

Zwischenstand nach 3. Etappe

gedruckt 30.04.2013 21:21:46

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1	MHK	1	1495	Georg	Dietrich	70	Oldenburg	0:37:13	0:39:37	0:44:38				2:01:28
2	MHK	2	1627	Meriton	Hasanaj	89	LG Harlingerland	0:37:55	0:39:54	0:45:42				2:03:32
3	MHK	3	3	Holger	Grigat	73	MTV Aurich	0:38:10	0:41:00	0:47:09				2:06:20
4	MHK	4	7	Matthias	Eickholt	86	Emder LG	0:38:20	0:41:22	0:47:13				2:06:56
5	MHK	5	1559	Onno	Ringering	68	MTV Aurich	0:38:50	0:41:33	0:48:01				2:08:25
6	MHK	6	23	Daniel	Witte	83	EWE Wattloopers	0:39:25	0:41:42	0:47:44				2:08:52
7	MHK	7	494	Matthias	Heinken	93	TV Norden	0:39:28	0:41:45	0:47:39				2:08:53
8	MHK	8	10	Johannes	Wiltfang	92	Pewsumer Windhunde	0:40:01	0:41:50	0:47:43				2:09:35
9	MHK	9	1581	Hermann	Fleßner	74	MTV Aurich	0:39:09	0:42:25	0:48:29				2:10:04
10	MHK	10	1332	Torsten	Wessels	86	TuS Haren e.V.	0:39:33	0:42:01	0:49:10				2:10:45
11	MHK	11	9	Rolf	Hommers	79	SV Concordia Suurhuse	0:39:42	0:42:44	0:49:07				2:11:35
12	MHK	12	4	Peter	Steinke	70	Fehntjer Laufftreff	0:40:33	0:42:46	0:50:01				2:13:21
13	MHK	13	36	Jan-Hendrik	van Laaten	79	Emder LG	0:40:20	0:44:02	0:49:55				2:14:18
14	MHK	14	27	Stefan	Oppenborn	78	Schule Moormerland	0:39:58	0:43:56	0:50:32				2:14:26
15	MHK	15	18	Leander	Krawietz	71	Emder LG	0:40:51	0:43:36	0:50:13				2:14:40
16	MJ	1	16	Jann	Penon	97	Gymnasium Ulricianum A	0:40:21	0:43:51	0:50:28				2:14:41
17	MHK	16	40	Dieter	Weinberg	68	LG Harlingerland	0:40:42	0:43:39	0:50:41				2:15:04
18	MJ	2	1633	Justus	Bornemann	95	TUS Weener	0:41:01	0:43:52	0:50:54				2:15:49
19	MHK	17	15	Stefan	de Jonge	76	TuS Weener	0:40:46	0:44:30	0:51:06				2:16:23
20	MHK	18	24	Frank	Lünemann	77	MTV Aurich	0:41:54	0:44:19	0:50:30				2:16:44
21	MHK	19	38	Carsten	Piotrowski	79	LG Harlingerland	0:40:56	0:44:22	0:51:35				2:16:54
22	MHK	20	17	Kurt	Vlaardinger	68	Ubbo-Emmius-Klinik	0:41:30	0:44:21	0:51:06				2:16:57
23	MJ	3	14	Jannis	Langensiep	94	LG Harlingerland	0:41:02	0:45:21	0:51:36				2:17:59
24	MHK	21	39	Marko	Wolf	76	LG Harlingerland	0:42:18	0:44:29	0:51:38				2:18:26
25	MHK	22	19	Stephan	Henninga	86	RVB Aurich/Uplengen	0:41:56	0:45:07	0:52:08				2:19:13
26	MJ	4	1405	Wenzel	Kisch	96	FCSO	0:41:53	0:45:27	0:52:29				2:19:49
27	MJ	5	833	Thade	Schipper	95	TV Norden	0:41:50	0:45:31	0:52:43				2:20:05
28	MHK	23	52	Frank	Schröder	70	Emder LG	0:42:28	0:45:38	0:52:32				2:20:39
29	MHK	24	33	Dirk	Hanken	92		0:42:48	0:44:49	0:53:18				2:20:56
30	MHK	25	55	Neumann	Boris	79	Fortuna Logabirum	0:42:55	0:45:39	0:52:32				2:21:07
31	MHK	26	48	Roland	Klaue	71	Laufgemeinschaft Ostfr	0:42:12	0:45:43	0:53:24				2:21:19
32	MHK	27	53	Johannes	Kisch	66	FCSO	0:43:06	0:45:59	0:52:29				2:21:35
33	MJ	6	68	Jannis	Seeberg	97	Ulricianum Aurich Sek 1	0:43:05	0:45:59	0:52:58				2:22:03
34	MHK	28	1596	Carsten	Röber	64		0:43:08	0:46:02	0:52:59				2:22:11
35	MHK	29	62	Alwin	Barth	70	SVO Wi sünd Holtriem	0:42:59	0:46:17	0:53:18				2:22:35
36	MHK	30	488	Martin	Poguntke	63	TV Norden	0:42:03	0:45:56	0:54:57				2:22:56
37	MHK	31	1615	Stephan	Franken	70	Emder Ruderverein	0:42:34	0:45:45	0:54:43				2:23:03
38	MHK	32	82	Andreas	Langensiep	70	Ubbo-Emmius-Klinik	0:43:21	0:46:04	0:53:47				2:23:14
39	MHK	33	1258	Alfred	Pelka	68	Rettungsdienst Leer	0:43:12	0:46:08	0:53:55				2:23:16
40	MHK	34	1359	Lutz	Möhle	72	obw Emden	0:43:12	0:46:40	0:53:54				2:23:46
41	MJ	7	1400	Paul	Schalles	95	Turbine TGG	0:43:20	0:47:17	0:53:18				2:23:56
42	MHK	35	45	Michael	Akkermann	70	LG Krummhörn	0:43:29	0:46:46	0:53:52				2:24:08
43	MJ	8	211	Thomas	Röhr	96	Ulricianum Aurich Sek 1	0:43:56	0:46:31	0:53:44				2:24:11
44	MHK	36	93	Sven	Reeßing	71	Nordland Papier	0:44:01	0:46:39	0:53:45				2:24:27
45	MHK	37	63	Volker	Trebesch	65	Team ENERCON	0:44:00	0:47:05	0:54:01				2:25:07
46	MHK	38	1272	Andreas	Jacobs	72	Polizei Aurich / MTV Auri	0:43:50	0:47:06	0:54:16				2:25:12
47	MHK	39	127	Robin	Amarell	84	LwinsthGrp 21	0:44:06	0:47:19	0:53:50				2:25:17
48	MHK	40	1475	Martin	Wilts	72	BV Ostfria Rahe	0:43:56	0:47:15	0:54:37				2:25:49
49	MJ	9	116	Jonas	Seeberg	97	Ulricianum Aurich Sek 1	0:44:07	0:47:01	0:54:46				2:25:55
50	MHK	41	1249	Arne	Beitelmann	87	OLB/Team Mona	0:44:16	0:47:34	0:54:46				2:26:38
51	MHK	42	54	Thomas	Oltmanns	74	Holterfehn	0:43:46	0:47:47	0:55:10				2:26:44
52	MHK	43	42	Oalf	Töbelmann	71	Bundeswehr Weener	0:43:29	0:48:15	0:55:13				2:26:58
53	MHK	44	265	Popsuenko	Nicolai	90	Seefahrtsschule Leer	0:44:45	0:48:00	0:54:27				2:27:14
54	MHK	45	1645	Wilfried	Menken	76		0:44:36	0:47:40	0:54:59				2:27:16

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55	WHK	1	F1	Inga	Jürrens	82	obw Emden	0:44:30	0:48:55	0:53:58				2:27:24
56	MJ	10	565	Lukas-Maxi	Entgelmeier	95	Ulricianum Aurich Sek 1	0:45:01	0:47:02	0:55:22				2:27:25
57	MHK	46	99	Jens	Klaassen	83	WSV Möhlenhorn	0:44:44	0:47:08	0:55:39				2:27:32
58	MHK	47	76	Christian	Feucht	79	SC Tannenhausen	0:44:23	0:48:22	0:55:19				2:28:06
59	MJ	11	1518	Niklas	Koenen	95	FCSO	0:44:56	0:47:45	0:55:28				2:28:10
60	MHK	48	80	Heinz	Taute	72	LG Uplengen	0:44:58	0:48:13	0:55:06				2:28:17
61	MHK	49	1218	Clemens	Köster	73	MTV Aurich	0:44:59	0:47:16	0:56:16				2:28:32
62	MHK	50	75	Wilfried	Steenhardt	66	Weener Plastik	0:44:30	0:48:14	0:55:50				2:28:34
63	MHK	51	47	Ralf	Lottmann	71	EWE Wattloopers	0:44:51	0:48:15	0:55:34				2:28:40
64	WHK	2	F5	Heike	Piotrowski	82	LG Harlingerland	0:44:46	0:48:55	0:55:03				2:28:44
65	MHK	52	58	Hermann	Hallmann	62	Emder LG	0:45:03	0:48:07	0:55:46				2:28:58
66	MHK	53	535	Andreas	Müller	86	Südbrookmerland	0:46:36	0:48:26	0:53:59				2:29:02
67	MHK	54	78	Fred	Hofmann	63	Weener Plastik	0:45:03	0:48:10	0:55:52				2:29:05
68	MJ	12	856	Marc	Pluta	97	Leinerstift e.V	0:45:40	0:48:02	0:55:29				2:29:12
69	MJ	13	1490	Mark	Onken	96	TuS Weener	0:46:11	0:47:25	0:55:36				2:29:13
70	MHK	55	126	Thomas	Alberts	81	Loppersum	0:45:10	0:48:26	0:55:42				2:29:18
71	MHK	56	67	Ralf	Geiken	71	BV Victorbur	0:45:26	0:48:38	0:55:19				2:29:24
72	MHK	57	1349	Wolfgang	Trebesch	57	MTV Aurich	0:45:05	0:49:05	0:55:33				2:29:44
73	MHK	58	43	Remo	Garrels	76	VfB Uplengen eV/TeamA	0:45:37	0:48:31	0:56:04				2:30:14
74	MHK	59	98	Holger	Schmack	67	Heidmühler FC - Leich	0:45:12	0:49:06	0:56:05				2:30:24
75	MHK	60	89	Christoph	Runden	91	Post SV Leer - Badminto	0:44:58	0:49:09	0:56:35				2:30:43
76	MHK	61	73	Gerriet-Tho	Janßen	70	LG Ostfriesland	0:45:19	0:48:46	0:56:44				2:30:49
77	MJ	14	1610	Yannick	Nannen	97	SV Holtland	0:46:01	0:49:17	0:55:33				2:30:53
78	MHK	62	85	Sascha	Jänicke	80	LSF Oldenburg	0:45:52	0:48:45	0:56:20				2:30:58
79	MHK	63	1010	Kurt	Eden	58	TV Norden	0:45:25	0:48:51	0:56:42				2:30:58
80	MHK	64	1236	Fred	Ibeling	66	LG Ostfriesland	0:44:48	0:49:12	0:56:57				2:30:58
81	MHK	65	1326	Thomas	Aue	82	Kdo SES Ostfriesland	0:45:40	0:48:33	0:57:04				2:31:18
82	MHK	66	1387	Edgar	Niemöller	69	TuS Ofen	0:45:20	0:49:31	0:56:31				2:31:23
83	MHK	67	101	Heinz	Reinmold	49	LG Harlingerland	0:45:10	0:49:20	0:56:53				2:31:24
84	MHK	68	1541	Sven	Weerda	74	TV Apen 1893	0:46:11	0:49:18	0:56:02				2:31:31
85	MJ	15	1590	Appeldorn	Frank	96	HRS Moormerland	0:46:39	0:48:39	0:56:15				2:31:34
86	MHK	69	1629	Joachim	Fleßner	70	Ihlower Rennschnecken	0:46:16	0:49:21	0:55:57				2:31:35
87	MHK	70	61	Wolfgang	Sebastian	71	VfL Wolfsburg	0:46:19	0:49:23	0:56:13				2:31:56
88	MHK	71	1282	Borchard	Christians	58	LG Ostfriesland	0:46:01	0:49:24	0:56:34				2:32:00
89	MHK	72	234	Stephan	Duitsmann	69	Weener	0:46:41	0:49:13	0:56:08				2:32:03
90	MHK	73	87	Hartmut	Warsing	71	A & W Bosch-Service	0:45:52	0:49:48	0:56:34				2:32:15
91	MHK	74	157	Jochem	Lübbers	70	LG TV Bunde	0:46:06	0:49:11	0:57:10				2:32:28
92	MJ	16	1644	Camilo	De Los Rios	96	Ulricianum Aurich Sek 1	0:48:24	0:48:45	0:55:29				2:32:39
93	MHK	75	140	Thomas	Newiger	72	Aurich	0:46:52	0:49:18	0:56:37				2:32:48
94	MJ	17	242	Thilo	Janssen	94	Team Möbel Buss	0:46:41	0:48:24	0:57:54				2:33:00
95	MHK	76	277	Daniel	Große	81	Polizei Aurich	0:45:50	0:49:48	0:57:25				2:33:04
96	MHK	77	1287	Martin	Scherf	79	Team ENERCON	0:46:27	0:49:40	0:57:02				2:33:10
97	MHK	78	92	Axel	Becker	60	Klinikum Emden	0:45:28	0:49:16	0:58:34				2:33:18
98	MHK	79	223	Jannes	Ulferts	89	Polizei Aurich	0:46:58	0:49:21	0:57:01				2:33:20
99	MJ	18	1573	Daniel	Kunz	97	FCSO	0:47:50	0:50:13	0:55:39				2:33:43
100	MHK	80	1283	Harm	Park	53	TuS Weene	0:46:07	0:49:46	0:57:49				2:33:44
101	MHK	81	1346	Reinhard	Ludwig	59	Auricher Taxen Zentrale	0:46:18	0:49:50	0:57:54				2:34:03
102	MHK	82	106	Christian	Klose	84		0:46:08	0:49:59	0:57:57				2:34:06
103	MHK	83	151	Edgar	Backer	65	LG Ostfriesland	0:46:56	0:49:42	0:57:34				2:34:13
104	MHK	84	1556	Thomas	Baxmann	66		0:46:10	0:50:03	0:58:11				2:34:25
105	MHK	85	41	Carsten	Steen	92	FC Oldersum	0:46:46	0:49:58	0:57:40				2:34:26
106	MHK	86	1329	Markus	Cornelius	73	Anzeiger für Harlingerla	0:47:14	0:49:49	0:57:56				2:35:00
107	MJ	19	103	Julian	de Buhr	99	Fortuna Logabirum	0:46:49	0:50:08	0:58:15				2:35:13
108	MHK	87	232	Rene	Buhr	93	Vfl Ockenhausen	0:46:10	0:50:00	0:59:07				2:35:18

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
109	MHK	88	135	Lars	Plumeyer	72	EMJAK	0:47:59	0:50:13	0:57:12				2:35:25
110	MHK	89	1251	Harald	Meyeraan	64	Loppersum	0:46:48	0:50:36	0:58:09				2:35:34
111	MHK	90	1384	Martin	Meyer	81	Team Zuglufttier	0:47:06	0:50:09	0:58:20				2:35:36
112	MHK	91	1297	Nils	Hicken	70	MTV Hohenkirchen	0:46:48	0:50:21	0:58:26				2:35:36
113	MHK	92	91	Volker	Asche	74	LSF Oldenburg	0:47:34	0:50:08	0:57:55				2:35:38
114	MHK	93	83	Matthias	Hilbrands	89	Klinikum Leer	0:45:47	0:49:37	1:00:20				2:35:45
115	MHK	94	114	Martin	Präsang	65	LSF Oldenburg	0:47:23	0:50:13	0:58:10				2:35:46
116	MHK	95	1341	Hendrik	Peters	91	Emder LG	0:46:52	0:50:24	0:58:31				2:35:48
117	MJ	20	1589	Marcel	Figura	97	HRS Moormerland	0:47:38	0:49:41	0:58:28				2:35:49
118	MHK	96	136	Bernd	Recknagel	67	Hotel Waldquelle	0:47:48	0:50:03	0:58:02				2:35:54
119	MHK	97	173	Andre	Graalmann	90	Pflegezentrum Holtland	0:47:09	0:50:41	0:58:06				2:35:57
120	MHK	98	1391	Sören	Schöningh	80	Autohaus Tekken Leer	0:47:57	0:50:39	0:57:32				2:36:09
121	MHK	99	70	Bart	Beute	75	ELV Elektronik AG	0:47:17	0:50:43	0:58:11				2:36:13
122	MHK	100	122	Hinni	Buss	54	SVO Wi sünd Holtriem	0:47:02	0:50:43	0:58:28				2:36:14
123	MHK	101	153	Gerold	Siemer	64	Amnesty International	0:47:16	0:50:39	0:58:19				2:36:16
124	MHK	102	1215	Frank	Ostermoor	71	Concordia Versicherung	0:46:55	0:50:43	0:58:45				2:36:24
125	MHK	103	108	Eckhard	Sanders	66	SuS Emden	0:47:07	0:50:38	0:58:44				2:36:30
126	MHK	104	312	Robert	Oremek	65	Team ENERCON	0:47:24	0:50:34	0:58:33				2:36:31
127	MHK	105	1229	Busboom	Wilfried	71	TusDetern	0:47:22	0:50:53	0:58:16				2:36:32
128	MHK	106	156	Bernd	Habben	82	Zeppelin-Rental	0:47:02	0:51:07	0:58:38				2:36:47
129	MHK	107	1386	Andreas	Ulferts	66	TuS Ofen	0:46:59	0:50:42	0:59:08				2:36:50
130	MJ	21	386	Janek	Grafenburg	98	Concordia Neermoor	0:47:51	0:50:46	0:58:16				2:36:54
131	MHK	108	489	Ralf	Hellmers	65	TV Norden	0:47:45	0:50:43	0:58:25				2:36:55
132	MHK	109	86	Karl-Heinz	Hoffmann	58	Team Laufrausch e.V.	0:47:06	0:50:27	0:59:27				2:37:00
133	MHK	110	95	Detlef	Saathoff	66	Veenhusen	0:47:46	0:50:53	0:58:21				2:37:01
134	MHK	111	56	Hanns	Bergmann	80	Seefahrtsschule Leer	0:47:41	0:50:46	0:58:37				2:37:05
135	MHK	112	254	Jens	Grassmann	69	Hartmann Group	0:47:55	0:51:13	0:58:04				2:37:13
136	MHK	113	90	Heinz	Ehrlich	61	Emder LG	0:46:56	0:51:13	0:59:08				2:37:17
137	MJ	22	259	Tim	Fröhling	97	Turbine TGG	0:47:53	0:51:14	0:58:15				2:37:23
138	MHK	114	1244	Marco	Schäfer	92	Manitowoc Runners	0:47:37	0:50:10	0:59:40				2:37:28
139	MHK	115	131	Johann	Doden	59	Bünting Tee	0:47:29	0:51:36	0:58:27				2:37:33
140	MJ	23	1328	Tizian	Dorow	94	GIGA Gomez	0:46:17	0:51:08	1:00:08				2:37:34
141	MHK	116	249	Christian	Wagenaar	83	Klinikum Emden	0:48:08	0:51:17	0:58:26				2:37:52
142	MHK	117	117	Jörg	Menssen	81	Krankenhaus Wittmund	0:48:09	0:51:01	0:58:44				2:37:55
143	WHK	3	F6	Karin	Graf	69	Watt'n Loopers SV Dorn	0:47:11	0:51:31	0:59:13				2:37:56
144	MHK	118	64	Marco	Christians	89	LG Ostfriesland	0:46:14	0:51:58	0:59:47				2:38:01
145	MHK	119	133	Kirschke	Rolf	65	Team ENERCON	0:47:17	0:51:08	0:59:36				2:38:02
146	MHK	120	1219	Richard	Hartema	68	MTV Ditzum	0:47:00	0:51:04	0:59:58				2:38:03
147	MHK	121	175	Marcus	Struckmeyer	70	Gymnasium Ulricianum	0:48:22	0:51:11	0:58:36				2:38:11
148	MJ	24	201	Ingo	Prien	98	Realschule Aurich	0:48:04	0:51:29	0:58:49				2:38:22
149	MHK	122	130	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:28	0:51:09	0:58:49				2:38:26
150	MHK	123	174	Tönjes	Meyer	58	TSV Hesel	0:47:45	0:51:23	0:59:25				2:38:34
151	MHK	124	275	Holger	Wollenberg	75	Filsum	0:48:24	0:51:19	0:58:51				2:38:35
152	WHK	4	F45	Tanja	Schwarz	77	MTV Aurich	0:47:26	0:51:39	0:59:42				2:38:48
153	MHK	125	515	Sven	Tattje	92	Team Möbel Buss	0:47:59	0:51:22	0:59:28				2:38:49
154	MHK	126	285	Jürgen	Berlin	74	Team ENERCON	0:46:52	0:53:21	0:58:48				2:39:03
155	MHK	127	266	Florian	Behrends	92	SV Hinrichsfehn	0:48:46	0:51:13	0:59:14				2:39:13
156	MHK	128	1256	Alwin	Janssen	70	Peiers	0:48:19	0:51:43	0:59:16				2:39:18
157	MHK	129	1307	Dieter	Sanders	77	Stapelmoor	0:48:13	0:52:16	0:58:57				2:39:27
158	WHK	5	F7	Eva	Brinkmann	64	VfL Germania Leer	0:48:55	0:51:44	0:58:55				2:39:35
159	MHK	130	178	Hartmut	Götz	72	Kdo SES Ostfriesland	0:48:32	0:51:33	0:59:30				2:39:35
160	MHK	131	177	Eric	Bootjer	66	RVB Aurich/Uplengen	0:48:22	0:51:43	0:59:36				2:39:42
161	MHK	132	715	Rasmus	Remy	90	Klinikum Leer	0:49:49	0:49:35	1:00:19				2:39:44
162	MHK	133	314	Rainer	Carsjens	64	Kdo SES Ostfriesland	0:49:25	0:51:21	0:59:08				2:39:55

