstede	WHK	36	3:30:49	0:52:55	0:53:35	0:47:16	0:57:03		
43	F74	Olthoff, Karin	75	DEU	LG Teutonia Stapelmoor	WHK	36	3:30:49	0:53:53	0:52:59	0:46:40	0:57:17		
45	F48	Reemts, Ramona	84	DEU	LG Harlingerland	WHK	38	3:31:12	0:52:08	0:52:34	0:46:54	0:59:36		
46	F45	Folkerts, Ingrid	66	DEU	Fortuna Logabirum	WHK	39	3:32:07	0:57:19	0:53:17	0:45:49	0:55:42		
47	F114	Kampen, Tabea	98	DEU	Gymnasium Ulricianum Aurich	WJ	8	3:32:40	0:54:56	0:53:26	0:46:32	0:57:46		
48	F42	Goos, Anja	72	DEU	Emder LG	WHK	40	3:33:02	0:52:57	0:54:27	0:47:50	0:57:48		
49	F91	Janßen-Frerichs, Herma	64	DEU	Lauftreff Schafhauser Wald	WHK	41	3:33:10	0:53:48	0:54:30	0:47:24	0:57:28		
50	F152	Bruns, Sandra	76	DEU	NW Steuerberatungsges.mb	WHK	42	3:33:11	0:53:48	0:53:37	0:48:15	0:57:31		
51	F70	Börgener, Sonja	85	DEU	RAe Dr. Fenner Bockhöfer Henkvs	WHK	43	3:34:45	0:54:50	0:54:09	0:47:36	0:58:10		
52	F314	Reshöft, Nicole	71	DEU	Aurich	WHK	44	3:36:03	0:55:03	0:54:50	0:47:52	0:58:18		
53	F813	Homm, Julia	98	DEU	FC SO- 10WPK	WJ	9	3:36:14	0:55:18	0:54:49	0:48:08	0:57:59		
54	F109	Beifus, Jenny	01	DEU	Gymnasium Ulricianum Aurich	WJ	10	3:37:47	0:55:22	0:55:35	0:47:57	0:58:53		
55	F140	Süßen, Sonja	78	DEU	LG Ostfriesland	WHK	45	3:38:11	0:54:56	0:55:23	0:48:39	0:59:13		
56	F449	Ender, Imke	75	DEU	WfbM BBB Aurich Wittmund	WHK	46	3:38:25	0:54:40	0:55:19	0:48:55	0:59:31		
57	F62	Rietman, Karin	71	DEU	SVO Wi sünd Holtriem	WHK	47	3:38:35	0:55:52	0:54:52	0:48:51	0:59:00		
58	F103	Post, Eva	73	DEU	TSV Riepe	WHK	48	3:39:20	0:54:45	0:55:42	0:49:09	0:59:44		
59	F77	Saul, Maren	87	DEU	Injoy Leer	WHK	49	3:39:53	0:55:41	0:55:30	0:48:25	1:00:17		
60	F60	Saathoff, Claudia	70	DEU	LT TuS Aurich-Ost	WHK	50	3:40:39	0:55:30	0:55:46	0:49:38	0:59:45		
61	F201	Treue, Najat	74	DEU	Klinikum Emden	WHK	51	3:41:19	0:57:01	0:56:13	0:49:05	0:59:00		
62	F76	Lerf, Hanna	67	DEU	TÜV Wilhelmshaven	WHK	52	3:41:56	0:56:12	0:55:27	0:49:41	1:00:36		
63	F195	Engels-Bakker, Janke	74	DEU	Maler Engels Holterfehn	WHK	53	3:42:24	0:57:07	0:56:23	0:49:06	0:59:48		
64	F63	Frerichs, Marieke	96	DEU	Gymnasium Ulricianum Aurich SP601	WJ	11	3:43:00	0:56:33	0:56:09	0:49:18	1:01:00		
65	F227	Löschen, Veronique	80	DEU	Kdo SES	WHK	54	3:43:04	0:56:24	0:57:56	0:49:33	0:59:11		
66	F73	Krisp, Susann	73	DEU	Borromäus Hospital Leer	WHK	55	3:43:15	0:58:37	0:55:55	0:48:56	0:59:47		
67	F90	Hayen, Ivonne	72	DEU	Krankenhaus Wittmund	WHK	56	3:43:41	0:57:10	0:56:57	0:49:46	0:59:48		
68	F58	Röhr, Liesa	98	DEU	Gymnasium Ulricianum Aurich	WJ	12	3:43:44	0:56:31	0:56:20	0:49:20	1:01:33		
69	F 999	Huisinga, Anne	67	DEU	LG TV Bunde	WHK	57	3:43:53	0:56:12	0:56:25	0:50:00	1:01:16		
69	F267	Fleißner, Verena	93	DEU	Klinikum Emden	WHK	57	3:43:53	0:56:42	0:56:06	0:49:07	1:01:58		

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71	F719	Gräber, Imke	87	DEU	Familienzentrum St. Martin Remels	WHK	59	3:44:04	0:58:27	0:56:18	0:48:51	1:00:28		
72	F83	Ditzfeld, Karin	60	DEU	LT TuS Aurich-Ost	WHK	60	3:44:20	0:55:49	0:56:10	0:51:17	1:01:04		
73	F228	Weers, Ina	82	DEU	OFD Nds. LBV Aurich	WHK	61	3:44:31	0:56:36	0:57:04	0:49:59	1:00:52		
74	F95	Harms, Sylvia	66	DEU	Sparkasse Aurich-Norden	WHK	62	3:44:39	0:57:21	0:56:25	0:50:04	1:00:49		
75	F99	Heien, Elisabeth	58	DEU	LT Schaffhauser Wald	WHK	63	3:45:02	0:57:46	0:56:51	0:49:40	1:00:45		
76	F258	Wempen, Insa	76	DEU	SV Stern Schwerinsdorf	WHK	64	3:45:12	0:57:41	0:56:36	0:50:15	1:00:40		
77	F792	Gronewold, Elke	67	DEU	TV Norden	WHK	65	3:45:41	0:56:55	0:57:38	0:50:17	1:00:51		
78	F146	Anscheit, Mareike	97	DEU	Fortuna Logabirum	WJ	13	3:45:46	0:56:14	0:59:21	0:49:17	1:00:54		
79	F66	Geiken, Marion	66	DEU	LT TuS Aurich-Ost	WHK	66	3:46:00	0:57:23	0:57:01	0:50:25	1:01:11		
80	F251	Flemming, Dana	76	DEU	Feedback	WHK	67	3:46:01	0:56:13	0:57:55	0:51:04	1:00:49		
81	F143	Janssen, Imke	76	DEU	LT TuS Aurich-Ost	WHK	68	3:46:11	0:56:54	0:56:07	0:50:25	1:02:45		
82	F763	Berghaus, Beate	70	DEU	Polizei Wiesmoor	WHK	69	3:46:23	0:57:10	0:57:06	0:50:00	1:02:07		
83	F851	Eilers, Alina-Christin	00	DEU	IGS Waldschule Egels	WJ	14	3:46:30	0:56:57	0:57:43	0:50:21	1:01:29		
84	F752	Wagner, Irene	66	DEU	Emder LG	WHK	70	3:46:39	0:57:21	0:57:14	0:50:34	1:01:30		
85	F169	Kurrelvink, Andrea	72	DEU	Hartmann Group	WHK	71	3:46:44	0:57:26	0:57:16	0:51:02	1:01:00		
86	F390	Röben, Diandra	97	DEU	IGS Aurich-West	WJ	15	3:46:48	1:00:05	0:56:07	0:50:04	1:00:32		
87	F78	Roofls, Martina	78	DEU	LT TuS Aurich-Ost	WHK	72	3:47:16	0:57:26	0:57:19	0:50:50	1:01:41		
88	F52	Kläner, Sonja	72	DEU	LSF Oldenburg	WHK	73	3:47:17	0:57:02	0:56:33	0:49:11	1:04:31		
89	F1001	Schipper, Deike	99	DEU	Turbine TGG	WJ	16	3:47:38	1:00:49	0:58:00	0:49:18	0:59:31		
90	F106	Potthast, Hiltrud	72	DEU	HC Moormerland	WHK	74	3:48:04	0:57:58	0:57:35	0:51:01	1:01:30		
91	F902	Meyer, Mareike	90	DEU	Moormerland	WHK	75	3:48:15	0:56:48	0:57:54	0:50:35	1:02:58		
92	F139	Oltrop, Kerstin	77	DEU	Heide Apotheke Weener	WHK	76	3:48:27	0:58:13	0:57:40	0:51:04	1:01:30		
93	F229	Freeseemann, Silvia	66	DEU	Stadtwerke Leer Loopers	WHK	77	3:49:32	0:59:01	0:57:49	0:50:36	1:02:06		
94	F749	Roofls, Waltraud	66	DEU	Störtebeker Loopers TVM	WHK	78	3:49:59	0:58:09	0:57:43	0:50:50	1:03:17		
95	F1011	Freudenberg, Gesa	82	DEU	Ihlowerfehn	WHK	79	3:50:01	0:59:05	0:57:34	0:51:21	1:02:01		
95	F155	Petrusch, Anja	86	DEU	Team ENERCON	WHK	79	3:50:01	0:59:05	0:58:00	0:50:43	1:02:13		
97	F426	Walter, Tatjana	81	DEU	Klinikum Leer	WHK	81	3:50:18	0:58:04	0:59:27	0:50:51	1:01:56		
98	F141	Post-de Buhr, Karin	74	DEU	Mahl- und Mischbetrieb G.deBuhr	WHK	82	3:50:21	0:59:18	0:59:03	0:50:41	1:01:19		
98	F479	Graepel, Amke	00	DEU	Rhauderfehn	WJ	17	3:50:21	1:00:22	0:59:00	0:50:17	1:00:42		
100	F82	Tunder, Marlis	87	DEU	Grundschule Middels	WHK	83	3:50:22	0:59:18	0:59:03	0:50:41	1:01:20		
101	F221	Deharde, Meike	99	DEU	KGS Wiesmoor	WJ	18	3:50:53	0:59:23	0:57:51	0:50:32	1:03:07		
102	F337	Hollander, Sandra	78	DEU	Laufen und Meer	WHK	84	3:50:58	0:59:25	0:58:20	0:51:22	1:01:51		
103	F748	Friesenborg, Monika	69	DEU	Stadt Emden	WHK	85	3:51:01	0:58:38	0:58:57	0:50:55	1:02:31		
104	F246	Gronewold, Anja	77	DEU	Team AURICHER EIER	WHK	86	3:51:18	0:59:33	0:58:45	0:51:08	1:01:52		
105	F963	Janssen, Silke	75	DEU	SV Borussia Leer	WHK	87	3:51:20	0:59:00	0:57:53	0:51:37	1:02:50		

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106	F147	Strohschnieder, Rosa	51	DEU	SZ Saterland	WHK	88	3:51:22	0:59:46	0:58:33	0:50:48	1:02:15		
107	F 986	Alberts, Katja	98	DEU	Westerende	WJ	19	3:51:25	1:01:17	0:58:24	0:50:49	1:00:55		
108	F194	Bronn, Anneke	93	DEU	LG TV Bunde	WHK	89	3:51:32	0:58:52	0:59:00	0:50:57	1:02:43		
109	F852	Krönke, Antje	00	DEU	IGS Waldschule Egels	WJ	20	3:51:49	1:01:25	0:55:50	0:50:58	1:03:36		
110	F153	Nowinski, Renate	69	DEU	BBS Aurich	WHK	90	3:52:02	0:58:39	0:58:42	0:52:05	1:02:36		
111	F223	Otto, Silke	68	DEU	VfL Berumbur	WHK	91	3:52:04	0:58:43	0:58:45	0:51:51	1:02:45		
112	F87	Schulz, Evelyn	57	DEU	Sparkasse Emden	WHK	92	3:52:18	0:59:09	0:58:10	0:51:28	1:03:31		
113	F160	Mansholt, Sabine	71	DEU	VfB Uplengen	WHK	93	3:52:24	0:58:39	0:58:46	0:52:12	1:02:47		
114	F423	Poppen, Gaby	65	DEU	Klinikum Leer	WHK	94	3:52:39	0:58:21	0:59:00	0:51:04	1:04:14		
115	F901	Helmers, Angelika	90	DEU	Hochschule Emden/Leer	WHK	95	3:53:15	0:58:23	0:58:54	0:51:56	1:04:02		
116	F162	Schmidt, Dorothee	60	DEU	LSF Oldenburg	WHK	96	3:53:32	0:59:56	0:58:19	0:52:30	1:02:47		
117	F240	Lüpkes, Heike	63	DEU	LT TuS Aurich-Ost	WHK	97	3:53:43	0:59:00	0:58:19	0:52:18	1:04:06		
118	F138	Loers, Monika	75	DEU	Rolf Janssen Gruppe	WHK	98	3:53:46	0:58:44	0:59:07	0:52:16	1:03:39		
119	F234	Welkert, Sabine	62	DEU	Ostrhauderfehn	WHK	99	3:54:03	0:59:35	0:59:13	0:52:36	1:02:39		
120	F 1020	Bihn, Sylvia	63	DEU	MTV Hohenkirchen	WHK	100	3:54:09	0:56:50	1:05:34	0:50:19	1:01:26		
121	F829	Hoffmann, Luise	58	DEU	Ostfriesische Volksbank eG	WHK	101	3:54:34	0:58:14	0:59:40	0:52:36	1:04:04		
122	F156	Niemeyer, Petra	69	DEU	AFS Komitee Ostfriesland	WHK	102	3:54:49	0:57:51	0:58:43	0:55:50	1:02:25		
123	F322	Seck, Stephanie	79	DEU	Krankenhaus Wittmund	WHK	103	3:54:50	1:00:27	0:59:23	0:51:26	1:03:34		
124	F 994	Sauer-Ufkes, Gudrun	65	DEU	MTV Aurich	WHK	104	3:54:53	0:58:51	1:00:15	0:52:25	1:03:22		
125	F151	Pupkes, Lena	95	DEU	TUS WEENE	WHK	105	3:54:55	0:59:15	0:59:56	0:52:36	1:03:08		
126	F309	Tammen-Bauer, Heidi	78	DEU	Studio Larisca	WHK	106	3:55:24	0:58:51	1:00:38	0:52:32	1:03:23		
127	F185	Canenbley, Britta	68	DEU	Dethmers&Co.	WHK	107	3:55:26	1:00:26	0:58:47	0:52:19	1:03:54		
128	F149	Kramer, Freya	88	DEU	Team Laufrausch e.V.	WHK	108	3:55:57	1:02:47	1:00:08	0:51:26	1:01:36		
128	F84	Dirks, Maja	93	DEU	Fortuna Logabirum	WHK	108	3:55:57	1:00:12	1:00:09	0:52:10	1:03:26		
130	F241	Warring, Silvia	65	DEU	Fortuna Logabirum	WHK	110	3:56:02	0:59:29	1:00:23	0:52:24	1:03:46		
131	F61	Janssen, Engeline	64	DEU	LG Ostfriesland	WHK	111	3:56:09	0:59:40	0:58:50	0:52:39	1:05:00		
132	F884	Heyen, Milena	99	DEU	Laufen und Meer	WJ	21	3:56:40	0:59:26	0:58:20	0:52:29	1:06:25		
133	F145	Deepen, Nina	90	DEU	Stadt Emden	WHK	112	3:57:14	1:02:00	0:58:57	0:52:07	1:04:10		
133	F280	Röben, Melanie	73	DEU	ENTDECKERGARTEN Moormerland	WHK	112	3:57:14	1:00:43	1:00:10	0:52:54	1:03:27		
135	F579	Warners, Hedda	69	DEU	Stadt Leer	WHK	114	3:57:21	1:00:40	1:00:05	0:52:13	1:04:23		
136	F319	Erler, Ines	73	DEU	Borromäus Hospital Leer	WHK	115	3:57:23	1:00:15	1:00:03	0:52:24	1:04:41		
137	F853	Hinrichs, Rena	94	DEU	Leinerstift e.V.	WHK	116	3:57:40	1:01:03	1:01:12	0:52:36	1:02:49		
138	F 961	Rabenstein, Stina	77	DEU	Praxis für Podologie	WHK	117	3:57:53	1:00:38	1:00:27	0:53:21	1:03:27		
139	F289	Kohn, Martina	74	DEU	VfL Germania Leer	WHK	118	3:57:57	1:01:07	1:00:50	0:52:53	1:03:07		
139	F69	Aden, Melanie	72	DEU	LG Großefehn	WHK	118	3:57:57	1:00:02	1:01:00	0:52:39	1:04:16		

