

# Ossiloop 2015 - 5. Etappe (Gut Stiekelkamp - Holtland)

12.05.2015

## Gesamtwertung Damen/Herren

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### Männer

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	3:02:19	0:37:35	0:39:10	0:32:15	0:41:48	0:31:31	
2	30	Janssen, Ingo	85	DEU	Emder LG	MHK	2	3:07:54	0:37:58	0:38:39	0:34:39	0:41:58	0:34:40	
3	8	Steinke, Peter	70	DEU	MTV Aurich	MHK	3	3:09:41	0:38:26	0:39:03	0:35:08	0:42:26	0:34:38	
4	1356	Fleißner, Hermann	74	DEU	MTV Aurich	MHK	4	3:14:29	0:39:19	0:40:38	0:36:07	0:43:08	0:35:17	
5	11	Lünemann, Frank	77	DEU	MTV Aurich	MHK	5	3:18:40	0:40:00	0:41:10	0:36:34	0:44:33	0:36:23	
6	15	Schmidt, Jörn	84	DEU	MTV Aurich	MHK	6	3:18:54	0:40:27	0:41:11	0:36:45	0:44:16	0:36:15	
7	14	Severiens, Gerd Jelto	93	DEU	Running for Jesus	MHK	7	3:19:09	0:40:30	0:41:19	0:36:49	0:44:17	0:36:14	
8	33	Pingel, Thorsten	75	DEU	LSF Oldenburg	MHK	8	3:20:17	0:41:15	0:41:27	0:36:52	0:44:19	0:36:24	
9	81	Heidergott, Enno	71	DEU	Injoy Leer	MHK	9	3:20:39	0:42:32	0:41:54	0:36:22	0:43:47	0:36:04	
10	36	Wirdemann, Benjamin	83	DEU	LT Schafhauser Wald	MHK	10	3:21:09	0:41:00	0:41:37	0:37:00	0:45:04	0:36:28	
11	9	Oppenborn, Stefan	78	DEU	IGS Moormerland	MHK	11	3:21:28	0:41:23	0:41:26	0:37:15	0:44:18	0:37:06	
12	79	Franken, Stephan	70	DEU	Reederei Buss	MHK	12	3:23:47	0:41:36	0:42:13	0:37:19	0:45:25	0:37:14	
13	50	Roßmann, Lukas	99	DEU	MTV Aurich	MJ	1	3:23:52	0:42:05	0:42:37	0:36:44	0:45:13	0:37:13	
14	40	Wouk, Franz	65	DEU	Kdo SES	MHK	13	3:24:39	0:42:09	0:42:11	0:37:40	0:45:24	0:37:15	
15	68	Kruse, John	82	DEU	VW Emden	MHK	14	3:24:40	0:42:07	0:42:45	0:37:30	0:45:28	0:36:50	
16	76	Kisch, Johannes	66	DEU	FCSO-10WPK	MHK	15	3:26:23	0:42:35	0:42:33	0:37:53	0:45:50	0:37:32	
17	73	Felsmann, Axel	66	DEU	LSF Oldenburg	MHK	16	3:26:45	0:43:00	0:42:31	0:37:53	0:45:50	0:37:31	
18	42	Schröder, Frank	70	DEU	Emder LG	MHK	17	3:27:43	0:42:41	0:42:58	0:38:12	0:46:06	0:37:46	
19	47	Neumann, Boris	79	DEU	Landgericht Aurich	MHK	18	3:28:24	0:42:58	0:42:57	0:38:13	0:46:29	0:37:47	
20	1546	Weinberg, Dieter	68	DEU	LG Harlingerland	MHK	19	3:29:19	0:42:40	0:42:37	0:38:29	0:46:49	0:38:44	
21	242	Meenken, Janno	94	DEU	MTV Aurich	MHK	20	3:29:22	0:43:19	0:43:28	0:37:51	0:46:56	0:37:48	
22	656	Steffens, Daniel	88	DEU	obw Emden	MHK	21	3:30:18	0:44:18	0:43:59	0:38:10	0:46:09	0:37:42	
23	69	Spieker, Tammo	98	DEU	LT TuRa 07 Westrauderfehn	MJ	2	3:30:19	0:43:47	0:43:35	0:38:33	0:46:37	0:37:47	
24	45	Röber, Carsten	64	DEU	.	MHK	22	3:30:22	0:44:39	0:43:27	0:38:14	0:46:20	0:37:42	
25	37	Akkermann, Michael	70	DEU	Jennelt	MHK	23	3:31:05	0:43:38	0:43:54	0:38:32	0:46:33	0:38:28	
26	564	Rose, Christian	84	DEU	ENOVA	MHK	24	3:31:23	0:45:33	0:44:23	0:38:24	0:45:26	0:37:37	
27	1848	Ahmed, Osman	87	DEU	Strackholt	MHK	25	3:31:50	0:44:18	0:44:02	0:38:51	0:46:44	0:37:55	
28	34	Grafenburg, Janek	98	DEU	UEG Leer	MJ	3	3:32:41	0:44:26	0:44:04	0:39:06	0:47:19	0:37:46	
29	1831	Busse, Peter	65	DEU	Emder LG	MHK	26	3:32:48	0:44:14	0:44:03	0:38:29	0:47:15	0:38:47	
30	113	Hanken, Dirk	92	DEU	ohne	MHK	27	3:32:59	0:43:56	0:44:50	0:39:00	0:46:58	0:38:15	
31	112	Corsten, Richard	99	DEU	Gymnasium Ulricianum Aurich	MJ	4	3:33:18	0:44:54	0:44:22	0:38:55	0:47:09	0:37:58	
32	232	Vaupel, Sven	90	DEU	Team ENERCON	MHK	28	3:33:22	0:45:25	0:43:45	0:38:27	0:47:06	0:38:39	
33	1357	Menssen, Jörg	81	DEU	Krankenhaus Wittmund	MHK	29	3:33:33	0:43:27	0:44:11	0:39:18	0:47:42	0:38:55	
34	41	Klaue, Roland	71	DEU	MTV-Aurich / Pizzeria Harlekin	MHK	30	3:33:43	0:46:18	0:43:49	0:38:20	0:46:59	0:38:17	
35	39	Piotrowski, Carsten	79	DEU	LG Harlingerland	MHK	31	3:33:44	0:43:23	0:44:06	0:38:37	0:49:00	0:38:38	

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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	1861	Schürmann, Lukas	96	DEU	IGS Aurich-West	MJ	5	3:34:40	0:44:43	0:44:05	0:39:20	0:47:04	0:39:28	
37	55	Warsing, Hartmut	71	DEU	LG TV Bunde	MHK	32	3:34:42	0:44:12	0:44:24	0:39:29	0:47:29	0:39:08	
38	57	Niemöller, Edgar	69	DEU	Volkswagen Zentrum Oldenburg	MHK	33	3:34:54	0:44:11	0:44:16	0:39:54	0:47:19	0:39:14	
39	54	Wagenknecht, Till	68	DEU	LSF Oldenburg	MHK	34	3:35:09	0:43:48	0:44:08	0:39:57	0:47:44	0:39:32	
40	74	Henninga, Stephan	86	DEU	RVB Aurich/Uplengen	MHK	35	3:35:13	0:44:34	0:44:51	0:39:03	0:47:39	0:39:06	
41	1358	Anderlohr, Jörg	78	DEU	ENERCON	MHK	36	3:35:15	0:43:53	0:45:58	0:39:03	0:47:22	0:38:59	
42	249	von Felde, Janek	98	DEU	NIGE	MJ	6	3:35:42	0:45:15	0:45:16	0:38:21	0:47:45	0:39:05	
43	60	Steenhardt, Wilfried	66	DEU	LG Teutonia Stapelmoor	MHK	37	3:35:55	0:43:47	0:44:19	0:39:13	0:48:46	0:39:50	
44	91	Klaassen, Jens	83	DEU	Emder LG	MHK	38	3:36:10	0:43:44	0:44:37	0:39:23	0:48:46	0:39:40	
45	1583	Grest, Jens	71	DEU	SV Warsingsfehn	MHK	39	3:36:41	0:44:25	0:44:21	0:39:39	0:48:36	0:39:40	
46	1856	Röbling, Tammo	97	DEU	LG Harlingerland	MJ	7	3:36:49	0:45:06	0:45:00	0:39:43	0:48:21	0:38:39	
47	77	Wittmann, Benjamin	81	DEU	Baptisten Firrel	MHK	40	3:37:15	0:44:59	0:45:10	0:39:42	0:48:07	0:39:17	
48	1725	Seeberg, Jonas	97	DEU	Gymnasium Ulricianum Aurich	MJ	8	3:37:34	0:44:36	0:44:32	0:40:27	0:48:23	0:39:36	
49	88	Trebesch, Volker	65	DEU	Team ENERCON	MHK	41	3:38:07	0:44:53	0:44:40	0:40:06	0:48:35	0:39:53	
50	83	Kruse, Jens	75	DEU	LG TV Bunde	MHK	42	3:38:09	0:44:16	0:44:56	0:40:18	0:48:52	0:39:47	
51	84	Ludwig, Reinhard	59	DEU	Lummerland Taxi Aurich	MHK	43	3:38:23	0:44:59	0:46:08	0:39:39	0:47:58	0:39:39	
52	1363	Janssen, Georg	84	DEU	Ihlower Loopers	MHK	44	3:38:35	0:44:55	0:45:01	0:40:11	0:48:40	0:39:48	
53	393	Lüschen, Axel	93	DEU	RVB Aurich/Uplengen	MHK	45	3:38:41	0:45:05	0:46:30	0:39:46	0:49:09	0:38:11	
53	1753	Weber, Yannik	95	DEU	Gymnasium Ulricianum Aurich	MHK	45	3:38:41	0:45:33	0:44:23	0:40:07	0:48:47	0:39:51	
55	59	Köster, Clemens	73	DEU	MTV Aurich	MHK	47	3:38:52	0:44:51	0:45:06	0:40:20	0:48:49	0:39:46	
56	118	Recknagel, Marco	99	DEU	Gymnasium Ulricianum Aurich	MJ	9	3:39:33	0:45:12	0:44:25	0:40:48	0:49:01	0:40:07	
57	182	Wollenberg, Holger	75	DEU	Filsum	MHK	48	3:39:52	0:45:14	0:45:08	0:40:35	0:49:00	0:39:55	
58	35	Bartsch, Peter	76	DEU	Werder Bremen	MHK	49	3:39:58	0:44:52	0:45:16	0:40:29	0:48:54	0:40:27	
59	38	Sanders, Dieter	77	DEU	Kilometerfresser Stapelmoor	MHK	50	3:40:19	0:45:19	0:45:11	0:40:25	0:49:07	0:40:17	
59	70	Lottmann, Ralf	71	DEU	EWE-Wattloopers	MHK	50	3:40:19	0:45:42	0:45:46	0:40:13	0:48:47	0:39:51	
61	93	Büttner, Riko	99	DEU	Gymnasium Ulricianum Aurich	MJ	10	3:40:48	0:46:29	0:46:06	0:39:59	0:48:34	0:39:40	
61	1584	Kunz, Daniel	97	DEU	Running for Jesus	MJ	10	3:40:48	0:45:39	0:45:07	0:40:10	0:50:10	0:39:42	
63	137	Oremek, Robert	65	DEU	Team ENERCON	MHK	52	3:40:59	0:45:38	0:45:45	0:40:29	0:49:16	0:39:51	
64	106	Gerdes, Fidi	67	DEU	LG Ostfriesland/ ONNO Behrends	MHK	53	3:41:16	0:45:55	0:45:12	0:40:34	0:49:45	0:39:50	
65	1547	Hollmann, Kevin	97	DEU	NIGE	MJ	12	3:41:17	0:44:32	0:45:19	0:40:50	0:50:54	0:39:42	
66	1359	Claassen, Marcel	95	DEU	Störtebeker Loopers TVM	MHK	54	3:41:20	0:46:27	0:45:46	0:40:30	0:48:55	0:39:42	
67	119	Meyer, Martin	81	DEU	Team Zuglufttief	MHK	55	3:41:28	0:44:41	0:45:34	0:40:40	0:49:57	0:40:36	
67	1748	Papenfuß, Nils	98	DEU	TSG Westerstede	MJ	13	3:41:28	0:44:08	0:47:09	0:41:14	0:49:12	0:39:45	
69	100	Steffens, Jannes	86	DEU	Team Winterhoff Buss	MHK	56	3:42:05	0:46:36	0:46:49	0:40:07	0:48:54	0:39:39	
70	1777	Kischlat, Carsten	87	DEU	Optik Lenk	MHK	57	3:42:08	0:46:17	0:45:24	0:40:24	0:49:07	0:40:56	

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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
71	1510	Meyer, Henning	96	DEU		MJ	14	3:42:19	0:47:59	0:46:37	0:40:37	0:48:06	0:39:00	
72	1431	Frobel, Maik	95	DEU	H-D HeuermannGmbH	MHK	58	3:42:46	0:46:13	0:46:08	0:40:27	0:49:29	0:40:29	
73	44	Töbelmann, Olaf	71	DEU	Bundeswehr Weener	MHK	59	3:42:58	0:45:34	0:45:46	0:41:05	0:49:51	0:40:42	
74	1370	Plavenieks, Helge	77	DEU	SV Dornum	MHK	60	3:43:00	0:45:42	0:46:34	0:40:51	0:49:38	0:40:15	
75	501	Barth, Alwin	70	DEU	SVO Wi sünd Holtriem	MHK	61	3:43:02	0:45:51	0:45:54	0:41:08	0:49:20	0:40:49	
76	1369	Lübbers, Jochem	70	DEU	LG TV Bunde	MHK	62	3:43:30	0:46:06	0:46:17	0:41:13	0:49:22	0:40:32	
77	1721	Schmidt, Thomas	90	DEU	SV Borussia Leer	MHK	63	3:43:45	0:47:04	0:46:03	0:40:33	0:48:48	0:41:17	
78	1615	Siemers, Enno	89	DEU	Südbrookmerland	MHK	64	3:43:59	0:48:31	0:45:38	0:40:14	0:49:31	0:40:05	
79	1648	Alberts, Thomas	81	DEU	Loppersum	MHK	65	3:44:00	0:45:42	0:46:22	0:41:15	0:49:50	0:40:51	
80	1442	Eden, Kurt	58	DEU	TV Norden	MHK	66	3:44:02	0:46:16	0:46:18	0:41:17	0:49:39	0:40:32	
81	1375	Wiechmann, Thomas	71	DEU	Störtebeker Loopers TVM	MHK	67	3:44:10	0:46:21	0:46:27	0:41:11	0:49:40	0:40:31	
82	87	Kramer, Stefan	68	DEU	Emder LG	MHK	68	3:44:16	0:45:46	0:45:10	0:41:36	0:49:16	0:42:28	
83	1364	Geiken, Ralf	71	DEU	BV Victorbur	MHK	69	3:44:18	0:45:34	0:46:05	0:42:29	0:50:05	0:40:05	
84	94	Ostermoor, Frank	71	DEU	Fortuna Logabirum	MHK	70	3:44:36	0:45:59	0:46:31	0:41:14	0:50:10	0:40:42	
84	680	Fuhrmann, Simon	96	DEU	Enno Onneckten	MJ	15	3:44:36	0:46:54	0:46:17	0:41:43	0:49:32	0:40:10	
86	96	Hallmann, Hermann	62	DEU	Emder LG	MHK	71	3:44:41	0:45:53	0:46:23	0:41:43	0:49:57	0:40:45	
87	105	Baxmann, Thomas	66	DEU	Sporting Emden	MHK	72	3:44:43	0:45:40	0:46:47	0:41:05	0:50:10	0:41:01	
88	1367	de Buhr, Julian	99	DEU	Fortuna Logabirum	MJ	16	3:44:46	0:45:44	0:46:01	0:41:22	0:51:01	0:40:38	
89	173	Landherr, Manfred	64	DEU	TG Wiesmoor	MHK	73	3:44:48	0:44:59	0:47:02	0:41:38	0:50:40	0:40:29	
89	1365	Christians, Borchard	58	DEU	LG Ostfriesland	MHK	73	3:44:48	0:46:11	0:46:24	0:40:50	0:50:34	0:40:49	
91	1852	Idris, Hassan	90	DEU	Strackholt	MHK	75	3:44:52	0:46:05	0:48:09	0:40:51	0:49:26	0:40:21	
92	146	van Geuns, Lothar	73	DEU	Collinghorst	MHK	76	3:45:09	0:46:44	0:46:57	0:41:21	0:49:45	0:40:22	
93	127	Liebetau, Wilko	77	DEU	TRAUCO Gruppe	MHK	77	3:45:22	0:47:12	0:47:03	0:41:10	0:49:34	0:40:23	
94	1818	Brandt, Matthias	80	DEU	DLRG Weener	MHK	78	3:45:53	0:47:25	0:47:24	0:40:49	0:49:42	0:40:33	
95	1567	Schulte, Tobias	74	DEU	Ihrenerfeld	MHK	79	3:45:55	0:47:10	0:47:25	0:41:02	0:49:59	0:40:19	
96	108	Nordbrock, Joachim	72	DEU	Boekzetelerfehn	MHK	80	3:45:59	0:46:30	0:46:55	0:41:28	0:50:22	0:40:44	
97	120	Breise, Viktor	78	DEU	SpVg Aurich	MHK	81	3:46:01	0:47:05	0:45:55	0:42:02	0:50:16	0:40:43	
97	1799	Rebel, Lars	99	DEU	FC SO-10WPK	MJ	17	3:46:01	0:47:44	0:47:05	0:41:34	0:49:28	0:40:10	
99	1384	Hannover, Matthias	80	DEU	ZVO Zeitungsvertrieb Ostfriesland GmbH	MHK	82	3:46:13	0:47:19	0:46:37	0:41:12	0:50:15	0:40:50	
100	144	Derr, Viktor	81	DEU	Spaß mit Sport	MHK	83	3:46:17	0:46:21	0:46:39	0:41:56	0:50:14	0:41:07	
101	503	Dirks, Jannek	97	DEU	IGS Aurich-West	MJ	18	3:46:41	0:48:24	0:47:10	0:40:04	0:51:01	0:40:02	
102	75	Behrens, Johannes	94	DEU	LSF Oldenburg	MHK	84	3:46:45	0:45:48	0:48:27	0:41:38	0:50:06	0:40:46	
103	92	Trebesch, Wolfgang	57	DEU	MTV Aurich	MHK	85	3:46:53	0:46:05	0:46:52	0:42:10	0:50:04	0:41:42	
104	954	Afewerki, Michael Haile	87	DEU	Windlooper	MHK	86	3:46:55	0:50:45	0:46:07	0:40:35	0:49:46	0:39:42	
105	1646	Reimann, Klaus	68	DEU	Nordland Papier	MHK	87	3:47:10	0:46:42	0:47:06	0:41:36	0:50:27	0:41:19	

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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
106	1456	Carls, Christoph	64	DEU	TV Norden	MHK	88	3:47:16	0:46:52	0:47:07	0:41:33	0:50:30	0:41:14	
107	134	Newiger, Thomas	72	DEU	Aurich	MHK	89	3:47:44	0:46:04	0:46:40	0:41:52	0:51:34	0:41:34	
108	101	Hartema, Richard	68	DEU	LG Teutonia Stapelmoor	MHK	90	3:47:50	0:46:44	0:46:47	0:41:59	0:50:48	0:41:32	
109	221	Janßen, Horst	68	DEU	Stapel	MHK	91	3:48:02	0:48:01	0:47:34	0:41:02	0:50:23	0:41:02	
110	168	Bordasch, Marco	68	DEU	Verkehrsverein Aurich	MHK	92	3:48:07	0:46:58	0:47:07	0:41:53	0:50:35	0:41:34	
111	1755	Oldigs, Tammo	01	DEU	SV Concordia Ihrhove	MJ	19	3:48:29	0:51:57	0:45:55	0:41:22	0:49:09	0:40:06	
112	279	Enk, Jörn	77	DEU	LG Wilken	MHK	93	3:48:35	0:49:26	0:47:38	0:41:28	0:49:51	0:40:12	
113	158	Sauer, Artur	80	DEU	Team ENERCON	MHK	94	3:48:44	0:46:54	0:47:05	0:42:08	0:50:52	0:41:45	
114	153	Lünemann, Thomas	80	DEU	RSM DPI AG	MHK	95	3:48:46	0:47:08	0:47:28	0:41:54	0:51:21	0:40:55	
115	239	Siemers, Jannek	93	DEU	Läuft bei dir!	MHK	96	3:48:47	0:46:47	0:47:20	0:41:30	0:49:39	0:43:31	
116	1864	Smid, Joachim	94	DEU	Holz und Bau Weener	MHK	97	3:48:55	0:50:11	0:47:30	0:41:29	0:48:56	0:40:49	
117	628	Klump, Mario	89	DEU	Bünting Tee	MHK	98	3:48:56	0:48:10	0:47:24	0:41:04	0:50:54	0:41:24	
117	1670	Koppelkamm, Jan-Henrik	98	DEU	Cramer's	MJ	20	3:48:56	0:47:26	0:47:25	0:41:12	0:51:42	0:41:11	
119	98	Klose, Christian	84	DEU	Landgericht Aurich	MHK	99	3:49:15	0:46:42	0:46:57	0:41:26	0:50:01	0:44:09	
120	1466	Müller, Lars	94	DEU	Team Möbel Buss	MHK	100	3:49:25	0:48:06	0:47:35	0:41:40	0:50:02	0:42:02	
121	71	Ibeling, Fred	66	DEU	LG Ostfriesland	MHK	101	3:49:26	0:45:50	0:48:11	0:42:20	0:51:38	0:41:27	
122	145	Runden, Christoph	91	DEU	Post SV Leer	MHK	102	3:49:32	0:47:26	0:47:37	0:41:55	0:51:03	0:41:31	
123	1351	Alts, Holger	64	DEU	VfL Berumbur	MHK	103	3:49:36	0:47:15	0:47:21	0:42:19	0:50:54	0:41:47	
124	1381	Schnuis, Henning	93	DEU	Physio Aktiv Rhauderfehn	MHK	104	3:49:59	0:47:41	0:47:53	0:41:46	0:51:51	0:40:48	
125	166	Lorenz, Simon	78	DEU	Emder LG	MHK	105	3:50:11	0:47:02	0:47:40	0:42:30	0:51:08	0:41:51	
126	214	Sandersfeld, Malte	96	DEU	Baptisten Firrel	MJ	21	3:50:56	0:49:34	0:47:49	0:41:40	0:50:53	0:41:00	
127	1443	Poguntke, Martin	63	DEU	TV Norden	MHK	106	3:51:11	0:47:02	0:47:26	0:42:44	0:51:25	0:42:34	
128	1860	Stepniak, Robert	91	DEU	Baustoffcenter Jever	MHK	107	3:51:16	0:50:59	0:48:58	0:41:58	0:49:36	0:39:45	
129	316	Schepker, Lars	80	DEU	Rolf Janssen Gruppe	MHK	108	3:51:34	0:48:31	0:47:37	0:41:57	0:49:59	0:43:30	
129	598	Möhlmann, Timo	95	DEU	Raiffeisenbank eG, Moormerland	MHK	108	3:51:34	0:48:30	0:47:47	0:42:19	0:51:21	0:41:37	
131	716	Nobel, Benjamin	86	DEU	BBC Chartering GmbH	MHK	110	3:51:35	0:47:41	0:48:25	0:41:47	0:51:22	0:42:20	
132	235	Wildemann, Arne	98	DEU	NIGE	MJ	22	3:51:39	0:49:28	0:49:08	0:41:13	0:49:06	0:42:44	
133	193	Baalmann, Josef	61	DEU	MTV Aurich	MHK	111	3:51:47	0:47:55	0:48:01	0:42:24	0:51:30	0:41:57	
134	1657	Maas, Uwe	80	DEU	Nordland Papier	MHK	112	3:51:58	0:48:08	0:47:42	0:42:20	0:51:42	0:42:06	
134	1568	Maibaum, Lars	71	DEU	Staatsanwaltschaft Aurich	MHK	112	3:51:58	0:49:15	0:48:00	0:41:56	0:50:57	0:41:50	
136	130	Erchinger, Heye	97	DEU	FCSO-SII	MJ	23	3:52:00	0:48:14	0:47:55	0:43:05	0:51:19	0:41:27	
137	179	Mock, Benjamin	84	DEU	Seefahrtsschule Leer	MHK	114	3:52:10	0:48:51	0:47:58	0:42:07	0:50:55	0:42:19	
138	1681	Lütten, Max	00	DEU	JAG Emden	MJ	24	3:52:11	0:52:07	0:47:10	0:41:55	0:50:30	0:40:29	
139	107	Wilfried, Busboom	71	DEU	Posaunenchor Detern	MHK	115	3:52:20	0:49:09	0:47:57	0:42:03	0:51:17	0:41:54	
140	207	Cassoli, Jair	77	DEU	Team ENERCON	MHK	116	3:52:24	0:48:42	0:48:04	0:43:06	0:51:08	0:41:24	

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141	325	Mocha, Jens	78	DEU	UEG Leer	MHK	117	3:52:30	0:49:15	0:48:49	0:42:17	0:50:58	0:41:11	
142	1377	Klaas, Mark	75	DEU	Ubbo-Emmius-Klinik Aurich	MHK	118	3:52:38	0:47:11	0:48:11	0:43:14	0:51:57	0:42:05	
143	304	Sörensen, Marc	81	DEU	IN-Team Aurich	MHK	119	3:52:39	0:48:52	0:48:04	0:42:20	0:51:42	0:41:41	
144	157	Janssen, Stefan	79	DEU	VW-EMDEN	MHK	120	3:52:41	0:47:47	0:47:44	0:42:10	0:53:16	0:41:44	
145	104	Bender, Björn	78	DEU	TaktLwGrp "R"	MHK	121	3:52:42	0:47:16	0:48:16	0:42:27	0:52:34	0:42:09	
146	228	de Freese, Frank	82	DEU	EWE-Wattloopers	MHK	122	3:52:48	0:49:00	0:48:02	0:42:05	0:51:27	0:42:14	
146	1781	Reiners, Steffen	96	DEU	Verein ehemaliger Ulricianer	MJ	25	3:52:48	0:47:41	0:47:38	0:42:33	0:50:06	0:44:50	
148	993	Meents, Thomas	88	DEU	TSV Jahn Carolinensiel	MHK	123	3:52:54	0:47:11	0:48:28	0:42:16	0:52:44	0:42:15	
149	1460	Tattje, Sven	92	DEU	Team Möbel Buss	MHK	124	3:52:55	0:47:41	0:48:24	0:43:01	0:51:43	0:42:06	
150	246	Puse, Gerd	63	DEU	Sparkasse LeerWittmund	MHK	125	3:52:56	0:48:34	0:48:30	0:42:37	0:51:13	0:42:02	
151	89	Janßen, Gerriet-Thomas	70	DEU	LG Ostfriesland	MHK	126	3:52:58	0:48:04	0:48:15	0:42:36	0:51:49	0:42:14	
152	149	Siebens, Ivo	65	DEU	Ohne	MHK	127	3:53:02	0:47:18	0:48:33	0:42:51	0:51:38	0:42:42	
153	1650	Anwand, Karl-Heinz	52	DEU	Ostfr.Moordorf	MHK	128	3:53:05	0:47:56	0:48:26	0:42:37	0:52:08	0:41:58	
154	186	Günther, Dieke	00	DEU	Gymnasium Ulricianum Aurich 9b	MJ	26	3:53:15	0:48:14	0:47:55	0:42:18	0:53:07	0:41:41	
155	1548	Rolf, Kirschke	65	DEU	Team ENERCON	MHK	129	3:53:18	0:47:22	0:47:57	0:43:22	0:51:52	0:42:45	
155	1647	Reeßing, Sven	71	DEU	Nordland Papier	MHK	129	3:53:18	0:49:14	0:47:59	0:42:07	0:51:16	0:42:42	
157	86	Krull, Gordon	70	DEU	MTV Aurich	MHK	131	3:53:20	0:48:16	0:48:41	0:42:50	0:51:19	0:42:14	
158	374	Miethke, Kuno	75	DEU	LT TuS Aurich-Ost	MHK	132	3:53:21	0:49:02	0:48:24	0:42:09	0:51:37	0:42:09	
159	268	Block, Wilhelm	80	DEU	Laufen und Meer / 2-Rad Center Block	MHK	133	3:53:38	0:47:25	0:48:35	0:42:36	0:52:30	0:42:32	
160	250	Beek, Hannes	98	DEU	KGS Wiesmoor	MJ	27	3:53:43	0:51:14	0:48:55	0:41:43	0:50:40	0:41:11	
161	124	Brem, Thomas	70	DEU	Emder LG	MHK	134	3:53:46	0:47:33	0:48:15	0:42:46	0:52:23	0:42:49	
162	559	Groß, Sven	91	DEU	WfbM BBB Aurich Wittmund	MHK	135	3:53:47	0:50:31	0:47:45	0:42:11	0:52:04	0:41:16	
163	1131	Pinkernell, Niklas	98	DEU	NIGE	MJ	28	3:53:52	0:46:28	0:48:16	0:42:53	0:52:51	0:43:24	
164	203	Müller, Frank	72	DEU	Sparkasse Aurich-Norden	MHK	136	3:53:55	0:48:33	0:48:05	0:42:40	0:52:39	0:41:58	
164	178	Krahn, Daniel	71	DEU	Haupt- u. Realschule Friedeburg	MHK	136	3:53:55	0:48:54	0:48:40	0:42:51	0:51:38	0:41:52	
166	175	Zieker, Enrico	76	DEU	VW Emden / TuS Eintracht Hinte	MHK	138	3:53:56	0:47:27	0:48:14	0:44:01	0:51:37	0:42:37	
167	1368	Hoffmann, Karl-Heinz	58	DEU	Team Laufrausch e.V.	MHK	139	3:54:06	0:47:34	0:48:10	0:42:47	0:51:56	0:43:39	
168	1372	Claassen, Marco	88	DEU	Störtebeker Loopers TVM	MHK	140	3:54:10	0:47:36	0:48:54	0:42:54	0:52:11	0:42:35	
169	148	Markmeyer, Tobias	90	DEU	Kdo SES	MHK	141	3:54:25	0:50:45	0:49:20	0:42:16	0:50:49	0:41:15	
170	52	Nannen, Yannick	97	DEU	SV Holtland	MJ	29	3:54:27	0:47:42	0:48:51	0:43:22	0:51:50	0:42:42	
171	211	de Buhr, Hajo	81	DEU	Aurich	MHK	142	3:54:32	0:48:31	0:48:35	0:42:35	0:51:53	0:42:58	
172	97	Meyer, Tönjes	58	DEU	TSV Hesel	MHK	143	3:54:47	0:48:10	0:48:42	0:43:03	0:52:32	0:42:20	
172	470	Feldmann, Ralf	72	DEU	TaktLwGrp "R"	MHK	143	3:54:47	0:48:49	0:48:47	0:42:53	0:51:47	0:42:31	
174	154	Buß, Hinni	54	DEU	SVO Wi sünd Holtriem	MHK	145	3:54:48	0:48:09	0:48:21	0:43:05	0:52:48	0:42:25	
174	1703	Hüls, Uwe	63	DEU	TV Norden	MHK	145	3:54:48	0:47:34	0:48:37	0:43:29	0:52:24	0:42:44	

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176	114	Ulferts, Oltmann	64	DEU	SV Holtland	MHK	147	3:54:50	0:49:06	0:48:01	0:42:48	0:52:36	0:42:19	
177	285	Lambertz, Walter	73	DEU	Team ENERCON	MHK	148	3:54:52	0:49:54	0:48:14	0:42:51	0:52:16	0:41:37	
178	85	Witte, Daniel	86	DEU	IGS Moormerland	MHK	149	3:54:56	0:49:27	0:48:13	0:42:26	0:52:37	0:42:13	
179	1651	Ludwigs, Ingo	76	DEU		MHK	150	3:54:58	0:49:12	0:48:52	0:43:00	0:51:38	0:42:16	
180	216	Kruse, Frank	79	DEU	VW Emden	MHK	151	3:55:05	0:48:26	0:48:36	0:43:20	0:52:36	0:42:07	
180	1454	Wölfel, Andreas	81	DEU	TV Norden	MHK	151	3:55:05	0:48:55	0:48:38	0:43:15	0:51:39	0:42:38	
182	102	Schurwanz, Carsten	65	DEU	Aurich	MHK	153	3:55:07	0:48:14	0:48:59	0:42:56	0:52:02	0:42:56	
183	1136	Janßen, Marlon	98	DEU	NIGE	MJ	30	3:55:10	0:47:11	0:48:42	0:43:03	0:52:51	0:43:23	
184	1770	Cassens, Enno	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	31	3:55:11	0:49:25	0:48:49	0:42:28	0:51:31	0:42:58	
185	583	Janßen, Henning	79	DEU	Kdo SES	MHK	154	3:55:34	0:49:48	0:49:05	0:42:14	0:52:02	0:42:25	
186	125	Beitelmann, Arne	87	DEU	OLB-Ostfriesland / MTV Aurich	MHK	155	3:55:42	0:49:20	0:49:58	0:43:15	0:51:42	0:41:27	
187	128	Janßen, Stephan	73	DEU	LG Uplengen	MHK	156	3:55:44	0:49:09	0:48:18	0:43:12	0:51:51	0:43:14	
187	544	Heyken, Wessel	87	DEU	AGR	MHK	156	3:55:44	0:49:38	0:48:32	0:42:39	0:52:06	0:42:49	
189	615	Trebesch, Tilko	98	DEU	Gymnasium Ulricianum Aurich	MJ	32	3:55:56	0:49:11	0:47:54	0:42:35	0:53:08	0:43:08	
190	1663	Mennebäck, Ocko	95	DEU	Kinderhilfe Stiftung Ronald McDonald	MHK	158	3:55:57	0:49:14	0:47:38	0:44:30	0:51:47	0:42:48	
191	243	Recknagel, Bernd	67	DEU	Hotel Waldquelle	MHK	159	3:56:01	0:48:52	0:48:48	0:43:04	0:52:20	0:42:57	
192	164	Neuenstein, Bernd	61	DEU	LG Papenburg-Aschendorf	MHK	160	3:56:06	0:49:04	0:48:54	0:43:25	0:52:00	0:42:43	
193	62	Janssen, Harm	66	DEU	Gassco Vikings	MHK	161	3:56:19	0:52:44	0:49:05	0:40:43	0:51:10	0:42:37	
194	183	Schmidt, Robert	93	DEU	MTV Aurich	MHK	162	3:56:22	0:48:11	0:49:20	0:43:04	0:51:36	0:44:11	
195	229	Böse, Matthias	70	DEU	SV Stikelkamp	MHK	163	3:56:25	0:48:51	0:48:44	0:43:23	0:52:30	0:42:57	
196	187	Willms, Hermann	76	DEU	Wildeboer Bauteile GmbH	MHK	164	3:56:40	0:48:43	0:49:12	0:43:29	0:52:44	0:42:32	
196	451	Kruse, Manuel	96	DEU	IGS Aurich-West	MJ	33	3:56:40	0:48:52	0:48:45	0:42:11	0:53:47	0:43:05	
198	1446	Hellmers, Ralf	65	DEU	TV Norden	MHK	165	3:56:44	0:48:50	0:48:38	0:43:15	0:51:39	0:44:22	
199	252	Müßing, Michael	81	DEU	Klinikum Leer	MHK	166	3:56:58	0:48:07	0:49:48	0:43:10	0:52:51	0:43:02	
200	99	Gerdes, Helmut	72	DEU	Rechtsweg	MHK	167	3:57:11	0:48:05	0:49:11	0:43:22	0:52:30	0:44:03	
201	1380	Uffenbrink, Kai	00	DEU	NIGE	MJ	34	3:57:18	0:48:42	0:49:54	0:42:53	0:53:12	0:42:37	
202	139	Möller, Herbert	62	DEU	STV Sedelsberg / Peheim	MHK	168	3:57:33	0:49:11	0:48:52	0:43:13	0:52:52	0:43:25	
203	323	Gelhard, Thomas	56	DEU	LT TuS Aurich-Ost	MHK	169	3:57:35	0:48:57	0:49:26	0:43:07	0:52:45	0:43:20	
204	126	Sanders, Eckhard	66	DEU	SuS Emden	MHK	170	3:57:42	0:48:40	0:48:23	0:44:01	0:53:19	0:43:19	
205	133	Redenius, Folkert	57	DEU	LT TuRa 07 Westrauderfehn	MHK	171	3:57:50	0:48:40	0:49:32	0:43:13	0:52:18	0:44:07	
206	21	Stahlberg, Michael	75	DEU	Marienhafte	MHK	172	3:57:51	0:49:01	0:49:58	0:44:00	0:52:34	0:42:18	
207	605	Bica, Mihai-Gabriel	84	DEU	Klinikum Leer	MHK	173	3:57:52	0:50:58	0:49:25	0:42:58	0:51:43	0:42:48	
208	261	Rahmann, Jan-Hauke	93	DEU	Bünting Tee	MHK	174	3:57:53	0:48:37	0:49:36	0:43:51	0:53:04	0:42:45	
209	209	Siebelts, Arnd	67	DEU	Bosselverein Free weg Westeren	MHK	175	3:58:02	0:50:09	0:48:35	0:42:38	0:53:35	0:43:05	
210	121	Balzen, Timo	96	DEU	Bünting Tee	MJ	35	3:58:13	0:51:43	0:48:26	0:42:47	0:53:38	0:41:39	

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211	1422	Diepenbroek, Daniel	79	DEU	Emder LG	MHK	176	3:58:23	0:49:58	0:48:44	0:43:48	0:52:52	0:43:01	
212	263	Michaelsen, Claus	69	DEU	Für Jesus	MHK	177	3:58:25	0:49:46	0:50:12	0:43:14	0:52:42	0:42:31	
213	1549	Pree, Wolfgang	62	DEU	LG Harlingerland	MHK	178	3:58:30	0:49:17	0:49:21	0:44:05	0:52:47	0:43:00	
214	198	Weerts, Holger	73	DEU	Lauftreff Schafhauser Wald	MHK	179	3:58:32	0:49:19	0:50:21	0:43:58	0:52:06	0:42:48	
215	244	Beening, Ingo	70	DEU	BBS Aurich	MHK	180	3:58:45	0:49:18	0:49:25	0:43:32	0:53:04	0:43:26	
216	420	Villamil, David	86	DEU	Team ENERCON	MHK	181	3:59:06	0:50:39	0:48:37	0:43:48	0:52:16	0:43:46	
216	1587	Schwarzenberg, Hannes	97	DEU	Gymnasium Ulricianum Aurich sp602	MJ	36	3:59:06	0:49:14	0:47:46	0:44:06	0:53:09	0:44:51	
218	1811	Hossaini, Elias	96	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	37	3:59:11	0:50:29	0:48:39	0:43:52	0:53:28	0:42:43	
219	271	Marnowsky, Volker	61	DEU	Team Laufrausch	MHK	182	3:59:16	0:50:28	0:49:26	0:42:58	0:53:08	0:43:16	
220	1045	Janßen, Benjamin	00	DEU	Realschule Aurich	MJ	38	3:59:33	0:51:36	0:49:48	0:43:39	0:51:36	0:42:54	
221	1714	Willms, Wilko	73	DEU	LG Harlingerland	MHK	183	3:59:48	0:50:05	0:49:23	0:43:25	0:53:36	0:43:19	
222	925	Anders, Christoph	83	DEU	Bünting Tee	MHK	184	3:59:56	0:49:14	0:48:36	0:43:07	0:56:24	0:42:35	
223	63	Meyeraan, Harald	64	DEU	Loppersum / VW Emden	MHK	185	4:00:02	0:47:58	0:48:24	0:42:41	0:52:52	0:48:07	
223	1715	Langer, Timo	73	DEU	TSV Jahn Carolinensiel	MHK	185	4:00:02	0:50:25	0:49:42	0:43:33	0:53:13	0:43:09	
225	169	Hübner, Dennis	78	DEU	Finkenburgschule Wittmund	MHK	187	4:00:04	0:48:41	0:49:45	0:44:31	0:53:22	0:43:45	
226	612	Enders, Wilhelm	67	DEU	REHAU AG+Co	MHK	188	4:00:06	0:50:11	0:49:41	0:44:07	0:52:53	0:43:14	
227	116	Götz, Hartmut	72	DEU	Kdo SES	MHK	189	4:00:17	0:50:50	0:49:35	0:42:17	0:53:58	0:43:37	
228	288	Tabbert, Frank	65	DEU	LG Ostfriesland/Gassco Vikinas	MHK	190	4:00:19	0:49:51	0:49:47	0:43:55	0:53:29	0:43:17	
229	138	Markgraf, Jan	84	DEU	TSV Jahn Carolinensiel	MHK	191	4:00:23	0:46:52	0:48:11	0:42:01	0:53:48	0:49:31	
230	222	Alberts, Torsten	71	DEU	Vetra Beton	MHK	192	4:00:25	0:49:38	0:49:16	0:43:44	0:53:29	0:44:18	
231	548	Otten, Christian	96	DEU	IGS Aurich-West	MJ	39	4:00:31	0:49:16	0:51:06	0:43:23	0:53:32	0:43:14	
232	25	Best, Erwin	75	DEU	Wallinghausen	MHK	193	4:00:32	0:50:19	0:49:43	0:43:39	0:53:26	0:43:25	
233	831	Hoofdmann, Klaus	83	DEU	TuS Westerende	MHK	194	4:00:40	0:50:30	0:49:30	0:43:13	0:54:12	0:43:15	
234	192	Gedes, Gerke	98	DEU	Realschule 10b	MJ	40	4:00:43	0:52:09	0:49:30	0:43:22	0:52:38	0:43:04	
235	236	de Freese, Timo	92	DEU	Tischlerei Pannhusen&Rademach	MHK	195	4:00:45	0:49:39	0:52:34	0:43:09	0:53:35	0:41:48	
236	1569	Henning, Jens	77	DEU	Briese Schifffahrt	MHK	196	4:00:48	0:50:24	0:50:10	0:43:15	0:53:34	0:43:25	
237	174	Horn, Marco	86	DEU	Quarzwerk Marx	MHK	197	4:00:56	0:49:55	0:49:17	0:44:08	0:53:52	0:43:44	
238	1850	Fleißner, Onno	79	DEU	Ihlowerfehn	MHK	198	4:01:14	0:49:59	0:49:16	0:45:07	0:53:11	0:43:41	
239	159	Eilerts, Thade	88	DEU	LG Harlingerland	MHK	199	4:01:22	0:49:41	0:50:28	0:44:20	0:53:37	0:43:16	
240	1586	Saathoff, Detlef	66	DEU	Veenhusen	MHK	200	4:02:10	0:49:10	0:49:47	0:44:04	0:55:14	0:43:55	
241	111	Bartz, Matthias	97	DEU	Ubbo-Emmius-Gymnasium	MJ	41	4:02:47	0:50:41	0:50:09	0:43:18	0:54:30	0:44:09	
242	443	Eichhorn, Tobias	83	DEU	TaktLwGrp "R"	MHK	201	4:02:48	0:50:05	0:50:30	0:44:26	0:53:25	0:44:22	
243	521	Willms, Jann	98	DEU	NIGE	MJ	42	4:02:49	0:49:58	0:52:25	0:44:04	0:53:30	0:42:52	
244	313	Schmidt, Heiner	74	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	202	4:02:56	0:50:41	0:50:01	0:44:31	0:53:51	0:43:52	
245	529	Domschky, Christian	79	DEU	SG Egels-Popens	MHK	203	4:03:00	0:50:36	0:50:38	0:44:23	0:53:45	0:43:38	

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246	294	Schnorrenberg, Michael	68	DEU	Emden	MHK	204	4:03:08	0:50:38	0:51:02	0:43:54	0:53:50	0:43:44	
246	260	Geisemeyer, Lothar	59	DEU	Bünting Tee	MHK	204	4:03:08	0:49:39	0:50:22	0:44:52	0:53:48	0:44:27	
248	181	Mross, Timm	81	DEU	Team ENERCON	MHK	206	4:03:13	0:50:18	0:50:33	0:44:29	0:54:14	0:43:39	
249	1463	Kruse, Wilhelm	66	DEU	Team Möbel Buss	MHK	207	4:03:24	0:50:08	0:50:16	0:44:42	0:53:52	0:44:26	
250	65	Geuken, Uwe	65	DEU	FC Bayern München	MHK	208	4:03:46	0:52:42	0:50:39	0:43:52	0:53:00	0:43:33	
251	634	van Loh, Nils	92	DEU	SV Eintracht Nüttermoor	MHK	209	4:03:54	0:50:41	0:51:39	0:44:23	0:53:38	0:43:33	
252	1760	Thies, Janus	99	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	43	4:03:55	0:51:10	0:49:49	0:43:57	0:53:28	0:45:31	
253	220	Grensemann, Kai	95	DEU	Sparkasse Emden	MHK	210	4:04:01	0:50:52	0:49:31	0:44:40	0:53:58	0:45:00	
254	334	Wiemann, Martin	80	DEU	TaktLwGrp "R"	MHK	211	4:04:17	0:51:17	0:51:19	0:44:21	0:53:30	0:43:50	
255	123	Dassel, Bastian	90	DEU	STRABAG AG	MHK	212	4:04:27	0:51:09	0:50:41	0:43:58	0:54:42	0:43:57	
256	556	Nghiem, Minh Duc	93	DEU	WfbM BBB Aurich Wittmund	MHK	213	4:04:28	0:49:01	0:51:01	0:45:04	0:54:38	0:44:44	
257	151	Albers, Jens	75	DEU	TG Wiesmoor	MHK	214	4:04:29	0:50:03	0:50:33	0:44:18	0:54:22	0:45:13	
258	171	Doden, Alfred	58	DEU	LT TuS Holtriem	MHK	215	4:04:36	0:49:45	0:50:27	0:45:08	0:54:47	0:44:29	
259	1553	Müller, Jann	00	DEU	Gymnasium Ulricianum / MTV Aurich	MJ	44	4:04:38	0:50:58	0:50:36	0:44:45	0:53:48	0:44:31	
260	165	Geerken, Henning	69	DEU	Angelsburger Waldläufer	MHK	216	4:04:41	0:50:45	0:50:52	0:45:15	0:53:34	0:44:15	
261	329	Bikker, Eike	90	DEU	Raiffeisenbank eG, Moormerland	MHK	217	4:04:43	0:50:31	0:51:21	0:44:12	0:54:22	0:44:17	
262	1855	Hanneken, Holger	80	DEU		MHK	218	4:04:52	0:50:10	0:51:57	0:44:06	0:54:28	0:44:11	
263	78	Feldiek, Georg	56	DEU	Weener Plastik	MHK	219	4:04:55	0:50:09	0:52:31	0:44:45	0:53:34	0:43:56	
263	1771	Kuhlmann, Gerrit	90	DEU	Vfl Jheringsfehn	MHK	219	4:04:55	0:57:23	0:50:50	0:41:46	0:52:51	0:42:05	
265	210	Haake, Ingo	69	DEU	AOK Norden / VffL B'bur	MHK	221	4:05:03	0:50:29	0:50:34	0:45:00	0:54:31	0:44:29	
266	1649	Bergmann, Hanns	80	DEU	Briese Schifffahrt	MHK	222	4:05:04	0:51:27	0:50:55	0:44:43	0:54:29	0:43:30	
267	607	Apel, Michael	73	DEU	Moormerland	MHK	223	4:05:07	0:51:34	0:51:00	0:44:37	0:53:51	0:44:05	
268	1386	Kern, Ulli	69	DEU	Marinestützpunkt Wilhelmshaven	MHK	224	4:05:12	0:51:29	0:50:43	0:44:37	0:54:26	0:43:57	
269	746	Brahms, Jann	85	DEU	Bohlen & Doyen	MHK	225	4:05:22	0:52:43	0:52:00	0:44:43	0:52:40	0:43:16	
270	140	Gastmann, Richard	61	DEU	Ammersum	MHK	226	4:05:24	0:53:47	0:50:55	0:43:52	0:54:25	0:42:25	
271	176	Sielmann, Andy	71	DEU	Neue Ziele setzen	MHK	227	4:05:28	0:51:04	0:50:58	0:44:38	0:54:46	0:44:02	
272	1600	Schut, Frank	69	DEU	VffL Berumbur	MHK	228	4:05:38	0:51:50	0:50:37	0:44:35	0:54:08	0:44:28	
273	201	Boersma, Jan	83	DEU	Rolf Janssen Gruppe	MHK	229	4:05:39	0:50:40	0:50:56	0:44:38	0:54:50	0:44:35	
274	208	Maschke, Jannis	78	DEU	Team ENERCON	MHK	230	4:05:40	0:50:52	0:51:05	0:44:33	0:55:05	0:44:05	
275	240	Schild, Stefan	64	DEU	Hartmann Group	MHK	231	4:05:47	0:50:40	0:50:47	0:45:05	0:54:29	0:44:46	
276	32	Biel, Sönke	85	DEU	Injoy Leer	MHK	232	4:05:49	0:50:34	0:50:56	0:45:08	0:54:44	0:44:27	
277	469	Krallmann, Martin	76	DEU	Mittegroßefehn	MHK	233	4:05:51	0:51:27	0:50:12	0:44:38	0:54:38	0:44:56	
278	281	Rose, Jens	86	DEU	Holz und Bau Weener	MHK	234	4:05:53	0:51:20	0:51:04	0:44:34	0:54:14	0:44:41	
278	399	Schöningh, Sören	80	DEU	RAUMWERK MARTENS	MHK	234	4:05:53	0:50:57	0:51:16	0:44:17	0:55:06	0:44:17	
280	350	Hagen, Wolfgang	67	DEU	SPORTGEMEINSCHA FT STEDES DORF	MHK	236	4:05:56	0:50:40	0:50:27	0:44:50	0:54:53	0:45:06	