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
163	MHK	134	1412	Viktor	Breise	78	Aurich	0:48:10	0:52:18	0:59:56				2:40:24
164	MHK	135	84	Mücke	Herrmann	81	erpel-Fahrradkurier	0:47:55	0:51:31	1:01:01				2:40:28
165	MHK	136	318	Wilko	Liebetrau	77	TRAUCO Gruppe	0:48:15	0:52:25	1:00:02				2:40:42
166	MJ	25	658	Heye	Erchinger	97	FCSO	0:49:53	0:52:41	0:58:09				2:40:44
167	MJ	26	862	Thies	Voigt	00	IGS Waldschule Egels	0:50:53	0:51:32	0:58:31				2:40:57
168	MHK	137	139	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:49:10	0:52:06	0:59:46				2:41:03
169	MHK	138	1212	Ahmed	Youssefi	77	BTC AG	0:49:10	0:52:07	0:59:46				2:41:04
170	MHK	139	112	Wilko	Stoll	85	Reederei Buss	0:48:37	0:52:01	1:00:32				2:41:11
171	MHK	140	481	Jann	Trauernicht	61	Wasserschutzpolizei	0:47:59	0:52:25	1:00:48				2:41:13
172	MHK	141	1468	Ralf	Defort	65	MTV Aurich	0:49:28	0:52:12	0:59:34				2:41:15
173	MHK	142	1300	Harald	Fischer	52	MTV Hohenkirchen	0:48:15	0:52:26	1:00:34				2:41:16
174	WJ	1	F25	Julia	Duin	95	SV Holtland	0:48:35	0:52:25	1:00:20				2:41:21
175	MHK	143	413	Ralf	Feldmann	72	JG 71 R	0:49:09	0:52:25	0:59:47				2:41:22
176	MHK	144	160	Udo	Kattenbeck	66	Emder LG	0:48:34	0:52:19	1:00:31				2:41:25
177	MHK	145	1514	Lothar	Geisemeyer	59	Bünting Tee	0:48:21	0:52:30	1:00:38				2:41:30
178	MHK	146	111	Hans	van der Kam	56	Emder LG	0:49:05	0:52:12	1:00:12				2:41:31
179	MHK	147	149	Christian	Vogelsang	83	LwinsthGrp 21	0:48:50	0:51:20	1:01:20				2:41:31
180	MHK	148	1257	Helmut	Gerdas	72	IT-Sektor 4	0:49:11	0:52:09	1:00:11				2:41:32
181	MHK	149	107	Andreas	Heckhoff	64	Borromäus Hospital Lee	0:48:37	0:52:12	1:00:43				2:41:33
182	WHK	6	F86	Imke	Weers	78	TSV Schwarme	0:49:30	0:52:23	0:59:41				2:41:35
183	MJ	27	1561	Yannik	Weber	95	Ulricianum Aurich Sek2 -	0:51:37	0:51:21	0:58:37				2:41:36
184	MHK	150	121	Hans-Dieter	Aden	58	Klinikum Emden	0:48:45	0:52:19	1:00:40				2:41:44
185	MHK	151	1268	Günther	Freerks	69	LG TV Bunde	0:49:07	0:52:07	1:00:37				2:41:52
186	MJ	28	453	Sven	Ufken	95	JG 71 R	0:49:53	0:52:06	0:59:54				2:41:54
187	MHK	152	1546	Harald	Leu	71	Polizei Leer	0:48:28	0:52:15	1:01:10				2:41:55
188	MJ	29	532	Marco	Recknagel	99	Gymnasium Ulricianum A	0:51:18	0:50:37	1:00:01				2:41:56
189	MHK	153	1421	Edgar	Aggen	66	Feuerwehr Lammertsfeh	0:48:35	0:52:23	1:01:00				2:41:59
190	WHK	7	F28	Nina	Wessalows	74	LSF Oldenburg	0:49:40	0:52:31	0:59:52				2:42:05
191	MJ	30	199	Tido	Willms	94	SC Dunum	0:48:21	0:52:39	1:01:04				2:42:06
192	MHK	154	155	Wilfried	Berghaus	53	Fortuna Logabirum	0:48:52	0:52:27	1:00:47				2:42:08
193	MHK	155	170	Joachim	Nordbrock	72		0:51:08	0:51:44	0:59:21				2:42:13
194	MHK	156	571	Stefan	Bohlen	85	B-Plast 2000	0:50:19	0:52:00	0:59:54				2:42:14
195	MHK	157	198	Fidi	Gerdas	67	LG Ostfriesland/Onno	0:49:06	0:51:50	1:01:18				2:42:15
196	MJ	31	1036	Marius	Pinkernell	96	NIGE	0:48:30	0:52:53	1:00:51				2:42:15
197	WHK	8	F13	Michaela	Janssen	74	Fortuna Logabirum	0:49:14	0:52:32	1:00:29				2:42:17
198	MHK	158	1348	Matthias	Dietrich	65	MTV Hohenkirchen	0:48:12	0:51:26	1:02:51				2:42:30
199	MHK	159	761	Wilhelm	Kruse	61	Team Möbel Buss	0:48:51	0:52:55	1:00:55				2:42:43
200	MJ	32	1473	Niklas	Hummerich	95	Emder LG	0:52:25	0:51:35	0:58:48				2:42:50
201	MHK	160	1422	Manfred	Eden	59	TuS Eintracht Hinte	0:47:40	0:54:28	1:00:43				2:42:51
202	MHK	161	132	Manfred	Frerichs	58	Emder LG	0:49:05	0:52:40	1:01:09				2:42:56
203	MHK	162	1545	Tim	Mohrherr	85	Klinikum Leer	0:48:04	0:53:06	1:01:50				2:43:02
204	MHK	163	612	Juri	Breise	73	Sachverständigenbüro B	0:49:33	0:52:30	1:00:57				2:43:02
205	MHK	164	1600	Viktor	Derr	81	Praxis Derr	0:48:48	0:52:51	1:01:22				2:43:02
206	MHK	165	167	Meinhard	Harms	50	TSV Riepe	0:49:44	0:53:00	1:00:20				2:43:05
207	MJ	33	926	Rico	Hubert	96	NIGE	0:48:54	0:52:37	1:01:34				2:43:06
208	MHK	166	148	Gordon	Krull	70	MTV Aurich	0:49:21	0:52:44	1:01:04				2:43:10
209	MHK	167	284	Walter	Krzatala	61	F.A Wybelsum	0:49:07	0:52:59	1:01:09				2:43:16
210	MHK	168	60	Marten	Pipetz	61	Borromäus Hospital Lee	0:48:09	0:53:16	1:01:50				2:43:16
211	MHK	169	1565	Klaus	Schulze	65	LSF Oldenburg	0:49:34	0:52:54	1:00:49				2:43:18
212	MHK	170	222	Ingo	Haake	69	VfL Berumbur	0:49:17	0:53:16	1:00:52				2:43:25
213	MHK	171	464	Robert	Schmidt	93	MTV Aurich	0:50:08	0:53:04	1:00:16				2:43:29
214	MHK	172	1614	Onno	Fleßner	79	Ihlowerfehn	0:49:20	0:53:18	1:00:53				2:43:32
215	MJ	34	303	Sven	Recknagel	96	Ulricianum Aurich Sek 1	0:51:23	0:51:26	1:00:46				2:43:35
216	WHK	9	F12	Linda	Böhme	82	obw Emden	0:49:17	0:52:53	1:01:28				2:43:40

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
217	MHK	173	202	Helmut	Behrends	67	Fiese Friesen	0:49:25	0:52:50	1:01:36				2:43:52
218	MHK	174	1535	Jan-Hauke	Rahmann	93	Bünting Tee	0:49:00	0:52:46	1:02:05				2:43:52
219	MJ	35	1151	Jan-Henrik	Koppelkam	98	Nortmoor	0:50:13	0:52:37	1:01:03				2:43:54
220	MJ	36	1613	Lutz	Gieseler	96	IGS Aurich West Sek1	0:51:24	0:51:34	1:00:56				2:43:55
221	MJ	37	145	Jan - Friso	Heeren	97	Ulricianum Aurich Sek 1	0:50:12	0:52:25	1:01:19				2:43:57
222	MHK	175	1079	Marek	Zembski	57	Klinikum Emden	0:49:18	0:53:03	1:01:40				2:44:01
223	MHK	176	11	Christian	Rose	84	ENOVA	0:51:22	0:52:10	1:00:31				2:44:04
224	MHK	177	243	Rainer	Bohlen	87	LG Uplengen	0:49:17	0:52:54	1:01:52				2:44:04
225	MHK	178	143	Alle-Jan	Meinema	61	VOST	0:49:09	0:53:12	1:01:44				2:44:07
226	MHK	179	260	Eddi	Dreyer	69	LwinsthGrp 21	0:49:37	0:53:22	1:01:09				2:44:10
227	MHK	180	269	Jan	Pol	41	TuRa 07 Westrhauderfe	0:49:41	0:52:59	1:01:29				2:44:10
228	MJ	38	1224	Sven	Schoone	94	KGS Wiesmoor	0:50:50	0:52:09	1:01:16				2:44:16
229	MHK	181	524	Bernhard	Ommen	70	Störtebeker Loopers TV	0:50:08	0:52:54	1:01:16				2:44:19
230	MJ	39	487	Lars	Müller	94	Team Möbel Buss	0:47:36	0:58:00	0:58:44				2:44:21
231	MHK	182	1492	Ralf	Reents	69		0:48:21	0:52:23	1:03:38				2:44:23
232	MHK	183	65	Uwe	Geuken	65	FC Bayern München	0:48:34	0:53:58	1:01:59				2:44:32
233	MHK	184	231	Michael	Pree	63	westerholt	0:49:28	0:53:41	1:01:23				2:44:32
234	MJ	40	486	Leon	Müller	96	Team Möbel Buss	0:52:06	0:52:03	1:00:26				2:44:36
235	MHK	185	851	Michael	Ihnen	62	Leinerstift e.V	0:49:23	0:53:41	1:01:32				2:44:37
236	MHK	186	1270	Marc	Sörensen	81	In-Team Aurich	0:49:25	0:52:56	1:02:18				2:44:40
237	MJ	41	215	Gerrit	Müller	96	Ulricianum Aurich Sek2 -	0:52:22	0:51:47	1:00:31				2:44:41
238	MHK	187	1496	Timo	Langer	73	TSV Jahn Carolinensiel	0:50:51	0:53:08	1:00:41				2:44:41
239	MHK	188	311	Thomas	Gelhard	56	LT TuS Aurich-Ost	0:50:05	0:53:42	1:00:57				2:44:45
240	MHK	189	1431	Eike	Engelhardt	89	Sparkasse Aurich-Nord	0:49:37	0:52:24	1:02:50				2:44:51
241	MJ	42	1440	Michael	Mulder	96	HTG Ihlow	0:51:57	0:51:55	1:01:01				2:44:53
242	MHK	190	169	Sören	Kohlert	82	IGS Aurich West	0:49:13	0:53:46	1:01:54				2:44:55
243	MHK	191	1503	Manni	Dieken	75	CVJM	0:50:03	0:53:26	1:01:26				2:44:55
244	MJ	43	809	Eike	Tannen	96	NIGE	0:50:22	0:53:02	1:01:32				2:44:56
245	MHK	192	306	Jürgen	Hinken	63	KBV Wiesede BoBeln	0:49:55	0:53:16	1:01:49				2:45:00
246	MHK	193	379	Joachim	Gerdes	79	Volksbank Westrhauder	0:49:16	0:53:40	1:02:04				2:45:01
247	MHK	194	1347	Sascha	Brader	69	MTV Hohenkirchen	0:49:52	0:54:14	1:00:56				2:45:03
248	MHK	195	179	Gerold	Meinen	63	BSC Burhufe	0:49:56	0:53:28	1:01:39				2:45:04
249	MHK	196	564	Josef	Baalmann	61	LT TuS Aurich-Ost	0:49:53	0:53:23	1:01:49				2:45:06
250	MHK	197	345	Erwin	Buss	72	VW Emden	0:50:32	0:53:31	1:01:04				2:45:08
251	MHK	198	1430	Ewald	Mühlenbroc	63	Sparkasse Aurich-Nord	0:50:13	0:51:08	1:03:57				2:45:18
252	MHK	199	308	Wolfgang	Pree	62	TC Esens	0:49:23	0:53:34	1:02:25				2:45:22
253	MHK	200	154	Dr. Frank	Russell	64	Delfthauspraxis-Emden	0:49:15	0:53:58	1:02:09				2:45:22
254	MHK	201	649	Fredy	Hedemann	62	Team Möbel Buss	0:50:00	0:53:36	1:01:46				2:45:22
255	MHK	202	161	Axel	Gärtner	69	FeG Aurich	0:50:10	0:53:43	1:01:31				2:45:24
256	MHK	203	128	Henning	Janssen	79	Kdo SES Ostfriesland	0:50:58	0:53:43	1:00:47				2:45:28
257	MHK	204	299	Johann	Harms	57	Karkdörper Moorloopers	0:49:32	0:54:00	1:02:03				2:45:36
258	MHK	205	402	Frank	Lüdemann	74	Kdo SES Ostfriesland	0:50:44	0:53:17	1:01:35				2:45:37
259	MJ	44	1572	Jann	Lübbers	97	FCSO	0:50:31	0:54:28	1:00:37				2:45:38
260	MHK	206	1417	Lukas	Dendzik	82	TSV Germania Holterf	0:49:12	0:53:47	1:02:41				2:45:40
261	MHK	207	150	Kumaran	Ganeshan	83	Klinikum Emden	0:50:34	0:53:32	1:01:38				2:45:45
262	WHK	10	F607	Michaela	Tammen	77	Borromäus Hospital Lee	0:50:04	0:53:49	1:01:56				2:45:50
263	MHK	208	104	Stefan	Bikker	77	Ihlow	0:49:36	0:54:06	1:02:09				2:45:51
264	WHK	11	F20	Sabine	Boersma	72		0:50:33	0:53:17	1:02:05				2:45:55
265	MHK	209	261	Andreas	Janßen	67	Schwimmverein Hesel	0:50:17	0:53:47	1:01:51				2:45:56
266	MHK	210	1344	Arnd	Siebelts	67	LHV	0:50:41	0:52:28	1:02:50				2:46:00
267	MHK	211	507	Tobias	Plötz	75	RG Uni Hamburg	0:50:21	0:53:21	1:02:21				2:46:04
268	MHK	212	228	Thorsten	Schwarz	67	MTV Aurich	0:50:06	0:53:32	1:02:25				2:46:04
269	MHK	213	164	Mirko	Hellmers	83	VfB Germania Wiesmoo	0:51:19	0:53:18	1:01:35				2:46:13
270	MHK	214	1539	Manfred	Meyer	63	Padlooper	0:50:21	0:53:41	1:02:11				2:46:14

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
271	MHK	215	100	Matthias	Röben	71	Polizei Aurich	0:49:03	0:56:04	1:01:09				2:46:16
272	MHK	216	806	Marco	Horn	86	Quarzwerk Marx	0:50:39	0:54:17	1:01:19				2:46:17
273	MHK	217	237	Matthias	Oltthoff	73	Weener Plastik	0:49:35	0:54:14	1:02:29				2:46:19
274	MHK	218	195	Marco	Meyer	80	TV Bunde	0:50:50	0:53:40	1:01:52				2:46:22
275	WHK	12	F19	Annette	Kisch	66	Fortuna Logabirum	0:50:14	0:53:41	1:02:32				2:46:28
276	WHK	13	F616	Annemarie	Martens	84	Fortuna Logabirum	0:51:55	0:53:24	1:01:09				2:46:28
277	MHK	219	283	Michael	Ahrendt	70	SV Dornum	0:50:11	0:53:52	1:02:32				2:46:36
278	MJ	45	1298	Robin	Schick	00	MTV Hohenkirchen	0:50:44	0:54:48	1:01:04				2:46:37
279	MHK	220	1232	Friedrich	Folkerts	65	Feuerwehr Hollen	0:50:11	0:53:54	1:02:34				2:46:40
280	MJ	46	226	Swen	Kleinen	95	NIGE	0:49:44	0:53:25	1:03:30				2:46:40
281	MHK	221	180	Helmut	Ludwig	58	LG Ostfriesland	0:50:19	0:54:23	1:01:58				2:46:41
282	MHK	222	1537	Udo	Joswig	55	Petrusgemeinde Loga	0:50:17	0:53:33	1:02:52				2:46:43
283	MHK	223	274	Dennis	Hübner	78	Finkenburgschule Wittm	0:50:12	0:53:43	1:02:57				2:46:53
284	MJ	47	618	Tobias	Goudschaal	96	FTC Hollen	0:51:49	0:52:42	1:02:22				2:46:54
285	MHK	224	194	Stefan	Janssen	79	LG Ostfriesland	0:50:32	0:53:08	1:03:13				2:46:54
286	MHK	225	1536	Uwe	Wilhelms	67	Bünting Tee	0:50:21	0:54:54	1:01:40				2:46:56
287	MHK	226	320	Andre	Beiden	81	PRO NAUTAS	0:50:54	0:53:48	1:02:14				2:46:56
288	MJ	48	538	Mathis	de Vries	96	Ulricianum Aurich Sek 1	0:52:10	0:53:18	1:01:29				2:46:58
289	MHK	227	105	Sascha	Pottberg	83	LwinsthGrp 21	0:50:53	0:54:16	1:01:48				2:46:58
290	MHK	228	1459	Paul	Nikoleit	89	Atemlos	0:52:59	0:52:36	1:01:37				2:47:12
291	MHK	229	244	Eike	Henninga	91	Raiffeisenbank eG, Moor	0:49:45	0:54:29	1:02:59				2:47:13
292	MHK	230	1340	Malte	Dieling	89	TC Sudbrookmerland	0:50:52	0:54:40	1:01:40				2:47:14
293	MHK	231	349	Timon	König	52	Krey Schifffahrts GmbH	0:51:20	0:53:59	1:01:54				2:47:14
294	MHK	232	255	Axel	Hesse	69	Team Deutsche Post	0:50:48	0:54:03	1:02:29				2:47:21
295	MHK	233	163	Uwe	Snater	61	LG TV Bunde	0:50:12	0:54:37	1:02:32				2:47:21
296	WHK	14	F17	Stefanie	Beening	69		0:50:44	0:54:33	1:02:10				2:47:28
297	WJ	2	F31	Luisa	Kisch	98	Fortuna Logabirum	0:52:21	0:53:28	1:01:47				2:47:36
298	MHK	234	296	Gerold	Janssen	66	Team ENERCON	0:50:51	0:54:01	1:02:49				2:47:42
299	MHK	235	276	Jens	Berghaus	59	Realschule Aurich	0:50:15	0:53:39	1:03:47				2:47:42
300	MHK	236	346	Torsten	Alberts	71	Vetra Beton	0:51:15	0:53:24	1:03:06				2:47:46
301	MHK	237	1226	Rainer	Menken	77	LG Ostfriesland	0:51:35	0:53:45	1:02:29				2:47:49
302	MHK	238	1621	Uwe	Frühling	69	Polizei Aurich	0:49:24	0:54:27	1:03:57				2:47:49
303	MHK	239	657	Thorsten	Stückfort	78	Hörgeräte Meiners&Stic	0:51:16	0:54:20	1:02:14				2:47:50
304	MHK	240	196	Hajo	Otten	68	TuS Zetel	0:50:39	0:54:21	1:02:53				2:47:54
305	MHK	241	1435	Karl-Heinz	Feldmann	63	Bäckerei Gerdes	0:52:19	0:53:48	1:01:50				2:47:59
306	MHK	242	601	Carsten	Kischlat	87	Fielmann	0:52:27	0:53:45	1:01:47				2:48:00
307	MHK	243	227	Jens	Götze	84	WIBO Bau	0:50:52	0:54:31	1:02:37				2:48:00
308	MHK	244	1263	Thomas	Munk	68	Westrhauderfehn	0:50:38	0:55:29	1:01:59				2:48:07
309	WHK	15	F623	Imke	Junker	87	Borromäus Hospital Lee	0:50:17	0:54:24	1:03:29				2:48:11
310	MHK	245	31	Sönke	Biel	85	Fortuna Logabirum	0:50:17	0:54:24	1:03:29				2:48:11
311	MHK	246	1508	Nils	Kutscher	68	TV Norden	0:54:26	0:50:43	1:03:03				2:48:13
312	MHK	247	351	Heinz	Nautokat	69	Freie Turnschaft Bagban	0:50:46	0:55:21	1:02:07				2:48:15
313	MHK	248	391	Arno	Goudschaal	80	LSF Oldenburg	0:51:14	0:55:44	1:01:17				2:48:16
314	MJ	49	1547	Mattes	Schmidt	97	Ulricianum Aurich Sek 1	0:50:50	0:54:40	1:02:46				2:48:16
315	MHK	249	1472	Hermann	Hinrichs	79	WT Loppersum	0:51:02	0:54:04	1:03:17				2:48:24
316	MHK	250	147	Jörg	Meyer	62	LwinsthGrp 21	0:50:48	0:54:30	1:03:07				2:48:26
317	MHK	251	119	Sascha	Kieslich	79	1.FC Kaiserslautern	0:52:15	0:54:20	1:01:56				2:48:33
318	MHK	252	1240	Malte	Niewerth	73		0:50:17	0:54:36	1:03:39				2:48:33
319	MHK	253	236	Matthias	Böse	70	SV Stikelkamp	0:51:02	0:54:08	1:03:24				2:48:35
320	MJ	50	1173	Ihno	Niemann	96	SV Nortmoor	0:52:35	0:54:01	1:02:00				2:48:37
321	WHK	16	F36	Silvia	Buscher	75	SV Borussia Leer	0:51:19	0:54:50	1:02:28				2:48:39
322	MHK	254	212	Jörg	Lüpkes	81	Aurich	0:51:05	0:53:13	1:04:20				2:48:39
323	MHK	255	375	Fred	Peters	67	DLRG Weener	0:50:31	0:55:04	1:03:05				2:48:41
324	MHK	256	321	Wilhelm	Block	80	2-Rad Center Block	0:50:59	0:54:09	1:03:36				2:48:44

