

10 km - Gesamtwertung

15. OLB Citylauf Norden - 29. April 2017

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1905	Köhler Jan-Aiko	Emder LG	0:35:30	0:35:31	1	MHK	97	08:41 08:53 09:00 08:54
2	1412	Dohle Christian	Team Arndt e.V.	0:37:04	0:37:07	2	MHK		08:52 09:22 09:33 09:16
3	1808	Grigat Holger	MTV Aurich	0:37:30	0:37:31	1	M40	73	08:54 09:22 09:42 09:31
4	1475	Guzman Mateu Daniel	C.A. Automocion Moll	0:37:55	0:37:57	1	M35	82	09:16 09:26 09:37 09:35
5	2063	Ibrahim Mahmud	Emder LG	0:38:01	0:38:03	3	MHK	93	09:29 09:36 09:40 09:13
6	1383	Busse Peter	Emder LG	0:38:27	0:38:28	1	M50	65	09:31 09:43 09:45 09:27
7	2065	Krawietz Leander	Emder LG	0:38:35	0:38:36	1	M45	71	09:31 09:43 09:48 09:32
8	2064	Reinert Jan		0:39:12	0:39:14	4	MHK	88	09:29 09:43 10:04 09:54
9	1684	Schröder Frank	Emder LG	0:39:14	0:39:16	2	M45	70	09:27 09:45 10:03 09:57
10	1892	Gebreizabiger Teklai	TV Norden	0:39:53	0:39:54	2	M40	76	09:24 09:53 10:28 10:07
11	1672	Schleinhege Lars	Lg Papenburg	0:39:57	0:39:59	2	M35	79	09:38 10:05 10:10 10:04
12	1569	Lottmann Ralf	EWE-Wattloopers	0:40:11	0:40:14	3	M45	71	00:00 00:00 00:00 00:00
13	1889	Peters Stefan	BOX-Club Norden	0:41:30	0:41:32	5	MHK	92	09:36 10:24 10:47 10:42
14	1891	Steffens Daniel		0:41:31	0:41:34	6	MHK	88	09:56 10:30 10:46 10:18
15	1785	Bilal Miran	Ulrichsgymnasium, Klasse 9e	0:42:30	0:42:42	1	MU1	01	10:36 10:25 10:46 10:41
16	1354	Akkermann Horst	SV Dornum	0:42:41	0:42:43	3	M40	76	10:17 10:50 10:55 10:37
17	1790	Busboom Wilfried	Jümmelopers	0:43:03	0:43:10	4	M45	71	10:34 10:57 11:03 10:28
18	1398	De Boer Tobias	Surfcafe Norderney	0:43:05	0:43:13	3	M35	81	10:47 11:00 10:56 10:21
19	1903	Bea Daniel	TSV Hirschau	0:43:24	0:43:28	4	M35	80	10:40 10:49 11:04 10:49
20	1907	Klürer Bernhard	Emder LG	0:43:49	0:43:52	5	M45	69	10:07 11:17 11:21 11:03
21	1680	Schoonhofen Edgar	WfbM Aurich-Wittmund	0:43:54	0:44:00	6	M45	71	11:03 11:09 11:08 10:33
22	1870	Wilken Klaus		0:44:04	0:44:08	4	M40	74	10:50 11:06 11:10 10:57
23	1912	Wenholt Frank	TV Norden	0:44:22	0:44:26	5	M40	73	10:59 11:17 11:15 10:50
24	1459	Gerdes Helmut		0:44:21	0:44:26	7	M45	72	10:40 11:03 11:23 11:14
25	1861	Stürzl Sebastian	ArtLetik	0:44:27	0:44:32	1	M30	86	10:42 11:18 11:22 11:04
26	1598	Müller Thorsten	TG Wiesmoor	0:44:36	0:44:40	6	M40	76	10:40 11:14 11:27 11:13
27	1666	Schäfer Marco Julian	LG Ostfriesland	0:44:54	0:44:56	7	MHK	92	10:51 11:31 11:31 10:59
28	1446	Frömer Malte	Stadtwerke Norden	0:44:57	0:45:00	8	MHK	92	11:05 11:40 11:31 10:39