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281	670	Kruse-Edenhuizen, Hilko	70	DEU	STRABAG AG	MHK	237	4:05:59	0:51:19	0:50:53	0:44:42	0:54:41	0:44:24	
281	375	Rumpf, Bernhard	66	DEU	LG TV Bunde	MHK	237	4:05:59	0:50:48	0:51:51	0:44:29	0:54:07	0:44:44	
283	597	Reiners, Oliver	94	DEU	TUS Eintracht Hinte	MHK	239	4:06:11	0:50:53	0:50:58	0:43:58	0:56:14	0:44:08	
284	161	Eissen, Björn	68	DEU	EWE-Wattloopers	MHK	240	4:06:15	0:51:13	0:51:11	0:44:53	0:54:35	0:44:23	
285	440	Dieling, Malte	89	DEU	Oll Huus	MHK	241	4:06:35	0:51:02	0:50:38	0:45:02	0:55:03	0:44:50	
286	206	auf der Landwehr, Manfred	68	DEU	Concordia Ihrhove	MHK	242	4:06:40	0:51:39	0:50:38	0:45:11	0:54:52	0:44:20	
287	438	Lindtner, Michael	70	DEU	MTV Aurich	MHK	243	4:06:41	0:50:40	0:50:36	0:45:40	0:54:29	0:45:16	
288	266	Bunger, Marcel	94	DEU	STRABAG AG	MHK	244	4:06:50	0:52:19	0:50:41	0:45:09	0:54:42	0:43:59	
289	482	Schweers, Bernd	79	DEU	Westoverledigen	MHK	245	4:06:59	0:51:44	0:51:04	0:44:47	0:54:36	0:44:48	
290	231	Rings, Peter	50	DEU	LSF Oldenburg	MHK	246	4:07:05	0:50:50	0:51:16	0:45:29	0:54:37	0:44:53	
290	1592	Hinrichs, Hermann	79	DEU	WT Loppersum / Max Moritz	MHK	246	4:07:05	0:50:58	0:51:20	0:44:44	0:55:20	0:44:43	
292	435	Bruns, Jan-Uwe	72	DEU	MAN Service Emden	MHK	248	4:07:14	0:51:46	0:51:39	0:44:45	0:54:38	0:44:26	
293	205	Wolbers, Timo	99	DEU	UEG Leer	MJ	45	4:07:21	0:51:25	0:52:03	0:44:46	0:54:13	0:44:54	
294	328	Bootjer, Eric	66	DEU	RVB Aurich/Uplengen	MHK	249	4:07:22	0:51:18	0:51:35	0:45:01	0:54:38	0:44:50	
295	1049	Hartmann, Frank	71	DEU	Beekmann/Nehlsen	MHK	250	4:07:24	0:50:48	0:50:15	0:43:26	0:58:29	0:44:26	
296	627	Wiemers, Sven	85	DEU	MVM IT-Management	MHK	251	4:07:35	0:50:42	0:50:15	0:46:17	0:55:04	0:45:17	
297	177	Heilmann, Klaus	70	DEU	Seefahrtsschule Leer	MHK	252	4:07:43	0:50:52	0:50:56	0:45:02	0:55:00	0:45:53	
298	341	Ammermann, Ralf	67	DEU	VW Emden	MHK	253	4:07:44	0:51:42	0:51:41	0:45:21	0:54:45	0:44:15	
298	1593	Fokken, Michael	71	DEU	VW Emden	MHK	253	4:07:44	0:50:40	0:50:54	0:45:20	0:55:52	0:44:58	
300	1360	Meyerhoff, Lothar	61	DEU	Störtebeker Loopers TVM	MHK	255	4:08:00	0:51:16	0:51:48	0:45:31	0:54:29	0:44:56	
301	129	Struckmeyer, Marcus	70	DEU	Gymnasium Ulricianum Aurich	MHK	256	4:08:11	0:48:30	0:48:27	0:46:59	1:00:39	0:43:36	
302	270	Nielsen, Lars	77	DEU	Kdo SES	MHK	257	4:08:17	0:50:47	0:51:03	0:45:24	0:56:18	0:44:45	
303	1089	Frerichs, Timo	94	DEU	Remels	MHK	258	4:08:18	0:52:01	0:51:38	0:45:20	0:55:35	0:43:44	
304	580	Sanders, Daniel	79	DEU	LG Großefehn	MHK	259	4:08:20	0:52:16	0:50:48	0:45:19	0:54:28	0:45:29	
305	202	Hilgen, Uwe	61	DEU	Feuerwehr Friedrichsfehn	MHK	260	4:08:27	0:51:36	0:51:50	0:45:46	0:54:15	0:45:00	
305	238	Ukena, Hartmut	68	DEU	Hinte	MHK	260	4:08:27	0:50:56	0:51:46	0:45:35	0:55:23	0:44:47	
305	1669	Wilhelms, Tobias	99	DEU	IGS Moormerland	MJ	46	4:08:27	0:52:08	0:51:50	0:44:35	0:55:13	0:44:41	
308	162	Hayungs, Fredo	67	DEU	LT TuS Aurich-Ost	MHK	262	4:08:30	0:51:26	0:51:08	0:46:04	0:55:00	0:44:52	
309	873	Manott, Niklas	97	DEU	NIGE	MJ	47	4:08:31	0:50:19	0:51:14	0:45:55	0:55:53	0:45:10	
310	1601	Schmeding, Jörg	66	DEU	Druckerei Meyer	MHK	263	4:08:38	0:52:03	0:52:13	0:44:57	0:54:31	0:44:54	
311	578	Feith, Patrick	94	DEU	SV Arle	MHK	264	4:08:40	0:51:07	0:52:56	0:44:33	0:55:29	0:44:35	
312	321	Paul, Sascha	81	DEU	SpVg Aurich	MHK	265	4:08:42	0:51:08	0:51:01	0:45:37	0:55:32	0:45:24	
313	562	Harms, Joachim	61	DEU	traba-team	MHK	266	4:08:45	0:51:33	0:51:44	0:45:12	0:55:05	0:45:11	
314	357	Beekhuis, Gottfried	54	DEU	Watt'n Loopers SV Dornum	MHK	267	4:08:49	0:51:05	0:50:52	0:45:30	0:55:45	0:45:37	
315	308	Henkel, Dieter	70	DEU	BV Pfalzdorf	MHK	268	4:08:51	0:51:39	0:51:39	0:44:59	0:55:34	0:45:00	

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316	135	Doden, Johann	59	DEU	Emder LG	MHK	269	4:08:54	0:54:13	0:51:10	0:44:38	0:54:27	0:44:26	
317	468	Schwede, Malte	99	DEU	NIGE	MJ	48	4:09:04	0:51:25	0:52:35	0:44:53	0:54:52	0:45:19	
318	383	Rößing, Hermann	65	DEU	WfbM BBB Aurich Wittmund	MHK	270	4:09:11	0:51:33	0:51:14	0:45:42	0:55:30	0:45:12	
319	431	Schulte, Holger	75	DEU	Schulte Dental Filsum	MHK	271	4:09:23	0:51:56	0:51:52	0:45:13	0:55:28	0:44:54	
320	185	Ebel, Carsten	66	DEU	Emden	MHK	272	4:09:24	0:51:27	0:51:59	0:45:44	0:55:29	0:44:45	
320	1551	Backer, Edgar	65	DEU	LG Ostfriesland	MHK	272	4:09:24	0:55:59	0:50:33	0:45:11	0:54:04	0:43:37	
322	330	Buss, Sebastian	00	DEU	UEG Leer	MJ	49	4:09:27	0:53:47	0:51:39	0:44:50	0:54:28	0:44:43	
323	1389	Freesemann, Gerhold	64	DEU	LT TuRa 07 Westrhauderfehn	MHK	274	4:09:30	0:51:22	0:51:12	0:45:29	0:56:11	0:45:16	
324	422	Meyer, Guido	70	DEU	LT TuRa 07 Westrhauderfehn	MHK	275	4:09:33	0:51:24	0:51:12	0:45:14	0:56:15	0:45:28	
325	204	Borens, Stefan	85	DEU	Team ENERCON	MHK	276	4:09:35	0:50:52	0:50:07	0:43:53	1:00:06	0:44:37	
326	587	Ideus, Rainer	64	DEU	LT TuS Aurich-Ost	MHK	277	4:09:37	0:51:11	0:51:26	0:45:47	0:55:43	0:45:30	
326	1749	Schmidt, Mattes	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	50	4:09:37	0:53:14	0:50:14	0:46:08	0:55:04	0:44:57	
328	1590	Meinen, Gerold	63	DEU	BSC Burhufe	MHK	278	4:09:44	0:51:29	0:51:50	0:45:37	0:55:28	0:45:20	
329	230	Meinema, Alle-Jan	61	DEU	SG Moordorf	MHK	279	4:09:51	0:51:29	0:52:10	0:45:19	0:55:41	0:45:12	
330	272	Welling, Torsten	64	DEU	MTV Wittmund	MHK	280	4:09:55	0:51:55	0:51:33	0:45:42	0:55:19	0:45:26	
331	286	de Riese, Reiner	59	DEU	LT SC Ihrhove 07	MHK	281	4:09:58	0:51:44	0:52:04	0:45:54	0:55:22	0:44:54	
332	315	Lühr, Torsten	67	DEU	TausendfußLeer	MHK	282	4:10:01	0:51:37	0:52:19	0:45:53	0:54:55	0:45:17	
333	352	Lücht, Thomas	79	DEU	Ammerland-Klinik Westerstede	MHK	283	4:10:06	0:53:10	0:52:38	0:45:41	0:54:32	0:44:05	
334	1516	Kloppenburg, Arnold	67	DEU	LG Uplengen	MHK	284	4:10:19	0:52:31	0:51:07	0:45:59	0:55:46	0:44:56	
335	191	de Vries, Reinhard	61	DEU	Ost-Victorbur	MHK	285	4:10:24	0:51:18	0:51:11	0:46:18	0:55:45	0:45:52	
336	49	Fluß, Bernd	73	DEU	WfbM BBB Aurich Wittmund	MHK	286	4:10:27	0:50:56	0:52:09	0:46:05	0:55:40	0:45:37	
337	163	Jelden, Carsten	86	DEU	Team ENERCON	MHK	287	4:10:29	0:50:05	0:49:01	0:43:33	1:04:01	0:43:49	
338	269	Janssen, Nanno	67	DEU	Fortuna Logabirum	MHK	288	4:10:31	0:51:53	0:51:38	0:46:36	0:55:21	0:45:03	
339	752	Feucht, Thomas	77	DEU	Radiologie Aurich	MHK	289	4:10:33	0:53:46	0:49:07	0:42:48	0:57:24	0:47:28	
340	850	Bergmann, Klaus	58	DEU	Seefahrtsschule Leer	MHK	290	4:10:35	0:53:50	0:52:04	0:45:26	0:55:01	0:44:14	
341	368	Lukahsen, Marcel	96	DEU	EWE-Wattloopers	MJ	51	4:10:38	0:54:44	0:51:19	0:45:21	0:54:42	0:44:32	
342	367	Bussen, Udo	88	DEU	EWE-Wattloopers	MHK	291	4:10:42	0:52:35	0:52:48	0:45:43	0:55:04	0:44:32	
343	110	de Buhr, Harald	62	DEU	Polizei Leer	MHK	292	4:10:43	0:51:56	0:51:59	0:45:56	0:55:34	0:45:18	
344	600	Meyer, Florian	92	DEU	Seefahrtsschule Leer	MHK	293	4:10:45	0:53:28	0:52:12	0:45:35	0:54:43	0:44:47	
345	458	Krumwiede, Marc	70	DEU	Oldenburg	MHK	294	4:10:46	0:52:00	0:52:05	0:46:04	0:55:15	0:45:22	
346	1465	Hedemann, Fredy	62	DEU	Team Möbel Buss	MHK	295	4:10:49	0:52:30	0:52:26	0:45:13	0:55:27	0:45:13	
347	390	Cramer, Frank	75	DEU	Spetzerfehn	MHK	296	4:10:50	0:53:30	0:51:31	0:45:35	0:55:13	0:45:01	
348	314	Harms, Johann	57	DEU	Karkdörper Moorloopers	MHK	297	4:10:51	0:52:20	0:52:04	0:45:46	0:55:36	0:45:05	
349	1813	Coordes, Jc	69	DEU	Team ENERCON	MHK	298	4:10:59	0:52:03	0:51:24	0:46:14	0:56:06	0:45:12	
350	319	Bolte, Thomas	65	DEU	EWE-Wattloopers	MHK	299	4:11:08	0:52:33	0:52:49	0:45:44	0:55:00	0:45:02	

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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
351	454	Gebel, Dietrich	89	DEU	Die Laufsnecken	MHK	300	4:11:09	0:51:21	0:52:03	0:44:38	0:57:18	0:45:49	
351	932	Steenblock, Reemt	94	DEU	Baptisten Firrel	MHK	300	4:11:09	0:52:00	0:52:04	0:45:44	0:56:11	0:45:10	
353	337	Olin, Frank	68	DEU	Lummerland Taxi Aurich	MHK	302	4:11:22	0:51:54	0:52:17	0:46:49	0:55:23	0:44:59	
354	160	Beiden, Andre	81	DEU	HdFul	MHK	303	4:11:35	0:52:22	0:53:18	0:45:30	0:55:33	0:44:52	
355	224	Concheiro, Kai	85	DEU	Ender LG	MHK	304	4:11:42	0:52:41	0:52:00	0:45:55	0:55:10	0:45:56	
356	1570	Kempen, Sönke	95	DEU	Briese Schifffahrt	MHK	305	4:11:43	0:52:24	0:53:47	0:44:56	0:55:48	0:44:48	
357	1476	Westphal, Torben	80	DEU	Team ENERCON	MHK	306	4:11:44	0:55:57	0:51:57	0:44:34	0:55:11	0:44:05	
358	392	Boomgaarden, André	77	DEU	Moormerland	MHK	307	4:11:48	0:51:51	0:52:41	0:46:15	0:55:35	0:45:26	
359	376	Hinrichs, Christoph	75	DEU	Polizei Leer	MHK	308	4:11:49	0:52:16	0:52:03	0:45:53	0:56:19	0:45:18	
360	619	Stucke, Thorsten	74	DEU	PFL-Stift Esens	MHK	309	4:11:57	0:51:38	0:52:06	0:46:07	0:56:58	0:45:08	
360	957	Efrem, Awet	88	DEU	Windlooper	MHK	309	4:11:57	1:00:28	0:50:14	0:43:22	0:55:19	0:42:34	
362	237	Lüken, Marco	97	DEU	SVO Wi sünd Holtriem	MJ	52	4:11:58	0:52:14	0:51:11	0:46:12	0:57:18	0:45:03	
363	754	Jütting, Manuel	86	DEU	Apen	MHK	311	4:12:12	0:54:15	0:52:12	0:45:25	0:55:10	0:45:10	
364	382	Oltrop, Ralf	69	DEU	Gassco Vikings	MHK	312	4:12:13	0:52:30	0:52:20	0:46:23	0:55:45	0:45:15	
365	53	Tobiassen, Jan	70	DEU	MTV Aurich	MHK	313	4:12:14	0:58:59	0:55:56	0:39:23	0:55:49	0:42:07	
366	1467	Müller, Gerrit	61	DEU	Team Möbel Buss	MHK	314	4:12:16	0:52:29	0:52:25	0:45:15	0:56:15	0:45:52	
367	1665	Lütten, Christian	68	DEU	IGS Aurich-West	MHK	315	4:12:22	0:52:20	0:53:28	0:46:09	0:55:31	0:44:54	
368	1423	Hesse, Noah	99	DEU	FCSO-SI	MJ	53	4:12:23	0:52:50	0:51:40	0:46:21	0:57:07	0:44:25	
369	300	Rakel, Frank	75	DEU	Kurt sien Trupp	MHK	316	4:12:29	0:52:07	0:52:34	0:45:56	0:56:03	0:45:49	
369	788	de Buhr, Hans-Jürgen	69	DEU	Schulte Dental Filsum	MHK	316	4:12:29	0:52:32	0:53:01	0:45:48	0:55:52	0:45:16	
371	916	Borus, Alexander	84	DEU	.	MHK	318	4:12:42	0:53:50	0:51:37	0:45:55	0:55:32	0:45:48	
372	310	Staude, Hartmut	71	DEU	Padlooper	MHK	319	4:12:44	0:53:03	0:52:44	0:45:25	0:55:55	0:45:37	
373	372	Wilken, Günther	68	DEU	TuS Leerhafen-Hovel e.V.	MHK	320	4:12:46	0:52:47	0:52:03	0:46:12	0:56:10	0:45:34	
374	275	Meyer, Jörg	62	DEU	LG Fliegerhorst Upjever	MHK	321	4:12:47	0:51:52	0:51:53	0:46:36	0:56:09	0:46:17	
375	733	Koch, Martin	66	DEU	Loga	MHK	322	4:12:58	0:52:33	0:51:50	0:46:36	0:55:35	0:46:24	
375	1520	Saathoff, Jarek	03	DEU	IGS Waldschule Egels	MJ	54	4:12:58	0:53:58	0:52:18	0:46:04	0:54:34	0:46:04	
377	1455	Frerichs, Robert	74	DEU	TV Norden	MHK	323	4:13:03	0:58:41	0:51:38	0:45:23	0:53:50	0:43:31	
378	550	Ahrendt, Michael	70	DEU	SV Dornum	MHK	324	4:13:06	0:52:00	0:52:32	0:46:02	0:56:23	0:46:09	
379	762	Konopka, Jens	72	DEU	Wiesmoor	MHK	325	4:13:10	0:52:34	0:52:23	0:46:34	0:55:56	0:45:43	
380	1457	Nanninga, Jochen	67	DEU	TV Norden	MHK	326	4:13:13	0:51:43	0:52:30	0:46:33	0:56:23	0:46:04	
381	305	Berghaus, Jens	59	DEU	Realschule Aurich	MHK	327	4:13:15	0:52:01	0:52:43	0:46:11	0:56:26	0:45:54	
381	142	Kattenbeck, Udo	66	DEU	Stadt Emden	MHK	327	4:13:15	0:55:54	0:52:54	0:44:52	0:54:22	0:45:13	
383	1713	Popp, Wilfried	65	DEU	TSV Riepe	MHK	329	4:13:17	0:51:52	0:52:12	0:46:49	0:57:01	0:45:23	
384	695	Smidt, Oliver	70	DEU	ENERCON	MHK	330	4:13:19	0:53:01	0:52:04	0:46:07	0:56:16	0:45:51	
385	449	Hauschild, Luciano	79	DEU	Team ENERCON	MHK	331	4:13:26	0:52:40	0:52:42	0:46:08	0:55:55	0:46:01	

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386	277	Schäfer, Marco Julian	92	DEU	Manitowoc Runners	MHK	332	4:13:27	0:52:25	0:51:58	0:46:31	0:56:23	0:46:10	
386	361	Güttner, David	80	DEU	NIGE	MHK	332	4:13:27	0:51:59	0:51:36	0:46:10	0:57:10	0:46:32	
388	1732	Alberts, Marco	95	DEU	GeTek	MHK	334	4:13:48	0:53:20	0:55:21	0:46:58	0:54:38	0:43:31	
389	1158	Siemers, Frank	74	DEU	Klingele / Weener Energie	MHK	335	4:13:49	0:55:51	0:52:47	0:45:39	0:54:42	0:44:50	
390	693	Schmidt, Olaf	64	DEU	Team ENERCON	MHK	336	4:13:53	0:52:11	0:51:22	0:46:30	0:56:24	0:47:26	
391	638	Blaurock, Marco	96	DEU	obw Emden	MJ	55	4:13:55	0:56:15	0:53:50	0:44:02	0:55:43	0:44:05	
392	353	Meents, Enno	66	DEU	TUS Leerhufe - Hovel	MHK	337	4:13:56	0:52:36	0:52:34	0:46:40	0:56:32	0:45:34	
393	1761	Hayen, Simon	98	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	56	4:14:01	0:53:25	0:52:21	0:47:01	0:56:37	0:44:37	
394	1545	Pelka, Alfred	68	DEU	Rettungsdienst Leer	MHK	338	4:14:10	0:44:39	0:45:10	0:46:24	1:06:06	0:51:51	
395	1688	Pasternak, Vladislav	87	DEU	Seefahrtsschule Leer	MHK	339	4:14:11	0:54:03	0:53:16	0:45:57	0:55:57	0:44:58	
396	448	Rieken, Volker	67	DEU	doerlooper.de	MHK	340	4:14:13	0:52:19	0:52:18	0:46:18	0:57:15	0:46:03	
397	46	Janke, Volkmar	63	DEU	Baptisten Firrel	MHK	341	4:14:15	0:52:36	0:52:02	0:45:57	0:57:26	0:46:14	
398	1541	Bohlen, Steffen	97	DEU	SV Großefehn	MJ	57	4:14:16	0:54:50	0:53:18	0:45:12	0:55:04	0:45:52	
399	1823	Best, Michael	89	DEU	Mahl- und Mischbetrieb G.deBuhr	MHK	342	4:14:19	0:53:04	0:52:08	0:46:36	0:56:30	0:46:01	
400	1401	August, Egon	62	DEU	Elisabethfehn	MHK	343	4:14:21	0:52:57	0:53:33	0:45:59	0:56:39	0:45:13	
401	1719	Rauert, Jan	82	DEU	IGNW	MHK	344	4:14:29	0:55:11	0:52:04	0:45:59	0:56:26	0:44:49	
402	331	Löseke, Oliver	72	DEU	Sparkasse Aurich-Norden	MHK	345	4:14:34	0:52:39	0:54:06	0:45:22	0:56:43	0:45:44	
403	217	Eckstein, Sascha	75	DEU	Peichert Luitjens & Eckstein	MHK	346	4:14:49	0:52:14	0:52:38	0:46:29	0:56:51	0:46:37	
404	1390	Melzer, Carsten	69	DEU	Emder LG	MHK	347	4:14:55	0:52:27	0:52:44	0:46:42	0:57:07	0:45:55	
405	358	Pleis, Ingo	80	DEU	Ammersum	MHK	348	4:14:59	0:51:49	0:54:44	0:46:25	0:58:05	0:43:56	
406	1585	Peters, Hendrik	91	DEU	Emder LG	MHK	349	4:15:02	0:53:16	0:53:32	0:46:20	0:56:17	0:45:37	
407	147	Flachowsky, Elia	90	DEU	Hartmann Group	MHK	350	4:15:07	0:52:18	0:52:47	0:46:34	0:56:26	0:47:02	
408	997	Iken, Christian	95	DEU	WfbM BBB Aurich Wittmund	MHK	351	4:15:08	0:54:26	0:50:52	0:46:32	0:56:22	0:46:56	
409	1512	Schild, Cedric	97	DEU	Turbine TGG	MJ	58	4:15:09	0:52:35	0:52:08	0:44:43	0:58:16	0:47:27	
410	500	Coordes, Malte	95	DEU	TaktLwGrp "R"	MHK	352	4:15:14	0:52:27	0:51:42	0:47:04	0:58:17	0:45:44	
410	504	Wolbers, Josef	66	DEU	Deutsche Rentenversicherung	MHK	352	4:15:14	0:53:08	0:52:50	0:46:35	0:56:34	0:46:07	
412	632	Goldenstein, Michael	87	DEU	Ingenieurbüro Post & Hansen	MHK	354	4:15:19	0:52:40	0:55:39	0:45:56	0:55:09	0:45:55	
413	666	Bloem, Günter	68	DEU	VfL Victoria Flachsmeer	MHK	355	4:15:21	0:52:50	0:53:37	0:46:16	0:56:39	0:45:59	
414	924	Mühlenbrock, Holger	82	DEU	Landgericht Aurich	MHK	356	4:15:24	0:54:26	0:53:42	0:46:15	0:55:33	0:45:28	
415	306	Folkerts, Friedrich	65	DEU	Feuerwehr Hollen	MHK	357	4:15:29	0:57:20	0:51:52	0:45:41	0:55:03	0:45:33	
416	560	Grübner, Tim	75	DEU	Sparkasse Aurich-Norden	MHK	358	4:15:34	0:53:16	0:52:45	0:46:36	0:56:42	0:46:15	
417	1658	Wagner, Andre	68	DEU	Nordland Papier	MHK	359	4:15:37	0:52:26	0:53:37	0:47:03	0:55:44	0:46:47	
418	1788	Saathoff, Jann	91	DEU	Ludwigsdorf	MHK	360	4:15:39	0:54:58	0:56:55	0:48:11	0:52:49	0:42:46	
419	844	Pretl, Tim	78	DEU	Die Drei Lauffreunde	MHK	361	4:16:01	0:52:10	0:58:15	0:46:25	0:55:06	0:44:05	
420	1609	Buss, Bjarne	99	DEU	Gymnasium Ulricianum Aurich	MJ	59	4:16:07	0:56:12	0:53:50	0:47:39	0:54:51	0:43:35	

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420	1809	Edzards, Julian	92	DEU	Schafhauser Wald	MHK	362	4:16:07	0:53:08	0:52:38	0:46:53	0:58:27	0:45:01	
422	293	Hinken, Jürgen	63	DEU	KBV Wiesede Boßeln	MHK	363	4:16:11	0:52:24	0:52:54	0:47:03	0:57:01	0:46:49	
423	539	Ahlers, Sascha	78	DEU	Sodasan	MHK	364	4:16:18	0:53:47	0:53:27	0:46:27	0:56:53	0:45:44	
424	379	Varga, Erwin	69	DEU	Berumerfehn	MHK	365	4:16:19	0:52:41	0:53:07	0:46:35	0:57:55	0:46:01	
425	405	Runden, Michael	61	DEU	Stadt Leer	MHK	366	4:16:22	0:53:28	0:53:19	0:46:41	0:56:42	0:46:12	
426	1500	Bretschneider, Alexander	98	DEU	Leinerstift e.V.	MJ	60	4:16:35	0:56:17	0:54:51	0:45:51	0:55:34	0:44:02	
427	534	Büscher, Johann	68	DEU	Büschies	MHK	367	4:16:38	0:53:12	0:53:46	0:46:53	0:56:57	0:45:50	
428	572	Zelmanski, Ingo	69	DEU	Hol ab! Getränkemarkt GmbH	MHK	368	4:16:42	0:52:10	0:52:43	0:47:19	0:58:34	0:45:56	
429	576	Rücker, Konstantin	98	DEU	NIGE	MJ	61	4:16:49	0:52:29	0:53:47	0:46:29	0:57:39	0:46:25	
430	335	Kramer, Manfred	62	DEU	LG Werder-Ossis	MHK	369	4:16:50	0:52:55	0:53:11	0:46:54	0:56:41	0:47:09	
431	603	Pleis, Michael	91	DEU	Blau-Weiß Filsum	MHK	370	4:16:53	0:54:20	0:54:04	0:46:45	0:57:45	0:43:59	
431	1073	Bathow, Thomas	87	DEU	AGRAVIS Ems-Jade GmbH	MHK	370	4:16:53	0:53:48	0:53:11	0:46:33	0:57:10	0:46:11	
433	381	Smidt, Mike	71	DEU	Team Erdinger	MHK	372	4:16:58	0:53:43	0:52:53	0:47:23	0:56:54	0:46:05	
434	1125	Faß, Johann	57	DEU	good voran emden	MHK	373	4:17:00	0:53:11	0:52:34	0:45:52	0:58:25	0:46:58	
435	1782	Weber, Jan	84	DEU	IGS Moormerland	MHK	374	4:17:03	0:52:56	0:53:04	0:46:43	0:57:52	0:46:28	
436	1495	Baumann, Onno	68	DEU	Leinerstift e.V.	MHK	375	4:17:16	0:53:11	0:53:20	0:47:15	0:56:56	0:46:34	
437	264	Waalkens, Holger	69	DEU	Tichelwarf	MHK	376	4:17:18	0:53:24	0:53:03	0:46:33	0:57:26	0:46:52	
438	365	Zimmermann, Thorsten	72	DEU	Team ENERCON	MHK	377	4:17:20	0:53:55	0:53:51	0:46:53	0:56:38	0:46:03	
439	1743	Heiken, Onno	97	DEU	Schachclub Aurich	MJ	62	4:17:23	0:54:12	0:52:23	0:46:40	0:57:19	0:46:49	
440	1661	Steffens, Derk	01	DEU	Emder LG	MJ	63	4:17:34	0:55:12	0:54:44	0:46:29	0:56:56	0:44:13	
441	397	Grimm, Uwe	69	DEU	VfL Berumbur	MHK	378	4:17:39	0:52:40	0:53:36	0:46:52	0:56:47	0:47:44	
442	289	Baller, Holger	71	DEU	OGV	MHK	379	4:17:42	0:57:52	0:52:53	0:45:45	0:55:51	0:45:21	
443	1402	Büker, Markus	68	DEU	Team ENERCON	MHK	380	4:17:49	0:53:54	0:55:02	0:46:19	0:57:02	0:45:32	
444	708	schmidt, jan	92	DEU	sportfreunde möhlenwarf	MHK	381	4:17:52	1:01:06	0:51:25	0:44:32	0:55:47	0:45:02	
445	1056	Schlink, Daniel	96	DEU	Neukamperfehn	MJ	64	4:18:01	0:57:15	0:53:01	0:46:24	0:56:39	0:44:42	
446	599	Henninga, Eike	91	DEU	Raiffeisenbank eG, Moormerland	MHK	382	4:18:14	0:52:24	0:55:20	0:48:01	0:56:21	0:46:08	
447	386	Jever, Karlheinz	64	DEU	Emder LG	MHK	383	4:18:26	0:52:37	0:54:33	0:47:00	0:57:51	0:46:25	
448	1388	Damm, Itze	74	DEU	Augenoptik Ralf Damm	MHK	384	4:18:27	0:53:38	0:52:46	0:48:02	0:57:12	0:46:49	
449	1491	Baumann, Hermann	70	DEU	Klinikum Emden	MHK	385	4:18:33	0:53:24	0:53:57	0:46:59	0:57:47	0:46:26	
450	363	Balssen, Michael	88	DEU	Rolf Janssen Gruppe	MHK	386	4:18:34	0:54:37	0:54:34	0:46:35	0:56:46	0:46:02	
451	498	Kuhlemann, Holger	82	DEU	Rolf Janssen Gruppe	MHK	387	4:18:36	0:54:41	0:54:33	0:46:34	0:56:46	0:46:02	
452	809	de Vries, Jan	86	DEU	Rolf Janssen Gruppe	MHK	388	4:18:37	0:54:41	0:54:32	0:46:35	0:56:46	0:46:03	
453	861	Andrees, Björn	80	DEU	LG Fliegerhorst Upjever	MHK	389	4:18:39	0:54:15	0:52:56	0:47:22	0:55:34	0:48:32	
454	391	Habben, Berend	60	DEU	Wybelsum	MHK	390	4:18:43	0:52:45	0:52:44	0:47:30	0:58:29	0:47:15	
455	429	Erdwiens, Hermann	70	DEU	LG Ostfriesland	MHK	391	4:18:45	0:52:46	0:52:54	0:47:53	0:57:45	0:47:27	

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456	725	Nordbrock, Herbert	67	DEU	Weener Plastik	MHK	392	4:18:57	0:54:18	0:53:04	0:46:53	0:57:49	0:46:53	
457	1498	Dettmer, Thorsten	65	DEU	Leinerstift e.V.	MHK	393	4:19:01	0:54:25	0:53:20	0:47:29	0:56:57	0:46:50	
458	1814	Aggen, Timo	97	DEU	Blau-WeiÙ Filsum	MJ	65	4:19:04	0:54:16	0:54:07	0:47:16	0:57:51	0:45:34	
459	318	Oetter, Detlef	64	DEU	Sparkasse LeerWittmund	MHK	394	4:19:11	0:53:32	0:53:55	0:46:53	0:58:04	0:46:47	
460	245	Bohnen, Michael	84	DEU	DYNAMO LOHE	MHK	395	4:19:13	0:54:38	0:53:55	0:46:42	0:57:51	0:46:07	
461	295	Bleeker, Rolf	61	DEU	VOST	MHK	396	4:19:14	0:54:04	0:54:31	0:47:21	0:57:05	0:46:13	
462	234	Janßen, Siegfried	55	DEU	Lg-Ostfriesland	MHK	397	4:19:16	0:54:57	0:53:26	0:46:32	0:57:47	0:46:34	
462	433	Ziegler, Frank	67	DEU	Teestube Eiland	MHK	397	4:19:16	0:53:02	0:53:22	0:47:46	0:57:42	0:47:24	
464	778	Gerdas, Gerhard	63	DEU	G	MHK	399	4:19:19	0:54:25	0:54:05	0:47:25	0:56:34	0:46:50	
465	508	Metz, Thorsten	87	DEU	Borromäus Hospital Leer	MHK	400	4:19:20	0:56:15	0:54:22	0:47:19	0:56:10	0:45:14	
466	668	Dieken, Manni	75	DEU	CVJM Aurich	MHK	401	4:19:31	0:54:32	0:55:30	0:47:45	0:56:00	0:45:44	
467	385	Fürst, Heiko	75	DEU	Friedeburg	MHK	402	4:19:34	0:54:25	0:54:09	0:47:21	0:57:31	0:46:08	
468	298	Mäcken, Sven	91	DEU	MTV Aurich	MHK	403	4:19:38	0:53:29	0:53:52	0:47:43	0:58:28	0:46:06	
468	428	Dannen, Siegfried	61	DEU	SV Wymeer/Boen	MHK	403	4:19:38	0:53:57	0:53:46	0:47:17	0:57:42	0:46:56	
470	1633	Schultz, Heinz	49	DEU	VfR Heisfelde	MHK	405	4:19:39	0:53:20	0:53:38	0:47:51	0:57:32	0:47:18	
471	577	Bley, Stefan	94	DEU	MTV Aurich	MHK	406	4:19:41	0:53:29	0:53:52	0:47:43	0:58:30	0:46:07	
472	398	von Kentzinsky, Roland	48	DEU	TG Wiesmoor	MHK	407	4:19:42	0:53:42	0:53:27	0:47:36	0:57:40	0:47:17	
472	1672	Willems, Horst	69	DEU	Jennelt	MHK	407	4:19:42	0:53:42	0:54:06	0:47:51	0:57:25	0:46:38	
474	1171	Dege, Andreas	82	DEU	Klinikum Leer	MHK	409	4:19:43	0:56:10	0:54:46	0:46:57	0:56:37	0:45:13	
475	467	Jacobs, Sven	01	DEU	Gymnasium Ulricianum Aurich 7c	MJ	66	4:19:45	0:53:31	0:53:21	0:46:09	1:00:24	0:46:20	
476	64	Jacobs, Andreas	72	DEU	Polizei Aurich / MTV Aurich	MHK	410	4:19:46	0:53:31	0:53:21	0:46:10	1:00:24	0:46:20	
477	525	Böhm, Jörg	65	DEU	Kurt sien Trupp	MHK	411	4:19:50	0:56:07	0:53:12	0:46:54	0:57:08	0:46:29	
478	463	Peters, Wolfgang	67	DEU	TuS Eintracht Hinte	MHK	412	4:19:58	0:53:12	0:53:32	0:47:46	0:57:41	0:47:47	
479	518	Bunjes, Axel	60	DEU	LT TuRa 07 Westrauderfehn	MHK	413	4:20:05	0:54:16	0:53:54	0:47:32	0:57:16	0:47:07	
480	349	Günther, Stephan	70	DEU	LC Wechloy Oldenburg	MHK	414	4:20:06	0:53:34	0:54:05	0:47:23	0:58:20	0:46:44	
481	345	Schoon, Reiner	64	DEU	LG Wilken	MHK	415	4:20:12	0:54:12	0:53:42	0:47:20	0:57:42	0:47:16	
482	633	Stafforst, Lars	67	DEU	-	MHK	416	4:20:21	0:55:41	0:54:58	0:47:21	0:56:49	0:45:32	
483	1660	Lemke, Rene	92	DEU	Polizei Leer	MHK	417	4:20:27	0:54:07	0:55:49	0:46:22	0:58:00	0:46:09	
484	426	Heyen, Stefan	88	DEU	Bünting Tee	MHK	418	4:20:30	0:54:25	0:54:07	0:46:37	0:58:18	0:47:03	
485	284	Lümken, Matthias	84	DEU	Team Ostfriesland	MHK	419	4:20:34	0:52:53	0:59:03	0:47:20	0:55:46	0:45:32	
486	712	Rosenkranz, Tim	88	DEU	Gemeinnützige Werkstätten/LSF	MHK	420	4:20:43	0:55:02	0:55:19	0:47:05	0:57:16	0:46:01	
487	561	Steinigeweg, Hauke	83	DEU	Sparkasse Aurich-Norden	MHK	421	4:20:45	0:54:08	0:52:44	0:47:34	0:57:49	0:48:30	
488	658	Thörner, Klaus	64	DEU	obw Emden	MHK	422	4:20:48	0:54:04	0:53:40	0:47:37	0:57:50	0:47:37	
488	1362	Rogga, Marcus	77	DEU	Störtebeker Loopers TVM	MHK	422	4:20:48	0:54:40	0:53:43	0:47:58	0:57:54	0:46:33	
488	1591	Meyer, Manfred	63	DEU	Borromäus Hospital Leer	MHK	422	4:20:48	0:54:52	0:56:22	0:46:50	0:56:25	0:46:19	

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491	407	Otten, Elmar	82	DEU	DLRG Weener	MHK	425	4:20:53	0:53:58	0:53:53	0:47:35	0:57:58	0:47:29	
492	1733	Doden, Peter	59	DEU	GeTek	MHK	426	4:21:06	0:54:03	0:54:31	0:48:14	0:57:21	0:46:57	
493	180	Reuter, Nils	88	DEU	Moorlooper	MHK	427	4:21:15	0:54:43	0:55:21	0:47:24	0:57:59	0:45:48	
493	509	Kotas, Peter	85	DEU	Team ENERCON	MHK	427	4:21:15	0:55:54	0:55:03	0:47:27	0:57:00	0:45:51	
495	1571	Sievers, Christian	84	DEU	Briese Schifffahrt	MHK	429	4:21:19	0:53:58	0:53:22	0:47:57	0:57:53	0:48:09	
496	141	Kohlert, Sören	82	DEU	IGS Aurich-West	MHK	430	4:21:25	0:48:56	0:48:38	1:05:40	0:53:32	0:44:39	
497	519	Schwanka Trevisan, Aramis	87	DEU	Team ENERCON	MHK	431	4:21:28	0:55:08	0:52:59	0:45:41	0:55:56	0:51:44	
498	292	Reil, Stephan	67	DEU	TuS Eversten, Oldenburg	MHK	432	4:21:33	0:52:41	0:54:36	0:47:53	0:58:15	0:48:08	
499	1820	Weerts, Steffen	91	DEU	RVB Aurich/Uplengen	MHK	433	4:21:36	0:53:03	0:54:24	0:47:41	0:58:04	0:48:24	
500	1185	Ferguson, Conor	82	DEU	ENOVA	MHK	434	4:21:39	0:54:23	0:52:29	0:54:10	0:56:23	0:44:14	
501	344	Wiechers, Wilko	87	DEU	Volkswagen Emden	MHK	435	4:21:40	0:55:37	0:55:30	0:47:16	0:57:10	0:46:07	
502	1499	Ihnen, Michael	62	DEU	Leinerstift e.V.	MHK	436	4:21:41	0:52:25	0:58:45	0:46:52	0:56:50	0:46:49	
503	307	Günther, Alwin	73	DEU	SVO Wi sünd Holtriem	MHK	437	4:22:03	0:53:05	0:54:57	0:48:32	0:57:51	0:47:38	
504	255	Berrens, Hartmut	62	DEU	SC07 Ihrhove	MHK	438	4:22:08	0:54:03	0:54:32	0:53:32	0:55:45	0:44:16	
505	1575	Hogenkamp, Lars	72	DEU	Jever	MHK	439	4:22:09	0:55:00	0:53:44	0:47:49	0:57:56	0:47:40	
506	453	Basa, Frank	76	DEU	Die Laufschnellen	MHK	440	4:22:35	0:53:41	0:54:05	0:48:14	0:59:05	0:47:30	
506	801	Odion, Jean-Yann	93	DEU	TaktLwGrp "R"	MHK	440	4:22:35	0:54:06	0:55:18	0:47:40	0:57:45	0:47:46	
508	1160	Haus, Timo	78	DEU	Klinikum Emden	MHK	442	4:22:36	0:54:21	0:56:06	0:46:58	0:58:50	0:46:21	
508	1550	Engels, Thorsten	71	DEU	Frisia Loga	MHK	442	4:22:36	0:52:58	0:52:08	0:56:09	0:55:40	0:45:41	
510	394	Harms, Jörg	65	DEU	Schüt-Duis	MHK	444	4:22:37	0:54:30	0:54:11	0:48:01	0:58:20	0:47:35	
511	477	van Essen, Holger	73	DEU	TaktLwGrp "R"	MHK	445	4:22:39	0:55:06	0:54:17	0:47:48	0:58:24	0:47:04	
512	404	Nagel, Hermann	56	DEU	RKZV I 43	MHK	446	4:22:40	0:53:52	0:54:25	0:48:26	0:58:06	0:47:51	
512	1396	Siemens, Hermann	67	DEU	Hammelwarder Sprinter	MHK	446	4:22:40	0:54:54	0:54:27	0:47:31	0:58:41	0:47:07	
514	256	Olthoff, Matthias	73	DEU	Weener Plastik	MHK	448	4:22:43	0:55:40	0:53:38	0:47:54	0:57:49	0:47:42	
515	276	Gerdas, Hendrik	96	DEU	G	MJ	67	4:22:44	0:54:37	0:56:20	0:47:15	0:58:34	0:45:58	
515	274	Fuchs, Holger	70	DEU	Team Laufrausch e.V.	MHK	449	4:22:44	0:54:16	0:55:57	0:47:18	0:59:10	0:46:03	
517	273	Cremer, Benjamin	80	DEU	LG Ostfriesland	MHK	450	4:22:45	0:54:06	0:53:57	0:48:14	0:58:36	0:47:52	
518	688	Hiersemann, Frank	69	DEU	Tus Eintracht Hinte	MHK	451	4:22:55	0:54:32	0:54:57	0:47:28	0:58:48	0:47:10	
519	1812	Erfkamp, Manfred	59	DEU		MHK	452	4:22:56	0:54:24	0:54:31	0:48:03	0:58:15	0:47:43	
520	594	Cramer, Markus	75	DEU	Post SV Leer	MHK	453	4:23:02	0:54:42	0:55:01	0:47:39	0:58:49	0:46:51	
521	459	Pflanzer, Hans	54	DEU	Alex.-v.-Humboldt-Schule WTM	MHK	454	4:23:03	0:54:01	0:54:29	0:48:03	0:58:33	0:47:57	
522	1752	Garrelts, Hilmar	72	DEU	Friedeburg	MHK	455	4:23:08	0:56:09	0:56:00	0:47:20	0:57:10	0:46:29	
523	472	Behrens, Eike	98	DEU	Boßelverein Thunum	MJ	68	4:23:15	0:55:05	0:56:22	0:47:15	0:58:35	0:45:58	
524	356	Müller, Lothar	61	DEU	Onkologie UnterEms/Fortuna	MHK	456	4:23:16	0:54:24	0:55:02	0:47:46	0:58:20	0:47:44	
525	343	Barth, Johann	78	DEU	TVM Badminton	MHK	457	4:23:18	0:54:36	0:54:30	0:47:55	0:59:38	0:46:39	

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526	378	Rieken, Wilhelm	62	DEU	Sparkasse LeerWittmund	MHK	458	4:23:22	0:54:09	0:53:42	0:47:57	0:59:20	0:48:14	
527	297	Albers, Jürgen	69	DEU	Klinikum Leer	MHK	459	4:23:26	0:55:55	0:54:11	0:47:25	0:57:57	0:47:58	
527	963	Kruse, Andreas	90	DEU	K & W Tauchservice	MHK	459	4:23:26	0:56:35	0:54:59	0:46:44	0:57:49	0:47:19	
529	466	Timmer, Ulrich	71	DEU	Elisabethfehn	MHK	461	4:23:30	0:54:20	0:54:59	0:48:05	0:58:53	0:47:13	
529	904	Baumann, Jannik	95	DEU	Orgadata AG	MHK	461	4:23:30	1:00:18	0:54:32	0:47:39	0:56:25	0:44:36	
531	743	Meppen, Nico	78	DEU	TSV Jahn Carolinensiel	MHK	463	4:23:34	0:54:19	0:54:57	0:48:01	0:58:41	0:47:36	
532	396	Brettschneider, Roger	65	DEU	HTR	MHK	464	4:23:50	0:54:40	0:53:41	0:46:52	0:56:57	0:51:40	
533	891	Janßen, Gerd	68	DEU	Bohlen & Doyen	MHK	465	4:23:52	0:53:51	0:54:07	0:47:24	1:00:00	0:48:30	
534	897	Schröder, Eike	88	DEU	Klinikum Emden	MHK	466	4:23:57	0:56:29	0:54:04	0:46:50	0:57:32	0:49:02	
535	223	Stekker, Andreas	82	DEU	NIGE	MHK	467	4:24:02	0:53:05	0:54:51	0:48:17	0:59:56	0:47:53	
536	553	Knopf, Jannes	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	69	4:24:04	0:56:39	0:55:41	0:47:19	0:57:53	0:46:32	
537	1444	Kölber, Richard	66	DEU	TV Norden	MHK	468	4:24:06	0:55:37	0:54:17	0:47:50	0:58:53	0:47:29	
537	1608	Böhland, Kay	65	DEU	LC Wechloy	MHK	468	4:24:06	0:54:14	0:55:16	0:47:36	0:59:57	0:47:03	
539	421	Kühling, Paul	71	DEU	FC Sedelsberg	MHK	470	4:24:10	0:54:27	0:55:34	0:48:21	0:58:50	0:46:58	
540	637	Blaurock, Andreas	68	DEU	obw Emden	MHK	471	4:24:14	0:56:51	0:54:31	0:47:59	0:58:00	0:46:53	
541	490	Piel, Tanjev	94	DEU	TaktLwGrp "R"	MHK	472	4:24:15	0:53:42	0:54:58	0:48:07	0:59:38	0:47:50	
542	1013	Kampen, Hermann	72	DEU	Stallbrüggerfeld	MHK	473	4:24:17	0:55:28	0:55:35	0:47:33	0:58:30	0:47:11	
543	1394	Siemer, Jens	81	DEU	Papenburg	MHK	474	4:24:20	0:55:09	0:54:50	0:48:11	0:58:43	0:47:27	
543	1506	ter Hark, Sven	97	DEU	Orgadata AG	MJ	70	4:24:20	0:55:12	0:54:27	0:48:45	0:58:23	0:47:33	
545	109	Block, Wolfgang	73	DEU	Firmengruppe Kurre	MHK	475	4:24:22	0:57:01	0:54:07	0:46:21	0:54:49	0:52:04	
546	332	Kopietz, Manuel	96	DEU	Trauco	MJ	71	4:24:31	0:59:26	0:57:15	0:47:08	0:54:25	0:46:17	
547	988	Brandt, Michael	84	DEU	IGS Waldschule Egels	MHK	476	4:24:39	0:55:52	0:55:17	0:48:08	0:58:00	0:47:22	
548	333	Gillessen, Thorben	97	DEU	FCSO-SII	MJ	72	4:24:40	0:54:59	0:55:07	0:47:41	0:59:59	0:46:54	
549	722	Jacobsen, Henrik	97	DEU	SC Ihrhove 07	MJ	73	4:24:41	0:55:00	0:55:07	0:47:42	0:59:58	0:46:54	
550	389	Hollweg, Thomas	84	DEU	Team ENERCON	MHK	477	4:24:47	0:55:01	0:55:25	0:48:31	0:58:35	0:47:15	
551	1774	Bensiek, Tobias	83	DEU	ENERCON	MHK	478	4:24:52	0:55:22	0:55:06	0:48:18	0:58:21	0:47:45	
552	23	Möhlmann, Sven	97	DEU	FCSO-SII	MJ	74	4:24:53	0:55:01	0:55:08	0:47:46	1:00:03	0:46:55	
552	621	Tunder, Hartmut	61	DEU	MTV Aurich	MHK	479	4:24:53	0:58:59	0:55:35	0:44:37	0:59:06	0:46:36	
552	922	Hamacher, Henning	74	DEU	privat	MHK	479	4:24:53	0:55:55	0:55:20	0:48:37	0:58:03	0:46:58	
555	373	de Buhr, Gert	72	DEU	Mahl- und Mischbetrieb G.deBuhr	MHK	481	4:24:57	0:55:53	0:55:24	0:48:34	0:57:35	0:47:31	
556	290	Kuper, Wolfgang	70	DEU	Baptisten Firrel	MHK	482	4:25:01	0:53:29	0:53:14	0:48:38	1:01:44	0:47:56	
556	1405	Nissen, Frank	61	DEU	ISD	MHK	482	4:25:01	0:54:35	0:53:23	0:47:07	1:00:48	0:49:08	
558	1065	Brakenhoff, Holger	68	DEU	Sparkasse Aurich-Norden	MHK	484	4:25:03	0:54:51	0:54:52	0:48:37	0:58:21	0:48:22	
558	1659	Kettwig, Christoph	88	DEU	Polizei Leer	MHK	484	4:25:03	0:53:20	0:56:00	0:47:47	1:01:05	0:46:51	
560	546	Giebelhausen, Stephan	77	DEU		MHK	486	4:25:04	0:55:35	0:55:27	0:48:11	0:58:28	0:47:23	