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141	F293	Geiken, Heike	68	DEU	LT TuS Aurich-Ost	WHK	120	3:57:58	0:59:56	1:00:50	0:53:34	1:03:38		
142	F931	Boelsen, Amke	61	DEU	OBS Weener	WHK	121	3:58:32	1:00:44	1:01:37	0:52:40	1:03:31		
143	F897	Stern, Jessica	83	DEU	Briese Schifffahrt	WHK	122	3:58:44	1:00:14	1:00:43	0:53:39	1:04:08		
144	F248	Garrelts, Elke	71	DEU	SC Wiesens	WHK	123	3:58:57	1:00:58	1:00:47	0:52:46	1:04:26		
145	F182	Aden, Frauke	71	DEU	LG Großefehn	WHK	124	3:59:10	0:58:44	1:00:54	0:53:42	1:05:50		
146	F187	Tunder, Alma	57	DEU	SC Wiesens	WHK	125	3:59:44	1:00:58	1:00:49	0:53:08	1:04:49		
147	F174	Seiwald, Eeske	05	DEU	Fortuna Logabirum	WJ	22	3:59:54	1:02:00	0:59:33	0:52:52	1:05:29		
148	F305	Behnke, Claudia	74	DEU	KBV Wiesederfehn	WHK	126	3:59:57	1:00:50	1:00:34	0:53:35	1:04:58		
149	F100	Ebbers, Ontja	70	DEU	Baptisten Firrel	WHK	127	3:59:59	1:00:42	1:00:23	0:53:07	1:05:47		
149	F210	Dultmeyer, Yvonne	78	DEU	FC Sedelsberg	WHK	127	3:59:59	1:00:01	0:59:50	0:54:06	1:06:02		
151	F770	Steinke, Hilde	45	DEU	SV Concordia Neermoor	WHK	129	4:00:00	1:05:42	0:58:31	0:51:59	1:03:48		
152	F203	Anscheit, Janneke	01	DEU	Fortuna Logabirum	WJ	23	4:00:25	1:00:56	0:59:59	0:53:07	1:06:23		
153	F906	Wilken, Susanne	69	DEU	BMW TEKKEN	WHK	130	4:00:32	1:03:32	1:00:43	0:53:14	1:03:03		
153	F253	Onken, Reina	72	DEU	Lauffreunde Wittmund	WHK	130	4:00:32	1:01:44	1:00:29	0:52:55	1:05:24		
153	F351	Friedrich, Ilona	75	DEU	BMW TEKKEN	WHK	130	4:00:32	1:03:32	1:00:43	0:53:14	1:03:03		
156	F254	Diekmann, Bianca	75	DEU	Lauffreunde Wittmund	WHK	133	4:00:33	1:01:44	1:00:29	0:52:56	1:05:24		
157	F839	Köllmann, Sonja	67	DEU	Laufftreff SC Ihrhove 07	WHK	134	4:00:36	1:01:07	1:00:58	0:53:33	1:04:58		
158	F502	Hofer, Nicole	78	DEU	KGS Wiesmoor	WHK	135	4:00:47	1:01:59	1:00:49	0:53:19	1:04:40		
159	F277	Groenewold, Anne	66	DEU	LG TV Bunde	WHK	136	4:00:49	1:00:24	1:00:49	0:53:54	1:05:42		
160	F295	Streibel, Fenja	00	DEU	Realschule Aurich	WJ	24	4:01:13	1:01:57	1:00:06	0:53:14	1:05:56		
161	F777	Löning, Ramona	84	DEU	Rolf Janssen Gruppe	WHK	137	4:01:15	1:03:13	1:00:29	0:52:55	1:04:38		
162	F101	Schweer, Ilka	99	DEU	Veenhusen	WJ	25	4:01:31	1:04:24	0:57:45	0:54:57	1:04:25		
163	F93	Schmidt, Lydia	63	DEU	SV Holtland	WHK	138	4:01:38	1:00:53	1:00:40	0:53:49	1:06:16		
164	F389	Fecht, Sabine	66	DEU	Studio Larisca	WHK	139	4:01:44	1:02:55	1:02:12	0:52:44	1:03:53		
165	F904	Gerken, Regina	65	DEU	Fortuna Wirdum	WHK	140	4:01:56	1:01:40	1:01:10	0:53:49	1:05:17		
166	F815	Meyer, Manuela	79	DEU	Team Möbel Buss	WHK	141	4:02:01	1:02:08	1:01:24	0:53:48	1:04:41		
167	F757	Hilker, Judith	78	DEU	LSF Oldenburg	WHK	142	4:02:04	1:02:35	1:01:03	0:53:55	1:04:31		
168	F316	Paschant-Steinke, Nina	77	DEU	Laufen und Meer	WHK	143	4:02:16	1:01:08	1:00:29	0:54:02	1:06:37		
169	F350	Busecke, Grit	67	DEU	Praxis Busecke/Bornemann	WHK	144	4:02:18	1:05:04	1:00:25	0:52:16	1:04:33		
170	F889	Huisinga, Amke	92	DEU	Briese Schifffahrt	WHK	145	4:02:25	1:01:48	1:00:05	0:53:45	1:06:47		
171	F467	Kramer, Marion	67	DEU	LT TuRa 07 Westrauderfehn	WHK	146	4:02:33	1:02:00	1:01:00	0:54:04	1:05:29		
172	F175	Meyer, Ines	88	DEU	Physiotherapie Pielsticker	WHK	147	4:02:52	1:04:56	1:00:30	0:52:10	1:05:16		
173	F206	Bohlen, Antje	87	DEU	Friedeburg	WHK	148	4:02:53	1:02:04	1:02:10	0:53:05	1:05:34		
174	F111	Flügge, Meike	66	DEU	Stadt Leer	WHK	149	4:03:11	1:00:26	1:01:35	0:55:32	1:05:38		
175	F778	Olthoff, Silke	64	DEU	LG TV Bunde	WHK	150	4:03:12	1:02:47	1:00:49	0:53:54	1:05:42		

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176	F190	Tjaden, Manuela	64	DEU	Emder LG	WHK	151	4:03:13	1:01:17	1:01:19	0:54:26	1:06:11		
177	F209	Weber, Birgit	58	DEU	Heimatblatt	WHK	152	4:03:14	1:01:17	1:01:23	0:54:26	1:06:08		
178	F184	Campen, Birgit	90	DEU	Die Balkangriller	WHK	153	4:03:17	1:02:11	1:02:28	0:53:07	1:05:31		
179	F183	Eisenhauer, Kathrin	87	DEU	Die Balkangriller	WHK	154	4:03:18	1:02:11	1:02:28	0:53:07	1:05:32		
180	F278	Budnick, Margret	54	DEU	TSV Jahn Carolinensiel	WHK	155	4:03:24	1:01:05	1:01:22	0:54:22	1:06:35		
181	F386	Frintrup, Tina	88	DEU	Laufen und Meer	WHK	156	4:03:26	1:01:54	1:00:40	0:55:49	1:05:03		
182	F 988	Freudenberg, Edith	68	DEU	Ihlow	WHK	157	4:03:29	1:00:40	1:01:19	0:56:21	1:05:09		
183	F472	Schnorrenberg, Silke	67	DEU	Emden	WHK	158	4:03:33	1:01:23	1:02:10	0:53:56	1:06:04		
184	F301	Schütte, Silke	73	DEU	WfbM BBB Aurich Wittmund	WHK	159	4:03:48	1:02:22	1:01:24	0:54:45	1:05:17		
185	F562	Efkes, Janna	92	DEU	Hartmann Group	WHK	160	4:03:49	1:00:38	0:58:08	0:56:21	1:08:42		
186	F890	Bateman, Megan	01	DEU	FC SO-10WPK	WJ	26	4:03:50	1:02:31	1:02:22	0:53:18	1:05:39		
187	F761	Musiol, Anja	73	DEU	Laufen und Meer	WHK	161	4:03:52	1:01:06	1:00:10	0:56:12	1:06:24		
187	F384	Folkerts, Anja	71	DEU	Spvgg.Upleward	WHK	161	4:03:52	1:01:45	1:01:23	0:53:57	1:06:47		
189	F311	Bischoff, Maja	86	DEU	IGS Marienhaf	WHK	163	4:04:02	1:01:51	1:03:45	0:52:57	1:05:29		
190	F323	Gerriets, Elke	69	DEU	Krankenhaus Wittmund	WHK	164	4:04:04	1:02:51	1:01:51	0:53:25	1:05:57		
191	F 939	Eilers, Anna-Lena	87	DEU	Silomon`s Stramme Waden	WHK	165	4:04:05	1:02:13	1:01:40	0:54:20	1:05:52		
192	F871	Cammenga, Neele	97	DEU	Gymnasium Ulricianum Aurich	WJ	27	4:04:07	1:03:15	1:03:00	0:52:00	1:05:52		
192	F442	Stolte, Hannah	98	DEU	Gymnasium Ulricianum Aurich	WJ	27	4:04:07	1:03:15	1:03:01	0:51:59	1:05:52		
194	F170	Wulf, Marit	74	DEU	Team ENERCON	WHK	166	4:04:11	1:03:54	1:01:10	0:53:32	1:05:35		
195	F177	Baumann, Brigitte	63	DEU	Emder LG	WHK	167	4:04:17	1:01:39	1:02:02	0:54:43	1:05:53		
196	F230	van Scharrel, Lena	91	DEU	Ostfriesische Volksbank eG	WHK	168	4:04:19	1:01:32	1:01:33	0:54:51	1:06:23		
197	F 985	Ockenga, Kea	98	DEU	Gymnasium Ulricianum Aurich	WJ	29	4:04:36	1:03:16	1:03:52	0:52:23	1:05:05		
198	F788	Fisser, Gisela	65	DEU	TV Norden	WHK	169	4:04:39	1:02:09	1:01:58	0:54:44	1:05:48		
199	F429	Kobuch, Theelke	98	DEU	NIGE	WJ	30	4:04:43	1:02:25	1:02:44	0:53:33	1:06:01		
200	F144	Busch, Miriam	71	DEU	Stadt Emden	WHK	170	4:04:46	1:02:00	1:01:48	0:54:40	1:06:18		
201	F94	Taddigs, Sarina	98	DEU	NIGE	WJ	31	4:05:14	1:02:24	1:02:45	0:54:22	1:05:43		
202	F165	Heuermann, Dara	95	DEU	H-D HeuermannGmbH	WHK	171	4:05:26	1:02:29	1:01:02	0:54:59	1:06:56		
203	F894	Hohagen, Nele	98	DEU	Gymnasium Ulricianum Aurich	WJ	32	4:05:28	1:03:14	1:01:59	0:54:15	1:06:00		
204	F308	Naumann, Juliana	97	DEU	Gymnasium Ulricianum Aurich	WJ	33	4:05:41	1:03:19	1:03:01	0:53:21	1:06:00		
205	F88	Tuitjer, Gabriele	69	DEU	Sparkasse Emden	WHK	172	4:05:46	1:02:34	1:02:45	0:54:34	1:05:53		
206	F275	Trebesch, Tabea	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	34	4:05:47	1:03:58	1:02:50	0:52:25	1:06:34		
207	F326	Ott, Valentina	73	DEU	LT TuS Aurich-Ost	WHK	173	4:05:56	1:04:51	1:00:23	0:53:56	1:06:46		
208	F159	Münchow, Michaela	71	DEU	Friedeburg	WHK	174	4:05:59	1:04:50	1:02:12	0:53:53	1:05:04		
209	F411	Adden, Antje	87	DEU	RVB Aurich/Uplengen	WHK	175	4:06:07	1:04:51	1:02:17	0:53:41	1:05:18		
210	F260	Demme, Bettina	77	DEU	Borromäus Hospital Leer	WHK	176	4:06:24	1:03:30	1:02:57	0:54:01	1:05:56		

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211	F271	Großmann, Gabi	82	DEU	Alex.-v.- Humboldt-Schule WTM	WHK	177	4:06:29	1:02:33	1:02:25	0:55:04	1:06:27		
212	F276	Dreyer, Martina	64	DEU	LG TV Bunde	WHK	178	4:06:33	1:01:27	1:02:25	0:55:03	1:07:38		
213	F173	Wirgenings, Ursula	65	DEU	MTV Aurich	WHK	179	4:06:36	1:00:04	1:06:43	0:53:43	1:06:06		
214	F265	Abheiden, Monique	80	DEU	Schleichkatzen WOL	WHK	180	4:06:37	1:02:27	1:00:50	0:53:48	1:09:32		
215	F460	Schulte, Kendra	96	DEU	SV Bentstreek	WJ	35	4:06:39	1:03:22	1:01:51	0:54:56	1:06:30		
216	F192	Niemeyer, Esther	97	DEU	AFS Komitee Ostfriesland	WJ	36	4:06:43	1:01:33	1:01:24	0:55:07	1:08:39		
217	F189	Gerdas, Anke	69	DEU	LT TuRa 07 Westrauderfehn	WHK	181	4:06:54	1:02:40	1:02:28	0:55:16	1:06:30		
218	F255	Fitz, Silke	71	DEU	SG Moordorf	WHK	182	4:07:01	1:03:12	1:02:22	0:54:29	1:06:58		
219	F110	Ali, Diana	00	DEU	Gymnasium Ulricianum Aurich	WJ	37	4:07:09	1:02:57	1:02:01	0:54:22	1:07:49		
220	F843	Terviel, Bärbel	57	DEU	LG Uplengen	WHK	183	4:07:21	1:02:16	1:02:51	0:55:14	1:07:00		
221	F242	Janssen, Monika	69	DEU	NW Steuerberatungs GmbH	WHK	184	4:07:22	1:02:25	1:02:29	0:55:13	1:07:15		
221	F264	Spannhoff, Hannelore	65	DEU	Stadt Emden	WHK	184	4:07:22	1:02:39	1:02:18	0:55:55	1:06:30		
223	F844	Wilken, Anja	70	DEU	LG Uplengen	WHK	186	4:07:23	1:02:17	1:02:51	0:55:14	1:07:01		
224	F250	Schmeink, Meret	96	DEU	Turbine TGG	WJ	38	4:07:24	1:02:54	1:01:50	0:54:10	1:08:30		
225	F164	Seiwald, Uta	69	DEU	Fortuna Logabirum	WHK	187	4:07:26	1:04:10	1:01:43	0:54:53	1:06:40		
226	F754	Keck, Birgit	67	DEU	LG Ostfriesland	WHK	188	4:07:38	1:02:33	1:02:30	0:55:01	1:07:34		
227	F 983	Struck, Saskia	96	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	39	4:07:51	1:02:30	1:02:37	0:55:05	1:07:39		
227	F307	van Raden, Pia	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	39	4:07:51	1:03:58	1:02:57	0:53:53	1:07:03		
229	F313	Flügge, Britta	79	DEU	Holterfehn	WHK	189	4:07:52	1:02:52	1:03:56	0:54:49	1:06:15		
230	F837	Klaas, Ute	78	DEU	Ubbo-Emmius-Klinik	WHK	190	4:07:58	1:05:24	1:02:52	0:54:52	1:04:50		
231	F178	Pflanzer, Angelika	57	DEU	Alex.-v.- Humboldt-Schule WTM	WHK	191	4:08:12	1:01:43	1:04:15	0:55:45	1:06:29		
232	F424	Erfeling, Christel	72	DEU	Klinikum Leer	WHK	192	4:08:19	1:03:03	1:01:56	0:54:47	1:08:33		
233	F238	Wegener, Johanna	98	DEU	Gymnasium Ulricianum Aurich sp602	WJ	41	4:08:24	1:03:13	1:02:00	0:53:06	1:10:05		
234	F 984	Schneider, Finja	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	42	4:08:28	1:02:28	1:03:18	0:55:03	1:07:39		
235	F912	Höfker, Zoe	99	DEU	MTV Aurich	WJ	43	4:08:33	1:04:37	1:02:14	0:54:49	1:06:53		
236	F905	Sodeik, Jutta	68	DEU	LT TuS Aurich-Ost	WHK	193	4:08:38	1:04:25	1:03:19	0:53:43	1:07:11		
237	F310	Antons, Janna	90	DEU	Polizeistation Esens	WHK	194	4:08:40	1:01:28	1:03:54	0:55:18	1:08:00		
237	F212	Böke-Aden, Karin	59	DEU	TuS Eintracht Hinte	WHK	194	4:08:40	1:02:03	1:02:47	0:55:41	1:08:09		
239	F231	Kazmal, Guelo	92	DEU	Klinikum Leer	WHK	196	4:08:53	1:02:10	1:02:58	0:55:38	1:08:07		
239	F325	Suntken, Tatjana	69	DEU	LT TuS Aurich-Ost	WHK	196	4:08:53	1:02:56	1:02:59	0:55:24	1:07:34		
241	F236	Behrends, Gabriele	71	DEU	Ubbo-Emmius-Klinik - Laufen und Meer	WHK	198	4:08:59	1:02:37	1:04:40	0:54:51	1:06:51		
242	F294	Janssen, Adda	66	DEU	Wallinghausen	WHK	199	4:09:03	1:02:20	1:03:12	0:55:50	1:07:41		
243	F237	Meyerholz, Imke	99	DEU	Gymnasium Ulricianum Aurich	WJ	44	4:09:22	1:06:34	1:01:20	0:54:45	1:06:43		
244	F364	Kramer, Annegret	58	DEU	team aurident	WHK	200	4:09:25	1:07:10	1:01:47	0:55:48	1:04:40		
245	F908	Jelden, Insa	92	DEU	Stadt Leer	WHK	201	4:09:28	1:03:10	1:03:07	0:56:02	1:07:09		