29	1370	Berlage Frank	BTV1877 Bremen	0:44:56	0:45:01	8	M45	69	10:55 11:26 11:28 11:05
30	1592	Meyeraan Harald		0:45:03	0:45:09	2	M50	64	11:04 11:20 11:32 11:05
31	1603	Nannen Okko	Team Laufrausch e.V.	0:45:06	0:45:11	5	M35	80	11:18 11:36 11:25 10:45
32	1559	Laakmann Thomas	Butterfly	0:45:12	0:45:15	2	M30	84	10:30 11:34 11:46 11:21
33	1693	Sigl Holger	Intersport Reinhardt	0:45:12	0:45:16	9	M45	70	00:00 00:00 00:00 00:00
34	1593	Meyerhoff Lothar	Störtebeker Loopers TVM	0:45:13	0:45:18	1	M55	61	11:03 11:25 11:29 11:15
35	1564	Lienland Thorsten		0:45:22	0:45:28	3	M30	84	10:56 11:38 11:39 11:08
36	1747	Veit Joachim	Egon on Tour	0:45:20	0:45:28	3	M50	65	10:59 11:31 11:41 11:08
37	2066	Sanders Eckhard	SVS Emden	0:45:28	0:45:35	4	M50	66	11:02 11:22 11:34 11:29
38	1388	Christen Sven	Preussen Krefeld LA	0:45:40	0:45:44	10	M45	71	10:37 11:35 11:48 11:39
39	1583	Melzer Carsten	Emder LG	0:45:43	0:45:45	11	M45	69	11:04 11:30 11:31 11:36
40	1629	Räth Matthias	Norder Ruderclub	0:45:50	0:45:52	5	M50	65	10:58 11:27 11:47 11:36
41	1355	Alts Holger	VffL Berumbur	0:45:54	0:46:00	6	M50	64	10:45 11:28 11:54 11:46
42	1604	Nanninga Jochen	TV Norden	0:46:00	0:46:05	7	M50	67	11:07 11:39 11:36 11:36
43	1394	Dannenberg Heiko	Norddeichverrück	0:45:57	0:46:11	12	M45	70	11:22 11:47 11:37 11:09
44	1840	Müller Thorsten	Herzkinder OstFriesland e. V.	0:46:00	0:46:11	13	M45	72	11:21 11:36 11:39 11:23
45	1608	Nowaczyk Josef	Sportspaß Hamburg	0:46:12	0:46:14	1	M60	57	11:04 11:45 11:46 11:36
46	1792	Dietz Ralf	Emder LG	0:46:17	0:46:23	1	M65	52	11:16 11:45 11:44 11:31
47	1682	Schott Torsten	Egon on Tour	0:46:19	0:46:28	8	M50	65	00:00 00:00 00:00 00:00
48	1456	Gerdes Arnim	Störtebeker Loopers TVM	0:46:32	0:46:37	14	M45	69	11:10 12:03 12:34 10:44
49	1650	Rosenberger Uwe		0:46:38	0:46:41	2	M55	58	11:38 11:52 11:47 11:19
50	1886	Braun Oliver	TV Norden	0:46:38	0:46:43	7	M40	73	12:13 11:38 11:35 11:11
51	1596	Mühlena Harold		0:46:38	0:46:43	9	M50	67	11:10 12:04 12:06 11:17
52	1691	Siemens Marc - Oliver	Team Erdinger alkoholfrei	0:46:35	0:46:44	15	M45	71	11:24 11:51 11:55 11:24
53	1466	Grasse Holger	TuS Zetel	0:46:59	0:47:04	10	M50	65	11:28 11:51 11:57 11:42
54	1719	Tamminga Holger	TV Norden	0:47:08	0:47:16	16	M45	69	11:52 12:06 11:49 11:19
55	1885	Grunos Jan		0:47:22	0:47:33	8	M40	75	11:41 11:57 12:03 11:40
56	1410	Doden Alfred	LT TuS Holtriem	0:47:38	0:47:44	3	M55	58	11:20 12:03 12:15 11:57
57	1671	Schink Torsten		0:47:53	0:48:11	6	M35	81	11:26 11:58 12:16 12:11