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561	1689	Park, Harm	53	DEU	TuS Weene	MHK	487	4:25:05	0:54:12	0:55:15	0:48:28	0:58:44	0:48:26	
562	417	Janßen, Stefan	70	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	488	4:25:09	0:54:49	0:53:21	0:46:48	0:59:26	0:50:45	
563	61	Eberhard, Harald	66	DEU	TG Wiesmoor	MHK	489	4:25:11	0:54:27	0:55:08	0:48:32	0:58:51	0:48:13	
563	624	Dreesch-Rosendahl, Frerich	68	DEU	Westrhauderfehn	MHK	489	4:25:11	0:59:44	0:53:52	0:47:06	0:57:14	0:47:15	
563	865	Eden, Michael	73	DEU	Eastfrisian Metal Association	MHK	489	4:25:11	0:54:17	0:55:00	0:48:44	0:58:46	0:48:24	
566	813	Hottinger, Jochen	66	DEU	Heinen Freezing	MHK	492	4:25:17	0:56:08	0:54:42	0:48:11	0:59:14	0:47:02	
567	1035	Meyer, Bernd	65	DEU	Der Weg ist das Ziel	MHK	493	4:25:24	0:56:21	0:54:09	0:49:01	0:58:12	0:47:41	
568	682	Jäckle, Tobias	78	DEU	Krankenhaus Wittmund	MHK	494	4:25:28	0:55:12	0:54:59	0:48:43	0:58:43	0:47:51	
569	1710	Bohlsen, Stefan	64	DEU	Fortuna Logabirum	MHK	495	4:25:34	0:57:03	0:54:54	0:48:04	0:57:49	0:47:44	
570	1196	Bohlen, Hans-Peter	66	DEU	TG Wiesmoor	MHK	496	4:25:36	0:54:53	0:55:00	0:48:42	0:58:47	0:48:14	
571	1589	Reineck, Maximilian	96	DEU	FC SO-SII	MJ	75	4:25:38	0:54:03	0:53:01	0:47:15	1:05:51	0:45:28	
572	1573	Kreienbrock, Carsten	68	DEU	Briese Schifffahrt	MHK	497	4:25:49	0:55:00	0:55:01	0:48:42	0:58:45	0:48:21	
573	770	Coordes, Detlef	63	DEU	Bohlen & Doyen	MHK	498	4:25:54	0:55:12	0:54:45	0:48:39	0:59:36	0:47:42	
574	362	Sandersfeld, Johann	55	DEU	LG Uplengen	MHK	499	4:25:57	0:54:26	0:54:19	0:48:55	0:59:44	0:48:33	
575	1392	Goudschaal, Johann	64	DEU	Kirchengemeinde Hollen	MHK	500	4:25:58	0:54:13	0:54:48	0:48:46	0:59:56	0:48:15	
576	574	Streubel, Tom	97	DEU	NIGE	MJ	76	4:26:01	0:56:26	0:54:48	0:47:01	0:59:34	0:48:12	
577	911	Scholla, Jürgen	56	DEU	Ubbo-Emmius-Klinik	MHK	501	4:26:02	0:54:21	0:54:24	0:48:49	0:59:56	0:48:32	
578	1155	Riedel, Mirko	77	DEU	Klingele / Weener Energie	MHK	502	4:26:03	0:55:33	0:55:25	0:47:49	0:59:38	0:47:38	
578	1741	Reiners, Timm	99	DEU	Gymnasium Ulricianum Aurich	MJ	77	4:26:03	0:53:15	0:54:28	0:47:42	1:01:02	0:49:36	
580	1683	Mülder, Michael	96	DEU	IGS Aurich-West	MJ	78	4:26:10	1:05:18	0:53:25	0:43:17	0:58:14	0:45:56	
581	595	Rust, Michael	84	DEU	BBS Aurich	MHK	503	4:26:12	1:00:50	0:56:05	0:47:24	0:56:16	0:45:37	
581	858	Buß, Coob	61	DEU	SV Eintracht Ihlow	MHK	503	4:26:12	0:55:39	0:55:09	0:48:31	0:58:40	0:48:13	
581	1602	de Boer, Wilhelm	61	DEU	SV Dornum	MHK	503	4:26:12	0:54:56	0:54:56	0:48:41	0:58:51	0:48:48	
584	514	Gedes, Arnim	69	DEU	Onno Behrends Tee Norden	MHK	506	4:26:13	0:53:57	0:54:44	0:48:27	0:59:58	0:49:07	
585	531	Janssen, Dieter	55	DEU	Wittmund	MHK	507	4:26:17	0:53:57	0:55:33	0:48:52	0:59:00	0:48:55	
586	868	Moos, Léon Rouven	96	DEU	NIGE	MJ	79	4:26:19	0:56:32	0:54:16	0:47:14	1:00:09	0:48:08	
587	406	Brockhorst, Lucas	90	DEU	-	MHK	508	4:26:22	0:54:41	0:55:21	0:48:37	0:59:50	0:47:53	
588	532	Engels, Jarno	03	DEU	Maler Engels Holterfehn	MJ	80	4:26:25	0:55:04	0:55:58	0:49:04	0:58:49	0:47:30	
588	769	Garthe, Peter	71	DEU	GARTHE SOFTWARE	MHK	509	4:26:25	0:55:02	0:55:53	0:48:21	0:59:28	0:47:41	
590	296	Schulte, Joachim	76	DEU	Barßel	MHK	510	4:26:27	0:53:08	0:53:48	0:50:20	1:00:06	0:49:05	
590	251	Buse, Rudolf	67	DEU	H.-D. Heuermann GmbH	MHK	510	4:26:27	0:55:23	0:54:27	0:48:17	0:59:47	0:48:33	
592	1773	Duhlies, Frank	60	DEU	Duhlies Dienstleistungen	MHK	512	4:26:30	0:54:16	0:54:10	0:48:59	1:00:12	0:48:53	
593	196	Meyer, Marco	80	DEU	HdFul	MHK	513	4:26:31	0:56:32	0:56:18	0:48:25	0:58:17	0:46:59	
594	524	Nanninga, Karl-Heinz	66	DEU	SG Moordorf	MHK	514	4:26:37	0:55:04	0:55:04	0:48:59	0:59:36	0:47:54	
594	1481	Krella, Felix	94	DEU	WfbM BBB Aurich Wittmund	MHK	514	4:26:37	0:55:18	0:53:47	0:48:57	1:01:01	0:47:34	

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596	1790	Kober, Maurice	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	81	4:26:45	0:55:16	0:56:07	0:47:16	0:57:53	0:50:13	
597	980	Quosdorf, Tobias	72	DEU	Inlow	MHK	516	4:26:56	0:58:41	0:56:32	0:47:24	0:57:21	0:46:58	
598	1780	Flessner, Hendrik	97	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	82	4:27:00	0:54:35	0:54:28	0:47:10	1:00:33	0:50:14	
599	551	Franzisky, Helge	66	DEU	VitaAkademie	MHK	517	4:27:06	0:55:36	0:55:10	0:48:49	0:59:36	0:47:55	
600	1407	Koornstra, Jan	90	DEU	Seefahrtsschule Leer	MHK	518	4:27:12	0:57:33	0:56:56	0:46:57	0:59:00	0:46:46	
601	287	Strangmann, Dirk	70	DEU	EWE-Wattloopers	MHK	519	4:27:14	0:55:02	0:56:00	0:48:32	1:00:24	0:47:16	
602	403	Kluba, Sebastian	96	DEU	Bünting Tee	MJ	83	4:27:16	0:57:36	0:55:22	0:48:25	0:58:39	0:47:14	
603	676	Goldenstein, Siegfried	71	DEU		MHK	520	4:27:25	0:54:37	0:55:18	0:48:33	1:00:09	0:48:48	
603	530	Engels, Franko	70	DEU	Maler Engels Holterfehn	MHK	520	4:27:25	0:55:26	0:56:10	0:49:10	0:59:01	0:47:38	
605	247	Ditzfeld, Tebbe	97	DEU	IGS Aurich-West	MJ	84	4:27:27	0:58:40	0:55:31	0:47:54	0:58:17	0:47:05	
606	1200	Helmers, Luca-Matthes	02	DEU	Concordia Ihrhove	MJ	85	4:27:28	0:57:54	0:55:10	0:48:33	0:59:45	0:46:06	
607	1740	Gerdes, Martin	97	DEU	Realschule 10b	MJ	86	4:27:32	0:55:23	0:56:38	0:48:15	0:58:47	0:48:29	
608	613	Foorden, Wilfried	64	DEU	TG Wiesmoor	MHK	522	4:27:45	0:56:18	0:55:26	0:48:35	0:58:54	0:48:32	
609	894	Heidebroek, Leon	97	DEU	DLRG Leer	MJ	87	4:27:48	0:58:11	0:54:38	0:47:56	0:59:34	0:47:29	
609	1729	Eden, Lars	88	DEU	TaktLwGrp R	MHK	523	4:27:48	0:54:43	0:53:52	0:48:26	1:01:36	0:49:11	
611	1787	Kalski, Thomas	71	DEU	MTV Aurich	MHK	524	4:27:54	0:56:07	0:49:22	0:50:34	1:03:51	0:48:00	
612	740	Sandersfeld, Daniel	72	DEU	Trauco	MHK	525	4:28:07	0:55:08	0:55:38	0:49:27	0:59:43	0:48:11	
613	309	Hanssen, Heyo	61	DEU	SC Wiesens	MHK	526	4:28:21	0:54:37	0:53:43	0:48:21	0:59:58	0:51:42	
614	1867	Voorwold, Jörg	75	DEU	Baugeschäft	MHK	527	4:28:25	0:55:42	0:56:11	0:48:01	0:59:58	0:48:33	
615	543	Hansen, Christian	62	DEU	Ingenieurbüro Post & Hansen	MHK	528	4:28:28	0:54:30	0:55:39	0:49:29	0:59:50	0:49:00	
616	846	Weidemann, Kay	94	DEU	Seefahrtsschule Leer	MHK	529	4:28:30	0:54:48	0:55:38	0:45:50	0:56:45	0:55:29	
617	702	Knop, Thomas	67	DEU	Jade Hochschule	MHK	530	4:28:32	0:55:49	0:55:35	0:49:08	0:59:25	0:48:35	
618	348	Müller, Robert	83	DEU	Holz und Bau Weener	MHK	531	4:28:35	0:58:39	0:55:21	0:48:27	0:58:52	0:47:16	
619	507	Wempen, Holger	75	DEU		MHK	532	4:28:39	0:55:00	0:57:36	0:48:35	1:00:08	0:47:20	
620	351	Holzenkämpfer, Heiko	86	DEU	FC Stern Völlenerfehn	MHK	533	4:28:41	0:55:15	0:55:07	0:49:13	1:00:27	0:48:39	
621	590	Recknagel, Sven	96	DEU	Gymnasium Ulricianum Aurich. SP 501	MJ	88	4:28:45	0:57:07	0:56:00	0:48:18	0:59:34	0:47:46	
622	902	Schacha, Dirk	71	DEU	Orgadata AG	MHK	534	4:29:07	0:56:02	0:55:48	0:49:36	0:59:12	0:48:29	
623	408	Willms, Johann	56	DEU	Krummhörn	MHK	535	4:29:21	0:54:56	0:55:10	0:50:05	1:00:01	0:49:09	
623	535	Heinrichs, Don	92	DEU	Seefahrtsschule Leer	MHK	535	4:29:21	0:57:39	0:56:56	0:48:50	0:58:59	0:46:57	
625	505	Busch, Markus	76	DEU	DLRG Leer	MHK	537	4:29:23	0:56:11	0:55:16	0:48:57	1:00:04	0:48:55	
626	527	Mudder, Michael	72	DEU	Bauunternehmen Michael Mudder	MHK	538	4:29:24	0:56:04	0:56:11	0:49:53	0:59:05	0:48:11	
627	533	Buß, Sven	68	DEU	LG Fliegerhorst Upjever	MHK	539	4:29:27	0:55:26	0:54:58	0:49:11	1:00:57	0:48:55	
628	1397	Boomfalk, Uwe	71	DEU	Störtebeker Loopers TVM	MHK	540	4:29:36	0:54:38	0:55:27	0:48:55	1:01:01	0:49:35	
629	506	Tunder, Garrelt	55	DEU	SC Wiesens	MHK	541	4:29:39	0:55:43	0:55:46	0:49:39	0:59:43	0:48:48	
629	1382	Eiben, Eibo	43	DEU	Laufftreff Schafhausen Wald	MHK	541	4:29:39	0:55:22	0:56:23	0:49:27	0:59:40	0:48:47	

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631	1391	Keck, Tammo	95	DEU	Ostfriesische Brandkasse	MHK	543	4:29:43	0:55:33	0:55:59	0:48:12	1:00:48	0:49:11	
632	1404	Daniel, Arne	92	DEU	Hochschule Emden	MHK	544	4:29:45	1:07:06	0:54:16	0:44:42	0:57:57	0:45:44	
633	326	Hildebrandt, Theodor	56	DEU	LG Ostfriesland	MHK	545	4:29:49	0:53:44	0:54:40	0:52:52	0:59:59	0:48:34	
633	616	Popp, Rolf	59	DEU	R.u.F. Concordia Emden	MHK	545	4:29:49	0:55:25	0:56:05	0:49:02	0:59:45	0:49:32	
635	822	Graf, Hauke	96	DEU	Watt'n Loopers SV Domum	MJ	89	4:29:58	0:55:25	0:56:07	0:49:06	1:00:22	0:48:58	
636	340	Spannhoff, Rainer	64	DEU	Emder LG	MHK	547	4:30:07	0:58:02	0:58:41	0:48:18	0:58:13	0:46:53	
636	806	Saathoff, Eric	68	DEU	Emder LG	MHK	547	4:30:07	0:58:02	0:58:41	0:48:18	0:58:14	0:46:52	
638	1151	Bruns, David	98	DEU	Ubbo-Emmius-Gymnasi um/Leer	MJ	90	4:30:12	1:01:13	0:54:25	0:47:31	0:59:43	0:47:20	
638	1082	Abheiden, Michael	80	DEU	Schleichkatzen WOL	MHK	549	4:30:12	0:59:00	0:55:02	0:48:37	0:59:31	0:48:02	
640	1727	Franken, Uwe	76	DEU	Polizei Aurich	MHK	550	4:30:13	0:56:14	0:55:41	0:48:40	1:00:57	0:48:41	
641	1596	Boekhoff, Daniel	98	DEU	Turbine TGG	MJ	91	4:30:32	0:57:18	0:57:12	0:49:06	0:59:32	0:47:24	
642	1572	Janßen, Andreas	67	DEU	Schwimmverein Hesel	MHK	551	4:30:53	0:56:37	0:56:08	0:51:37	0:59:15	0:47:16	
643	965	Hagen, Ralf	80	DEU	Hagen Holz- u. Gartenfachmarkt	MHK	552	4:30:54	0:56:47	0:56:27	0:49:21	0:59:34	0:48:45	
644	832	Bohlen, Gerhard	67	DEU	-	MHK	553	4:30:59	0:55:45	0:56:55	0:49:19	1:00:25	0:48:35	
645	847	Engels, Renko	00	DEU	Maler Engels Holterfehn	MJ	92	4:31:06	0:57:07	0:56:22	0:49:06	0:59:48	0:48:43	
646	744	Sanders, Marco	80	DEU	Sparkasse LeerWittmund	MHK	554	4:31:12	0:55:23	0:54:50	0:50:02	1:01:34	0:49:23	
647	1209	Groen, Werner	71	DEU	Team ENERCON	MHK	555	4:31:13	1:01:44	0:57:40	0:48:50	0:58:00	0:44:59	
648	665	Kloos, Tobias	95	DEU	Baugeschäft Voorwold GmbH	MHK	556	4:31:14	0:59:36	0:55:51	0:48:03	0:59:29	0:48:15	
649	766	Bock, Uwe	61	DEU	LT TuS Aurich-Ost	MHK	557	4:31:18	0:56:24	0:55:53	0:49:25	1:00:30	0:49:06	
650	815	Post, Reinhard	62	DEU	SV Stern Schwerinsdorf	MHK	558	4:31:22	0:56:24	0:56:58	0:49:27	1:00:09	0:48:24	
651	719	Cassens, Michael	64	DEU	Taebo Nord	MHK	559	4:31:35	0:56:31	0:56:10	0:48:56	1:00:57	0:49:01	
652	674	Heijen, Harald	75	DEU	LG TV Bunde	MHK	560	4:31:44	0:56:17	0:57:08	0:49:10	1:00:25	0:48:44	
653	430	Geiken, Dieter	64	DEU	LT TuS Aurich-Ost	MHK	561	4:31:48	0:56:28	0:55:57	0:49:47	1:00:30	0:49:06	
653	866	Wolters, Karsten	68	DEU	Sparkasse Aurich-Norden	MHK	561	4:31:48	0:56:28	0:56:13	0:49:16	1:00:38	0:49:13	
655	1494	Friedrich, Wolfgang	63	DEU	Leinerstift e.V.	MHK	563	4:31:49	0:58:39	0:56:39	0:48:25	0:59:32	0:48:34	
656	941	Greizinger, Eduard	85	DEU	Wittmundhafen(Bundes wehr)	MHK	564	4:31:50	0:59:22	0:57:44	0:48:13	0:58:25	0:48:06	
656	721	Peters, Jörg	66	DEU	Fortuna Logabirum	MHK	564	4:31:50	0:56:26	0:55:22	0:50:13	1:00:26	0:49:23	
658	610	Koop, Arend	60	DEU	Weener Plastik	MHK	566	4:31:51	0:56:09	0:55:59	0:50:20	1:00:19	0:49:04	
659	516	Freese, Klaus	69	DEU	LT TuS Aurich-Ost	MHK	567	4:31:52	0:55:12	0:55:22	0:49:51	1:00:44	0:50:43	
660	1302	Rahmann, Uwe	80	DEU	Hartmann Group	MHK	568	4:31:53	0:58:28	0:56:17	0:48:35	1:00:09	0:48:24	
661	387	Müller, Michael	90	DEU	LG Fliegerhorst Upjever	MHK	569	4:32:04	0:57:57	0:58:53	0:50:54	0:57:41	0:46:39	
662	471	Lüken, Ehrenfried	64	DEU	TaktLwGrp "R"	MHK	570	4:32:10	0:57:18	0:56:06	0:50:23	0:59:59	0:48:24	
663	424	Steinke, Rolf	67	DEU	IGS Moormerland	MHK	571	4:32:14	0:56:47	0:56:09	0:49:16	1:01:01	0:49:01	
664	901	Eidam, Jens	84	DEU	Orgadata AG	MHK	572	4:32:16	0:58:45	0:54:55	0:48:55	0:59:36	0:50:05	
665	409	Renken, Bernd	49	DEU	Emder LG	MHK	573	4:32:19	0:56:17	0:56:54	0:49:28	1:00:24	0:49:16	

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666	522	Feldkamp, Volker	60	DEU	Schule am Deich	MHK	574	4:32:22	0:56:27	0:55:39	0:50:00	1:00:03	0:50:13	
667	462	Watermann, Dennis	85	DEU	FC Stern Völlenerfehn	MHK	575	4:32:25	0:56:53	0:56:17	0:49:32	1:00:47	0:48:56	
668	411	Weinitschke, Uwe	59	DEU	LT Oldenburg Süd	MHK	576	4:32:34	0:57:29	0:55:08	0:49:56	1:00:36	0:49:25	
669	347	Kiesé, Kersten	64	DEU	TuS Esens	MHK	577	4:32:45	0:55:25	0:56:23	0:50:09	1:01:09	0:49:39	
670	928	Tannen, Siegfried	56	DEU	Wittmund	MHK	578	4:32:46	0:56:05	0:56:20	0:50:18	1:00:19	0:49:44	
671	213	Munk, Thomas	68	DEU	Westrauderfehn	MHK	579	4:32:47	0:59:10	0:55:50	0:49:07	0:59:27	0:49:13	
672	67	Hoffmann, Hans-Joachim	48	DEU	LT TuS Aurich-Ost	MHK	580	4:32:57	0:56:11	0:56:05	0:49:34	1:02:09	0:48:58	
672	1819	Dirks, Hero	79	DEU	TSV Carolinensiel	MHK	580	4:32:57	0:58:54	0:59:42	0:48:13	0:58:33	0:47:35	
672	1815	Lüürsen, Helmut	66	DEU	LG TV Bunde	MHK	580	4:32:57	0:55:47	0:58:26	0:49:04	1:01:32	0:48:08	
675	360	Hemken, Jan	66	DEU	LG Fliegerhorst Upjever	MHK	583	4:33:04	0:54:30	0:54:35	0:48:23	1:00:16	0:55:20	
676	1798	Ufkes, Thilo	01	DEU	Gymnasium Ulricianum Aurich	MJ	93	4:33:06	0:56:52	0:56:18	0:49:47	1:01:19	0:48:50	
676	1492	Fleißner, Jochen	65	DEU	Klinikum Emden	MHK	584	4:33:06	0:56:42	0:56:07	0:49:08	1:01:59	0:49:10	
678	384	Brauer, Siegfried	58	DEU	WfbM BBB Aurich Wittmund	MHK	585	4:33:07	0:56:43	0:55:21	0:50:14	1:01:11	0:49:38	
679	678	Groeneveld, Michael	71	DEU	Stadt Emden	MHK	586	4:33:10	0:59:33	0:55:10	0:48:33	1:00:00	0:49:54	
680	557	Seehaus, Jens	91	DEU	WfbM BBB Aurich Wittmund	MHK	587	4:33:19	0:58:08	0:56:40	0:49:05	1:00:43	0:48:43	
680	538	Oltmanns, Reinhard	64	DEU	-	MHK	587	4:33:19	0:55:37	0:57:47	0:49:07	1:01:13	0:49:35	
682	439	Dorf Müller, Pepe	62	DEU	LG Fliegerhorst Upjever	MHK	589	4:33:22	0:55:48	0:55:07	0:50:34	1:01:12	0:50:41	
683	713	Korporal, Horst	66	DEU	De Padlooper	MHK	590	4:33:23	0:56:38	0:56:22	0:49:11	1:00:56	0:50:16	
684	609	Hofmann, Jakobus	54	DEU	Weener Plastik	MHK	591	4:33:25	0:57:09	0:55:58	0:50:41	1:00:26	0:49:11	
684	715	Wildemann, Martin	60	DEU	WfbM BBB Aurich Wittmund	MHK	591	4:33:25	0:55:32	0:56:37	0:51:18	1:01:01	0:48:57	
686	416	Prikker, Weert-Peter	59	DEU	Fortuna Logabirum	MHK	593	4:33:29	0:56:03	0:56:58	0:49:46	1:00:46	0:49:56	
686	931	Scheper, Jens	84	DEU	BMW TEKKEN	MHK	593	4:33:29	0:58:00	0:56:38	0:49:32	1:00:20	0:48:59	
688	1556	Jürgens, Hendrik	96	DEU	Westerende-Kirchloog	MJ	94	4:33:30	0:56:13	0:57:33	0:49:27	1:00:25	0:49:52	
689	1353	Ubben, Ehlke	62	DEU	MTV Aurich	MHK	595	4:33:31	0:57:24	0:55:50	0:50:17	1:00:50	0:49:10	
690	1373	Fischer, Helmut	64	DEU	Störtebeker Loopers TVM	MHK	596	4:33:36	0:54:39	0:57:15	0:51:05	1:01:02	0:49:35	
691	728	Boekhoff, Hermann	61	DEU	FREIE LUNGE SV BENTSTREEK	MHK	597	4:33:38	0:57:37	0:57:00	0:49:51	1:00:33	0:48:37	
692	476	Adloff, Stephan	76	DEU	Team ENERCON	MHK	598	4:33:48	0:57:22	0:56:20	0:49:41	1:00:45	0:49:40	
693	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	95	4:33:56	1:01:30	0:58:06	0:48:14	0:58:06	0:48:00	
693	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	95	4:33:56	1:01:30	0:58:06	0:48:14	0:58:06	0:48:00	
693	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	95	4:33:56	1:01:30	0:58:06	0:48:14	0:58:06	0:48:00	
693	1745	Fenske, Tammo	98	DEU	Turbine TGG	MJ	95	4:33:56	1:01:30	0:58:06	0:48:14	0:58:06	0:48:00	
695	480	Bakker, Heinz	56	DEU	Backemoor	MHK	599	4:33:59	0:58:08	0:56:34	0:49:29	0:59:47	0:50:01	
696	971	von Aschwege, Jan Hendrik	94	DEU	Raiffeisenbank eG, Moormerland	MHK	600	4:34:00	0:56:36	0:56:41	0:49:29	1:02:30	0:48:44	
697	773	Zimmermann, Dirk	80	DEU	Gymnasium Ulricianum Aurich	MHK	601	4:34:04	0:59:51	0:57:30	0:48:08	1:02:16	0:46:19	
698	302	Schulz, Michael	62	DEU	Emder LG	MHK	602	4:34:15	0:56:22	0:56:01	0:49:54	1:00:52	0:51:06	

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699	499	Gastmann, Thorsten	81	DEU	Team ENERCON	MHK	603	4:34:16	0:57:45	0:55:49	0:50:04	1:01:33	0:49:05	
700	1383	Damm, Dirk	64	DEU	AOK Ostfriesland Jade	MHK	604	4:34:25	1:00:48	0:58:28	0:46:13	0:55:32	0:53:24	
701	1501	Mülder, Guido	76	DEU	Ostfriesische Volksbank eG	MHK	605	4:34:31	0:57:28	0:57:35	0:50:01	1:00:50	0:48:37	
702	291	Van Thai, Anh	72	DEU	WfbM BBB Aurich Wittmund	MHK	606	4:34:32	0:58:36	0:55:20	0:50:39	1:01:14	0:48:43	
702	1132	Iken, Matthias	72	DEU	Emder LG	MHK	606	4:34:32	0:59:47	0:55:54	0:50:37	0:59:41	0:48:33	
702	617	Rull, Reiner	69	DEU	Petkumer Achterdiekloopers	MHK	606	4:34:32	0:56:42	0:57:49	0:48:56	1:01:22	0:49:43	
705	415	Keiser, Johann	62	DEU	n-cut24	MHK	609	4:34:34	0:57:15	0:55:53	0:52:43	1:00:52	0:47:51	
706	635	Snater, Uwe	61	DEU	LG TV Bunde	MHK	610	4:34:37	0:57:08	0:56:33	0:50:21	1:02:02	0:48:33	
707	359	John, Detlef	69	DEU	Team ENERCON	MHK	611	4:34:40	0:58:05	0:56:01	0:49:18	1:01:41	0:49:35	
707	571	Willems, Heye	53	DEU	LVM - Versicherung Leer	MHK	611	4:34:40	0:56:07	0:56:37	0:49:56	1:01:15	0:50:45	
709	1739	Müller, Gerold	53	DEU	Neu-Ekels	MHK	613	4:34:41	0:59:26	0:58:33	0:48:48	1:00:32	0:47:22	
710	1202	Janssen, Keven	91	DEU	Großefehn	MHK	614	4:34:42	1:04:00	0:58:17	0:48:10	0:57:26	0:46:49	
711	960	Diener, Wilfried	62	DEU	VfB Uplengen	MHK	615	4:34:51	0:56:20	0:56:18	0:50:07	1:02:03	0:50:03	
712	602	Heinrichsdorff, Ulf-Fabian	82	DEU	Stadt Leer	MHK	616	4:34:55	0:56:06	0:55:49	0:49:52	1:02:18	0:50:50	
712	777	Habben, Eimo	58	DEU	MTV Aurich	MHK	616	4:34:55	0:57:24	0:57:51	0:50:18	1:00:24	0:48:58	
714	1352	Schoon, Günther	50	DEU	TG Wiesmoor	MHK	618	4:35:04	0:56:52	0:55:26	0:50:33	1:02:01	0:50:12	
715	497	Rethmeier, Erik	91	DEU	Chikara-Gym Bunde e. V.	MHK	619	4:35:21	0:59:13	0:56:36	0:49:36	1:00:50	0:49:06	
716	614	Barth, Andreas	75	DEU	Elektro Barth	MHK	620	4:35:27	0:54:53	0:54:59	0:50:49	1:05:08	0:49:38	
717	876	Cordes, Jannik	97	DEU	Borromäus Hospital Leer	MJ	97	4:35:30	1:00:14	0:58:40	0:48:26	0:59:19	0:48:51	
717	1091	Steinmeyer, Benedikt	99	DEU	Gymnasium Ulricianum Aurich	MJ	97	4:35:30	0:58:32	0:55:35	0:48:41	1:02:19	0:50:23	
719	767	Storm, Christian	79	DEU	LT TuS Aurich-Ost / IGS Waldschule Egels	MHK	621	4:35:31	0:55:17	0:55:18	0:53:19	1:01:11	0:50:26	
720	1071	Venekamp, Christopher	96	DEU	Seefahrtschule Leer	MJ	99	4:35:38	0:58:43	0:57:01	0:49:28	1:01:37	0:48:49	
721	1409	Nuske, Alexander	71	DEU	Team ENERCON	MHK	622	4:35:39	0:57:44	0:56:23	0:49:13	1:02:08	0:50:11	
722	280	Sporré, Jürgen	55	DEU	Emder LG	MHK	623	4:35:41	0:57:21	0:58:25	0:50:26	1:00:11	0:49:18	
723	364	Baumann, Friedhelm	60	DEU	Rolf Janssen Gruppe	MHK	624	4:35:55	0:56:07	0:56:56	0:50:55	1:01:21	0:50:36	
723	156	Schulze, Klaus	65	DEU	LSF Oldenburg	MHK	624	4:35:55	0:57:01	0:56:15	0:49:09	1:04:31	0:48:59	
725	816	Janssen, Matthias	74	DEU	Deternerlehe	MHK	626	4:35:58	0:57:35	0:57:47	0:50:00	1:01:38	0:48:58	
726	1426	Janssen, Piet	01	DEU	Gymnasium Ulricianum Aurich	MJ	100	4:36:01	0:54:12	0:55:28	0:47:00	1:02:12	0:57:09	
727	824	Bruns, Henning	96	DEU	EWE-Wattloopers	MJ	101	4:36:02	0:59:43	0:53:52	0:51:01	1:03:53	0:47:33	
727	520	Sprenger, Robert	62	DEU	LSF Oldenburg	MHK	627	4:36:02	0:57:01	0:56:16	0:49:09	1:04:30	0:49:06	
727	1667	Grüßing, Thade	00	DEU	Freie Lunge Bentstreek	MJ	101	4:36:02	1:00:23	0:57:13	0:49:48	0:59:45	0:48:53	
730	917	Kleinau, Swen	67	DEU	Reederei Buss	MHK	628	4:36:05	0:57:52	0:56:00	0:50:36	1:01:38	0:49:59	
731	478	Stöter, Kai	76	DEU	Volksbank eG Westrauderfehn	MHK	629	4:36:08	0:57:12	0:57:12	0:49:59	1:01:45	0:50:00	
732	1666	Beckmann, Adrian	48	DEU	Briese Schifffahrt	MHK	630	4:36:12	0:58:17	0:57:26	0:50:59	1:00:28	0:49:02	
733	82	Junker, Jürgen	71	DEU	Moormerland	MHK	631	4:36:14	0:58:31	0:57:47	0:50:27	1:00:22	0:49:07	

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733	1613	Adick, Matthias	62	DEU	Lummerland Taxi Aurich	MHK	631	4:36:14	0:58:57	0:56:51	0:49:46	1:00:55	0:49:45	
735	629	Scholtalbers, Hendrik	59	DEU	SV Hesel	MHK	633	4:36:18	0:56:38	0:56:08	0:51:38	1:01:32	0:50:22	
736	1594	Steimer, Dejan	97	DEU	NIGE	MJ	103	4:36:24	0:55:51	0:58:02	0:48:58	1:02:05	0:51:28	
737	953	Saathoff, Jens	77	DEU	Dekra Aurich	MHK	634	4:36:28	0:58:14	0:57:04	0:50:40	1:00:57	0:49:33	
738	452	Bockhöfer, Henry	02	DEU	RAe Dr. Fenner Bockhöfer Henkys	MJ	104	4:36:32	1:05:06	0:57:19	0:49:21	0:57:36	0:47:10	
739	1679	Dahms, Arne	76	DEU	Wildeboer Bauteile GmbH	MHK	635	4:36:35	1:00:00	0:58:11	0:49:37	0:59:55	0:48:52	
740	823	Bohlen, Uwe	77	DEU	Wildeboer Bauteile GmbH	MHK	636	4:36:38	0:57:41	0:58:08	0:49:44	1:01:41	0:49:24	
741	1853	Saul, Folkert	77	DEU	Reha-Team- Leer	MHK	637	4:36:42	0:58:54	0:59:00	0:49:54	1:00:17	0:48:37	
741	1027	Appeldorn, Thomas	71	DEU	Freistaat Ostfriesland	MHK	637	4:36:42	0:58:38	0:57:10	0:50:51	1:01:05	0:48:58	
743	143	de Vries, Michael	72	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	639	4:36:44	0:57:26	0:57:16	0:51:02	1:01:00	0:50:00	
744	1834	Sonnenberg, Horst	63	DEU	Albers Die Fußspezialisten	MHK	640	4:36:46	1:00:16	0:56:56	0:49:35	1:01:05	0:48:54	
745	1676	Feimann, Johannes	66	DEU	Nordland Papier	MHK	641	4:36:47	0:57:38	0:57:36	0:50:41	1:00:02	0:50:50	
746	377	Grote, Werner	71	DEU	Fortuna Logabirum	MHK	642	4:36:50	0:58:25	0:58:12	0:49:34	1:00:08	0:50:31	
747	669	Gonzales, Erick	97	DEU	Rotary Club Leer	MJ	105	4:36:54	0:56:09	0:58:42	0:50:50	1:00:49	0:50:24	
747	949	Bessert, Marco	98	DEU	Laufen und Meer	MJ	105	4:36:54	1:00:04	0:56:29	0:48:35	1:02:23	0:49:23	
749	299	Gerhardt, Mario	67	DEU	LG Fliegerhorst Upjever	MHK	643	4:36:55	0:55:35	0:54:41	0:48:27	1:09:20	0:48:52	
750	441	Bohlen, Thomas	92	DEU	LG Uplengen	MHK	644	4:36:56	0:57:16	0:58:56	0:50:00	1:01:54	0:48:50	
751	542	Anscheit, Peter	65	DEU	Rettungsdienst Leer	MHK	645	4:37:01	0:57:01	0:59:15	0:50:04	1:01:08	0:49:33	
752	1177	Swart, Janko	98	DEU	Jugendhilfsstelle Nortmoor	MJ	107	4:37:03	1:03:55	0:57:08	0:47:15	1:02:48	0:45:57	
753	1747	Heyen, Frank	80	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	646	4:37:10	0:58:09	0:59:22	0:50:21	1:01:47	0:47:31	
754	1412	Ludwigs, Joachim	69	DEU	Stadt Emden	MHK	647	4:37:13	0:56:45	0:57:16	0:50:49	1:01:59	0:50:24	
755	1757	Kröger, Michael	72	DEU	L. A. Language Academy Leer	MHK	648	4:37:18	0:57:27	0:58:05	0:50:36	1:01:38	0:49:32	
755	1484	Gabriel, Torben	99	DEU	Team Möbel Buss	MJ	108	4:37:18	0:59:19	0:58:18	0:48:03	1:01:54	0:49:44	
757	714	Grimm, Andre	79	DEU	LT TuS Aurich-Ost	MHK	649	4:37:19	0:57:24	0:56:35	0:49:52	1:01:25	0:52:03	
758	845	Hellmers, Uwe	78	DEU	Krüger Apen	MHK	650	4:37:21	0:57:35	0:57:48	0:49:51	1:01:42	0:50:25	
759	970	Werner, Deeke	81	DEU	LG Fliegerhorst Upjever	MHK	651	4:37:25	0:58:29	0:57:10	0:50:03	1:03:27	0:48:16	
760	432	Röben, Holger	73	DEU	Team ENERCON	MHK	652	4:37:28	0:56:26	0:58:10	0:52:26	1:01:56	0:48:30	
761	479	Martin, Christian	87	DEU	Physio Aktiv Rhauderfehn	MHK	653	4:37:31	0:58:20	0:58:33	0:49:45	1:01:21	0:49:32	
762	923	Frieling, Jens	70	DEU	Allstars 2002	MHK	654	4:37:35	0:57:45	0:57:36	0:50:11	1:02:45	0:49:18	
763	786	Weber, Manfred	62	DEU	SV Stern Schwerinsdorf	MHK	655	4:37:39	0:56:23	0:57:26	0:50:22	1:03:26	0:50:02	
764	301	Reemts, Stefan	82	DEU	SV Warsingsfehn	MHK	656	4:37:41	0:58:08	0:59:06	0:49:52	1:01:33	0:49:02	
765	1595	Pottberg, Hauke	97	DEU	BBS II Leer	MJ	109	4:37:48	0:59:21	0:56:38	0:50:17	1:02:09	0:49:23	
766	1374	Rosendahl, Wilfried	68	DEU	Störtebeker Loopers TVM	MHK	657	4:37:49	0:57:40	0:57:28	0:50:21	1:02:04	0:50:16	
766	1411	Goudschaal, Daniel	99	DEU	FTC Hollen	MJ	110	4:37:49	0:57:24	0:58:29	0:50:09	1:02:16	0:49:31	
766	1863	Brink, Hans-Hermann	67	DEU	Frisia Völlnerkönigsfehn	MHK	657	4:37:49	1:00:03	0:55:27	0:49:41	1:03:35	0:49:03	

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769	955	Gebrehiwei, Mikele	88	DEU	Windlooper	MHK	659	4:37:53	1:00:27	0:49:53	0:43:49	1:04:47	0:58:57	
769	1130	Venekamp, Gerhard	65	DEU	TUS Eintracht Hinte	MHK	659	4:37:53	0:56:44	0:57:15	0:49:54	1:03:28	0:50:32	
769	1862	Janssen, Bernd	65	DEU	Emder LG	MHK	659	4:37:53	0:57:35	0:56:45	0:50:35	1:02:33	0:50:25	
769	1744	Lausen, Marius	91	DEU	TV Leer	MHK	659	4:37:53	0:58:03	0:59:20	0:50:35	0:59:12	0:50:43	
773	2011	Vogelsang, Uwe	70	DEU	Stadt Leer	MHK	663	4:37:57	0:59:28	0:57:51	0:50:36	1:00:50	0:49:12	
774	601	Borchert, Werner	62	DEU	Busboomsfehn	MHK	664	4:38:01	0:57:44	0:56:30	0:49:40	1:03:46	0:50:21	
775	1199	Wolbers, Klaus	79	DEU	BMW TEKKEN	MHK	665	4:38:02	0:58:29	0:56:58	0:50:43	1:01:46	0:50:06	
776	738	Campen, Timo	80	DEU	SC Wiesens	MHK	666	4:38:03	0:57:25	0:58:20	0:50:44	1:01:39	0:49:55	
777	1709	Karge, Leon	01	DEU	Gymnasium Ulricianum Aurich	MJ	111	4:38:05	0:58:19	0:56:07	0:50:22	1:02:25	0:50:52	
778	1020	Heibült, Lars	04	DEU	FC SO-SI	MJ	112	4:38:08	1:01:09	0:59:46	0:49:11	1:00:10	0:47:52	
779	427	Heibült, Sebastian	75	DEU	Akkasnakka Ostfriesland	MHK	667	4:38:09	1:01:09	0:59:46	0:49:11	1:00:11	0:47:52	
780	782	Fokken, Markus	81	DEU	Running for Jesus	MHK	668	4:38:13	0:58:04	0:58:13	0:50:26	1:01:31	0:49:59	
781	1574	Heller, Karsten	67	DEU	Ihlowerfehn	MHK	669	4:38:19	0:58:24	0:56:25	0:50:32	1:01:58	0:51:00	
782	1716	Hinrichs, Wilfried	68	DEU	Club-of-Comfort	MHK	670	4:38:24	0:59:19	0:57:20	0:50:32	1:01:22	0:49:51	
783	780	Alwes, Wolfgang	50	DEU	Fortuna Logabirum	MHK	671	4:38:31	0:59:09	0:58:20	0:49:48	1:00:58	0:50:16	
784	1100	Bley, Günter	65	DEU	Alwin Christians	MHK	672	4:38:32	0:58:04	0:57:16	0:51:07	1:01:21	0:50:44	
785	339	Heckhoff, Andreas	64	DEU	Borromäus Hospital Leer	MHK	673	4:38:35	0:53:24	0:57:58	0:54:35	1:01:37	0:51:01	
786	886	Michalak, Karl-Heinz	57	DEU	Kdo SES	MHK	674	4:38:36	0:57:50	0:57:58	0:50:59	1:01:30	0:50:19	
787	943	Berends, Holger	75	DEU	-	MHK	675	4:38:39	0:59:25	0:57:26	0:50:18	1:00:56	0:50:34	
788	1090	Wöhrle, Christian	84	DEU	TuS Leerhufe-Hovel	MHK	676	4:38:44	0:57:47	0:57:38	0:51:17	1:02:45	0:49:17	
789	1700	Bogena, Bent	96	DEU	IGS Aurich-West	MJ	113	4:38:45	1:03:58	0:57:14	0:49:47	0:59:43	0:48:03	
790	751	van der Berg, Axel	73	DEU	Gassco Vikings	MHK	677	4:38:49	0:58:15	0:57:36	0:50:40	1:01:57	0:50:21	
791	1009	Lampe, Michael	87	DEU	Leer	MHK	678	4:38:50	0:58:27	0:58:55	0:50:03	1:01:16	0:50:09	
792	898	Schweer, Claus	69	DEU	Raiffeisenbank eG, Moormerland	MHK	679	4:38:54	0:59:34	0:57:45	0:50:29	1:01:12	0:49:54	
793	1464	Weber, Siegfried	62	DEU	Team Möbel Buss	MHK	680	4:39:03	0:59:39	0:57:34	0:50:59	1:00:55	0:49:56	
794	446	Hildebrandt, Volkmar	55	DEU	Waldschule Egels / TuS Weene	MHK	681	4:39:08	0:57:54	0:57:45	0:50:41	1:01:38	0:51:10	
795	874	Kleinen, Stefano	98	DEU	Niedersächsisches Internatsgymnasium	MJ	114	4:39:16	0:59:12	0:58:12	0:50:49	1:01:32	0:49:31	
795	820	Buss, Hanno	66	DEU	Meyer Werft	MHK	682	4:39:16	0:59:15	0:58:55	0:49:47	1:02:20	0:48:59	
797	776	Badberg, Wilhelm	44	DEU	TG Wiesmoor	MHK	683	4:39:17	0:57:51	0:58:08	0:50:40	1:02:10	0:50:28	
798	F222	Kruse, Wilfried	61	DEU	VW Akademie	MHK	684	4:39:22	1:01:14	1:00:30	0:51:15	0:55:32	0:50:51	
799	709	Sievers, Jörn	65	DEU	LIONS Ihlow-Südbrookmerland	MHK	685	4:39:37	0:58:07	0:57:36	0:52:32	1:01:19	0:50:03	
799	1417	Poppen, Helmut	50	DEU	Störtebeker Loopers TVM	MHK	685	4:39:37	0:59:44	0:57:30	0:50:37	1:01:36	0:50:10	
799	1865	Henning, Friedo	64	DEU	NYC	MHK	685	4:39:37	0:59:34	0:59:31	0:50:43	1:00:42	0:49:07	
799	1810	Fries, David	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	115	4:39:37	0:56:04	1:02:10	0:50:39	1:01:57	0:48:47	
803	870	Hollwege, Ralf	62	DEU	VfL Berumbur	MHK	688	4:39:38	0:57:45	0:57:33	0:51:23	1:02:16	0:50:41	

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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
804	485	Jabben, Folkert	97	DEU	TaktLwGrp "R"	MJ	116	4:39:40	1:01:57	0:57:54	0:49:57	1:00:24	0:49:28	
805	1858	Huhne, Torsten	84	DEU	Oll Huus	MHK	689	4:39:41	0:57:39	0:57:56	0:50:27	1:04:07	0:49:32	
806	672	Hartz, Manuel	81	DEU	Seefahrtsschule Leer	MHK	690	4:39:42	1:05:48	0:55:38	0:55:59	0:56:44	0:45:33	
807	1142	Land, Christian	86	DEU	Kdo SES	MHK	691	4:39:47	0:59:47	0:56:29	0:49:21	1:03:30	0:50:40	
807	1684	Hüttinga, Jens	68	DEU	n-cut24	MHK	691	4:39:47	0:57:27	0:58:46	0:52:43	1:01:30	0:49:21	
809	547	Giebelhausen, Klaus	75	DEU		MHK	693	4:40:00	0:57:47	0:56:52	0:51:13	1:02:50	0:51:18	
810	1671	Wilhelm, Martin	94	DEU	Neemann	MHK	694	4:40:08	1:01:27	0:58:52	0:49:50	0:59:57	0:50:02	
811	401	Brunet, Holger	66	DEU	Bünting Tee	MHK	695	4:40:09	0:57:23	0:57:26	0:51:48	1:03:09	0:50:23	
812	755	Bruns, Deeke	00	DEU	FTC Hollen	MJ	117	4:40:11	0:58:08	0:58:44	0:50:11	1:03:07	0:50:01	
812	1115	Janssen, Enno	62	DEU	RVB Aurich/Uplengen	MHK	696	4:40:11	1:00:48	0:58:07	0:50:42	1:01:35	0:48:59	
814	802	Schollmanns, Marcel	96	DEU	TaktLwGrp "R"	MJ	118	4:40:12	0:55:42	1:01:00	0:53:10	1:02:33	0:47:47	
815	1406	Meyburg, Frank	69	DEU	Ich lauf für Glücksbotenstoffe	MHK	697	4:40:15	0:59:35	0:58:57	0:50:15	1:02:13	0:49:15	
816	718	Wolff, Hans-Peter	47	DEU	ELG	MHK	698	4:40:17	0:59:02	0:58:22	0:51:50	1:00:53	0:50:10	
817	641	Willms, Jochen	81	DEU	Scharff / Trauco	MHK	699	4:40:18	0:57:44	0:58:45	0:50:37	1:02:45	0:50:27	
817	1059	Wilken, Christian	89	DEU	Sparkasse LeerWittmund	MHK	699	4:40:18	0:59:58	1:00:02	0:50:52	1:00:30	0:48:56	
819	730	Olthoff, Marco	01	DEU	FCSO-SI	MJ	119	4:40:22	0:57:44	0:58:11	0:51:02	1:04:37	0:48:48	
820	703	Wessels, Harm	55	DEU	Team ENERCON	MHK	701	4:40:26	1:02:00	0:58:26	0:49:48	1:00:38	0:49:34	
820	1487	Friedrichs, Wilhelm	52	DEU	STRABAG AG	MHK	701	4:40:26	0:59:02	0:57:40	0:51:08	1:01:58	0:50:38	
822	1421	Baumann, Jörg	74	DEU	Gemeinde Hinte	MHK	703	4:40:30	0:57:51	0:57:59	0:52:08	1:02:27	0:50:05	
823	1598	Pollmann, Michael	69	DEU	Fortunaläufer	MHK	704	4:40:32	1:00:26	0:57:38	0:50:32	1:02:09	0:49:47	
824	1552	Ptack, Stefan	86	DEU	ENERCON	MHK	705	4:40:33	0:58:13	0:58:51	0:50:05	1:03:33	0:49:51	
825	1188	Sandmann, Rainer	82	DEU	Ostrhauderfehn	MHK	706	4:40:36	0:57:39	0:59:21	0:50:45	1:02:10	0:50:41	
826	1079	Moritz, Arne	95	DEU	Seefahrtsschule Leer	MHK	707	4:40:37	1:10:04	0:57:26	0:47:51	0:57:36	0:47:40	
827	735	Fröhling, Rudolf	63	DEU	Norden	MHK	708	4:40:48	0:58:49	0:58:08	0:50:14	1:03:04	0:50:33	
828	679	Mendonca, Angelo	77	DEU	Team ENERCON	MHK	709	4:40:50	0:58:07	0:58:02	0:50:53	1:03:29	0:50:19	
829	694	Eisenhauer, Manny	66	DEU	Wi sünd Holtriem	MHK	710	4:40:51	0:57:22	0:57:59	0:52:05	1:02:04	0:51:21	
830	1201	Voßkuhl, Andreas	75	DEU	VfL Viktoria Flachsmeer	MHK	711	4:40:52	0:59:37	0:58:24	0:50:59	1:01:32	0:50:20	
831	811	Eilerts, Jürgen	66	DEU	SC Wiesens	MHK	712	4:40:55	0:59:15	0:57:18	0:52:02	1:01:15	0:51:05	
831	419	Willms, Rainer	75	DEU	Baptisten Firrel	MHK	712	4:40:55	1:00:17	0:58:48	0:50:42	1:01:24	0:49:44	
831	1398	Dirks, Andreas	64	DEU	Störtebeker Loopers TVM	MHK	712	4:40:55	0:58:07	0:57:47	0:51:04	1:03:16	0:50:41	
834	460	Luikenga, Andreas	66	DEU	ohne	MHK	715	4:41:01	0:57:06	0:57:43	0:52:20	1:03:13	0:50:39	
835	338	Maskus, Arne	91	DEU	Seefahrtsschule Leer	MHK	716	4:41:09	0:57:16	1:00:41	0:51:26	1:01:09	0:50:37	
836	937	Winsenborg, Thomas	73	DEU	Lebenshilfe Leer	MHK	717	4:41:10	1:00:01	0:58:13	0:50:21	1:01:42	0:50:53	
837	592	Meise, Andre	91	DEU	RVB Aurich/Uplengen	MHK	718	4:41:12	0:59:42	0:57:53	0:50:24	1:03:22	0:49:51	
838	753	Tammen, Alfred	65	DEU	Bünting Tee	MHK	719	4:41:13	0:55:22	0:55:19	0:50:21	1:01:39	0:58:32	