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245	F306	van Vügt, Ulrike	74	DEU		WHK	201	4:09:28	1:04:45	1:02:29	0:54:18	1:07:56		
247	F202	Stemmler, Monja	70	DEU	Aurich	WHK	203	4:09:32	1:04:38	1:02:41	0:54:55	1:07:18		
248	F848	Evers, Stella	97	DEU	Gymnasium Ulricianum Aurich	WJ	45	4:09:33	1:05:09	1:03:54	0:54:06	1:06:24		
249	F 938	Lau, Tamara	96	DEU	Silomon`s Stramme Waden	WJ	46	4:09:36	1:02:19	1:04:42	0:54:58	1:07:37		
250	F406	Dannemann, Melanie	96	DEU	TRAUCO Gruppe	WJ	47	4:09:40	1:03:45	1:02:46	0:57:56	1:05:13		
251	F 974	Heising, Lena	98	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	48	4:09:41	1:02:20	1:04:21	0:55:21	1:07:39		
252	F750	Aden, Marika	02	DEU	Gymnasium Ulricianum Aurich	WJ	49	4:09:46	1:09:20	1:02:21	0:53:13	1:04:52		
253	F333	Granitz, Petra	71	DEU	LT TuS Aurich-Ost	WHK	204	4:09:48	1:03:16	1:03:06	0:55:26	1:08:00		
254	F320	Siepert, Maria	56	DEU	MTV Wittmund	WHK	205	4:09:53	1:02:30	1:03:11	0:55:43	1:08:29		
255	F154	Mayer, Marlene	62	DEU	LT Schafhauser Wald	WHK	206	4:09:58	1:02:06	1:03:59	0:54:53	1:09:00		
256	F181	Schmidt, Helga	65	DEU	EWE-Wattloopers	WHK	207	4:10:08	1:02:48	1:02:59	0:56:05	1:08:16		
257	F188	Schön, Rosie	69	DEU	DLRG Leer	WHK	208	4:10:12	1:05:43	1:03:36	0:54:44	1:06:09		
258	F102	Oltmans, Bianca	91	DEU	Weener Plastik	WHK	209	4:10:18	1:02:56	1:02:54	0:56:54	1:07:34		
259	F331	Weinstock, Andrea	80	DEU	LT TuS Aurich-Ost	WHK	210	4:10:19	0:59:42	1:04:43	0:56:10	1:09:44		
260	F362	Collmann, Sabine	72	DEU	Team Winterhoff Buss	WHK	211	4:10:26	1:02:58	1:02:38	0:55:44	1:09:06		
261	F698	Frerichs, Verena	96	DEU	IGS Aurich-West	WJ	50	4:10:34	1:02:50	1:03:15	0:55:48	1:08:41		
262	F108	Platen, Ann-Kathrin	02	DEU	Gymnasium Ulricianum Aurich	WJ	51	4:10:42	1:09:20	1:03:44	0:52:46	1:04:52		
263	F342	de Wall, Tomke	90	DEU	Flick GmbH	WHK	212	4:10:44	1:04:33	1:02:44	0:56:13	1:07:14		
263	F521	Park, Martina	73	DEU	Borromäus Hospital Leer	WHK	212	4:10:44	1:05:03	1:02:08	0:55:20	1:08:13		
265	F828	Klusmann, Birte	70	DEU	Ostfriesische Volksbank eG	WHK	214	4:11:01	1:04:13	1:03:02	0:55:40	1:08:06		
266	F567	Gross, Silke	69	DEU	PuraVita	WHK	215	4:11:06	1:04:28	1:03:53	0:54:59	1:07:46		
267	F772	Klaaßen, Roswitha	58	DEU	Pewsum	WHK	216	4:11:15	1:03:09	1:03:17	0:56:54	1:07:55		
268	F247	Eden, Ilona	69	DEU	FCSO-SII	WHK	217	4:11:16	1:03:04	1:02:59	0:55:43	1:09:30		
269	F359	Plaisier, Martina	82	DEU	Prinzessin Lillifee	WHK	218	4:11:28	1:04:30	1:03:16	0:55:43	1:07:59		
269	F245	Mager, Hilke	61	DEU	BSG Volksbank Jever	WHK	218	4:11:28	1:03:40	1:02:51	0:56:16	1:08:41		
271	F328	Hedemann, Franziska	90	DEU	LT TuS Aurich-Ost	WHK	220	4:11:32	1:04:30	1:03:35	0:56:13	1:07:14		
272	F531	von Häfen, Jasmin	83	DEU	MW-Trockenbau	WHK	221	4:11:33	1:06:00	1:02:54	0:54:46	1:07:53		
273	F637	Gloger, Marie	93	DEU	Seefahrtsschule Leer	WHK	222	4:12:05	1:09:38	1:03:44	0:53:39	1:05:04		
274	F756	Mennenga-Steffens, Elke	74	DEU	Canum	WHK	223	4:12:26	1:02:42	1:03:18	0:57:40	1:08:46		
275	F166	Goos, Doris	62	DEU	Emder LG	WHK	224	4:12:31	1:07:05	1:04:34	0:55:21	1:05:31		
276	F780	Schneider, Steffi	70	DEU	Tausendfuß Leer	WHK	225	4:12:40	1:03:19	1:03:58	0:55:55	1:09:28		
277	F 937	Meyer, Marlene	89	DEU	Silomon`s Stramme Waden	WHK	226	4:12:41	1:06:02	1:04:42	0:56:05	1:05:52		
278	F262	Busse, Mirjam	78	DEU	Emder LG	WHK	227	4:12:46	1:03:44	1:03:27	0:56:35	1:09:00		
279	F495	Kröger, Zandra	74	DEU	TuS Hinte	WHK	228	4:13:07	1:07:53	1:03:41	0:55:07	1:06:26		
280	F623	Tewes, Ute	65	DEU	Ubbo-Emmius-Klinik	WHK	229	4:13:10	1:05:33	1:04:09	0:56:06	1:07:22		

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281	F427	Bakker, Martina	65	DEU	Klinikum Leer	WHK	230	4:13:29	1:03:53	1:03:06	0:57:14	1:09:16		
282	F391	Harken-Rößing, Wilma	65	DEU	WfbM BBB Aurich Wittmund	WHK	231	4:13:36	1:04:02	1:03:56	0:56:45	1:08:53		
283	F819	Herman, Dagmar	72	DEU	Gymnastikgruppe Moorwarfen	WHK	232	4:13:38	1:04:31	1:03:42	0:57:00	1:08:25		
284	F910	Abken, Frauke	82	DEU	Abken Bau Utarp	WHK	233	4:13:44	1:04:50	1:04:35	0:56:02	1:08:17		
285	F858	Oelrichs, Manuela	79	DEU	AGRAVIS Ems-Jade GmbH	WHK	234	4:13:49	1:04:09	1:03:41	0:57:16	1:08:43		
286	F387	Biesgen, Esther	81	DEU	Holter SV	WHK	235	4:13:51	1:04:09	1:05:34	0:55:56	1:08:12		
287	F100	Liebert, Karin	64	DEU	Klinikum Leer	WHK	236	4:14:09	1:03:57	1:03:48	0:56:52	1:09:32		
288	F300	Jannsen, Ingrid	68	DEU	WfbM BBB Aurich Wittmund	WHK	237	4:14:19	1:04:16	1:04:20	0:57:19	1:08:24		
289	F256	Horstmann, Christina	89	DEU	Emden	WHK	238	4:14:48	1:07:56	1:05:02	0:55:24	1:06:26		
290	F292	Jones, Ellen	96	DEU	AFS Komitee Ostfriesland	WJ	52	4:14:58	1:04:21	1:04:01	0:55:51	1:10:45		
291	F849	Habben, Nina	91	DEU	Aurich	WHK	239	4:15:02	1:07:14	1:04:33	0:55:55	1:07:20		
292	F861	Sich, Imke	97	DEU	Gymnasium Ulricianum Aurich SP601	WJ	53	4:15:09	1:03:16	1:06:27	0:55:22	1:10:04		
293	F214	Claaßen, Christa	60	DEU	WfbM BBB Aurich Wittmund	WHK	240	4:15:24	1:04:27	1:04:35	0:57:16	1:09:06		
294	F601	Rosenfeld, Elke	76	DEU	Landgericht Aurich	WHK	241	4:15:26	1:05:18	1:04:22	0:56:41	1:09:05		
295	F270	Frey, Inga	80	DEU	Fortuna Logabirum	WHK	242	4:15:35	1:04:39	1:05:07	0:56:22	1:09:27		
296	F283	Schmidt, Heike	70	DEU	Emder LG	WHK	243	4:15:39	1:07:07	1:04:33	0:55:22	1:08:37		
297	F 970	El Zubi, Nadia	83	DEU		WHK	244	4:15:45	1:06:24	1:05:19	0:57:30	1:06:32		
298	F218	Kanthak, Maren	88	DEU	SF Möhlenwarf	WHK	245	4:15:52	1:05:47	1:03:54	0:55:32	1:10:39		
299	F334	Balzen, Daniela	93	DEU	Bünting Tee	WHK	246	4:15:55	1:04:15	1:06:32	0:56:38	1:08:30		
300	F59	Stark, Regina	63	DEU	LG TV Bunde	WHK	247	4:15:58	1:00:10	1:10:14	0:57:50	1:07:44		
301	F268	Giesmann, Natascha	84	DEU	Sodasan	WHK	248	4:15:59	1:04:05	1:05:43	0:56:43	1:09:28		
301	F448	Janssen, Anna	89	DEU	Klinikum Emden	WHK	248	4:15:59	1:04:05	1:02:31	0:58:28	1:10:55		
303	F455	Ulrichs, Ute	72	DEU	Markant Ulrichs	WHK	250	4:16:06	1:03:19	1:05:53	0:57:30	1:09:24		
304	F263	Ehnts-Hinrichs, Gertrud	65	DEU	MTV Wittmund	WHK	251	4:16:07	1:04:39	1:04:14	0:57:47	1:09:27		
305	F903	Förster-Riemann, Daniela	67	DEU	EWE-Wattloopers	WHK	252	4:16:13	1:02:29	1:02:09	1:03:49	1:07:46		
306	F570	Trey, Franziska	93	DEU	TV Bunde	WHK	253	4:16:26	1:06:41	1:06:05	0:55:29	1:08:11		
307	F 972	Meyer, Andrea	94	DEU	Großheide	WHK	254	4:16:29	1:09:59	0:57:52	0:51:32	1:17:06		
308	F269	Weber, Mara	97	DEU	de Baalje Aurich	WJ	54	4:16:30	1:07:00	1:04:17	0:55:36	1:09:37		
309	F663	Thies, Anne-Sophie	95	DEU	Hartmann Group	WHK	255	4:16:48	1:05:40	1:06:41	0:55:48	1:08:39		
310	F171	Baumann, Imke	78	DEU	Gymnasium Ulricianum Aurich	WHK	256	4:16:54	1:05:52	1:05:41	0:55:52	1:09:29		
310	F167	Richter, Wibke	72	DEU	Kurt sien Trupp	WHK	256	4:16:54	1:06:03	1:03:42	0:57:49	1:09:20		
312	F397	Lüschen, Julia	94	DEU	FTC Hollen	WHK	258	4:17:15	1:04:39	1:06:55	0:56:45	1:08:56		
313	F378	Schmidt, Gudrun	78	DEU	Mario Schmidt Chiro- und Schmerztherapien	WHK	259	4:17:17	1:04:41	1:04:33	0:56:46	1:11:17		
314	F835	Kahmann, Margret	58	DEU	Ubbo-Emmius-Klinik	WHK	260	4:17:36	1:04:50	1:04:53	0:57:23	1:10:30		
314	F511	Freese-Schmidt, Maike	67	DEU	Borromäus Hospital Leer	WHK	260	4:17:36	1:07:09	1:03:55	0:56:39	1:09:53		