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
325	MHK	257	1217	Andreas	Gabel	81	Team Zuglufttier	0:51:57	0:53:28	1:03:23				2:48:49
326	MHK	258	1118	Jan	Markgraf	84	TSV Jahn Carolinensiel	0:52:19	0:55:44	1:00:50				2:48:54
327	MHK	259	429	Holger	Schulte	75	Schulte Dental, Filsum	0:50:42	0:54:13	1:03:59				2:48:55
328	MHK	260	138	Ewald	Wallerowitz	65	LG Ostfriesland	0:52:19	0:54:48	1:01:57				2:49:06
329	MHK	261	1227	Volker	Rieken	67	doerlooper.de	0:51:18	0:54:41	1:03:07				2:49:07
330	MHK	262	512	Marco	Lüken	77	SVO Wi sünd Holtriem	0:52:03	0:54:08	1:02:56				2:49:09
331	MJ	51	1603	Erik	Weerda	95	Gymnasium Ulricianum A	0:55:54	0:53:05	1:00:13				2:49:12
332	MHK	263	270	Günter	Achterberg	66	ev.krebskr.Kinder	0:51:04	0:54:50	1:03:17				2:49:12
333	WHK	17	F74	Elke	Gronewold	67	TV Norden	0:51:02	0:54:57	1:03:13				2:49:12
334	MHK	264	1628	Benjamin	Jjes	91		0:50:35	0:54:04	1:04:40				2:49:19
335	MHK	265	110	Harald	de Buhr	62	Polizei Leer	0:51:26	0:54:08	1:03:45				2:49:20
336	MJ	52	836	Arne	Köllmann	94	B-Plast 2000	0:51:03	0:55:02	1:03:16				2:49:22
337	MHK	266	181	Norbert	Schulte	58	LSF Oldenburg	0:51:12	0:54:51	1:03:18				2:49:23
338	MHK	267	216	Rolf	Bleeker	61	VOST	0:49:19	0:59:04	1:01:08				2:49:32
339	MJ	53	660	Malte	Pleis	97	Moorloopers	0:51:10	0:55:25	1:02:57				2:49:33
340	MHK	268	162	Carsten	Ebel	66	Emden	0:52:02	0:54:30	1:03:03				2:49:35
341	MHK	269	364	Sascha	Eckstein	75	CNG Wirtschaftsprüfer S	0:51:47	0:54:27	1:03:22				2:49:36
342	MJ	54	239	Cedric	Schild	97	Turbine TGG	0:52:01	0:54:12	1:03:24				2:49:37
343	MHK	270	381	Peter-M.	Nilges	52	CNG Wirtschaftsprüfer	0:51:46	0:54:04	1:03:48				2:49:38
344	MHK	271	304	Reinhard	Grottluschen	92	VfB Germania Wiesmoo	0:51:15	0:59:05	0:59:23				2:49:44
345	MJ	55	1548	Janek	Freudenber	96	Ulricianum Aurich Sek 1	0:53:25	0:53:00	1:03:25				2:49:52
346	MHK	272	655	Arno	Jibben	69	VOST	0:52:04	0:54:36	1:03:13				2:49:54
347	MHK	273	142	Timo	de Freese	92		0:51:47	0:54:06	1:04:05				2:49:59
348	MHK	274	530	Artur	Sauer	80	Team ENERCON	0:52:28	0:54:56	1:02:39				2:50:05
349	MHK	275	317	Ukena	Hartmut	68	Hinte	0:51:19	0:55:58	1:02:49				2:50:07
350	MHK	276	102	Nanno	Janssen	67	Fortuna Logabirum	0:51:42	0:54:35	1:03:51				2:50:09
351	WHK	18	F550	Ingrid	Folkerts	66	FTC Hollen	0:51:07	0:55:37	1:03:27				2:50:11
352	MJ	56	F184	Lukas	de Vries	97	IGS Waldschule Egels	0:51:51	0:55:19	1:03:03				2:50:14
353	MJ	57	1385	Riko	Büttner	99	Gymnasium Ulricianum A	0:55:01	0:53:24	1:01:49				2:50:15
354	MHK	277	1342	Berend	Heikens	66	Tierarztpraxis Velde	0:52:16	0:54:49	1:03:10				2:50:15
355	MHK	278	579	Gert	de Buhr	72	Mahl- und Mischbetrieb C	0:51:42	0:55:14	1:03:20				2:50:17
356	MHK	279	522	Helmut	Fischer	64	Störtebeker Loopers TV	0:51:39	0:54:50	1:03:51				2:50:21
357	MHK	280	520	Marco	Claassen	88	Störtebeker Loopers TV	0:48:25	0:52:05	1:09:51				2:50:23
358	MHK	281	1383	Otto	Buss	60	Pestalozziscule Weener	0:51:33	0:54:32	1:04:21				2:50:27
359	MJ	58	1445	Alexander	Seeger	97	HTG Ihlow	0:50:50	0:55:14	1:04:23				2:50:28
360	MHK	282	408	Lothar	van Geuns	73	Collinghorst	0:53:00	0:55:07	1:02:25				2:50:33
361	MHK	283	224	Andreas	Bartsch	78	Steuerkanzlei Arndt	0:51:31	0:55:34	1:03:36				2:50:42
362	MHK	284	263	Dieter	Schliep	72	Holterfehn	0:50:55	0:55:11	1:04:35				2:50:42
363	MHK	285	1316	Andy	Sielmann	80	Lebenshilfe Leer e.V.	0:52:10	0:55:20	1:03:12				2:50:43
364	MJ	59	1444	Keno	Gohla	98	HTG Ihlow	0:53:20	0:55:25	1:02:01				2:50:47
365	MJ	60	1443	Jan-Gerd	Tammen	97	HTG Ihlow	0:51:18	0:55:46	1:03:48				2:50:53
366	MHK	286	628	Egon	August	62	SV Elisabethfehn	0:51:52	0:55:51	1:03:10				2:50:55
367	MHK	287	118	Frank	Poppen	90	Rettungsdienst Aurich	0:53:43	0:54:56	1:02:18				2:50:58
368	MHK	288	1425	Roger	Brettschnei	65	HTR	0:52:08	0:55:00	1:03:50				2:50:58
369	MHK	289	331	Rob	van Goor	62	Aquilo	0:51:25	0:56:20	1:03:15				2:51:01
370	WHK	19	F30	Birthe	Paprotka	76	LSF Oldenburg	0:51:46	0:55:18	1:03:58				2:51:02
371	MHK	290	728	Thomas	Lücht	79	Ammerland-Klinik Wes	0:51:15	0:54:42	1:05:05				2:51:03
372	MHK	291	129	Clemens	Dickmann	67	Nordland Papier	0:54:11	0:53:32	1:03:24				2:51:07
373	MHK	292	184	Hermann	Willms	76	Wildeboer Bauteile Gmb	0:51:32	0:55:38	1:03:57				2:51:08
374	MHK	293	619	Günter	Müller	67		0:51:56	0:55:23	1:03:52				2:51:12
375	MHK	294	779	Andreas	Wölfel	81	TV Norden	0:53:23	0:54:52	1:02:58				2:51:14
376	MHK	295	295	Roland	von Kentzi	48	TG Wiesmoo	0:51:35	0:55:15	1:04:25				2:51:16
377	MHK	296	279	Torsten	Welling	64	MTV Wittmund	0:52:06	0:55:35	1:03:39				2:51:20
378	MHK	297	141	Reinhard	de Vries	61	Ost-Victorbur	0:51:49	0:55:32	1:04:01				2:51:23

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
379	WHK	20	F75	Claudia	Janssen	80	TV Norden	0:52:23	0:55:28	1:03:33				2:51:25
380	MHK	298	887	Stefan	Schild	64	Hartmann Group	0:52:42	0:55:19	1:03:26				2:51:29
381	MJ	61	1343	Hauke	Heikens	96	Ubbo-Emmius-Gymnasi	0:53:26	0:56:22	1:01:52				2:51:41
382	MHK	299	1354	Andreas	Blaurock	68	obw Emden	0:52:49	0:55:19	1:03:38				2:51:47
383	MHK	300	200	Markus	Carstens	76	Team ENERCON	0:52:50	0:55:31	1:03:27				2:51:49
384	MHK	301	233	Oliver	de Vries	87	Emden	0:50:58	0:55:53	1:05:02				2:51:54
385	MHK	302	1271	Jürgen	Sporré	55	Evang.-reform. Kirche	0:51:55	0:55:04	1:04:55				2:51:55
386	MHK	303	350	Hermann	Rößing	65	WfBM BBB Aurich Witt	0:51:38	0:56:31	1:03:48				2:51:57
387	MJ	62	446	Tammo	Büscher	94	Büsches	0:52:39	0:54:52	1:04:26				2:51:58
388	MHK	304	519	Manuel	Brunken	83	VOST	0:52:30	0:55:38	1:03:50				2:51:58
389	MHK	305	1592	Johannes	Coordes	69	Team ENERCON	0:52:01	0:55:06	1:04:50				2:51:59
390	MHK	306	508	Uwe	Grimm	69	VfL Berumbur	0:52:03	0:55:26	1:04:38				2:52:08
391	MHK	307	427	Manfred	Cordes	60	Wiesmoor-Wiesederfeh	0:52:08	0:55:38	1:04:25				2:52:12
392	MHK	308	548	Dieter	Henkel	70	BV Pfalzdorf	0:52:46	0:55:23	1:04:03				2:52:14
393	WHK	21	F54	Jutta	Behrends	76	SV Holtland	0:51:49	0:55:12	1:05:11				2:52:14
394	MHK	309	666	Matthias	Scholz	90	RVB Aurich/Uplengen	0:50:40	0:54:03	1:07:35				2:52:19
395	MHK	310	606	Frank	Landheer	70	Feedback Leer	0:51:51	0:56:08	1:04:24				2:52:24
396	MHK	311	1470	Mike	Smidt	71	EKC Seeteufel	0:52:13	0:55:45	1:04:26				2:52:25
397	MHK	312	615	Holger	Grasse	65	TuS Zetel	0:52:03	0:56:11	1:04:13				2:52:28
398	MHK	313	348	Hans-Jürge	de Buhr	69	Busboomsfehn	0:52:17	0:56:04	1:04:07				2:52:29
399	MHK	314	850	Thorsten	Dettmer	65	Leinerstift e.V	0:51:46	0:55:55	1:04:47				2:52:29
400	MHK	315	1090	Heiko	Dirks	73	Hartmann Group	0:53:02	0:55:07	1:04:25				2:52:35
401	MJ	63	1617	Lasse	Wichmann	96	Turbine TGG	0:54:49	0:55:10	1:02:43				2:52:44
402	MHK	316	447	Johann	Büscher	68	Büsches	0:52:55	0:55:17	1:04:38				2:52:50
403	MHK	317	44	Marco	Waßmann	74	TG Wiesmoor	0:52:42	0:55:30	1:04:43				2:52:55
404	MJ	64	1442	Jann-Helge	Buß	98	HTG Ihlow	0:52:09	0:56:58	1:03:49				2:52:58
405	MHK	318	1411	Frank	Nissen	61	ISD	0:52:47	0:55:37	1:04:34				2:53:00
406	MHK	319	832	Stefan	Rabenberg	87	TuRa 07 Westrhauderfe	0:52:56	0:56:07	1:03:57				2:53:01
407	MHK	320	292	Johannes	Feimann	66	Nordland Papier	0:52:08	0:56:16	1:04:39				2:53:04
408	MHK	321	183	Harald	Eberhard	66	TG Wiesmoor	0:52:52	0:55:46	1:04:29				2:53:07
409	MHK	322	687	Enno	Ihmels	78	Volksbank Westrhauder	0:53:03	0:56:08	1:03:57				2:53:08
410	MHK	323	930	Wilko	Wiechers	87	BV Hoffnung	0:52:38	0:57:24	1:03:06				2:53:09
411	MHK	324	531	Jörg	Harms	65	Schüt-Duis	0:52:47	0:55:46	1:04:35				2:53:10
412	WJ	3	F250	Dana	Backenhau	11	NIGE	0:51:31	0:56:10	1:05:29				2:53:10
413	MHK	325	354	Rolf-Dieter	Vennen	62	EWE Wattloopers	0:52:31	0:55:55	1:04:46				2:53:13
414	WHK	22	F606	Janina	Hilrichs	87	Holtland	0:52:34	0:56:11	1:04:27				2:53:13
415	WJ	4	F614	Lea	Höfner	97	LG Harlingerland	0:51:33	0:55:09	1:06:32				2:53:15
416	MHK	326	1136	Dietmar	Meyer	68	Turbine TGG	0:54:54	0:55:24	1:03:00				2:53:19
417	MHK	327	301	Michael	Martens	82	Team ENERCON	0:52:33	0:56:01	1:04:49				2:53:23
418	MHK	328	192	Jair	Cassoli	77	Team ENERCON	0:53:28	0:56:43	1:03:14				2:53:25
419	MJ	65	895	Jann	Utecht	97	FCSO	0:52:44	0:54:28	1:06:16				2:53:29
420	MHK	329	214	Holger	Aderhold	70	SVO Wi sünd Holtriem	0:52:41	0:55:51	1:04:58				2:53:31
421	MHK	330	1586	Uwe	Frömming	69	Wi sünd Holtriem	0:51:30	0:56:15	1:05:50				2:53:37
422	MHK	331	560	Karsten	Janssen	81	SV Hage	0:53:45	0:56:35	1:03:19				2:53:41
423	MHK	332	238	Jens	Heyken	83	Mykonos Touristen	0:53:46	0:56:36	1:03:19				2:53:41
424	MHK	333	252	Hermann	Hinderks	68	Nordland Papier	0:52:32	0:56:00	1:05:08				2:53:42
425	WHK	23	F18	Bettina	Pilney	62	LT SV Ems Jemgum	0:53:31	0:56:02	1:04:09				2:53:44
426	MHK	334	645	Horst	Willems	69	LG Krummhörn	0:52:49	0:56:15	1:04:40				2:53:44
427	MHK	335	393	Lars	Schepker	80	Aurich	0:52:34	0:55:53	1:05:20				2:53:47
428	MHK	336	714	Michael	Mußing	81	Klinikum Leer	0:52:57	0:56:32	1:04:22				2:53:52
429	MHK	337	1429	Andreas	Neu	77	fitness world schortens	0:51:35	0:52:08	1:10:13				2:53:57
430	MHK	338	758	Björn	Stahl	91	Seefahrtsschule Leer	0:52:40	0:56:53	1:04:27				2:54:01
431	MHK	339	258	Andreas	Voßkuhl	75	Völlenerfehn	0:53:00	0:55:59	1:05:05				2:54:05
432	MHK	340	309	Manfred	Schütte	57	SV Friedrichsfehn	0:51:52	0:55:57	1:06:15				2:54:05

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
433	MHK	341	518	Bernhard	Rumpf	66	Holthuserheide	0:51:52	0:56:00	1:06:16				2:54:09
434	MHK	342	484	Jonas	Buja	92	Seefahrtsschule Leer	0:52:50	0:56:54	1:04:27				2:54:12
435	MHK	343	158	Hinnerk	Meyer	93	SV Hollland	0:53:23	0:56:42	1:04:06				2:54:13
436	MHK	344	272	Johann	Sandersfeld	55	LG Uplengen	0:52:35	0:56:20	1:05:18				2:54:13
437	MHK	345	1427	Gottfried	Beekhuis	54	SV Dornum	0:53:22	0:56:55	1:03:58				2:54:16
438	MHK	346	77	Christian	Saathoff	87	Sandersfeld Sicherheits	0:53:12	0:56:05	1:04:58				2:54:17
439	MHK	347	1076	Rudi	Buse	67	Moormerland	0:51:56	0:56:48	1:05:34				2:54:18
440	MHK	348	783	Peter	Gross	68		0:53:34	0:56:57	1:03:50				2:54:21
441	MHK	349	189	Frank	Oltrop	65	Blau- Weiß Borssum	0:53:34	0:56:57	1:03:50				2:54:21
442	MHK	350	209	Detlef	Berding	68	Stadt Oldenburg	0:52:48	0:56:43	1:04:53				2:54:25
443	WJ	5	F46	Miriam	de Buhr	96	Fortuna Logabirum	0:52:52	0:56:06	1:05:35				2:54:35
444	MHK	351	305	Hermann	Nagel	56	SV Concordia Neermoor	0:52:48	0:56:44	1:05:04				2:54:38
445	MHK	352	1474	Ludwig	Hummerich	60	Emder LG	0:54:50	0:56:17	1:03:39				2:54:47
446	MHK	353	1096	Cristian	Canales Ag	91	TSR Olympia Wilhelms	0:54:04	0:57:06	1:03:37				2:54:48
447	MHK	354	791	Christian	Möller	83	Team ENERCON	0:53:19	0:56:08	1:05:22				2:54:50
448	MJ	66	1510	Jendrik	Groninger	96	Alex.-v-Humboldt-Schul	0:56:58	0:55:49	1:02:03				2:54:51
449	MHK	355	113	Johann	Lammers	63	Hollland	0:52:52	0:56:24	1:05:37				2:54:53
450	MHK	356	591	Andreas	Bölle	68	Nordland Papier	0:53:23	0:55:43	1:05:49				2:54:56
451	MHK	357	603	Hans-Joach	Trum	62	Gymnasium Rhauferde	0:53:24	0:58:05	1:03:26				2:54:56
452	MHK	358	390	Hermann	Erdwiens	70	LG Ostfriesland	0:52:54	0:56:27	1:05:36				2:54:58
453	WHK	24	F41	Claudia	Wehming	78	Stadt Oldenburg	0:52:53	0:57:01	1:05:04				2:54:58
454	WHK	25	F35	Heike	Greis	65	LSF Oldenburg	0:52:45	0:56:47	1:05:26				2:54:59
455	MHK	359	251	Theodor	Hildebrandt	56	LG Ostfriesland	0:51:25	0:57:53	1:05:46				2:55:04
456	MHK	360	313	Michael	Apel	73		0:52:50	0:56:43	1:05:31				2:55:05
457	MHK	361	425	Eric	Saathoff	68	Emder LG	0:53:12	0:56:54	1:05:03				2:55:09
458	MHK	362	293	Heinz	Schultz	49	VfR Heisfelde	0:52:26	0:57:00	1:05:43				2:55:10
459	MHK	363	341	Rolf	Steinke	67	SV Warsingsfehn	0:53:22	0:56:23	1:05:26				2:55:12
460	WHK	26	F34	Anja	Goos	72	Emder LG	0:53:02	0:56:31	1:05:38				2:55:12
461	MJ	67	69	Kevin	Behrmann	95	BBS 1 Aurich	0:52:53	0:56:01	1:06:17				2:55:12
462	MHK	364	328	Rainer	Spannhoff	64	Emder LG	0:53:05	0:57:42	1:04:27				2:55:15
463	MHK	365	159	Thomas	Stern	70	Seefahrtsschule Leer	0:53:19	0:56:07	1:05:48				2:55:15
464	MHK	366	171	Björn	Eissen	68	EWE Wattloopers	0:53:27	0:57:17	1:04:33				2:55:18
465	MJ	68	1040	Jonny	Pund	98	Bohlen & Doyen	0:56:16	0:56:57	1:02:04				2:55:18
466	MJ	69	396	Aaron	Janßen	99	FCSO	0:51:50	0:57:08	1:06:21				2:55:20
467	MHK	367	665	Heinz	Schmidt	63	Fortuna Logabirum	0:52:45	0:56:51	1:05:45				2:55:22
468	MHK	368	230	Rainer	Hoek	78	AXA Center Hoek	0:53:19	0:56:56	1:05:06				2:55:22
469	MHK	369	387	Thorsten	Stege	80	Feuerwehr Oldersum	0:53:00	0:56:42	1:05:40				2:55:24
470	MHK	370	1284	Torsten	Lühr	67	Der schwarze Blitz	0:51:54	0:57:33	1:05:56				2:55:24
471	MHK	371	1390	Ole	Ahrens	90	SV Leepens	0:53:47	0:57:09	1:04:28				2:55:26
472	MHK	372	405	Ottmar	Schulte	65	Emden	0:52:55	0:57:19	1:05:12				2:55:28
473	MHK	373	1230	Matthias	Ottjes	64	Möhlmann Automobil L	0:52:22	0:55:44	1:07:28				2:55:35
474	MJ	70	1095	Marvin	Frick	98	SV Blomberg	0:54:44	0:57:41	1:03:10				2:55:35
475	WJ	6	F38	Talea	Seiwald	01	S.V. Concordia Ihrhove	0:53:38	0:57:30	1:04:35				2:55:43
476	MHK	374	545	Wilfried	Foorden	64	TG Wiesmoor	0:52:53	0:57:21	1:05:31				2:55:46
477	MHK	375	197	Friedhelm	Baumann	60	TSV Hesel	0:52:09	0:56:45	1:06:51				2:55:46
478	MHK	376	414	Ehrenfried	Lüken	64	JG 71 R	0:52:51	0:57:26	1:05:28				2:55:47
479	MHK	377	1188	Christof	Langen	88	Seefahrtsschule Leer	0:52:11	0:56:02	1:07:32				2:55:47
480	MHK	378	480	Daniel	Witte	86	LT Spaß mit Sport	0:52:29	0:58:02	1:05:17				2:55:49
481	MJ	71	1467	Steffen	Reiners	96	Gymnasium Ulricianum /	0:52:57	0:56:50	1:06:05				2:55:53
482	MHK	379	336	Stephan	Hoheisel	89	Seefahrtsschule Leer	0:52:47	0:57:45	1:05:20				2:55:54
483	MJ	72	422	Tammo	Keck	95	TC Südbrookmerland	0:53:08	0:56:07	1:06:39				2:55:55
484	MHK	380	1570	Adnan	Omairi	81	Team ENERCON	0:51:18	0:56:12	1:08:27				2:55:58
485	MHK	381	499	Joachim	Harms	61	traba-team	0:53:42	0:56:24	1:05:58				2:56:04
486	MJ	73	1012	Lukas	Jäschke	94	mitzeit Intensivpflege zu	0:53:04	0:56:26	1:06:34				2:56:06