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838	1559	Wolter, Ekkehart	53	DEU	Die Münchener	MHK	719	4:41:13	0:58:49	0:58:09	0:50:19	1:04:30	0:49:26	
838	1174	Brink, Armin	62	DEU	Stadtwerke-Leer-Loopers	MHK	719	4:41:13	0:59:00	0:58:20	0:50:52	1:02:21	0:50:40	
841	265	Melzel, Henrik Max	92	DEU	Rettungsdienst Leer	MHK	722	4:41:16	1:05:01	0:57:37	0:49:34	1:00:25	0:48:39	
842	1088	Buss, Coob J. A. H.	78	DEU	Team Winterhoff Buss	MHK	723	4:41:17	1:02:54	0:58:28	0:50:46	1:00:19	0:48:50	
843	596	Saathoff, Eiko	97	DEU	Gymnasium Ulricianum Aurich	MJ	120	4:41:21	1:00:04	0:57:45	0:48:37	1:03:29	0:51:26	
844	625	Lowin, Volker	55	DEU	BBS Aurich	MHK	724	4:41:25	1:00:34	0:57:52	0:50:12	1:02:42	0:50:05	
844	732	Droste, Rüdiger	80	DEU	Droste Wassersport OHG	MHK	724	4:41:25	1:00:47	0:58:00	0:50:29	1:02:21	0:49:48	
846	893	Fröhling, Michael	70	DEU	KdoSES	MHK	726	4:41:27	0:59:55	0:59:21	0:49:21	1:04:00	0:48:50	
846	1817	Walther, Kai	77	DEU	SuS Timmel	MHK	726	4:41:27	0:58:55	0:59:10	0:50:50	1:01:51	0:50:41	
848	1562	Cramer, Jens	77	DEU	Gemeinde Hinte	MHK	728	4:41:32	0:58:54	0:58:00	0:52:07	1:02:40	0:49:51	
848	1827	Beening, Jan	65	DEU	Bollingen	MHK	728	4:41:32	0:58:22	0:58:50	0:50:51	1:01:12	0:52:17	
850	736	Herfurth, Oliver	73	DEU	Aurich	MHK	730	4:41:35	1:00:35	0:59:02	0:51:12	1:01:14	0:49:32	
850	1605	Grest, Henning	79	DEU	Sparkasse LeerWittmund	MHK	730	4:41:35	0:59:48	0:58:24	0:50:12	1:03:48	0:49:23	
852	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	732	4:41:38	0:59:59	0:58:43	0:51:08	1:02:45	0:49:03	
852	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	732	4:41:38	0:59:59	0:58:43	0:51:08	1:02:45	0:49:03	
852	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	732	4:41:38	0:59:59	0:58:43	0:51:08	1:02:45	0:49:03	
852	1711	Koop, Thomas	67	DEU	grün weis dersum	MHK	732	4:41:38	0:59:59	0:58:43	0:51:08	1:02:45	0:49:03	
854	1207	Redenius, Uwe	86	DEU	Herzkinder Ostfriesland	MHK	734	4:41:41	0:58:10	0:58:26	0:50:46	1:03:19	0:51:00	
855	1718	Watermeyer, Stephan	62	DEU	Sportivo Emden	MHK	735	4:41:45	0:58:24	0:58:07	0:51:29	1:02:15	0:51:30	
856	677	Lüning, Jens	74	DEU	Stadt Leer	MHK	736	4:41:47	0:59:18	0:57:51	0:51:05	1:03:21	0:50:12	
857	759	Stilcke, Henning	87	DEU	Seefahrtsschule Leer	MHK	737	4:41:48	1:01:28	1:00:09	0:50:03	1:01:29	0:48:39	
858	320	Vennen, Rolf Dieter	62	DEU	EWE-Wattloopers	MHK	738	4:41:49	1:00:07	0:58:38	0:50:50	1:02:30	0:49:44	
859	444	Bohlen, Mathias	78	DEU	Dekra Wilhelmshaven	MHK	739	4:42:12	1:00:21	0:57:59	0:51:04	1:02:08	0:50:40	
860	1133	Cassens, Steffen	96	DEU	NIGE	MJ	121	4:42:15	0:59:21	0:58:23	0:50:53	1:03:52	0:49:46	
861	1579	Peper, Tim	95	DEU	OBW Emden	MHK	740	4:42:22	1:02:29	0:57:01	0:49:56	1:02:45	0:50:11	
862	1074	Brunken, Dennis	92	DEU	Seefahrtsschule Leer	MHK	741	4:42:34	0:56:48	0:56:29	0:53:04	1:03:15	0:52:58	
863	830	Rühling, Michael	71	DEU	LT TuS Aurich-Ost	MHK	742	4:42:35	1:00:41	0:58:53	0:51:09	1:01:21	0:50:31	
864	650	Mertins, Klaus-Dieter	56	DEU	obw Emden	MHK	743	4:42:36	0:58:36	0:58:29	0:51:52	1:03:10	0:50:29	
865	1769	Briese, Wilke	80	DEU	Briese Schifffahrt	MHK	744	4:42:45	1:02:43	0:59:47	0:51:15	1:00:03	0:48:57	
866	1012	Kühn, Lars	02	DEU	Gymnasium Ulricianum Aurich	MJ	122	4:42:48	1:00:07	0:57:48	0:51:38	1:02:23	0:50:52	
866	1738	Krahn, Florian	87	DEU	Finanzpartner Leer	MHK	745	4:42:48	1:00:04	0:59:00	0:49:23	1:03:48	0:50:33	
868	940	de Boer, Joachim	66	DEU	Team ENERCON	MHK	746	4:42:51	0:59:25	0:58:26	0:51:08	1:03:13	0:50:39	
869	783	Hildebrandt, Lothar	68	DEU	Emder LG	MHK	747	4:42:54	0:58:01	0:58:41	0:51:49	1:02:55	0:51:28	
870	667	Droste, Peter	50	DEU	Droste Wassersport OHG	MHK	748	4:43:04	1:00:51	0:57:59	0:50:59	1:02:58	0:50:17	
871	804	Wunderlich, Reinhard	47	DEU	Actic Fit Schortens	MHK	749	4:43:06	0:58:27	0:59:30	0:51:12	1:03:29	0:50:28	

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872	698	Nowinski, Karl-Heinz	67	DEU	Team ENERCON	MHK	750	4:43:11	0:58:33	0:59:18	0:51:20	1:02:50	0:51:10	
873	826	ter Veer, Olaf	73	DEU	EWE-Wattloopers	MHK	751	4:43:15	1:01:26	0:58:45	0:50:50	1:02:30	0:49:44	
874	481	Meyer, Wolfgang	63	DEU	Emder LG	MHK	752	4:43:17	0:59:28	0:59:49	0:50:36	1:03:27	0:49:57	
875	704	Kaiser, Jens	72	DEU	Enno Onneckten	MHK	753	4:43:21	1:02:33	0:58:25	0:51:07	1:02:03	0:49:13	
876	849	Fokken, Michael	70	DEU	Oldenburg	MHK	754	4:43:23	0:58:47	0:59:18	0:52:12	1:02:36	0:50:30	
877	1011	Henning, Yannick	99	DEU	Laufen und Meer	MJ	123	4:43:26	1:00:09	0:58:30	0:51:41	1:02:18	0:50:48	
878	978	Blank, Torsten	77	DEU	Stadt Leer	MHK	755	4:43:27	0:59:28	0:59:11	0:51:03	1:02:48	0:50:57	
879	1189	Schürmann, Egon	65	DEU	Jeans Janssen	MHK	756	4:43:30	0:58:06	0:58:17	0:52:52	1:03:21	0:50:54	
880	839	Plaggenborg, Stefan	75	DEU	Firmengruppe Kurre	MHK	757	4:43:41	1:00:21	0:59:50	0:51:14	1:02:15	0:50:01	
880	1326	Ubben, Tobias	94	DEU	Ihlowerhörn	MHK	757	4:43:41	0:58:10	1:01:12	0:51:26	1:02:42	0:50:11	
882	1756	Stuhr, Arved	97	DEU	Turbine TGG	MJ	124	4:43:49	1:06:02	0:58:19	0:51:39	0:59:15	0:48:34	
883	1779	Alberts, Uwe	68	DEU	Westerende Holzloog	MHK	759	4:43:50	1:00:31	0:58:33	0:51:17	1:03:01	0:50:28	
884	913	Dreesmann, Gerhard	58	DEU	DLRG Leer	MHK	760	4:44:00	0:59:47	0:58:40	0:51:50	1:02:30	0:51:13	
884	768	Drost, Helge	74	DEU	BSG Sparkasse Wilhelmshaven	MHK	760	4:44:00	0:58:46	0:59:17	0:51:43	1:02:59	0:51:15	
886	1329	Cammenga, Tammo	02	DEU	Gymnasium Ulricianum Aurich	MJ	125	4:44:09	1:03:07	1:00:45	0:49:42	1:02:16	0:48:19	
887	579	Schatt, Olaf	67	DEU	Turbine TGG	MHK	762	4:44:13	0:59:50	0:59:35	0:50:17	1:04:50	0:49:41	
888	909	Duis, Arend	57	DEU	Lions Club Uplengen	MHK	763	4:44:15	0:58:39	0:58:21	0:51:55	1:03:58	0:51:22	
889	1603	Ebel, Rainer	62	DEU	LT TuS Aurich-Ost	MHK	764	4:44:24	1:00:25	0:57:51	0:51:58	1:02:52	0:51:18	
890	1399	Dubiel, Carsten	49	DEU	TausendfüßLeer - Fortvniener	MHK	765	4:44:28	0:58:52	0:58:54	0:52:15	1:02:57	0:51:30	
891	793	Romaneeßen, Gerd	63	DEU	Theater Brockzetel-Wiesens	MHK	766	4:44:33	0:59:39	0:58:47	0:52:06	1:03:08	0:50:53	
892	194	Janssen, Daniel	89	DEU	Moordorf	MHK	767	4:44:34	1:01:40	1:00:23	0:51:44	1:02:31	0:48:16	
892	1403	Bruns, Simon	94	DEU	Seefahrtsschule Leer	MHK	767	4:44:34	0:59:16	0:59:50	0:51:58	1:02:48	0:50:42	
894	1447	Klinkenborg, Enno	49	DEU	TV Norden	MHK	769	4:44:44	0:58:46	0:58:52	0:52:23	1:03:06	0:51:37	
895	841	Schmidt, Heiko	72	DEU	Tus Leerhufe-Hovel	MHK	770	4:44:45	1:01:22	0:59:37	0:52:02	1:02:02	0:49:42	
896	1673	Bauer, Rolf	68	DEU	Nordland Papier	MHK	771	4:44:46	0:59:20	0:58:46	0:50:52	1:05:03	0:50:45	
897	1607	Balssen, Arnold	75	DEU	-	MHK	772	4:44:52	0:58:20	0:58:40	0:53:34	1:03:22	0:50:56	
898	939	Behrends, Lübbert	65	DEU	TaktLwGrp "R"	MHK	773	4:45:13	1:00:32	0:59:13	0:52:38	1:02:36	0:50:14	
899	1578	Müller, Stefan	61	DEU	Schleuse Leysiel	MHK	774	4:45:19	0:59:53	0:58:33	0:51:09	1:04:52	0:50:52	
900	689	Urner, Thorsten	67	DEU	LG Fliegerhorst Upjever	MHK	775	4:45:22	0:58:43	1:01:12	0:51:13	1:04:30	0:49:44	
901	1014	Riexinger, Sibet	59	DEU	-	MHK	776	4:45:34	0:58:29	0:59:00	0:52:12	1:03:53	0:52:00	
902	26	Tränapp, Andreas	83	DEU	Warsingsfehn	MHK	777	4:45:35	1:01:13	0:59:09	0:53:00	1:02:30	0:49:43	
903	1717	Stahn, Hans-Peter	56	DEU	Aurich	MHK	778	4:45:40	1:04:35	1:00:04	0:49:32	1:01:53	0:49:36	
904	827	Fleißner, Gert	85	DEU	EWE-Wattloopers	MHK	779	4:45:59	0:59:39	0:58:43	0:52:03	1:03:51	0:51:43	
905	1772	Brehmer, Detlef	55	DEU	Gassco Vikings	MHK	780	4:46:00	1:04:41	0:59:25	0:50:33	1:01:50	0:49:31	
906	197	Patzwald, Christian	85	DEU	NV Versicherungen VVaG	MHK	781	4:46:01	1:02:38	0:56:26	0:52:22	1:04:43	0:49:52	

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906	739	Dreesman, Arno	76	DEU	LHV	MHK	781	4:46:01	1:00:36	1:00:05	0:53:33	1:01:43	0:50:04	
908	684	Bohmalk, Tom	57	DEU	SC 04 Leer	MHK	783	4:46:06	0:59:29	0:58:45	0:52:40	1:03:43	0:51:29	
909	1854	Janßen, Armin	82	DEU		MHK	784	4:46:24	1:01:01	1:01:17	0:51:19	1:02:37	0:50:10	
910	626	Guilhauman, Eric	94	DEU	MVM IT-Management	MHK	785	4:46:29	0:58:59	1:03:19	0:50:04	1:02:29	0:51:38	
911	942	Schmunkamp, Ulrich	84	DEU	Westoverledingen	MHK	786	4:46:34	0:59:56	0:59:00	0:51:57	1:04:48	0:50:53	
912	836	Schnemann, Marcell	96	DEU	AFS Komitee Ostfriesland	MJ	126	4:46:41	0:58:02	1:02:01	0:52:43	1:02:09	0:51:46	
913	1471	de Buhr, Oskar	51	DEU	Schule am Patersweg Ihren	MHK	787	4:46:48	1:00:12	0:58:41	0:52:06	1:03:50	0:51:59	
914	742	Campen, Holger	82	DEU	Rolf Janssen Gruppe	MHK	788	4:46:49	0:59:25	0:59:18	0:52:35	1:02:49	0:52:42	
915	946	Bohlen, Gerhard	53	DEU	Krankenhaus Wittmund	MHK	789	4:46:50	1:00:25	0:59:33	0:52:37	1:03:46	0:50:29	
916	877	Wallenstein, Detlef	73	DEU	Borromäus Hospital Leer	MHK	790	4:46:53	1:00:13	1:00:03	0:52:26	1:02:57	0:51:14	
917	1735	Alberts, Alfred	67	DEU	GeTek	MHK	791	4:47:01	0:59:20	0:58:20	0:53:55	1:04:35	0:50:51	
918	258	Kramer, Bernd	79	DEU	Aurich	MHK	792	4:47:02	0:58:53	1:00:27	0:52:33	1:03:30	0:51:39	
919	513	Saathoff, Rainer	90	DEU	Onno Behrends Tee Norden	MHK	793	4:47:06	0:53:57	1:03:31	0:52:59	1:05:41	0:50:58	
920	989	Hicken, Thomas	78	DEU	VfL Fortuna Veenhusen	MHK	794	4:47:09	1:00:52	0:58:24	0:52:09	1:04:33	0:51:11	
921	623	Thoben, Martin	70	DEU	ELV Elektronik AG	MHK	795	4:47:17	0:59:29	0:59:55	0:52:12	1:04:09	0:51:32	
922	1231	Schumann, Klaas	87	DEU	Team ENERCON	MHK	796	4:47:18	1:03:01	1:00:31	0:51:13	1:01:30	0:51:03	
923	1010	Kleemann, Holger	65	DEU	n-cut24 GmbH	MHK	797	4:47:19	0:58:53	0:59:31	0:52:45	1:04:09	0:52:01	
924	737	Mintken, Stephan	70	DEU	TaktLwGrp "R"	MHK	798	4:47:22	1:00:35	1:00:07	0:52:01	1:03:59	0:50:40	
925	921	Friedrichs, Timo	72	DEU	ELV Elektronik AG	MHK	799	4:47:23	0:59:29	0:59:53	0:52:16	1:04:36	0:51:09	
925	1525	Welsch, Marco	01	DEU	IGS Waldschule Egels	MJ	127	4:47:23	1:03:49	0:58:13	0:50:29	1:03:36	0:51:16	
927	643	Hiersemann, Timo	93	DEU	obw Emden	MHK	800	4:47:25	1:01:01	1:00:42	0:51:52	1:04:26	0:49:24	
928	1824	Möhlmann, Werner	64	DEU	CVJM Neermoor	MHK	801	4:47:33	1:01:05	1:00:11	0:52:05	1:02:48	0:51:24	
929	919	Harberts, Lothar	74	DEU	ELV Elektronik AG	MHK	802	4:47:36	0:59:30	0:59:53	0:52:27	1:04:36	0:51:10	
930	1821	Kramer, Johann	66	DEU	RVB Aurich/Uplengen	MHK	803	4:47:37	1:02:37	1:00:01	0:51:25	1:03:20	0:50:14	
931	371	Kramer, Alex	71	DEU	EWE-Wattloopers	MHK	804	4:47:41	1:00:33	0:59:28	0:51:38	1:03:12	0:52:50	
931	1183	Willms, Florian	83	DEU	ELV Elektronik AG	MHK	804	4:47:41	0:59:59	0:59:51	0:51:49	1:04:08	0:51:54	
933	515	Ippen, Jannes	93	DEU	Onno Behrends Tee Norden	MHK	806	4:47:48	0:57:06	1:03:29	0:48:12	1:08:03	0:50:58	
934	545	Schleppegrell, Ulrich	57	DEU	Team Laufrausch Oldenburg	MHK	807	4:47:53	1:02:49	1:01:40	0:53:36	1:01:36	0:48:12	
935	675	Severiens, Gerold	48	DEU	Fortuna Logabirum	MHK	808	4:47:55	0:58:15	0:57:47	0:52:26	1:04:18	0:55:09	
935	1538	Renken, Ingo	67	DEU	LG Fliegerhorst Upjever	MHK	808	4:47:55	0:56:08	0:59:43	0:52:08	1:06:30	0:53:26	
937	474	Meyer, Stefan	78	DEU	Team ENERCON	MHK	810	4:48:03	0:59:35	0:58:47	0:53:03	1:03:28	0:53:10	
938	1668	Pupkes, Andreas	80	DEU	B-Plast 2000	MHK	811	4:48:04	1:00:17	0:59:25	0:51:50	1:01:40	0:54:52	
939	1830	Kleimaker, Arno	54	DEU		MHK	812	4:48:10	1:01:01	1:00:18	0:51:36	1:04:48	0:50:27	
940	1685	Möhlmann, Berend	63	DEU	Großefehn	MHK	813	4:48:21	1:00:31	1:00:14	0:52:38	1:03:45	0:51:13	
941	1210	Gerdes, Jelke	00	DEU	JUG	MJ	128	4:48:22	0:59:04	1:00:34	0:54:34	1:02:48	0:51:22	

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942	691	Sikken, Bart	70	DEU	Emder LG	MHK	814	4:48:30	1:01:01	1:00:33	0:54:17	0:59:04	0:53:35	
943	1249	Waldmann, Frank	55	DEU	LG Großefehn	MHK	815	4:48:31	1:00:19	0:59:44	0:52:11	1:03:59	0:52:18	
944	563	Schmidt, Jörg	70	DEU	Emder LG	MHK	816	4:48:33	0:59:48	1:02:02	0:51:34	1:06:04	0:49:05	
944	1558	Gedes, Uwe	66	DEU	JUG	MHK	816	4:48:33	1:00:27	0:59:57	0:54:34	1:03:02	0:50:33	
946	1124	Bruns, Aike	95	DEU	ENOVA	MHK	818	4:48:38	1:00:17	1:00:27	0:51:28	1:05:16	0:51:10	
947	1502	Nauschütt, Björn	73	DEU	Ostfriesische Volksbank eG	MHK	819	4:48:42	1:00:41	0:59:48	0:52:45	1:03:23	0:52:05	
948	1135	Bruns, Friedrich	62	DEU	Borromäus Hospital Leer	MHK	820	4:48:46	1:01:35	1:00:12	0:52:49	1:02:57	0:51:13	
949	1686	Behrends, Stefan	71	DEU	Nücke	MHK	821	4:49:03	0:59:15	0:59:00	0:52:35	1:04:53	0:53:20	
950	745	Drost, Fritz	43	DEU	MTV Wittmund	MHK	822	4:49:10	1:01:04	1:00:45	0:52:50	1:02:59	0:51:32	
950	1400	Saathoff, Steffen	89	DEU	Störtebeker Loopers TVM	MHK	822	4:49:10	0:58:17	0:58:59	0:52:55	1:05:24	0:53:35	
952	789	Müller, Wilhelm	50	DEU	Emder LG	MHK	824	4:49:13	0:59:44	0:58:09	0:54:40	1:04:46	0:51:54	
953	895	Janßen, Thomas	81	DEU	RVB Aurich/Uplengen	MHK	825	4:49:24	1:01:10	0:59:28	0:52:46	1:04:21	0:51:39	
954	871	Regling, Matthis	99	DEU	KGS Wiesmoor	MJ	129	4:49:32	1:01:06	0:58:07	0:53:46	1:03:16	0:53:17	
955	664	Götze, Jens	84	DEU	Baugeschäft Voorwold GmbH	MHK	826	4:49:39	1:01:00	1:00:04	0:52:38	1:05:34	0:50:23	
956	1751	Kuhlmann, Hilko	97	DEU	UEG Leer	MJ	130	4:49:40	0:57:23	1:00:51	0:55:22	1:04:52	0:51:12	
957	418	Becker, Nils	94	DEU	BSG Volksbank Jever	MHK	827	4:49:43	1:00:26	1:00:15	0:52:53	1:04:21	0:51:48	
958	857	Schindler, Jannik	97	DEU	SV Warsingsfehn	MJ	131	4:49:44	1:01:17	1:01:15	0:52:59	1:03:54	0:50:19	
959	700	Begitt, Kurt	47	DEU	Watt'n Looper SV Dornum	MHK	828	4:49:58	0:59:37	1:00:22	0:53:09	1:04:29	0:52:21	
960	763	Iken, Jens	69	DEU	KBV Blersum	MHK	829	4:50:07	0:59:10	1:00:20	0:52:28	1:03:40	0:54:29	
961	1785	Bergmann, Wilko	84	DEU	SV Lunzhausen	MHK	830	4:50:17	1:01:07	0:59:46	0:55:11	1:03:00	0:51:13	
962	1800	Harms, Dieter	69	DEU	Aurich - Kirchdorf	MHK	831	4:50:27	1:00:16	0:59:41	0:52:52	1:04:56	0:52:42	
963	523	Möhlmann, Manfred	64	DEU	SC Wiesens	MHK	832	4:50:31	0:59:42	0:58:15	0:52:42	1:06:43	0:53:09	
964	734	Meents, Hans-Hermann	65	DEU	TUS Leerhufe-Hovel eV	MHK	833	4:50:33	1:00:09	1:00:34	0:53:19	1:04:50	0:51:41	
965	355	Janssen, Drees	62	DEU	LG Ostfriesland	MHK	834	4:50:48	0:59:50	1:00:17	0:53:15	1:04:44	0:52:42	
966	686	Kamann, Friedhelm	56	DEU	Ubbo-Emmius-Klinik	MHK	835	4:50:53	1:00:44	1:00:21	0:52:55	1:04:38	0:52:15	
967	72	Krisp, Stephan	72	DEU	Meyer Werft GmbH & Co KG	MHK	836	4:50:55	1:01:24	1:01:09	0:53:12	1:04:12	0:50:58	
968	761	Staak, Marek	74	DEU	BSG Volksbank Jever	MHK	837	4:50:59	1:01:51	1:00:55	0:52:44	1:04:27	0:51:02	
968	958	Stocker, Ralf	47	DEU	MTV Aurich	MHK	837	4:50:59	1:00:23	1:00:10	0:53:26	1:04:32	0:52:28	
970	450	Moskaliik, Marcel	92	DEU	Seefahrtsschule Leer	MHK	839	4:51:05	1:01:45	0:59:39	0:52:39	1:03:59	0:53:03	
971	1842	Klenzendorf, Jannes	99	DEU	FC SO	MJ	132	4:51:06	1:03:26	1:00:25	0:51:10	1:04:22	0:51:43	
972	1414	Beyer, Thorsten	81	DEU	TVM Badminton	MHK	840	4:51:21	1:02:20	1:00:53	0:51:44	1:04:12	0:52:12	
973	1544	Betz, Ralf	70	DEU	SV Frisia Loga	MHK	841	4:51:23	1:03:15	1:01:55	0:52:22	1:03:38	0:50:13	
974	710	Schindler, Bernd	68	DEU	TV Oldersum	MHK	842	4:51:30	1:01:18	1:01:15	0:53:12	1:04:04	0:51:41	
975	1315	Diner, Juri	88	DEU	SC 04 Leer	MHK	843	4:51:31	1:01:51	0:59:07	0:51:42	1:05:33	0:53:18	
976	1843	Hemmes, Hendrik	98	DEU	FC SO	MJ	133	4:51:40	1:04:19	1:00:25	0:50:52	1:04:21	0:51:43	

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976	1828	Webermann, Ingo	83	DEU	Zeitungsgruppe Ostfriesland	MHK	844	4:51:40	1:02:46	1:00:11	0:53:24	1:04:25	0:50:54	
978	1489	Fritz, Thorben	99	DEU	KGS Wiesmoor	MJ	134	4:51:47	1:05:12	0:59:59	0:52:46	1:02:16	0:51:34	
979	1239	Hofer, Michael	68	DEU	KGS Wiesmoor	MHK	845	4:51:50	1:01:53	1:00:48	0:53:00	1:04:14	0:51:55	
980	1418	Dahlweg, Frank	78	DEU	Kautex Leer	MHK	846	4:51:51	1:01:17	1:00:32	0:52:56	1:04:01	0:53:05	
981	1486	Weber, Christian	86	DEU	Kdo SES	MHK	847	4:51:55	1:01:31	0:59:48	0:51:52	1:08:03	0:50:41	
982	863	Wienekamp, Jens	91	DEU	WfbM BBB Aurich Wittmund	MHK	848	4:52:02	0:58:04	1:00:00	0:53:24	1:07:13	0:53:21	
983	899	Klapproth, Christian	85	DEU	Raiffeisenbank eG, Moormerland	MHK	849	4:52:11	1:00:30	1:01:26	0:53:45	1:05:04	0:51:26	
984	1240	Weber, Stefan	95	DEU	RVB Aurich/Uplengen	MHK	850	4:52:17	1:06:11	1:02:10	0:50:49	1:03:15	0:49:52	
985	1354	Penner, Florian	63	DEU	Löwen-Apotheke Emden	MHK	851	4:52:20	1:01:04	1:01:09	0:52:51	1:04:43	0:52:33	
986	1802	Tammen, Friedo	76	DEU	Großsander	MHK	852	4:52:23	1:00:59	1:00:12	0:53:25	1:05:34	0:52:13	
987	1122	Burazer, Vedran	87	DEU	ENOVA	MHK	853	4:52:36	0:59:54	0:59:55	0:53:57	1:06:42	0:52:08	
988	1204	Papendick, Hauke	00	DEU	FC SO-SI	MJ	135	4:52:40	1:02:53	1:06:17	0:50:33	1:02:52	0:50:05	
989	979	Meentz, Holger	71	DEU	TuS leerhafe	MHK	854	4:52:43	1:02:19	1:00:38	0:52:39	1:04:08	0:52:59	
990	620	Lienemann, Jann Malte	97	DEU	Gymnasium Ulricianum Aurich SP602	MJ	136	4:52:48	1:00:04	1:05:38	0:49:57	1:06:00	0:51:09	
991	1621	Thaden, Folkert	55	DEU	SC Dunum	MHK	855	4:52:54	1:03:34	0:59:45	0:52:08	1:04:14	0:53:13	
992	892	Höschen, Martin	65	DEU	SV Holtland	MHK	856	4:53:01	1:01:49	1:00:31	0:52:58	1:04:34	0:53:09	
993	608	Willing, Rainer	66	DEU	Ubbo-Emmius-Klinik	MHK	857	4:53:03	1:02:43	1:00:41	0:55:15	1:04:22	0:50:02	
994	456	Graalman, Stefan	68	DEU		MHK	858	4:53:05	1:01:13	1:00:35	0:53:46	1:05:24	0:52:07	
995	915	Janssen, Jann Bruno	93	DEU	Sportpark Tannenhausen	MHK	859	4:53:06	0:59:16	1:03:25	0:56:33	1:03:56	0:49:56	
996	253	Köhler, Philipp	97	DEU	IGS Moormerland	MJ	137	4:53:08	0:59:30	1:02:02	0:52:58	1:06:05	0:52:33	
997	1336	Lovcik, Artur	94	DEU	Seefahrtsschule Leer	MHK	860	4:53:24	1:06:38	0:59:54	0:50:54	1:04:02	0:51:56	
998	896	Wiemer, Siemen	91	DEU	Rettungsdienst Landkreis Aurich	MHK	861	4:53:32	1:03:02	1:00:30	0:51:21	1:05:24	0:53:15	
999	1105	Budde, Thies	93	DEU	Seefahrtsschule Leer	MHK	862	4:53:33	1:04:10	1:01:59	0:52:38	1:03:39	0:51:07	
999	908	Giesenberg, Georg	49	DEU	TTV Großheide	MHK	862	4:53:33	1:00:30	0:59:55	0:53:32	1:05:20	0:54:16	
1.001	1674	Bölle, Andreas	68	DEU	Nordland Papier	MHK	864	4:53:36	0:57:15	1:00:55	0:49:31	1:09:31	0:56:24	
1.002	697	Beening, Armin	67	DEU	Backemoor	MHK	865	4:53:39	1:00:03	1:00:54	0:54:30	1:05:34	0:52:38	
1.003	586	Goldswear, Theo	53	DEU	TUS Collinghorst	MHK	866	4:53:48	1:00:26	1:00:13	0:53:24	1:06:04	0:53:41	
1.003	1483	Goeman, Ude	69	DEU	Oberschule Norden	MHK	866	4:53:48	1:00:48	1:00:39	0:53:39	1:05:56	0:52:46	
1.005	906	Lenz, Hans-Hermann	52	DEU	Klinikum Leer	MHK	868	4:53:58	1:00:44	1:01:43	0:54:10	1:05:11	0:52:10	
1.006	1557	Roßmann, Bernd	74	DEU	HSV	MHK	869	4:54:11	1:01:23	1:00:41	0:53:36	1:07:00	0:51:31	
1.007	690	Zacher, Thomas	64	DEU	FC Schalke 04	MHK	870	4:54:18	1:00:25	1:01:02	0:54:30	1:05:33	0:52:48	
1.008	510	Tjarks, Alfred	59	DEU	EWE-Wattloopers	MHK	871	4:54:27	0:59:48	1:00:07	0:54:45	1:06:18	0:53:29	
1.009	1413	Stüben, Martin	68	DEU	Störtebeker Loopers TVM	MHK	872	4:54:29	1:01:38	1:03:35	0:53:19	1:03:57	0:52:00	
1.010	644	Kanthak, Herbert	61	DEU	obw Emden	MHK	873	4:54:34	1:03:01	1:03:27	0:53:28	1:04:05	0:50:33	
1.011	1129	Wollenhaupt, Dominik	89	DEU	Klinikum Leer	MHK	874	4:54:41	1:00:02	1:02:38	0:53:40	1:06:58	0:51:23	

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1.012	1612	Platte, Hans-Joachim	53	DEU	Wiesmoor	MHK	875	4:54:45	1:02:01	1:01:08	0:53:47	1:04:55	0:52:54	
1.013	1164	Schmidt, Ingo	79	DEU	M. NEEMANN OHG	MHK	876	4:54:51	1:04:04	1:01:41	0:52:30	1:04:20	0:52:16	
1.014	944	Bildhauer, Torsten	68	DEU	HRS Ostrhauderfehn	MHK	877	4:55:00	1:01:02	1:01:45	0:54:04	1:05:43	0:52:26	
1.015	748	Meinhardt, Godehard	57	DEU	Hol ab! Getränkemarkt GmbH	MHK	878	4:55:06	0:59:44	0:59:59	0:55:22	1:06:23	0:53:38	
1.016	945	Däuber, Günter	61	DEU	Judo Team Leer VFR Heisfelde	MHK	879	4:55:12	1:01:55	1:00:56	0:54:14	1:05:29	0:52:38	
1.017	975	Cassens, Daniel	85	DEU	Aurich	MHK	880	4:55:13	1:03:57	1:02:36	0:53:06	1:03:41	0:51:53	
1.018	488	Harms, Sören	96	DEU	TaktLwGrp "R"	MJ	138	4:55:31	1:04:00	1:01:09	0:53:35	1:04:53	0:51:54	
1.019	1610	Rademacher, Gerd	53	DEU	Stern Schwerinsdorf	MHK	881	4:55:37	1:02:05	1:02:08	0:53:05	1:05:43	0:52:36	
1.020	1577	Strömer, Berthold	56	DEU	VW- Logistik	MHK	882	4:55:39	1:00:57	1:00:17	0:54:26	1:06:22	0:53:37	
1.021	1836	Krems, Hans-Jürgen	59	DEU	Fortuna Wirdum	MHK	883	4:55:40	1:01:41	1:03:02	0:53:49	1:03:50	0:53:18	
1.022	984	Haschenburger, Werner	55	DEU	BSG Volksbank Jever	MHK	884	4:55:43	1:01:45	1:00:13	0:54:30	1:05:55	0:53:20	
1.023	1434	Eckhoff, Arno	59	DEU	Groß Ostiem	MHK	885	4:55:54	1:02:08	1:01:35	0:53:25	1:05:37	0:53:09	
1.024	914	Schild, Jesse	00	DEU	Möörkenschule	MJ	139	4:56:10	1:00:55	1:01:21	0:53:07	1:08:23	0:52:24	
1.025	1143	Thau, Stephan	88	DEU	Kdo SES	MHK	886	4:56:11	1:03:08	1:01:12	0:53:43	1:06:15	0:51:53	
1.026	27	Gensicke, Torsten	67	DEU	Wiesmoor	MHK	887	4:56:18	1:03:34	1:01:39	0:53:12	1:05:06	0:52:47	
1.027	757	Müller, Horst	59	DEU	Hafenpraxis Emden Physiotherapie	MHK	888	4:56:19	1:01:17	1:02:25	0:52:44	1:05:01	0:54:52	
1.028	1148	Peinemann, Marc	97	DEU	IGS Aurich-West	MJ	140	4:56:28	1:05:58	0:59:59	0:52:06	1:05:47	0:52:38	
1.029	829	Fröhling, Torsten	70	DEU	EWE-Wattloopers	MHK	889	4:56:41	1:02:19	1:00:50	0:53:59	1:06:16	0:53:17	
1.030	907	Backer, Arnold	63	DEU	SG Moordorf	MHK	890	4:56:43	0:59:46	1:00:08	0:53:18	1:09:16	0:54:15	
1.030	1789	Meier, Fiete	00	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	141	4:56:43	1:02:39	1:04:06	0:51:10	1:06:36	0:52:12	
1.032	1066	Wilts, Burkhard	69	DEU	Born & Ermel Ingenieure	MHK	891	4:56:45	1:02:29	1:01:16	0:53:58	1:06:20	0:52:42	
1.033	1197	Schulz, Uwe	79	DEU	Amisia Driever	MHK	892	4:56:46	1:02:28	1:02:26	0:54:13	1:05:35	0:52:04	
1.033	927	Rüthemann, Frank	61	DEU	Bünting Tee	MHK	892	4:56:46	1:02:00	1:01:12	0:55:03	1:05:17	0:53:14	
1.035	1072	Hesse, Thomas	69	DEU	LG Fliegerhorst Upjever	MHK	894	4:56:47	1:02:39	1:01:17	0:54:24	1:05:52	0:52:35	
1.036	795	Stolorz, Sascha	77	DEU	BSG Landkreis Wesermarsch	MHK	895	4:56:53	1:00:30	1:03:29	0:54:29	1:04:42	0:53:43	
1.037	887	Mennenga, Andre	61	DEU	Emder LG	MHK	896	4:56:56	1:01:17	1:01:23	0:54:26	1:06:08	0:53:42	
1.038	1680	Grimm, Thomas	61	DEU	VfL Berumbur	MHK	897	4:56:57	0:59:11	1:02:41	0:54:14	1:05:58	0:54:53	
1.039	859	Meyer zu Bergsten, Thomas	70	DEU	Heimatblatt	MHK	898	4:56:59	1:02:27	1:02:13	0:54:09	1:05:56	0:52:14	
1.040	1243	Körper, Timo	80	DEU	IGS Aurich-West	MHK	899	4:57:01	1:03:35	1:01:55	0:52:33	1:06:01	0:52:57	
1.041	814	Dirks, Maris	83	DEU	BBS Aurich	MHK	900	4:57:02	1:05:19	1:02:14	0:53:13	1:04:27	0:51:49	
1.042	771	Frerichs, Frank	77	DEU	Ostfriesische Brandkasse	MHK	901	4:57:09	1:03:12	1:00:46	0:54:25	1:05:57	0:52:49	
1.043	878	Blumhoff, Frank	77	DEU	the Floweryards	MHK	902	4:57:10	1:03:12	1:00:47	0:54:25	1:05:57	0:52:49	
1.044	929	Kochan, Norman	85	DEU	Fleißner Tiefbau	MHK	903	4:57:36	1:03:45	1:03:22	0:53:17	1:04:41	0:52:31	
1.045	1474	Pagel, Jens	63	DEU	LG Uplengen	MHK	904	4:57:38	1:01:06	1:02:22	0:54:21	1:06:56	0:52:53	
1.046	1428	Grensemenn, Gerrit	68	DEU	LG Großefehn	MHK	905	4:57:42	1:02:18	1:01:12	0:54:57	1:05:52	0:53:23	

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1.047	966	Bruns, Willi	39	DEU	Laufrausch TuS Großoldendorf	MHK	906	4:58:00	1:01:10	1:00:14	0:54:33	1:06:57	0:55:06	
1.048	1796	Münchow, Felix	04	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	142	4:58:02	1:04:49	1:02:09	0:53:39	1:04:57	0:52:28	
1.049	630	Broer, Frank	70	DEU	LG Ostfriesland	MHK	907	4:58:07	1:02:42	1:00:57	0:57:40	0:57:44	0:59:04	
1.050	425	Grundmann, Thomas	83	DEU	Bünting Tee	MHK	908	4:58:13	1:04:14	1:02:18	0:53:38	1:05:12	0:52:51	
1.051	765	Gersch, Siegfried	42	DEU	TSV Riepe	MHK	909	4:58:18	1:01:39	1:01:13	0:54:52	1:05:57	0:54:37	
1.052	1028	Dirksen, Martin	70	DEU	Stadt Emden	MHK	910	4:58:30	1:02:08	1:01:53	0:54:26	1:07:13	0:52:50	
1.053	842	Baier, Andreas	76	DEU	Teamfahrerschule Keplin	MHK	911	4:58:35	1:05:14	1:01:59	0:53:24	1:05:07	0:52:51	
1.054	1093	Koenen, Michael	73	DEU	Allianz, Weener	MHK	912	4:58:36	1:01:35	1:01:03	0:54:52	1:07:16	0:53:50	
1.055	1803	Vahlenkamp, Jos	01	DEU	IGS Moormerland	MJ	143	4:58:37	1:10:53	0:59:06	0:51:04	1:05:07	0:52:27	
1.056	1758	Thies, Jascha	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	144	4:58:41	0:51:10	1:04:36	0:51:19	1:05:55	1:05:41	
1.057	797	Baumann, Georg Ihno	61	DEU	TV Greetstiel	MHK	913	4:58:43	1:01:20	1:01:02	0:55:01	1:07:07	0:54:13	
1.058	1222	Happe, Frank	67	DEU	FFG Jever	MHK	914	4:58:46	1:05:46	1:00:38	0:53:52	1:04:39	0:53:51	
1.059	1702	Hertz-Kleptow, Heinz-Hermann	78	DEU	LHV Wittmund	MHK	915	4:58:55	1:02:36	1:02:34	0:53:00	1:07:20	0:53:25	
1.060	1112	Neldner, Jan-Niklas	90	DEU	RVB Aurich/Uplengen	MHK	916	4:59:02	1:03:14	1:00:01	0:55:30	1:07:05	0:53:12	
1.061	423	Loegel, Thomas	65	DEU	SV Wiesede-Upschört	MHK	917	4:59:22	1:00:47	1:00:35	0:54:00	1:09:16	0:54:44	
1.061	1786	Johann, Schaa	54	DEU	Steutonia Stapelmoor	MHK	917	4:59:22	1:03:19	1:03:18	0:54:03	1:05:18	0:53:24	
1.063	779	Akkermann, Jens	83	DEU	Leer	MHK	919	4:59:24	1:03:19	1:01:49	0:53:48	1:06:29	0:53:59	
1.064	707	Freitag, Norbert	48	DEU	LT TuS Aurich-Ost	MHK	920	4:59:25	1:03:17	1:03:15	0:54:13	1:04:33	0:54:07	
1.064	723	Hüttenberger, Michael	55	DEU	SG Stedesdorf	MHK	920	4:59:25	1:01:39	1:02:00	0:54:54	1:07:32	0:53:20	
1.066	585	Voskamp, Malte	96	DEU	Schule am Deich	MJ	145	4:59:30	1:04:10	1:07:17	0:52:45	1:04:18	0:51:00	
1.067	1031	Cornelius, Eike	79	DEU	TSV Jahn Carolinensiel	MHK	922	4:59:31	1:01:54	1:03:39	0:54:18	1:05:50	0:53:50	
1.068	1029	Plagge, Kurt	62	DEU	FC SO-SI	MHK	923	4:59:37	1:04:32	1:02:46	0:54:22	1:05:20	0:52:37	
1.069	833	Fenderl, Thomas	79	DEU	Gymnasium Ulricianum Aurich	MHK	924	4:59:51	1:05:30	1:01:24	0:54:23	1:07:01	0:51:33	
1.070	1182	Riegger, Philipp	84	DEU	Reederei Buss	MHK	925	4:59:53	1:01:08	1:02:57	0:54:36	1:07:08	0:54:04	
1.071	938	Deitenbach, Jan-Hendrik	76	DEU	Leer	MHK	926	4:59:56	1:02:30	1:03:20	0:54:19	1:06:11	0:53:36	
1.072	1839	Kampen, Manfred	66	DEU		MHK	927	5:00:08	1:05:13	1:01:56	0:53:58	1:06:18	0:52:43	
1.073	1857	Adelmund, Stephan	84	DEU	Knallfrosch Elektro	MHK	928	5:00:17	1:01:45	1:02:11	0:53:37	1:07:36	0:55:08	
1.074	1168	Hippen, Johann	67	DEU	Orgadata AG	MHK	929	5:00:23	1:02:15	1:02:31	0:53:24	1:07:27	0:54:46	
1.075	687	Ackmann, Keno	92	DEU	LT TuS Aurich-Ost	MHK	930	5:00:24	1:01:24	0:58:48	0:53:42	1:09:36	0:56:54	
1.076	511	Daro, Jörg	62	DEU	EWE-Wattloopers	MHK	931	5:00:26	1:02:40	1:02:40	0:55:10	1:06:13	0:53:43	
1.077	1265	Willen, Jannik	98	DEU	Gymnasium Ulricianum Aurich SP601	MJ	146	5:00:31	1:05:28	1:02:18	0:52:22	1:06:36	0:53:47	
1.078	1005	Lüken, Heiko	69	DEU	SC Wiesens / aurichskatet.de	MHK	932	5:00:36	1:03:04	1:03:36	0:54:53	1:07:02	0:52:01	
1.079	170	Röttger, Moritz	99	DEU	IGS Aurich-West	MJ	147	5:00:59	0:51:25	0:52:58	1:03:49	1:09:19	1:03:28	
1.080	1067	Schoppe, Lutz	84	DEU	Stadt Emden	MHK	933	5:01:02	1:02:36	1:02:23	0:55:14	1:07:42	0:53:07	
1.081	492	Claußen, Jan-Niklas	95	DEU	TaktLwGrp "R"	MHK	934	5:01:03	1:02:05	1:04:55	0:53:10	1:07:52	0:53:01	

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1.082	787	Bassler, Heiko	68	DEU	LG Großefehn	MHK	935	5:01:09	1:04:14	1:01:38	0:54:51	1:06:29	0:53:57	
1.082	951	Brachthäuser, Joachim	73	DEU	WfbM BBB Aurich Wittmund	MHK	935	5:01:09	1:03:08	1:02:06	0:54:43	1:07:52	0:53:20	
1.084	1420	Wienrank, Horst	60	DEU	SV Dornum	MHK	937	5:01:22	1:02:11	1:01:42	0:55:03	1:07:07	0:55:19	
1.085	1869	Sweers, Olaf	68	DEU		MHK	938	5:01:32	1:04:09	1:04:38	0:54:20	1:05:04	0:53:21	
1.086	1436	Biermann, Stefan	92	DEU	Volkswagen Zentrum Oldenburg	MHK	939	5:01:41	1:05:45	1:02:44	0:54:19	1:05:19	0:53:34	
1.087	889	Brouwer, Bodo	71	DEU	RSM DPI AG	MHK	940	5:01:47	1:02:26	1:02:57	0:55:57	1:06:06	0:54:21	
1.088	1128	Köller, Ingo	87	DEU	Moormerland	MHK	941	5:01:50	1:01:06	1:03:05	0:55:34	1:07:29	0:54:36	
1.089	1696	Gruben, Dirk	71	DEU	SV Potshausen	MHK	942	5:02:05	1:02:34	1:04:13	0:54:27	1:07:12	0:53:39	
1.090	792	Tinnemeyer, Oswald	52	DEU	LT TuRa 07 Westrhauderfehn	MHK	943	5:02:06	1:03:05	1:02:24	0:54:47	1:06:50	0:55:00	
1.090	1036	Janßen, Lars	94	DEU	Gemeinde Großefehn	MHK	943	5:02:06	1:04:46	1:02:13	0:54:04	1:07:05	0:53:58	
1.092	1081	Soring, Gerd	60	DEU	AGRAVIS Ems-Jade GmbH	MHK	945	5:02:08	1:02:02	1:01:34	0:55:02	1:08:08	0:55:22	
1.093	489	Hiller, Jannes	97	DEU	TaktLwGrp "R"	MJ	148	5:02:09	1:04:01	1:02:46	0:55:17	1:06:29	0:53:36	
1.094	1167	Ertwiens, Heinz-Peter	69	DEU	Orgadata AG	MHK	946	5:02:10	1:03:13	1:02:32	0:54:17	1:06:17	0:55:51	
1.095	1140	Remmers, Siebelt	79	DEU	TRAUCO Gruppe	MHK	947	5:02:12	1:02:36	1:01:50	0:55:30	1:06:50	0:55:26	
1.096	1588	Grünebast, Günter	65	DEU	MTV Aurich	MHK	948	5:02:17	1:04:37	1:02:14	0:54:48	1:06:53	0:53:45	
1.097	774	Meyer, Mario	70	DEU	VfL Berumbur	MHK	949	5:02:18	1:02:44	1:02:09	0:55:54	1:07:10	0:54:21	
1.098	1061	Hillerts, Jochen	70	DEU	KBV Blersum	MHK	950	5:02:28	1:08:04	1:02:56	0:53:51	1:05:12	0:52:25	
1.099	1518	Kuhlmann, Frank	88	DEU	Reederei Buss	MHK	951	5:02:35	1:01:55	1:02:58	0:56:07	1:07:18	0:54:17	
1.100	1429	Janssen, Jann	72	DEU	Aurich	MHK	952	5:02:39	1:02:27	1:03:21	0:55:23	1:06:32	0:54:56	
1.101	838	Gippert, Hans-Jürgen	44	DEU	TG Wiesmoor	MHK	953	5:02:41	1:03:10	1:01:57	0:54:31	1:07:45	0:55:18	
1.102	1181	Habedank, Wolfgang	57	DEU		MHK	954	5:02:44	1:03:06	1:02:20	0:55:23	1:07:24	0:54:31	
1.103	890	Koch, Detlef	55	DEU	TG Wiesmoor	MHK	955	5:02:50	1:04:52	1:03:34	0:55:16	1:05:54	0:53:14	
1.104	1767	Janssen, Tobias	98	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	149	5:02:53	1:04:12	1:02:55	0:54:11	1:07:32	0:54:03	
1.105	935	Goetz, Helfried	71	DEU	KBV Wiesedemeer	MHK	956	5:02:55	1:05:22	1:03:33	0:54:36	1:06:29	0:52:55	
1.106	1006	Reents, Peter	45	DEU	LT Schafhauser Wald	MHK	957	5:03:09	1:02:30	1:03:07	0:55:04	1:07:46	0:54:42	
1.107	1480	Adler, René	80	DEU	BBS Aurich	MHK	958	5:03:10	1:06:36	1:02:26	0:53:52	1:06:39	0:53:37	
1.108	961	Becker, Jochen Ritz	83	DEU	T+H Leer GmbH	MHK	959	5:03:21	1:06:06	1:05:05	0:55:00	1:05:50	0:51:20	
1.109	760	Bruhnken, Hans-Günter	54	DEU	BSG Volksbank Jever	MHK	960	5:03:24	1:02:55	1:02:09	0:56:28	1:07:28	0:54:24	
1.110	930	Follrichs, Henry	68	DEU	Allstars 2002	MHK	961	5:03:27	1:03:03	1:04:14	0:55:04	1:07:07	0:53:59	
1.111	854	Graß, Daniel	79	DEU	RAe Dr. Fenner Bockhöfer Henkys	MHK	962	5:03:31	1:04:11	1:04:46	0:54:32	1:07:41	0:52:21	
1.112	1445	Jelden, Jan Gerd	55	DEU	TV Norden	MHK	963	5:03:47	1:02:31	1:01:40	0:55:35	1:07:58	0:56:03	
1.112	1792	Janssen, Carsten	01	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	150	5:03:47	1:02:48	1:04:35	0:54:57	1:09:15	0:52:12	
1.114	445	Weelborg, Stefan	87	DEU	Physio Aktiv Rhauderfehn	MHK	964	5:04:03	1:03:05	1:04:53	0:52:36	1:05:07	0:58:22	
1.115	796	Heidenreich, Nils	93	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	965	5:04:15	1:06:25	0:59:51	0:56:37	1:07:56	0:53:26	
1.116	1485	Lohmeyer, Everwien	58	DEU	SV Frisia Brinkum	MHK	966	5:04:25	1:02:13	1:02:46	0:56:33	1:07:35	0:55:18	