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316	F249	Heikens, Sonja	81	DEU	Neermoor	WHK	262	4:17:39	1:05:40	1:05:52	0:57:01	1:09:06		
317	F845	Alexy, Kerstin	71	DEU	LG Uplengen	WHK	263	4:17:40	1:05:53	1:05:41	0:56:25	1:09:41		
318	F281	Cassens, Sandra	88	DEU	Aurich	WHK	264	4:17:44	1:07:27	1:05:52	0:56:10	1:08:15		
319	F315	Saathoff, Marina	86	DEU	Ihlowerhörm	WHK	265	4:17:46	1:08:54	1:05:37	0:55:55	1:07:20		
320	F686	Redenius, Melanie	89	DEU	SV Georgsheil	WHK	266	4:18:00	1:05:13	1:04:32	0:57:19	1:10:56		
321	F630	Janßen, Monika	95	DEU	LT TuS Aurich-Ost	WHK	267	4:18:15	1:06:39	1:05:25	0:57:40	1:08:31		
322	F578	Domschky, Stephanie	80	DEU	KiTa Wallinghausen	WHK	268	4:18:16	1:05:49	1:05:00	0:57:11	1:10:16		
323	F 945	Kühl-Giesenberg, Angelika	67	DEU	Nur Mitmachen zählt !	WHK	269	4:18:19	1:05:45	1:06:52	0:57:54	1:07:48		
324	F 953	Büscher, Monika	81	DEU	Larisca	WHK	270	4:18:54	1:06:11	1:06:14	0:57:06	1:09:23		
325	F613	Schaefer, Marianne	70	DEU	AUR/OL	WHK	271	4:19:02	1:07:02	1:04:19	0:57:02	1:10:39		
326	F335	Schlichting, Mareike	97	DEU	AGO Oldenburg	WJ	55	4:19:33	1:05:44	1:05:11	0:57:33	1:11:05		
327	F272	Appel, Gudrun	68	DEU	Krankenhaus Wittmund	WHK	272	4:19:36	1:06:35	1:05:13	0:57:05	1:10:43		
328	F793	Marschall, Iris	66	DEU	TV Norden	WHK	273	4:19:38	1:06:37	1:05:24	0:57:29	1:10:08		
329	F196	Scheffler, Andrea	66	DEU	LT TuS Aurich-Ost	WHK	274	4:19:46	1:06:51	1:05:35	0:57:51	1:09:29		
330	F826	Denker, Wilma	66	DEU	Ostfriesische Volksbank eG	WHK	275	4:19:50	1:05:02	1:06:08	0:58:51	1:09:49		
331	F790	Hayunga, Tanja	78	DEU	TV Norden	WHK	276	4:19:55	1:06:49	1:04:30	0:57:59	1:10:37		
332	F 1000	Beyen, Wilma	69	DEU		WHK	277	4:20:04	1:05:27	1:06:47	0:57:52	1:09:58		
333	F200	Wilken, Agnes	70	DEU	Baptisten Firrel	WHK	278	4:20:20	1:05:42	1:05:23	0:56:52	1:12:23		
334	F753	Rosenboom, Kerstin	86	DEU	Störtebeker Loopers TVM	WHK	279	4:20:22	1:11:41	1:06:01	0:54:37	1:08:03		
335	F525	Janssen, Maïke	68	DEU	Laufen und Meer	WHK	280	4:20:27	1:08:14	1:06:12	0:56:44	1:09:17		
336	F226	Bogena, Anna	92	DEU	Leer	WHK	281	4:20:29	1:06:32	1:05:06	0:57:45	1:11:06		
337	F797	Ottersberg, Hanna	73	DEU	Team Möbel Buss	WHK	282	4:20:30	1:05:42	1:05:32	0:56:53	1:12:23		
338	F224	Ubben, Anna-Lena	95	DEU	Borromäus Hospital Leer	WHK	283	4:20:32	1:06:23	1:06:41	0:57:00	1:10:28		
339	F860	Ortgies, Annelie	50	DEU	Trauco-Gruppe	WHK	284	4:20:49	1:06:59	1:06:41	0:57:22	1:09:47		
340	F198	Entjer, Uta	69	DEU	Sparkasse Emden	WHK	285	4:20:50	1:07:33	1:07:01	0:57:02	1:09:14		
340	F205	Michel, Sara	74	DEU	Emder LG	WHK	285	4:20:50	1:07:34	1:07:01	0:57:02	1:09:13		
342	F629	Groß, Nicole	73	DEU	SV Potshausen	WHK	287	4:20:54	1:06:49	1:06:10	0:58:07	1:09:48		
343	F771	Henninga, Inga	98	DEU	BBS Aurich	WJ	56	4:20:55	1:06:39	1:07:34	0:56:02	1:10:40		
344	F896	Bolte, Jasmin	85	DEU	Briese Schifffahrt	WHK	288	4:21:00	1:05:51	1:05:15	0:57:29	1:12:25		
345	F127	Klemme, Maïke	85	DEU	obw Emden	WHK	289	4:21:15	1:04:44	1:11:21	0:56:26	1:08:44		
346	F135	Tölg, Claudia	64	DEU	obw Emden	WHK	290	4:21:18	1:06:17	1:05:42	0:58:06	1:11:13		
347	F112	Ehrlich, Tomke	93	DEU	Emder LG	WHK	291	4:21:22	1:08:14	1:07:21	0:56:54	1:08:53		
348	F437	Kiesel, Elisabeth	68	DEU	Jugendhilfsstelle Nortmoor	WHK	292	4:21:34	1:08:53	1:05:20	0:57:29	1:09:52		
349	F510	de Buhr, Kyra	92	DEU	Borromäus Hospital Leer	WHK	293	4:21:42	1:06:54	1:06:45	0:57:17	1:10:46		
349	F506	Schmalenbeck, Pia	98	DEU	TuS Norderney	WJ	57	4:21:42	1:04:59	1:07:45	0:57:21	1:11:37		

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351	F233	Habben, Wiebke	98	DEU	NIGE	WJ	58	4:21:46	1:11:03	1:03:29	0:56:10	1:11:04		
352	F769	Mengers, Gerlind	67	DEU	LT TuRa 07 Westrauderfehn	WHK	294	4:21:55	1:08:01	1:06:18	0:57:55	1:09:41		
353	F806	Gerken, Angelika	67	DEU	Krankenhaus Wittmund	WHK	295	4:21:56	1:07:00	1:05:28	0:58:34	1:10:54		
354	F428	Wollmann, Svea	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	59	4:22:03	1:09:00	1:02:55	0:56:03	1:14:05		
355	F659	Wielenberg, Britta	81	DEU	Elisabethfehn	WHK	296	4:22:11	1:06:58	1:04:58	0:58:45	1:11:30		
356	F434	Abramowski, Birgit	58	DEU	Ubbo-Emmius-Klinik/La ufen und Meer	WHK	297	4:22:13	1:08:13	1:06:14	0:57:49	1:09:57		
357	F370	Bernhard, Bianca	67	DEU	Fahrschule Keplin	WHK	298	4:22:34	1:08:17	1:06:41	0:57:53	1:09:43		
358	F377	Keplin, Traute	73	DEU	Teamfahrschule Keplin	WHK	299	4:22:38	1:08:23	1:06:41	0:57:52	1:09:42		
359	F321	Veenhuis, Linda	65	DEU	Fortuna Logabirum	WHK	300	4:22:41	1:07:55	1:05:57	0:57:24	1:11:25		
360	F415	Coordes, Karola	84	DEU	BV Hoffnung Ludwigsdorf	WHK	301	4:22:57	1:04:52	1:02:07	1:04:22	1:11:36		
360	F436	Schneider, Doriet	98	DEU	SC07 Ihrhove	WJ	60	4:22:57	1:07:12	1:06:59	0:56:47	1:11:59		
362	F420	de Boer, Hannelore	68	DEU	Klinikum Leer	WHK	302	4:23:13	1:06:25	1:06:09	0:59:09	1:11:30		
363	F341	Hinrichs, Marion	79	DEU	Lauftreff Ihrhove	WHK	303	4:23:14	1:07:10	1:05:43	0:58:51	1:11:30		
364	F176	Hausmann, Hilke	61	DEU	Emder LG	WHK	304	4:23:20	1:07:06	1:06:43	0:56:36	1:12:55		
365	F490	Mülder, Yvonne	77	DEU	Sparkasse LeerWittmund	WHK	305	4:23:35	1:06:08	1:05:21	0:58:57	1:13:09		
366	F504	Ergin, Leyla	84	DEU	BBC Chartering GmbH	WHK	306	4:23:58	1:08:24	1:06:23	0:57:20	1:11:51		
367	F304	Joswig, Almuth	57	DEU	Fortuna Logabirum	WHK	307	4:24:02	1:07:42	1:08:01	0:57:19	1:11:00		
368	F907	Kirchhoff, Janna	90	DEU	LT Spaß mit Sport	WHK	308	4:24:06	1:06:58	1:07:01	0:58:21	1:11:46		
369	F396	Lange, Judith	85	DEU	Grundschule am Ottermeer	WHK	309	4:24:12	1:07:55	1:08:00	0:57:24	1:10:53		
370	F375	Even-Schulze, Ulrike	61	DEU	Kurt sien Trupp	WHK	310	4:24:19	1:06:53	1:07:37	0:58:42	1:11:07		
371	F765	Bathen, Renate	56	DEU	Kurt sien Trupp	WHK	311	4:24:20	1:07:51	1:07:38	0:58:14	1:10:37		
372	F273	Mennenga, Michelle	95	DEU	ag-Ems	WHK	312	4:24:27	1:07:44	1:06:39	0:57:20	1:12:44		
373	F409	Brandau, Claudia	63	DEU	Stadt Leer	WHK	313	4:24:31	1:06:18	1:06:26	0:59:27	1:12:20		
374	F755	Janssen, Martina	64	DEU	Ubbo-Emmius-Klinik	WHK	314	4:24:40	1:05:21	1:07:55	0:58:51	1:12:33		
375	F589	Melzer, Martina	71	DEU	Emder LG	WHK	315	4:25:10	1:08:25	1:07:44	0:58:36	1:10:25		
376	F932	Ahrendt, Astrid	57	DEU	SVC Wilhelmshaven	WHK	316	4:25:34	1:06:12	1:07:53	0:58:45	1:12:44		
377	F 973	Theilen, Adda	86	DEU	TV Norden	WHK	317	4:25:45	1:08:52	1:07:04	0:57:08	1:12:41		
377	F392	Reiners, Sabrina	96	DEU	RVB Aurich/Uplengen	WJ	61	4:25:45	1:08:21	1:06:56	0:58:36	1:11:52		
379	F317	Siebert, Karin	64	DEU	Kurt sien Trupp	WHK	318	4:25:48	1:07:51	1:07:38	0:59:00	1:11:19		
379	F487	Soujan, Heike	78	DEU	Emder LG	WHK	318	4:25:48	1:08:14	1:07:56	0:58:54	1:10:44		
381	F 964	Stöckmann, Doris	64	DEU		WHK	320	4:25:55	1:07:34	1:07:57	0:58:06	1:12:18		
382	653	Rossmann, Katja	83	DEU	obw Emden	WHK	321	4:25:57	1:07:40	1:08:05	0:57:23	1:12:49		
383	F469	Bogena-Hoffrogge, Antje	65	DEU	INJOY Papenburg	WHK	322	4:26:06	1:10:59	1:06:51	0:57:47	1:10:29		
384	F257	auf der Landwehr, Doris	69	DEU	Schuhmann	WHK	323	4:26:07	1:04:14	1:03:09	0:57:02	1:21:42		
385	F 1000	Wolter, Alexandra	74	DEU	Laufen und Meer	WHK	324	4:26:13	1:17:09	1:04:47	0:56:06	1:08:11		

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
386	F401	Löhn, Karen	63	DEU	Moormerland	WHK	325	4:26:17	1:07:37	1:08:02	0:58:21	1:12:17		
387	F459	Abheiden, Daniela	81	DEU	Schleichkatzen WOL	WHK	326	4:26:19	1:10:12	1:08:29	0:57:56	1:09:42		
388	F556	Pastoor, Janneke	97	DEU	BBS 1 Leer	WJ	62	4:26:30	1:09:10	1:07:48	0:57:42	1:11:50		
389	F291	Telgen, Hanna	00	DEU	DLRG Leer	WJ	63	4:26:34	1:08:27	1:08:53	0:57:09	1:12:05		
390	F488	Janssen, Margret	74	DEU	MTV Aurich	WHK	327	4:26:35	1:09:25	1:06:43	0:58:19	1:12:08		
391	F452	Bruns, Inka	73	DEU	FTC Hollen	WHK	328	4:26:38	1:10:24	1:06:22	0:56:40	1:13:12		
392	F865	Mannott, Antje	55	DEU	TSV Jahn Carolinensiel	WHK	329	4:26:39	1:07:54	1:07:11	0:58:57	1:12:37		
393	F529	Duhlies, Manuela	77	DEU	Ihlow	WHK	330	4:26:48	1:09:02	1:07:54	0:58:06	1:11:46		
394	F366	Grünert, Nicole	76	DEU	Borromäus Hospital Leer	WHK	331	4:26:51	1:07:44	1:06:49	0:59:43	1:12:35		
395	F 966	Holzenkämpfer, Sonja	80	DEU	Team Möbel Buss	WHK	332	4:26:53	1:08:31	1:08:15	0:59:29	1:10:38		
396	F 1000	Steutner, Rena	88	DEU	Schule Altes Amt Friedeburg	WHK	333	4:26:54	1:07:47	1:07:20	0:58:45	1:13:02		
397	F355	Ahmed, Petra	72	DEU	LT TuRa 07 Westrauderfehn	WHK	334	4:27:01	1:08:04	1:07:28	0:59:10	1:12:19		
398	F577	Koch, Melanie	75	DEU	Emder LG	WHK	335	4:27:03	1:08:17	1:07:51	0:58:42	1:12:13		
398	F866	Braams, Herma	56	DEU	SC Dunum	WHK	335	4:27:03	1:08:13	1:07:22	0:59:36	1:11:52		
400	F 967	Brüggemann, Julia	98	DEU	TV Leer/ UEG	WJ	64	4:27:09	1:09:33	1:09:01	0:57:26	1:11:09		
400	F374	Borggräfe, Miriam	86	DEU	Injoy Leer	WHK	337	4:27:09	1:10:39	1:08:28	0:59:39	1:08:23		
402	F773	Meents, Marion	67	DEU	TUS Leerhafe-Hovel eV	WHK	338	4:27:18	1:07:07	1:07:55	1:00:06	1:12:10		
402	F620	Jacobs, Ina	86	DEU	Bunde	WHK	338	4:27:18	1:08:42	1:08:04	0:58:40	1:11:52		
404	F528	Thiel, Saskia	94	DEU	Apotheke am Markt Wittmund	WHK	340	4:27:29	1:07:22	1:09:11	0:58:44	1:12:12		
405	F555	Oltmanns, Hinriek	79	DEU	Holterfehn	WHK	341	4:27:31	1:07:23	1:07:27	0:59:41	1:13:00		
406	F916	Janssen, Maik	73	DEU	Stadt Aurich	WHK	342	4:27:36	1:12:25	1:06:53	0:57:33	1:10:45		
407	F791	Krieger-Hetzke, Helga	64	DEU	TV Norden	WHK	343	4:27:38	1:07:11	1:08:03	0:59:12	1:13:12		
408	F683	Herger, Rahel	75	DEU	Lebenshilfe Leer	WHK	344	4:27:48	1:09:23	1:09:31	0:58:34	1:10:20		
409	F915	Janssen, Silke	86	DEU	TUS Esens	WHK	345	4:27:49	1:17:38	1:05:36	0:57:17	1:07:18		
410	F454	Liebsch-Folkerts, Margret	62	DEU	Westoverledingen	WHK	346	4:27:53	1:09:03	1:08:11	0:59:45	1:10:54		
411	F760	Meyer, Miriam	93	DEU	Flachsmeer	WHK	347	4:27:59	1:09:31	1:07:23	1:00:08	1:10:57		
411	F438	Zimmer, Nicole	79	DEU	SV Ems Jemgum	WHK	347	4:27:59	1:08:14	1:07:38	1:00:17	1:11:50		
413	F 1016	Schmidt, Sarah	00	DEU	IGS Moormerland	WJ	65	4:28:01	1:08:56	1:07:58	0:59:09	1:11:58		
414	F414	Huisinga, Hanna	90	DEU	Klingele / Weener Energie	WHK	349	4:28:03	1:10:46	1:07:16	0:59:29	1:10:32		
415	F 958	Veldhuis, Karin	69	DEU	Leer	WHK	350	4:28:07	1:07:57	1:07:44	1:00:11	1:12:15		
416	F 957	Niskanen, Pirjo	83	DEU	-	WHK	351	4:28:11	1:08:30	1:08:25	0:58:26	1:12:50		
416	F789	Klinkenborg, Margit	52	DEU	TV Norden	WHK	351	4:28:11	1:08:44	1:07:03	0:59:27	1:12:57		
416	F787	Neugebauer, Bärbel	65	DEU	TV Norden	WHK	351	4:28:11	1:08:44	1:07:03	0:59:27	1:12:57		
419	F886	Sanders, Janna	99	DEU	PJ	WJ	66	4:28:12	1:10:23	1:06:46	0:58:09	1:12:54		
419	F885	Görtemaker, Pia	00	DEU	PJ	WJ	66	4:28:12	1:10:23	1:06:46	0:58:09	1:12:54		