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
487	MJ	74	1046	Stefan	Dirks	96	Ulricianum Aurich Sek2 -	0:54:43	0:54:49	1:06:33				2:56:06
488	MHK	382	584	Rainer	Willing, Dr.V	66	Ubbo-Emmius-Klinik	0:53:38	0:56:17	1:06:12				2:56:09
489	WHK	27	F44	Marion	Baumann	71	TUS Zetel	0:52:50	0:57:35	1:05:46				2:56:12
490	MHK	383	344	Hartmut	Staude	71	Padlooper	0:55:05	0:56:23	1:04:48				2:56:17
491	WHK	28	F524	Anja	Wilken	70	LG Uplengen	0:52:17	0:56:42	1:07:23				2:56:23
492	MHK	384	421	Heyko	Oelrichs	87	Bohlen & Doyen	0:51:13	0:57:52	1:07:17				2:56:23
493	MHK	385	363	Jann	Saathoff	91	Ludwigsdorf	0:53:42	0:58:21	1:04:24				2:56:28
494	MHK	386	516	Thorsten	Eesmann	70	Pestalozzischule Weene	0:53:28	0:57:45	1:05:18				2:56:32
495	MHK	387	621	Hermann	Siemens	67	Hammelwarder Sprinter	0:53:43	0:57:31	1:05:19				2:56:34
496	MHK	388	302	Manfred	Kramer	62	LG Werder-Ossis	0:54:54	0:57:04	1:04:36				2:56:35
497	MJ	75	1636	Janus	Thies	99	Alex von Humboldt Schu	0:54:12	0:57:01	1:05:21				2:56:35
498	MHK	389	208	Eibo	Eiben	43	Lauftreff Schaffhauserwa	0:52:45	0:57:32	1:06:19				2:56:37
499	MHK	390	460	Arnim	Gerdas	69	Onno Behrends Tee	0:53:21	0:57:13	1:06:04				2:56:38
500	MHK	391	165	Kai	Busker	78	SV Werder Bremen	0:55:01	0:56:15	1:05:23				2:56:40
501	MJ	76	864	Lukas	Rossmann	99	IGS Waldschule Egels	0:54:23	0:56:47	1:05:34				2:56:44
502	MHK	392	210	Bernd	Neuenstein	61		0:53:01	0:57:14	1:06:32				2:56:48
503	MHK	393	278	Alwin	Günther	73	Wi sünd Holtriem SVO	0:53:10	0:57:22	1:06:15				2:56:48
504	WHK	29	F33	Viola	Steffens	75	Emder LG	0:53:28	0:57:27	1:05:56				2:56:51
505	MHK	394	291	Remmer	Schuster	62	LT Schafhauser Wald	0:53:46	0:57:10	1:05:55				2:56:52
506	MHK	395	389	Weert-Peter	Prikker	59	Fortuna Logabirum	0:53:24	0:57:05	1:06:23				2:56:52
507	MHK	396	357	Helmut	Averbeck	66	Emder LG	0:53:23	0:57:03	1:06:27				2:56:54
508	MHK	397	361	Thomas	Loegel	65	SV Wiesede-Upschört	0:53:06	0:57:24	1:06:32				2:57:03
509	MJ	77	549	Sven	Janßen	94	REHAU AG & Co	0:54:55	0:56:08	1:06:01				2:57:05
510	MHK	398	813	Jörg	Heyen	70	Bohlen & Doyen	0:56:15	0:56:27	1:04:32				2:57:15
511	MHK	399	485	Uwe	Ottjes	66	Team Möbel Buss	0:53:30	0:57:07	1:06:37				2:57:15
512	MHK	400	541	Dieter	Janssen	55	Wittmund	0:52:37	0:57:50	1:06:50				2:57:18
513	WJ	7	F655	Tomke	Wachtendor	00	Gymnasium Ulricianum /	0:55:01	0:57:35	1:04:45				2:57:21
514	MHK	401	327	Detlef	Oetter	64	Sparkasse Leer Wittmun	0:53:21	0:57:32	1:06:29				2:57:23
515	WHK	30	F47	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:53:53	0:57:42	1:05:50				2:57:26
516	WHK	31	F40	Herma	Kobuch	68	Lauftreff Schaffhauserwa	0:54:02	0:57:32	1:05:57				2:57:32
517	WHK	32	F42	Miriam	Krawietz	77	Emder LG	0:54:15	0:56:32	1:06:45				2:57:33
518	MHK	402	458	Heiner	Schmidt	74	HSM Wirtschaftsprüfer &	0:53:32	0:57:23	1:06:38				2:57:34
519	MHK	403	893	Reinhard	Post	62	SV Stern Schwerinsdorf	0:53:03	0:57:42	1:06:51				2:57:37
520	MHK	404	1649	Christian	Lütten	68	IGS Aurich	0:55:42	0:56:13	1:05:43				2:57:39
521	MHK	405	218	Klaus	Ebrecht	61	TuS Esens	0:53:04	0:57:03	1:07:40				2:57:47
522	WHK	33	F697	Manuela	Smit	70		0:53:38	0:57:47	1:06:25				2:57:52
523	MHK	406	585	Jochen	Fleßner	65	Klinikum Emden	0:54:46	0:57:21	1:05:50				2:57:58
524	MHK	407	282	Michael	Schulz	62	LT TuS Aurich-Ost	0:53:11	0:58:22	1:06:28				2:58:02
525	MJ	78	1638	Keno	Lentke	94	TV Leer	0:53:20	0:59:01	1:05:42				2:58:03
526	MHK	408	1498	Günter	Bloem	77	VFL Viktoria Flachsmeer	0:53:46	0:57:27	1:06:51				2:58:05
527	MHK	409	1607	Robert	König	76	Gymnasium Westerste	0:53:25	0:57:54	1:06:46				2:58:06
528	MHK	410	1317	Stephan	Meyer	80	Lebenshilfe Leer e.V.	0:56:29	0:56:41	1:04:55				2:58:07
529	MHK	411	882	Michael	Stahlberg	75	Klinikum Emden	0:54:05	0:58:23	1:05:37				2:58:07
530	MHK	412	268	Christian	Merl	57	SZ Collhusen	0:53:41	0:58:09	1:06:19				2:58:10
531	MHK	413	392	Nils	Heidenreich	93	HSM Wirtschaftsprüfer &	0:55:10	0:57:19	1:05:43				2:58:13
532	MJ	79	288	Ihno	Gellmers	96	FCSO	0:54:06	0:57:25	1:06:41				2:58:13
533	MHK	414	457	Stefan	Janßen	70	HSM Wirtschaftsprüfer &	0:53:40	0:58:04	1:06:29				2:58:14
534	MHK	415	610	Rene	Schwinning	91	ORGADATA AG	0:55:47	0:56:47	1:05:41				2:58:16
535	WHK	34	F39	Claudia	Langen	73	mitzeit Intensivpflege zu	0:54:47	0:57:48	1:05:43				2:58:19
536	MHK	416	510	Drees	Janssen	62	LG Ostfriesland	0:54:47	0:57:37	1:05:56				2:58:21
537	MHK	417	1622	Folkert	Saul	77	BBS-Jever	0:54:52	0:57:42	1:05:50				2:58:25
538	MHK	418	322	Thomas	Heinzmann	73	GS Völlenerfehn	0:54:11	0:57:48	1:06:28				2:58:28
539	WHK	35	F700	Jana	Brinkmann	88	SC Ihrhove 07	0:54:13	0:57:42	1:06:38				2:58:33
540	MHK	419	435	Günther	Wilken	68	TuS Leerhufe-Hovel e.	0:53:22	0:58:58	1:06:18				2:58:39

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
541	MHK	420	543	Helmut	Lüürsen	66	LG TV Bunde	0:54:09	0:56:59	1:07:34				2:58:43
542	MJ	80	1643	Kai	Saathoff	95	Ulricianum Aurich Sek2 -	0:52:28	0:55:39	1:10:35				2:58:43
543	MJ	81	551	Hendrik	Flessner	97	Alex.-v-Humboldt-Schul	0:55:35	0:58:33	1:04:37				2:58:45
544	MHK	421	456	Carsten	Strasser	68	GW Firrel	0:54:18	0:56:39	1:07:53				2:58:50
545	MHK	422	1531	Stefan	Burlager	84	Bünting Tee	0:54:07	0:58:05	1:06:42				2:58:55
546	MHK	423	637	Frank	Waldmann	55	LG GroBefehn	0:54:09	0:58:08	1:06:43				2:59:01
547	MHK	424	432	Micha	Arends	92	Seefahrtsschule Leer	0:53:28	0:58:33	1:07:01				2:59:03
548	MJ	82	861	Fabian	Herd	02	IGS Waldschule Egels	0:53:05	0:57:40	1:08:17				2:59:04
549	MJ	83	1053	Tammo	Spieker	98	TuRa 07 Westrhauderfe	0:55:55	0:56:22	1:06:47				2:59:05
550	MHK	425	444	Jürgen	Eilerts	66	SC Wiesens	0:54:22	0:58:24	1:06:22				2:59:08
551	MHK	426	534	Jens	Gronewold	91	Team ENERCON	0:54:05	0:57:27	1:07:47				2:59:21
552	WHK	36	F60	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:54:11	0:58:17	1:07:02				2:59:32
553	MHK	427	503	Heiko	Sieling	61	Sparkasse Leer Wittmun	0:54:12	0:58:15	1:07:04				2:59:32
554	MHK	428	330	Michael	Brandt	84	IGS Waldschule Egels	0:54:27	0:58:36	1:06:29				2:59:34
555	MHK	429	1285	Stefan	Menzel	91	Seefahrtsschule Leer	0:53:24	0:55:46	1:10:23				2:59:34
556	MHK	430	602	Malte	Richter	90	MTV Wittmund	0:53:38	0:58:46	1:07:09				2:59:35
557	WHK	37	F586	Trijntje	Falkena	82	MTV Aurich	0:54:14	0:58:36	1:06:45				2:59:36
558	MHK	431	325	Matthias	Erfeling	85		0:54:15	0:58:09	1:07:12				2:59:37
559	WHK	38	F140	Meike	Flügge	66	VfL Germania Leer	0:54:15	0:58:04	1:07:20				2:59:40
560	MHK	432	352	Martin	Thoben	70	ELV Elektronik AG	0:54:32	0:58:21	1:06:46				2:59:40
561	WHK	39	F70	Alexandra	Norda	76	LG Papenburg-Aschend	0:54:24	0:58:11	1:07:04				2:59:40
562	MJ	84	1616	Hannes	Wilhelms	94	TSV Lammertsfehn	0:53:12	0:58:47	1:07:40				2:59:40
563	MJ	85	970	Renko	Engels	00	Holterfehn	0:54:28	0:58:16	1:07:02				2:59:47
564	WHK	40	F529	Claudia	Wittek	69	MTV Aurich	0:54:14	0:58:36	1:06:56				2:59:48
565	MHK	433	397	Hinrich	Rahn	73	EWE Wattloopers	0:54:36	0:58:17	1:06:54				2:59:48
566	MJ	86	1625	Timo	Brinschwitz	95	Ulricianum Aurich Sek 2	0:55:54	0:56:52	1:07:01				2:59:48
567	MHK	434	1415	Michael	Bohnen	84	FENESTRA NORDWES	0:56:11	0:57:07	1:06:32				2:59:51
568	MHK	435	339	Nanno	Betten	71	Hollen	0:54:48	0:57:23	1:07:39				2:59:51
569	MHK	436	592	Norbert	Dickmann	68	Nordland Papier	0:53:22	0:57:44	1:08:44				2:59:51
570	WHK	41	F56	Johanna	Tihen	86	Turbine TGG	0:55:19	0:58:16	1:06:17				2:59:53
571	MJ	87	868	Christian	Biller	97	IGS Waldschule Egels	0:55:12	0:55:50	1:08:59				3:00:01
572	MHK	437	1568	Frank	Duhlies	60	Tauchclub Beluga Auri	0:54:39	0:57:57	1:07:25				3:00:02
573	WHK	42	F50	Nina	Janßen	79	TSV Jahn Carolinensiel	0:54:23	0:58:20	1:07:19				3:00:03
574	MHK	438	191	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:55:17	0:57:32	1:07:14				3:00:04
575	MHK	439	677	Nils	van Loh	92	SV Eintracht Nüttermoor	0:54:02	0:58:20	1:07:42				3:00:05
576	WHK	43	F52	Sandra	Ellßel	85	Emder LG	0:55:44	0:57:14	1:07:08				3:00:07
577	MHK	440	1557	Rolf	Meyer	69	LG GroBefehn	0:54:46	0:58:22	1:07:05				3:00:13
578	MHK	441	899	Jacek	Walczak	82	ORGADATA AG	0:55:41	0:57:41	1:06:52				3:00:14
579	MHK	442	631	Jörg	Jacobsen	67	LT SC Ihrhove 07	0:54:11	0:59:06	1:06:59				3:00:16
580	MHK	443	638	Klaus	Heilmann	70	Seefahrtsschule Leer	0:55:32	0:57:57	1:06:47				3:00:17
581	MHK	444	1465	Tim	Grübner	75	Sparkasse Aurich-Nord	0:56:32	0:58:10	1:05:35				3:00:18
582	MJ	88	533	Henryk	Mannott	00	Alex.-v-Humboldt-Schul	0:54:51	0:58:45	1:06:43				3:00:19
583	MHK	445	559	Rüdiger	Barthel	90	Seefahrtsschule Leer	0:54:29	0:58:52	1:06:59				3:00:21
584	MHK	446	271	Kersten	Kiesé	64	TuS Esens	0:54:18	0:58:14	1:07:49				3:00:23
585	MHK	447	496	Bernd	Alberts	75	TV Norden	0:54:50	0:58:52	1:06:41				3:00:23
586	MHK	448	423	Uwe	Reiners	69	erlebnisgolf-ostfriesland.	0:54:58	0:57:51	1:07:41				3:00:31
587	MHK	449	776	Manfred	Strupp	45	TV Norden	0:54:39	0:59:19	1:06:34				3:00:33
588	MHK	450	125	Ulrich	Wieggers	55	TuS Eintracht Hinte	0:55:39	0:58:30	1:06:26				3:00:35
589	MHK	451	762	Siegfried	Weber	62	Team Möbel Buss	0:54:00	0:58:11	1:08:25				3:00:37
590	MHK	452	1255	Coob	Buß	61	SV Eintracht Ihlow	0:55:40	0:58:54	1:06:03				3:00:37
591	MHK	453	366	Reinhard	Oltmanns	64		0:54:27	0:57:52	1:08:21				3:00:40
592	MHK	454	807	Mario	Gerhardt	67	LwinsthGrp 21	0:54:24	0:59:15	1:07:02				3:00:42
593	MHK	455	773	Alfred	Scheepker	54	TV Norden	0:55:29	0:58:32	1:06:42				3:00:43
594	MHK	456	878	Thorsten	Stucke	74	Ubbo-Emmius-Klinik	0:53:58	0:59:14	1:07:35				3:00:48

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
595	MHK	457	1456	Jan	Fockens	82	Jantjes Team	0:57:11	0:58:26	1:05:11				3:00:50
596	MHK	458	1423	Rudolf	Frohling	63	Norden	0:54:46	0:58:18	1:07:44				3:00:50
597	MHK	459	577	Markus	Langer	70	Kdo SES Ostfriesland	0:55:11	0:57:33	1:08:05				3:00:50
598	MHK	460	300	Wichert	Brüsehoff	66	TV Oldersum	0:56:11	0:56:13	1:08:27				3:00:52
599	MHK	461	479	Wolfgang	Kuper	70	Baptisten Firrel	0:54:47	0:58:28	1:07:38				3:00:54
600	MJ	89	1648	Max	Lütten	00		0:53:43	0:56:35	1:10:35				3:00:54
601	MHK	462	521	Andreas	Dirks	64	Störtebeker Loopers TV	0:55:07	0:58:25	1:07:23				3:00:56
602	MHK	463	217	Jens	Weets	92	Weets Bauunternehmen	0:54:02	0:59:11	1:07:44				3:00:58
603	WHK	44	F95	Anne	Trauernicht	69	Intersport Peters Wiesmc	0:54:17	0:59:16	1:07:25				3:00:59
604	MHK	464	523	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:56:11	0:58:56	1:05:57				3:01:05
605	MHK	465	469	Mykola	Kazadayev	90	BBC Chartering	0:56:19	0:57:51	1:06:55				3:01:06
606	MJ	90	1578	Thilo	Strüfing	97	Ulricianum Aurich Sek 1	0:54:12	0:58:59	1:07:55				3:01:07
607	MHK	466	1420	Dieter	Schleifer	69	VW Emden	0:56:36	0:58:33	1:05:58				3:01:07
608	MHK	467	334	Helmut	Meyerhoff	62	LG Ostfriesland	0:54:56	0:57:50	1:08:22				3:01:09
609	MJ	91	1577	Tom	Puls	97	Ubbo-Emmius-Gymnasi	0:54:14	0:58:59	1:07:55				3:01:09
610	MHK	468	630	Volker	Feldkamp	60	Schule am Deich	0:56:16	0:59:07	1:05:48				3:01:11
611	MHK	469	21	Wilhelm	de Boer	61	SV Dornum	0:54:51	0:58:19	1:08:04				3:01:14
612	MHK	470	1647	Markus	Aden	84	GeTek	0:56:18	0:59:03	1:05:59				3:01:20
613	MHK	471	333	Hans	Pflanzer	54	Alex.-v-Humboldt-Schul	0:55:43	0:58:14	1:07:23				3:01:21
614	MHK	472	134	Frank	Olin	68	Lummerland Taxi Aurich	0:55:40	0:59:07	1:06:34				3:01:22
615	WHK	45	F49	Anett	Große	80	LwlnsthGrp 21	0:54:56	0:59:33	1:06:57				3:01:27
616	MHK	473	492	Frank	Kruse	79	VW Emden	0:57:22	0:57:43	1:06:22				3:01:28
617	MHK	474	879	Jürgen	Scholla	56	Ubbo-Emmius-Klinik	0:55:03	0:58:08	1:08:20				3:01:32
618	MHK	475	517	Andreas	Barth	75	Crocodiles ihlow	0:54:22	0:58:20	1:08:49				3:01:32
619	MHK	476	1591	Tebbe	Bertus	89		0:56:16	0:57:52	1:07:31				3:01:39
620	MHK	477	670	Johann	Goudschaal	64	Kirchengemeinde Hollen	0:54:01	1:00:18	1:07:20				3:01:40
621	MHK	478	1191	Beinlich	Wilko	90	Seefahrtsschule Leer	0:57:22	0:58:38	1:05:40				3:01:41
622	MHK	479	644	Detlef	Penske	65	BBS 1 Aurich	0:55:10	0:58:44	1:07:47				3:01:41
623	MHK	480	1509	Holger	Saathoff	67	TV Norden	0:54:39	0:58:50	1:08:23				3:01:52
624	MHK	481	572	Siegfried	Brauer	58	WfBM BBB Aurich Witt	0:55:19	0:57:46	1:08:47				3:01:53
625	WHK	46	F153	Katja	Möhle	71	Weener	0:56:21	0:58:39	1:07:02				3:02:04
626	MHK	482	613	Daniel	Bramlage	84	RSV Emden	0:56:53	0:58:07	1:07:05				3:02:06
627	WHK	47	F198	Heidrun	Keiser	57	LG Uplengen	0:54:39	0:59:29	1:08:02				3:02:10
628	MHK	483	287	Anh Van	Thai	72	WfBM BBB Aurich Witt	0:55:27	0:58:04	1:08:41				3:02:13
629	WHK	48	F55	Karin	Schmidt	60	LT TuS Aurich-Ost	0:55:05	0:59:22	1:07:50				3:02:18
630	WHK	49	F71	Monika	Foorden	68	LG GroBefehn	0:56:36	0:58:58	1:06:43				3:02:18
631	MHK	484	769	Richard	Kölber	66	TV Norden	0:59:17	0:57:08	1:06:05				3:02:31
632	MHK	485	724	Steffen	Vogelsang	59	Esens	0:54:29	0:59:21	1:08:40				3:02:32
633	WHK	50	F84	Ilka	Janssen	92	Bohlen & Doyen	0:55:03	0:59:02	1:08:27				3:02:33
634	MHK	486	633	Martin	Krallmann	76	MittegroBefehn	0:55:46	0:58:29	1:08:20				3:02:35
635	MJ	92	554	Paul	Schatt	98	VFR Heisfeld	0:56:25	0:59:27	1:06:47				3:02:40
636	MHK	487	448	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:55:00	0:59:41	1:07:59				3:02:41
637	MJ	93	1377	Jannik	Pleis	94	Moorloopers	0:54:51	0:58:49	1:09:01				3:02:42
638	MHK	488	472	Michael	Meiners	72	Emder LG	0:53:11	0:57:39	1:11:54				3:02:45
639	MHK	489	476	Rolf	Popp	59	R.u.F. Concordia Emde	0:55:59	0:58:41	1:08:05				3:02:45
640	MJ	94	1477	Niklas	Karge	99	Gymnasium Ulricianum /	0:57:19	0:57:41	1:07:46				3:02:47
641	WHK	51	F239	Janke	Engels-Bak	74	Holterfehn	0:55:55	0:59:18	1:07:40				3:02:54
642	MHK	490	399	Andreas	Eichner	64	Polizei Sande	0:54:09	0:58:31	1:10:13				3:02:54
643	MHK	491	430	Markus	Brouer	81		0:54:21	1:01:39	1:06:53				3:02:54
644	MHK	492	420	Stephan	Adloff	76	Team ENERCON	0:55:37	0:59:19	1:08:02				3:02:59
645	MHK	493	465	Uwe	Bock	61	LT TuS Aurich-Ost	0:55:12	0:59:02	1:08:45				3:03:00
646	WHK	52	F579	Ayse	Isik	78	Ubbo-Emmius-Klinik	0:56:27	0:58:57	1:07:39				3:03:04
647	MHK	494	1205	Jörn	Krey	60	Reederei Buss	0:56:24	0:58:56	1:07:44				3:03:05
648	MHK	495	754	August	Jeron	56	LT TuS Aurich-Ost	0:55:42	0:58:58	1:08:28				3:03:09