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1.117	1415	Groeneveld, Thomas	85	DEU	Volksbank Westrhaderfehn	MHK	967	5:04:30	0:57:12	1:09:31	0:56:17	1:07:59	0:53:31	
1.118	681	Wilhelms, Jan-Ole	97	DEU	EWE-Wattloopers	MJ	151	5:04:41	1:01:27	1:03:32	0:55:06	1:10:11	0:54:25	
1.119	1126	van Rossum, Matthijs	62	DEU	van Rossum/Kuiper	MHK	968	5:04:45	1:02:38	1:00:44	0:54:36	1:11:36	0:55:11	
1.120	1565	Freimuth, Christoph	90	DEU	Freiwillige Feuerwehr Sandhorst	MHK	969	5:04:46	1:06:16	1:01:15	0:53:03	1:09:02	0:55:10	
1.121	1146	Simmat, Frank	69	DEU	Schule am Deich	MHK	970	5:04:48	1:05:38	1:05:38	0:54:08	1:06:27	0:52:57	
1.122	1101	Bley, Tobias	94	DEU	Alwin Christians	MHK	971	5:04:50	1:00:36	1:03:01	0:54:07	1:10:35	0:56:31	
1.123	1283	Gross, Peter	68	DEU	Volkswagen AG	MHK	972	5:04:55	1:04:28	1:03:54	0:54:59	1:07:46	0:53:48	
1.124	1724	Lotz, Boris	72	DEU	SV Stern Schwerinsdorf	MHK	973	5:04:59	1:03:19	0:57:26	0:57:51	1:09:46	0:56:37	
1.124	926	Leubner, Aiko	90	DEU	Bünting Tee	MHK	973	5:04:59	1:06:52	1:05:11	0:55:03	1:04:37	0:53:16	
1.126	790	Toben, Ralf	71	DEU	TaktLwGrp"R"	MHK	975	5:05:04	1:04:48	1:05:19	0:54:53	1:05:59	0:54:05	
1.127	1000	Koch, Gerald	62	DEU	Baptisten Firrel	MHK	976	5:05:12	1:00:41	1:00:23	0:53:07	1:05:48	1:05:13	
1.128	1531	Eberhardt, Julian	00	DEU	IGS Waldschule Egels	MJ	152	5:05:27	1:03:50	1:02:23	0:59:35	1:05:05	0:54:34	
1.129	1508	Niedermayer, Joshua	96	DEU	Orgadata AG	MJ	153	5:05:29	1:07:51	1:03:07	0:55:30	1:05:54	0:53:07	
1.130	673	Heyenga, Dennis	93	DEU	Seefahrtsschule Leer	MHK	977	5:05:35	1:05:31	1:01:55	0:55:11	1:09:40	0:53:18	
1.131	400	Brötje, Helge	72	DEU	Ubbo-Emmius-Klinik	MHK	978	5:05:39	1:05:04	1:02:37	0:54:41	1:06:47	0:56:30	
1.132	1712	Janssen, Johann	74	DEU	SVOchtersum Wi sünd Holtriem	MHK	979	5:05:42	1:05:57	1:02:18	0:54:53	1:09:01	0:53:33	
1.133	657	Stroman, Diedrich	84	DEU	obw Emden	MHK	980	5:05:43	1:01:53	1:03:14	0:52:41	1:12:49	0:55:06	
1.134	834	Severiens, Harm	56	DEU	Bundeswehr Weener	MHK	981	5:05:46	1:03:11	1:02:02	0:57:28	1:07:37	0:55:28	
1.135	825	Röwe, Marco	80	DEU	EWE-Wattloopers	MHK	982	5:05:57	1:05:43	1:07:35	0:57:27	1:10:10	0:45:02	
1.136	864	Block, Norbert	77	DEU		MHK	983	5:06:02	1:04:47	1:03:47	0:54:20	1:07:48	0:55:20	
1.137	555	Janssen, Heiko	74	DEU	WfbM BBB Aurich Wittmund	MHK	984	5:06:07	1:01:43	1:04:53	0:55:39	1:08:52	0:55:00	
1.138	1793	de Vries, Hannes	01	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	154	5:06:24	1:02:38	1:04:05	0:52:41	1:06:36	1:00:24	
1.139	1378	Stern, Thomas	70	DEU	Seefahrtsschule Leer	MHK	985	5:06:25	1:08:11	1:05:35	0:52:06	1:07:32	0:53:01	
1.140	1616	Flessner, Erwin	68	DEU	ohne verein	MHK	986	5:06:29	1:05:12	1:04:10	0:56:47	1:06:24	0:53:56	
1.141	741	Kramer, Frank	58	DEU	team aurident	MHK	987	5:06:30	1:07:20	1:04:43	0:55:53	1:05:58	0:52:36	
1.142	817	Kleene, Markus	88	DEU	Beekmann/Nehlsen	MHK	988	5:06:31	1:06:36	1:03:20	0:55:10	1:06:43	0:54:42	
1.143	808	Tjaden, Dieter	69	DEU	Rolf Janssen Gruppe	MHK	989	5:06:39	1:08:24	1:05:13	0:54:21	1:06:01	0:52:40	
1.144	821	Gravel, Manfred	62	DEU	LT TuRa 07 Westrhaderfehn	MHK	990	5:06:44	1:03:29	1:02:44	0:56:36	1:08:08	0:55:47	
1.145	1034	Swart, Helmut	64	DEU	Weener Plastik	MHK	991	5:07:03	1:03:30	1:01:49	0:55:51	1:08:48	0:57:05	
1.146	1620	Katzer, Roland	65	DEU	Polizei Leer	MHK	992	5:07:47	1:02:58	1:03:11	0:56:48	1:09:49	0:55:01	
1.147	1297	Dechow, Ingo	70	DEU	Sparkasse Aurich-Norden	MHK	993	5:07:51	1:06:13	1:04:34	0:55:16	1:07:59	0:53:49	
1.148	410	Warsing, Udo	71	DEU	LEDA Feurige Welten	MHK	994	5:08:01	1:07:02	1:05:12	0:56:05	1:07:20	0:52:22	
1.148	918	Meyering, Christian	83	DEU	Reederei Buss	MHK	994	5:08:01	1:04:05	1:00:05	0:57:10	1:10:18	0:56:23	
1.148	1784	Flessner, Wilko	00	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	155	5:08:01	1:05:47	1:01:10	0:56:40	1:10:36	0:53:48	
1.151	1169	Seehusen, Andreas	79	DEU	Orgadata AG	MHK	996	5:08:12	1:05:32	1:07:38	0:53:19	1:06:20	0:55:23	

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1.152	1535	Reuther, Thorsten	79	DEU	Leinerstift e.V.	MHK	997	5:08:22	1:06:02	1:04:59	0:56:24	1:07:03	0:53:54	
1.152	1763	Rücker, Nicholas	95	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	997	5:08:22	1:05:37	1:03:49	0:53:10	1:13:16	0:52:30	
1.154	1477	Backhus, Tim	82	DEU	Volkswagen Zentrum Oldenburg	MHK	999	5:08:30	1:05:49	1:05:44	0:55:18	1:07:27	0:54:12	
1.155	1416	Schoneboom, Hans-Günter	66	DEU	Emder LG	MHK	1000	5:08:40	1:03:20	1:02:43	0:56:04	1:08:40	0:57:53	
1.156	1505	Leffers, Bernd	55	DEU		MHK	1001	5:08:49	1:04:58	1:03:53	0:55:56	1:09:06	0:54:56	
1.157	982	Hannebohm, Jürgen	76	DEU	Physio Aktiv Rhauderfehn	MHK	1002	5:08:51	1:05:59	1:03:25	0:56:20	1:07:39	0:55:28	
1.158	1116	Hoppmann, Gerrit	63	DEU	ENOVA	MHK	1003	5:09:07	1:03:23	1:04:43	0:56:38	1:08:08	0:56:15	
1.159	1076	Kieselhorst, Klaus	59	DEU	Team ENERCON	MHK	1004	5:09:13	1:08:29	1:04:28	0:55:10	1:07:13	0:53:53	
1.160	1198	Metz, Günther	60	DEU	BMW TEKKEN	MHK	1005	5:09:20	1:05:45	1:04:30	0:56:50	1:07:49	0:54:26	
1.161	884	Janßen, Holger	68	DEU	Ostfriesische Volksbank eG	MHK	1006	5:09:35	1:04:43	1:04:15	0:55:36	1:09:09	0:55:52	
1.162	1563	Grüter, Harald	60	DEU	Heilpraxis-Grueter, Nortmoor	MHK	1007	5:09:39	1:06:39	1:03:35	0:57:14	1:07:01	0:55:10	
1.163	882	Wilken, Foltmar	66	DEU	TRAUCO Gruppe	MHK	1008	5:09:40	1:04:24	1:04:15	0:56:10	1:09:28	0:55:23	
1.164	1475	SÄTTLER, Wolfgang	47	DEU	Fortuna Logabirum	MHK	1009	5:09:45	1:03:54	1:03:10	0:55:45	1:09:17	0:57:39	
1.165	1425	Pupkes, Werner	65	DEU	HSV	MHK	1010	5:09:49	1:05:50	1:06:55	0:56:05	1:07:00	0:53:59	
1.166	1410	Weber, Michael	54	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	1011	5:09:51	1:03:09	1:03:38	0:55:54	1:09:35	0:57:35	
1.167	699	Wilhelms, Hannes	94	DEU	Schulte Dental Filsum	MHK	1012	5:09:55	1:05:48	1:05:11	0:56:18	1:08:30	0:54:08	
1.168	1113	Klüver, Thomas	75	DEU	RVB Aurich/Uplengen	MHK	1013	5:10:05	1:06:23	1:04:58	0:56:03	1:07:27	0:55:14	
1.169	1106	Oltmanns, Gerhard	64	DEU	Kichengemeinde Hollen	MHK	1014	5:10:06	1:06:23	1:05:51	0:56:08	1:07:14	0:54:30	
1.170	976	Trauernicht, Jens	63	DEU	LG "Die Trauernicht's"	MHK	1015	5:10:20	1:04:23	1:03:10	0:55:45	1:09:39	0:57:23	
1.171	1419	Janssen, Gerd	53	DEU	Sandhorst	MHK	1016	5:10:24	1:05:42	1:03:38	0:56:04	1:09:01	0:55:59	
1.172	1736	Doden, Meinhard	62	DEU	GeTek	MHK	1017	5:10:32	1:05:18	1:03:38	0:56:41	1:09:01	0:55:54	
1.173	1226	Fitz, Florian	03	DEU	Moordorf	MJ	156	5:10:36	1:05:23	1:03:13	0:58:33	1:08:40	0:54:47	
1.174	575	Schaefer, Klaus	67	DEU	Kirche läuft Wilhelmshaven	MHK	1018	5:10:37	1:18:47	1:01:47	0:52:37	1:06:09	0:51:17	
1.175	947	Rudnick, Dietmar	65	DEU	LG Großefehn	MHK	1019	5:11:01	1:05:13	1:04:06	0:56:45	1:09:15	0:55:42	
1.176	259	Gabel, Andreas	81	DEU	ELV Elektronik AG	MHK	1020	5:11:03	1:03:48	1:03:16	0:57:22	1:10:03	0:56:34	
1.177	837	Tjards, Helmut	64	DEU	LT TuS Aurich-Ost	MHK	1021	5:11:04	1:02:43	1:06:09	0:56:44	1:09:48	0:55:40	
1.178	1795	Anar, Lukas	01	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	157	5:11:07	1:06:34	1:06:21	0:53:50	1:10:36	0:53:46	
1.179	1176	Okken, Lutz	69	DEU	Jugendhilfsstelle Nortmoor	MHK	1022	5:11:28	1:08:54	1:05:20	0:55:13	1:08:28	0:53:33	
1.180	1060	Deecken, Werner	51	DEU	loony loopers	MHK	1023	5:11:58	1:04:02	1:05:07	0:56:51	1:09:14	0:56:44	
1.181	750	Richter, Uwe	50	DEU	SV Ofenerdiek	MHK	1024	5:12:03	1:06:21	1:05:34	0:58:06	1:07:57	0:54:05	
1.182	1693	Huxsohl, Jörg	70	DEU	Backemoor	MHK	1025	5:12:05	1:09:16	1:04:17	0:55:19	1:08:09	0:55:04	
1.183	248	Lammers, Marcel	98	DEU	IGS Moormerland	MJ	158	5:12:14	1:05:29	1:03:34	0:55:26	1:11:06	0:56:39	
1.184	973	Wenninga, Lothar	72	DEU	TausendfüßLeer	MHK	1026	5:12:32	1:04:37	1:08:10	0:55:36	1:08:29	0:55:40	
1.185	968	Freese, Timo	96	DEU	de Baalje Aurich	MJ	159	5:12:47	1:06:43	1:06:13	0:55:05	1:09:18	0:55:28	
1.186	990	König, Wolfgang	54	DEU	NIGE	MHK	1027	5:12:49	1:04:06	1:07:20	0:56:42	1:08:07	0:56:34	

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1.187	1759	Thies, Janic	97	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	160	5:13:04	1:05:18	1:07:25	0:55:08	1:08:30	0:56:43	
1.188	992	Freeseemann, Michael	73	DEU	EWE-Wattloopers	MHK	1028	5:13:05	1:06:15	1:05:26	0:56:12	1:09:21	0:55:51	
1.189	491	Abels, Joshua	96	DEU	TaktLwGrp "R"	MJ	161	5:13:16	1:09:25	1:04:55	0:58:05	1:07:51	0:53:00	
1.190	1002	Wilken, Helge	61	DEU	LG Ostfriesland	MHK	1029	5:13:27	1:07:42	1:04:56	0:56:32	1:08:42	0:55:35	
1.191	1826	Wiechers, Erik	97	DEU	NIGE	MJ	162	5:13:34	1:07:45	1:07:22	0:55:35	1:09:37	0:53:15	
1.192	1301	Kruth, Johannes	93	DEU	Rettungsdienst Leer	MHK	1030	5:13:36	1:10:31	1:05:28	0:54:54	1:09:08	0:53:35	
1.193	998	Frerichs, Dennis	93	DEU	WfbM BBB Aurich Wittmund	MHK	1031	5:13:45	1:08:02	1:02:13	0:57:22	1:09:30	0:56:38	
1.194	879	Wilken, Wilfried	50	DEU	Alt. Nortm./Holtl./Stielk.	MHK	1032	5:13:46	1:02:10	1:12:51	0:52:37	1:04:35	1:01:33	
1.195	1323	Badinski, Sven	76	DEU	Hartmann Group	MHK	1033	5:13:49	1:10:55	1:03:33	0:54:41	1:09:26	0:55:14	
1.196	1187	Penon, Focko	71	DEU	Gymnasium Ulricianum Aurich	MHK	1034	5:14:02	1:09:08	1:04:54	0:55:56	1:09:07	0:54:57	
1.197	1152	Ihnen, Helge	97	DEU	JFV Aurich	MJ	163	5:14:05	1:05:15	1:02:44	0:56:21	1:13:18	0:56:27	
1.198	1068	Garrelts, Bernd	76	DEU	Team ENERCON	MHK	1035	5:14:16	1:05:47	1:04:19	0:57:06	1:10:40	0:56:24	
1.199	986	Pietruska, Axel	53	DEU	BSG Volksbank Jever	MHK	1036	5:14:29	1:05:22	1:05:52	0:57:03	1:09:50	0:56:22	
1.200	1256	Nitschke, Mischa	89	DEU	Klinikum Leer	MHK	1037	5:14:40	1:05:06	1:05:22	0:55:56	1:10:35	0:57:41	
1.201	1038	Lüpkes, Otto	58	DEU	LT TuS Aurich-Ost	MHK	1038	5:14:42	1:05:31	1:04:12	0:57:25	1:08:37	0:58:57	
1.202	1232	Frikke, Siegfried	53	DEU	TuS Holthusen	MHK	1039	5:14:58	1:00:13	1:05:35	0:58:05	1:11:47	0:59:18	
1.203	1274	Wilken, Gerhold	54	DEU	Sparkasse LeerWittmund	MHK	1040	5:15:11	1:07:11	1:06:29	0:57:06	1:08:21	0:56:04	
1.204	254	Beer, Philipp	96	DEU	Gymnasium Ulricianum Aurich SP601	MJ	164	5:15:23	1:00:02	1:14:31	1:06:54	1:03:07	0:50:49	
1.205	1355	Reiners, Joke	59	DEU	Lions Club Uplengen	MHK	1041	5:15:28	0:59:32	1:07:00	0:58:36	1:11:55	0:58:25	
1.206	1052	Meyer, Erhard	62	DEU	Sparkasse LeerWittmund	MHK	1042	5:15:32	1:07:21	1:06:40	0:57:06	1:08:21	0:56:04	
1.207	1451	Hayunga, Frank	66	DEU	TV Norden	MHK	1043	5:15:35	1:06:33	1:04:28	0:58:00	1:10:09	0:56:25	
1.208	1172	Gerken, Theo	44	DEU	LG Ostfriesland	MHK	1044	5:15:45	1:05:25	1:03:43	0:57:55	1:10:10	0:58:32	
1.209	1138	Bavinck, Jannik	91	DEU	Seefahrtsschule Leer	MHK	1045	5:16:16	1:10:09	1:04:54	0:56:40	1:08:27	0:56:06	
1.210	1114	Berghaus, Jann	58	DEU	SG Egels - Popens	MHK	1046	5:16:20	1:07:13	1:04:57	0:57:16	1:09:16	0:57:38	
1.211	1324	Pruin, Rene	93	DEU	Seefahrtsschule Leer	MHK	1047	5:16:21	1:10:26	1:07:52	0:53:57	1:08:15	0:55:51	
1.212	1214	Haseborg, Jan	61	DEU	HSM Wirtschaftsprüfer & Steuerberater	MHK	1048	5:16:24	1:05:25	1:04:28	0:58:15	1:10:22	0:57:54	
1.213	985	Quarg, Bruno	53	DEU	BSG Volksbank Jever	MHK	1049	5:16:31	1:05:59	1:06:02	0:58:05	1:09:50	0:56:35	
1.214	1037	Schlichting, Jens	64	DEU	MTV Aurich	MHK	1050	5:16:42	1:06:00	1:05:14	0:57:41	1:11:09	0:56:38	
1.215	1524	Harms, Jacomo	01	DEU	IGS Waldschule Egels	MJ	165	5:16:47	1:04:07	1:03:53	0:58:14	1:12:55	0:57:38	
1.216	994	Hinrichs, Hans-Jürgen	53	DEU	SV Elisabethfehn e.V.	MHK	1051	5:16:52	1:05:49	1:05:45	0:58:13	1:10:44	0:56:21	
1.217	1734	Heinks, Dieter	69	DEU	GeTek	MHK	1052	5:16:56	1:05:41	1:03:37	0:58:19	1:11:41	0:57:38	
1.218	1536	Penning, Hartmut	51	DEU	SV Brinkum	MHK	1053	5:16:59	1:06:15	1:04:43	0:57:30	1:10:50	0:57:41	
1.219	1534	Gedes, Riko	01	DEU	IGS Waldschule Egels	MJ	166	5:17:07	1:07:14	1:04:43	0:59:36	1:09:28	0:56:06	
1.220	1003	Siemens, Ralf	64	DEU	Hartmann Group	MHK	1054	5:17:51	1:05:34	1:06:11	0:58:31	1:10:20	0:57:15	
1.221	972	Schultz, Dietmar	65	DEU	Team Deutsche Post	MHK	1055	5:18:07	1:05:40	1:07:33	0:58:10	1:09:54	0:56:50	

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1.222	1295	Focken, Enno	90	DEU	BBC Chartering GmbH	MHK	1056	5:18:10	1:06:48	1:06:25	0:57:49	1:10:42	0:56:26	
1.223	883	Bogena, Martin	61	DEU	Leer	MHK	1057	5:18:11	1:06:32	1:05:06	0:57:45	1:11:06	0:57:42	
1.224	1424	Ebens, Klaus	57	DEU	Bremen	MHK	1058	5:18:14	1:06:47	1:06:25	0:57:49	1:10:46	0:56:27	
1.225	1626	Albrecht, Erik	99	DEU	WG Strukelje	MJ	167	5:18:22	1:09:58	1:07:22	0:55:41	1:08:24	0:56:57	
1.226	1452	Goudschaal, Karl-Heinz	68	DEU	TV Norden	MHK	1059	5:18:23	0:55:37	0:54:18	0:59:41	1:26:49	1:01:58	
1.226	1762	Niestrat, Lukas	96	DEU	MH Sports	MJ	168	5:18:23	1:08:37	1:05:06	0:58:56	1:10:31	0:55:13	
1.228	1213	Fitz, Matthias	62	DEU	Moordorf	MHK	1060	5:18:29	1:06:47	1:05:36	0:58:32	1:10:27	0:57:07	
1.229	1849	Schmidt, Hartmut	62	DEU	tbd.radsport-wiesmoor	MHK	1061	5:18:30	1:04:47	1:05:07	0:56:25	1:13:10	0:59:01	
1.230	1765	Wüst, Maurice	94	DEU	Alex.-v.- Humboldt-Schule WTM	MHK	1062	5:18:41	1:02:17	1:03:49	0:55:04	1:07:58	1:09:33	
1.231	278	Wirdemann, Stefan	72	DEU	Emder LG	MHK	1063	5:18:54	1:06:03	1:03:38	0:55:36	1:08:46	1:04:51	
1.232	649	Mammen, Stephan	74	DEU	obw Emden	MHK	1064	5:18:55	1:07:46	1:06:37	0:57:41	1:10:21	0:56:30	
1.232	1276	Buxbaum, Artur	87	DEU	Hartmann Group	MHK	1064	5:18:55	1:09:27	1:04:47	0:56:45	1:11:11	0:56:45	
1.234	1221	Breer, Deti	68	DEU	RSU Kp Küste	MHK	1066	5:19:12	1:10:57	1:07:59	0:55:17	1:09:00	0:55:59	
1.235	835	Schöne, André	83	DEU	Team ENERCON	MHK	1067	5:19:13	1:07:29	1:06:35	0:58:34	1:10:09	0:56:26	
1.236	962	Lingner, Gerhard	49	DEU	LT TuRa 07 Westrhauderfehn	MHK	1068	5:19:15	1:08:13	1:06:18	0:57:55	1:09:42	0:57:07	
1.236	1251	Peterssen, Kampe	81	DEU	BBS Aurich	MHK	1068	5:19:15	1:07:25	1:06:55	0:57:56	1:09:55	0:57:04	
1.238	828	Schoon, Günter	64	DEU	EWE-Wattloopers	MHK	1070	5:19:20	1:06:15	1:07:18	0:59:12	1:10:48	0:55:47	
1.239	1851	Cramer-Martens, Björn	78	DEU	Raumwerk Martens	MHK	1071	5:19:24	1:07:55	1:04:58	0:56:37	1:13:31	0:56:23	
1.240	1754	Janhsen, Siegfried	53	DEU	Südbrookmerland	MHK	1072	5:19:25	1:10:04	1:07:39	1:00:02	1:01:59	0:59:41	
1.241	1866	Schoolmann, Claus	77	DEU	Volkswagen Emden	MHK	1073	5:19:35	1:06:38	1:06:36	0:58:12	1:11:25	0:56:44	
1.242	1137	Wischeropp, Thomas	69	DEU	Klinge / Weener Energie	MHK	1074	5:19:42	1:07:33	1:06:30	0:58:05	1:10:32	0:57:02	
1.243	974	Müller, Rainer	42	DEU	TV Friedeburg	MHK	1075	5:20:13	1:13:32	1:06:26	0:56:27	1:07:56	0:55:52	
1.244	853	Janssen, Holger	63	DEU	Tus Esens	MHK	1076	5:20:46	1:07:35	1:06:10	0:58:48	1:10:16	0:57:57	
1.245	1018	Rieken, Magnus	47	DEU	Jever	MHK	1077	5:20:52	1:06:50	1:07:22	0:58:33	1:10:23	0:57:44	
1.246	840	Krüger, Ole	85	DEU	Firmengruppe Kurre	MHK	1078	5:21:14	1:05:11	1:09:48	0:59:02	1:08:45	0:58:28	
1.247	354	Hook, Michael	66	DEU	Watt'n Looper SV Domum	MHK	1079	5:21:32	1:07:15	1:07:45	0:58:08	1:10:14	0:58:10	
1.247	1178	Goemann, Jan Ubbo	87	DEU	Seefahrtsschule Leer	MHK	1079	5:21:32	1:09:40	1:07:45	0:56:40	1:10:28	0:56:59	
1.249	1050	Lübbers, Tom	94	DEU	Moorlooper	MHK	1081	5:21:37	1:09:55	1:07:01	0:58:31	1:11:05	0:55:05	
1.250	1219	Fröbel, Heinz	47	DEU	Emder LG	MHK	1082	5:22:11	1:06:25	1:05:16	0:59:54	1:12:26	0:58:10	
1.251	1008	Smid, Frank-Michael	64	DEU	SCHARFF / TRAUCO	MHK	1083	5:22:29	1:05:32	1:09:19	0:58:41	1:12:27	0:56:30	
1.251	1195	Harms, Uwe	69	DEU	Laufen und Meer	MHK	1083	5:22:29	1:08:21	1:06:02	0:57:44	1:12:19	0:58:03	
1.253	1726	Salge, Arthur	47	DEU	IGS Moormerland	MHK	1085	5:22:32	1:08:11	1:06:22	0:59:07	1:10:30	0:58:22	
1.254	1253	Cobus, Thomas	71	DEU	Bohlen & Doyen	MHK	1086	5:22:53	1:08:25	1:07:12	0:58:34	1:11:21	0:57:21	
1.255	1614	Buss, Günter	71	DEU	MTV Aurich / Gassco Vikings	MHK	1087	5:22:59	1:07:51	1:08:51	0:58:21	1:11:05	0:56:51	
1.256	1118	Brümmer, Helmuth	57	DEU	ENOVA	MHK	1088	5:23:06	1:04:28	1:06:35	0:59:38	1:13:41	0:58:44	

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1.257	1618	Katzer, Florian	96	DEU		MJ	169	5:23:17	1:06:55	1:07:43	0:59:46	1:11:45	0:57:08	
1.258	1561	Meyer, Ulli	58	DEU	NKF	MHK	1089	5:23:21	1:07:35	1:08:50	0:59:48	1:09:45	0:57:23	
1.259	1242	Pilarczyk, Bartosz	95	DEU	WfbM BBB Aurich Wittmund	MHK	1090	5:23:42	1:08:21	1:07:08	0:57:16	1:11:51	0:59:06	
1.260	1233	Niemeyer-Speckmann, Klaas	71	DEU	AFS Komitee Ostfriesland	MHK	1091	5:23:54	1:07:28	1:08:34	0:58:49	1:11:09	0:57:54	
1.261	1832	Schulte, Wilhelm	41	DEU	Barßel	MHK	1092	5:24:08	1:09:14	1:08:45	0:58:00	1:10:19	0:57:50	
1.262	785	Groen, Carsten	86	DEU	Physio Aktiv Rhauderfehn	MHK	1093	5:24:11	1:07:35	1:06:06	0:58:23	1:13:46	0:58:21	
1.263	1462	Fabbi, Gabriel	68	DEU	Team Möbel Buss	MHK	1094	5:24:20	1:07:38	1:07:12	0:58:33	1:11:27	0:59:30	
1.264	1245	Bruns, Ludger	74	DEU	Emder LG	MHK	1095	5:24:25	1:08:58	1:08:31	0:58:15	1:11:34	0:57:07	
1.265	1766	Boger, Arthur	97	DEU	Alex.-v.-Humboldt-Schule WTM	MJ	170	5:25:01	1:10:54	1:07:23	0:59:18	1:10:43	0:56:43	
1.266	1318	Frühling, Kobus	69	DEU	BBS Aurich	MHK	1096	5:25:03	1:06:51	1:11:15	0:59:19	1:11:43	0:55:55	
1.267	1529	Stefanski, Tim- Ole	99	DEU	IGS Waldschule Egels	MJ	171	5:25:08	1:12:20	1:05:21	0:58:19	1:10:59	0:58:09	
1.268	1255	Brunken, Jörg	83	DEU	Orgadata AG	MHK	1097	5:25:12	1:11:19	1:07:26	0:57:40	1:11:13	0:57:34	
1.269	1526	Harms, Stefan	99	DEU	IGS Waldschule Egels	MJ	172	5:25:36	1:06:42	1:08:23	0:57:02	1:13:52	0:59:37	
1.270	1217	Waalkens, Manfred	51	DEU	LT TuS Aurich-Ost	MHK	1098	5:25:46	1:09:17	1:06:34	0:58:30	1:13:02	0:58:23	
1.271	1224	Juilfs, Uwe	63	DEU	Wiesens	MHK	1099	5:25:54	1:10:03	1:06:38	0:59:54	1:11:28	0:57:51	
1.272	1804	Kruse, Jörn	00	DEU	Gymnasium Ulricianum Aurich	MJ	173	5:26:16	1:10:12	1:06:30	0:57:18	1:12:26	0:59:50	
1.273	1325	Boekhoff, Ingo	82	DEU	Rettungsdienst Leer	MHK	1100	5:26:18	1:13:09	1:12:07	0:56:08	1:11:04	0:53:50	
1.274	1044	Klunder, Jochen	67	DEU	BBS Aurich	MHK	1101	5:26:23	1:08:02	1:07:55	0:59:21	1:12:47	0:58:18	
1.275	1488	Franzen, Wilfried	45	DEU	SV Teutonia Stapelmoor	MHK	1102	5:26:27	1:06:15	1:07:37	0:59:38	1:13:42	0:59:15	
1.276	1159	Jürrens, Benjamin	86	DEU	Klinikum Emden	MHK	1103	5:26:34	1:12:47	1:07:50	0:59:16	1:09:41	0:57:00	
1.277	1162	Saathoff, Holger	73	DEU	Raiffeisenbank eG, Moormerland	MHK	1104	5:26:35	1:09:22	1:08:51	0:59:13	1:11:06	0:58:03	
1.277	1216	Brehmer, Dirk	43	DEU	AURICH	MHK	1104	5:26:35	1:08:40	1:08:07	0:59:19	1:12:25	0:58:04	
1.279	959	Henning, Torsten	72	DEU	Stadt Emden	MHK	1106	5:26:48	1:09:37	1:08:15	0:58:34	1:12:24	0:57:58	
1.280	200	Steinke, Dietrich	41	DEU	SV Concordia Neermoor	MHK	1107	5:26:54	1:05:59	1:07:47	0:59:23	1:13:02	1:00:43	
1.281	1482	Bose, Patrick	96	DEU	TaktLwGrp "R"	MJ	174	5:27:09	1:07:06	1:11:11	0:58:05	1:09:22	1:01:25	
1.282	1333	Janssen, Arne	90	DEU	Wandertrupp Loppersum	MHK	1108	5:27:14	1:10:23	1:09:36	0:58:20	1:12:37	0:56:18	
1.283	671	Streekmann, Niels	78	DEU	Leer	MHK	1109	5:27:15	1:08:11	1:09:56	0:56:21	1:14:09	0:58:38	
1.284	805	Niehuisen, Frank	70	DEU	AOK Die Gesundheitskasse	MHK	1110	5:27:18	1:09:11	1:07:53	0:59:36	1:12:38	0:58:00	
1.285	1033	Büttner, Walter	59	DEU	BPS Emden	MHK	1111	5:27:31	1:08:55	1:08:32	0:58:58	1:11:45	0:59:21	
1.286	1191	Freeseemann, Egon	66	DEU	Bünting Tee	MHK	1112	5:27:33	1:08:15	1:08:51	0:59:55	1:12:08	0:58:24	
1.287	981	Bohnet, Ernst	46	DEU	Emder LG	MHK	1113	5:27:34	1:08:21	1:06:27	1:01:54	1:12:54	0:57:58	
1.288	1530	Berends, Marcel	98	DEU	IGS Waldschule Egels	MJ	175	5:27:37	1:12:20	1:06:32	0:58:19	1:12:18	0:58:08	
1.289	1023	Dogs, Timo	77	DEU	Grundschule Overledingaer Geest	MHK	1114	5:27:51	1:09:10	1:07:56	0:58:45	1:13:58	0:58:02	
1.290	1532	Hayenga, Manuel	01	DEU	IGS Waldschule Egels	MJ	176	5:27:55	1:09:28	1:10:14	1:02:04	1:10:49	0:55:20	
1.291	1581	Goudschaal, Rolf	50	DEU	Remels	MHK	1115	5:27:58	1:10:02	1:07:59	0:59:56	1:11:30	0:58:31	

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1.292	1304	de Vries, Sascha	81	DEU	Ihlow	MHK	1116	5:28:00	1:00:58	1:00:18	1:05:46	1:19:34	1:01:24	
1.293	24	Baumann, Ralf	79	DEU	Leer	MHK	1117	5:28:02	1:12:30	1:07:11	0:58:33	1:12:54	0:56:54	
1.294	1055	Erdmann, Dieter	49	DEU	SuS Berumerfehn e. V.	MHK	1118	5:28:21	1:11:36	1:09:34	0:59:19	1:10:43	0:57:09	
1.295	781	de Buhr, Jens	68	DEU	VW Emden	MHK	1119	5:28:42	1:06:52	1:05:22	0:58:52	1:20:22	0:57:14	
1.296	1707	Filke, Thorsten	85	DEU	LG Fliegerhorst Upjever	MHK	1120	5:28:50	1:12:49	1:08:19	0:57:59	1:10:37	0:59:06	
1.297	967	Janssen, Günter	43	DEU	MTV Aurich	MHK	1121	5:29:10	1:11:43	1:06:49	0:59:38	1:11:49	0:59:11	
1.298	1519	Redenius, Fabian	02	DEU	IGS Waldschule Egels	MJ	177	5:29:11	1:14:51	1:11:07	0:59:03	1:10:57	0:53:13	
1.299	1223	Nipshagen, Grato	58	DEU	LT Schafhauser Wald	MHK	1122	5:29:14	1:08:27	1:06:11	0:59:06	1:15:04	1:00:26	
1.300	1271	Karbach, Ralf	74	DEU	Rettungsdienst Leer	MHK	1123	5:29:36	1:11:45	1:10:49	0:58:29	1:12:22	0:56:11	
1.301	1047	Loers, Helmut	52	DEU	SV Blau Weiß Filsun	MHK	1124	5:29:53	1:08:48	1:08:02	1:00:21	1:13:09	0:59:33	
1.302	1042	Nie, Richard	63	DEU	RuF Rheiderland	MHK	1125	5:30:04	1:10:41	1:12:20	0:58:41	1:11:13	0:57:09	
1.303	1472	Bodenstab, Ingo	71	DEU	Volkswagen Zentrum Oldenburg	MHK	1126	5:30:11	1:08:18	1:08:47	0:59:37	1:14:28	0:59:01	
1.303	1825	Klock, Selwyn	91	DEU	Hartmann Group	MHK	1126	5:30:11	1:13:33	1:08:38	0:54:54	1:12:11	1:00:55	
1.305	1078	Tjardes, Ralf	69	DEU	BV Vorwärts Plaggenburg e.V.	MHK	1128	5:30:52	1:08:54	1:06:32	0:59:00	1:19:35	0:56:51	
1.306	885	Willms, Henning	76	DEU	Hartmann Group	MHK	1129	5:30:58	1:09:40	1:06:53	0:59:16	1:15:24	0:59:45	
1.307	1576	Ramaker, Harald	63	DEU	SV Warsingsfehn	MHK	1130	5:31:14	1:08:08	1:08:26	0:59:39	1:14:58	1:00:03	
1.308	1285	Gossling, Karl	46	DEU	LG Bunde	MHK	1131	5:31:29	1:08:56	1:09:00	1:00:27	1:13:41	0:59:25	
1.309	1007	Jordan, Torsten	72	DEU	Ostfriesische Brandkasse	MHK	1132	5:31:46	1:11:11	1:10:01	0:57:55	1:15:05	0:57:34	
1.310	1017	Reiners, Sebastian	81	DEU	Die Laufkumpanen	MHK	1133	5:31:51	1:09:36	1:08:43	0:59:29	1:14:42	0:59:21	
1.311	496	Hempfen, Klaus	70	DEU	Die Laufkumpanen	MHK	1134	5:31:53	1:09:37	1:08:43	0:59:29	1:14:42	0:59:22	
1.312	1543	Eden, Thorsten	78	DEU	Kreuzfahrten Sinning	MHK	1135	5:32:27	1:09:50	1:07:22	1:00:19	1:15:55	0:59:01	
1.313	1165	Steinmeier, Fritz	48	DEU	MTV Aurich	MHK	1136	5:32:39	1:10:49	1:10:38	1:00:17	1:12:32	0:58:23	
1.314	794	de Buhr, H1	59	DEU	Lionsclub Uplengen	MHK	1137	5:32:40	1:09:11	1:09:00	1:01:30	1:12:57	1:00:02	
1.315	1840	Kramer, Dirk	66	DEU	team aurident	MHK	1138	5:32:58	1:11:30	1:10:19	0:58:30	1:15:06	0:57:33	
1.316	1241	Kruse, Bernhard	90	DEU	WfbM BBB Aurich Wittmund	MHK	1139	5:33:04	1:09:09	1:09:21	0:57:15	1:18:38	0:58:41	
1.317	1238	Stern, Otto	06	DEU	Seefahrtsschule Leer	MJ	178	5:33:16	1:10:42	1:10:06	0:58:55	1:13:46	0:59:47	
1.318	1022	Tjardes, Karl	44	DEU	MTV Wittmund	MHK	1140	5:33:25	1:08:50	1:09:40	1:01:14	1:13:29	1:00:12	
1.319	1212	Sick, Jens	65	DEU	JVA Emden	MHK	1141	5:33:54	1:09:51	1:09:51	1:01:24	1:13:29	0:59:19	
1.320	1150	Sacklowski, Udo	71	DEU	Emder LG	MHK	1142	5:34:05	1:08:27	1:08:19	0:58:54	1:16:09	1:02:16	
1.321	1439	Wolckenhaar, Enno	38	DEU	TC Grün-Weiß Leer	MHK	1143	5:34:10	1:08:56	1:09:22	1:00:28	1:14:05	1:01:19	
1.322	1048	Freudenberg, Lothar	69	DEU	Dabei is alles	MHK	1144	5:34:17	1:09:33	1:09:34	0:59:53	1:15:47	0:59:30	
1.323	1244	Beek, Helmut	56	DEU	VW Emden	MHK	1145	5:34:30	1:10:06	1:09:59	1:01:04	1:14:05	0:59:16	
1.324	1737	Heinßen, Thorben	87	DEU	Bünting Tee	MHK	1146	5:34:42	1:11:24	1:13:29	0:59:34	1:12:19	0:57:56	
1.325	1450	Jansen, Georg	50	DEU	TV Norden	MHK	1147	5:34:46	1:09:31	1:10:24	1:00:13	1:14:49	0:59:49	
1.326	1084	Langner, Thomas	71	DEU	Schleichkatzen WOL	MHK	1148	5:34:57	1:13:24	1:11:00	1:02:58	1:17:55	0:49:40	

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1.327	1024	Lühning, Reiner	65	DEU	LT TuRa 07 Westrhauderfehn	MHK	1149	5:35:07	1:11:29	1:11:43	0:59:51	1:13:59	0:58:05	
1.328	660	Westdörp, Hinrich	86	DEU	obw Emden	MHK	1150	5:35:13	1:09:10	1:08:53	0:59:47	1:17:11	1:00:12	
1.329	1699	Murr, Michael	71	DEU	Bohlen & Doyen	MHK	1151	5:35:32	1:11:19	1:08:48	0:59:12	1:16:54	0:59:19	
1.330	729	Janssen, Thomas	74	DEU	Bünting Tee	MHK	1152	5:36:14	1:11:35	1:10:03	1:01:21	1:11:08	1:02:07	
1.331	1697	Meenken, Christoph	89	DEU	BV Vorwärts Plaggenburg e.V.	MHK	1153	5:36:16	1:13:41	1:10:47	1:00:28	1:13:35	0:57:45	
1.332	1092	Sap, Stefan	80	DEU	Team ENERCON	MHK	1154	5:36:43	1:07:28	1:13:18	0:58:34	1:16:48	1:00:35	
1.333	1259	Röben, Hinrich	56	DEU	LT TuS Aurich-Ost	MHK	1155	5:37:21	1:08:19	1:09:32	1:01:59	1:16:39	1:00:52	
1.334	1437	Klömppes, Axel	61	DEU	Lummerland Taxi Aurich	MHK	1156	5:37:57	1:09:25	1:08:49	1:01:50	1:16:30	1:01:23	
1.334	1236	Hildebrand, Hermann	59	DEU	Polizei Aurich	MHK	1156	5:37:57	1:10:13	1:10:33	1:01:21	1:15:18	1:00:32	
1.336	1624	Krey, Sandor	71	DEU	Therapiezentrum Raienweg	MHK	1158	5:38:06	1:13:33	1:09:48	0:59:31	1:17:11	0:58:03	
1.337	1517	Dänekas, Jürgen	58	DEU	LG Uplengen	MHK	1159	5:38:07	1:13:23	1:11:37	1:09:56	1:09:40	0:53:31	
1.338	1026	Langenberg, Udo	61	DEU	ENERCON	MHK	1160	5:38:10	1:15:20	1:13:03	1:00:03	1:12:02	0:57:42	
1.339	1237	Ensslin, Gerd	49	DEU	Aurich	MHK	1161	5:38:23	1:10:42	1:10:23	1:01:47	1:15:57	0:59:34	
1.340	1311	Redenius, Tobias	88	DEU	LT TuS Aurich-Ost	MHK	1162	5:38:25	1:09:43	1:10:10	1:02:05	1:15:17	1:01:10	
1.341	66	Schewiola, Stefan	66	DEU	LT TuS Aurich-Ost	MHK	1163	5:38:36	1:10:33	1:09:57	1:00:54	1:15:26	1:01:46	
1.342	1768	Lopez Garcia, Jan-Marcel	98	DEU	Alex.-v.- Humboldt-Schule WTM	MJ	179	5:38:49	1:09:12	1:12:23	1:08:41	1:10:42	0:57:51	
1.343	1292	Siefken, Georg	47	DEU	SZ Saterland	MHK	1164	5:38:58	1:12:31	1:10:00	1:01:25	1:15:35	0:59:27	
1.344	1139	Reiter, H.Hermann	65	DEU	SV Stikelkamp	MHK	1165	5:38:59	1:08:20	1:10:47	1:00:06	1:19:14	1:00:32	
1.345	1277	Ley, André	67	DEU	Polizei Aurich	MHK	1166	5:39:02	1:10:13	1:10:33	1:02:27	1:15:18	1:00:31	
1.346	1312	Adden, Eckhard	67	DEU	OWS Emden	MHK	1167	5:39:06	1:13:45	1:09:38	1:01:13	1:14:23	1:00:07	
1.347	1064	Saathoff, Gerd	65	DEU	Filsum	MHK	1168	5:39:32	1:11:44	1:10:13	1:01:42	1:15:10	1:00:43	
1.348	1267	Weers, Werner	52	DEU	Sparkasse LeerWittmund	MHK	1169	5:39:36	1:09:49	1:11:24	1:02:24	1:15:04	1:00:55	
1.349	1838	Becker, Jan	84	DEU	OBS Weener	MHK	1170	5:40:00	1:12:16	1:09:15	1:01:25	1:17:11	0:59:53	
1.350	1623	Albers, Heio	46	DEU	Harmonic Brass	MHK	1171	5:40:35	1:12:04	1:10:01	1:02:00	1:15:53	1:00:37	
1.351	1622	Albers, Jochen	69	DEU	Harmonic Brass	MHK	1172	5:40:41	1:12:04	1:10:02	1:02:02	1:15:55	1:00:38	
1.352	1080	Mahn, Merten	93	DEU	Seefahrtsschule Leer	MHK	1173	5:40:59	1:12:35	1:10:31	1:00:33	1:16:25	1:00:55	
1.353	852	Dickhöfer, Holger	72	DEU	Enno Onnecken	MHK	1174	5:41:18	1:06:33	1:08:34	1:03:09	1:20:08	1:02:54	
1.354	1190	Ammermann, Lars	72	DEU	Bünting Tee	MHK	1175	5:41:23	1:08:53	1:14:32	0:59:55	1:16:31	1:01:32	
1.355	1617	Heibült, Christian	40	DEU	SV Holtland	MHK	1176	5:41:38	1:11:50	1:11:54	1:02:04	1:15:04	1:00:46	
1.356	1043	Buss, Herbert	59	DEU	SV Stikelkamp	MHK	1177	5:41:44	1:11:45	1:10:32	1:02:56	1:15:01	1:01:30	
1.357	663	Wittenburg, Peter	49	DEU	obw Emden	MHK	1178	5:42:03	1:22:02	1:08:55	0:59:18	1:12:35	0:59:13	
1.358	1069	Appel, Olaf	63	DEU	Landhotel Bauernstuben Groß	MHK	1179	5:42:20	1:10:50	1:10:27	1:01:49	1:17:04	1:02:10	
1.359	983	Sandelmann, Dieter	53	DEU	Wilhelmshaven	MHK	1180	5:42:29	1:10:03	1:10:58	1:02:39	1:16:26	1:02:23	
1.360	1250	Davids, Stefan	66	DEU	Doepke Schaltgeräte Norden	MHK	1181	5:42:44	1:10:57	1:10:57	1:02:12	1:15:55	1:02:43	
1.361	1058	Drieling, Tim	93	DEU	Seefahrtsschule Leer	MHK	1182	5:42:47	1:12:40	1:13:27	1:01:02	1:16:25	0:59:13	

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1.362	1218	König, Antino	63	DEU	Eben- Eser	MHK	1183	5:42:53	1:12:00	1:10:24	1:02:01	1:16:52	1:01:36	
1.363	1807	Gerdas, Dietmar	69	DEU	--	MHK	1184	5:42:56	1:12:01	1:10:26	1:02:02	1:16:52	1:01:35	
1.364	1606	Schunke, Michael	67	DEU	Autopark Schunke	MHK	1185	5:43:20	1:14:00	1:10:05	1:00:30	1:16:42	1:02:03	
1.365	1300	Böwe, Werner	44	DEU	Emder LG	MHK	1186	5:43:21	1:14:31	1:11:14	1:01:36	1:14:26	1:01:34	
1.366	461	Hartwiger, Björn	77	DEU	LT TuRa 07 Westrauderfehn	MHK	1187	5:43:33	1:13:34	1:13:19	1:00:36	1:16:47	0:59:17	
1.367	1108	Siebels, Gerd	53	DEU	Fortuna Logabirum	MHK	1188	5:43:36	1:11:22	1:09:46	1:03:18	1:16:25	1:02:45	
1.368	1542	Schütte, Renke	94	DEU	Seefahrtsschule Leer	MHK	1189	5:43:53	1:16:54	1:13:17	1:00:01	1:15:04	0:58:37	
1.369	1266	Flitz Pries, German	47	DEU	LSF Oldenburg	MHK	1190	5:44:06	1:11:50	1:09:19	1:04:28	1:14:37	1:03:52	
1.370	549	Hoek, Rainer	78	DEU	AXA Center Hoek	MHK	1191	5:44:37	1:13:08	1:12:16	1:02:44	1:15:10	1:01:19	
1.371	1722	Everts, Mario	85	DEU	OBW Emden	MHK	1192	5:45:20	1:14:29	1:09:53	0:57:48	1:17:35	1:05:35	
1.372	1470	Bigalski, Volker	74	DEU	Realschule Aurich	MHK	1193	5:45:26	1:11:36	1:11:04	1:02:41	1:16:55	1:03:10	
1.373	1227	Henkys, René	65	DEU	RAe Dr. Fenner Bockhöfer Henkys	MHK	1194	5:46:24	1:13:53	1:13:59	1:02:31	1:15:55	1:00:06	
1.374	1025	Röttmann, Hillrich	61	DEU	ENERCON	MHK	1195	5:46:46	1:10:38	1:13:02	1:03:05	1:17:00	1:03:01	
1.375	1859	Steenhoff, Heiner	60	DEU	TSV Germania Holterfehn	MHK	1196	5:47:00	1:11:55	1:12:12	1:02:30	1:17:06	1:03:17	
1.376	1453	Frerichs, Jesen	01	DEU	TV Norden	MJ	180	5:47:25	1:14:07	1:17:39	1:09:43	1:11:33	0:54:23	
1.377	1730	Zimmermann, Udo	96	DEU	GeTek	MJ	181	5:49:20	1:13:24	1:17:08	1:00:44	1:18:38	0:59:26	
1.378	1205	Engel, Andreas	53	DEU	Schulzentrum Collhusen	MHK	1197	5:49:43	1:14:44	1:11:28	1:03:29	1:16:14	1:03:48	
1.379	1778	Musolf, Clemens	98	DEU	Gymnasium Ulricianum Aurich	MJ	182	5:50:01	1:06:42	1:14:31	1:06:55	1:17:42	1:04:11	
1.380	1208	Ackmann, Helmut	54	DEU	Stadt Emden	MHK	1198	5:50:29	1:13:02	1:11:53	1:03:37	1:19:10	1:02:47	
1.381	1254	Wiltfang, Johann	56	DEU	Ostfriesische Volksbank eG	MHK	1199	5:51:29	1:12:42	1:12:55	1:04:16	1:18:43	1:02:53	
1.382	1046	Podlich, Gynni	64	DEU	Dabei is alles	MHK	1200	5:52:49	1:15:42	1:12:40	1:04:36	1:17:47	1:02:04	
1.383	856	Ledebur, Markus	81	DEU	Bad Zwischenahn	MHK	1201	5:52:56	1:14:59	1:14:11	1:03:55	1:19:24	1:00:27	
1.384	1303	Janßen, Torsten	70	DEU	Kdo SES	MHK	1202	5:53:32	1:11:49	1:12:05	1:04:52	1:19:41	1:05:05	
1.385	1039	Möhlmann, Hinrich	53	DEU	LT TuS Aurich-Ost	MHK	1203	5:53:40	1:12:31	1:15:59	1:06:49	1:17:56	1:00:25	
1.386	1294	Caspers, Uwe	71	DEU	Team ENERCON	MHK	1204	5:53:52	1:17:06	1:12:20	1:04:39	1:17:49	1:01:58	
1.387	1479	Lüpkes, Folkmar	60	DEU	AGRAVIS Ems-Jade GmbH	MHK	1205	5:54:29	1:11:40	1:12:53	1:05:35	1:20:45	1:03:36	
1.388	948	Kleen, Heinrich	59	DEU	LG Großefehn	MHK	1206	5:54:43	1:14:23	1:13:54	1:03:56	1:17:59	1:04:31	
1.389	1075	Best, Christian	83	DEU	Oldenburg	MHK	1207	5:55:10	1:15:41	1:12:46	1:04:17	1:18:57	1:03:29	
1.390	1776	Gerdas, Manfred	59	DEU	TuS Middels	MHK	1208	5:56:05	1:15:39	1:14:01	1:04:59	1:18:27	1:02:59	
1.391	1173	Engeldinger, Jens	90	DEU	Westerhold	MHK	1209	5:56:11	1:14:38	1:13:54	1:04:54	1:18:53	1:03:52	
1.392	1314	Draht, Jelde	00	DEU	Laufen und Meer	MJ	183	5:56:30	1:18:34	1:15:52	1:06:16	1:15:06	1:00:42	
1.393	1193	Weichers, Michael	71	DEU	Bünting Tee	MHK	1210	5:56:47	1:15:42	1:14:40	1:04:51	1:16:41	1:04:53	
1.394	727	Schneider, Rolf	62	DEU	SC07 Ihrhove	MHK	1211	5:59:11	1:15:30	1:13:23	1:05:04	1:20:27	1:04:47	
1.395	1290	Laaken, Karl-Gerhard	66	DEU	SC 07 Ihrhove	MHK	1212	5:59:12	1:15:30	1:13:24	1:05:04	1:20:26	1:04:48	
1.396	1186	Dreesch-Rosendahl, Okke	01	DEU	Westrauderfehn	MJ	184	6:00:14	1:22:05	1:13:44	1:04:51	1:16:57	1:02:37	