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421	F485	Tautrich, Ingrid	82	DEU	WOL	WHK	354	4:28:17	1:09:02	1:07:49	0:59:14	1:12:12		
422	F639	Graepel, Marion	65	DEU	Rhauderfehn	WHK	355	4:28:21	1:12:35	1:08:58	0:58:26	1:08:22		
423	F520	Kleen, Verena	95	DEU	Spetzerfehn	WHK	356	4:28:22	1:08:35	1:07:22	0:59:31	1:12:54		
424	F497	Riedel, Maren	64	DEU	C. E. Popken	WHK	357	4:28:30	1:07:26	1:08:10	1:00:29	1:12:25		
425	F279	Streekmann, Silvia	79	DEU	Leer	WHK	358	4:28:36	1:08:11	1:09:56	0:56:20	1:14:09		
426	F526	Albers, Angelika	58	DEU	Laufen wie auf Wolken	WHK	359	4:28:37	1:08:53	1:07:15	0:58:54	1:13:35		
427	F766	Müller, Kathrin	75	DEU	SV Neptun Emden	WHK	360	4:28:42	1:07:40	1:08:08	0:59:42	1:13:12		
428	F873	Ubben-Folkerts, Inge	76	DEU	Rysum	WHK	361	4:28:44	1:08:20	1:08:41	0:58:17	1:13:26		
429	F804	Fecht, Hiska	82	DEU	Team Möbel Buss	WHK	362	4:28:45	1:08:31	1:08:14	0:59:29	1:12:31		
430	F628	Schweer, Elke	71	DEU	Kaffeerösterei Baum	WHK	363	4:28:58	1:09:28	1:07:39	0:59:40	1:12:11		
430	F193	Bünting, Anne	57	DEU	LT TuS Aurich-Ost	WHK	363	4:28:58	1:08:14	1:07:35	1:00:26	1:12:43		
432	F482	ahrends, marion	68	DEU	Laufen und Meer	WHK	365	4:29:39	1:09:27	1:07:51	0:59:37	1:12:44		
433	F621	Greve, Tanja	84	DEU	KdoSES	WHK	366	4:29:47	1:07:01	1:09:01	0:58:35	1:15:10		
434	F457	Prins, Sandra	86	DEU	TausendfüßLeer	WHK	367	4:29:52	1:08:49	1:07:30	0:59:36	1:13:57		
435	F830	Fröhling, Annegret	66	DEU	Sparkasse Aurich-Norden	WHK	368	4:29:54	1:08:08	1:09:03	1:00:16	1:12:27		
436	F595	Altschaffel-Fuchs, Alexandra	67	DEU	Grundschule Middels	WHK	369	4:29:56	1:11:40	1:06:49	0:59:38	1:11:49		
437	F208	Dirks, Hilka	75	DEU	MTV Wittmund	WHK	370	4:30:06	1:09:32	1:07:26	1:00:38	1:12:30		
438	F874	Wolter, Anita	56	DEU	Die Münchener	WHK	371	4:30:18	1:08:03	1:09:20	1:00:30	1:12:25		
439	F104	Janßen, Nele	01	DEU	Gymnasium Ulricianum Aurich	WJ	68	4:30:22	1:11:15	1:06:52	0:59:49	1:12:26		
440	F 991	Boekhoff, Karin	62	DEU	Hospizinitiative e. V.	WHK	372	4:30:24	1:10:40	1:08:19	1:00:05	1:11:20		
440	F339	Alferink, Claudia	61	DEU	LT TuRa 07 Westrauderfehn	WHK	372	4:30:24	1:08:31	1:08:55	1:00:40	1:12:18		
442	F297	Klimaschka-Behrends, Uschi	57	DEU	Gymnasium Ulricianum Aurich	WHK	374	4:30:26	1:09:23	1:08:21	0:59:29	1:13:13		
443	F451	Altmann, Gisela	49	DEU	Windlooper	WHK	375	4:30:32	1:09:05	1:07:48	0:59:23	1:14:16		
444	F509	Brunken, Stefanie	72	DEU	Borromäus Hospital Leer	WHK	376	4:30:39	1:10:52	1:09:59	0:58:36	1:11:12		
445	F180	Harms, Hilke	97	DEU	Karkörper Moorloopers	WJ	69	4:31:03	1:08:20	1:09:08	0:59:20	1:14:15		
446	F483	Harms, Annegret	61	DEU	de Optimisten	WHK	377	4:31:05	1:08:23	1:09:08	0:59:19	1:14:15		
447	F801	Wysotzki, Janneke	95	DEU	Team Möbel Buss	WHK	378	4:31:16	1:09:09	1:12:17	0:57:03	1:12:47		
448	F371	Mannott, Martina	69	DEU	Krankenhaus Wittmund	WHK	379	4:31:29	1:09:32	1:08:48	1:00:38	1:12:31		
449	F608	Bueschel, Christine	75	DEU	Club of Comfort	WHK	380	4:31:35	1:11:55	1:07:02	0:56:17	1:16:21		
450	F524	Jansen, Theresia	71	DEU	ELV Elektronik AG	WHK	381	4:31:39	1:07:13	1:11:59	0:58:48	1:13:39		
451	F372	Kallenberger, Cathrin	78	DEU	Emder LG	WHK	382	4:31:44	1:08:26	1:08:18	0:58:54	1:16:06		
452	F561	Kleinau, Sabine	67	DEU	TausendfüßLeer	WHK	383	4:31:45	1:08:41	1:09:19	0:59:48	1:13:57		
453	F468	Wolbers, Julia	96	DEU	Hartmann Group	WJ	70	4:31:46	1:10:18	1:06:52	0:59:17	1:15:19		
454	F 1010	Osterloh, Sandra	82	DEU		WHK	384	4:31:50	1:08:52	1:10:00	1:00:30	1:12:28		
454	F499	Reiners, Christa	60	DEU	TUS Eintracht Hinte	WHK	384	4:31:50	1:11:37	1:08:15	1:00:17	1:11:41		

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456	F 976	Klinker, Mechthild	73	DEU		WHK	386	4:31:52	1:10:26	1:08:07	0:59:01	1:14:18		
457	F287	Fleißner, Marion	67	DEU	Flessies	WHK	387	4:32:04	1:07:26	1:08:15	1:01:59	1:14:24		
458	F859	Bley, Cornelia	67	DEU	Tus Horsten	WHK	388	4:32:10	1:08:57	1:08:45	1:01:06	1:13:22		
458	F466	Niestroj, Melanie	82	DEU		WHK	388	4:32:10	1:10:02	1:09:34	0:58:54	1:13:40		
460	F266	Böhm, Caren	65	DEU	Kurt sien Trupp	WHK	390	4:32:15	1:08:13	1:07:38	1:02:00	1:14:24		
461	F470	Hallenga, Gunda	83	DEU	Tannenhäusen	WHK	391	4:32:16	1:09:46	1:10:02	1:00:09	1:12:19		
462	F701	Braun, Simone	72	DEU	ENOVA	WHK	392	4:32:30	1:10:03	1:08:41	1:00:21	1:13:25		
463	F898	Rohden, Heike	74	DEU	LT TuRa 07 Westrauderfehn	WHK	393	4:32:31	1:10:00	1:07:54	1:00:12	1:14:25		
464	F541	Natelberg, Inka	75	DEU	TUS Collinghorst	WHK	394	4:32:32	1:10:00	1:07:55	1:00:13	1:14:24		
465	F324	Lüür, Fenny	63	DEU	Reha-Zentrum Oldenburg	WHK	395	4:32:37	1:09:24	1:07:38	1:01:35	1:14:00		
466	F519	Brink, Erika	63	DEU	Stadtwerke-Leer-Loope rs	WHK	396	4:32:45	1:11:40	1:09:20	0:59:32	1:12:13		
467	F867	Dubiel, Regina	58	DEU	Hirsch-Apotheke Weener	WHK	397	4:32:47	1:09:41	1:09:02	1:00:07	1:13:57		
468	F199	Claus, Gerlind	75	DEU		WHK	398	4:32:50	1:10:05	1:09:24	1:00:23	1:12:58		
469	F705	Eggers-Janssen, Nadine	80	DEU	SV Hage	WHK	399	4:32:51	1:12:28	1:14:06	1:00:15	1:06:02		
470	F876	Boomgaarden, Britta	78	DEU	Moormerland	WHK	400	4:32:52	1:10:38	1:09:49	0:59:18	1:13:07		
471	F862	Britta, Jürgens	65	DEU	Krankenhaus Wittmund	WHK	401	4:32:53	1:09:33	1:09:35	1:00:25	1:13:20		
472	F410	Gruben, Geda	49	DEU	SV PotshausenTura 07	WHK	402	4:33:16	1:09:24	1:08:06	1:01:23	1:14:23		
473	F612	Gehler, Lisa	88	DEU	Friseur Eckhoff	WHK	403	4:33:23	1:10:17	1:07:02	1:02:48	1:13:16		
474	F735	Leidholdt, Paula	80	DEU	IGS Aurich-West	WHK	404	4:33:24	1:10:20	1:04:08	1:03:27	1:15:29		
475	F204	Stern, Katrin	82	DEU	Seefahrtsschule Leer	WHK	405	4:33:41	1:10:46	1:10:10	0:58:23	1:14:22		
476	F 962	Möhlmann, Gerda	65	DEU	Sparkasse Aurich-Norden	WHK	406	4:33:57	1:09:21	1:08:11	1:01:25	1:15:00		
477	F679	Busemann, Okka	93	DEU	LHV	WHK	407	4:34:00	1:09:24	1:09:52	0:59:51	1:14:53		
478	F838	Janke-Neeland, Susanne	63	DEU	Aurich	WHK	408	4:34:12	1:10:00	1:09:31	0:59:44	1:14:57		
479	F473	Sluiter, Helga	63	DEU	Nordgeorgsfehn	WHK	409	4:34:13	1:08:16	1:09:33	1:01:06	1:15:18		
480	F462	Severiens, Henni	54	DEU	Fortuna Logabirum	WHK	410	4:34:14	1:09:24	1:08:49	1:01:24	1:14:37		
481	F288	Sandemann, Monika	57	DEU	Wilhelmshaven	WHK	411	4:34:16	1:09:43	1:09:05	1:00:36	1:14:52		
482	F340	Fauerbach, Thea	63	DEU	SVO "Wi sünd Holtriem"	WHK	412	4:34:23	1:10:53	1:10:15	0:59:51	1:13:24		
483	F402	Schepers, Mareike	92	DEU	Borromäus Hospital Leer	WHK	413	4:34:32	1:10:52	1:09:48	0:59:24	1:14:28		
484	F395	Kruse, Margret	66	DEU	LG Ostfriesland	WHK	414	4:34:33	1:08:29	1:09:49	1:00:43	1:15:32		
485	F523	Ottersberg, Bianca	91	DEU	LG Großefehn	WHK	415	4:34:43	1:08:39	1:08:37	1:02:25	1:15:02		
485	F336	Kopietz, Monika	73	DEU	Trauco	WHK	415	4:34:43	1:09:46	1:09:40	0:59:52	1:15:25		
487	F522	Hinrichs, Maike	90	DEU	LG Großefehn	WHK	417	4:34:44	1:08:39	1:08:37	1:02:25	1:15:03		
488	F895	Heyen, Doris	68	DEU	Laufen und Meer	WHK	418	4:34:45	1:09:27	1:09:10	1:00:28	1:15:40		
488	F403	Mettjes, Gesa	90	DEU	Borromäus Hospital Leer	WHK	418	4:34:45	1:10:52	1:10:01	0:59:24	1:14:28		
490	F538	Tschöke, Kerstin	72	DEU	Ubbo-Emmius-Klinik	WHK	420	4:34:47	1:10:26	1:08:39	1:00:28	1:15:14		

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
491	F817	Oldenburger, Marion	76	DEU	Westerende	WHK	421	4:34:48	1:10:26	1:08:40	1:00:28	1:15:14		
492	F645	Gerkens, Heike	79	DEU	Dabei is alles	WHK	422	4:34:49	1:09:32	1:09:36	0:59:54	1:15:47		
493	F415	Hillbrands, Karin	75	DEU	Klingele / Weener Energie	WHK	423	4:34:50	1:10:59	1:09:29	0:58:05	1:16:17		
494	F626	Kitlas-Dieling, Martha	59	DEU	LGO	WHK	424	4:34:51	1:10:14	1:10:24	1:00:19	1:13:54		
495	F491	Damm, Gudrun	73	DEU	Klinikum Emden	WHK	425	4:34:55	1:09:13	1:08:49	1:01:09	1:15:44		
496	F330	Buurman, Ellen	48	DEU	LT TuS Aurich-Ost	WHK	426	4:34:57	1:10:16	1:08:32	1:01:19	1:14:50		
497	F542	Koch, Natascha	86	DEU	Sportfreunde Möhlenwarf	WHK	427	4:35:02	1:09:54	1:09:30	1:02:02	1:13:36		
498	F348	Meyer, Karin	55	DEU	Moorerland	WHK	428	4:35:06	1:09:33	1:09:54	1:01:06	1:14:33		
498	F349	Farwer, Gertrud	58	DEU	.	WHK	428	4:35:06	1:09:33	1:09:54	1:01:06	1:14:33		
500	F365	Lühr, Heidi	69	DEU	TausendfüßLeer	WHK	430	4:35:21	1:08:41	1:09:20	1:00:00	1:17:20		
501	F382	Bessert, Linda	00	DEU	Gymnasium Ulricianum Aurich	WJ	71	4:35:26	1:10:52	1:09:10	0:59:52	1:15:32		
502	F376	Buß, Mareike	94	DEU	Team Winterhoff Buss	WHK	431	4:35:53	1:08:32	1:10:51	1:01:43	1:14:47		
503	F338	Dirksen, Elke	66	DEU	Krankenhaus Wittmund	WHK	432	4:36:06	1:10:30	1:09:19	1:01:45	1:14:32		
504	F 946	Les, Hanne	52	DEU	FSKME Aurich	WHK	433	4:36:07	1:10:44	1:10:17	1:01:40	1:13:26		
505	F795	Goudschaal, Imke	68	DEU	TV Norden	WHK	434	4:36:09	1:00:40	1:14:02	1:03:43	1:17:44		
506	F 1003	Meyeraan, Maren	96	DEU	obw Emden	WJ	72	4:36:18	1:11:43	1:09:36	0:59:46	1:15:13		
507	F494	Kleene, Gabriele	70	DEU	FC Oldersum	WHK	435	4:37:09	1:13:06	1:09:44	1:00:17	1:14:02		
508	F537	Götz, Beate	79	DEU	Landgericht Aurich	WHK	436	4:37:29	1:13:15	1:09:24	1:01:30	1:13:20		
509	F696	Bockelmann, Eelka	95	DEU	Rettungsdienst Leer	WHK	437	4:37:39	1:13:07	1:12:08	1:00:02	1:12:22		
510	F546	Geerdes, Sandra	76	DEU	Gandersum	WHK	438	4:38:05	1:11:08	1:09:42	1:01:51	1:15:24		
511	F 971	Kruse de Buhr, Marion	69	DEU	Störtebeker Loopers	WHK	439	4:38:11	1:11:41	1:07:52	1:00:43	1:17:55		
512	F597	Fecht, Tina	83	DEU	SV Nortmoor	WHK	440	4:38:21	1:11:09	1:10:15	1:02:02	1:14:55		
512	F658	Behrends, Bettina	78	DEU	Grundschule Logabirum	WHK	440	4:38:21	1:11:09	1:10:15	1:02:02	1:14:55		
514	F501	Bokelmann, Sylvia	68	DEU	Tus Hinte	WHK	442	4:38:23	1:11:38	1:09:47	1:01:03	1:15:55		
515	F394	Röhrig, Saskia	95	DEU	WfbM BBB Aurich Wittmund	WHK	443	4:38:30	1:09:13	1:08:14	1:02:07	1:18:56		
516	F823	Olbrich, Birgit	57	DEU	Leinerstift e.V.	WHK	444	4:39:00	1:08:55	1:08:12	1:05:36	1:16:17		
517	F740	Foorden, Andrea	65	DEU	Team ENERCON	WHK	445	4:39:13	1:09:24	1:10:28	1:01:18	1:18:03		
518	F343	Tjardes, Martina	71	DEU	FLICK GmbH	WHK	446	4:39:16	1:12:35	1:09:33	1:02:04	1:15:04		
518	F422	Plöger, Elena	77	DEU	Klinikum Leer	WHK	446	4:39:16	1:13:05	1:09:58	1:01:07	1:15:06		
520	F 979	Schulten-Seiger, Annette	61	DEU	Osteel	WHK	448	4:39:18	1:10:53	1:10:38	1:02:41	1:15:06		
521	F581	Janßen, Wilma	74	DEU	Hospiz Huus Leer	WHK	449	4:39:42	1:11:57	1:10:06	1:01:52	1:15:47		
522	F447	Saathoff, Maïke	01	DEU	Gymnasium Ulricianum Aurich	WJ	73	4:39:47	1:09:39	1:12:51	0:59:08	1:18:09		
523	F 1007	Frerichs, Laura-Marie	00	DEU	KGS Großefehn	WJ	74	4:39:50	1:13:33	1:08:39	1:02:24	1:15:14		
524	F252	Saathoff, Gerlinde	65	DEU	LT TuS Aurich-Ost	WHK	450	4:39:52	1:10:16	1:10:16	1:02:27	1:16:53		
525	F 980	Hartge, Merle	01	DEU	Gymnasium Ulricianum Aurich	WJ	75	4:39:54	1:09:39	1:12:49	0:59:16	1:18:10		