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
649	MHK	496	188	Heinz	Rohden	63	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:04:58				3:03:11
650	MJ	95	1437	Jonas	Müller	98	HTG Ihlow	0:55:40	0:58:45	1:08:45				3:03:11
651	MHK	497	343	Theo	Goldsweer	53	TUS Collinghorst	0:55:17	0:58:51	1:09:07				3:03:16
652	MHK	498	213	Thomas	Bolte	65	EWE Wattloopers	0:56:00	0:58:55	1:08:21				3:03:18
653	WHK	53	F676	Verena	Lübbers	81	Rechtsanwälte Dr. Fenn	0:56:37	0:59:18	1:07:35				3:03:31
654	WJ	8	F705	Janna	Naatjes	96	Turbine	0:58:41	0:59:05	1:05:45				3:03:33
655	MHK	499	553	Olaf	Schatt	67	Turbine-TGG	0:56:00	0:59:38	1:07:55				3:03:34
656	WHK	54	F645	Anke	Untied-Plaß	69	Schwerinsdorf	0:56:45	1:00:01	1:06:49				3:03:35
657	MHK	500	1294	Hinrich	Sparringa	69		0:55:23	0:59:54	1:08:23				3:03:41
658	MHK	501	904	Nico	Meppen	78	REHAU AG & Co	0:57:14	0:58:25	1:08:02				3:03:42
659	WHK	55	F59	Silvia	Meiners	71	Emder LG	0:55:48	0:59:46	1:08:10				3:03:44
660	MHK	502	1221	Holger	Röben	73	Team ENERCON	0:55:06	0:59:18	1:09:23				3:03:49
661	MHK	503	415	Henning	Lamche	83	LG Premium Aerotec	0:55:13	0:58:57	1:09:42				3:03:54
662	MHK	504	1070	Christian	Düring	89	Kdo SES Ostfriesland	0:56:53	0:53:33	1:13:28				3:03:54
663	MHK	505	340	Steffen	Gerbers	86	Versicherungsmakler Ge	0:56:07	0:59:00	1:08:50				3:03:57
664	MHK	506	1433	Jens	Frieling	70	Allstars 2002	0:56:19	0:59:09	1:08:29				3:03:58
665	WHK	56	F179	Veronique	Löschen	80	Kdo SES Ostfriesland	0:55:44	0:59:16	1:08:57				3:03:58
666	WHK	57	F91	Janneke	Peters	77	Fortuna Logabirum	0:55:44	0:58:59	1:09:15				3:03:59
667	MHK	507	620	Hans-Herm	Meents	65	TuS Leerhufe-Hovel e.	0:55:47	0:59:43	1:08:35				3:04:05
668	MHK	508	404	Ralf	Sperlich	70	Ostfriesische Volksbank	0:55:18	0:59:54	1:08:53				3:04:05
669	MHK	509	1233	Sören	Vesper	75	VW	0:56:32	0:59:23	1:08:10				3:04:06
670	MHK	510	958	Dietmar	Sich	69	MTV Aurich	0:56:12	0:59:16	1:08:42				3:04:11
671	MJ	96	1376	Marvin	Czeratzki	96	FCSO	0:54:47	1:02:49	1:06:36				3:04:13
672	MHK	511	929	Johann	Nörder	61	EWE-Wattloopers	0:54:30	1:00:47	1:09:02				3:04:20
673	MHK	512	1338	Dieter	Geiken	64	LT TuS Aurich-Ost	0:55:45	0:59:01	1:09:33				3:04:20
674	MHK	513	1494	Kay	Böhland	65	Oldenburg	0:55:44	1:00:01	1:08:36				3:04:21
675	MJ	97	652	Moritz	Röttger	99	IGS Aurich West Sek1	0:56:47	0:59:49	1:07:45				3:04:22
676	MHK	514	624	Thomas	Grimm	61	VfL Berumbur	0:54:55	1:00:13	1:09:22				3:04:31
677	MJ	98	1313	Moritz	Klaassen	94	Ulricianum Aurich Sek 2	0:55:27	0:58:03	1:11:02				3:04:33
678	MHK	515	576	Johann	Müller	63	LG Uplengen	0:56:10	1:00:03	1:08:23				3:04:37
679	MHK	516	109	Heyo	Hanssen	61	SC Wiesens	0:55:49	0:59:04	1:09:42				3:04:37
680	WJ	9	F108	Mareike	Anscheit	97	Fortuna Logabirum	0:52:53	0:58:45	1:12:59				3:04:38
681	MHK	517	347	Garrelt	Tunder	55	SC Wiesens	0:57:44	0:58:17	1:08:37				3:04:39
682	MHK	518	353	Wilhelm	Badberg	44	TG Wiesmoor	0:56:40	0:59:49	1:08:10				3:04:39
683	WHK	58	F64	Sylvia	Lonser	80	Westoverledingen	0:56:53	0:59:42	1:08:03				3:04:39
684	WHK	59	F83	Ulrike	Hartmann	83	Hartmann Group	0:58:03	0:57:49	1:08:47				3:04:40
685	MHK	519	338	Dieter	Saathoff	60	TG Wiesmoor	0:56:41	0:59:49	1:08:10				3:04:41
686	MHK	520	493	Günther	Oldendorf	62	TV Norden	0:59:17	0:58:47	1:06:36				3:04:41
687	MHK	521	1404	Joachim	Koenen	66		0:57:09	0:58:51	1:08:41				3:04:41
688	MHK	522	1599	Christian	Frey	82	Perior	1:02:16	0:57:28	1:04:57				3:04:42
689	MHK	523	810	Frank	Meyburg	69	www.sv-simonswolde.de	0:57:29	0:59:31	1:07:44				3:04:44
690	WHK	60	F98	Hiltrud	Pothast	72	HC Moormerland	0:56:35	0:59:42	1:08:29				3:04:47
691	MHK	524	491	Lutz	Holzapfel	58	TV Norden	0:53:50	0:58:52	1:12:09				3:04:52
691	WHK	61	F545	Hilde	Steinke	45	SV Concordia Neermoor	0:54:36	0:59:51	1:10:24				3:04:52
693	MJ	99	599	Tim	Wehmeier	99	SV Komet Walle	0:56:47	0:59:49	1:08:19				3:04:57
694	MHK	525	1361	Holger	Kleene	71	obw Emden	0:56:13	0:56:14	1:12:29				3:04:57
695	MHK	526	632	Horst	Korporal	66	De Padlooper	0:55:45	0:59:43	1:09:30				3:04:59
696	MHK	527	611	Karl-Heinz	Nanninga	66	Ostfriesische Brandkass	0:56:57	0:59:26	1:08:35				3:04:59
697	MHK	528	562	Sascha	Paul	81	SpVg Aurich	0:52:15	0:54:59	1:17:47				3:05:02
698	MJ	100	609	Maximilian	Reineck	96	FCSO	0:56:12	0:56:38	1:12:14				3:05:05
699	MHK	529	697	Klaus	Bergmann	58	Seefahrtsschule Leer	0:57:42	0:59:34	1:07:50				3:05:07
700	WHK	62	F593	Anita	van Jinnelt	65	MTV Hohenkirchen	0:57:34	1:00:42	1:06:50				3:05:07
701	MJ	101	819	Oliver	Pristat	96	JG 71 R	0:56:28	0:59:56	1:08:44				3:05:08
702	MHK	530	937	Manfred	Weber	62	SV Stern Schwerinsdorf	0:56:37	1:01:43	1:06:50				3:05:10

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
703	MHK	531	368	Jakobus	Hofmann	54	Weener Plastik	0:55:53	1:00:53	1:08:25				3:05:12
704	MJ	102	1631	Günther	Dieke	00	Gymnasium Ulricianum F	0:57:00	0:59:19	1:08:55				3:05:15
705	MHK	532	443	Goemann	Philipp	91	Seefahrtsschule Leer	0:56:32	0:59:37	1:09:10				3:05:20
706	MHK	533	681	Ralf	Frerichs	73	Uplengen	0:56:09	1:00:32	1:08:40				3:05:23
707	WHK	63	F80	Indra	Schnabel	78	LT TuS Aurich-Ost	0:57:27	0:59:20	1:08:36				3:05:23
708	MHK	534	1266	David	Güttner	80	NIGE II	0:55:25	0:58:44	1:11:18				3:05:28
709	MHK	535	689	Frank	Ziegler	67	Team Deutsche Post	0:55:40	1:00:28	1:09:21				3:05:30
710	MHK	536	945	Dennis	Tamke	91	Seefahrtsschule Leer	0:56:47	0:59:49	1:08:58				3:05:36
711	MHK	537	182	Michael	Fischer	64	Moormerland	0:55:35	1:01:30	1:08:31				3:05:38
712	MHK	538	651	Benjamin	Nobel	86	BBC Chartering	0:55:40	1:00:54	1:09:03				3:05:38
713	MHK	539	916	Gerd	de Freese	68		0:56:52	0:59:48	1:08:59				3:05:40
714	MHK	540	500	Bonno	Sanders	67	Loquard	0:54:41	1:00:42	1:10:17				3:05:41
715	MHK	541	1488	Michael	Freese	80	Vfl Viktoria Flachsmeer	0:56:40	0:59:40	1:09:21				3:05:42
716	MHK	542	692	Lothar	Müller	61		0:58:35	0:58:52	1:08:15				3:05:43
717	MJ	103	1310	Marco	Harms	99	Gymnasium Ulricianum F	0:57:19	0:57:50	1:10:34				3:05:44
718	MHK	543	372	Jens	Pagel	63	LG Uplengen	0:55:13	0:59:18	1:11:14				3:05:45
719	MHK	544	933	Uwe	Barthel	56	Moormerland	1:01:12	0:50:26	1:14:08				3:05:46
720	MHK	545	795	Markus	Busch	76	LT Spaß mit Sport	0:56:04	0:59:53	1:09:49				3:05:47
721	MHK	546	394	Robert	Sprenger	62	LSF Oldenburg	0:56:27	1:00:08	1:09:14				3:05:50
722	MHK	547	707	Alfred	Tjarks	59	EWE Wattloopers	0:55:55	0:59:56	1:09:59				3:05:51
723	MHK	548	995	Stephan	Schwarte	90	Seefahrtsschule Leer	0:55:55	0:59:53	1:10:05				3:05:54
724	MHK	549	498	Jan-Uwe	Barth	79	Sparkasse Leer Wittmun	0:56:11	1:00:56	1:08:46				3:05:55
725	MHK	550	529	Hermann	Boekhoff	61	Freie Lunge SV Bentstre	0:56:30	1:00:09	1:09:15				3:05:56
726	MHK	551	953	Johann	Grüßing	58	LG Uplengen	0:56:35	0:59:57	1:09:27				3:06:00
727	WHK	64	F29	Vidina	Cabrera-Ott	70	TuS Zetel	0:55:52	1:01:15	1:08:52				3:06:00
728	WHK	65	F58	Engeline	Janssen	64	LG Ostfriesland	0:56:01	1:01:07	1:09:03				3:06:11
729	WHK	66	F653	Anna	Lücke	82	SV Nortmoor	0:56:17	1:00:12	1:09:42				3:06:12
730	MHK	552	475	Werner	Borchert	62	Bürgerverein Filsum	0:55:02	1:01:01	1:10:09				3:06:14
731	WHK	67	F116	Luise	Hoffmann	58	Ostfriesische Volksbank	0:56:22	1:00:36	1:09:19				3:06:18
732	MHK	553	335	Heiko	Holzenkae	86	FC Stern Völlenerfehn	0:57:10	0:59:50	1:09:18				3:06:19
733	MHK	554	908	Rainer	Peters	51	Emder LG	0:56:09	1:01:28	1:08:43				3:06:20
734	MHK	555	557	Ralf	Hahs	60		0:56:37	1:01:19	1:08:24				3:06:21
735	MHK	556	1466	Friedhelm	Tammena	68	FCSO	0:57:46	0:59:31	1:09:04				3:06:22
736	MHK	557	1264	Marcel	Moskalik	92	Seefahrtsschule Leer	0:59:02	0:59:03	1:08:18				3:06:24
737	MHK	558	1588	Berend	Möhlmann	77	Egberts+Berends	0:55:54	1:00:14	1:10:19				3:06:28
738	MHK	559	470	Reenhold	Christians	50	Emder LG	0:55:43	1:00:11	1:10:33				3:06:29
739	MHK	560	683	Stephan	Giebelhaus	77		0:57:15	0:59:49	1:09:25				3:06:30
740	WHK	68	F620	Eva	Post	73	TSV Riepe	0:56:19	1:00:12	1:10:01				3:06:33
741	MHK	561	1579	Martin	Bogena	61	Dabei sein ist alles!	0:57:42	0:59:50	1:09:02				3:06:34
742	MHK	562	818	Christoffer	Janssen	81	Barkholt	0:56:42	1:00:15	1:09:38				3:06:35
743	MHK	563	1553	Oliver	Löseke	72	Sparkasse Aurich-Nord	0:57:23	1:00:20	1:08:52				3:06:36
744	MJ	104	552	Simon	Hayen	98	Alex.-v-Humboldt-Schul	0:55:35	0:59:22	1:11:40				3:06:38
745	MHK	564	528	Jochen	Willms	81	Scharff / Trauco	0:57:29	1:00:05	1:09:03				3:06:38
746	WHK	69	F101	Inse	Kohlenberg	50	TuS Zetel	0:55:34	1:00:19	1:10:48				3:06:42
747	MHK	565	370	Timo	Buss	74	Reederei Buss	0:57:58	0:59:24	1:09:20				3:06:43
748	MHK	566	998	Ralf	Fahnster	82	VfB Germania Wiesmoo	0:57:03	0:59:53	1:09:54				3:06:51
749	MHK	567	1452	Klaus	Wolbers	79	BMW TEKKEN LEER	0:57:35	0:59:54	1:09:28				3:06:59
750	MHK	568	948	René	Reich	87	IT-Sektor 4, Aurich	0:58:38	1:00:08	1:08:12				3:06:59
751	MHK	569	1260	Ulf-Fabian	Heinrichsdo	82	Stadt Leer	0:55:29	1:00:48	1:10:42				3:07:00
752	MHK	570	1098	Bernd	Fluß	73	WfBM BBB Aurich Witt	0:57:42	1:00:38	1:08:42				3:07:03
753	WHK	70	F61	Sabrina	Zabel	84	Turbine TGG	0:57:57	0:59:46	1:09:28				3:07:13
754	MHK	571	768	Adolf	Meyer	58	TV Norden	0:56:15	1:00:22	1:10:36				3:07:15
755	MHK	572	890	Hans-Herm	Wolters	61	Klingele / Weener Energi	0:57:18	1:01:40	1:08:16				3:07:15
756	MHK	573	781	Heiko	Lüken	69	SC Wiesens	0:57:20	1:00:26	1:09:29				3:07:16

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
757	WHK	71	F687	Femke	Thoben	93	Klinikum Leer	0:57:01	0:59:54	1:10:32				3:07:27
758	MHK	574	280	Hans-Jürge	Gippert	44	TG Wiesmoor	0:57:33	1:00:40	1:09:26				3:07:41
759	MHK	575	462	Mark	Goldenstein	81	Onno Behrends Tee	1:00:19	1:00:16	1:07:05				3:07:41
760	WHK	72	F51	Marion	Geiken	66	LT TuS Aurich-Ost	0:56:10	1:01:05	1:10:25				3:07:41
761	MHK	576	563	Berend	Habben	60	Wybelsum	0:56:23	1:01:41	1:09:37				3:07:41
762	WHK	73	F523	Monika	Loers	75	TG Wiesmoor	0:57:50	1:00:05	1:09:47				3:07:44
763	MHK	577	1478	Heiko	Freese	63	LT TuS Aurich-Ost	0:55:34	0:59:18	1:12:52				3:07:45
764	MHK	578	905	Ehke	Ubben	62	MTV Aurich	0:57:22	1:00:17	1:10:07				3:07:46
765	MJ	105	431	Finn Eric	Heckhoff	97	VfL Germania Leer/Judo	0:56:59	1:01:05	1:09:42				3:07:47
766	MHK	579	436	Jens	Lüning	74	Stadt Leer	0:56:18	1:00:48	1:10:41				3:07:48
767	MHK	580	1234	Dieter	Franz	61	Elisabethfehn	0:56:26	1:02:04	1:09:25				3:07:56
768	MHK	581	1311	Jörn	Sievers	65	LIONS Ihlow-Sudbrook	0:56:32	1:00:32	1:10:54				3:07:58
769	WHK	74	F113	Elke	Siefkens	69	Emder LG	0:55:19	1:02:24	1:10:15				3:07:59
770	MHK	582	586	Wolfgang	Habedank	57	Ramsloh	0:57:02	1:00:40	1:10:17				3:08:00
771	MHK	583	1462	Frank	Müller	72	Sparkasse Aurich-Nord	0:58:47	1:00:20	1:08:52				3:08:00
772	MHK	584	1245	Wilhelm	Müller	50	Emder LG	0:56:06	1:01:46	1:10:10				3:08:03
773	MHK	585	1027	Thies	Meijster	92	Seefahrtsschule Leer	0:57:00	0:59:38	1:11:26				3:08:04
774	MHK	586	513	Hinrich	Saathoff	52	Fortuna Wirdum	0:57:20	1:01:57	1:08:47				3:08:06
775	MHK	587	1410	Dirk	Schmieder	81	Seefahrtsschule Leer	0:58:35	1:00:19	1:09:16				3:08:11
776	MHK	588	600	Mirko	Riedel	77	Klingele / Weener Energi	0:57:18	1:02:07	1:08:50				3:08:16
777	MHK	589	581	Dennis	Gerbers	82	Ubbo-Emmius-Klinik	0:56:38	1:01:32	1:10:05				3:08:16
778	WJ	10	F694	Kristina	Schröder	97	Realschule Aurich	0:57:19	0:59:50	1:11:05				3:08:16
779	MJ	106	1436	Christian	Müller	97	HTG Ihlow	0:55:52	1:00:15	1:12:11				3:08:19
780	MJ	107	360	Derk	Steffens	01	Emder LG	0:59:01	0:59:25	1:09:53				3:08:20
781	MHK	590	695	Ralf	Hagen	80	HolzLand Hagen KG	0:57:18	1:01:00	1:10:05				3:08:24
782	MHK	591	635	Christian	Bauch	69	Heimatblatt	0:55:58	1:01:43	1:10:44				3:08:25
783	MJ	108	1540	Onno	Heiken	97	HTG Ihlow	0:57:19	1:01:17	1:09:49				3:08:26
784	MHK	592	847	Timo	Thaden	89	Kdo SES Ostfriesland	0:59:30	1:01:08	1:08:06				3:08:45
785	WJ	11	F520	Marieke	Frerichs	96	Ulricianum Aurich Sek 1	0:59:21	0:59:30	1:09:55				3:08:47
786	MHK	593	1533	Holger	Alts	89	Bünting Tee	0:58:18	1:00:33	1:09:56				3:08:47
787	MHK	594	455	Detlef	John	69	Team ENERCON	0:58:39	1:00:29	1:09:44				3:08:52
788	MHK	595	1416	Günter	Buss	71	MTV Aurich / LG Eller	0:57:21	1:00:32	1:11:05				3:08:58
789	MHK	596	712	Christian	Storm	79	LT TuS Aurich-Ost / IGS	0:58:07	1:00:58	1:09:52				3:08:59
790	MJ	109	220	Jan-Ole	Wilhelms	97	TSV Lammertsfehn	0:57:39	0:58:47	1:12:34				3:09:01
791	MHK	597	1632	Bernd	Renken	49		0:57:19	1:01:09	1:10:32				3:09:01
792	MHK	598	377	Torsten	Gensicke	67	Wiesmoor	0:58:23	1:01:07	1:09:32				3:09:04
793	MHK	599	1320	Heiner	Engeln	80	Lebenshilfe Leer e.V.	0:56:54	1:00:20	1:11:51				3:09:06
794	MHK	600	729	Thomas	Meyer zu B	70	Heimatblatt	0:57:22	1:01:01	1:10:42				3:09:07
795	MHK	601	780	Karsten	Hilger	68	TV Norden	0:57:27	1:01:07	1:10:33				3:09:09
796	MHK	602	676	Peter	Anscheit	65	Fortuna Logabirum	0:57:06	1:01:37	1:10:27				3:09:11
797	MHK	603	669	Oskar	de Buhr	51	Schule am Patersweg I	0:57:10	1:01:18	1:10:43				3:09:11
798	MHK	604	1458	Ekkehart	Wolter	53	Die Münchener	0:56:41	1:01:16	1:11:16				3:09:14
799	MHK	605	716	Tom	Bohmfalk	57	SC 04 Leer/Enova	0:57:39	1:02:30	1:09:15				3:09:24
800	WJ	12	F142	Rena	Hinrichs	94	LG GroBefehn	0:57:41	1:01:05	1:10:39				3:09:26
801	MHK	606	778	Jochen	Nanninga	67	TV Norden	0:57:04	1:01:25	1:10:59				3:09:29
802	MHK	607	823	Jan	Kanaan	88	LwinsthGrp 21	0:58:59	1:01:14	1:09:16				3:09:31
803	MHK	608	1555	Andreas	Stekker	82	NIGE	0:57:32	1:01:50	1:10:15				3:09:37
804	MHK	609	1611	Thomas	Exner	64	DLRG LEER	0:58:14	1:00:52	1:10:32				3:09:39
805	MHK	610	597	Michael	Hoppe	64	Hartmann Group	0:58:11	1:00:56	1:10:33				3:09:41
806	MJ	110	536	Leif Erik	Kleene	99	FC Oldersum	0:56:13	1:00:57	1:12:30				3:09:41
807	WHK	75	F92	Petra	Quiet-Beldy	67	Stadt Oldenburg	0:57:24	1:01:06	1:11:10				3:09:41
808	WHK	76	F692	Gesa	Freudenber	82	Ihlowerfehn	0:57:02	1:00:50	1:11:49				3:09:42
809	MHK	611	784	Hermann	Schmidt	55	FC Stern Völlenerfehn	0:59:28	1:00:48	1:09:26				3:09:42
810	WHK	77	F109	Carmen	Gerdes	74	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:11:42				3:09:54