58	1590	Meyer Timo	Intersport Reinhardt	0:48:13	0:48:21	7	M35	80	12:20 11:40 12:14 11:58
59	1762	Wiebersiek Karl-Hermann		0:48:07	0:48:24	4	M55	59	11:54 12:06 12:20 11:45
60	1795	Drewetzke Sven		0:48:22	0:48:32	9	M40	73	12:07 12:30 12:16 11:28
61	1454	Geisler Norbert	Flutsch und weg	0:48:33	0:48:46	17	M45	69	12:08 12:17 12:25 11:41
62	1449	Garthe Peter		0:48:44	0:48:51	18	M45	71	11:25 12:13 12:30 12:35

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15. OLB Citylauf Norden - 29. April 2017

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	1679	Schoone Jens	Bohlen & Doyen	0:48:45	0:48:53	10	M40	76	11:45 12:18 12:26 12:15
64	1767	Willms Johann		0:48:54	0:48:57	2	M60	56	11:58 12:26 12:24 12:05
65	1722	Tasch Thomas	Egon on Tour	0:49:07	0:49:15	11	M50	66	00:00 00:00 00:00 00:00
66	1481	Harms Joachim	Traba-team	0:49:09	0:49:20	5	M55	61	11:52 12:29 12:42 12:05
67	1757	Welz Eckhard	Niedersachsen Ports	0:49:13	0:49:22	12	M50	64	11:49 12:26 12:35 12:22
68	1495	Hinderks Stefan		0:49:06	0:49:24	11	M40	77	12:09 12:24 12:23 12:08
69	1522	Janssen Nanno	Fortuna Logabirum	0:49:21	0:49:26	13	M50	67	11:27 12:34 12:52 12:26
70	1511	Ippen Andreas	Doepke Laufteam	0:49:28	0:49:37	4	M30	86	11:34 12:15 12:51 12:47
71	1831	Klaas Thorsten		0:49:34	0:49:37	19	M45	70	11:34 12:31 13:00 12:28
72	1437	Fluß Bernd	WfbM Aurich-Wittmund	0:49:35	0:49:42	12	M40	73	11:22 12:19 12:48 13:04
73	1430	Extra Jochen	TUS Norderney e.V.	0:49:37	0:49:46	6	M55	59	12:41 12:24 12:29 12:01
74	1489	Hein Jörg		0:49:30	0:49:47	20	M45	69	12:16 12:32 12:37 12:04
75	1529	Kathe Jens		0:49:52	0:50:09	9	MHK	89	11:55 12:25 12:38 12:53
76	1838	Mammes Henning		0:50:09	0:50:18	8	M35	81	12:03 12:39 13:01 12:24
77	2067	Knopf Michael	MTV Aurich	0:50:11	0:50:21	9	M35	78	12:32 12:37 12:48 12:13
78	1404	De WALL Michael	MTV Aurich	0:50:11	0:50:21	21	M45	69	12:25 12:33 12:43 12:29
79	1774	Wölfel Andreas	TV Norden	0:50:11	0:50:23	10	M35	81	12:33 12:31 12:43 12:24
80	2061	Habben Berend	Wybelsum	0:50:13	0:50:28	7	M55	60	12:10 12:29 12:48 12:46
81	1519	Janssen Jan-Martin	Barkholt	0:50:18	0:50:42	10	MHK	90	12:55 13:06 13:14 11:02
82	1751	Voß Friedrich	Niedersachsen Ports	0:50:42	0:50:50	8	M55	61	12:13 12:35 12:52 13:01
83	1687	Schultz Heinz	Laufftreff Spass mit Sport	0:50:42	0:50:54	2	M65	49	12:36 12:41 12:49 12:34
84	1371	Blenk Michael	BVO Emden	0:50:58	0:51:06	14	M50	66	12:21 12:29 12:59 13:08
85	1700	Sporre Harm	TuS Pewsum	0:50:54	0:51:11	3	M65	52	13:03 12:51 12:40 12:18
86	1897	Seeger Hartmut		0:51:07	0:51:23	15	M50	66	12:18 12:52 13:01 12:56