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526	F 1012	Dreesch, Laureen	01	DEU	Gymnasium Ulricianum Aurich	WJ	76	4:39:56	1:09:39	1:12:50	0:59:16	1:18:11		
527	F124	Hartkemeyer, Anne	85	DEU	obw Emden	WHK	451	4:40:07	1:12:16	1:09:15	1:01:25	1:17:11		
528	F796	Buss, Janna	55	DEU	TV Norden	WHK	452	4:40:13	1:10:27	1:10:18	1:01:31	1:17:57		
528	F441	Buss, Helga	62	DEU	Stiekelkamperfehn	WHK	452	4:40:13	1:11:45	1:10:32	1:02:57	1:14:59		
530	F864	Christoffers, Jutta	61	DEU	TG Wiesmoor	WHK	454	4:40:18	1:11:53	1:10:10	1:02:48	1:15:27		
531	F458	Dirks, Anne	62	DEU	TG Wiesmoor	WHK	455	4:40:20	1:11:54	1:10:11	1:02:48	1:15:27		
532	F318	Müller, Birgit	66	DEU	Stadt Emden	WHK	456	4:40:24	1:11:07	1:09:13	1:04:18	1:15:46		
532	F471	Trauer, Dörthe	77	DEU	Tannhausen	WHK	456	4:40:24	1:11:28	1:11:24	1:02:32	1:15:00		
534	F911	Bassler, Annika	97	DEU	Autopark Schunke	WJ	77	4:40:33	1:14:01	1:10:07	0:59:43	1:16:42		
535	F400	Witt, Dina	98	DEU	SV Concordia Ihrhove	WJ	78	4:40:54	1:14:11	1:09:28	1:00:36	1:16:39		
536	F665	Lichman, Maren	87	DEU	Kdo SES	WHK	458	4:40:56	1:12:26	1:10:13	1:03:10	1:15:07		
537	F646	Riepe, Teresa	86	DEU	Papenburg	WHK	459	4:41:00	1:10:59	1:10:19	1:01:46	1:17:56		
538	F475	Kruse, Mareke	91	DEU	Spetzerfehn	WHK	460	4:41:09	1:11:51	1:10:25	1:02:50	1:16:03		
539	F 1016	Siebelts, Evke	99	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	79	4:41:11	1:12:24	1:16:06	0:58:16	1:14:25		
540	F 1017	Hanssen, Anke	91	DEU	SC Wiesens	WHK	461	4:41:18	1:12:43	1:11:27	1:01:05	1:16:03		
541	F367	Arndt, Katrin	87	DEU	Physio Aktiv Rhauderfehn	WHK	462	4:41:24	1:09:34	1:08:53	1:02:32	1:20:25		
542	F615	Rückbeil, Tina	76	DEU	RVB Aurich/Uplengen	WHK	463	4:41:33	1:11:51	1:13:29	1:01:25	1:14:48		
543	F296	Erdmann, Jutta	79	DEU	LT TuS Aurich-Ost	WHK	464	4:41:48	1:13:46	1:10:54	1:02:04	1:15:04		
543	F369	Münk, Linda	72	DEU	LT TuS Aurich-Ost	WHK	464	4:41:48	1:13:46	1:10:54	1:02:04	1:15:04		
545	F774	Jansen, Sabina	61	DEU	Kurt sien Trupp	WHK	466	4:41:51	1:10:39	1:12:28	1:03:39	1:15:05		
546	F816	Brunken, Elke	61	DEU	Laufrausch TuS Großoldendorf	WHK	467	4:42:04	1:10:12	1:10:49	1:03:34	1:17:29		
547	F807	Bigalski, Doris	76	DEU	Realschule Aurich	WHK	468	4:42:15	1:11:36	1:11:03	1:02:41	1:16:55		
548	F132	Rüter, Nadja	95	DEU	obw Emden	WHK	469	4:42:22	1:11:41	1:09:47	1:04:05	1:16:49		
548	F368	Hildebrandt, Lisa-Marie	90	DEU	Rechtsweg	WHK	469	4:42:22	1:10:57	1:09:13	1:06:00	1:16:12		
550	F914	Schettler, Sabine	72	DEU	Aurich	WHK	471	4:42:24	1:12:09	1:11:26	1:02:51	1:15:58		
551	F527	Knabe, Inken	01	DEU	Gymnasium Ulricianum Aurich	WJ	80	4:42:39	1:10:06	1:11:49	1:01:38	1:19:06		
552	F232	Behrens-Kuhl, Marlies	72	DEU	Klinikum Leer	WHK	472	4:42:55	1:13:19	1:12:31	1:02:36	1:14:29		
553	F461	Petersen, Marieanne	54	DEU	LT Spaß mit Sport	WHK	473	4:42:58	1:11:03	1:11:27	1:03:43	1:16:45		
554	F500	Janssen, Anne	82	DEU	Wittmund	WHK	474	4:43:03	1:12:40	1:11:41	1:00:40	1:18:02		
555	F477	de Beer, Peggy	76	DEU	Wirdum	WHK	475	4:43:12	1:13:01	1:11:22	1:02:51	1:15:58		
556	F498	Hoek, Britta	80	DEU	AXA Center Hoek	WHK	476	4:43:18	1:13:08	1:12:16	1:02:44	1:15:10		
557	F464	Buß, Edda	53	DEU	Pewsum	WHK	477	4:43:29	1:11:09	1:11:50	1:03:33	1:16:57		
558	F290	Rabenberg, Dora	52	DEU	LG TV Bunde	WHK	478	4:43:31	1:11:57	1:11:51	1:03:15	1:16:28		
559	F675	Wolbers, Ines	85	DEU	Borromäus Hospital Leer	WHK	479	4:43:39	1:12:39	1:12:25	1:03:47	1:14:48		
560	F 993	Ihmels, Anja	81	DEU	LT TuRa 07 Westhauderfehn	WHK	480	4:44:16	1:13:34	1:13:19	1:00:37	1:16:46		

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Platz	St-Nr.	Name	JG	NAT	Verein*/Ort	AK	Pl.	Endzeit	1.Lauf	2.Lauf	3.Lauf	4.Lauf	5.Lauf	6.Lauf
561	F779	Janßen, Christa	43	DEU	SV Frisia Brinkum	WHK	481	4:44:28	1:11:41	1:11:59	1:03:17	1:17:31		
562	F636	Borowiak, Laura	94	DEU	Seefahrtsschule Leer	WHK	482	4:44:30	1:16:25	1:10:29	1:01:10	1:16:26		
563	F711	Loeffler, Michelle	87	DEU	Seefahrtsschule Leer	WHK	483	4:44:48	1:13:06	1:11:41	1:02:53	1:17:08		
564	F618	Rogge, Petra	67	DEU	SV Freie Lunge Bentstreek	WHK	484	4:44:58	1:11:55	1:12:31	1:03:22	1:17:10		
565	F670	Gelten, Carmen	72	DEU	Moormerland	WHK	485	4:45:11	1:13:10	1:14:53	1:01:51	1:15:17		
566	F 968	Post, Paula	97	DEU	Sv Stern Schwerinsdorf	WJ	81	4:45:15	1:17:10	1:11:23	1:00:01	1:16:41		
567	F379	Schürmann, Ulrike	62	DEU	Klinikum Emden	WHK	486	4:45:16	1:15:01	1:10:44	1:03:18	1:16:13		
568	F489	Langner, Isabell	74	DEU	Schleichkatzen WOL	WHK	487	4:45:20	1:13:25	1:11:02	1:03:00	1:17:53		
569	F505	Ertwiens, Leandra	02	DEU	IGS Moormerland	WJ	82	4:45:27	1:16:26	1:10:38	1:01:39	1:16:44		
570	F 1022	Pospasil, Marie	99	DEU	Gymnasium Ulricianum Aurich	WJ	83	4:45:40	1:10:44	1:19:58	1:05:02	1:09:56		
571	F430	Berends, Monika	91	DEU	NW Steuerberatungsgesells	WHK	488	4:46:02	1:11:35	1:09:13	1:04:25	1:20:49		
572	F539	Garrelts, Hilke	99	DEU	Gymnasium Ulricianum Aurich	WJ	84	4:46:23	1:12:55	1:12:17	1:03:09	1:18:02		
573	F302	Lüken, Antje	67	DEU	-	WHK	489	4:46:25	1:15:41	1:11:56	1:02:10	1:16:38		
574	F530	Dahlweg, Christiane	80	DEU	SV Holtland GS Detern	WHK	490	4:46:28	1:11:54	1:13:53	1:04:06	1:16:35		
575	F235	Saathoff, Silvia	70	DEU	Ubbo-Emmius-Klinik	WHK	491	4:46:36	1:13:57	1:10:59	1:04:15	1:17:25		
576	F699	Schmidt, Tineke Neele	94	DEU	Rettungsdienst Leer	WHK	492	4:46:40	1:14:44	1:13:17	1:00:33	1:18:06		
577	F575	Oltmanns, Nadine	92	DEU	Sparkasse LeerWittmund	WHK	493	4:46:45	1:15:12	1:12:56	1:02:21	1:16:16		
577	F625	Oltmanns, Melanie	90	DEU	Tus Detern	WHK	493	4:46:45	1:15:12	1:12:56	1:02:21	1:16:16		
579	F 948	Hündling, Tomke	98	DEU		WJ	85	4:46:57	1:15:59	1:12:30	1:00:20	1:18:08		
580	F566	Barth, Silke	72	DEU	SVO Wi sünd Holtriem	WHK	495	4:46:58	1:11:44	1:11:59	1:04:48	1:18:27		
581	F 954	Hilrichs, Jana	99	DEU		WJ	86	4:46:59	1:16:01	1:12:29	1:00:20	1:18:09		
582	F642	de Vries, Anja	68	DEU	Loopen un breijen	WHK	496	4:47:04	1:11:50	1:13:45	1:03:24	1:18:05		
583	F478	Groenewold, Elke	74	DEU	Dabei is alles	WHK	497	4:47:14	1:14:35	1:11:35	1:03:30	1:17:34		
584	F476	Ens, Renate	52	DEU	Ubbo-Emmius-Klinik	WHK	498	4:47:28	1:13:37	1:11:44	1:02:53	1:19:14		
585	F882	Böde, Mareike	99	DEU	Emder LG	WJ	87	4:47:31	1:12:16	1:11:50	1:06:14	1:17:11		
586	F298	Frühling, Anna	99	DEU	Gymnasium Ulricianum Aurich	WJ	88	4:47:39	1:13:09	1:12:26	1:03:40	1:18:24		
586	F661	Mons, Lena	85	DEU	Hartmann Group	WHK	499	4:47:39	1:15:36	1:11:43	1:02:34	1:17:46		
588	F536	Bohlen, Gertrud	63	DEU	TUS Detern	WHK	500	4:47:49	1:15:06	1:11:55	1:02:58	1:17:50		
589	F517	Löning, Inka	80	DEU	Ostfriesische Volksbank eG	WHK	501	4:48:07	1:12:12	1:12:58	1:04:15	1:18:42		
590	F551	Just, Ute	52	DEU	Kassenärztliche Vereinigung	WHK	502	4:48:09	1:13:37	1:11:46	1:03:21	1:19:25		
591	F518	Leesch, Kristin	80	DEU	Ostfriesische Volksbank eG	WHK	503	4:48:10	1:12:15	1:12:57	1:04:16	1:18:42		
592	F516	Heinrichsdorff, Steffi	79	DEU	Ostfriesische Volksbank eG	WHK	504	4:48:11	1:12:15	1:12:58	1:04:16	1:18:42		
593	F691	Rother, Katja	86	DEU	Bremen	WHK	505	4:48:25	1:10:02	1:10:27	1:00:40	1:27:16		
594	F831	Frerichs, Gesa	96	DEU	Ostfriesische Volksbank eG	WJ	89	4:48:31	1:15:58	1:13:57	0:59:54	1:18:42		
595	F827	Rose, Sylke	71	DEU	Ostfriesische Volksbank eG	WHK	506	4:48:32	1:12:41	1:12:56	1:04:14	1:18:41		