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
811	MJ	111	1582	Sönke	Fleßner	01	SpVg Aurich D2	0:56:39	1:01:58	1:11:17				3:09:55
812	MHK	612	698	Frank	Dahlweg	78	Kautex	0:57:39	1:00:56	1:11:21				3:09:57
813	MHK	613	782	Michael	Geiken	74	In-Team Aurich	0:57:36	1:01:28	1:10:54				3:09:58
814	MHK	614	471	Ralf	Mühlenbroc	67	Team ENERCON	0:56:55	1:01:49	1:11:15				3:10:00
815	MHK	615	1333	Norbert	Freitag	48	LT TuS Aurich-Ost	0:58:34	1:01:48	1:09:44				3:10:06
816	MHK	616	419	Bernd	de Vries	70	TB.Twixlum	0:57:53	1:01:27	1:10:50				3:10:12
817	MJ	112	203	Matthias	Bartz	97	Ubbo-Emmius-Gymnasi	0:59:04	1:00:08	1:11:03				3:10:17
818	MHK	617	1113	Stephan	Janßen	73	TTC Remels	0:58:57	1:02:39	1:08:42				3:10:19
819	MJ	113	1330	Sönke	Rodyk	96	Ulricianum Aurich Sek 2	0:56:30	0:59:23	1:14:30				3:10:24
820	MHK	618	678	Rainer	Müller	42	TV Friedeburg	0:57:27	1:01:38	1:11:20				3:10:26
821	MJ	114	869	Sönke	de Wall	97	IGS Waldschule Egels	0:59:08	1:02:02	1:09:17				3:10:28
822	MHK	619	1454	Stephan	Watermeyer	62	Sportivo Emden	0:57:29	1:01:12	1:11:48				3:10:30
823	WHK	78	F678	Ramona	Reemts	84	LG Harlingerland	0:58:06	1:01:44	1:10:40				3:10:30
824	WHK	79	F581	Andra	Meinen	91	Ubbo-Emmius-Klinik	1:00:19	1:01:26	1:08:47				3:10:32
825	MHK	620	718	Siegfried	Gersch	42	TSV Riepe	0:58:35	1:01:46	1:10:17				3:10:40
826	MHK	621	949	Johann	Schoolman	81	FWG-Südbrookmerland	0:58:01	1:02:30	1:10:11				3:10:43
827	MHK	622	1580	Rainer	Ebel	62	LT TuS Aurich-Ost	0:55:59	1:00:13	1:14:31				3:10:45
828	WHK	80	F152	Bärbel	Terviel	57	LG Uplengen	0:57:45	1:02:01	1:11:00				3:10:48
829	WHK	81	F102	Sabine	Mansholt	71	VfB Uplengen	0:57:36	1:01:20	1:11:53				3:10:50
830	WHK	82	F169	Alexandra	Bichmann	69	Jever	0:58:33	1:01:57	1:10:24				3:10:55
831	MJ	115	1501	Finn	Michaelsen	99	FCSO	1:00:51	1:00:50	1:09:14				3:10:56
832	WJ	13	F267	Sarah	Engelbart	98	Gymnasium Ulricianum /	0:58:37	1:01:15	1:11:04				3:10:57
833	WHK	83	F171	Silke	Olthoff	64	LG TV Bunde	0:58:41	1:01:41	1:10:35				3:10:58
834	MHK	623	1500	Claus	Michaelsen	69	Ev. Gemeinschaft Rhaud	1:00:52	1:00:50	1:09:15				3:10:58
835	WHK	84	F89	Imke	Janssen	76	LT TuS Aurich-Ost	0:58:20	1:00:47	1:11:52				3:11:00
836	MHK	624	407	Bernhard	Middelkamp	56	VfL Oythe, Trauco	0:57:51	1:01:05	1:12:05				3:11:02
837	MHK	625	1618	Andreas	Prey	59	Neermoor	0:58:02	1:02:12	1:10:47				3:11:02
838	MHK	626	931	Detlef	Brehmer	55	Wilhelmshaven	0:58:55	1:01:37	1:10:30				3:11:03
839	MHK	627	1558	Helfried	Goetz	71	KBV Wiesedermeer	0:57:44	1:02:10	1:11:09				3:11:04
840	MHK	628	800	Michael	Buchtmann	73	Team ENERCON	1:00:33	1:02:25	1:08:08				3:11:06
841	MHK	629	935	Arne	Dahms	76	Wilbeoer Bauteile Gmb	0:59:12	1:01:39	1:10:14				3:11:07
842	MHK	630	1525	Christoph	Anders	83	Bünting Tee	0:58:18	1:00:33	1:12:16				3:11:07
843	MHK	631	1047	Hans-Peter	Bohlen	66	TG Wiesmoor	0:57:24	1:03:23	1:10:22				3:11:10
844	WHK	85	F527	Regina	Stark	63	LG TV Bunde	0:57:16	1:02:51	1:11:07				3:11:16
845	MHK	632	755	Klaus	Giebelhaus	75		0:57:23	1:02:57	1:10:56				3:11:16
846	MHK	633	1460	Ralf	Schwitters	82	Wallinghausen	0:58:41	1:01:58	1:10:37				3:11:17
847	WHK	86	F562	Gina	Lamberts	67	Aquilo	0:57:51	1:01:41	1:11:45				3:11:19
848	MHK	634	525	Helmut	Poppen	50	Störtebeker Loopers TV	0:56:55	1:02:42	1:11:42				3:11:21
849	WHK	87	F124	Anja	Mennenga	66	Emder LG	0:58:22	1:01:45	1:11:14				3:11:22
850	MJ	116	1441	Hendrik	Jürgens	96	HTG Ihlow	0:59:15	1:00:34	1:11:33				3:11:23
851	WHK	88	F88	Heide	Broer	57	Ubbo-Emmius-Klinik	0:58:34	1:01:50	1:11:00				3:11:25
852	MHK	635	1197	Wessel	Heyken	87	LHV	0:59:44	1:02:10	1:09:30				3:11:25
853	WHK	89	F183	Wilma	Pahl	85	Leinerstift e.V	0:57:50	1:01:23	1:12:12				3:11:26
854	MHK	636	1246	Volkmar	Hildebrandt	55	TuS Weene / IGS Wald	0:58:35	1:02:08	1:10:43				3:11:27
855	MHK	637	355	Harald	Eilts	64	EWE Wattloopers	0:59:15	1:02:04	1:10:13				3:11:33
856	MHK	638	587	Heye	Willems	53	Fortuna Logabirum	0:57:05	1:02:13	1:12:15				3:11:33
857	MHK	639	705	Christian	Hansen	62	Ingenieurbüro POST & H	0:57:46	1:02:20	1:11:26				3:11:34
858	WHK	90	F66	Susan	Schädler	59	Fortuna Logabirum	0:58:09	1:01:39	1:11:45				3:11:34
859	WHK	91	F76	Inka	Höfker	72	MTV Aurich	0:57:26	1:02:33	1:11:36				3:11:35
860	MHK	640	1237	Frank	Kräfte	62	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:18				3:11:41
861	WHK	92	F104	Marion	Kröger	60	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:17				3:11:41
862	MHK	641	839	Jens	von Harten	76	VfB Germania Wiesmoor	0:58:39	1:00:20	1:12:43				3:11:43
863	WHK	93	F699	Maike	Franken	79	Emder Ruderverein	0:59:33	1:02:20	1:09:51				3:11:45
864	MHK	642	1252	Claudio	Schrock-Op	66	Stadtwerke Norden	0:57:11	1:01:04	1:13:31				3:11:47

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
865	MHK	643	896	Jochen	Schmidt	71	WfbM BBB Aurich Witt	0:58:48	1:02:40	1:10:19				3:11:49
866	WHK	94	F77	Amke	Boelsen	61	Karl-Bruns Realschule W	0:58:04	1:02:23	1:11:25				3:11:53
867	WHK	95	F110	Helga	Schmidt	65	EWE Wattloopers	0:57:46	1:03:09	1:11:01				3:11:56
868	WHK	96	F230	Kathrin	Amarell	89	LwlnsthGrp 21	0:58:59	1:01:14	1:11:44				3:11:58
869	MHK	644	362	Michael	Hüttenberg	55	SG Stedesdorf	0:56:40	0:58:47	1:16:31				3:11:59
870	WHK	97	F528	Frauke	Aden	71	LG Grobefechn	0:57:58	1:01:35	1:12:25				3:11:59
871	WHK	98	F168	Ann-Katrin	Behrends	91	Team ENERCON	0:55:52	1:00:42	1:15:29				3:12:04
872	MHK	645	1526	Christian	Ulbrich	89	Bünting Tee	0:57:41	1:01:46	1:12:43				3:12:10
873	MHK	646	1626	Friedo	Henning	64	Henning Ingenieurbüro	0:57:50	1:02:43	1:11:38				3:12:13
874	MHK	647	1337	Stefan	Bohlsen	64	LT Spaß mit Sport	0:57:19	1:02:06	1:12:47				3:12:13
875	MHK	648	495	Karl-Heinz	Goudschaal	68	TV Norden	0:57:09	1:02:44	1:12:20				3:12:15
876	MHK	649	384	Elmar	Tapper	79	LG Ostfriesland	0:58:12	1:02:08	1:12:00				3:12:20
877	MHK	650	734	Wolfgang	Hagen	67	Sportgemeinschaft Sted	0:56:06	0:59:49	1:16:31				3:12:27
878	MHK	651	1261	Joachim	Ludwigs	69	Stadt Emden	0:58:41	1:02:22	1:11:24				3:12:28
879	MHK	652	1296	Lucas	Brockhorst	90		1:00:16	1:02:10	1:10:02				3:12:28
880	WHK	99	F63	Melanie	Aden	72	LG Grobefechn	0:58:37	1:02:35	1:11:19				3:12:32
881	WHK	100	F580	Mareike	Ahlers	85	Lebenshilfe Leer e.V.	0:57:58	1:02:44	1:11:51				3:12:34
882	MHK	653	568	Manfred	Sassen	64	Weener Plastik	0:58:57	1:03:06	1:10:30				3:12:34
883	WHK	101	F594	Sylvia	Bihn	63	MTV Hohenkirchen	0:59:12	1:03:56	1:09:25				3:12:34
884	MHK	654	441	Marc	Dahlkötter	90	Seefahrtsschule Leer	0:58:04	1:03:47	1:10:43				3:12:35
885	WJ	14	F666	Eske	Hilbrands	96	de Heizungsloopers	0:57:21	1:02:56	1:12:18				3:12:36
886	WHK	102	F664	Anja	Wachtendor	71	BV Liek Ut Westersande	0:58:28	1:02:15	1:11:52				3:12:36
887	MHK	655	604	Nils	Charcholla	93	Alex.-v-Humboldt-Schul	1:01:09	0:58:08	1:13:21				3:12:39
888	MHK	656	438	Holger	Wempen	75	Westerstede	0:58:04	1:02:53	1:11:42				3:12:40
889	MHK	657	1276	Kevin	Löhden	88	Seefahrtsschule Leer	0:58:21	1:02:40	1:11:42				3:12:44
890	MHK	658	722	Johann	Janssen	64	TRAUCO Gruppe	0:59:52	1:02:35	1:10:19				3:12:46
891	MHK	659	1303	Johann	Taddigs	61	Esens	0:56:58	1:02:18	1:13:31				3:12:49
892	MHK	660	433	Holger	Steinmetz	70	Emder LG	0:58:20	1:02:38	1:11:54				3:12:53
893	MHK	661	884	Enno	Hedlefs	65	LT Schafhauser Wald	0:56:20	1:02:19	1:14:19				3:12:59
894	MHK	662	473	Gerd	Romaneeß	63	Theater Brockzetel-Wie	0:57:00	1:02:51	1:13:07				3:12:59
895	WHK	103	F688	Corinna	Thien	69		0:57:32	1:02:12	1:13:15				3:12:59
896	MHK	663	483	Gerhard	Rother	75	Schöne Reisen	0:59:37	1:02:35	1:10:47				3:13:01
897	WHK	104	F644	Sabine	Poppe, Dr.	65	LG Grobefechn	0:59:01	1:02:37	1:11:28				3:13:07
898	MHK	664	816	Siebelt	Remmers	79	SV Ochtersum	0:58:30	0:59:28	1:15:12				3:13:10
899	MHK	665	960	Wilfried	Diener	62	VfB Uplengen	0:58:59	1:02:55	1:11:17				3:13:11
900	MHK	666	966	Wilfried	Kruse	61	VW Emden	0:59:38	1:02:30	1:11:07				3:13:15
901	MHK	667	973	Arthur	Kaucher	91	BBC Chartering	0:59:38	1:02:10	1:11:27				3:13:17
902	MJ	117	1024	Nico	Emken	98	SV Grobefechn	1:02:00	0:59:51	1:11:26				3:13:17
903	MJ	118	1011	Lasse	Büchen	98	NIGE II	0:59:03	1:03:32	1:10:44				3:13:19
904	MHK	668	514	Manfred	Hellmers	67	TRAUCO Gruppe	0:59:52	1:03:09	1:10:19				3:13:20
905	MHK	669	1169	Holger	Schlenter	82	SV Grün-Weiß firrel	1:00:27	1:02:22	1:10:31				3:13:21
906	MHK	670	841	Klaas	Lemke	89	RVB Aurich/Uplengen	1:00:50	1:00:55	1:11:38				3:13:24
907	MHK	671	1482	Dennis	Lawecki	88	GeTek	0:57:31	1:03:10	1:12:43				3:13:25
908	WHK	105	F317	Stephi	Kruse	77	TuRa 07 Westrhauderfe	0:58:45	1:02:39	1:12:02				3:13:27
909	MHK	672	1239	Mathias	Bohlen	78	Dekra Wilhelmshaven	0:58:24	1:00:57	1:14:08				3:13:31
910	WHK	106	F135	Angela	Gerdes	62	LG Ostfriesland/ IGS Wa	0:58:33	1:02:44	1:12:21				3:13:39
911	MHK	673	1620	Enno	Janssen	64	Feuerwehr Ihlowerfehn	0:59:17	1:03:10	1:11:14				3:13:41
912	WHK	107	F106	Sabrina	Schröder	77	MTV Aurich	0:57:35	1:02:33	1:13:33				3:13:42
913	MHK	674	1259	Reiner	Schoon	64	LG Grobefechn	1:05:00	1:00:06	1:08:36				3:13:43
914	MHK	675	626	Björn	Nauschütt	73	Ostfriesische Volksbank	0:58:42	1:02:52	1:12:10				3:13:45
915	MHK	676	439	Kurt	Begitt	47	SV Dornum Wattl	0:58:05	1:04:03	1:11:37				3:13:46
916	MHK	677	461	Horst	Saathoff	90	Onno Behrends Tee	1:00:19	1:00:34	1:12:59				3:13:53
917	MHK	678	824	Wilfried	Koplin	63	AOK - Die Gesundheitsk	0:59:35	1:02:55	1:11:26				3:13:57
918	MHK	679	845	Christian	Klapproth	85	Raiffeisenbank eG, Moor	0:59:28	1:02:50	1:11:40				3:13:59

Zwischenstand nach 3. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
919	MHK	680	1453	Armin	Brink	62	Stadtwerke Leer	0:59:05	1:02:23	1:12:36				3:14:05
920	MJ	119	605	Jan-Ole	Musiol	98	MTV Aurich	0:55:45	1:06:39	1:11:40				3:14:05
921	MJ	120	1409	Benedikt	Steinmeyer	99	Gymnasium Ulricianum /	0:58:46	1:02:01	1:13:19				3:14:06
922	WHK	108	F93	Rosie	Schön	69	DLRG LEER	0:59:38	1:02:21	1:12:09				3:14:09
923	MHK	681	401	Hendrik	Rogge	90	RVB Aurich/Uplengen	0:59:18	1:00:55	1:13:56				3:14:10
924	MHK	682	1189	Florian	von Kroge	92	Seefahrtsschule Leer	0:59:44	1:02:17	1:12:11				3:14:14
925	MHK	683	504	Ewald	Heyen	79	EWE Wattloopers	0:59:02	1:02:54	1:12:20				3:14:17
926	MHK	684	437	Nils	Friedrichs	70	Aurich	0:58:21	1:02:34	1:13:23				3:14:19
927	MHK	685	1418	Petar	Stojanovic	77	traba-team	0:58:50	1:03:29	1:12:04				3:14:23
928	MHK	686	900	Jens	Eidam	84	ORGADATA AG	1:00:27	1:03:02	1:10:53				3:14:23
929	MHK	687	822	Heino	de Vries	74	N-Ports Emden	1:01:10	1:01:08	1:12:19				3:14:39
930	MHK	688	969	Horst	Ahrenholtz	65	BBSII - Leer	0:59:53	1:02:48	1:11:59				3:14:41
931	MHK	689	739	Heinz-Fried	Schüler	56	MTV Wittmund	0:58:48	1:03:04	1:12:50				3:14:43
932	MHK	690	477	Ingo	Kruse	79		0:59:58	1:02:46	1:12:00				3:14:45
933	MJ	121	1171	Piet	Janssen	01	Gymnasium Ulricianum /	0:58:32	1:03:04	1:13:12				3:14:49
934	MHK	691	412	Armin	Beening	67	Backemoor	0:59:54	1:02:58	1:11:57				3:14:49
935	MHK	692	640	Hans-Günthe	Bruhnen	54	BSG Volksbank Jever	0:58:50	1:02:56	1:13:02				3:14:50
936	MHK	693	703	Karl-Heinz	Nowinski	67	Team ENERCON	0:58:40	1:02:52	1:13:19				3:14:51
937	MHK	694	1057	Ingo	Webermann	83	ZGO	1:00:11	1:02:51	1:11:49				3:14:52
938	MHK	695	814	Marko	Beikert	62	TSR Olympia Wilhelms	0:59:04	1:03:22	1:12:28				3:14:55
939	MHK	696	310	Frank	Heyen	80	Alex.-v-Humboldt-Schul	0:59:07	1:07:15	1:08:35				3:14:59
940	MHK	697	478	Rainer	Willms	75	Baptisten Firrel	0:59:29	1:02:40	1:12:52				3:15:03
941	MHK	698	1134	Wilke	Briese	80	Briese Schifffahrt	0:59:11	1:04:47	1:11:12				3:15:11
942	MJ	122	1438	Eric	Müller	96	HTG Ihlow	0:56:51	1:05:15	1:13:05				3:15:12
943	MHK	699	906	Hans-Georg	Ennen	66	LG Grobfehn	1:00:07	1:02:55	1:12:12				3:15:15
944	MHK	700	691	Klaus	Bartels	69	LT Oldenburg Süd	0:57:57	1:04:52	1:12:25				3:15:15
945	MHK	701	1331	Arend	Duis	57	Lions Club Uplengen	0:57:43	1:04:52	1:12:40				3:15:17
946	WJ	15	F151	Lina	May	97	Ulricianum Aurich Sek 1	1:01:16	1:02:26	1:11:37				3:15:20
947	MHK	702	1231	Michael	Hook	66	Watt'n Loopers SV Dorn	0:57:51	1:02:29	1:14:59				3:15:21
948	WJ	16	F263	Henriette	Knabe	97	Ulricianum Aurich Sek 1	1:01:17	1:02:25	1:11:37				3:15:21
949	MHK	703	1049	Alfred	Janssen	51	Emder LG	1:01:18	1:02:33	1:11:30				3:15:21
950	WHK	109	F319	Monika	Friesenborg	69	Stadt Emden	0:58:38	1:03:59	1:12:45				3:15:22
951	MHK	704	1393	Herbert	Kanthak	61	obw Emden	1:00:15	1:03:23	1:11:46				3:15:25
952	MJ	123	1042	Sönke	Taapken	98	SV Spetzerfehn	1:02:02	1:04:06	1:09:20				3:15:29
953	MHK	705	1031	Frank	Gilbers	68	LwinsthGrp 21	0:59:07	1:04:06	1:12:18				3:15:31
954	WHK	110	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	0:58:58	1:02:59	1:13:36				3:15:33
955	WHK	111	F633	Sylvia	Harms	66	Sparkasse Aurich-Nord	0:59:59	1:03:16	1:12:18				3:15:34
956	MHK	706	939	Wilfried	Kleemeyer	61	Concordia Neermoor	1:00:35	1:02:27	1:12:37				3:15:40
957	WHK	112	F163	Gabriele	Behrends	71	Ubbo-Emmius-Klinik	0:59:31	1:02:57	1:13:10				3:15:40
958	MHK	707	940	Wilfried	Espey	61	Neermoor	1:00:36	1:02:26	1:12:37				3:15:40
959	WHK	113	F218	Valentina	Ott	73	LT TuS Aurich-Ost	1:00:11	1:03:00	1:12:31				3:15:44
960	MHK	708	679	Günther	Albers	52	BSG Volksbank Jever	0:58:47	1:04:12	1:12:44				3:15:44
961	MHK	709	756	Sascha	Strasser	88	Seefahrtsschule Leer	1:02:00	1:02:53	1:10:49				3:15:44
962	WHK	114	F600	Beate	Meyer	67	obw Emden	1:00:08	1:03:35	1:12:00				3:15:45
963	MHK	710	654	Peter	Lohre	62	Sparkasse Aurich-Nord	0:59:47	1:03:10	1:12:46				3:15:45
964	MHK	711	663	Mario	Meyer	70	VfL Berumbur	0:59:57	1:03:02	1:12:48				3:15:48
965	WHK	115	F227	Alma	Tunder	57	SC Wiesens	0:59:33	1:03:48	1:12:29				3:15:51
966	MJ	124	1446	Joost	Janssen	99	HTG Ihlow	0:59:11	1:03:51	1:12:48				3:15:52
967	MHK	712	502	Heinz-Diete	Seeberg	62	Gymnasium Ulricianum /	0:59:35	1:02:29	1:13:51				3:15:55
968	MJ	125	450	Jan-Niklas	Claußen	95	JG 71 R	1:00:44	1:01:57	1:13:14				3:15:56
969	MHK	713	1026	Sandor	Krey	71	Therapiezentrum Rajen	0:59:33	1:04:43	1:11:40				3:15:56
970	MHK	714	1204	Heiko	Schmidt	72	Iesloper	1:02:05	1:03:42	1:10:08				3:15:56
971	MJ	126	204	Malte	Würdemann	97	Ubbo-Emmius-Gymnasi	0:59:04	1:05:33	1:11:19				3:15:57
972	WJ	17	F602	Lea	von dem Kn	94	obw Emden	1:00:07	1:03:30	1:12:22				3:16:00