87	1500	Hoffmann Hans-Joachim	LT TuS Aurich-Ost	0:51:07	0:51:25	4	M65	48	12:37 12:56 12:53 12:40
88	1663	Saueressig Jann	Borromäus Hospital Leer	0:51:16	0:51:30	22	M45	70	12:42 13:10 13:13 12:10
89	1480	Haren Thees		0:51:13	0:51:31	5	M30	83	13:09 12:49 12:45 12:29
90	1494	Hinderks Christian		0:51:20	0:51:38	11	M35	82	12:33 12:58 13:03 12:44
91	1396	De Boer Joachim		0:51:40	0:51:48	16	M50	66	12:18 12:58 13:18 13:05
92	2068	Aderhold Holger	SV Ochtersum	0:51:52	0:52:09	23	M45	70	12:56 13:06 13:14 12:34
93	2062	Petersen Lars	Team Wilts	0:52:18	0:52:24	6	M30	85	13:12 13:27 13:21 12:17
94	1851	Schenke Winfried	TV Norden	0:52:20	0:52:25	5	M65	48	12:50 13:16 13:20 12:53
95	1474	Gutgesell Carsten	Klinik Norddeich	0:52:20	0:52:29	24	M45	72	12:18 12:42 13:36 13:42
96	1786	Bohlen Stefan		0:52:21	0:52:35	11	MHK	92	13:38 13:38 12:53 12:10
97	1858	Smid Udo	LT TuRa 07 Westrhauderfehn	0:52:30	0:52:36	3	M60	56	12:45 13:08 13:23 13:12
98	1514	Janssen Christoffer	Barkholt	0:52:28	0:52:51	12	M35	81	12:55 13:07 13:20 13:04
99	1372	Böhme Peter	Stadtwerke Emden	0:52:35	0:52:54	17	M50	67	12:43 13:07 13:21 13:22
100	1550	Kramer Dirk	Aurident	0:52:50	0:52:55	18	M50	66	12:27 13:16 13:41 13:24
101	2069	Willems Heye	Fortuna Logabirum	0:52:46	0:52:59	4	M60	53	12:39 13:08 13:23 13:35
102	1591	Meyer Wolfgang		0:52:50	0:53:06	19	M50	63	13:05 13:11 13:23 13:10
103	1497	Hinrichs Ingo		0:53:00	0:53:13	7	M30	86	12:19 13:04 13:53 13:44
104	1451	Geertsma Egbert		0:53:01	0:53:13	9	M55	61	13:24 13:15 13:26 12:55
105	1914	Schönsee Rainer	Landguth Heimtiernahrung	0:53:23	0:53:45	13	M35	81	13:24 13:29 13:30 13:00
106	1883	Rantzen Jürgen	TV Norden	0:53:25	0:53:45	10	M55	61	13:02 13:04 13:39 13:39
107	1887	Niggemann Mike	Vorddeich Verückt	0:53:35	0:53:50	20	M50	65	13:05 13:05 13:45 13:39
108	2071	Severiens Gerold	Fortuna Logabirum	0:53:39	0:53:53	6	M65	48	12:42 13:16 13:53 13:46
109	1636	Remmers Günter	Marathon Mülheim	0:53:49	0:53:59	7	M65	49	12:57 13:33 13:43 13:35
110	0	unbekannt 2		0:54:11	0:54:25	12	MHK		13:38 13:38 13:26 13:27
111	1713	Stocker Bastian	Amsterdam	0:54:16	0:54:33	13	MHK	88	12:58 13:30 13:51 13:54
112	1791	Buss Bjarne	MTV Aurich	0:54:16	0:54:34	1	MU2	99	12:58 13:31 13:51 13:55
113	1714	Stocker Ralf	Aurich	0:54:17	0:54:34	1	M70	47	12:59 13:29 13:52 13:55
114	1662	Sauerbrey Jann	TUS Norderney e.V.	0:54:25	0:54:35	21	M50	67	12:53 13:39 14:07 13:46
115	1613	Ortmann Dirk	TuS Norderney	0:54:25	0:54:35	22	M50	65	13:30 13:45 13:44 13:23