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1.397	1310	Rath, Johann	93	DEU	ELV Elektronik AG	MHK	1213	6:00:28	1:13:18	1:12:32	1:05:44	1:22:06	1:06:48	
1.398	1441	Wilts, Hermann	46	DEU	TV Norden	MHK	1214	6:00:31	1:10:14	1:12:00	1:06:09	1:24:54	1:07:14	
1.399	1339	Saathoff, Derrick	94	DEU	LT TuS Aurich-Ost	MHK	1215	6:01:18	1:15:25	1:16:08	1:06:17	1:19:53	1:03:35	
1.400	1829	Kazadayer, Mykola	85	DEU	BBC Chartering GmbH	MHK	1216	6:01:39	0:56:44	1:20:27	1:07:46	1:28:12	1:08:30	
1.401	1004	Brandt, Henning	77	DEU	Ostfriesische Volksbank eG	MHK	1217	6:01:52	1:16:02	1:16:46	1:05:29	1:19:58	1:03:37	
1.402	1625	Havrilla, Leon	98	DEU	WG Strukelje	MJ	185	6:02:24	1:13:55	1:20:47	1:02:44	1:20:52	1:04:06	
1.403	1275	Meinders, Jan	64	DEU	TaktLwGrp "R"	MHK	1218	6:04:31	1:16:18	1:16:57	1:05:55	1:20:16	1:05:05	
1.404	642	Hellmann, Sascha	86	DEU	obw Emden	MHK	1219	6:04:34	1:17:05	1:17:33	1:04:55	1:21:08	1:03:53	
1.405	1317	Piela, Joachim	51	DEU	IGS Aurich-West	MHK	1220	6:04:35	1:16:48	1:16:07	1:07:26	1:19:03	1:05:11	
1.406	1287	Oltmanns, Gebhard	51	DEU	MFGO	MHK	1221	6:04:50	1:17:05	1:17:34	1:05:35	1:19:33	1:05:03	
1.407	1230	Schön, Thomas	65	DEU	DLRG Leer	MHK	1222	6:05:17	1:18:48	1:18:29	1:07:24	1:12:58	1:07:38	
1.408	1280	Wogt, Matthias	94	DEU	TaktLwGrp "R"	MHK	1223	6:05:23	1:14:32	1:14:52	1:05:41	1:23:11	1:07:07	
1.409	1268	Neumann, Ingo	72	DEU	----	MHK	1224	6:05:50	1:16:05	1:15:48	1:06:32	1:22:38	1:04:47	
1.410	1153	Sühwold, Simon	71	DEU	Stadtwerke Leer Loopers	MHK	1225	6:06:39	1:16:04	1:14:59	1:05:20	1:20:06	1:10:10	
1.411	1246	Poppen, Gert-Rudolf	59	DEU	EDEKA	MHK	1226	6:06:49	1:11:30	1:17:52	1:07:24	1:23:11	1:06:52	
1.412	1305	Griggel, Stefan	71	DEU	Ostfriesische Volksbank eG	MHK	1227	6:07:48	1:17:03	1:13:20	1:08:30	1:22:07	1:06:48	
1.413	1262	Hicken, Günter	56	DEU	VfL Fortuna Veenhusen	MHK	1228	6:08:03	1:15:57	1:15:59	1:06:58	1:21:20	1:07:49	
1.414	1316	Pröve, Jens	65	DEU	Gemeindestiftung Ostrhauderfehn	MHK	1229	6:08:14	1:20:48	1:17:47	1:05:26	1:20:14	1:03:59	
1.415	1225	Sinning, Ludwig	63	DEU	Kreuzfahrten Sinning Leer	MHK	1230	6:08:21	1:17:51	1:16:43	1:06:19	1:24:06	1:03:22	
1.416	662	Zirpins, Burghardt	57	DEU	obw Emden	MHK	1231	6:08:45	1:15:27	1:15:54	1:07:06	1:23:36	1:06:42	
1.417	1309	Schuessler, Klaus	57	DEU	loony loopers	MHK	1232	6:08:48	1:15:52	1:18:52	1:06:21	1:20:21	1:07:22	
1.418	1040	Schiemann-Lillie, Martin	55	DEU	LT TuS Aurich-Ost	MHK	1233	6:09:18	1:13:00	1:16:25	1:06:20	1:23:43	1:09:50	
1.419	1341	Duin, Joachim Heyo	86	DEU	vxyé	MHK	1234	6:09:56	1:18:48	1:17:53	1:07:11	1:20:57	1:05:07	
1.420	1192	Homölle, Werner	64	DEU	Bünting Tee	MHK	1235	6:11:00	1:18:20	1:12:14	1:04:00	1:17:40	1:18:46	
1.421	1448	Glamann-Schulzek, Graf	65	DEU	TV Norden	MHK	1236	6:12:53	1:16:21	1:16:25	1:07:57	1:23:50	1:08:20	
1.422	1533	Niestrat, Malte	98	DEU	IGS Waldschule Egels	MJ	186	6:13:14	1:17:23	1:19:01	1:06:19	1:24:27	1:06:04	
1.423	1070	Sandrock, Dieter	47	DEU	LG TV Bunde	MHK	1237	6:14:06	1:15:47	1:16:41	1:08:13	1:23:35	1:09:50	
1.424	1708	Tuitjer, Jens	88	DEU	Wreesmann Ostrhauderfehn	MHK	1238	6:14:10	1:23:02	1:06:23	1:12:40	1:24:15	1:07:50	
1.425	1346	Mandel, Patrick	85	DEU	Bohlen & Doyen	MHK	1239	6:14:27	1:18:33	1:17:59	1:06:55	1:24:26	1:06:34	
1.426	1278	Frerichs, Rieke	48	DEU	LG Großefehn	MHK	1240	6:15:39	1:18:23	1:21:29	1:08:13	1:20:56	1:06:38	
1.427	1528	Peters, André	99	DEU	IGS Waldschule Egels	MJ	187	6:16:39	1:29:24	1:20:10	1:03:28	1:18:59	1:04:38	
1.428	1332	Aden, Focko	55	DEU	Privat	MHK	1241	6:17:46	1:18:09	1:18:27	1:08:02	1:23:46	1:09:22	
1.429	29	Hermann, Kerli	48	DEU	SC Collhusen	MHK	1242	6:18:28	1:19:29	1:18:48	1:07:23	1:24:31	1:08:17	
1.430	1273	Schmalwasser, Sören	64	DEU	Team Eddie Nortmoor	MHK	1243	6:20:20	1:21:00	1:20:02	1:08:14	1:23:30	1:07:34	
1.431	1430	Kompaan, Theo	57	DEU	Glansdorf	MHK	1244	6:21:04	1:18:16	1:19:40	1:07:32	1:27:12	1:08:24	

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1.432	1335	Krott, Dieter	61	DEU	LT TuS Aurich-Ost	MHK	1245	6:21:09	1:17:38	1:16:04	1:15:10	1:24:48	1:07:29	
1.433	1288	Jürgens, Helmut	52	DEU	Ohne AOK läuft nix!	MHK	1246	6:23:34	1:20:58	1:21:00	1:09:27	1:23:56	1:08:13	
1.434	1580	Diener, Manfred	49	DEU	LG Großefehn	MHK	1247	6:24:30	1:20:43	1:20:12	1:09:40	1:26:19	1:07:36	
1.435	1435	Ihlow, Werner	45	DEU	TV Norden	MHK	1248	6:26:02	1:22:24	1:20:12	1:09:58	1:25:08	1:08:20	
1.436	1319	Sternsdorff, Jörk	63	DEU	privat	MHK	1249	6:27:44	1:24:51	1:23:49	1:10:02	1:21:58	1:07:04	
1.437	1296	Siemens, Günther	74	DEU	BBC Chartering GmbH	MHK	1250	6:28:25	1:23:30	1:20:27	1:07:47	1:28:12	1:08:29	
1.438	1279	van Lengen, Heinrich	40	DEU	LG Großefehn	MHK	1251	6:30:38	1:18:23	1:21:28	1:13:08	1:26:22	1:11:17	
1.439	1261	Liesen, Bernd	45	DEU	MTV Jever	MHK	1252	6:30:56	1:21:40	1:24:54	1:10:05	1:24:04	1:10:13	
1.440	486	Wogt, Tobias	96	DEU	TaktLwGrp "R"	MJ	188	6:34:15	1:25:16	1:17:19	1:08:40	1:29:31	1:13:29	
1.441	1015	Peeken, Gerd	73	DEU	SV Wittmund	MHK	1253	6:35:00	1:22:38	1:24:05	1:11:14	1:25:08	1:11:55	
1.442	1282	Vogel, Manfred	55	DEU	Kurt sien Trupp	MHK	1254	6:37:34	1:21:51	1:24:56	1:12:09	1:28:27	1:10:11	
1.443	1111	Saathoff, Günther	46	DEU	TSV Hesel	MHK	1255	6:37:50	1:23:30	1:23:53	1:11:28	1:26:41	1:12:18	
1.444	1723	Freeseemann, Harbert	64	DEU	Fortuna Logabirum	MHK	1256	6:39:04	1:24:22	1:24:20	1:11:51	1:28:23	1:10:08	
1.445	1342	Ely, Wolfgang	50	DEU	Norden	MHK	1257	6:40:20	1:26:13	1:22:17	1:12:25	1:27:41	1:11:44	
1.446	1627	Heimers, Sören	91	DEU	WG Strukelje	MHK	1258	6:44:15	1:40:24	1:35:45	1:25:17	1:07:12	0:55:37	
1.447	1179	Pohlentz, Frank	57	DEU	Aurich	MHK	1259	6:44:40	1:26:13	1:22:16	1:12:25	1:27:42	1:16:04	
1.448	1321	Reuter, Manfred	57	DEU	Moorlooper Walle	MHK	1260	6:46:11	1:23:05	1:22:03	1:14:38	1:31:10	1:15:15	
1.449	1134	Edenhuizen, Tjark	01	DEU	Gymnasium Ulricianum Aurich 8a	MJ	189	6:53:44	1:27:06	1:28:45	1:16:28	1:30:19	1:11:06	
1.450	552	Müller, Timo	92	DEU	Team Möbel Buss	MHK	1261	6:57:12	1:26:30	1:29:15	1:15:30	1:32:16	1:13:41	
1.451	1521	Henkel, Wilke	02	DEU	IGS Waldschule Egels	MJ	190	6:59:19	1:28:56	1:28:14	1:14:27	1:33:06	1:14:36	
1.452	1077	Bohmalk, Wilke	86	DEU	Beekmann/Nehlsen	MHK	1262	7:05:31	1:30:38	1:29:08	1:16:22	1:34:22	1:15:01	
1.453	1220	Dehne, Rainer-TRaDe	64	DEU	Team ENERCON	MHK	1263	7:06:38	1:31:46	1:28:05	1:18:41	1:34:36	1:13:30	
1.454	1938	Schewiola, Axel	38	DEU	TV Norden	MHK	1264	7:09:29	1:26:50	1:32:27	1:14:24	1:35:00	1:20:48	
1.455	1347	Lammers, Jan Moritz	82	DEU	Nobiskrug	MHK	1265	7:12:30	1:29:42	1:31:30	1:20:10	1:30:28	1:20:40	
1.456	661	Wollmann, Frank	69	DEU	obw Emden	MHK	1266	7:23:13	1:32:11	1:32:38	1:20:29	1:40:20	1:17:35	
1.457	1291	Schürmann, Martin	60	DEU	Klinikum Emden	MHK	1267	7:23:17	1:31:15	1:32:55	1:21:13	1:38:28	1:19:26	
1.458	1440	Pruin, Erich	64	DEU	DLRG Leer	MHK	1268	7:29:25	1:31:15	1:32:55	1:21:13	1:39:56	1:24:06	
1.459	1631	Paschke, Hartmut	65	DEU	Paschke Werbung	MHK	1269	8:07:29	1:46:11	1:39:24	1:27:57	1:47:10	1:26:47	

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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	F3	Piotrowski, Heike	82	DEU	LG Harlingerland	WHK	1	3:40:50	0:45:42	0:45:54	0:40:15	0:48:45	0:40:14	
2	F5	Kisch, Luisa	98	DEU	Fortuna Logabirum	WJ	1	3:43:54	0:47:04	0:46:04	0:40:10	0:50:03	0:40:33	
3	F28	Kramer, Renate	78	DEU	LG TV Bunde	WHK	2	3:44:19	0:46:30	0:46:22	0:40:51	0:49:39	0:40:57	
4	F 934	Wolzen, Hilke	88	DEU	Uni Oldenburg	WHK	3	3:47:47	0:46:25	0:47:00	0:41:49	0:50:34	0:41:59	
5	F744	Hoogestraat, Sonja	76	DEU	LG Harlingerland	WHK	4	3:49:19	0:47:16	0:47:44	0:42:41	0:50:50	0:40:48	
6	F2	Franzen, Insa	83	DEU	LG TV Bunde	WHK	5	3:49:42	0:47:37	0:47:41	0:42:06	0:50:38	0:41:40	
7	F8	Popp, Fenja	02	DEU	TSV Riepe	WJ	2	3:51:56	0:49:33	0:47:57	0:42:10	0:50:35	0:41:41	
8	F80	Graf, Karin	69	DEU	Watt'n Loopers SV Dornum	WHK	6	3:53:22	0:48:42	0:48:08	0:42:41	0:52:03	0:41:48	
9	F4	Dengler, Eva	64	DEU	Fortuna Logabirum	WHK	7	3:57:48	0:49:11	0:49:10	0:43:11	0:53:07	0:43:09	
10	F57	Jütting, Bianca	87	DEU	SuS Timmel	WHK	8	4:00:02	0:49:54	0:49:55	0:44:18	0:52:58	0:42:57	
11	F16	Arnoldova, Kristina	84	DEU	Mühlen Apotheke Pewsum	WHK	9	4:02:04	0:50:29	0:50:10	0:43:59	0:53:19	0:44:07	
12	F 1005	Beening, Stefanie	69	DEU	Bollingen	WHK	10	4:02:36	0:50:12	0:50:12	0:44:42	0:53:18	0:44:12	
13	F872	Saathoff, Katharina	00	DEU	FC SO-SI	WJ	3	4:03:29	0:51:54	0:49:14	0:44:21	0:53:51	0:44:09	
14	F783	Janssen, Claudia	80	DEU	TV Norden	WHK	11	4:03:33	0:50:16	0:50:36	0:44:53	0:53:23	0:44:25	
15	F37	Junker, Imke	87	DEU	Borromäus Hospital Leer	WHK	12	4:05:48	0:50:33	0:50:56	0:45:08	0:54:44	0:44:27	
16	F18	Smid, Pascale	70	DEU	Aurich	WHK	13	4:07:55	0:51:26	0:51:28	0:45:03	0:54:48	0:45:10	
17	F71	Schnabel, Indra	78	DEU	LT TuS Aurich-Ost	WHK	14	4:08:02	0:51:54	0:51:19	0:45:04	0:55:13	0:44:32	
18	F35	Eilßel, Sandra	85	DEU	Emder LG	WHK	15	4:08:12	0:51:10	0:50:54	0:45:20	0:55:52	0:44:56	
19	F11	Hellmers, Susanne	66	DEU	TV Norden	WHK	16	4:09:02	0:51:31	0:51:24	0:45:47	0:55:09	0:45:11	
20	F 1001	van Jinnelt, Anita	65	DEU	MTV Hohenkirchen	WHK	17	4:09:19	0:51:57	0:51:21	0:45:46	0:54:54	0:45:21	
21	F150	Andrees, Natalie	84	DEU	LG Fliegerhorst Upjever	WHK	18	4:09:38	0:51:52	0:51:48	0:45:06	0:55:25	0:45:27	
22	F44	Seiwald, Talea	01	DEU	Fortuna Logabirum	WJ	4	4:09:41	0:53:04	0:50:42	0:44:57	0:57:29	0:43:29	
23	F68	Brahms, Stephanie	74	DEU	LT TuS Aurich-Ost	WHK	19	4:10:06	0:52:31	0:51:30	0:45:23	0:55:27	0:45:15	
24	F50	Steffens, Viola	75	DEU	Emder LG	WHK	20	4:10:16	0:51:26	0:51:22	0:45:34	0:55:57	0:45:57	
25	F161	Jakob, Sonja	69	DEU	MTV Aurich	WHK	21	4:10:42	0:51:41	0:50:52	0:45:30	0:58:11	0:44:28	
26	F65	Weerts-Duin, Meike	76	DEU	Fortuna Logabirum	WHK	22	4:10:48	0:51:17	0:52:54	0:46:05	0:55:21	0:45:11	
27	F172	Boekhoff, Jessika	88	DEU	RuF Leer - Bingum	WHK	23	4:10:58	0:52:38	0:50:10	0:46:27	0:56:19	0:45:24	
27	F40	Freidel, Insa	85	DEU	Rettungsdienst Wittmund	WHK	23	4:10:58	0:52:04	0:51:49	0:45:07	0:55:59	0:45:59	
27	F13	Hilbrands, Eske	96	DEU	Fortuna Logabirum	WJ	5	4:10:58	0:53:45	0:52:06	0:45:00	0:55:06	0:45:01	
30	F36	Pilney, Bettina	62	DEU	LT SV Ems Jemgum	WHK	25	4:11:29	0:51:34	0:51:23	0:46:52	0:55:39	0:46:01	
31	F743	Meier, Heide	71	DEU	Störtebeker Loopers TVM	WHK	26	4:12:25	0:51:50	0:51:31	0:46:33	0:56:15	0:46:16	
32	F19	Lübbers, Verena	81	DEU	RAe Dr. Fenner Bockhöfer Henkys	WHK	27	4:13:18	0:51:49	0:51:33	0:46:31	0:56:44	0:46:41	
33	F 936	Smit, Manuela	70	DEU	TSV Riepe/ LT TUS Aurich Ost	WHK	28	4:14:24	0:52:31	0:52:07	0:46:56	0:56:36	0:46:14	
34	F46	Baumann, Marion	71	DEU	TUS Zetel	WHK	29	4:14:26	0:52:51	0:53:30	0:46:18	0:55:59	0:45:48	
35	F86	Kobuch, Herma	68	DEU	Laufftreff Schafhauser Wald	WHK	30	4:14:57	0:52:39	0:52:20	0:46:32	0:57:17	0:46:09	

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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	F43	Krawietz, Miriam	77	DEU	Emder LG	WHK	31	4:15:19	0:51:39	0:52:50	0:47:32	0:56:17	0:47:01	
37	F41	Kisch, Annette	66	DEU	Fortuna Logabirum	WHK	32	4:15:44	0:51:55	0:52:43	0:46:59	0:57:38	0:46:29	
38	F51	Reents, Helke	99	DEU	MLP Emden	WJ	6	4:16:03	0:52:39	0:52:56	0:46:15	0:57:36	0:46:37	
39	F14	Foorden, Monika	68	DEU	LG Großefehn	WHK	33	4:16:15	0:53:04	0:53:17	0:46:26	0:57:36	0:45:52	
40	F745	Damm, Becci	83	DEU	Augenoptik Ralf Damm	WHK	34	4:16:49	0:53:38	0:52:46	0:46:22	0:57:15	0:46:48	
41	F74	Olthoff, Karin	75	DEU	LG Teutonia Stapelmoor	WHK	35	4:17:16	0:53:53	0:52:59	0:46:40	0:57:17	0:46:27	
42	F56	Lonser, Sylvia	80	DEU	Wiefelstede	WHK	36	4:17:18	0:52:55	0:53:35	0:47:16	0:57:03	0:46:29	
43	F764	Janssen, Lotte	04	DEU	Gymnasium Ulricianum Aurich	WJ	7	4:17:23	0:55:02	0:52:40	0:45:10	0:57:22	0:47:09	
44	F45	Folkerts, Ingrid	66	DEU	Fortuna Logabirum	WHK	37	4:17:35	0:57:19	0:53:17	0:45:49	0:55:42	0:45:28	
45	F48	Reemts, Ramona	84	DEU	LG Harlingerland	WHK	38	4:17:40	0:52:08	0:52:34	0:46:54	0:59:36	0:46:28	
46	F20	Untied-Plassmeier, Anke	69	DEU	Fortuna Logabirum	WHK	39	4:17:55	0:53:12	0:53:10	0:46:58	0:57:25	0:47:10	
47	F114	Kampen, Tabea	98	DEU	Gymnasium Ulricianum Aurich	WJ	8	4:19:13	0:54:56	0:53:26	0:46:32	0:57:46	0:46:33	
48	F152	Bruns, Sandra	76	DEU	NW Steuerberatungsqaes.mb	WHK	40	4:20:09	0:53:48	0:53:37	0:48:15	0:57:31	0:46:58	
49	F91	Janßen-Frerichs, Herma	64	DEU	Lauftreff Schafhauser Wald	WHK	41	4:20:24	0:53:48	0:54:30	0:47:24	0:57:28	0:47:14	
50	F42	Goos, Anja	72	DEU	Emder LG	WHK	42	4:20:47	0:52:57	0:54:27	0:47:50	0:57:48	0:47:45	
51	F70	Börgener, Sonja	85	DEU	RAe Dr. Fenner Bockhöfer Henkvs	WHK	43	4:21:31	0:54:50	0:54:09	0:47:36	0:58:10	0:46:46	
52	F813	Homm, Julia	98	DEU	FCSO- 10WPK	WJ	9	4:22:37	0:55:18	0:54:49	0:48:08	0:57:59	0:46:23	
53	F314	Reshöft, Nicole	71	DEU	Aurich	WHK	44	4:23:14	0:55:03	0:54:50	0:47:52	0:58:18	0:47:11	
54	F449	Ender, Imke	75	DEU	WfbM BBB Aurich Wittmund	WHK	45	4:26:23	0:54:40	0:55:19	0:48:55	0:59:31	0:47:58	
54	F109	Beifus, Jenny	01	DEU	Gymnasium Ulricianum Aurich	WJ	10	4:26:23	0:55:22	0:55:35	0:47:57	0:58:53	0:48:36	
56	F140	Süßen, Sonja	78	DEU	LG Ostfriesland	WHK	46	4:26:26	0:54:56	0:55:23	0:48:39	0:59:13	0:48:15	
56	F62	Rietman, Karin	71	DEU	SVO Wi sünd Holtriem	WHK	46	4:26:26	0:55:52	0:54:52	0:48:51	0:59:00	0:47:51	
58	F77	Saul, Maren	87	DEU	Injoy Leer	WHK	48	4:27:57	0:55:41	0:55:30	0:48:25	1:00:17	0:48:04	
59	F103	Post, Eva	73	DEU	TSV Riepe	WHK	49	4:28:33	0:54:45	0:55:42	0:49:09	0:59:44	0:49:13	
60	F60	Saathoff, Claudia	70	DEU	LT TuS Aurich-Ost	WHK	50	4:29:59	0:55:30	0:55:46	0:49:38	0:59:45	0:49:20	
61	F201	Treue, Najat	74	DEU	Klinikum Emden	WHK	51	4:30:37	0:57:01	0:56:13	0:49:05	0:59:00	0:49:18	
62	F63	Frerichs, Marieke	96	DEU	Gymnasium Ulricianum Aurich SP601	WJ	11	4:30:58	0:56:33	0:56:09	0:49:18	1:01:00	0:47:58	
63	F195	Engels-Bakker, Janke	74	DEU	Maler Engels Holterfehn	WHK	52	4:31:07	0:57:07	0:56:23	0:49:06	0:59:48	0:48:43	
64	F76	Lerf, Hanna	67	DEU	TÜV Wilhelmshaven	WHK	53	4:31:19	0:56:12	0:55:27	0:49:41	1:00:36	0:49:23	
65	F90	Hayen, Ivonne	72	DEU	Krankenhaus Wittmund	WHK	54	4:31:40	0:57:10	0:56:57	0:49:46	0:59:48	0:47:59	
66	F73	Krisp, Susann	73	DEU	Borromäus Hospital Leer	WHK	55	4:32:05	0:58:37	0:55:55	0:48:56	0:59:47	0:48:50	
67	F227	Löschen, Veronique	80	DEU	Kdo SES	WHK	56	4:32:14	0:56:24	0:57:56	0:49:33	0:59:11	0:49:10	
68	F58	Röhr, Liesa	98	DEU	Gymnasium Ulricianum Aurich	WJ	12	4:33:14	0:56:31	0:56:20	0:49:20	1:01:33	0:49:30	
69	F 999	Huisinga, Anne	67	DEU	LG TV Bunde	WHK	57	4:34:08	0:56:12	0:56:25	0:50:00	1:01:16	0:50:15	
70	F95	Harms, Sylvia	66	DEU	Sparkasse Aurich-Norden	WHK	58	4:34:12	0:57:21	0:56:25	0:50:04	1:00:49	0:49:33	

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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
71	F267	Fleißner, Verena	93	DEU	Klinikum Emden	WHK	59	4:34:24	0:56:42	0:56:06	0:49:07	1:01:58	0:50:31	
72	F99	Heien, Elisabeth	58	DEU	LT Schaffhauser Wald	WHK	60	4:34:26	0:57:46	0:56:51	0:49:40	1:00:45	0:49:24	
73	F258	Wempen, Insa	76	DEU	SV Stern Schwerinsdorf	WHK	61	4:34:30	0:57:41	0:56:36	0:50:15	1:00:40	0:49:18	
74	F146	Anscheit, Mareike	97	DEU	Fortuna Logabirum	WJ	13	4:34:48	0:56:14	0:59:21	0:49:17	1:00:54	0:49:02	
75	F228	Weers, Ina	82	DEU	OFD Nds. LBV Aurich	WHK	62	4:34:56	0:56:36	0:57:04	0:49:59	1:00:52	0:50:25	
76	F251	Flemming, Dana	76	DEU	Feedback	WHK	63	4:35:20	0:56:13	0:57:55	0:51:04	1:00:49	0:49:19	
77	F851	Eilers, Alina-Christin	00	DEU	IGS Waldschule Egels	WJ	14	4:35:40	0:56:57	0:57:43	0:50:21	1:01:29	0:49:10	
78	F792	Gronewold, Elke	67	DEU	TV Norden	WHK	64	4:35:44	0:56:55	0:57:38	0:50:17	1:00:51	0:50:03	
79	F83	Ditzfeld, Karin	60	DEU	LT TuS Aurich-Ost	WHK	65	4:35:47	0:55:49	0:56:10	0:51:17	1:01:04	0:51:27	
80	F390	Röben, Diandra	97	DEU	IGS Aurich-West	WJ	15	4:35:49	1:00:05	0:56:07	0:50:04	1:00:32	0:49:01	
81	F66	Geiken, Marion	66	DEU	LT TuS Aurich-Ost	WHK	66	4:35:53	0:57:23	0:57:01	0:50:25	1:01:11	0:49:53	
82	F52	Kläner, Sonja	72	DEU	LSF Oldenburg	WHK	67	4:36:17	0:57:02	0:56:33	0:49:11	1:04:31	0:49:00	
83	F143	Janssen, Imke	76	DEU	LT TuS Aurich-Ost	WHK	68	4:36:19	0:56:54	0:56:07	0:50:25	1:02:45	0:50:08	
84	F763	Berghaus, Beate	70	DEU	Polizei Wiesmoor	WHK	69	4:36:24	0:57:10	0:57:06	0:50:00	1:02:07	0:50:01	
85	F902	Meyer, Mareike	90	DEU	Moormerland	WHK	70	4:36:35	0:56:48	0:57:54	0:50:35	1:02:58	0:48:20	
86	F169	Kurrelvink, Andrea	72	DEU	Hartmann Group	WHK	71	4:36:42	0:57:26	0:57:16	0:51:02	1:01:00	0:49:58	
87	F78	Roofs, Martina	78	DEU	LT TuS Aurich-Ost	WHK	72	4:37:14	0:57:26	0:57:19	0:50:50	1:01:41	0:49:58	
88	F752	Wagner, Irene	66	DEU	Emder LG	WHK	73	4:37:25	0:57:21	0:57:14	0:50:34	1:01:30	0:50:46	
89	F479	Graepel, Amke	00	DEU	Rhauderfehn	WJ	16	4:37:59	1:00:22	0:59:00	0:50:17	1:00:42	0:47:38	
90	F106	Potthast, Hiltrud	72	DEU	HC Moormerland	WHK	74	4:38:03	0:57:58	0:57:35	0:51:01	1:01:30	0:49:59	
91	F139	Oltrop, Kerstin	77	DEU	Heide Apotheke Weener	WHK	75	4:38:28	0:58:13	0:57:40	0:51:04	1:01:30	0:50:01	
92	F229	Freesemann, Silvia	66	DEU	Stadtwerke Leer Loopers	WHK	76	4:40:06	0:59:01	0:57:49	0:50:36	1:02:06	0:50:34	
93	F155	Petrusch, Anja	86	DEU	Team ENERCON	WHK	77	4:40:11	0:59:05	0:58:00	0:50:43	1:02:13	0:50:10	
94	F141	Post- de Buhr, Karin	74	DEU	Mahl- und Mischbetrieb G.deBuhr	WHK	78	4:40:27	0:59:18	0:59:03	0:50:41	1:01:19	0:50:06	
95	F749	Roofs, Waltraud	66	DEU	Störtebeker Loopers TVM	WHK	79	4:40:29	0:58:09	0:57:43	0:50:50	1:03:17	0:50:30	
95	F82	Tunder, Marlis	87	DEU	Grundschule Middels	WHK	79	4:40:29	0:59:18	0:59:03	0:50:41	1:01:20	0:50:07	
97	F337	Hollander, Sandra	78	DEU	Laufen und Meer	WHK	81	4:40:33	0:59:25	0:58:20	0:51:22	1:01:51	0:49:35	
98	F221	Deharde, Meike	99	DEU	KGS Wiesmoor	WJ	17	4:40:38	0:59:23	0:57:51	0:50:32	1:03:07	0:49:45	
99	F1014	Freudenberg, Gesa	82	DEU	Ihlowerfehn	WHK	82	4:40:39	0:59:05	0:57:34	0:51:21	1:02:01	0:50:38	
100	F426	Walter, Tatjana	81	DEU	Klinikum Leer	WHK	83	4:40:41	0:58:04	0:59:27	0:50:51	1:01:56	0:50:23	
101	F852	Krönke, Antje	00	DEU	IGS Waldschule Egels	WJ	18	4:41:49	1:01:25	0:55:50	0:50:58	1:03:36	0:50:00	
102	F147	Strohschnieder, Rosa	51	DEU	SZ Saterland	WHK	84	4:41:53	0:59:46	0:58:33	0:50:48	1:02:15	0:50:31	
103	F986	Alberts, Katja	98	DEU	Westerende	WJ	19	4:42:07	1:01:17	0:58:24	0:50:49	1:00:55	0:50:42	
104	F748	Friesenborg, Monika	69	DEU	Stadt Emden	WHK	85	4:42:09	0:58:38	0:58:57	0:50:55	1:02:31	0:51:08	
105	F963	Janssen, Silke	75	DEU	SV Borussia Leer	WHK	86	4:42:17	0:59:00	0:57:53	0:51:37	1:02:50	0:50:57	

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106	F246	Gronewold, Anja	77	DEU	Team AURICHER EIER	WHK	87	4:42:23	0:59:33	0:58:45	0:51:08	1:01:52	0:51:05	
107	F223	Otto, Silke	68	DEU	VfL Berumbur	WHK	88	4:42:49	0:58:43	0:58:45	0:51:51	1:02:45	0:50:45	
108	F194	Bronn, Anneke	93	DEU	LG TV Bunde	WHK	89	4:43:06	0:58:52	0:59:00	0:50:57	1:02:43	0:51:34	
109	F153	Nowinski, Renate	69	DEU	BBS Aurich	WHK	90	4:43:13	0:58:39	0:58:42	0:52:05	1:02:36	0:51:11	
110	F87	Schulz, Evelyn	57	DEU	Sparkasse Emden	WHK	91	4:44:04	0:59:09	0:58:10	0:51:28	1:03:31	0:51:46	
111	F160	Mansholt, Sabine	71	DEU	VfB Uplengen	WHK	92	4:44:16	0:58:39	0:58:46	0:52:12	1:02:47	0:51:52	
112	F162	Schmidt, Dorothee	60	DEU	LSF Oldenburg	WHK	93	4:44:30	0:59:56	0:58:19	0:52:30	1:02:47	0:50:58	
113	F1020	Bihn, Sylvia	63	DEU	MTV Hohenkirchen	WHK	94	4:44:38	0:56:50	1:05:34	0:50:19	1:01:26	0:50:29	
114	F901	Helmers, Angelika	90	DEU	Hochschule Emden/Leer	WHK	95	4:44:40	0:58:23	0:58:54	0:51:56	1:04:02	0:51:25	
115	F156	Niemeyer, Petra	69	DEU	AFS Komitee Ostfriesland	WHK	96	4:45:12	0:57:51	0:58:43	0:55:50	1:02:25	0:50:23	
116	F234	Welkert, Sabine	62	DEU	Ostrhauderfehn	WHK	97	4:45:15	0:59:35	0:59:13	0:52:36	1:02:39	0:51:12	
117	F322	Seck, Stephanie	79	DEU	Krankenhaus Wittmund	WHK	98	4:45:20	1:00:27	0:59:23	0:51:26	1:03:34	0:50:30	
118	F151	Pupkes, Lena	95	DEU	TUS WEENE	WHK	99	4:45:22	0:59:15	0:59:56	0:52:36	1:03:08	0:50:27	
119	F138	Loers, Monika	75	DEU	Rolf Janssen Gruppe	WHK	100	4:45:37	0:58:44	0:59:07	0:52:16	1:03:39	0:51:51	
120	F149	Kramer, Freya	88	DEU	Team Laufrausch e.V.	WHK	101	4:45:38	1:02:47	1:00:08	0:51:26	1:01:36	0:49:41	
121	F240	Lüpkes, Heike	63	DEU	LT TuS Aurich-Ost	WHK	102	4:45:45	0:59:00	0:58:19	0:52:18	1:04:06	0:52:02	
122	F423	Poppen, Gaby	65	DEU	Klinikum Leer	WHK	103	4:46:02	0:58:21	0:59:00	0:51:04	1:04:14	0:53:23	
123	F994	Sauer-Ufkes, Gudrun	65	DEU	MTV Aurich	WHK	104	4:46:32	0:58:51	1:00:15	0:52:25	1:03:22	0:51:39	
124	F309	Tammen-Bauer, Heidi	78	DEU	Studio Larisca	WHK	105	4:46:37	0:58:51	1:00:38	0:52:32	1:03:23	0:51:13	
125	F829	Hoffmann, Luise	58	DEU	Ostfriesische Volksbank eG	WHK	106	4:46:39	0:58:14	0:59:40	0:52:36	1:04:04	0:52:05	
126	F84	Dirks, Maja	93	DEU	Fortuna Logabirum	WHK	107	4:46:54	1:00:12	1:00:09	0:52:10	1:03:26	0:50:57	
127	F289	Kohn, Martina	74	DEU	VfL Germania Leer	WHK	108	4:48:17	1:01:07	1:00:50	0:52:53	1:03:07	0:50:20	
128	F145	Deepen, Nina	90	DEU	Stadt Emden	WHK	109	4:48:40	1:02:00	0:58:57	0:52:07	1:04:10	0:51:26	
129	F185	Canenbley, Britta	68	DEU	Dethmers&Co.	WHK	110	4:48:43	1:00:26	0:58:47	0:52:19	1:03:54	0:53:17	
130	F61	Janssen, Engeline	64	DEU	LG Ostfriesland	WHK	111	4:48:51	0:59:40	0:58:50	0:52:39	1:05:00	0:52:42	
131	F280	Röben, Melanie	73	DEU	ENTDECKERGARTEN Moormerland	WHK	112	4:48:59	1:00:43	1:00:10	0:52:54	1:03:27	0:51:45	
132	F579	Warners, Hedda	69	DEU	Stadt Leer	WHK	113	4:49:28	1:00:40	1:00:05	0:52:13	1:04:23	0:52:07	
133	F884	Heyen, Milena	99	DEU	Laufen und Meer	WJ	20	4:49:49	0:59:26	0:58:20	0:52:29	1:06:25	0:53:09	
134	F961	Rabenstein, Stina	77	DEU	Praxis für Podologie	WHK	114	4:50:23	1:00:38	1:00:27	0:53:21	1:03:27	0:52:30	
135	F319	Erler, Ines	73	DEU	Borromäus Hospital Leer	WHK	115	4:50:28	1:00:15	1:00:03	0:52:24	1:04:41	0:53:05	
136	F69	Aden, Melanie	72	DEU	LG Großefehn	WHK	116	4:50:47	1:00:02	1:01:00	0:52:39	1:04:16	0:52:50	
137	F931	Boelsen, Amke	61	DEU	OBS Weener	WHK	117	4:50:49	1:00:44	1:01:37	0:52:40	1:03:31	0:52:17	
138	F248	Garrelts, Elke	71	DEU	SC Wiesens	WHK	118	4:51:00	1:00:58	1:00:47	0:52:46	1:04:26	0:52:03	
139	F293	Geiken, Heike	68	DEU	LT TuS Aurich-Ost	WHK	119	4:51:05	0:59:56	1:00:50	0:53:34	1:03:38	0:53:07	
140	F853	Hinrichs, Rena	94	DEU	Leinerstift e.V.	WHK	120	4:51:06	1:01:03	1:01:12	0:52:36	1:02:49	0:53:26	

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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
141	F906	Wilken, Susanne	69	DEU	BMW TEKKEN	WHK	121	4:51:27	1:03:32	1:00:43	0:53:14	1:03:03	0:50:55	
141	F351	Friedrich, Ilona	75	DEU	BMW TEKKEN	WHK	121	4:51:27	1:03:32	1:00:43	0:53:14	1:03:03	0:50:55	
143	F770	Steinke, Hilde	45	DEU	SV Concordia Neermoor	WHK	123	4:51:30	1:05:42	0:58:31	0:51:59	1:03:48	0:51:30	
144	F182	Aden, Frauke	71	DEU	LG Großefehn	WHK	124	4:51:59	0:58:44	1:00:54	0:53:42	1:05:50	0:52:49	
145	F897	Stern, Jessica	83	DEU	Briese Schifffahrt	WHK	125	4:52:06	1:00:14	1:00:43	0:53:39	1:04:08	0:53:22	
146	F174	Seiwald, Eeske	05	DEU	Fortuna Logabirum	WJ	21	4:52:14	1:02:00	0:59:33	0:52:52	1:05:29	0:52:20	
147	F175	Meyer, Ines	88	DEU	Physiotherapie Pielsticker	WHK	126	4:52:28	1:04:56	1:00:30	0:52:10	1:05:16	0:49:36	
148	F305	Behnke, Claudia	74	DEU	KBV Wiesederfeh	WHK	127	4:52:40	1:00:50	1:00:34	0:53:35	1:04:58	0:52:43	
149	F203	Anscheit, Janneke	01	DEU	Fortuna Logabirum	WJ	22	4:52:49	1:00:56	0:59:59	0:53:07	1:06:23	0:52:24	
150	F210	Dultmeyer, Yvonne	78	DEU	FC Sedelsberg	WHK	128	4:52:53	1:00:01	0:59:50	0:54:06	1:06:02	0:52:54	
151	F187	Tunder, Alma	57	DEU	SC Wiesens	WHK	129	4:52:55	1:00:58	1:00:49	0:53:08	1:04:49	0:53:11	
151	F253	Onken, Reina	72	DEU	Lauffreunde Wittmund	WHK	129	4:52:55	1:01:44	1:00:29	0:52:55	1:05:24	0:52:23	
153	F254	Diekmann, Bianca	75	DEU	Lauffreunde Wittmund	WHK	131	4:52:56	1:01:44	1:00:29	0:52:56	1:05:24	0:52:23	
154	F350	Busecke, Grit	67	DEU	Praxis Busecke/Bornemann	WHK	132	4:53:03	1:05:04	1:00:25	0:52:16	1:04:33	0:50:45	
155	F502	Hofer, Nicole	78	DEU	KGS Wiesmoor	WHK	133	4:53:24	1:01:59	1:00:49	0:53:19	1:04:40	0:52:37	
156	F777	Löning, Ramona	84	DEU	Rolf Janssen Gruppe	WHK	134	4:53:56	1:03:13	1:00:29	0:52:55	1:04:38	0:52:41	
157	F277	Groenewold, Anne	66	DEU	LG TV Bunde	WHK	135	4:53:57	1:00:24	1:00:49	0:53:54	1:05:42	0:53:08	
158	F839	Köllmann, Sonja	67	DEU	Laufftreff SC Ihrhove 07	WHK	136	4:54:07	1:01:07	1:00:58	0:53:33	1:04:58	0:53:31	
159	F295	Streibel, Fenja	00	DEU	Realschule Aurich	WJ	23	4:54:09	1:01:57	1:00:06	0:53:14	1:05:56	0:52:56	
160	F389	Fecht, Sabine	66	DEU	Studio Larisca	WHK	137	4:54:15	1:02:55	1:02:12	0:52:44	1:03:53	0:52:31	
161	F 985	Ockenga, Kea	98	DEU	Gymnasium Ulricianum Aurich	WJ	24	4:54:17	1:03:16	1:03:52	0:52:23	1:05:05	0:49:41	
162	F815	Meyer, Manuela	79	DEU	Team Möbel Buss	WHK	138	4:54:35	1:02:08	1:01:24	0:53:48	1:04:41	0:52:34	
163	F206	Bohlen, Antje	87	DEU	Friedeburg	WHK	139	4:54:43	1:02:04	1:02:10	0:53:05	1:05:34	0:51:50	
164	F101	Schweer, Ilka	99	DEU	Veenhusen	WJ	25	4:54:47	1:04:24	0:57:45	0:54:57	1:04:25	0:53:16	
165	F93	Schmidt, Lydia	63	DEU	SV Holtland	WHK	140	4:55:08	1:00:53	1:00:40	0:53:49	1:06:16	0:53:30	
166	F890	Bateman, Megan	01	DEU	FCSO-10WPK	WJ	26	4:55:10	1:02:31	1:02:22	0:53:18	1:05:39	0:51:20	
167	F904	Gerken, Regina	65	DEU	Fortuna Wirdum	WHK	141	4:55:12	1:01:40	1:01:10	0:53:49	1:05:17	0:53:16	
168	F757	Hilker, Judith	78	DEU	LSF Oldenburg	WHK	142	4:55:21	1:02:35	1:01:03	0:53:55	1:04:31	0:53:17	
169	F311	Bischoff, Maja	86	DEU	IGS Marienhaf	WHK	143	4:55:24	1:01:51	1:03:45	0:52:57	1:05:29	0:51:22	
170	F889	Huisinga, Amke	92	DEU	Briese Schifffahrt	WHK	144	4:55:36	1:01:48	1:00:05	0:53:45	1:06:47	0:53:11	
171	F467	Kramer, Marion	67	DEU	LT TuRa 07 Westrauderfeh	WHK	145	4:55:45	1:02:00	1:01:00	0:54:04	1:05:29	0:53:12	
172	F871	Cammenga, Neele	97	DEU	Gymnasium Ulricianum Aurich	WJ	27	4:56:15	1:03:15	1:03:00	0:52:00	1:05:52	0:52:08	
172	F442	Stolte, Hannah	98	DEU	Gymnasium Ulricianum Aurich	WJ	27	4:56:15	1:03:15	1:03:01	0:51:59	1:05:52	0:52:08	
174	F778	Olthoff, Silke	64	DEU	LG TV Bunde	WHK	146	4:56:20	1:02:47	1:00:49	0:53:54	1:05:42	0:53:08	
175	F170	Wulf, Marit	74	DEU	Team ENERCON	WHK	147	4:56:25	1:03:54	1:01:10	0:53:32	1:05:35	0:52:14	

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176	F323	Gerriets, Elke	69	DEU	Krankenhaus Wittmund	WHK	148	4:56:32	1:02:51	1:01:51	0:53:25	1:05:57	0:52:28	
177	F275	Trebesch, Tabea	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	29	4:56:42	1:03:58	1:02:50	0:52:25	1:06:34	0:50:55	
178	F 939	Eilers, Anna-Lena	87	DEU	Silomon's Stramme Waden	WHK	149	4:56:52	1:02:13	1:01:40	0:54:20	1:05:52	0:52:47	
179	F 988	Freudenberg, Edith	68	DEU	Ihlow	WHK	150	4:56:53	1:00:40	1:01:19	0:56:21	1:05:09	0:53:24	
180	F190	Tjaden, Manuela	64	DEU	Emder LG	WHK	151	4:56:54	1:01:17	1:01:19	0:54:26	1:06:11	0:53:41	
181	F209	Weber, Birgit	58	DEU	Heimatblatt	WHK	152	4:56:57	1:01:17	1:01:23	0:54:26	1:06:08	0:53:43	
182	F316	Paschant-Steinke, Nina	77	DEU	Laufen und Meer	WHK	153	4:56:59	1:01:08	1:00:29	0:54:02	1:06:37	0:54:43	
183	F761	Musiol, Anja	73	DEU	Laufen und Meer	WHK	154	4:57:01	1:01:06	1:00:10	0:56:12	1:06:24	0:53:09	
183	F384	Folkerts, Anja	71	DEU	Spvgg.Upleward	WHK	154	4:57:01	1:01:45	1:01:23	0:53:57	1:06:47	0:53:09	
185	F842	Meyer, Antje	56	DEU	LG Uplengen	WHK	156	4:57:10	1:00:56	1:02:04	0:54:23	1:06:16	0:53:31	
186	F386	Frintrup, Tina	88	DEU	Laufen und Meer	WHK	157	4:57:34	1:01:54	1:00:40	0:55:49	1:05:03	0:54:08	
187	F278	Budnick, Margret	54	DEU	TSV Jahn Carolinensiel	WHK	158	4:57:44	1:01:05	1:01:22	0:54:22	1:06:35	0:54:20	
188	F184	Campen, Birgit	90	DEU	Die Balkangriller	WHK	159	4:57:47	1:02:11	1:02:28	0:53:07	1:05:31	0:54:30	
188	F183	Eisenhauer, Kathrin	87	DEU	Die Balkangriller	WHK	159	4:57:47	1:02:11	1:02:28	0:53:07	1:05:32	0:54:29	
190	F301	Schütte, Silke	73	DEU	WfbM BBB Aurich Wittmund	WHK	161	4:57:59	1:02:22	1:01:24	0:54:45	1:05:17	0:54:11	
191	F472	Schnorrenberg, Silke	67	DEU	Emden	WHK	162	4:58:03	1:01:23	1:02:10	0:53:56	1:06:04	0:54:30	
192	F411	Adden, Antje	87	DEU	RVB Aurich/Uplengen	WHK	163	4:58:10	1:04:51	1:02:17	0:53:41	1:05:18	0:52:03	
193	F230	van Scharrel, Lena	91	DEU	Ostfriesische Volksbank eG	WHK	164	4:58:25	1:01:32	1:01:33	0:54:51	1:06:23	0:54:06	
194	F177	Baumann, Brigitte	63	DEU	Emder LG	WHK	165	4:58:32	1:01:39	1:02:02	0:54:43	1:05:53	0:54:15	
194	F111	Flügge, Meike	66	DEU	Stadt Leer	WHK	165	4:58:32	1:00:26	1:01:35	0:55:32	1:05:38	0:55:21	
196	F894	Hohagen, Nele	98	DEU	Gymnasium Ulricianum Aurich	WJ	30	4:58:46	1:03:14	1:01:59	0:54:15	1:06:00	0:53:18	
196	F88	Tuitjer, Gabriele	69	DEU	Sparkasse Emden	WHK	167	4:58:46	1:02:34	1:02:45	0:54:34	1:05:53	0:53:00	
198	F159	Münchow, Michaela	71	DEU	Friedeburg	WHK	168	4:58:47	1:04:50	1:02:12	0:53:53	1:05:04	0:52:48	
198	F429	Kobuch, Theelke	98	DEU	NIGE	WJ	31	4:58:47	1:02:25	1:02:44	0:53:33	1:06:01	0:54:04	
200	F94	Taddigs, Sarina	98	DEU	NIGE	WJ	32	4:58:51	1:02:24	1:02:45	0:54:22	1:05:43	0:53:37	
201	F308	Naumann, Juliana	97	DEU	Gymnasium Ulricianum Aurich	WJ	33	4:59:02	1:03:19	1:03:01	0:53:21	1:06:00	0:53:21	
202	F788	Fisser, Gisela	65	DEU	TV Norden	WHK	169	4:59:24	1:02:09	1:01:58	0:54:44	1:05:48	0:54:45	
203	F562	Efkes, Janna	92	DEU	Hartmann Group	WHK	170	4:59:28	1:00:38	0:58:08	0:56:21	1:08:42	0:55:39	
204	F144	Busch, Miriam	71	DEU	Stadt Emden	WHK	171	4:59:38	1:02:00	1:01:48	0:54:40	1:06:18	0:54:52	
205	F271	Großmann, Gabi	82	DEU	Alex.-v.-Humboldt-Schule WTM	WHK	172	4:59:47	1:02:33	1:02:25	0:55:04	1:06:27	0:53:18	
205	F326	Ott, Valentina	73	DEU	LT TuS Aurich-Ost	WHK	172	4:59:47	1:04:51	1:00:23	0:53:56	1:06:46	0:53:51	
207	F265	Abheiden, Monique	80	DEU	Schleichkatzen WOL	WHK	174	5:00:04	1:02:27	1:00:50	0:53:48	1:09:32	0:53:27	
208	F173	Wirgenings, Ursula	65	DEU	MTV Aurich	WHK	175	5:00:07	1:00:04	1:06:43	0:53:43	1:06:06	0:53:31	
209	F260	Demme, Bettina	77	DEU	Borromäus Hospital Leer	WHK	176	5:00:19	1:03:30	1:02:57	0:54:01	1:05:56	0:53:55	
210	F165	Heuermann, Dara	95	DEU	H-D HeuermannGmbH	WHK	177	5:00:29	1:02:29	1:01:02	0:54:59	1:06:56	0:55:03	