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
973	WHK	116	F181	Sara	Michel	74	Emder LG	0:59:30	1:03:53	1:12:37				3:16:01
974	MHK	715	1434	Gerhard	Oltmanns	64	Christuskirche Hollen	0:59:10	1:04:05	1:12:53				3:16:08
975	WHK	117	F265	Petra	Boekhoff	67	Freie Lunge SV Bentstre	0:59:19	1:02:37	1:14:12				3:16:09
976	MHK	716	410	Wolfgang	Pöbiger	48	Kirche läuft Wilhelmshav	0:58:56	1:04:34	1:12:39				3:16:09
977	MHK	717	539	Hans-Günthe	Schoneboo	66	Emder LG	0:58:30	1:04:27	1:13:11				3:16:10
978	MHK	718	474	Bernd	Garrelts	76	Team ENERCON	0:58:28	1:05:15	1:12:27				3:16:11
979	MHK	719	710	Gregor	Pleis	65	Moorloopers	1:00:08	1:03:25	1:12:40				3:16:13
980	MHK	720	1061	Andreas	Pupkes	80	B-Plast 2000	1:02:34	1:02:15	1:11:27				3:16:17
981	MHK	721	1396	Stefan	Weelborg	87	Physio Aktiv Rhauderfeh	1:00:39	1:03:13	1:12:27				3:16:20
982	WHK	118	F200	Sabrina	Veldkamp	81		0:59:00	1:03:14	1:14:13				3:16:27
983	MHK	722	567	Ansgar	Schulte	73	Weener Plastik	0:59:20	1:03:31	1:13:39				3:16:32
984	WHK	119	F251	Heidrun	Beekmann	65	Ubbo-Emmius-Klinik	1:00:00	1:03:34	1:13:09				3:16:44
985	WHK	120	F107	Annika	Bunger	84	TV Bunde	0:59:14	1:03:59	1:13:33				3:16:47
986	MHK	723	324	Joke	Reiners	59	Lions Club Uplengen	0:58:56	1:04:52	1:12:59				3:16:47
987	MHK	724	815	Foltmar	Wilken	66	TRAUCO Gruppe	0:59:31	1:03:35	1:13:42				3:16:49
988	MHK	725	57	Folkert	Redenius	57	TuRa 07 Westrhauderfe	1:03:04	1:00:15	1:13:32				3:16:52
989	MHK	726	1339	Ralf	Sluiter	78	FE65	0:59:44	1:03:28	1:13:39				3:16:52
990	MHK	727	1267	Martin	Dirksen	70	Stadt Emden	1:00:56	1:03:17	1:12:40				3:16:54
991	MHK	728	699	Stephan	Krisp	72	Meyer Werft GmbH	1:00:34	1:03:16	1:13:10				3:17:01
992	MHK	729	1519	Alfred	Tammen	65	Bünting Tee	0:56:06	1:05:29	1:15:25				3:17:01
993	MHK	730	1601	Janssen	Theo	60		1:01:42	1:03:12	1:12:09				3:17:04
994	WHK	121	F221	Rita	Weinberg	67	LT Schafhauser Wald	0:59:09	1:03:38	1:14:18				3:17:06
995	WHK	122	F613	Heidi	Boelsen	75	Warsingsfehn	1:00:26	1:02:55	1:13:47				3:17:09
996	MHK	731	744	Lutz	Schoppe	84	Stadt Emden	1:01:30	1:03:55	1:11:42				3:17:09
997	MHK	732	838	Ralf	Hollwege	62	VfL Berumbur	1:00:33	1:03:21	1:13:17				3:17:12
998	WJ	18	F245	Anne	Meyer	94		1:00:43	1:04:24	1:12:06				3:17:14
999	WHK	123	F48	Herta	de Buhr	60	Fortuna Logabirum	0:59:35	1:03:18	1:14:21				3:17:15
1.000	WHK	124	F99	Kerstin	Oltrop	77	Fortuna Logabirum	0:59:33	1:04:04	1:13:40				3:17:18
1.001	MHK	733	805	Dennis	Friedrichs	82	Team Möbel Buss	1:01:46	1:04:08	1:11:26				3:17:20
1.002	MHK	734	187	Heiner	Friedrichs	77	Team ENERCON	0:58:38	1:03:08	1:15:34				3:17:21
1.003	WHK	125	F178	Anja	Gronewold	77	Team AURICHER EIER	1:00:09	1:04:06	1:13:07				3:17:22
1.003	WHK	125	F159	Marita	Meyer	66	Padlooper	1:02:43	1:02:44	1:11:54				3:17:22
1.005	MHK	735	752	Stefan	Behrends	71	Nücke	1:00:26	1:02:50	1:14:06				3:17:23
1.006	MJ	127	1414	Jan-Erik	Isermann	94	Ulricianum Aurich Sek 2	0:59:38	1:07:50	1:09:58				3:17:27
1.007	MJ	128	1314	Timm	Reiners	99	Ulricianum Aurich Sek 2	0:59:54	1:04:24	1:13:12				3:17:32
1.008	MHK	736	1286	Robert	Löschen	71	TSV Holtrop	0:59:15	1:04:26	1:13:54				3:17:36
1.009	MHK	737	662	Markus	Kiepe	90	Seefahrtsschule Leer	0:59:14	1:04:35	1:13:56				3:17:45
1.010	MHK	738	1129	Gerd	Wilken	60	Team Wilts	1:00:27	1:03:51	1:13:29				3:17:48
1.011	WHK	127	F122	Elke	Mennenga-	74	Spvgg Upleward	0:59:53	1:04:16	1:13:39				3:17:49
1.012	MHK	739	1641	Steffen	Haake	93		1:02:46	1:02:34	1:12:33				3:17:54
1.013	WHK	128	F539	Michaela	Münchow	71	Friedeburg	0:59:11	1:04:35	1:14:08				3:17:55
1.014	MJ	129	1550	Hendrik	Bents	94	IGS Aurich West	0:58:37	1:02:35	1:16:45				3:17:58
1.015	WHK	129	F329	Wiebke	de Buhr	80	Reederei Buss	1:01:27	1:03:41	1:12:57				3:18:06
1.016	MHK	740	115	Diedrich	Kleen	72	Höchte Running	0:48:37	1:08:46	1:20:44				3:18:08
1.017	MHK	741	642	Bodo	von Preyss	39	Pro Senis	0:59:27	1:04:28	1:14:15				3:18:11
1.018	MHK	742	1402	Reiner	Kohls	60	LT SV Ems Jemgum	1:02:49	1:02:08	1:13:16				3:18:14
1.019	MHK	743	672	Thomas	Zacher	64	FC Schalke 04	1:00:16	1:04:13	1:13:46				3:18:16
1.020	MHK	744	825	Georg	Jürrens	52		0:59:36	1:04:09	1:14:32				3:18:19
1.021	WHK	130	F123	Daniela	Förster-Rie	67	EWE-Wattloopers	0:59:59	1:04:34	1:13:46				3:18:20
1.022	WHK	131	F192	Antje	Meyer	56	LG Uplengen	0:59:44	1:04:34	1:14:01				3:18:20
1.023	MHK	745	1210	Günther	Fischer	52	LG GroBefehn	1:00:09	1:05:12	1:13:00				3:18:22
1.024	MHK	746	1552	Folkert	Thaden	55	SC Dunum	0:59:08	1:02:46	1:16:28				3:18:22
1.025	MJ	130	746	Tammo	Schröder	95	Ulricianum Aurich Sek2 -	1:01:53	1:04:10	1:12:23				3:18:27
1.026	MHK	747	1225	Gerrit	Grenseman	68	LG GroBefehn	1:00:46	1:04:18	1:13:23				3:18:28

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.027	MHK	748	1602	Dieter	Siebels	66	HC Exelsior Winschoten	1:00:02	1:04:26	1:14:02				3:18:31
1.028	WHK	132	F161	Gisela	Fisser	65	TV Norden	1:00:25	1:04:07	1:14:08				3:18:41
1.029	MHK	749	319	Fritz	Drost	43	MTV Wittmund	1:02:20	1:01:18	1:15:12				3:18:51
1.030	MJ	131	1447	Marvin	Seeger	01	HTG Ihlow	0:56:26	1:09:17	1:13:09				3:18:52
1.031	MHK	750	376	Helge	Brötje	72	Ubbo-Emmius-Klinik	0:59:01	1:07:09	1:12:44				3:18:55
1.032	MHK	751	915	Claus	Schoolman	77	VW Emden	1:00:10	1:04:05	1:14:39				3:18:55
1.033	MHK	752	1214	Thomas	Fenderl	79	Gymnasium Ulricianum /	1:03:09	1:04:04	1:11:51				3:19:04
1.034	MHK	753	1022	Markus	Leggedör	79	Fleischerei Leggedör	0:59:23	1:05:10	1:14:37				3:19:11
1.035	WHK	133	F353	Anja	Folkerts	71	Spvgg.Upleward	1:00:33	1:04:24	1:14:13				3:19:11
1.036	MHK	754	753	Detlef	Coordes	63	Bohlen & Doyen	1:00:22	1:05:07	1:13:43				3:19:13
1.037	MHK	755	653	Uwe	Tschorr	62	EWE Wattloopers	1:00:45	1:04:37	1:13:55				3:19:17
1.038	WHK	134	F97	Kerstin	von Hebel	80	LSF Oldenburg	1:00:31	1:04:51	1:13:57				3:19:20
1.039	MHK	756	967	Adelbert	Giesenberg	60	Rechtsweg	1:01:52	1:04:58	1:12:46				3:19:36
1.040	MHK	757	1000	Rudi	Meyer	50	Fortuna Logabirum	1:01:05	1:03:37	1:14:56				3:19:38
1.041	WJ	19	F518	Janneke	Anscheit	01	Fortuna Logabirum	1:01:03	1:04:01	1:14:37				3:19:41
1.042	MHK	758	546	Carsten	Groen	86	Raiffeisenbank Flachsme	1:02:34	1:03:13	1:13:56				3:19:44
1.043	MHK	759	1353	Michael	Schunke	67	Autopark Schunke	1:02:02	1:05:10	1:12:33				3:19:46
1.044	WHK	135	F118	Marlene	Mayer	62	LT Schafhauser Wald	1:00:33	1:05:34	1:13:45				3:19:53
1.045	MHK	760	573	Martin	Wildemann	60	WfBM BBB Aurich Witt	1:01:03	1:03:35	1:15:15				3:19:53
1.046	WHK	136	F62	Ann Gela	Ukena	92	Bünting Tee	1:03:49	1:03:35	1:12:28				3:19:53
1.047	MHK	761	526	Martin	Stüben	68	Störtebeker Loopers TV	1:04:04	1:04:37	1:11:16				3:19:58
1.048	WJ	20	F634	Imke	Mulder	00	HTG Ihlow	1:03:08	1:03:54	1:12:56				3:20:00
1.049	WHK	137	F112	Birgit	Keck	67	LG Ostfriesland	1:00:49	1:04:53	1:14:18				3:20:01
1.050	WHK	138	F136	Jasmin	Hovenga	85	SC Ihrhove 07	1:01:28	1:04:27	1:14:06				3:20:02
1.051	MHK	762	1068	Claus	Schweer	69	Raiffeisenbank eG, Moor	1:02:06	1:04:34	1:13:24				3:20:06
1.052	MHK	763	932	Helmut	Friedrichs	60	B.V. Dietrichsfeld	0:59:58	1:05:17	1:14:58				3:20:15
1.053	WHK	139	F215	Martina	Brauer	79	LG Papenburg-Aschend	1:01:43	1:04:33	1:14:08				3:20:24
1.054	MHK	764	987	Uwe	Holst	59	LT TuS Aurich-Ost	1:02:23	1:03:03	1:14:58				3:20:25
1.055	WHK	140	F632	Heidi	Tammen-B	78	Studio Larisca	1:00:45	1:03:20	1:16:21				3:20:27
1.056	MHK	765	965	Sibet	Riexinger	59	Wilhelmshaven	1:00:22	1:04:39	1:15:25				3:20:27
1.057	WJ	21	F154	Mira	Kalthöver	96	NIGE	1:01:23	1:03:52	1:15:12				3:20:28
1.058	MJ	132	1448	Tammo	Koch	00	HTG Ihlow	1:03:09	1:03:53	1:13:25				3:20:29
1.059	MHK	766	636	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	1:00:32	1:04:04	1:15:52				3:20:29
1.060	MJ	133	1037	Jan	Wettstein	95	NIGE	1:01:33	1:03:52	1:15:04				3:20:30
1.061	MHK	767	874	Hartmut	Voget	60	KFZ Bönnen	1:00:09	1:05:07	1:15:14				3:20:32
1.062	WHK	141	F68	Iris	Marschall	66	TV Norden	1:00:18	1:06:33	1:13:46				3:20:38
1.063	MHK	768	1122	Eike	Ahrens	91	Seefahrtsschule Leer	1:01:43	1:04:54	1:14:01				3:20:39
1.064	WHK	142	F591	Birgit	Bryant	80	LT TuS Aurich-Ost	1:00:31	1:04:15	1:15:54				3:20:41
1.065	WHK	143	F467	Marion	Kramer	67	TuRa 07 Westrhauderfe	1:01:21	1:05:02	1:14:30				3:20:54
1.066	MHK	769	830	Andre	Mennenga	61	Emder LG	1:00:27	1:05:02	1:15:26				3:20:57
1.067	WHK	144	F449	Martje	Laubrock	72		0:59:58	1:06:35	1:14:26				3:21:00
1.068	MHK	770	1114	Harm	Wessels	55	Team ENERCON	1:01:31	1:05:19	1:14:14				3:21:05
1.069	WJ	22	F584	Kristina	Gebhardt	96	Ulricianum Aurich Sek2 -	1:02:26	1:04:28	1:14:10				3:21:06
1.070	WHK	145	F170	Birgit	Weber	58	Heimatblatt	1:00:29	1:05:02	1:15:35				3:21:07
1.071	MHK	771	1487	Günter	Bley	65	GeTek	1:01:16	1:05:17	1:14:35				3:21:10
1.072	MHK	772	748	Karsten	Overlander	66	Impuls (Remels)	1:01:30	1:05:15	1:14:24				3:21:11
1.073	WHK	146	F661	Carmen	Gerdes	81	HTG Ihlow	1:01:50	1:04:35	1:14:46				3:21:12
1.074	MHK	773	772	Enno	Klinkenberg	49	TV Norden	1:01:35	1:04:47	1:14:51				3:21:13
1.075	WHK	147	F374	Dana	Flemming	76	Feedback	1:01:17	1:05:35	1:14:24				3:21:17
1.076	MHK	774	709	Sascha	Stolorz	77	BSG Landkreis Weserm	1:00:32	1:05:52	1:14:54				3:21:19
1.077	MHK	775	466	Bernd	Schindler	68	TV Oldersum	1:00:37	1:05:31	1:15:10				3:21:20
1.078	MHK	776	1522	Frank	Rüthemann	61	Bünting Tee	0:58:16	1:05:29	1:17:35				3:21:22
1.079	MHK	777	647	Swen	Kleinau	67	Reederei Buss	1:01:40	1:06:34	1:13:09				3:21:24
1.080	WJ	23	F587	Sophia	Zelmer	99	Gymnasium Ulricianum /	1:04:06	1:03:58	1:13:19				3:21:24

Zwischenstand nach 3. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.081	MHK	778	680	Jürgen	Otto	64	VfL Berumbur	1:00:38	1:04:19	1:16:28				3:21:26
1.082	MHK	779	1220	Ude	Goeman	69	Oberschule Norden	1:01:06	1:04:29	1:15:54				3:21:30
1.083	MJ	134	1439	Niklas	Schomerus	99	HTG Ihlow	1:05:28	1:03:09	1:12:54				3:21:31
1.084	MHK	780	1334	Manfred	Gravel	62	TuRa 07 Westrhauderfe	1:01:27	1:05:46	1:14:19				3:21:33
1.085	WHK	148	F330	Christel	de Buhr	51	Reederei Buss	1:01:51	1:04:59	1:14:42				3:21:33
1.086	MHK	781	1055	Stefan	Winter	89	Seefahrtsschule Leer	1:00:22	1:04:54	1:16:17				3:21:33
1.087	WHK	149	F569	Anke	Gerdas	69	TuRa 07 Westrhauderfe	1:01:27	1:05:44	1:14:25				3:21:37
1.088	MHK	782	943	Matthijs	van Rossu	62	van Rossum/Kuiper	1:02:19	1:05:22	1:14:00				3:21:42
1.089	WHK	150	F190	Sonja	Köllmann	67	LT SC Ihrhove 07	0:59:35	1:04:46	1:17:22				3:21:43
1.090	MHK	783	1289	Max	Birkheuer	93	Krankenhaus Wittmund	1:00:45	1:06:36	1:14:28				3:21:50
1.091	MHK	784	731	Wilfried	Wilken	50	Vorwerk Kobold	1:00:31	1:05:26	1:15:54				3:21:51
1.092	MHK	785	1513	Kampe	Peterssen	81	BBS 1 Aurich	1:01:51	1:05:27	1:14:36				3:21:55
1.093	MHK	786	743	Jakobus	Willms	40	TSV Riepe	1:00:49	1:05:45	1:15:20				3:21:55
1.094	MJ	135	1308	Thilo	Ufkes	01	Ulricianum Aurich	1:01:07	1:08:20	1:12:31				3:21:58
1.095	MHK	787	720	Gerold	Severiens	48	Fortuna Logabirum	1:01:36	1:05:36	1:14:46				3:21:59
1.096	MJ	136	994	Tom	Streubel	97	NIGE II	1:00:04	1:05:34	1:16:20				3:21:59
1.097	MHK	788	1455	Dieter	van Hoorn	55	Jantjes Team	1:01:40	1:05:36	1:14:54				3:22:10
1.098	MHK	789	1483	Alfred	Alberts	67	GeTek	1:01:14	1:04:59	1:15:59				3:22:12
1.099	MJ	137	975	Bernd	Dirks	96	SVO Wi sünd Holtriem	1:00:45	1:06:43	1:14:44				3:22:13
1.100	MHK	790	936	Dirk	Brörkens	73	Schützenverein Hesel (1:00:23	1:06:39	1:15:12				3:22:15
1.101	MHK	791	694	Helge	Drost	74	BSG Sparkasse Wilhe	1:00:23	1:06:39	1:15:12				3:22:15
1.102	WHK	151	F306	Jutta	Tammen	85	Steenfelde	1:01:54	1:04:40	1:15:40				3:22:16
1.103	MHK	792	938	Wolfgang	König	54	NIGE	1:02:09	1:04:20	1:16:03				3:22:33
1.104	WHK	152	F67	Lydia	Schmidt	63	SV Holtland	1:00:11	1:05:39	1:16:43				3:22:34
1.105	WHK	153	F207	Adda	Janssen	66	Wallinghausen	1:00:04	1:06:32	1:16:01				3:22:38
1.106	MHK	793	726	Guido	Meyer	70	EFG Ostrhauderfehn	1:02:09	1:05:08	1:15:21				3:22:40
1.107	WHK	154	F366	Annafrid	Klaus	89	Feedback Leer	1:02:43	1:05:35	1:14:24				3:22:43
1.108	MHK	794	440	Frank	Leeling	68	Emder LG	1:01:00	1:02:56	1:18:47				3:22:44
1.109	MHK	795	286	Frank	Broer	70	LG Ostfriesland	0:50:44	1:13:25	1:18:34				3:22:44
1.110	MHK	796	144	Timo	Friedrichs	72	ELV Elektronik AG	1:01:14	1:05:21	1:16:09				3:22:45
1.111	MHK	797	622	Lothar	Harberts	74	ELV Elektronik AG	1:01:14	1:05:20	1:16:12				3:22:46
1.112	WHK	155	F114	Ontja	Ebbers	70	Baptisten Firrel	1:02:00	1:05:28	1:15:21				3:22:49
1.113	MHK	798	682	Gerald	Koch	62	Baptisten Firrel	1:02:00	1:05:28	1:15:21				3:22:50
1.114	MHK	799	273	Jann Bruno	Janssen	93	Sportpark Tannenhouse	1:03:20	1:05:41	1:13:48				3:22:50
1.115	MHK	800	771	Jan-Gerd	Jelden	55	TV Norden	1:01:01	1:06:07	1:15:44				3:22:53
1.116	WHK	156	F570	Gudrun	Sauer-Ufke	65	MTV Aurich	1:01:12	1:08:26	1:13:20				3:22:59
1.117	MHK	801	675	Axel	Klompkes	61	Auricher Taxen Zentrale	1:00:18	1:05:38	1:17:03				3:23:00
1.118	MHK	802	1145	Wilhelm	Niemand	59	SV Blomberg-Neuschoo	1:02:34	1:05:24	1:15:03				3:23:02
1.119	MHK	803	944	Reinhard	Abken	44	Abken Bau Utarp	1:00:13	1:04:31	1:18:18				3:23:02
1.120	MHK	804	1112	Thomas	Cobus	71	Bohlen & Doyen	1:02:05	1:06:01	1:14:59				3:23:05
1.121	MHK	805	2011	Uwe	Vogelsang	70	Stadt Leer	1:03:24	1:04:37	1:15:05				3:23:08
1.122	MHK	806	1203	Holger	Meentz	71	Iesloper	1:03:35	1:04:47	1:14:48				3:23:11
1.123	MHK	807	914	Gerhard	Bohlen	53	Krankenhaus Wittmund	1:02:43	1:05:24	1:15:08				3:23:16
1.124	MHK	808	757	Arne	Maskus	91	Seefahrtsschule Leer	0:59:54	1:06:44	1:16:38				3:23:17
1.125	MHK	809	1262	Björn	Thormählen	88	Seefahrtsschule Leer	1:00:14	1:07:23	1:15:39				3:23:17
1.126	MHK	810	664	Helmut	Bruns	51	TuS Eintracht Hinte	1:02:36	1:05:38	1:15:05				3:23:20
1.127	MHK	811	1222	Torsten	Blank	77	Stadt Leer	1:02:24	1:05:56	1:15:04				3:23:25
1.128	MHK	812	1133	René	Sassen	90	Seefahrtsschule Leer	1:02:08	1:06:10	1:15:11				3:23:30
1.129	MHK	813	877	Friedhelm	Kamann	56	Ubbo-Emmius-Klinik	1:01:37	1:06:46	1:15:11				3:23:34
1.130	WHK	157	F557	Miriam	Busch	71	Stadt Emden	1:01:25	1:06:20	1:15:50				3:23:36
1.131	WHK	158	F132	Magret	Kloster	56	Fortuna Logabirum	1:01:36	1:05:36	1:16:24				3:23:37
1.132	MHK	814	1524	Günter	Wiegmann	60	Neue Osnabrücker Zie	1:02:45	1:04:49	1:16:03				3:23:37
1.133	MHK	815	708	Thorsten	Gronewold	76	Steenfelde, Bullerburg	1:04:05	1:05:09	1:14:23				3:23:38
1.134	WHK	159	F206	Margret	Budnick	54	TSV Jahn Carolinensiel	1:02:03	1:06:14	1:15:24				3:23:42