116	1654	Rottwilm Hermann	Conti	0:54:39	0:54:49	5	M60	57	12:55 13:36 14:06 14:01
117	1502	Hollwege Ralf	Verein für feine Lebensart	0:54:41	0:54:51	11	M55	62	13:10 13:28 14:00 14:02
118	1640	Renken Thomas		0:54:40	0:54:59	25	M45	70	12:54 13:28 14:19 13:58
119	1385	Cappell Dominik	EMA Running Group	0:55:12	0:55:33	13	M40	77	13:33 13:54 14:29 13:15
120	1393	Daniels Friedrich		0:55:23	0:55:46	6	M60	56	12:31 13:37 14:30 14:44
121	1770	Wilts Poppe	Sanitätshaus Buß Norden	0:55:26	0:55:46	7	M60	53	13:05 13:42 14:19 14:20
122	2051	Löloff Andreas	TV Norden	0:55:44	0:55:52	8	M60	57	00:00 00:00 00:00 00:00
123	1540	Klinkenberg Enno	TV Norden	0:56:00	0:56:07	8	M65	49	13:31 13:55 14:20 14:12
124	1566	Lingweiler Karl	Familienteam Lingweiler	0:55:54	0:56:12	12	M55	59	13:51 13:58 13:59 14:05

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Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	1572	Lübben Joachim		0:55:54	0:56:14	26	M45	69	14:05 14:09 13:58 13:41
126	1841	Pupkes Andreas		0:56:07	0:56:20	14	M35	80	13:45 13:53 14:09 14:18
127	1614	Otten Harald	Hager Dörlooper	0:56:19	0:56:30	14	M40	74	12:37 13:41 14:34 15:26
128	1727	Thaden Folkert	SC Dunum	0:56:19	0:56:34	9	M60	55	13:44 13:57 14:24 14:13
129	1399	De Vries Dirk	AOK Norden	0:56:53	0:57:01	13	M55	58	14:46 14:13 14:03 13:49
130	1516	Janssen Detlef	privat	0:56:42	0:57:03	23	M50	67	14:16 14:17 14:18 13:49
131	1621	Petersohn Nils	TV Bergkrug	0:57:02	0:57:13	27	M45	69	13:47 14:25 14:41 14:08
132	1736	Trauernicht Jens	Doepke Laufteam	0:57:03	0:57:15	24	M50	63	13:35 14:05 14:34 14:48
133	1708	Steinke Peter	MTV Aurich	0:57:23	0:57:36	28	M45	70	14:15 14:31 14:33 14:03
134	1797	Eiben Eibo	SC Dunum	0:57:22	0:57:38	2	M70	43	14:14 14:32 14:38 13:57
135	1720	Tasch Egon	Egon on Tour	0:57:29	0:57:39	14	M55	61	00:00 00:00 00:00 00:00
136	1782	Abken Reinhard	Abken Bau	0:57:28	0:57:48	3	M70	44	14:31 14:15 14:20 14:21
137	1893	Wolf Christian	TUS Sandhorst	0:57:42	0:58:04	15	M35	78	16:01 14:37 14:15 12:48
138	1878	Frueh Daniel		0:57:51	0:58:05	8	M30	86	12:10 14:18 15:30 15:52
139	1467	Grimm Andre	LT TuS Aurich-Ost	0:58:05	0:58:24	16	M35	79	14:05 14:34 14:47 14:38
140	1504	Holzapfel Lutz	TV Norden	0:58:16	0:58:28	15	M55	58	14:34 14:57 14:27 14:17
141	1715	Stracke Olaf		0:58:13	0:58:34	25	M50	66	13:25 14:36 15:05 15:06
142	1571	Luber Lars	Klinik Norddeich	0:58:32	0:58:41	29	M45	72	14:08 14:39 14:58 14:45
143	1366	Beekhuis Uwe		0:58:28	0:58:46	15	M40	76	14:01 14:30 15:10 14:46