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211	F307	van Raden, Pia	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	34	5:00:46	1:03:58	1:02:57	0:53:53	1:07:03	0:52:55	
212	F192	Niemeyer, Esther	97	DEU	AFS Komitee Ostfriesland	WJ	35	5:00:48	1:01:33	1:01:24	0:55:07	1:08:39	0:54:05	
213	F460	Schulte, Kendra	96	DEU	SV Bentstreek	WJ	36	5:00:57	1:03:22	1:01:51	0:54:56	1:06:30	0:54:18	
214	F313	Flügge, Britta	79	DEU	Holterfehn	WHK	178	5:01:04	1:02:52	1:03:56	0:54:49	1:06:15	0:53:12	
215	F189	Gedes, Anke	69	DEU	LT TuRa 07 Westrauderfehn	WHK	179	5:01:08	1:02:40	1:02:28	0:55:16	1:06:30	0:54:14	
216	F255	Fitz, Silke	71	DEU	SG Moordorf	WHK	180	5:01:16	1:03:12	1:02:22	0:54:29	1:06:58	0:54:15	
217	F276	Dreyer, Martina	64	DEU	LG TV Bunde	WHK	181	5:01:18	1:01:27	1:02:25	0:55:03	1:07:38	0:54:45	
218	F837	Klaas, Ute	78	DEU	Ubbo-Emmius-Klinik	WHK	182	5:01:20	1:05:24	1:02:52	0:54:52	1:04:50	0:53:22	
219	F250	Schmeink, Meret	96	DEU	Turbine TGG	WJ	37	5:01:22	1:02:54	1:01:50	0:54:10	1:08:30	0:53:58	
220	F264	Spannhoff, Hannelore	65	DEU	Stadt Emden	WHK	183	5:01:27	1:02:39	1:02:18	0:55:55	1:06:30	0:54:05	
221	F364	Kramer, Annegret	58	DEU	team aurident	WHK	184	5:01:33	1:07:10	1:01:47	0:55:48	1:04:40	0:52:08	
222	F164	Seiwald, Uta	69	DEU	Fortuna Logabirum	WHK	185	5:01:35	1:04:10	1:01:43	0:54:53	1:06:40	0:54:09	
223	F237	Meyerholz, Imke	99	DEU	Gymnasium Ulricianum Aurich	WJ	38	5:01:55	1:06:34	1:01:20	0:54:45	1:06:43	0:52:33	
224	F424	Erfeling, Christel	72	DEU	Klinikum Leer	WHK	186	5:02:08	1:03:03	1:01:56	0:54:47	1:08:33	0:53:49	
225	F843	Terviel, Bärbel	57	DEU	LG Uplengen	WHK	187	5:02:09	1:02:16	1:02:51	0:55:14	1:07:00	0:54:48	
226	F844	Wilken, Anja	70	DEU	LG Uplengen	WHK	188	5:02:11	1:02:17	1:02:51	0:55:14	1:07:01	0:54:48	
227	F231	Kazmal, Guelo	92	DEU	Klinikum Leer	WHK	189	5:02:14	1:02:10	1:02:58	0:55:38	1:08:07	0:53:21	
228	F242	Janssen, Monika	69	DEU	NW Steuerberatungs GmbH	WHK	190	5:02:15	1:02:25	1:02:29	0:55:13	1:07:15	0:54:53	
229	F912	Höfker, Zoe	99	DEU	MTV Aurich	WJ	39	5:02:17	1:04:37	1:02:14	0:54:49	1:06:53	0:53:44	
230	F754	Keck, Birgit	67	DEU	LG Ostfriesland	WHK	191	5:02:26	1:02:33	1:02:30	0:55:01	1:07:34	0:54:48	
231	F238	Wegener, Johanna	98	DEU	Gymnasium Ulricianum Aurich sp602	WJ	40	5:02:27	1:03:13	1:02:00	0:53:06	1:10:05	0:54:03	
232	F905	Sodeik, Jutta	68	DEU	LT TuS Aurich-Ost	WHK	192	5:02:31	1:04:25	1:03:19	0:53:43	1:07:11	0:53:53	
233	F848	Evers, Stella	97	DEU	Gymnasium Ulricianum Aurich	WJ	41	5:02:50	1:05:09	1:03:54	0:54:06	1:06:24	0:53:17	
234	F236	Behrends, Gabriele	71	DEU	Ubbo-Emmius-Klinik - Laufen und Meer	WHK	193	5:02:51	1:02:37	1:04:40	0:54:51	1:06:51	0:53:52	
235	F310	Antons, Janna	90	DEU	Polizeistation Esens	WHK	194	5:03:00	1:01:28	1:03:54	0:55:18	1:08:00	0:54:20	
236	F 984	Schneider, Finja	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	42	5:03:11	1:02:28	1:03:18	0:55:03	1:07:39	0:54:43	
237	F306	van Vügt, Ulrike	74	DEU		WHK	195	5:03:25	1:04:45	1:02:29	0:54:18	1:07:56	0:53:57	
238	F325	Suntken, Tatjana	69	DEU	LT TuS Aurich-Ost	WHK	196	5:03:29	1:02:56	1:02:59	0:55:24	1:07:34	0:54:36	
239	F637	Gloger, Marie	93	DEU	Seefahrtsschule Leer	WHK	197	5:03:35	1:09:38	1:03:44	0:53:39	1:05:04	0:51:30	
240	F750	Aden, Marika	02	DEU	Gymnasium Ulricianum Aurich	WJ	43	5:03:36	1:09:20	1:02:21	0:53:13	1:04:52	0:53:50	
241	F908	Jelden, Insa	92	DEU	Stadt Leer	WHK	198	5:03:43	1:03:10	1:03:07	0:56:02	1:07:09	0:54:15	
242	F178	Pflanzer, Angelika	57	DEU	Alex.-v.- Humboldt-Schule WTM	WHK	199	5:03:45	1:01:43	1:04:15	0:55:45	1:06:29	0:55:33	
243	F212	Böke-Aden, Karin	59	DEU	TuS Eintracht Hinte	WHK	200	5:03:58	1:02:03	1:02:47	0:55:41	1:08:09	0:55:18	
244	F 938	Lau, Tamara	96	DEU	Silomon's Stramme Waden	WJ	44	5:04:06	1:02:19	1:04:42	0:54:58	1:07:37	0:54:30	
245	F331	Weinstock, Andrea	80	DEU	LT TuS Aurich-Ost	WHK	201	5:04:19	0:59:42	1:04:43	0:56:10	1:09:44	0:54:00	

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246	F 974	Heising, Lena	98	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	45	5:04:24	1:02:20	1:04:21	0:55:21	1:07:39	0:54:43	
247	F294	Janssen, Adda	66	DEU	Wallinghausen	WHK	202	5:04:27	1:02:20	1:03:12	0:55:50	1:07:41	0:55:24	
248	F108	Platen, Ann-Kathrin	02	DEU	Gymnasium Ulricianum Aurich	WJ	46	5:04:31	1:09:20	1:03:44	0:52:46	1:04:52	0:53:49	
249	F567	Gross, Silke	69	DEU	PuraVita	WHK	203	5:04:54	1:04:28	1:03:53	0:54:59	1:07:46	0:53:48	
250	F342	de Wall, Tomke	90	DEU	Flick GmbH	WHK	204	5:05:07	1:04:33	1:02:44	0:56:13	1:07:14	0:54:23	
251	F320	Siepert, Maria	56	DEU	MTV Wittmund	WHK	205	5:05:10	1:02:30	1:03:11	0:55:43	1:08:29	0:55:17	
252	F202	Stemmler, Monja	70	DEU	Aurich	WHK	206	5:05:12	1:04:38	1:02:41	0:54:55	1:07:18	0:55:40	
252	F100	Ebbers, Ontja	70	DEU	Baptisten Firrel	WHK	206	5:05:12	1:00:42	1:00:23	0:53:07	1:05:47	1:05:13	
254	F102	Oltmans, Bianca	91	DEU	Weener Plastik	WHK	208	5:05:19	1:02:56	1:02:54	0:56:54	1:07:34	0:55:01	
255	F828	Klusmann, Birte	70	DEU	Ostfriesische Volksbank eG	WHK	209	5:05:22	1:04:13	1:03:02	0:55:40	1:08:06	0:54:21	
256	F521	Park, Martina	73	DEU	Borromäus Hospital Leer	WHK	210	5:05:23	1:05:03	1:02:08	0:55:20	1:08:13	0:54:39	
257	F188	Schön, Rosie	69	DEU	DLRG Leer	WHK	211	5:05:30	1:05:43	1:03:36	0:54:44	1:06:09	0:55:18	
258	F445	Tabbert, Tanja	71	DEU	Aurich	WHK	212	5:05:31	1:05:04	1:03:11	0:55:40	1:06:19	0:55:17	
259	F154	Mayer, Marlene	62	DEU	LT Schafhauser Wald	WHK	213	5:05:34	1:02:06	1:03:59	0:54:53	1:09:00	0:55:36	
260	F245	Mager, Hilke	61	DEU	BSG Volksbank Jever	WHK	214	5:05:41	1:03:40	1:02:51	0:56:16	1:08:41	0:54:13	
261	F333	Granitza, Petra	71	DEU	LT TuS Aurich-Ost	WHK	215	5:05:44	1:03:16	1:03:06	0:55:26	1:08:00	0:55:56	
262	F328	Hedemann, Franziska	90	DEU	LT TuS Aurich-Ost	WHK	216	5:05:48	1:04:30	1:03:35	0:56:13	1:07:14	0:54:16	
263	F359	Plaisier, Martina	82	DEU	Prinzessin Lillifee	WHK	217	5:05:49	1:04:30	1:03:16	0:55:43	1:07:59	0:54:21	
264	F495	Kröger, Zandra	74	DEU	TuS Hinte	WHK	218	5:06:25	1:07:53	1:03:41	0:55:07	1:06:26	0:53:18	
265	F531	von Häfen, Jasmin	83	DEU	MW-Trockenbau	WHK	219	5:06:26	1:06:00	1:02:54	0:54:46	1:07:53	0:54:53	
266	F181	Schmidt, Helga	65	DEU	EWE-Wattloopers	WHK	220	5:06:38	1:02:48	1:02:59	0:56:05	1:08:16	0:56:30	
267	F 983	Struck, Saskia	96	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	47	5:06:43	1:02:30	1:02:37	0:55:05	1:07:39	0:58:52	
268	F772	Klaaßen, Roswitha	58	DEU	Pewsum	WHK	221	5:06:47	1:03:09	1:03:17	0:56:54	1:07:55	0:55:32	
269	F406	Dannemann, Melanie	96	DEU	TRAUCO Gruppe	WJ	48	5:06:50	1:03:45	1:02:46	0:57:56	1:05:13	0:57:10	
270	F247	Eden, Ilona	69	DEU	FC SO-SII	WHK	222	5:07:09	1:03:04	1:02:59	0:55:43	1:09:30	0:55:53	
271	F910	Abken, Frauke	82	DEU	Abken Bau Utarp	WHK	223	5:07:41	1:04:50	1:04:35	0:56:02	1:08:17	0:53:57	
272	F 937	Meyer, Marlene	89	DEU	Silomon`s Stramme Waden	WHK	224	5:07:44	1:06:02	1:04:42	0:56:05	1:05:52	0:55:03	
273	F110	Ali, Diana	00	DEU	Gymnasium Ulricianum Aurich	WJ	49	5:08:03	1:02:57	1:02:01	0:54:22	1:07:49	1:00:54	
274	F256	Horstmann, Christina	89	DEU	Emden	WHK	225	5:08:06	1:07:56	1:05:02	0:55:24	1:06:26	0:53:18	
275	F362	Collmann, Sabine	72	DEU	Team Winterhoff Buss	WHK	226	5:08:18	1:02:58	1:02:38	0:55:44	1:09:06	0:57:52	
276	F780	Schneider, Steffi	70	DEU	Tausendfuß Leer	WHK	227	5:08:24	1:03:19	1:03:58	0:55:55	1:09:28	0:55:44	
277	F819	Herman, Dagmar	72	DEU	Gymnastikgruppe Moorwarfen	WHK	228	5:08:33	1:04:31	1:03:42	0:57:00	1:08:25	0:54:55	
278	F391	Harken-Rößing, Wilma	65	DEU	WfbM BBB Aurich Wittmund	WHK	229	5:08:49	1:04:02	1:03:56	0:56:45	1:08:53	0:55:13	
279	F756	Mennenga-Steffens, Elke	74	DEU	Canum	WHK	230	5:08:53	1:02:42	1:03:18	0:57:40	1:08:46	0:56:27	
280	F623	Tewes, Ute	65	DEU	Ubbo-Emmius-Klinik	WHK	231	5:09:00	1:05:33	1:04:09	0:56:06	1:07:22	0:55:50	

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281	F166	Goos, Doris	62	DEU	Emder LG	WHK	232	5:09:03	1:07:05	1:04:34	0:55:21	1:05:31	0:56:32	
282	F427	Bakker, Martina	65	DEU	Klinikum Leer	WHK	233	5:09:05	1:03:53	1:03:06	0:57:14	1:09:16	0:55:36	
283	F262	Busse, Mirjam	78	DEU	Emder LG	WHK	234	5:09:06	1:03:44	1:03:27	0:56:35	1:09:00	0:56:20	
284	F698	Frerichs, Verena	96	DEU	IGS Aurich-West	WJ	50	5:09:12	1:02:50	1:03:15	0:55:48	1:08:41	0:58:38	
284	F861	Sich, Imke	97	DEU	Gymnasium Ulricianum Aurich SP601	WJ	50	5:09:12	1:03:16	1:06:27	0:55:22	1:10:04	0:54:03	
284	F387	Biesgen, Esther	81	DEU	Holter SV	WHK	235	5:09:12	1:04:09	1:05:34	0:55:56	1:08:12	0:55:21	
287	F100 1	Liebert, Karin	64	DEU	Klinikum Leer	WHK	236	5:10:04	1:03:57	1:03:48	0:56:52	1:09:32	0:55:55	
288	F903	Förster-Riemann, Daniela	67	DEU	EWE-Wattloopers	WHK	237	5:10:17	1:02:29	1:02:09	1:03:49	1:07:46	0:54:04	
289	F858	Oelrichs, Manuela	79	DEU	AGRAVIS Ems-Jade GmbH	WHK	238	5:10:20	1:04:09	1:03:41	0:57:16	1:08:43	0:56:31	
290	F59	Stark, Regina	63	DEU	LG TV Bunde	WHK	239	5:10:32	1:00:10	1:10:14	0:57:50	1:07:44	0:54:34	
291	F601	Rosenfeld, Elke	76	DEU	Landgericht Aurich	WHK	240	5:10:45	1:05:18	1:04:22	0:56:41	1:09:05	0:55:19	
291	F292	Jones, Ellen	96	DEU	AFS Komitee Ostfriesland	WJ	52	5:10:45	1:04:21	1:04:01	0:55:51	1:10:45	0:55:47	
293	F300	Janssen, Ingrid	68	DEU	WfbM BBB Aurich Wittmund	WHK	241	5:10:52	1:04:16	1:04:20	0:57:19	1:08:24	0:56:33	
294	F218	Kanthak, Maren	88	DEU	SF Möhlenwarf	WHK	242	5:11:10	1:05:47	1:03:54	0:55:32	1:10:39	0:55:18	
295	F849	Habben, Nina	91	DEU	Aurich	WHK	243	5:11:14	1:07:14	1:04:33	0:55:55	1:07:20	0:56:12	
296	F281	Cassens, Sandra	88	DEU	Aurich	WHK	244	5:11:18	1:07:27	1:05:52	0:56:10	1:08:15	0:53:34	
297	F268	Giesmann, Natascha	84	DEU	Sodasan	WHK	245	5:11:27	1:04:05	1:05:43	0:56:43	1:09:28	0:55:28	
298	F455	Ulrichs, Ute	72	DEU	Markant Ulrichs	WHK	246	5:11:32	1:03:19	1:05:53	0:57:30	1:09:24	0:55:26	
299	F663	Thies, Anne-Sophie	95	DEU	Hartmann Group	WHK	247	5:11:39	1:05:40	1:06:41	0:55:48	1:08:39	0:54:51	
300	F448	Janssen, Anna	89	DEU	Klinikum Emden	WHK	248	5:11:57	1:04:05	1:02:31	0:58:28	1:10:55	0:55:58	
301	F171	Baumann, Imke	78	DEU	Gymnasium Ulricianum Aurich	WHK	249	5:12:01	1:05:52	1:05:41	0:55:52	1:09:29	0:55:07	
302	F315	Saathoff, Marina	86	DEU	Ihlowerhörn	WHK	250	5:12:11	1:08:54	1:05:37	0:55:55	1:07:20	0:54:25	
302	F283	Schmidt, Heike	70	DEU	Emder LG	WHK	250	5:12:11	1:07:07	1:04:33	0:55:22	1:08:37	0:56:32	
304	F167	Richter, Wibke	72	DEU	Kurt sien Trupp	WHK	252	5:12:14	1:06:03	1:03:42	0:57:49	1:09:20	0:55:20	
305	F397	Lüschen, Julia	94	DEU	FTC Hollen	WHK	253	5:12:15	1:04:39	1:06:55	0:56:45	1:08:56	0:55:00	
306	F378	Schmidt, Gudrun	78	DEU	Mario Schmidt Chiro- und Schmerztherapien	WHK	254	5:12:27	1:04:41	1:04:33	0:56:46	1:11:17	0:55:10	
307	F334	Balzen, Daniela	93	DEU	Bünting Tee	WHK	255	5:12:34	1:04:15	1:06:32	0:56:38	1:08:30	0:56:39	
308	F269	Weber, Mara	97	DEU	de Baalje Aurich	WJ	53	5:12:38	1:07:00	1:04:17	0:55:36	1:09:37	0:56:08	
309	F263	Ehnts-Hinrichs, Gertrud	65	DEU	MTV Wittmund	WHK	256	5:13:00	1:04:39	1:04:14	0:57:47	1:09:27	0:56:53	
310	F570	Trey, Franziska	93	DEU	TV Bunde	WHK	257	5:13:01	1:06:41	1:06:05	0:55:29	1:08:11	0:56:35	
311	F270	Frey, Inga	80	DEU	Fortuna Logabirum	WHK	258	5:13:08	1:04:39	1:05:07	0:56:22	1:09:27	0:57:33	
312	F630	Janßen, Monika	95	DEU	LT TuS Aurich-Ost	WHK	259	5:13:10	1:06:39	1:05:25	0:57:40	1:08:31	0:54:55	
313	F214	Claaßen, Christa	60	DEU	WfbM BBB Aurich Wittmund	WHK	260	5:13:17	1:04:27	1:04:35	0:57:16	1:09:06	0:57:53	
314	F249	Heikens, Sonja	81	DEU	Neermoor	WHK	261	5:13:35	1:05:40	1:05:52	0:57:01	1:09:06	0:55:56	
315	F845	Alexy, Kerstin	71	DEU	LG Uplengen	WHK	262	5:14:21	1:05:53	1:05:41	0:56:25	1:09:41	0:56:41	

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316	F 945	Kühl-Giesenberg, Angelika	67	DEU	Nur Mitmachen zählt !	WHK	263	5:14:27	1:05:45	1:06:52	0:57:54	1:07:48	0:56:08	
316	F 953	Büscher, Monika	81	DEU	Larisca	WHK	263	5:14:27	1:06:11	1:06:14	0:57:06	1:09:23	0:55:33	
318	F753	Rosenboom, Kerstin	86	DEU	Störtebeker Loopers TVM	WHK	265	5:14:37	1:11:41	1:06:01	0:54:37	1:08:03	0:54:15	
319	F578	Domschky, Stephanie	80	DEU	KiTa Wallinghausen	WHK	266	5:14:38	1:05:49	1:05:00	0:57:11	1:10:16	0:56:22	
320	F511	Freese-Schmidt, Maike	67	DEU	Borromäus Hospital Leer	WHK	267	5:14:58	1:07:09	1:03:55	0:56:39	1:09:53	0:57:22	
321	F835	Kahmann, Margret	58	DEU	Ubbo-Emmius-Klinik	WHK	268	5:15:01	1:04:50	1:04:53	0:57:23	1:10:30	0:57:25	
322	F686	Redenius, Melanie	89	DEU	SV Georgsheil	WHK	269	5:15:08	1:05:13	1:04:32	0:57:19	1:10:56	0:57:08	
323	F 970	El Zubi, Nadia	83	DEU		WHK	270	5:15:11	1:06:24	1:05:19	0:57:30	1:06:32	0:59:26	
324	F272	Appel, Gudrun	68	DEU	Krankenhaus Wittmund	WHK	271	5:15:39	1:06:35	1:05:13	0:57:05	1:10:43	0:56:03	
325	F525	Janssen, Maike	68	DEU	Laufen und Meer	WHK	272	5:15:40	1:08:14	1:06:12	0:56:44	1:09:17	0:55:13	
326	F224	Ubben, Anna-Lena	95	DEU	Borromäus Hospital Leer	WHK	273	5:15:44	1:06:23	1:06:41	0:57:00	1:10:28	0:55:12	
327	F233	Habben, Wiebke	98	DEU	NIGE	WJ	54	5:15:59	1:11:03	1:03:29	0:56:10	1:11:04	0:54:13	
328	F335	Schlichting, Mareike	97	DEU	AGO Oldenburg	WJ	55	5:16:10	1:05:44	1:05:11	0:57:33	1:11:05	0:56:37	
329	F826	Denker, Wilma	66	DEU	Ostfriesische Volksbank eG	WHK	274	5:16:34	1:05:02	1:06:08	0:58:51	1:09:49	0:56:44	
330	F198	Entjer, Uta	69	DEU	Sparkasse Emden	WHK	275	5:16:49	1:07:33	1:07:01	0:57:02	1:09:14	0:55:59	
331	F205	Michel, Sara	74	DEU	Emder LG	WHK	276	5:16:50	1:07:34	1:07:01	0:57:02	1:09:13	0:56:00	
332	F127	Klemme, Maike	85	DEU	obw Emden	WHK	277	5:17:01	1:04:44	1:11:21	0:56:26	1:08:44	0:55:46	
333	F793	Marschall, Iris	66	DEU	TV Norden	WHK	278	5:17:09	1:06:37	1:05:24	0:57:29	1:10:08	0:57:31	
334	F196	Scheffler, Andrea	66	DEU	LT TuS Aurich-Ost	WHK	279	5:17:10	1:06:51	1:05:35	0:57:51	1:09:29	0:57:24	
335	F860	Ortgies, Annelie	50	DEU	Trauco-Gruppe	WHK	280	5:17:21	1:06:59	1:06:41	0:57:22	1:09:47	0:56:32	
336	F112	Ehrlich, Tomke	93	DEU	Emder LG	WHK	281	5:17:27	1:08:14	1:07:21	0:56:54	1:08:53	0:56:05	
337	F 1002	Beyen, Wilma	69	DEU		WHK	282	5:17:29	1:05:27	1:06:47	0:57:52	1:09:58	0:57:25	
338	F790	Hayunga, Tanja	78	DEU	TV Norden	WHK	283	5:17:32	1:06:49	1:04:30	0:57:59	1:10:37	0:57:37	
339	F 1015	Coordes, Karola	84	DEU	BV Hoffnung Ludwigsdorf	WHK	284	5:17:37	1:04:52	1:02:07	1:04:22	1:11:36	0:54:40	
340	F200	Wilken, Agnes	70	DEU	Baptisten Firrel	WHK	285	5:17:53	1:05:42	1:05:23	0:56:52	1:12:23	0:57:33	
341	F797	Ottersberg, Hanna	73	DEU	Team Möbel Buss	WHK	286	5:18:00	1:05:42	1:05:32	0:56:53	1:12:23	0:57:30	
342	F629	Groß, Nicole	73	DEU	SV Potshausen	WHK	287	5:18:10	1:06:49	1:06:10	0:58:07	1:09:48	0:57:16	
343	F226	Bogena, Anna	92	DEU	Leer	WHK	288	5:18:11	1:06:32	1:05:06	0:57:45	1:11:06	0:57:42	
344	F510	de Buhr, Kyra	92	DEU	Borromäus Hospital Leer	WHK	289	5:18:21	1:06:54	1:06:45	0:57:17	1:10:46	0:56:39	
345	F613	Schaefer, Marianne	70	DEU	AUR/OL	WHK	290	5:18:25	1:07:02	1:04:19	0:57:02	1:10:39	0:59:23	
346	F135	Tölg, Claudia	64	DEU	obw Emden	WHK	291	5:18:37	1:06:17	1:05:42	0:58:06	1:11:13	0:57:19	
347	F896	Bolte, Jasmin	85	DEU	Briese Schifffahrt	WHK	292	5:18:42	1:05:51	1:05:15	0:57:29	1:12:25	0:57:42	
348	F506	Schmalenbeck, Pia	98	DEU	TuS Norderney	WJ	56	5:18:59	1:04:59	1:07:45	0:57:21	1:11:37	0:57:17	
349	F769	Mengers, Gerlind	67	DEU	LT TuRa 07 Westrauderfehn	WHK	293	5:19:04	1:08:01	1:06:18	0:57:55	1:09:41	0:57:09	
350	F434	Abramowski, Birgit	58	DEU	Ubbo-Emmius-Klinik/Laufen und Meer	WHK	294	5:19:21	1:08:13	1:06:14	0:57:49	1:09:57	0:57:08	

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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
351	F806	Gerken, Angelika	67	DEU	Krankenhaus Wittmund	WHK	295	5:19:29	1:07:00	1:05:28	0:58:34	1:10:54	0:57:33	
352	F771	Henninga, Inga	98	DEU	BBS Aurich	WJ	57	5:19:45	1:06:39	1:07:34	0:56:02	1:10:40	0:58:50	
353	F428	Wollmann, Svea	98	DEU	Gymnasium Ulricianum Aurich SP601	WJ	58	5:20:00	1:09:00	1:02:55	0:56:03	1:14:05	0:57:57	
354	F437	Kiesel, Elisabeth	68	DEU	Jugendhilfsstelle Nortmoor	WHK	296	5:20:14	1:08:53	1:05:20	0:57:29	1:09:52	0:58:40	
355	F 972	Meyer, Andrea	94	DEU	Großheide	WHK	297	5:20:15	1:09:59	0:57:52	0:51:32	1:17:06	1:03:46	
356	F436	Schneider, Doriet	98	DEU	SC07 Ihrhove	WJ	59	5:20:28	1:07:12	1:06:59	0:56:47	1:11:59	0:57:31	
357	F321	Veenhuis, Linda	65	DEU	Fortuna Logabirum	WHK	298	5:20:43	1:07:55	1:05:57	0:57:24	1:11:25	0:58:02	
358	F 1000	Wolter, Alexandra	74	DEU	Laufen und Meer	WHK	299	5:20:44	1:17:09	1:04:47	0:56:06	1:08:11	0:54:31	
359	F659	Wielenberg, Britta	81	DEU	Elisabethfehn	WHK	300	5:20:47	1:06:58	1:04:58	0:58:45	1:11:30	0:58:36	
360	F370	Bernhard, Bianca	67	DEU	Fahrschule Keplin	WHK	301	5:21:06	1:08:17	1:06:41	0:57:53	1:09:43	0:58:32	
361	F377	Keplin, Traute	73	DEU	Teamfahrschule Keplin	WHK	302	5:21:11	1:08:23	1:06:41	0:57:52	1:09:42	0:58:33	
362	F375	Even-Schulze, Ulrike	61	DEU	Kurt sien Trupp	WHK	303	5:21:21	1:06:53	1:07:37	0:58:42	1:11:07	0:57:02	
363	F341	Hinrichs, Marion	79	DEU	Lauftreff Ihrhove	WHK	304	5:21:32	1:07:10	1:05:43	0:58:51	1:11:30	0:58:18	
364	F420	de Boer, Hannelore	68	DEU	Klinikum Leer	WHK	305	5:21:42	1:06:25	1:06:09	0:59:09	1:11:30	0:58:29	
365	F683	Herger, Rahel	75	DEU	Lebenshilfe Leer	WHK	306	5:21:46	1:09:23	1:09:31	0:58:34	1:10:20	0:53:58	
366	F915	Janssen, Silke	86	DEU	TUS Esens	WHK	307	5:21:50	1:17:38	1:05:36	0:57:17	1:07:18	0:54:01	
367	F 1010	Osterloh, Sandra	82	DEU		WHK	308	5:21:53	1:08:52	1:10:00	1:00:30	1:12:28	0:50:03	
368	F273	Mennenga, Michelle	95	DEU	ag-Ems	WHK	309	5:22:07	1:07:44	1:06:39	0:57:20	1:12:44	0:57:40	
368	F304	Joswig, Almuth	57	DEU	Fortuna Logabirum	WHK	309	5:22:07	1:07:42	1:08:01	0:57:19	1:11:00	0:58:05	
370	F765	Bathen, Renate	56	DEU	Kurt sien Trupp	WHK	311	5:22:11	1:07:51	1:07:38	0:58:14	1:10:37	0:57:51	
371	F396	Lange, Judith	85	DEU	Grundschule am Ottermeer	WHK	312	5:22:13	1:07:55	1:08:00	0:57:24	1:10:53	0:58:01	
372	F459	Abheiden, Daniela	81	DEU	Schleichkatzen WOL	WHK	313	5:22:18	1:10:12	1:08:29	0:57:56	1:09:42	0:55:59	
373	F 967	Brüggemann, Julia	98	DEU	TV Leer/ UEG	WJ	60	5:22:38	1:09:33	1:09:01	0:57:26	1:11:09	0:55:29	
374	F589	Melzer, Martina	71	DEU	Emder LG	WHK	314	5:22:42	1:08:25	1:07:44	0:58:36	1:10:25	0:57:32	
375	F 964	Stöckmann, Doris	64	DEU		WHK	315	5:22:46	1:07:34	1:07:57	0:58:06	1:12:18	0:56:51	
376	F755	Janssen, Martina	64	DEU	Ubbo-Emmius-Klinik	WHK	316	5:22:48	1:05:21	1:07:55	0:58:51	1:12:33	0:58:08	
377	F490	Mülder, Yvonne	77	DEU	Sparkasse LeerWittmund	WHK	317	5:22:53	1:06:08	1:05:21	0:58:57	1:13:09	0:59:18	
378	F907	Kirchhoff, Janna	90	DEU	LT Spaß mit Sport	WHK	318	5:23:15	1:06:58	1:07:01	0:58:21	1:11:46	0:59:09	
379	F487	Soujan, Heike	78	DEU	Emder LG	WHK	319	5:23:21	1:08:14	1:07:56	0:58:54	1:10:44	0:57:33	
380	F469	Bogena-Hoffrogge, Antje	65	DEU	INJOY Papenburg	WHK	320	5:23:35	1:10:59	1:06:51	0:57:47	1:10:29	0:57:29	
381	F317	Siebert, Karin	64	DEU	Kurt sien Trupp	WHK	321	5:23:40	1:07:51	1:07:38	0:59:00	1:11:19	0:57:52	
382	F409	Brandau, Claudia	63	DEU	Stadt Leer	WHK	322	5:23:42	1:06:18	1:06:26	0:59:27	1:12:20	0:59:11	
383	F504	Ergin, Leyla	84	DEU	BBC Chartering GmbH	WHK	323	5:23:48	1:08:24	1:06:23	0:57:20	1:11:51	0:59:50	
384	F374	Borggräfe, Miriam	86	DEU	Injoy Leer	WHK	324	5:23:53	1:10:39	1:08:28	0:59:39	1:08:23	0:56:44	
385	F916	Janssen, Maïke	73	DEU	Stadt Aurich	WHK	325	5:23:57	1:12:25	1:06:53	0:57:33	1:10:45	0:56:21	

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386	F488	Janssen, Margret	74	DEU	MTV Aurich	WHK	326	5:24:01	1:09:25	1:06:43	0:58:19	1:12:08	0:57:26	
387	653	Rossmann, Katja	83	DEU	obw Emden	WHK	327	5:24:09	1:07:40	1:08:05	0:57:23	1:12:49	0:58:12	
387	F392	Reiners, Sabrina	96	DEU	RVB Aurich/Uplengen	WJ	61	5:24:09	1:08:21	1:06:56	0:58:36	1:11:52	0:58:24	
389	F932	Ahrendt, Astrid	57	DEU	SVC Wilhelmshaven	WHK	328	5:24:13	1:06:12	1:07:53	0:58:45	1:12:44	0:58:39	
390	F577	Koch, Melanie	75	DEU	Emder LG	WHK	329	5:24:15	1:08:17	1:07:51	0:58:42	1:12:13	0:57:12	
391	F 966	Holzenkämpfer, Sonja	80	DEU	Team Möbel Buss	WHK	330	5:24:19	1:08:31	1:08:15	0:59:29	1:10:38	0:57:26	
392	F257	auf der Landwehr, Doris	69	DEU	Schuhmann	WHK	331	5:24:25	1:04:14	1:03:09	0:57:02	1:21:42	0:58:18	
393	F556	Pastoor, Janneke	97	DEU	BBS 1 Leer	WJ	62	5:24:27	1:09:10	1:07:48	0:57:42	1:11:50	0:57:57	
394	F529	Duhlies, Manuela	77	DEU	Ihlow	WHK	332	5:24:30	1:09:02	1:07:54	0:58:06	1:11:46	0:57:42	
394	F452	Bruns, Inka	73	DEU	FTC Hollen	WHK	332	5:24:30	1:10:24	1:06:22	0:56:40	1:13:12	0:57:52	
396	F639	Graepel, Marion	65	DEU	Rhauderfehn	WHK	334	5:24:34	1:12:35	1:08:58	0:58:26	1:08:22	0:56:13	
396	F291	Telgen, Hanna	00	DEU	DLRG Leer	WJ	63	5:24:34	1:08:27	1:08:53	0:57:09	1:12:05	0:58:00	
398	F 1000	Steutner, Rena	88	DEU	Schule Altes Amt Friedebura	WHK	335	5:24:51	1:07:47	1:07:20	0:58:45	1:13:02	0:57:57	
399	F401	Löhn, Karen	63	DEU	Moormerland	WHK	336	5:24:54	1:07:37	1:08:02	0:58:21	1:12:17	0:58:37	
400	F865	Mannott, Antje	55	DEU	TSV Jahn Carolinensiel	WHK	337	5:24:56	1:07:54	1:07:11	0:58:57	1:12:37	0:58:17	
401	F414	Huisinga, Hanna	90	DEU	Klingele / Weener Energie	WHK	338	5:24:59	1:10:46	1:07:16	0:59:29	1:10:32	0:56:56	
402	F705	Eggers-Janssen, Nadine	80	DEU	SV Hage	WHK	339	5:25:21	1:12:28	1:14:06	1:00:15	1:06:02	0:52:30	
403	F620	Jacobs, Ina	86	DEU	Bunde	WHK	340	5:25:37	1:08:42	1:08:04	0:58:40	1:11:52	0:58:19	
404	F866	Braams, Herma	56	DEU	SC Dunum	WHK	341	5:25:42	1:08:13	1:07:22	0:59:36	1:11:52	0:58:39	
405	F 1016	Schmidt, Sarah	00	DEU	IGS Moormerland	WJ	64	5:25:44	1:08:56	1:07:58	0:59:09	1:11:58	0:57:43	
405	F 973	Theilen, Adda	86	DEU	TV Norden	WHK	342	5:25:44	1:08:52	1:07:04	0:57:08	1:12:41	0:59:59	
407	F621	Greve, Tanja	84	DEU	KdoSES	WHK	343	5:25:53	1:07:01	1:09:01	0:58:35	1:15:10	0:56:06	
408	F366	Grünert, Nicole	76	DEU	Borromäus Hospital Leer	WHK	344	5:26:06	1:07:44	1:06:49	0:59:43	1:12:35	0:59:15	
409	F528	Thiel, Saskia	94	DEU	Apotheke am Markt Wittmund	WHK	345	5:26:09	1:07:22	1:09:11	0:58:44	1:12:12	0:58:40	
410	F555	Oltmanns, Hinriek	79	DEU	Holterfehn	WHK	346	5:26:11	1:07:23	1:07:27	0:59:41	1:13:00	0:58:40	
411	F485	Tautrich, Ingrid	82	DEU	WOL	WHK	347	5:26:16	1:09:02	1:07:49	0:59:14	1:12:12	0:57:59	
412	F438	Zimmer, Nicole	79	DEU	SV Ems Jemgum	WHK	348	5:26:23	1:08:14	1:07:38	1:00:17	1:11:50	0:58:24	
413	F355	Ahmed, Petra	72	DEU	LT TuRa 07 Westrauderfehn	WHK	349	5:26:29	1:08:04	1:07:28	0:59:10	1:12:19	0:59:28	
414	F886	Sanders, Janna	99	DEU	PJ	WJ	65	5:26:34	1:10:23	1:06:46	0:58:09	1:12:54	0:58:22	
414	F885	Görtemaker, Pia	00	DEU	PJ	WJ	65	5:26:34	1:10:23	1:06:46	0:58:09	1:12:54	0:58:22	
416	F 958	Veldhuis, Karin	69	DEU	Leer	WHK	350	5:26:40	1:07:57	1:07:44	1:00:11	1:12:15	0:58:33	
417	F454	Liebsch-Folkerts, Margret	62	DEU	Westoverledingen	WHK	351	5:26:53	1:09:03	1:08:11	0:59:45	1:10:54	0:59:00	
418	F773	Meents, Marion	67	DEU	TUS Leerhufe-Hovel eV	WHK	352	5:26:56	1:07:07	1:07:55	1:00:06	1:12:10	0:59:38	
419	F 957	Niskanen, Pirjo	83	DEU	-	WHK	353	5:27:08	1:08:30	1:08:25	0:58:26	1:12:50	0:58:57	
420	F791	Krieger-Hetzke, Helga	64	DEU	TV Norden	WHK	354	5:27:13	1:07:11	1:08:03	0:59:12	1:13:12	0:59:35	

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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
421	F497	Riedel, Maren	64	DEU	C. E. Popken	WHK	355	5:27:14	1:07:26	1:08:10	1:00:29	1:12:25	0:58:44	
421	F279	Streekmann, Silvia	79	DEU	Leer	WHK	355	5:27:14	1:08:11	1:09:56	0:56:20	1:14:09	0:58:38	
421	F193	Bünting, Anne	57	DEU	LT TuS Aurich-Ost	WHK	355	5:27:14	1:08:14	1:07:35	1:00:26	1:12:43	0:58:16	
424	F804	Fecht, Hiska	82	DEU	Team Möbel Buss	WHK	358	5:27:16	1:08:31	1:08:14	0:59:29	1:12:31	0:58:31	
425	F628	Schweer, Elke	71	DEU	Kaffeerösterei Baum	WHK	359	5:27:21	1:09:28	1:07:39	0:59:40	1:12:11	0:58:23	
426	F873	Ubben-Folkerts, Inge	76	DEU	Rysum	WHK	360	5:27:28	1:08:20	1:08:41	0:58:17	1:13:26	0:58:44	
427	F526	Albers, Angelika	58	DEU	Laufen wie auf Wolken	WHK	361	5:27:54	1:08:53	1:07:15	0:58:54	1:13:35	0:59:17	
428	F801	Wysotzki, Janneke	95	DEU	Team Möbel Buss	WHK	362	5:28:05	1:09:09	1:12:17	0:57:03	1:12:47	0:56:49	
429	F789	Klinkenborg, Margit	52	DEU	TV Norden	WHK	363	5:28:09	1:08:44	1:07:03	0:59:27	1:12:57	0:59:58	
429	F787	Neugebauer, Bärbel	65	DEU	TV Norden	WHK	363	5:28:09	1:08:44	1:07:03	0:59:27	1:12:57	0:59:58	
431	F482	ahrends, marion	68	DEU	Laufen und Meer	WHK	365	5:28:22	1:09:27	1:07:51	0:59:37	1:12:44	0:58:43	
432	F509	Brunken, Stefanie	72	DEU	Borromäus Hospital Leer	WHK	366	5:28:36	1:10:52	1:09:59	0:58:36	1:11:12	0:57:57	
433	F766	Müller, Kathrin	75	DEU	SV Neptun Emden	WHK	367	5:28:39	1:07:40	1:08:08	0:59:42	1:13:12	0:59:57	
434	F208	Dirks, Hilka	75	DEU	MTV Wittmund	WHK	368	5:28:41	1:09:32	1:07:26	1:00:38	1:12:30	0:58:35	
435	F760	Meyer, Miriam	93	DEU	Flachsmeer	WHK	369	5:28:42	1:09:31	1:07:23	1:00:08	1:10:57	1:00:43	
436	F339	Alferink, Claudia	61	DEU	LT TuRa 07 Westrauderfehn	WHK	370	5:28:59	1:08:31	1:08:55	1:00:40	1:12:18	0:58:35	
437	F595	Altschaffel-Fuchs, Alexandra	67	DEU	Grundschule Middels	WHK	371	5:29:07	1:11:40	1:06:49	0:59:38	1:11:49	0:59:11	
438	F457	Prins, Sandra	86	DEU	TausendfüßLeer	WHK	372	5:29:11	1:08:49	1:07:30	0:59:36	1:13:57	0:59:19	
439	F520	Kleen, Verena	95	DEU	Spetzerfehn	WHK	373	5:29:13	1:08:35	1:07:22	0:59:31	1:12:54	1:00:51	
440	F297	Klimaschka-Behrends, Uschi	57	DEU	Gymnasium Ulricianum Aurich	WHK	374	5:29:16	1:09:23	1:08:21	0:59:29	1:13:13	0:58:50	
441	F180	Harms, Hilke	97	DEU	Karkdörper Moorloopers	WJ	67	5:29:36	1:08:20	1:09:08	0:59:20	1:14:15	0:58:33	
442	F 976	Klinker, Mechthild	73	DEU		WHK	375	5:29:37	1:10:26	1:08:07	0:59:01	1:14:18	0:57:45	
443	F483	Harms, Annegret	61	DEU	de Optimisten	WHK	376	5:29:38	1:08:23	1:09:08	0:59:19	1:14:15	0:58:33	
444	F470	Hallenga, Gunda	83	DEU	Tannhausen	WHK	377	5:29:46	1:09:46	1:10:02	1:00:09	1:12:19	0:57:30	
445	F874	Wolter, Anita	56	DEU	Die Münchener	WHK	378	5:29:49	1:08:03	1:09:20	1:00:30	1:12:25	0:59:31	
446	F830	Fröhling, Annegret	66	DEU	Sparkasse Aurich-Norden	WHK	379	5:29:53	1:08:08	1:09:03	1:00:16	1:12:27	0:59:59	
447	F608	Bueschel, Christine	75	DEU	Club of Comfort	WHK	380	5:29:56	1:11:55	1:07:02	0:56:17	1:16:21	0:58:21	
448	F524	Jansen, Theresia	71	DEU	ELV Elektronik AG	WHK	381	5:29:57	1:07:13	1:11:59	0:58:48	1:13:39	0:58:18	
449	F876	Boomgaarden, Britta	78	DEU	Moormerland	WHK	382	5:30:03	1:10:38	1:09:49	0:59:18	1:13:07	0:57:11	
450	F371	Mannott, Martina	69	DEU	Krankenhaus Wittmund	WHK	383	5:30:04	1:09:32	1:08:48	1:00:38	1:12:31	0:58:35	
451	F 991	Boekhoff, Karin	62	DEU	Hospitzinitiative e. V.	WHK	384	5:30:11	1:10:40	1:08:19	1:00:05	1:11:20	0:59:47	
452	F499	Reiners, Christa	60	DEU	TUS Eintracht Hinte	WHK	385	5:30:14	1:11:37	1:08:15	1:00:17	1:11:41	0:58:24	
453	F519	Brink, Erika	63	DEU	Stadtwerke-Leer-Loopers	WHK	386	5:30:24	1:11:40	1:09:20	0:59:32	1:12:13	0:57:39	
454	F466	Niestroj, Melanie	82	DEU		WHK	387	5:30:32	1:10:02	1:09:34	0:58:54	1:13:40	0:58:22	
455	F701	Braun, Simone	72	DEU	ENOVA	WHK	388	5:30:40	1:10:03	1:08:41	1:00:21	1:13:25	0:58:10	

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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
456	F561	Kleinau, Sabine	67	DEU	TausendfüßLeer	WHK	389	5:31:03	1:08:41	1:09:19	0:59:48	1:13:57	0:59:18	
457	F451	Altmann, Gisela	49	DEU	Windlooper	WHK	390	5:31:09	1:09:05	1:07:48	0:59:23	1:14:16	1:00:37	
458	F612	Gehler, Lisa	88	DEU	Friseure Eckhoff	WHK	391	5:31:13	1:10:17	1:07:02	1:02:48	1:13:16	0:57:50	
459	F199	Claus, Gerlind	75	DEU		WHK	392	5:31:14	1:10:05	1:09:24	1:00:23	1:12:58	0:58:24	
460	F468	Wolbers, Julia	96	DEU	Hartmann Group	WJ	68	5:31:32	1:10:18	1:06:52	0:59:17	1:15:19	0:59:46	
461	F541	Natelberg, Inka	75	DEU	TUS Collinghorst	WHK	393	5:31:38	1:10:00	1:07:55	1:00:13	1:14:24	0:59:06	
462	F898	Rohden, Heike	74	DEU	LT TuRa 07 Westrauderfehn	WHK	394	5:31:45	1:10:00	1:07:54	1:00:12	1:14:25	0:59:14	
463	F867	Dubiel, Regina	58	DEU	Hirsch-Apotheke Weener	WHK	395	5:31:50	1:09:41	1:09:02	1:00:07	1:13:57	0:59:03	
464	F679	Busemann, Okka	93	DEU	LHV	WHK	396	5:32:26	1:09:24	1:09:52	0:59:51	1:14:53	0:58:26	
465	F266	Böhm, Caren	65	DEU	Kurt sien Trupp	WHK	397	5:32:32	1:08:13	1:07:38	1:02:00	1:14:24	1:00:17	
466	F324	Lüür, Fenny	63	DEU	Reha-Zentrum Oldenburg	WHK	398	5:32:34	1:09:24	1:07:38	1:01:35	1:14:00	0:59:57	
467	F735	Leidholdt, Paula	80	DEU	IGS Aurich-West	WHK	399	5:32:35	1:10:20	1:04:08	1:03:27	1:15:29	0:59:11	
467	F862	Britta, Jürgens	65	DEU	Krankenhaus Wittmund	WHK	399	5:32:35	1:09:33	1:09:35	1:00:25	1:13:20	0:59:42	
469	F287	Fleißner, Marion	67	DEU	Flessies	WHK	401	5:32:49	1:07:26	1:08:15	1:01:59	1:14:24	1:00:45	
470	F859	Bley, Cornelia	67	DEU	Tus Horsten	WHK	402	5:33:02	1:08:57	1:08:45	1:01:06	1:13:22	1:00:52	
471	F542	Koch, Natascha	86	DEU	Sportfreunde Möhlenwarf	WHK	403	5:33:15	1:09:54	1:09:30	1:02:02	1:13:36	0:58:13	
472	F104	Janßen, Nele	01	DEU	Gymnasium Ulricianum Aurich	WJ	69	5:33:27	1:11:15	1:06:52	0:59:49	1:12:26	1:03:05	
473	F204	Stern, Katrin	82	DEU	Seefahrtsschule Leer	WHK	404	5:33:28	1:10:46	1:10:10	0:58:23	1:14:22	0:59:47	
474	F336	Kopietz, Monika	73	DEU	Trauco	WHK	405	5:33:33	1:09:46	1:09:40	0:59:52	1:15:25	0:58:50	
475	F288	Sandelmann, Monika	57	DEU	Wilhelmshaven	WHK	406	5:33:42	1:09:43	1:09:05	1:00:36	1:14:52	0:59:26	
476	F895	Heyen, Doris	68	DEU	Laufen und Meer	WHK	407	5:33:44	1:09:27	1:09:10	1:00:28	1:15:40	0:58:59	
477	F626	Kitlas-Dieling, Martha	59	DEU	LGO	WHK	408	5:33:46	1:10:14	1:10:24	1:00:19	1:13:54	0:58:55	
478	F372	Kallenberger, Cathrin	78	DEU	Emder LG	WHK	409	5:34:00	1:08:26	1:08:18	0:58:54	1:16:06	1:02:16	
479	F473	Sluiter, Helga	63	DEU	Nordgeorgsfehn	WHK	410	5:34:04	1:08:16	1:09:33	1:01:06	1:15:18	0:59:51	
480	F382	Bessert, Linda	00	DEU	Gymnasium Ulricianum Aurich	WJ	70	5:34:06	1:10:52	1:09:10	0:59:52	1:15:32	0:58:40	
481	F838	Janke-Neeland, Susanne	63	DEU	Aurich	WHK	411	5:34:10	1:10:00	1:09:31	0:59:44	1:14:57	0:59:58	
482	F402	Schepers, Mareike	92	DEU	Borromäus Hospital Leer	WHK	412	5:34:25	1:10:52	1:09:48	0:59:24	1:14:28	0:59:53	
483	F410	Gruben, Geda	49	DEU	SV PotshausenTura 07	WHK	413	5:34:36	1:09:24	1:08:06	1:01:23	1:14:23	1:01:20	
483	F491	Damm, Gudrun	73	DEU	Klinikum Emden	WHK	413	5:34:36	1:09:13	1:08:49	1:01:09	1:15:44	0:59:41	
485	F 1003	Meyeraan, Maren	96	DEU	obw Emden	WJ	71	5:34:37	1:11:43	1:09:36	0:59:46	1:15:13	0:58:19	
486	F403	Mettjes, Gesa	90	DEU	Borromäus Hospital Leer	WHK	415	5:34:38	1:10:52	1:10:01	0:59:24	1:14:28	0:59:53	
487	F645	Gerkens, Heike	79	DEU	Dabei is alles	WHK	416	5:34:48	1:09:32	1:09:36	0:59:54	1:15:47	0:59:59	
488	F415	Hillbrands, Karin	75	DEU	Klingele / Weener Energie	WHK	417	5:34:57	1:10:59	1:09:29	0:58:05	1:16:17	1:00:07	
489	F 946	Les, Hanne	52	DEU	FSKME Aurich	WHK	418	5:35:00	1:10:44	1:10:17	1:01:40	1:13:26	0:58:53	
490	F462	Severiens, Henni	54	DEU	Fortuna Logabirum	WHK	419	5:35:05	1:09:24	1:08:49	1:01:24	1:14:37	1:00:51	