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596	F825	Südhoff, Roswitha	64	DEU	Ostfriesische Volksbank eG	WHK	507	4:48:33	1:12:41	1:12:56	1:04:15	1:18:41		
597	F559	Wiemers, Anna Maria	93	DEU	team aurident	WHK	508	4:48:54	1:18:43	1:13:41	1:01:00	1:15:30		
598	F586	van der Harg, Marielle	70	DEU	Ammersum	WHK	509	4:49:12	1:15:29	1:11:32	1:04:29	1:17:42		
599	F381	Geiken, Silvia	71	DEU	BV Victorbur	WHK	510	4:49:13	1:12:31	1:13:34	1:05:00	1:18:08		
600	F614	Kanning, Melanie	82	DEU	RVB Aurich/Uplengen	WHK	511	4:49:31	1:16:41	1:13:05	1:03:33	1:16:12		
601	F840	Lixfeld-Sozomenou, Bettina	67	DEU	Reederei Buss	WHK	512	4:49:38	1:13:22	1:13:56	1:03:54	1:18:26		
602	F822	Theermann, Richada	62	DEU	Raiffeisenbank eG, Moormerland	WHK	513	4:49:43	1:12:45	1:13:04	1:04:23	1:19:31		
603	F 944	Grüßing, Imke	70	DEU	Freie Lunge Bentstreek	WHK	514	4:49:46	1:14:20	1:14:19	1:04:17	1:16:50		
604	F622	Knoop, Imke	89	DEU	Dabei is alles	WHK	515	4:50:00	1:16:48	1:13:28	1:03:23	1:16:21		
605	F439	Brumund, Alexia	01	DEU	Gymnasium Ulricianum Aurich SP601	WJ	90	4:50:12	1:17:23	1:11:22	1:04:27	1:17:00		
606	F550	Rosfeldt, Annika	80	DEU	Renntiere	WHK	516	4:50:16	1:16:02	1:15:02	1:03:00	1:16:12		
607	F776	Janssen, Carmen	93	DEU	Rolf Janssen Gruppe	WHK	517	4:50:19	1:12:41	1:13:34	1:03:53	1:20:11		
608	F421	Sap, Gisela	55	DEU	Klinikum Leer	WHK	518	4:50:21	1:13:25	1:12:48	1:04:41	1:19:27		
609	F354	Heyenga, Petra	64	DEU	Die Laufschnellen	WHK	519	4:50:34	1:13:21	1:12:53	1:04:46	1:19:34		
610	F687	Ahrenholtz, Andrea	90	DEU	-	WHK	520	4:50:44	1:14:36	1:14:29	1:03:27	1:18:12		
611	F393	Ahrends, Imke	95	DEU	WfbM BBB Aurich Wittmund	WHK	521	4:50:46	1:14:22	1:12:39	1:04:00	1:19:45		
612	F723	Junker, Sabine	75	DEU	Junker&Pfeiffer OHG	WHK	522	4:50:50	1:22:18	1:13:28	1:01:25	1:13:39		
613	F812	Lüpkes, Doratheia	62	DEU	AGRAVIS Ems-Jade GmbH	WHK	523	4:50:51	1:11:41	1:12:53	1:05:31	1:20:46		
614	F671	Severiens, Wilhelmine	58	DEU	Möhlenwarf	WHK	524	4:51:07	1:12:22	1:13:30	1:05:19	1:19:56		
615	F540	Siemens, Ingrid	88	DEU	Team ENERCON	WHK	525	4:51:13	1:14:08	1:12:35	1:04:52	1:19:38		
616	F533	Evers, Gerlinde	64	DEU	KBV Langefeld	WHK	526	4:51:14	1:18:36	1:15:53	1:01:18	1:15:27		
617	F593	Ubben, Frauuke	68	DEU	TSV Holtrop Basketball	WHK	527	4:51:19	1:13:33	1:14:07	1:04:20	1:19:19		
618	F503	Meenken, Ellen	86	DEU	BBC Chartering GmbH	WHK	528	4:51:40	1:15:08	1:12:46	1:06:21	1:17:25		
619	F850	Hilbers, Anna- Malin	03	DEU	IGS Waldschule Egels	WJ	91	4:52:14	1:15:02	1:12:57	1:05:34	1:18:41		
620	F 950	Derezinski, Sonja	80	DEU	KBV Collrunge	WHK	529	4:52:27	1:16:29	1:14:40	1:04:28	1:16:50		
621	F 996	Caspers, Claudia	83	DEU	Flachsmeer	WHK	530	4:52:30	1:14:49	1:14:34	1:04:23	1:18:44		
621	F633	Webermann, Ingrid	55	DEU		WHK	530	4:52:30	1:14:54	1:15:59	1:04:09	1:17:28		
623	F668	Jeschke, Kerstin	89	DEU	Universität Bremen	WHK	532	4:52:35	1:14:05	1:13:32	1:04:34	1:20:24		
624	F810	Bodenstab, Antje	63	DEU	Volkswagen Zentrum Oldenburg	WHK	533	4:52:37	1:18:06	1:16:03	1:05:50	1:12:38		
625	F344	Friedrichs, Conny	84	DEU	KBV Collrunge	WHK	534	4:52:39	1:16:31	1:14:42	1:04:29	1:16:57		
626	F689	Heeren, Cordula	82	DEU	Grundschule Holtland	WHK	535	4:53:02	1:12:48	1:14:29	1:07:33	1:18:12		
627	F513	Heimann, Sonja	67	DEU	MTV Wittmund	WHK	536	4:53:13	1:15:18	1:13:02	1:05:56	1:18:57		
628	F891	Regendörp, Michelle	98	DEU	Reha Team Leer	WJ	92	4:53:18	1:15:10	1:14:52	1:03:30	1:19:46		
629	F563	Becker, Heike	64	DEU	Moormerland	WHK	537	4:53:31	1:15:47	1:12:48	1:05:47	1:19:09		
630	F704	Ahrends, Erika	67	DEU	TRAUCO Gruppe	WHK	538	4:54:03	1:13:36	1:14:16	1:05:29	1:20:42		

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631	F596	Heibült, Christin	95	DEU	RVB Aurich/Uplengen	WHK	539	4:54:15	1:15:30	1:14:58	1:01:58	1:21:49		
632	F702	Nitsche, Jessica	86	DEU	Laufen und Meer	WHK	540	4:54:29	1:17:41	1:16:50	1:04:27	1:15:31		
633	F635	Backhaus, Insa	70	DEU	Nordwest-Zeitung	WHK	541	4:54:34	1:17:20	1:13:23	1:04:59	1:18:52		
634	F660	Hage, Franziska	97	DEU	IGS Aurich-West	WJ	93	4:54:40	1:14:25	1:16:09	1:04:42	1:19:24		
635	F361	Verwold, Anke	73	DEU	Spielfreunde Leer	WHK	542	4:54:44	1:19:51	1:14:59	1:02:40	1:17:14		
636	F417	Steinmeier, Marion	69	DEU	MTV Aurich	WHK	543	4:55:14	1:18:11	1:14:02	1:04:54	1:18:07		
637	F588	Janssen, Meike	69	DEU	Gymnasium Ulricianum Aurich	WHK	544	4:55:21	1:18:02	1:14:16	1:04:32	1:18:31		
638	F345	Middelborg, Helga	52	DEU	LT SV Ems Jemgum	WHK	545	4:55:23	1:14:37	1:15:22	1:06:13	1:19:11		
639	F 990	Grebener, Susanne	64	DEU	Pewsum	WHK	546	4:55:25	1:13:47	1:14:18	1:05:56	1:21:24		
640	F741	Janssen, Ilse-Marie	53	DEU	Emder LG	WHK	547	4:55:30	1:18:43	1:13:29	1:04:36	1:18:42		
641	F784	Manninga, Sonja	70	DEU	TV Norden	WHK	548	4:55:39	1:15:43	1:15:12	1:05:13	1:19:31		
642	F846	Dänekas, Gabi	60	DEU	LG Uplengen	WHK	549	4:55:49	1:15:08	1:15:32	1:05:38	1:19:31		
643	F418	Sühwold, Meike	73	DEU	Ostfriesische Volksbank eG	WHK	550	4:56:30	1:16:04	1:14:59	1:05:20	1:20:07		
644	F102 a	Tapper, Lara	00	DEU	CG Realschule Esens	WJ	94	4:56:57	1:15:47	1:15:36	1:03:14	1:22:20		
645	F892	Uecker, Britta	61	DEU	Laufen und Meer / Schüt-Duis	WHK	551	4:56:59	1:16:04	1:16:05	1:05:20	1:19:30		
646	F239	Onken, Marlene	01	DEU	Gymnasium Ulricianum Aurich	WJ	95	4:57:05	1:16:59	1:13:13	1:04:46	1:22:07		
647	F373	Hanssen, Traute	66	DEU	SC Wissens	WHK	552	4:57:09	1:16:28	1:16:03	1:05:06	1:19:32		
648	F881	Haseborg, Wilma	61	DEU	Watt,n Loopers SV Dornum	WHK	553	4:57:11	1:14:24	1:16:25	1:06:45	1:19:37		
649	F446	Sponnier, Lisa	98	DEU	Gymnasium Ulricianum Aurich	WJ	96	4:57:16	1:15:22	1:15:07	1:04:12	1:22:35		
650	F814	Wienekamp, Edelgard Foxy	70	DEU	LT TuS Aurich-Ost / BV Ihlow	WHK	554	4:57:23	1:15:35	1:15:28	1:06:20	1:20:00		
651	F619	Dunkmann, Luisa Elena	01	DEU	Gymnasium Ulricianum Aurich	WJ	97	4:57:32	1:17:31	1:13:53	1:04:23	1:21:45		
652	F647	Bockhöfer, Fanny	99	DEU	RAe Dr. Fenner Bockhöfer Henkvs	WJ	98	4:57:42	1:14:58	1:13:58	1:05:42	1:23:04		
653	F465	Wellendorf, Martina	69	DEU	Klinikum Emden	WHK	555	4:57:52	1:14:27	1:15:58	1:05:06	1:22:21		
654	F 940	Eilers, Christa	59	DEU	Silomon`s Stramme Waden	WHK	556	4:58:01	1:15:47	1:14:15	1:08:02	1:19:57		
655	F833	Sönnecken, Lisa	92	DEU	Klinikum Leer	WHK	557	4:58:26	1:15:57	1:15:44	1:05:04	1:21:41		
656	F552	Kröger, Sabine	69	DEU	Team Eddie Nortmoor	WHK	558	4:58:31	1:17:13	1:15:28	1:05:30	1:20:20		
657	F918	de Freese, Lena	99	DEU	IGS Moormerland	WJ	99	4:58:49	1:14:47	1:14:27	1:05:13	1:24:22		
658	F880	Steinfelder, Antje	72	DEU	Möhlenwarf	WHK	559	4:59:02	1:14:36	1:15:25	1:07:41	1:21:20		
659	F610	Reif, Manuela	84	DEU	Kdo SES	WHK	560	4:59:06	1:15:19	1:12:53	1:04:24	1:26:30		
660	F 956	Zogel, Alina	97	DEU	NIGE	WJ	100	4:59:07	1:13:32	1:15:11	1:05:13	1:25:11		
661	F732	Wedekin, Elke	63	DEU	Schulzentrum Collhusen	WHK	561	4:59:27	1:16:22	1:16:39	1:04:17	1:22:09		
662	F693	Ehmen, Maren	78	DEU	NLWKN	WHK	562	4:59:28	1:18:11	1:14:37	1:04:35	1:22:05		
663	F22	Hansen-Janßen, Ulrike	59	DEU	NLWKN	WHK	563	4:59:29	1:18:12	1:14:37	1:04:35	1:22:05		
664	F616	Olatunji, Susanne	67	DEU	Varel	WHK	564	4:59:35	1:17:29	1:16:22	1:06:07	1:19:37		
665	F869	Maahs, Kathrin	82	DEU	Neermoor	WHK	565	5:00:02	1:14:11	1:15:26	1:05:21	1:25:04		

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666	F641	Beenenga, Antrin	70	DEU	Loopen un breijen	WHK	566	5:00:03	1:16:30	1:16:46	1:05:09	1:21:38		
667	F617	Jetses, Ute	75	DEU	Prosecco Lerche	WHK	567	5:00:14	1:16:49	1:15:32	1:07:31	1:20:22		
667	F887	Körner, Melanie	73	DEU	Prosecco Lerche	WHK	567	5:00:14	1:16:49	1:15:32	1:07:31	1:20:22		
669	F640	Manssen, Andrea	69	DEU	Loopen un breijen	WHK	569	5:00:16	1:16:31	1:16:45	1:05:09	1:21:51		
670	F591	Lange, Susanne	66	DEU	Gima-tec Sottrum	WHK	570	5:00:24	1:17:01	1:15:06	1:05:59	1:22:18		
671	F592	Sandmann, Irina	87	DEU	Moormerland	WHK	571	5:00:25	1:17:01	1:15:06	1:06:00	1:22:18		
672	F697	Poelders, Silke	82	DEU	Emden	WHK	572	5:01:05	1:18:10	1:15:46	1:04:58	1:22:11		
673	F450	Schilling, Dominique	95	DEU	WfbM BBB Aurich Wittmund	WHK	573	5:01:26	1:15:42	1:15:18	1:05:59	1:24:27		
674	F718	Schenk, Wiebke	98	DEU	NIGE	WJ	101	5:01:37	1:13:19	1:19:37	1:04:43	1:23:58		
675	F721	Backhaus, Patricia	97	DEU	NIGE	WJ	102	5:01:46	1:13:19	1:19:36	1:04:45	1:24:06		
676	F444	Block, Bärbel	84	DEU	Laufen und Meer	WHK	574	5:01:52	1:16:30	1:18:45	1:07:08	1:19:29		
677	F285	Bura, Carola	85	DEU	Leinerstift e.V.	WHK	575	5:01:55	1:18:48	1:15:08	1:04:39	1:23:20		
678	F669	Behle, Sonja	71	DEU	RVB Aurich/Uplengen	WHK	576	5:02:03	1:16:35	1:15:47	1:06:44	1:22:57		
679	F388	van Scharrel, Heidy	58	DEU	VFB Uplengen	WHK	577	5:02:05	1:15:56	1:16:16	1:06:59	1:22:54		
680	F 947	Eden, Linda	84	DEU	Moormerland	WHK	578	5:02:09	1:20:37	1:17:29	1:03:10	1:20:53		
681	F677	Conrads, Maren	00	DEU	Gymnasium Ulricianum Aurich	WJ	103	5:02:12	1:15:58	1:16:56	1:05:01	1:24:17		
682	F878	Baumann, Heike	87	DEU	Ostfriesische Brandkasse	WHK	579	5:02:26	1:16:13	1:16:09	1:08:07	1:21:57		
683	F565	Dreesch, Christa	71	DEU	team aurident	WHK	580	5:02:52	1:18:43	1:16:30	1:04:24	1:23:15		
684	F930	Nannen, Thekla	56	DEU	Steenfelde	WHK	581	5:02:54	1:17:10	1:14:08	1:06:45	1:24:51		
685	F919	Jelten, Jule	99	DEU	IGS Moormerland	WJ	104	5:02:59	1:14:47	1:18:03	1:05:13	1:24:56		
686	F496	Schmidt, Nina	77	DEU	Steenfelde	WHK	582	5:03:15	1:17:10	1:14:26	1:06:49	1:24:50		
687	F714	Kolodziej, Marje	96	DEU	NIGE	WJ	105	5:03:29	1:19:48	1:13:18	1:05:12	1:25:11		
688	F553	Ubbens, Amanda	64	DEU	Hesel	WHK	583	5:03:34	1:16:24	1:16:20	1:07:55	1:22:55		
689	F682	Stach, Anna	83	DEU	Leer	WHK	584	5:04:00	1:19:21	1:17:56	1:04:23	1:22:20		
690	F602	Böwe, Inge	45	DEU	Emder LG	WHK	585	5:04:09	1:18:42	1:15:05	1:07:36	1:22:46		
691	F 989	Burlager, Hilke	97	DEU	vyxé	WJ	106	5:04:28	1:18:46	1:17:53	1:07:01	1:20:48		
692	F794	Meier, Anke	73	DEU	TV Norden	WHK	586	5:04:32	1:16:21	1:16:24	1:07:56	1:23:51		
692	F416	Peters, Edith	59	DEU	Klinikum Emden	WHK	586	5:04:32	1:18:13	1:15:57	1:07:36	1:22:46		
694	F725	Schilling, Birthe	89	DEU	vyxé	WHK	588	5:04:48	1:18:47	1:17:53	1:07:11	1:20:57		
695	F535	Lüdemann, Silke	78	DEU	Leinerstift e.V.	WHK	589	5:04:54	1:18:47	1:16:52	1:05:55	1:23:20		
696	F 949	Gastmann, Janina	90	DEU	Aurich	WHK	590	5:04:56	1:20:37	1:17:29	1:05:53	1:20:57		
697	F803	Wysotzki, Frouwine	90	DEU	Team Möbel Buss	WHK	591	5:05:10	1:15:48	1:17:53	1:07:02	1:24:27		
697	F800	Kruse, Karin	62	DEU	Team Möbel Buss	WHK	591	5:05:10	1:15:47	1:17:53	1:07:03	1:24:27		
699	F799	Tränapp, Frauke	65	DEU	Team Möbel Buss	WHK	593	5:05:11	1:15:48	1:17:53	1:07:02	1:24:28		
700	F681	Schild, Corinna	64	DEU	Freunde der kleinen Allee	WHK	594	5:05:30	1:16:07	1:16:41	1:08:29	1:24:13		