144	1804	Gersch Siegfried	TSV Riepe	0:58:43	0:58:50	1	M75	42	14:16 14:43 15:00 14:42
145	1758	Werner Gerhard	medisport dortmund	0:59:31	0:59:43	4	M70	47	14:09 14:43 15:21 15:17
146	1442	Freund Marc-Hendrik	EMA Running Group	0:59:53	1:00:14	14	MHK	89	13:51 15:15 16:01 14:44
147	1533	Kipf Denis	Die Hagener Homis	1:00:32	1:00:43	16	M40	75	15:16 15:26 15:22 14:28
148	1620	Peter Rudi	Die Hagener Homis	1:00:32	1:00:43	9	M30	84	15:15 15:26 15:21 14:28
149	1709	Steinmeier Fritz	MTV Aurich	1:01:29	1:01:45	9	M65	48	14:57 15:24 15:41 15:26
150	1624	Pittelkow Sven	Norder Ruderclub	1:01:34	1:01:50	2	MU1	00	15:02 15:55 15:05 15:31
151	1635	Reichmann Siegfried	Norddeichverrückt	1:01:51	1:02:06	16	M55	61	14:16 15:25 16:12 15:56
152	1507	Horn Ingo	Feuerwehr Vockenhausen	1:01:51	1:02:07	17	M40	77	14:34 15:13 16:02 16:00
153	1420	Eggerstorff Fritz	BOX-CLUB Norden	1:04:53	1:05:13	10	M65	52	14:59 15:55 16:55 17:03
154	1880	Eick Ingo		1:04:54	1:05:16	17	M55	59	15:21 16:16 16:43 16:33
155	1706	Steinke Dietrich	SV Concordia Neermoor	1:06:05	1:06:22	2	M75	41	16:00 16:59 16:38 16:27
156	1527	Kamann Friedhelm		1:11:54	1:12:15	10	M60	56	16:06 18:00 19:15 18:32

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1857	Smid Nanke	LT TuRa 07 Westrhauderfehn	0:41:49	0:41:50	1	WU1	00	10:03 10:30 10:41 10:33
2	1448	Fuhrmann Sonja	Crusaders, Dublin	0:42:55	0:42:57	1	W40	77	09:46 10:43 11:12 11:13
3	1699	Spormann Rika		0:44:54	0:44:55	1	WHK	94	10:52 11:23 11:23 11:14
4	1515	Janssen Claudia	TV Norden	0:45:07	0:45:10	1	W35	80	10:58 11:20 11:28 11:19
5	1896	Schulz Sonja		0:46:50	0:46:53	2	W35	78	11:05 11:49 12:02 11:53
6	1580	Meier Heide	Störtebeker Loopers TVM	0:47:06	0:47:10	1	W45	71	11:10 11:49 12:02 12:04
7	1425	Ender Imke	WfbM Aurich-Wittmund	0:47:58	0:48:02	2	W40	75	11:13 12:02 12:20 12:22
8	1807	Graf Karin	SV Dornum	0:48:15	0:48:29	2	W45	69	11:47 12:09 12:17 12:01
9	1465	Goos Anja	Emder LG	0:48:26	0:48:31	3	W45	72	11:32 12:12 12:28 12:12
10	1532	Kilian Ellen	Egon on tour	0:49:07	0:49:15	1	W50	66	11:49 12:22 12:31 12:24
11	1839	Müller Maren	Herzkinder OstFriesland e. V.	0:49:53	0:50:05	3	W40	73	12:01 12:41 12:48 12:22
12	1773	Wittek Claudia	MTV Aurich	0:50:15	0:50:24	4	W45	69	12:32 12:37 12:48 12:17
13	1525	Janßen Moni	LT TuS Aurich-Ost	0:50:35	0:50:42	2	WHK	95	12:21 12:39 13:00 12:33
14	1904	Janssen-Frerichs Herma	LT Schafhauser Wald	0:51:49	0:52:04	2	W50	64	13:03 13:13 13:07 12:25
15	1833	Krüger Katrin		0:52:01	0:52:13	3	W35	80	13:08 13:18 13:03 12:30
16	1551	Kramme Marion	TV Norden	0:53:14	0:53:15	1	W60	55	12:52 13:19 13:33 13:29