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491	F340	Fauerbach, Thea	63	DEU	SVO "Wi sünd Holtriem"	WHK	420	5:35:08	1:10:53	1:10:15	0:59:51	1:13:24	1:00:45	
492	F538	Tschöke, Kerstin	72	DEU	Ubbo-Emmius-Klinik	WHK	421	5:35:14	1:10:26	1:08:39	1:00:28	1:15:14	1:00:27	
493	F817	Oldenburger, Marion	76	DEU	Westerende	WHK	422	5:35:22	1:10:26	1:08:40	1:00:28	1:15:14	1:00:34	
494	F 962	Möhlmann, Gerda	65	DEU	Sparkasse Aurich-Norden	WHK	423	5:35:25	1:09:21	1:08:11	1:01:25	1:15:00	1:01:28	
495	F376	Buß, Mareike	94	DEU	Team Winterhoff Buss	WHK	424	5:35:30	1:08:32	1:10:51	1:01:43	1:14:47	0:59:37	
495	F349	Farwer, Gertrud	58	DEU	.	WHK	424	5:35:30	1:09:33	1:09:54	1:01:06	1:14:33	1:00:24	
495	F348	Meyer, Karin	55	DEU	Moormerland	WHK	424	5:35:30	1:09:33	1:09:54	1:01:06	1:14:33	1:00:24	
498	F395	Kruse, Margret	66	DEU	LG Ostfriesland	WHK	427	5:35:56	1:08:29	1:09:49	1:00:43	1:15:32	1:01:23	
499	F523	Ottersberg, Bianca	91	DEU	LG Großefehn	WHK	428	5:35:59	1:08:39	1:08:37	1:02:25	1:15:02	1:01:16	
500	F522	Hinrichs, Maike	90	DEU	LG Großefehn	WHK	429	5:36:00	1:08:39	1:08:37	1:02:25	1:15:03	1:01:16	
501	F338	Dirksen, Elke	66	DEU	Krankenhaus Wittmund	WHK	430	5:36:06	1:10:30	1:09:19	1:01:45	1:14:32	1:00:00	
502	F494	Kleene, Gabriele	70	DEU	FC Oldersum	WHK	431	5:36:21	1:13:06	1:09:44	1:00:17	1:14:02	0:59:12	
503	F447	Saathoff, Maike	01	DEU	Gymnasium Ulricianum Aurich	WJ	72	5:37:00	1:09:39	1:12:51	0:59:08	1:18:09	0:57:13	
504	F365	Lühr, Heidi	69	DEU	TausendfüßLeer	WHK	432	5:37:08	1:08:41	1:09:20	1:00:00	1:17:20	1:01:47	
504	F537	Götz, Beate	79	DEU	Landgericht Aurich	WHK	432	5:37:08	1:13:15	1:09:24	1:01:30	1:13:20	0:59:39	
506	F597	Fecht, Tina	83	DEU	SV Nortmoor	WHK	434	5:37:50	1:11:09	1:10:15	1:02:02	1:14:55	0:59:29	
507	F 971	Kruse de Buhr, Marion	69	DEU	Störtebeker Loopers	WHK	435	5:38:06	1:11:41	1:07:52	1:00:43	1:17:55	0:59:55	
507	F795	Goudschaal, Imke	68	DEU	TV Norden	WHK	435	5:38:06	1:00:40	1:14:02	1:03:43	1:17:44	1:01:57	
509	F394	Röhrig, Saskia	95	DEU	WfbM BBB Aurich Wittmund	WHK	437	5:38:20	1:09:13	1:08:14	1:02:07	1:18:56	0:59:50	
510	F658	Behrends, Bettina	78	DEU	Grundschule Logabirum	WHK	438	5:39:04	1:11:09	1:10:15	1:02:02	1:14:55	1:00:43	
511	F343	Tjardes, Martina	71	DEU	FLICK GmbH	WHK	439	5:39:49	1:12:35	1:09:33	1:02:04	1:15:04	1:00:33	
512	F546	Geerdes, Sandra	76	DEU	Gandersum	WHK	440	5:39:52	1:11:08	1:09:42	1:01:51	1:15:24	1:01:47	
513	F124	Hartkemeyer, Anne	85	DEU	obw Emden	WHK	441	5:40:01	1:12:16	1:09:15	1:01:25	1:17:11	0:59:54	
514	F501	Bokelmann, Sylvia	68	DEU	Tus Hinte	WHK	442	5:40:09	1:11:38	1:09:47	1:01:03	1:15:55	1:01:46	
515	F 979	Schulten-Seiger, Annette	61	DEU	Osteel	WHK	443	5:40:17	1:10:53	1:10:38	1:02:41	1:15:06	1:00:59	
516	F581	Janßen, Wilma	74	DEU	Hospiz Huus Leer	WHK	444	5:40:19	1:11:57	1:10:06	1:01:52	1:15:47	1:00:37	
517	F 1246	Siebelts, Evke	99	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	73	5:40:25	1:12:24	1:16:06	0:58:16	1:14:25	0:59:14	
518	F740	Foorden, Andrea	65	DEU	Team ENERCON	WHK	445	5:40:43	1:09:24	1:10:28	1:01:18	1:18:03	1:01:30	
519	F252	Saathoff, Gerlinde	65	DEU	LT TuS Aurich-Ost	WHK	446	5:40:55	1:10:16	1:10:16	1:02:27	1:16:53	1:01:03	
520	F318	Müller, Birgit	66	DEU	Stadt Emden	WHK	447	5:40:58	1:11:07	1:09:13	1:04:18	1:15:46	1:00:34	
521	F696	Bockelmann, Eelka	95	DEU	Rettungsdienst Leer	WHK	448	5:41:06	1:13:07	1:12:08	1:00:02	1:12:22	1:03:27	
522	F422	Plöger, Elena	77	DEU	Klinikum Leer	WHK	449	5:41:07	1:13:05	1:09:58	1:01:07	1:15:06	1:01:51	
523	F796	Buss, Janna	55	DEU	TV Norden	WHK	450	5:41:32	1:10:27	1:10:18	1:01:31	1:17:57	1:01:19	
524	F441	Buss, Helga	62	DEU	Stiekelkamperfeh	WHK	451	5:41:42	1:11:45	1:10:32	1:02:57	1:14:59	1:01:29	
525	F615	Rückbeil, Tina	76	DEU	RVB Aurich/Uplengen	WHK	452	5:41:46	1:11:51	1:13:29	1:01:25	1:14:48	1:00:13	

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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
526	F823	Olbrich, Birgit	57	DEU	Leinerstift e.V.	WHK	453	5:41:52	1:08:55	1:08:12	1:05:36	1:16:17	1:02:52	
527	F 1017	Hanssen, Anke	91	DEU	SC Wiesens	WHK	454	5:42:00	1:12:43	1:11:27	1:01:05	1:16:03	1:00:42	
528	F 1007	Frerichs, Laura-Marie	00	DEU	KGS Großefehn	WJ	74	5:42:02	1:13:33	1:08:39	1:02:24	1:15:14	1:02:12	
528	F471	Trauer, Dörthe	77	DEU	Tannenhäusen	WHK	455	5:42:02	1:11:28	1:11:24	1:02:32	1:15:00	1:01:38	
530	F 980	Hartge, Merle	01	DEU	Gymnasium Ulricianum Aurich	WJ	75	5:42:11	1:09:39	1:12:49	0:59:16	1:18:10	1:02:17	
531	F 1012	Dreesch, Laureen	01	DEU	Gymnasium Ulricianum Aurich	WJ	76	5:42:12	1:09:39	1:12:50	0:59:16	1:18:11	1:02:16	
532	F369	Münk, Linda	72	DEU	LT TuS Aurich-Ost	WHK	456	5:42:21	1:13:46	1:10:54	1:02:04	1:15:04	1:00:33	
533	F296	Erdmann, Jutta	79	DEU	LT TuS Aurich-Ost	WHK	457	5:42:22	1:13:46	1:10:54	1:02:04	1:15:04	1:00:34	
534	F864	Christoffers, Jutta	61	DEU	TG Wiesmoor	WHK	458	5:42:31	1:11:53	1:10:10	1:02:48	1:15:27	1:02:13	
535	F458	Dirks, Anne	62	DEU	TG Wiesmoor	WHK	459	5:42:33	1:11:54	1:10:11	1:02:48	1:15:27	1:02:13	
536	F911	Bassler, Annika	97	DEU	Autopark Schunke	WJ	77	5:42:37	1:14:01	1:10:07	0:59:43	1:16:42	1:02:04	
537	F774	Jansen, Sabina	61	DEU	Kurt sien Trupp	WHK	460	5:42:39	1:10:39	1:12:28	1:03:39	1:15:05	1:00:48	
538	F400	Witt, Dina	98	DEU	SV Concordia Ihrhove	WJ	78	5:42:45	1:14:11	1:09:28	1:00:36	1:16:39	1:01:51	
539	F500	Janssen, Anne	82	DEU	Wittmund	WHK	461	5:43:10	1:12:40	1:11:41	1:00:40	1:18:02	1:00:07	
540	F 1022	Pospisil, Marie	99	DEU	Gymnasium Ulricianum Aurich	WJ	79	5:43:53	1:10:44	1:19:58	1:05:02	1:09:56	0:58:13	
541	F914	Schettler, Sabine	72	DEU	Aurich	WHK	462	5:43:55	1:12:09	1:11:26	1:02:51	1:15:58	1:01:31	
542	F477	de Beer, Peggy	76	DEU	Wirdum	WHK	463	5:44:07	1:13:01	1:11:22	1:02:51	1:15:58	1:00:55	
543	F 993	Ihmels, Anja	81	DEU	LT TuRa 07 Westrauderfehn	WHK	464	5:44:10	1:13:34	1:13:19	1:00:37	1:16:46	0:59:54	
544	F232	Behrens-Kuhl, Marlies	72	DEU	Klinikum Leer	WHK	465	5:44:27	1:13:19	1:12:31	1:02:36	1:14:29	1:01:32	
545	F368	Hildebrandt, Lisa-Marie	90	DEU	Rechtsweg	WHK	466	5:44:29	1:10:57	1:09:13	1:06:00	1:16:12	1:02:07	
546	F132	Rüter, Nadja	95	DEU	obw Emden	WHK	467	5:44:35	1:11:41	1:09:47	1:04:05	1:16:49	1:02:13	
547	F498	Hoek, Britta	80	DEU	AXA Center Hoek	WHK	468	5:44:37	1:13:08	1:12:16	1:02:44	1:15:10	1:01:19	
548	F489	Langner, Isabell	74	DEU	Schleichkatzen WOL	WHK	469	5:44:43	1:13:25	1:11:02	1:03:00	1:17:53	0:59:23	
549	F665	Lichman, Maren	87	DEU	Kdo SES	WHK	470	5:44:48	1:12:26	1:10:13	1:03:10	1:15:07	1:03:52	
550	F675	Wolbers, Ines	85	DEU	Borromäus Hospital Leer	WHK	471	5:44:50	1:12:39	1:12:25	1:03:47	1:14:48	1:01:11	
551	F670	Gelten, Carmen	72	DEU	Moormerland	WHK	472	5:44:54	1:13:10	1:14:53	1:01:51	1:15:17	0:59:43	
552	F539	Garrelts, Hilke	99	DEU	Gymnasium Ulricianum Aurich	WJ	80	5:44:58	1:12:55	1:12:17	1:03:09	1:18:02	0:58:35	
553	F367	Arndt, Katrin	87	DEU	Physio Aktiv Rhaderfehn	WHK	473	5:44:59	1:09:34	1:08:53	1:02:32	1:20:25	1:03:35	
554	F636	Borowiak, Laura	94	DEU	Seefahrtsschule Leer	WHK	474	5:45:13	1:16:25	1:10:29	1:01:10	1:16:26	1:00:43	
555	F816	Brunken, Elke	61	DEU	Laufrausch TuS Großdendorf	WHK	475	5:45:22	1:10:12	1:10:49	1:03:34	1:17:29	1:03:18	
555	F379	Schürmann, Ulrike	62	DEU	Klinikum Emden	WHK	475	5:45:22	1:15:01	1:10:44	1:03:18	1:16:13	1:00:06	
557	F807	Bigalski, Doris	76	DEU	Realschule Aurich	WHK	477	5:45:26	1:11:36	1:11:03	1:02:41	1:16:55	1:03:11	
558	F464	Buß, Edda	53	DEU	Pewsum	WHK	478	5:45:38	1:11:09	1:11:50	1:03:33	1:16:57	1:02:09	
559	F 968	Post, Paula	97	DEU	Sv Stern Schwerinsdorf	WJ	81	5:45:46	1:17:10	1:11:23	1:00:01	1:16:41	1:00:31	
560	F475	Kruse, Mareke	91	DEU	Spetzerfehn	WHK	479	5:45:55	1:11:51	1:10:25	1:02:50	1:16:03	1:04:46	

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561	F505	Ertwiens, Leandra	02	DEU	IGS Moormerland	WJ	82	5:46:07	1:16:26	1:10:38	1:01:39	1:16:44	1:00:40	
562	F290	Rabenberg, Dora	52	DEU	LG TV Bunde	WHK	480	5:46:18	1:11:57	1:11:51	1:03:15	1:16:28	1:02:47	
563	F461	Petersen, Marieanne	54	DEU	LT Spaß mit Sport	WHK	481	5:46:19	1:11:03	1:11:27	1:03:43	1:16:45	1:03:21	
564	F559	Wiemers, Anna Maria	93	DEU	team aurident	WHK	482	5:46:27	1:18:43	1:13:41	1:01:00	1:15:30	0:57:33	
565	F642	de Vries, Anja	68	DEU	Loopen un breijen	WHK	483	5:46:38	1:11:50	1:13:45	1:03:24	1:18:05	0:59:34	
566	F618	Rogge, Petra	67	DEU	SV Freie Lunge Bentstreek	WHK	484	5:47:13	1:11:55	1:12:31	1:03:22	1:17:10	1:02:15	
567	F527	Knabe, Inken	01	DEU	Gymnasium Ulricianum Aurich	WJ	83	5:47:29	1:10:06	1:11:49	1:01:38	1:19:06	1:04:50	
568	F625	Oltmanns, Melanie	90	DEU	Tus Detern	WHK	485	5:47:39	1:15:12	1:12:56	1:02:21	1:16:16	1:00:54	
569	F575	Oltmanns, Nadine	92	DEU	Sparkasse LeerWittmund	WHK	486	5:47:42	1:15:12	1:12:56	1:02:21	1:16:16	1:00:57	
570	F723	Junker, Sabine	75	DEU	Junker&Pfeiffer OHG	WHK	487	5:48:00	1:22:18	1:13:28	1:01:25	1:13:39	0:57:10	
571	F 948	Hündling, Tomke	98	DEU		WJ	84	5:48:12	1:15:59	1:12:30	1:00:20	1:18:08	1:01:15	
572	F 954	Hilrichs, Jana	99	DEU		WJ	85	5:48:13	1:16:01	1:12:29	1:00:20	1:18:09	1:01:14	
573	F302	Lüken, Antje	67	DEU	-	WHK	488	5:48:20	1:15:41	1:11:56	1:02:10	1:16:38	1:01:55	
574	F711	Loeffler, Michelle	87	DEU	Seefahrtsschule Leer	WHK	489	5:48:30	1:13:06	1:11:41	1:02:53	1:17:08	1:03:42	
575	F478	Groenewold, Elke	74	DEU	Dabei is alles	WHK	490	5:48:42	1:14:35	1:11:35	1:03:30	1:17:34	1:01:28	
576	F699	Schmidt, Tineke Neele	94	DEU	Rettungsdienst Leer	WHK	491	5:48:55	1:14:44	1:13:17	1:00:33	1:18:06	1:02:15	
577	F661	Mons, Lena	85	DEU	Hartmann Group	WHK	492	5:49:02	1:15:36	1:11:43	1:02:34	1:17:46	1:01:23	
578	F530	Dahlweg, Christiane	80	DEU	SV Holtland GS Detern	WHK	493	5:49:04	1:11:54	1:13:53	1:04:06	1:16:35	1:02:36	
579	F430	Berends, Monika	91	DEU	NW Steuerberatungsgesells	WHK	494	5:49:08	1:11:35	1:09:13	1:04:25	1:20:49	1:03:06	
580	F235	Saathoff, Silvia	70	DEU	Ubbo-Emmius-Klinik	WHK	495	5:49:10	1:13:57	1:10:59	1:04:15	1:17:25	1:02:34	
581	F882	Böde, Mareike	99	DEU	Emder LG	WJ	86	5:49:11	1:12:16	1:11:50	1:06:14	1:17:11	1:01:40	
582	F779	Janßen, Christa	43	DEU	SV Frisia Brinkum	WHK	496	5:49:13	1:11:41	1:11:59	1:03:17	1:17:31	1:04:45	
583	F566	Barth, Silke	72	DEU	SVO Wi sünd Holtriem	WHK	497	5:50:08	1:11:44	1:11:59	1:04:48	1:18:27	1:03:10	
584	F517	Löning, Inka	80	DEU	Ostfriesische Volksbank eG	WHK	498	5:50:25	1:12:12	1:12:58	1:04:15	1:18:42	1:02:18	
585	F518	Leesch, Kristin	80	DEU	Ostfriesische Volksbank eG	WHK	499	5:50:29	1:12:15	1:12:57	1:04:16	1:18:42	1:02:19	
586	F516	Heinrichsdorf, Steffi	79	DEU	Ostfriesische Volksbank eG	WHK	500	5:50:30	1:12:15	1:12:58	1:04:16	1:18:42	1:02:19	
586	F614	Kanning, Melanie	82	DEU	RVB Aurich/Uplengen	WHK	500	5:50:30	1:16:41	1:13:05	1:03:33	1:16:12	1:00:59	
588	F536	Bohlen, Gertrud	63	DEU	TUS Detern	WHK	502	5:50:31	1:15:06	1:11:55	1:02:58	1:17:50	1:02:42	
589	F831	Frerichs, Gesa	96	DEU	Ostfriesische Volksbank eG	WJ	87	5:50:50	1:15:58	1:13:57	0:59:54	1:18:42	1:02:19	
590	F439	Brumund, Alexia	01	DEU	Gymnasium Ulricianum Aurich SP601	WJ	88	5:50:53	1:17:23	1:11:22	1:04:27	1:17:00	1:00:41	
591	F298	Frühling, Anna	99	DEU	Gymnasium Ulricianum Aurich	WJ	89	5:50:59	1:13:09	1:12:26	1:03:40	1:18:24	1:03:20	
592	F476	Ens, Renate	52	DEU	Ubbo-Emmius-Klinik	WHK	503	5:51:12	1:13:37	1:11:44	1:02:53	1:19:14	1:03:44	
593	F827	Rose, Sylke	71	DEU	Ostfriesische Volksbank eG	WHK	504	5:51:22	1:12:41	1:12:56	1:04:14	1:18:41	1:02:50	
594	F825	Südhoff, Roswitha	64	DEU	Ostfriesische Volksbank eG	WHK	505	5:51:23	1:12:41	1:12:56	1:04:15	1:18:41	1:02:50	
595	F622	Knoop, Imke	89	DEU	Dabei is alles	WHK	506	5:51:31	1:16:48	1:13:28	1:03:23	1:16:21	1:01:31	

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596	F586	van der Harg, Marielle	70	DEU	Ammersum	WHK	507	5:51:51	1:15:29	1:11:32	1:04:29	1:17:42	1:02:39	
597	F533	Evers, Gerlinde	64	DEU	KBV Langefeld	WHK	508	5:51:58	1:18:36	1:15:53	1:01:18	1:15:27	1:00:44	
598	F551	Just, Ute	52	DEU	Kassenärztliche Vereinigung	WHK	509	5:52:43	1:13:37	1:11:46	1:03:21	1:19:25	1:04:34	
599	F840	Lixfeld-Sozomenou, Bettina	67	DEU	Reederei Buss	WHK	510	5:53:02	1:13:22	1:13:56	1:03:54	1:18:26	1:03:24	
600	F 940	Eilers, Christa	59	DEU	Silomon`s Stramme Waden	WHK	511	5:53:03	1:15:47	1:14:15	1:08:02	1:19:57	0:55:02	
601	F 944	Grüßing, Imke	70	DEU	Freie Lunge Bentstreek	WHK	512	5:53:40	1:14:20	1:14:19	1:04:17	1:16:50	1:03:54	
602	F503	Meenken, Ellen	86	DEU	BBC Chartering GmbH	WHK	513	5:53:55	1:15:08	1:12:46	1:06:21	1:17:25	1:02:15	
603	F687	Ahrenholtz, Andrea	90	DEU	-	WHK	514	5:54:00	1:14:36	1:14:29	1:03:27	1:18:12	1:03:16	
604	F 950	Derezinski, Sonja	80	DEU	KBV Collrunge	WHK	515	5:54:01	1:16:29	1:14:40	1:04:28	1:16:50	1:01:34	
605	F381	Geiken, Silvia	71	DEU	BV Victorbur	WHK	516	5:54:04	1:12:31	1:13:34	1:05:00	1:18:08	1:04:51	
606	F702	Nitsche, Jessica	86	DEU	Laufen und Meer	WHK	517	5:54:21	1:17:41	1:16:50	1:04:27	1:15:31	0:59:52	
607	F812	Lüpkes, Doratheia	62	DEU	AGRAVIS Ems-Jade GmbH	WHK	518	5:54:27	1:11:41	1:12:53	1:05:31	1:20:46	1:03:36	
608	F393	Ahrends, Imke	95	DEU	WfBM BBB Aurich Wittmund	WHK	519	5:54:57	1:14:22	1:12:39	1:04:00	1:19:45	1:04:11	
609	F550	Rosfeldt, Annika	80	DEU	Renntiere	WHK	520	5:55:01	1:16:02	1:15:02	1:03:00	1:16:12	1:04:45	
610	F668	Jeschke, Kerstin	89	DEU	Universität Bremen	WHK	521	5:55:06	1:14:05	1:13:32	1:04:34	1:20:24	1:02:31	
611	F344	Friedrichs, Conny	84	DEU	KBV Collrunge	WHK	522	5:55:08	1:16:31	1:14:42	1:04:29	1:16:57	1:02:29	
612	F822	Theermann, Richada	62	DEU	Raiffeisenbank eG, Moormerland	WHK	523	5:55:10	1:12:45	1:13:04	1:04:23	1:19:31	1:05:27	
613	F540	Siemens, Ingrid	88	DEU	Team ENERCON	WHK	524	5:55:23	1:14:08	1:12:35	1:04:52	1:19:38	1:04:10	
614	F671	Severiens, Wilhelmine	58	DEU	Möhlenwarf	WHK	525	5:55:29	1:12:22	1:13:30	1:05:19	1:19:56	1:04:22	
615	F633	Webermann, Ingrid	55	DEU		WHK	526	5:55:36	1:14:54	1:15:59	1:04:09	1:17:28	1:03:06	
616	F354	Heyenga, Petra	64	DEU	Die Laufschnellen	WHK	527	5:55:47	1:13:21	1:12:53	1:04:46	1:19:34	1:05:13	
617	F417	Steinmeier, Marion	69	DEU	MTV Aurich	WHK	528	5:55:54	1:18:11	1:14:02	1:04:54	1:18:07	1:00:40	
618	F891	Regendörp, Michelle	98	DEU	Reha Team Leer	WJ	90	5:56:03	1:15:10	1:14:52	1:03:30	1:19:46	1:02:45	
619	F689	Heeren, Cordula	82	DEU	Grundschule Holtland	WHK	529	5:56:08	1:12:48	1:14:29	1:07:33	1:18:12	1:03:06	
620	F596	Heibült, Christin	95	DEU	RVB Aurich/Uplengen	WHK	530	5:56:28	1:15:30	1:14:58	1:01:58	1:21:49	1:02:13	
621	F 996	Caspers, Claudia	83	DEU	Flachsmeer	WHK	531	5:56:31	1:14:49	1:14:34	1:04:23	1:18:44	1:04:01	
622	F593	Ubben, Frauke	68	DEU	TSV Holtrop Basketball	WHK	532	5:56:34	1:13:33	1:14:07	1:04:20	1:19:19	1:05:15	
623	F850	Hilbers, Anna- Malin	03	DEU	IGS Waldschule Egels	WJ	91	5:56:47	1:15:02	1:12:57	1:05:34	1:18:41	1:04:33	
624	F563	Becker, Heike	64	DEU	Moormerland	WHK	533	5:57:03	1:15:47	1:12:48	1:05:47	1:19:09	1:03:32	
625	F810	Bodenstab, Antje	63	DEU	Volkswagen Zentrum Oldenburg	WHK	534	5:57:56	1:18:06	1:16:03	1:05:50	1:12:38	1:05:19	
626	F635	Backhaus, Insa	70	DEU	Nordwest-Zeitung	WHK	535	5:58:01	1:17:20	1:13:23	1:04:59	1:18:52	1:03:27	
627	F741	Janssen, Ilse-Marie	53	DEU	Emder LG	WHK	536	5:58:25	1:18:43	1:13:29	1:04:36	1:18:42	1:02:55	
628	F513	Heimann, Sonja	67	DEU	MTV Wittmund	WHK	537	5:58:30	1:15:18	1:13:02	1:05:56	1:18:57	1:05:17	
629	F588	Janssen, Meike	69	DEU	Gymnasium Ulricianum Aurich	WHK	538	5:58:45	1:18:02	1:14:16	1:04:32	1:18:31	1:03:24	
630	F784	Manninga, Sonja	70	DEU	TV Norden	WHK	539	5:58:47	1:15:43	1:15:12	1:05:13	1:19:31	1:03:08	

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631	F846	Dänekas, Gabi	60	DEU	LG Uplengen	WHK	540	5:58:48	1:15:08	1:15:32	1:05:38	1:19:31	1:02:59	
632	F704	Ahrends, Erika	67	DEU	TRAUCO Gruppe	WHK	541	5:59:54	1:13:36	1:14:16	1:05:29	1:20:42	1:05:51	
633	F610	Reif, Manuela	84	DEU	Kdo SES	WHK	542	6:00:20	1:15:19	1:12:53	1:04:24	1:26:30	1:01:14	
634	F446	Sponnier, Lisa	98	DEU	Gymnasium Ulricianum Aurich	WJ	92	6:00:27	1:15:22	1:15:07	1:04:12	1:22:35	1:03:11	
635	F 990	Grebener, Susanne	64	DEU	Pewsum	WHK	543	6:00:31	1:13:47	1:14:18	1:05:56	1:21:24	1:05:06	
636	F619	Dunkmann, Luisa Elena	01	DEU	Gymnasium Ulricianum Aurich	WJ	93	6:00:52	1:17:31	1:13:53	1:04:23	1:21:45	1:03:20	
637	F881	Haseborg, Wilma	61	DEU	Watt,n Loopers SV Dornum	WHK	544	6:01:05	1:14:24	1:16:25	1:06:45	1:19:37	1:03:54	
638	F345	Middelborg, Helga	52	DEU	LT SV Ems Jemgum	WHK	545	6:01:36	1:14:37	1:15:22	1:06:13	1:19:11	1:06:13	
639	F892	Uecker, Britta	61	DEU	Laufen und Meer / Schüt-Duis	WHK	546	6:01:42	1:16:04	1:16:05	1:05:20	1:19:30	1:04:43	
640	F361	Verwold, Anke	73	DEU	Spielfreunde Leer	WHK	547	6:02:05	1:19:51	1:14:59	1:02:40	1:17:14	1:07:21	
641	F552	Kröger, Sabine	69	DEU	Team Eddie Nortmoor	WHK	548	6:02:16	1:17:13	1:15:28	1:05:30	1:20:20	1:03:45	
642	F465	Wellendorf, Martina	69	DEU	Klinikum Emden	WHK	549	6:02:22	1:14:27	1:15:58	1:05:06	1:22:21	1:04:30	
643	F814	Wienekamp, Edelgard Foxi	70	DEU	LT TuS Aurich-Ost / BV Ihlow	WHK	550	6:02:42	1:15:35	1:15:28	1:06:20	1:20:00	1:05:19	
644	F647	Bockhöfer, Fanny	99	DEU	RAe Dr. Fenner Bockhöfer Henkys	WJ	94	6:02:51	1:14:58	1:13:58	1:05:42	1:23:04	1:05:09	
645	F732	Wedekin, Elke	63	DEU	Schulzentrum Collhusen	WHK	551	6:03:08	1:16:22	1:16:39	1:04:17	1:22:09	1:03:41	
646	F373	Hanssen, Traute	66	DEU	SC Wiesens	WHK	552	6:03:10	1:16:28	1:16:03	1:05:06	1:19:32	1:06:01	
647	F239	Onken, Marlene	01	DEU	Gymnasium Ulricianum Aurich	WJ	95	6:03:33	1:16:59	1:13:13	1:04:46	1:22:07	1:06:28	
648	F833	Sönnecken, Lisa	92	DEU	Klinikum Leer	WHK	553	6:03:53	1:15:57	1:15:44	1:05:04	1:21:41	1:05:27	
649	F616	Olatunji, Susanne	67	DEU	Varel	WHK	554	6:04:07	1:17:29	1:16:22	1:06:07	1:19:37	1:04:32	
650	F880	Steinfelder, Antje	72	DEU	Möhlenwarf	WHK	555	6:04:31	1:14:36	1:15:25	1:07:41	1:21:20	1:05:29	
651	F918	de Freese, Lena	99	DEU	IGS Moormerland	WJ	96	6:04:52	1:14:47	1:14:27	1:05:13	1:24:22	1:06:03	
652	F693	Ehmen, Maren	78	DEU	NLWKN	WHK	556	6:05:22	1:18:11	1:14:37	1:04:35	1:22:05	1:05:54	
653	F22	Hansen-Janßen, Ulrike	59	DEU	NLWKN	WHK	557	6:05:24	1:18:12	1:14:37	1:04:35	1:22:05	1:05:55	
654	F641	Beenenga, Antrin	70	DEU	Loopen un breijen	WHK	558	6:05:25	1:16:30	1:16:46	1:05:09	1:21:38	1:05:22	
655	F617	Jetses, Ute	75	DEU	Prosecco Lerche	WHK	559	6:05:34	1:16:49	1:15:32	1:07:31	1:20:22	1:05:20	
655	F887	Körner, Melanie	73	DEU	Prosecco Lerche	WHK	559	6:05:34	1:16:49	1:15:32	1:07:31	1:20:22	1:05:20	
655	F697	Poelders, Silke	82	DEU	Emden	WHK	559	6:05:34	1:18:10	1:15:46	1:04:58	1:22:11	1:04:29	
658	F640	Manssen, Andrea	69	DEU	Loopen un breijen	WHK	562	6:05:39	1:16:31	1:16:45	1:05:09	1:21:51	1:05:23	
659	F102 n	Tapper, Lara	00	DEU	CG Realschule Esens	WJ	97	6:05:44	1:15:47	1:15:36	1:03:14	1:22:20	1:08:47	
660	F 947	Eden, Linda	84	DEU	Moormerland	WHK	563	6:05:49	1:20:37	1:17:29	1:03:10	1:20:53	1:03:40	
661	F418	Sühwold, Meike	73	DEU	Ostfriesische Volksbank eG	WHK	564	6:06:40	1:16:04	1:14:59	1:05:20	1:20:07	1:10:10	
662	F669	Behle, Sonja	71	DEU	RVB Aurich/Uplengen	WHK	565	6:07:05	1:16:35	1:15:47	1:06:44	1:22:57	1:05:02	
663	F869	Maahs, Kathrin	82	DEU	Neermoor	WHK	566	6:07:13	1:14:11	1:15:26	1:05:21	1:25:04	1:07:11	
664	F591	Lange, Susanne	66	DEU	Gima-tec Sottrum	WHK	567	6:07:30	1:17:01	1:15:06	1:05:59	1:22:18	1:07:06	
665	F592	Sandmann, Irina	87	DEU	Moormerland	WHK	568	6:07:31	1:17:01	1:15:06	1:06:00	1:22:18	1:07:06	

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666	F 956	Zogel, Alina	97	DEU	NIGE	WJ	98	6:07:49	1:13:32	1:15:11	1:05:13	1:25:11	1:08:42	
667	F388	van Scharrel, Heidy	58	DEU	VFB Uplengen	WHK	569	6:08:16	1:15:56	1:16:16	1:06:59	1:22:54	1:06:11	
668	F878	Baumann, Heike	87	DEU	Ostfriesische Brandkasse	WHK	570	6:08:27	1:16:13	1:16:09	1:08:07	1:21:57	1:06:01	
669	F444	Block, Bärbel	84	DEU	Laufen und Meer	WHK	571	6:08:32	1:16:30	1:18:45	1:07:08	1:19:29	1:06:40	
670	F 949	Gastmann, Janina	90	DEU	Aurich	WHK	572	6:08:38	1:20:37	1:17:29	1:05:53	1:20:57	1:03:42	
671	F285	Bura, Carola	85	DEU	Leinerstift e.V.	WHK	573	6:08:44	1:18:48	1:15:08	1:04:39	1:23:20	1:06:49	
672	F 978	Henning, Saskia	98	DEU	Therapiehuus Tannenhausen	WJ	99	6:08:54	1:16:22	1:19:25	1:03:59	1:25:57	1:03:11	
673	F450	Schilling, Dominique	95	DEU	WfbM BBB Aurich Wittmund	WHK	574	6:08:57	1:15:42	1:15:18	1:05:59	1:24:27	1:07:31	
674	F919	Jelten, Jule	99	DEU	IGS Moormerland	WJ	100	6:09:02	1:14:47	1:18:03	1:05:13	1:24:56	1:06:03	
675	F714	Kolodziej, Marje	96	DEU	NIGE	WJ	101	6:09:18	1:19:48	1:13:18	1:05:12	1:25:11	1:05:49	
676	F682	Stach, Anna	83	DEU	Leer	WHK	575	6:09:20	1:19:21	1:17:56	1:04:23	1:22:20	1:05:20	
677	F624	Mertin, Isabella	98	DEU	Gymnasium Ulricianum Aurich	WJ	102	6:09:29	1:16:57	1:19:25	1:03:59	1:25:57	1:03:11	
678	F 989	Burlager, Hilke	97	DEU	vxyé	WJ	103	6:09:34	1:18:46	1:17:53	1:07:01	1:20:48	1:05:06	
679	F718	Schenk, Wiebke	98	DEU	NIGE	WJ	104	6:09:47	1:13:19	1:19:37	1:04:43	1:23:58	1:08:10	
680	F725	Schilling, Birthe	89	DEU	vxyé	WHK	576	6:09:55	1:18:47	1:17:53	1:07:11	1:20:57	1:05:07	
681	F721	Backhaus, Patricia	97	DEU	NIGE	WJ	105	6:09:57	1:13:19	1:19:36	1:04:45	1:24:06	1:08:11	
682	F930	Nannen, Thekla	56	DEU	Steenfelde	WHK	577	6:10:16	1:17:10	1:14:08	1:06:45	1:24:51	1:07:22	
683	F496	Schmidt, Nina	77	DEU	Steenfelde	WHK	578	6:10:37	1:17:10	1:14:26	1:06:49	1:24:50	1:07:22	
684	F565	Dreesch, Christa	71	DEU	team aurident	WHK	579	6:10:47	1:18:43	1:16:30	1:04:24	1:23:15	1:07:55	
685	F677	Conrads, Maren	00	DEU	Gymnasium Ulricianum Aurich	WJ	106	6:10:48	1:15:58	1:16:56	1:05:01	1:24:17	1:08:36	
686	F602	Böwe, Inge	45	DEU	Emder LG	WHK	580	6:10:54	1:18:42	1:15:05	1:07:36	1:22:46	1:06:45	
687	F 960	Saathoff-Rohlfing, Marianne	60	DEU		WHK	581	6:11:03	1:19:01	1:18:55	1:06:41	1:21:53	1:04:33	
688	F416	Peters, Edith	59	DEU	Klinikum Emden	WHK	582	6:11:17	1:18:13	1:15:57	1:07:36	1:22:46	1:06:45	
689	F611	Ohling, Andrea	65	DEU	Emder LG	WHK	583	6:11:20	1:22:55	1:15:58	1:07:36	1:22:23	1:02:28	
690	F553	Ubbens, Amanda	64	DEU	Hesel	WHK	584	6:11:22	1:16:24	1:16:20	1:07:55	1:22:55	1:07:48	
691	F 1002	Ciesielski, Gertrud	53	DEU	Leer	WHK	585	6:11:24	1:18:24	1:18:01	1:07:57	1:21:35	1:05:27	
692	F535	Lüdemann, Silke	78	DEU	Leinerstift e.V.	WHK	586	6:11:43	1:18:47	1:16:52	1:05:55	1:23:20	1:06:49	
693	F440	Detert, Nele	00	DEU	Gymnasium Ulricianum Aurich	WJ	107	6:11:55	1:22:50	1:16:41	1:05:14	1:22:19	1:04:51	
694	F651	Reents, Sina	97	DEU	Rhauderfehn	WJ	108	6:12:01	1:16:44	1:17:17	1:08:51	1:24:09	1:05:00	
695	F794	Meier, Anke	73	DEU	TV Norden	WHK	587	6:12:51	1:16:21	1:16:24	1:07:56	1:23:51	1:08:19	
696	F607	van Beckum, Silke	85	DEU	Hartmann Group	WHK	588	6:13:03	1:15:36	1:17:10	1:07:07	1:27:18	1:05:52	
697	F716	Raue, Andrea	85	DEU	Team ENERCON	WHK	589	6:13:05	1:17:46	1:18:11	1:06:17	1:23:25	1:07:26	
698	F259	Schneider, Linda	00	DEU	Gymnasium Ulricianum Aurich	WJ	109	6:13:10	1:22:50	1:16:40	1:05:14	1:23:09	1:05:17	
699	F568	Schulze-Tammena, Sylke	67	DEU	GBC	WHK	590	6:13:45	1:17:03	1:14:30	1:07:46	1:28:43	1:05:43	
700	F681	Schild, Corinna	64	DEU	Freunde der kleinen Allee	WHK	591	6:13:56	1:16:07	1:16:41	1:08:29	1:24:13	1:08:26	

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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
701	F532	Schaefer, Birgit	69	DEU	Wilhelmshaven	WHK	592	6:14:11	1:18:44	1:18:46	1:08:23	1:22:07	1:06:11	
702	F799	Tränapp, Frauke	65	DEU	Team Möbel Buss	WHK	593	6:14:34	1:15:48	1:17:53	1:07:02	1:24:28	1:09:23	
702	F800	Kruse, Karin	62	DEU	Team Möbel Buss	WHK	593	6:14:34	1:15:47	1:17:53	1:07:03	1:24:27	1:09:24	
702	F803	Wysotzki, Frouwine	90	DEU	Team Möbel Buss	WHK	593	6:14:34	1:15:48	1:17:53	1:07:02	1:24:27	1:09:24	
705	F534	Richter-Janßen, Elke	61	DEU	TuS Horsten	WHK	596	6:14:52	1:16:35	1:17:53	1:08:32	1:23:49	1:08:03	
706	F 977	Thesinga, Wiebke	01	DEU	Gymnasium Ulricianum Aurich	WJ	110	6:15:38	1:19:14	1:16:31	1:05:00	1:24:46	1:10:07	
707	F856	Böge-Vogt, Kerstin	61	DEU	Lebenshilfe Leer	WHK	597	6:15:39	1:21:02	1:19:25	1:07:02	1:22:45	1:05:25	
708	F609	Strüfing, Barbara	64	DEU	Aurich	WHK	598	6:15:41	1:18:03	1:17:51	1:07:24	1:24:33	1:07:50	
709	F742	Veenster, Tanja	73	DEU	VfL Jheringsfehn	WHK	599	6:15:59	1:22:24	1:18:18	1:08:02	1:20:10	1:07:05	
710	F507	Czerniakowski, Marion	67	DEU	Heseler Dauerläufer	WHK	600	6:16:50	1:16:45	1:18:29	1:08:03	1:24:23	1:09:10	
711	F492	Kutschinski-Janssen, Maroot	56	DEU	MTV Wittmund	WHK	601	6:17:04	1:19:24	1:15:59	1:07:50	1:24:22	1:09:29	
712	F664	Warner, Jenni	85	DEU	Hartmann Group	WHK	602	6:17:11	1:19:40	1:17:10	1:07:11	1:27:18	1:05:52	
713	F703	Ulfers-Brandt, Doris	57	DEU	Stadt Leer	WHK	603	6:18:07	1:18:25	1:18:32	1:08:33	1:23:34	1:09:03	
714	F24	Ubbens, Ineke	83	DEU	Pestalozzischule Weener	WHK	604	6:18:29	1:19:29	1:18:48	1:07:23	1:24:31	1:08:18	
715	F435	Reinders, Marieke	89	DEU	Weener Plastik	WHK	605	6:18:39	1:20:31	1:19:36	1:07:34	1:22:52	1:08:06	
716	F707	Schaa, Heike	72	DEU	Hartmann Group	WHK	606	6:18:44	1:21:07	1:18:04	1:08:05	1:24:56	1:06:32	
717	F638	Draht, Carolina	63	DEU	Laufen und Meer	WHK	607	6:19:20	1:18:37	1:17:44	1:08:50	1:25:21	1:08:48	
718	F674	Koop, Katharina	86	DEU	Schulzentrum Collhusen	WHK	608	6:20:35	1:19:54	1:20:03	1:08:45	1:24:31	1:07:22	
719	F913	Folkers, Christine	78	DEU	CG Realschule Esens	WHK	609	6:21:21	1:24:22	1:16:27	1:07:36	1:24:09	1:08:47	
720	F493	Müller, Anja	68	DEU	Sodasan	WHK	610	6:21:42	1:19:29	1:19:26	1:08:35	1:25:13	1:08:59	
721	F654	Gedes, Doris	67	DEU	Sodasan	WHK	611	6:21:44	1:19:30	1:19:25	1:08:35	1:25:13	1:09:01	
722	F299	Pollmann, Herike	93	DEU	WfbM BBB Aurich Wittmund	WHK	612	6:21:54	1:22:00	1:20:11	1:06:54	1:24:53	1:07:56	
723	F 1018	Buskohl, Daniela	83	DEU		WHK	613	6:21:55	1:17:12	1:20:02	1:08:47	1:25:33	1:10:21	
724	F820	Körper, Kristin	64	DEU	Leer	WHK	614	6:22:19	1:22:21	1:23:05	1:08:21	1:23:30	1:05:02	
725	F768	Kompaan, Insa	59	DEU	Glansdorf	WHK	615	6:22:32	1:18:16	1:19:43	1:08:54	1:27:12	1:08:27	
726	F879	Ebeling, Alischa	96	DEU	Rettungsdienst Leer	WJ	111	6:22:56	1:19:40	1:21:04	1:11:19	1:23:27	1:07:26	
727	F724	Martens, Wiebke	99	DEU	FCSO-10WPK	WJ	112	6:23:20	1:19:54	1:19:07	1:06:55	1:28:10	1:09:14	
728	F574	Post, Gabi	69	DEU	Ohne AOK läuft nix!	WHK	616	6:23:34	1:20:58	1:21:01	1:09:26	1:23:56	1:08:13	
729	F572	Dahlheimer, Kalle	72	DEU	Ohne AOK läuft nix!	WHK	617	6:23:38	1:20:59	1:21:02	1:09:27	1:23:57	1:08:13	
730	F 943	Lütten, Angelika	71	DEU	JAG Emden	WHK	618	6:24:59	1:14:11	1:26:06	1:04:12	1:24:26	1:16:04	
731	F603	Mombaerts, Claudia	69	DEU	ELG	WHK	619	6:25:06	1:20:45	1:19:30	1:10:15	1:25:42	1:08:54	
732	F 997	Kurkowski, Julia	88	DEU	Seefahrtsschule Leer	WHK	620	6:25:19	1:20:22	1:21:22	1:07:27	1:25:23	1:10:45	
733	F600	Leuchters, Stina	99	DEU	FCSO-10WPK	WJ	113	6:25:22	1:20:14	1:21:39	1:09:38	1:24:48	1:09:03	
734	F 992	Brelage, Lisa-Marie	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	114	6:25:54	1:18:49	1:18:46	1:06:57	1:26:14	1:15:08	
735	F103 n	Janssen, Bärbel	38	DEU		WHK	621	6:26:11	1:20:39	1:19:01	1:09:32	1:25:46	1:11:13	

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736	F634	Hagen, Effi	82	DEU	Bünting Tee	WHK	622	6:26:16	1:18:58	1:19:10	1:08:30	1:28:37	1:11:01	
737	F606	Schmidt, Sina	96	DEU	Hartmann Group	WJ	115	6:26:28	1:18:34	1:17:29	1:09:46	1:29:05	1:11:34	
738	F713	Wübbels, Birthe	97	DEU	FC SO-10 WPK	WJ	116	6:26:40	1:20:16	1:21:54	1:09:38	1:25:48	1:09:04	
739	F557	Elzen, Sandra	87	DEU	Hartmann Group	WHK	623	6:26:59	1:18:34	1:18:00	1:09:46	1:29:05	1:11:34	
740	F404	Beer, Jessica	96	DEU	IGS Aurich-West	WJ	117	6:27:35	1:21:36	1:17:02	1:21:10	1:23:36	1:04:11	
741	F782	Ostermoor, Carina	80	DEU	Fortuna Logabirum	WHK	624	6:28:10	1:18:28	1:20:03	1:09:15	1:26:41	1:13:43	
742	F684	Boekhoff, Heidi	77	DEU	LT TuRa 07 Westrauderfehn	WHK	625	6:29:50	1:19:46	1:22:02	1:12:49	1:27:01	1:08:12	
743	F917	Junkhoff, Wilma	70	DEU	Herzkinder Ostfriesland	WHK	626	6:29:54	1:21:17	1:23:29	1:10:32	1:25:23	1:09:13	
744	F560	Buhr, Alessa	90	DEU	team aurident	WHK	627	6:30:21	1:21:20	1:21:47	1:09:34	1:27:11	1:10:29	
745	F798	Kruse, Sandra	77	DEU	Team Möbel Buss	WHK	628	6:31:20	1:21:46	1:21:02	1:10:05	1:29:05	1:09:22	
746	F731	Riechelmann, Kerstin	75	DEU	LG Wilken	WHK	629	6:32:21	1:20:22	1:18:52	1:13:30	1:28:17	1:11:20	
747	F25	Fildebrandt, Marion	68	DEU	OFD Nds.-LBV Aurich	WHK	630	6:32:52	1:22:34	1:18:34	1:10:52	1:27:56	1:12:56	
748	F407	Wykhoff, Lea	96	DEU	Hartmann Group	WJ	118	6:33:32	1:24:14	1:17:40	1:10:58	1:29:05	1:11:35	
749	F26	Ross, Ursula	66	DEU	IFI Kinderheim Leer gGmbH	WHK	631	6:33:40	1:20:15	1:23:15	1:11:55	1:27:20	1:10:55	
750	F811	Harms, Lisa	70	DEU	Fa. Ruma/ Grosswolder LT	WHK	632	6:35:24	1:22:21	1:22:05	1:11:30	1:27:43	1:11:45	
750	F652	Kleene, Insa	80	DEU	DLRG Leer	WHK	632	6:35:24	1:25:09	1:22:11	1:10:54	1:27:23	1:09:47	
752	F650	Busch, Inga	82	DEU	DLRG Leer	WHK	634	6:35:26	1:25:09	1:22:12	1:10:55	1:27:23	1:09:47	
753	F131	Peters, Sarah	88	DEU	obw Emden	WHK	635	6:38:13	1:20:58	1:26:35	1:11:54	1:28:48	1:09:58	
754	F653	Tiede, Claudia	66	DEU	Sodasan	WHK	636	6:39:03	1:24:21	1:24:20	1:11:51	1:28:23	1:10:08	
755	F128	Lind, Santje	93	DEU	obw Emden	WHK	637	6:39:54	1:21:56	1:26:35	1:12:15	1:28:27	1:10:41	
756	F736	Meyer, Martina	81	DEU	Der Weg ist das Ziel	WHK	638	6:42:33	1:27:27	1:26:21	1:10:28	1:28:55	1:09:22	
757	F695	Brechters, Christina	73	DEU	NLWKN	WHK	639	6:44:21	1:24:27	1:22:43	1:12:37	1:30:56	1:13:38	
758	F673	de Vries, Doris	69	DEU	Orgadata AG	WHK	640	6:45:33	1:23:27	1:23:30	1:14:26	1:31:21	1:12:49	
759	F690	Janssen-Weber, Linda	62	DEU	SV Stern Schwerinsdorf	WHK	641	6:47:36	1:26:07	1:26:38	1:10:04	1:31:25	1:13:22	
760	F678	Pollmann, Fenna	62	DEU	SV Stern Schwerinsdorf	WHK	642	6:47:39	1:26:07	1:26:39	1:10:05	1:31:26	1:13:22	
761	F1010	Meyer, Helga	63	DEU	SV Potshausen	WHK	643	6:47:40	1:23:22	1:27:37	1:12:34	1:30:35	1:13:32	
762	F923	Janßen, Kim	98	DEU	WG Strukelje	WJ	119	6:48:37	1:23:02	1:35:44	1:02:07	1:32:13	1:15:31	
763	F734	Horstmann, Brigitte	66	DEU	Greta-Schoon-Schule	WHK	644	6:49:07	1:25:00	1:24:51	1:14:29	1:31:22	1:13:25	
764	F847	Post, Heike	79	DEU	LG Uplengen	WHK	645	6:49:20	1:25:21	1:26:59	1:13:11	1:31:21	1:12:28	
764	F710	Franzen, Heide	70	DEU	Biohof Franzen	WHK	645	6:49:20	1:25:21	1:26:59	1:13:11	1:31:21	1:12:28	
766	F715	Haase, Jenny	67	DEU	Herzkinder Ostfriesland	WHK	647	6:52:21	1:25:40	1:24:30	1:15:50	1:32:03	1:14:18	
767	F666	Schmidt, Marion	56	DEU	Dabei is alles	WHK	648	6:52:31	1:23:46	1:29:41	1:12:24	1:33:08	1:13:32	
768	F657	Jacobs, Alexandra	69	DEU	TUS Hinte	WHK	649	6:52:46	1:27:47	1:24:11	1:15:08	1:32:45	1:12:55	
769	F576	Hemken, Lena	92	DEU	Sparkasse LeerWittmund	WHK	650	6:52:56	1:25:38	1:24:28	1:15:50	1:33:58	1:13:02	
770	F870	Kuhlmann, Anne	82	DEU	ELG	WHK	651	6:53:16	1:25:53	1:27:28	1:16:01	1:30:42	1:13:12	



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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
771	F92	Krey, Annika	92	DEU	Team Möbel Buss	WHK	652	6:57:10	1:26:30	1:29:14	1:15:29	1:32:16	1:13:41	
772	F854	Thomas, Annette	76	DEU	Leinerstift e.V.	WHK	653	6:58:10	1:28:28	1:27:03	1:16:00	1:32:13	1:14:26	
773	F627	Berends, Kerstin	70	DEU	Bünting Tee	WHK	654	6:58:31	1:27:26	1:28:41	1:14:27	1:33:03	1:14:54	
774	F 982	Kaulig, Katharina	97	DEU	Alex.-v.- Humboldt-Schule WTM	WJ	120	7:00:06	1:22:27	1:27:21	1:18:11	1:35:59	1:16:08	
775	F585	Hintze, Hilke	00	DEU	IGS Moormerland	WJ	121	7:01:56	1:28:22	1:29:36	1:16:06	1:30:56	1:16:56	
776	F569	Eiben, Heike	74	DEU	Lebenshilfe gGmbH Aurich	WHK	655	7:03:35	1:31:33	1:29:52	1:15:56	1:33:17	1:12:57	
777	F667	Schmidt, Lena	89	DEU	Polizei Wittmund	WHK	656	7:22:04	1:30:58	1:33:55	1:19:02	1:41:22	1:16:47	
778	F130	Müller, Saskia	95	DEU	obw Emden	WHK	657	7:22:23	1:28:00	1:32:38	1:20:30	1:40:21	1:20:54	
779	F921	Lebrecht, Annett	99	DEU	WG Strukelje	WJ	122	7:29:08	1:35:21	1:33:26	1:25:16	1:37:26	1:17:39	
780	F922	Heumann, Virginia	02	DEU	WG Strukelje	WJ	123	7:30:18	1:40:24	1:35:43	1:19:58	1:36:33	1:17:40	
781	F688	Hinrichs, Kerstin	64	DEU	LT TuS Aurich-Ost	WHK	658	7:34:21	1:34:06	1:35:50	1:22:57	1:39:55	1:21:33	
782	F888	Herwig, Wiete	97	DEU	OBW Emden	WJ	124	7:58:34	1:34:36	1:38:16	1:26:16	1:45:11	1:34:15	