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701	F 977	Thesinga, Wiebke	01	DEU	Gymnasium Ulricianum Aurich	WJ	107	5:05:31	1:19:14	1:16:31	1:05:00	1:24:46		
702	F716	Raue, Andrea	85	DEU	Team ENERCON	WHK	595	5:05:39	1:17:46	1:18:11	1:06:17	1:23:25		
703	F 978	Henning, Saskia	98	DEU	Therapiehuus Tannenhausen	WJ	108	5:05:43	1:16:22	1:19:25	1:03:59	1:25:57		
704	F 1008	Ciesielski, Gertrud	53	DEU	Leer	WHK	596	5:05:57	1:18:24	1:18:01	1:07:57	1:21:35		
705	F624	Mertin, Isabella	98	DEU	Gymnasium Ulricianum Aurich	WJ	109	5:06:18	1:16:57	1:19:25	1:03:59	1:25:57		
706	F 960	Saathoff-Rohlfing, Marianne	60	DEU		WHK	597	5:06:30	1:19:01	1:18:55	1:06:41	1:21:53		
707	F534	Richter-Janßen, Elke	61	DEU	TuS Horsten	WHK	598	5:06:49	1:16:35	1:17:53	1:08:32	1:23:49		
708	F651	Reents, Sina	97	DEU	Rhauderfehn	WJ	110	5:07:01	1:16:44	1:17:17	1:08:51	1:24:09		
709	F440	Detert, Nele	00	DEU	Gymnasium Ulricianum Aurich	WJ	111	5:07:04	1:22:50	1:16:41	1:05:14	1:22:19		
710	F607	van Beckum, Silke	85	DEU	Hartmann Group	WHK	599	5:07:11	1:15:36	1:17:10	1:07:07	1:27:18		
711	F492	Kutschinski-Janssen, Maroot	56	DEU	MTV Wittmund	WHK	600	5:07:35	1:19:24	1:15:59	1:07:50	1:24:22		
712	F507	Czerniakowski, Marion	67	DEU	Heseler Dauerläufer	WHK	601	5:07:40	1:16:45	1:18:29	1:08:03	1:24:23		
713	F609	Strüfing, Barbara	64	DEU	Aurich	WHK	602	5:07:51	1:18:03	1:17:51	1:07:24	1:24:33		
714	F259	Schneider, Linda	00	DEU	Gymnasium Ulricianum Aurich	WJ	112	5:07:53	1:22:50	1:16:40	1:05:14	1:23:09		
715	F532	Schaefer, Birgit	69	DEU	Wilhelmshaven	WHK	603	5:08:00	1:18:44	1:18:46	1:08:23	1:22:07		
716	F568	Schulze-Tammena, Sylke	67	DEU	GBC	WHK	604	5:08:02	1:17:03	1:14:30	1:07:46	1:28:43		
717	F611	Ohling, Andrea	65	DEU	Emder LG	WHK	605	5:08:52	1:22:55	1:15:58	1:07:36	1:22:23		
718	F742	Veentjer, Tanja	73	DEU	VfL Jheringsfehn	WHK	606	5:08:54	1:22:24	1:18:18	1:08:02	1:20:10		
719	F 943	Lütten, Angelika	71	DEU	JAG Emden	WHK	607	5:08:55	1:14:11	1:26:06	1:04:12	1:24:26		
720	F703	Ulfers-Brandt, Doris	57	DEU	Stadt Leer	WHK	608	5:09:04	1:18:25	1:18:32	1:08:33	1:23:34		
721	F24	Ubbens, Ineke	83	DEU	Pestalozzischule Weener	WHK	609	5:10:11	1:19:29	1:18:48	1:07:23	1:24:31		
722	F856	Böge-Vogt, Kerstin	61	DEU	Lebenshilfe Leer	WHK	610	5:10:14	1:21:02	1:19:25	1:07:02	1:22:45		
723	F638	Draht, Carolina	63	DEU	Laufen und Meer	WHK	611	5:10:32	1:18:37	1:17:44	1:08:50	1:25:21		
724	F435	Reinders, Marieke	89	DEU	Weener Plastik	WHK	612	5:10:33	1:20:31	1:19:36	1:07:34	1:22:52		
725	F 992	Brelage, Lisa-Marie	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	113	5:10:46	1:18:49	1:18:46	1:06:57	1:26:14		
726	F664	Warner, Jenni	85	DEU	Hartmann Group	WHK	613	5:11:19	1:19:40	1:17:10	1:07:11	1:27:18		
727	F 1018	Buskohl, Daniela	83	DEU		WHK	614	5:11:34	1:17:12	1:20:02	1:08:47	1:25:33		
728	F707	Schaa, Heike	72	DEU	Hartmann Group	WHK	615	5:12:12	1:21:07	1:18:04	1:08:05	1:24:56		
729	F913	Folkers, Christine	78	DEU	CG Realschule Esens	WHK	616	5:12:34	1:24:22	1:16:27	1:07:36	1:24:09		
730	F654	Gerdes, Doris	67	DEU	Sodasan	WHK	617	5:12:43	1:19:30	1:19:25	1:08:35	1:25:13		
730	F493	Müller, Anja	68	DEU	Sodasan	WHK	617	5:12:43	1:19:29	1:19:26	1:08:35	1:25:13		
732	F674	Koop, Katharina	86	DEU	Schulzentrum Collhusen	WHK	619	5:13:13	1:19:54	1:20:03	1:08:45	1:24:31		
733	F299	Pollmann, Herike	93	DEU	WfBM BBB Aurich Wittmund	WHK	620	5:13:58	1:22:00	1:20:11	1:06:54	1:24:53		
734	F768	Kompaan, Insa	59	DEU	Glansdorf	WHK	621	5:14:05	1:18:16	1:19:43	1:08:54	1:27:12		
735	F724	Martens, Wiebke	99	DEU	FC SO-10WPK	WJ	114	5:14:06	1:19:54	1:19:07	1:06:55	1:28:10		

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736	F782	Ostermoor, Carina	80	DEU	Fortuna Logabirum	WHK	622	5:14:27	1:18:28	1:20:03	1:09:15	1:26:41		
737	F997	Kurkowski, Julia	88	DEU	Seefahrtschule Leer	WHK	623	5:14:34	1:20:22	1:21:22	1:07:27	1:25:23		
738	F606	Schmidt, Sina	96	DEU	Hartmann Group	WJ	115	5:14:54	1:18:34	1:17:29	1:09:46	1:29:05		
739	F103 n	Janssen, Bärbel	38	DEU		WHK	624	5:14:58	1:20:39	1:19:01	1:09:32	1:25:46		
740	F634	Hagen, Effi	82	DEU	Bünting Tee	WHK	625	5:15:15	1:18:58	1:19:10	1:08:30	1:28:37		
741	F574	Post, Gabi	69	DEU	Ohne AOK läuft nix!	WHK	626	5:15:21	1:20:58	1:21:01	1:09:26	1:23:56		
742	F572	Dahlheimer, Kalle	72	DEU	Ohne AOK läuft nix!	WHK	627	5:15:25	1:20:59	1:21:02	1:09:27	1:23:57		
742	F557	Elzen, Sandra	87	DEU	Hartmann Group	WHK	627	5:15:25	1:18:34	1:18:00	1:09:46	1:29:05		
744	F879	Ebeling, Alischa	96	DEU	Rettungsdienst Leer	WJ	116	5:15:30	1:19:40	1:21:04	1:11:19	1:23:27		
745	F603	Mombaerts, Claudia	69	DEU	ELG	WHK	629	5:16:12	1:20:45	1:19:30	1:10:15	1:25:42		
746	F600	Leuchters, Stina	99	DEU	FCSO-10WPK	WJ	117	5:16:19	1:20:14	1:21:39	1:09:38	1:24:48		
747	F820	Körper, Kristin	64	DEU	Leer	WHK	630	5:17:17	1:22:21	1:23:05	1:08:21	1:23:30		
748	F713	Wübbels, Birthe	97	DEU	FCSO-10 WPK	WJ	118	5:17:36	1:20:16	1:21:54	1:09:38	1:25:48		
749	F560	Buhr, Alessa	90	DEU	team aurident	WHK	631	5:19:52	1:21:20	1:21:47	1:09:34	1:27:11		
750	F25	Fildebrandt, Marion	68	DEU	OFD Nds.-LBV Aurich	WHK	632	5:19:56	1:22:34	1:18:34	1:10:52	1:27:56		
751	F917	Junkhoff, Wilma	70	DEU	Herzkinder Ostfriesland	WHK	633	5:20:41	1:21:17	1:23:29	1:10:32	1:25:23		
752	F731	Riechelmann, Kerstin	75	DEU	LG Wilken	WHK	634	5:21:01	1:20:22	1:18:52	1:13:30	1:28:17		
753	F684	Boekhoff, Heidi	77	DEU	LT TuRa 07 Westrauderfehn	WHK	635	5:21:38	1:19:46	1:22:02	1:12:49	1:27:01		
754	F407	Wykhoff, Lea	96	DEU	Hartmann Group	WJ	119	5:21:57	1:24:14	1:17:40	1:10:58	1:29:05		
755	F798	Kruse, Sandra	77	DEU	Team Möbel Buss	WHK	636	5:21:58	1:21:46	1:21:02	1:10:05	1:29:05		
756	F26	Ross, Ursula	66	DEU	IFI Kinderheim Leer gGmbH	WHK	637	5:22:45	1:20:15	1:23:15	1:11:55	1:27:20		
757	F811	Harms, Lisa	70	DEU	Fa. Ruma/ Grosswolder LT	WHK	638	5:23:39	1:22:21	1:22:05	1:11:30	1:27:43		
758	F652	Kleene, Insa	80	DEU	DLRG Leer	WHK	639	5:25:37	1:25:09	1:22:11	1:10:54	1:27:23		
759	F650	Busch, Inga	82	DEU	DLRG Leer	WHK	640	5:25:39	1:25:09	1:22:12	1:10:55	1:27:23		
760	F131	Peters, Sarah	88	DEU	obw Emden	WHK	641	5:28:15	1:20:58	1:26:35	1:11:54	1:28:48		
761	F653	Tiede, Claudia	66	DEU	Sodasan	WHK	642	5:28:55	1:24:21	1:24:20	1:11:51	1:28:23		
762	F128	Lind, Santje	93	DEU	obw Emden	WHK	643	5:29:13	1:21:56	1:26:35	1:12:15	1:28:27		
763	F695	Brechtters, Christina	73	DEU	NLWKN	WHK	644	5:30:43	1:24:27	1:22:43	1:12:37	1:30:56		
764	F722	Schulte, Dagmar	77	DEU	Sparkasse LeerWittmund	WHK	645	5:30:45	1:23:20	1:22:06	1:10:07	1:35:12		
765	F673	de Vries, Doris	69	DEU	Orgadata AG	WHK	646	5:32:44	1:23:27	1:23:30	1:14:26	1:31:21		
766	F923	Janßen, Kim	98	DEU	WG Strukelje	WJ	120	5:33:06	1:23:02	1:35:44	1:02:07	1:32:13		
767	F736	Meyer, Martina	81	DEU	Der Weg ist das Ziel	WHK	647	5:33:11	1:27:27	1:26:21	1:10:28	1:28:55		
768	F 1010	Meyer, Helga	63	DEU	SV Potshausen	WHK	648	5:34:08	1:23:22	1:27:37	1:12:34	1:30:35		
769	F690	Janssen- Weber, Linda	62	DEU	SV Stern Schwerinsdorf	WHK	649	5:34:14	1:26:07	1:26:38	1:10:04	1:31:25		
770	F678	Pollmann, Fenna	62	DEU	SV Stern Schwerinsdorf	WHK	650	5:34:17	1:26:07	1:26:39	1:10:05	1:31:26		

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Gesamtwertung Damen/Herren

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771	F734	Horstmann, Brigitte	66	DEU	Greta-Schoon-Schule	WHK	651	5:35:42	1:25:00	1:24:51	1:14:29	1:31:22		
772	F847	Post, Heike	79	DEU	LG Uplengen	WHK	652	5:36:52	1:25:21	1:26:59	1:13:11	1:31:21		
772	F710	Franzen, Heide	70	DEU	Biohof Franzen	WHK	652	5:36:52	1:25:21	1:26:59	1:13:11	1:31:21		
774	F715	Haase, Jenny	67	DEU	Herzkinder Ostfriesland	WHK	654	5:38:03	1:25:40	1:24:30	1:15:50	1:32:03		
775	F666	Schmidt, Marion	56	DEU	Dabei is alles	WHK	655	5:38:59	1:23:46	1:29:41	1:12:24	1:33:08		
776	F657	Jacobs, Alexandra	69	DEU	TUS Hinte	WHK	656	5:39:51	1:27:47	1:24:11	1:15:08	1:32:45		
777	F576	Hemken, Lena	92	DEU	Sparkasse LeerWittmund	WHK	657	5:39:54	1:25:38	1:24:28	1:15:50	1:33:58		
778	F870	Kuhlmann, Anne	82	DEU	ELG	WHK	658	5:40:04	1:25:53	1:27:28	1:16:01	1:30:42		
779	F92	Krey, Annika	92	DEU	Team Möbel Buss	WHK	659	5:43:29	1:26:30	1:29:14	1:15:29	1:32:16		
780	F627	Berends, Kerstin	70	DEU	Bünting Tee	WHK	660	5:43:37	1:27:26	1:28:41	1:14:27	1:33:03		
781	F854	Thomas, Annette	76	DEU	Leinerstift e.V.	WHK	661	5:43:44	1:28:28	1:27:03	1:16:00	1:32:13		
782	F 982	Kaulig, Katharina	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	121	5:43:58	1:22:27	1:27:21	1:18:11	1:35:59		
783	F585	Hintze, Hilke	00	DEU	IGS Moormerland	WJ	122	5:45:00	1:28:22	1:29:36	1:16:06	1:30:56		
784	F569	Eiben, Heike	74	DEU	Lebenshilfe gGmbH Aurich	WHK	662	5:50:38	1:31:33	1:29:52	1:15:56	1:33:17		
785	F130	Müller, Saskia	95	DEU	obw Emden	WHK	663	6:01:29	1:28:00	1:32:38	1:20:30	1:40:21		
786	F667	Schmidt, Lena	89	DEU	Polizei Wittmund	WHK	664	6:05:17	1:30:58	1:33:55	1:19:02	1:41:22		
787	F921	Lebrecht, Annett	99	DEU	WG Strukelje	WJ	123	6:11:29	1:35:21	1:33:26	1:25:16	1:37:26		
788	F922	Heumann, Virginia	02	DEU	WG Strukelje	WJ	124	6:12:38	1:40:24	1:35:43	1:19:58	1:36:33		
789	F688	Hinrichs, Kerstin	64	DEU	LT TuS Aurich-Ost	WHK	665	6:12:48	1:34:06	1:35:50	1:22:57	1:39:55		
790	F888	Herwig, Wiete	97	DEU	OBW Emden	WJ	125	6:24:19	1:34:36	1:38:16	1:26:16	1:45:11		