17	1634	Reichmann Birgit	Norddeichverrück	0:53:32	0:53:46	1	W55	62	12:42 13:26 13:47 13:35
18	1438	Folkerts Anja	Sanitätshaus Buß Norden	0:53:26	0:53:46	5	W45	71	13:03 13:23 13:33 13:26
19	1645	Riepert Deborah	SFN Vechta	0:54:14	0:54:25	3	WHK	97	13:07 13:27 13:52 13:46
20	1728	Theilen Adda	TV Norden	0:54:22	0:54:35	1	W30	86	13:15 13:44 13:48 13:34
21	1584	Melzer Martina	Emder LG	0:54:22	0:54:35	6	W45	71	13:40 13:45 13:39 13:17
22	1872	Buck Renate	TV Norden	0:55:46	0:55:52	7	W45	69	13:26 14:06 14:11 14:01
23	1579	Meier Corinna		0:56:47	0:57:02	8	W45	70	13:29 13:57 14:45 14:34
24	1405	Deharde Meike	TG Wiesmoor	0:57:02	0:57:06	1	WU2	99	12:34 14:35 14:43 15:09
25	1597	Müller Maïke	Klinik Norddeich	0:57:03	0:57:13	9	W45	69	13:49 14:24 14:41 14:08
26	1630	Ranke Kerstin	Intersport Reinhardt	0:57:03	0:57:15	4	W35	80	14:43 14:42 14:10 13:26
27	2052	Dietzel Susanne	TV Norden	0:57:21	0:57:27	10	W45	68	00:00 00:00 00:00 00:00
28	1707	Steinke Hilde	SV Concordia Neermoor	0:57:22	0:57:36	1	W70	45	14:15 14:31 14:33 14:02
29	1375	Braun-Nott Angelika	Laufftreff-Hohenlimburg	0:57:51	0:58:00	1	W65	52	13:37 14:37 14:59 14:36
30	1435	Fischer Elina		0:58:01	0:58:12	4	WHK	97	13:08 14:47 15:21 14:44
31	2057	Caspers Janina	Landguth Heimtiernahrung	0:57:54	0:58:16	5	WHK	88	13:56 14:13 14:36 15:07
32	1733	Tils Bente		0:58:31	0:58:40	2	W30	86	14:08 14:39 14:58 14:44
33	1710	Steinmeier Marion	MTV Aurich	0:58:53	0:59:09	11	W45	69	14:26 14:35 15:01 14:50
34	1609	Oertel Christina		0:59:19	0:59:30	2	W65	52	13:41 14:37 15:24 15:36
35	1426	Engelbarts Foline	Emder LG	0:59:41	0:59:45	3	W65	49	13:56 15:01 15:23 15:19
36	1668	Scharf Saskia		0:59:46	0:59:59	3	W30	85	14:48 14:59 15:06 14:52
37	1675	Schneckener Beate		0:59:50	1:00:08	2	W60	55	14:21 15:06 15:19 15:03
38	1739	Ulferts Anna-Lena	Intersport Reinhardt	1:00:00	1:00:11	6	WHK	92	13:08 15:07 16:19 15:25
39	1761	Weyers Anne	Van Anderen Bad Emden	1:00:43	1:01:01	12	W45	70	14:41 15:09 15:34 15:18
40	1539	Klein Nadine		1:02:32	1:02:40	7	WHK	91	14:15 15:08 16:33 16:34
41	1567	Lingweiler Margit	Familienteam Lingweiler	1:02:56	1:03:12	3	W50	66	14:53 15:46 16:06 16:09
42	1422	Eick Hanna		1:04:54	1:05:16	2	W55	58	15:21 16:16 16:43 16:33
43	1541	Klinkenberg Margit	TV Norden	1:05:22	1:05:40	4	W65	52	15:52 16:24 16:39 16:26
44	1689	Seegers Nicole		1:07:31	1:07:50	4	W40	74	14:54 16:24 19:35 16:37
45	1565	Lingweiler Deborah	Familienteam Lingweiler	1:17:19	1:17:36	8	WHK	93	17:13 19:24 20:18 20:23