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.135	MHK	816	378	Jörg	Flessner	60	JHS Nortmoor	1:04:20	1:07:53	1:11:31				3:23:45
1.136	MHK	817	1020	Gert	Fleßner	85	EWE Wattloopers	1:02:50	1:04:58	1:16:00				3:23:48
1.137	MHK	818	799	Stefan	Graalmann	68		1:03:12	1:06:04	1:14:33				3:23:50
1.138	WHK	160	F337	Roswitha	Klaaßen	58	Pewsum	1:00:57	1:06:07	1:16:45				3:23:50
1.139	MHK	819	1597	Daniel	Reddel	90	Wittmund	1:01:03	1:05:10	1:17:38				3:23:52
1.140	WHK	161	F628	Petra	Müller	64	Realschule Aurich	0:59:55	1:04:50	1:19:07				3:23:53
1.141	WHK	162	F162	Marion	Voß	63	TSV Langeoog	1:02:19	1:06:24	1:15:10				3:23:54
1.142	MHK	820	892	Ralf	Pollmann	54	MTV Wittmund	1:00:33	1:06:07	1:17:14				3:23:54
1.143	WJ	24	F289	Henriette	Erchinger	94	FCSO	1:04:08	1:04:18	1:15:28				3:23:56
1.144	MHK	821	843	Erhard	Wagener	72	de Heizungsloopers	1:05:25	1:05:31	1:13:01				3:23:57
1.145	MHK	822	848	Wolfgang	Friedrich	63	Leinerstift e.V	0:59:58	1:08:32	1:15:32				3:24:04
1.146	MHK	823	749	Dietmar	Rudnick	65	LG Grobfehn	1:01:45	1:07:08	1:15:15				3:24:09
1.147	WHK	163	F79	Meike	Garrels	81	VfB Uplengen e.V. / Tea	1:03:59	1:05:05	1:15:10				3:24:15
1.148	WHK	164	F126	Martina	Bakker	65	Klinikum Leer	1:02:49	1:05:59	1:15:27				3:24:16
1.149	MHK	824	920	Leo	Berling	58	Nordland Papier	1:01:45	1:05:52	1:16:41				3:24:18
1.150	WHK	165	F204	Claudia	Behnke	74	Schwimmverein Wiesmo	1:01:16	1:06:27	1:16:35				3:24:19
1.151	MHK	825	1587	Felix	Schweitzer	59	Turbine TGG	1:02:12	1:05:54	1:16:14				3:24:21
1.152	MHK	826	934	Jens	Herrmann	59	VW Emden	1:01:36	1:06:12	1:16:38				3:24:27
1.153	WHK	166	F639	Evelyn	Schulz	57	Emder LG	0:58:32	1:10:50	1:15:05				3:24:28
1.154	WHK	167	F146	Frieda	Brinkmann	60	Fortuna Logabirum	1:00:27	1:07:03	1:16:59				3:24:30
1.155	WHK	168	F517	Anneke	Bergmann	64	Emder LG	1:01:31	1:06:08	1:16:51				3:24:31
1.156	MHK	827	671	Ralf	Akkermann	68	SV Stikelkamp	1:01:30	1:05:25	1:17:36				3:24:31
1.157	MHK	828	1372	Johannes	Reese	93	obw Emden	1:01:08	1:05:50	1:17:35				3:24:33
1.158	MHK	829	1052	Joachim	Eilts	81	SFV Westeraccum	1:02:45	1:06:09	1:15:39				3:24:33
1.159	MHK	830	946	Friedhard	Cramer	52	Emder LG	1:01:31	1:06:08	1:16:53				3:24:34
1.160	MJ	138	1013	Malte	Schwede	99	NIGE II	1:03:31	1:05:47	1:15:16				3:24:34
1.161	WHK	169	F127	Hilke	Hausmann	61	Emder LG	1:01:32	1:06:08	1:16:52				3:24:34
1.162	WHK	170	F103	Anke	Schrader	61	Pestalozzischule Weene	1:02:50	1:05:39	1:16:04				3:24:35
1.163	MHK	831	812	Stephan	Wiesner	74	LwinsthGrp 21	1:03:15	1:05:30	1:15:49				3:24:35
1.164	MJ	139	468	Jannik	Schindler	97	SV Warsingsfehn	1:02:46	1:06:39	1:15:10				3:24:35
1.165	MHK	832	1290	Michael	Rühling	71	LT TuS Aurich-Ost	1:02:40	1:06:12	1:15:43				3:24:36
1.166	WHK	171	F96	Sandra	Mudder	64	LG Ostfriesland	1:02:02	1:06:00	1:16:34				3:24:37
1.167	MJ	140	1367	Jannes	Haan	94	obw Emden	1:01:14	1:05:50	1:17:32				3:24:37
1.168	WHK	172	883	Najat	Treue	74	Klinikum Emden	1:01:09	1:06:00	1:17:28				3:24:38
1.169	MHK	833	1598	Werner	Meyer	71	Wiesmoor	1:02:11	1:06:42	1:15:47				3:24:41
1.170	MHK	834	451	Dennis	Süßen	93	JG 71 R	0:55:07	1:03:58	1:25:39				3:24:45
1.171	MHK	835	837	Jan-Niklas	Leibelt	89	Seefahrtsschule Leer	1:02:42	1:07:17	1:14:45				3:24:45
1.172	WHK	173	F626	Imke	Kamann	87	Norden	1:01:29	1:06:45	1:16:30				3:24:46
1.173	WHK	174	F690	Anke	Manthey-Ja	69	Aurich	1:02:55	1:06:37	1:15:27				3:24:59
1.174	WHK	175	F194	Steffi	Onken	72	Krankenhaus Wittmund	1:02:16	1:06:54	1:15:49				3:24:59
1.175	MJ	141	1032	Daniel	Melle	95	NIGE	1:01:54	1:04:57	1:18:22				3:25:14
1.176	MHK	836	1371	Kalle	Loger	93	obw Emden	1:01:52	1:05:47	1:17:35				3:25:15
1.177	MJ	142	737	Brian	Forell	95	JG 71 R	1:02:27	1:00:46	1:22:03				3:25:17
1.178	WHK	176	F138	Helga	Kramer	77	Victoria Flachsmeer/Kirc	1:04:47	1:05:24	1:15:11				3:25:23
1.179	MHK	837	1177	Julian	Wesemann	92	de Heizungsloopers	1:05:24	1:05:20	1:14:39				3:25:24
1.180	MHK	838	693	Manfred	Pollmann	45	TG Wiesmoor	1:02:42	1:06:32	1:16:11				3:25:25
1.181	WHK	177	F663	Daniela	Hinrichs	86	Bünting Tee	1:04:31	1:05:28	1:15:25				3:25:25
1.182	WHK	178	F210	Hannelore	Spannhoff	65	Stadt Emden	1:01:32	1:07:05	1:16:48				3:25:26
1.183	WHK	179	F357	Anne-	Kirsch	91	Seefahrtsschule Leer	1:01:34	1:08:10	1:15:41				3:25:26
1.184	MHK	839	792	Johann	Stöhr	66	Wildeboer Bauteile Gmb	1:01:02	1:07:11	1:17:12				3:25:27
1.185	MHK	840	1103	Vedran	Burazer	87	ENOVA	1:05:26	1:04:24	1:15:37				3:25:28
1.186	MHK	841	881	Heinz-Geor	Fliege	54	Klinikum Leer	1:00:45	1:07:40	1:17:02				3:25:28
1.187	MHK	842	685	Antino	König	63	Raiffeisenbank eG, Moor	1:03:40	1:06:07	1:15:43				3:25:30
1.188	WHK	180	F115	Gaby	Hommers	62	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11				3:25:33

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.189	WHK	181	F111	Ute	van Loh	59	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11				3:25:33
1.190	MHK	843	732	Ulrich	Linsler	54	MTV Wittmund	1:02:27	1:06:51	1:16:15				3:25:33
1.191	MHK	844	1216	Michael	Bamberger	52	LSF Oldenburg	1:00:32	1:08:39	1:16:33				3:25:45
1.192	MHK	845	1241	Holger	Janssen	63	TuS Esens	1:01:53	1:06:11	1:17:41				3:25:45
1.193	WHK	182	F378	Ulrike	van Vügt	74	Feedback Leer	1:02:44	1:07:07	1:15:54				3:25:46
1.194	MHK	846	1005	Norbert	Bakker	64	Team Wilts	1:02:19	1:05:39	1:17:50				3:25:50
1.195	MHK	847	747	Gerd	Janssen	53	Sandhorst	1:02:53	1:06:25	1:16:34				3:25:53
1.196	WHK	183	F638	Antje	Bohlen	87	Friedeburg	1:02:42	1:07:32	1:15:40				3:25:56
1.197	WHK	184	F512	Amke	Gröttrup	88	Klinikum Leer	1:02:30	1:07:16	1:16:10				3:25:57
1.198	MHK	848	688	Kai	Stöter	76	Volksbank Westrhauder	1:03:23	1:05:41	1:16:53				3:25:59
1.199	WHK	185	F121	Ivonne	Hayen	72	Krankenhaus Wittmund	1:01:34	1:08:41	1:15:47				3:26:03
1.200	MHK	849	1407	Detlef	Densow	65	LT TuS Aurich-Ost	1:01:15	1:08:31	1:16:19				3:26:06
1.201	MJ	143	1380	Nicholas	Rücker	95	Alex.-v-Humboldt-Schul	0:59:29	1:03:57	1:22:41				3:26:09
1.202	MHK	850	1609	Eckhard	Neumann	53	FT Spetzerfehn	1:03:10	1:07:12	1:15:48				3:26:10
1.203	MHK	851	1072	Hartmut	Duis	68	DUIS IMMOBILIEN	1:03:41	1:05:36	1:16:53				3:26:12
1.204	WHK	186	F651	Uta	Entjer	69	Emder LG	1:02:18	1:07:04	1:16:49				3:26:12
1.205	WHK	187	F241	Anke	Hanssen	91	SC Wiesens	1:03:56	1:06:47	1:15:29				3:26:13
1.206	MHK	852	1481	Meinhard	Doden	62	GeTek	1:02:20	1:06:12	1:17:41				3:26:14
1.207	WHK	188	F205	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:01:18	1:06:48	1:18:09				3:26:16
1.208	MHK	853	700	Johann	Hippen	67	ORGADATA AG	1:01:44	1:06:32	1:18:01				3:26:17
1.209	MHK	854	1277	Ewald	Lehmann	54	LG Ostfriesland	1:02:53	1:06:49	1:16:35				3:26:18
1.210	MHK	855	1109	Hermann	Fohrden	61	Bohlen & Doyen	1:04:25	1:07:28	1:14:26				3:26:19
1.211	MHK	856	1366	Diedrich	Stroman	84	obw Emden	1:03:59	1:10:55	1:11:29				3:26:23
1.212	MHK	857	952	Bernhard	Uphoff	66	Osterkamp Nutzfahrze	1:01:02	1:05:57	1:19:24				3:26:24
1.213	WJ	25	F253	Carina	Meyer	94	Gymnasium Rhauderfe	1:02:53	1:05:51	1:17:41				3:26:26
1.214	WJ	26	F704	Janka	Fleßner	01	HTG Ihlow	1:04:37	1:08:58	1:12:52				3:26:28
1.215	WHK	189	F233	Maria	Siepert	56	MTV Wittmund	1:02:00	1:07:00	1:17:31				3:26:31
1.216	WHK	190	F119	Ulrike	Heckhoff	65	VfL Germania Leer/Judo	1:01:48	1:08:30	1:16:18				3:26:37
1.217	WJ	27	F625	Stella	Evers	97	Ulricianum Aurich Sek 1	1:04:35	1:05:55	1:16:06				3:26:37
1.218	MHK	858	506	Jörg	Daro	62	EWE Wattloopers	1:04:10	1:06:06	1:16:23				3:26:40
1.219	MHK	859	1034	Helmut	Swart	64	Weener Plastik	1:02:22	1:07:28	1:16:56				3:26:47
1.220	MHK	860	583	Friedemann	Hopf, Dr.Ho	59	Ubbo-Emmius-Klinik	1:03:22	1:05:52	1:17:37				3:26:52
1.221	WJ	28	F647	Esther	Niemeyer	97	Rhauderfehn	1:03:38	1:07:26	1:15:50				3:26:55
1.222	WHK	191	F120	Dora	Rabenberg	52	LG TV Bunde	1:02:13	1:07:41	1:17:00				3:26:56
1.223	MHK	861	1542	Oliver	Herfurth	73	Aurich	1:02:55	1:08:07	1:15:55				3:26:58
1.224	MHK	862	820	Frank	Groenewold	71	Selverde	1:02:39	1:06:47	1:17:35				3:27:01
1.225	MHK	863	1067	Manuel	Stengler	81	de Heizungsloopers	1:05:55	1:06:18	1:14:51				3:27:05
1.226	WHK	192	F302	Birte	Klusmann	70	Ostfriesische Volksbank	1:03:53	1:06:29	1:16:43				3:27:06
1.227	MHK	864	459	Manfred	Wollermann	42	MTV Wittmund	1:02:17	1:06:36	1:18:25				3:27:19
1.228	WHK	193	F65	Bianca	Oltmanns	91	Weener Plastik	1:03:37	1:05:48	1:18:01				3:27:27
1.229	WJ	29	F592	Jantje	Knottnerus-	98	Ulricianum Aurich Sek 1	1:02:28	1:05:48	1:19:13				3:27:30
1.230	MHK	865	385	Thomas	Möller, Dr.M	62	Ubbo-Emmius-Klinik	1:03:25	1:06:39	1:17:37				3:27:42
1.231	MHK	866	918	Bernd	Schunk	50	LG Ellernfeld	1:02:31	1:07:29	1:17:44				3:27:44
1.232	WHK	194	F702	Wilma	Beyen	69		1:02:32	1:07:35	1:17:38				3:27:46
1.233	WHK	195	F355	Doris	Goos	62	Emder LG	1:03:28	1:07:19	1:17:02				3:27:50
1.234	MHK	867	886	Wubbo	Nanninga	66	Nordland Papier	1:03:35	1:06:28	1:17:49				3:27:53
1.235	MHK	868	751	Bodo	Brouwer	71	DPI AG	1:03:27	1:07:16	1:17:16				3:28:00
1.236	WHK	196	F422	Gaby	Poppen	65	Klinikum Leer	1:03:25	1:07:12	1:17:27				3:28:04
1.237	MHK	869	723	Oswald	Tinnemeyer	52	TuRa 07 Westrhauderfe	1:03:05	1:07:35	1:17:29				3:28:09
1.238	MHK	870	1163	Carmelo	Mascali	71	Wildeboer Bauteile Gmb	1:02:52	1:07:48	1:17:34				3:28:15
1.239	WJ	30	F203	Michelle	Mennenga	95	Gat Emden	1:06:57	1:05:59	1:15:21				3:28:18
1.240	WJ	31	F360	Sarah	Neitemeier	98	Ulricianum Aurich Sek 1	1:02:53	1:06:51	1:18:34				3:28:19
1.241	WHK	197	F301	Wilma	Denker	66	Ostfriesische Volksbank	1:02:22	1:08:23	1:17:35				3:28:21
1.242	MHK	871	1018	Christian	Wilken	89	Sparkasse Leer Wittmun	1:02:19	1:09:24	1:16:41				3:28:25

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.243	MHK	872	873	Holger	Janßen	68	Ostfriesische Volksbank	1:02:39	1:07:40	1:18:09				3:28:29
1.244	WJ	32	F457	Milena	Heyen	99	MTV Aurich	1:04:37	1:07:32	1:16:21				3:28:30
1.245	MHK	873	400	Klaus	Esch	64	Collinghorst	1:03:03	1:08:06	1:17:27				3:28:37
1.246	WHK	198	F463	Sabine	Collmann	72	MTV Aurich	1:04:40	1:07:35	1:16:21				3:28:37
1.247	MHK	874	1086	Hayo	Ewen	65	VfL Berumbur	1:02:57	1:07:17	1:18:32				3:28:47
1.248	WHK	199	F538	Martina	Kohn	74	VfL Germania Leer	1:03:29	1:07:33	1:17:46				3:28:49
1.249	MHK	875	1094	Tammo	Kadelke	88	Seefahrtsschule Leer	1:02:11	1:06:41	1:20:05				3:28:58
1.250	WHK	200	F291	martina	klasen	58	LT Spaß mit Sport	1:02:24	1:08:19	1:18:15				3:28:58
1.251	WHK	201	F531	Natalia	Vosberg	84	Team ENERCON	1:04:58	1:07:58	1:16:02				3:28:59
1.252	MHK	876	1471	Jürgen	Harbers	68	Fehntjer Dragons	1:02:33	1:05:26	1:21:00				3:29:00
1.253	MHK	877	923	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	1:03:05	1:08:28	1:17:28				3:29:02
1.254	WJ	33	F324	Ronja	Rohfs	97	SVO Wi sünd Holtriem	1:04:47	1:06:37	1:17:38				3:29:04
1.255	MHK	878	1100	Klaus	Nikolic	41	VfL Berumbur	1:04:18	1:08:17	1:16:40				3:29:15
1.256	WHK	202	F167	Marlies	Behrens-Ku	72	Klinikum Leer	1:04:19	1:07:11	1:17:46				3:29:17
1.257	MHK	879	1117	Johann	Jacobs	64	TSV Riepe	1:05:01	1:07:59	1:16:16				3:29:17
1.258	WHK	203	F362	Silvia	Jacobs	66	TSV Riepe	1:05:01	1:07:58	1:16:17				3:29:18
1.259	WHK	204	F272	Kerstin	Alexy	71	LG Uplengen	1:03:03	1:08:06	1:18:09				3:29:19
1.260	WHK	205	F339	Martina	Plaisier	82	Prinzessin Lillifee	1:04:42	1:06:53	1:17:44				3:29:20
1.261	MHK	880	369	Heiko	Janssen	74	WfBM BBB Aurich Witt	1:06:08	1:06:12	1:17:00				3:29:21
1.262	MHK	881	796	Frank-Mich	Smid	64	Scharff / Trauco	1:04:04	1:08:02	1:17:15				3:29:22
1.263	MHK	882	991	Uwe	Schulz	79	Ostfr. Schulmuseum Fol	1:03:18	1:07:34	1:18:30				3:29:23
1.264	MHK	883	690	Gerrit	Hoppmann	63	ENOVA	1:02:56	1:06:58	1:19:52				3:29:47
1.265	WHK	206	F534	Irmgard	Werner	56	Stadt Aurich	1:03:55	1:07:30	1:18:26				3:29:51
1.266	WHK	207	F417	Gunda	Kramer	61	MTV/LG Ellernfeld	1:04:39	1:08:28	1:16:46				3:29:55
1.267	WHK	208	F232	Karola	Coordes	84	BV Hoffnung Ludwigsdo	1:03:54	1:07:29	1:18:33				3:29:57
1.268	WJ	34	F310	Rena	Bollhorst	96	SVO Wi sünd Holtriem	1:04:46	1:07:19	1:17:52				3:29:58
1.269	WHK	209	F336	Franziska	Trey	93	BBS I Leer	1:03:02	1:06:42	1:20:13				3:29:59
1.270	MHK	884	582	Torsten	Christians	65	Ubbo-Emmius-Klinik	1:05:04	1:09:28	1:15:28				3:30:00
1.271	MHK	885	629	Theo	Gerken	44	LG Ostfriesland	1:03:46	1:07:55	1:18:19				3:30:01
1.272	MHK	886	1062	Thomas	Kossack	84	Team ENERCON	1:06:26	1:08:06	1:15:35				3:30:07
1.273	WJ	35	F706	Laura	Schmidt	94	McDonalds Aurich	1:03:30	1:07:08	1:19:29				3:30:09
1.274	MHK	887	971	Ralf	Brinschwitz	67	MTV Aurich	1:04:38	1:07:35	1:17:55				3:30:09
1.275	MHK	888	1127	Bernd	Leffers	55	Leffers Optik	1:04:42	1:06:35	1:18:57				3:30:14
1.276	WHK	210	F369	Margret	Janssen	74	MTV Aurich	1:04:39	1:07:43	1:17:56				3:30:20
1.277	MHK	889	558	Albert Juri	Mulder	77	LwinsthGrp 21	1:01:55	1:05:22	1:23:03				3:30:20
1.278	MHK	890	1634	Stephan	Adelmund	84	Evententertainment	1:03:13	1:05:27	1:21:41				3:30:23
1.279	MHK	891	1056	Thomas	Rull	78	ZGO	1:03:50	1:09:53	1:16:49				3:30:33
1.280	MHK	892	542	Armin	Roß	82	Zahnmedizin-Aurich	1:02:08	1:07:19	1:21:08				3:30:36
1.281	MHK	893	835	Jan-Hendrik	Deitenbach	76		1:02:53	1:08:36	1:19:19				3:30:48
1.282	WHK	211	F133	Anja	Musiol	73	MTV Aurich	1:06:20	1:06:39	1:17:49				3:30:49
1.283	MHK	894	794	Uwe	Olthoff	68	Emder LG	1:04:01	1:08:14	1:18:39				3:30:56
1.284	MHK	895	736	Helmut	Mäcken	78	Großefehn	1:04:18	1:09:16	1:17:21				3:30:56
1.285	WHK	212	F642	Almuth	Joswig	57	Fortuna Logabirum	1:04:37	1:07:57	1:18:23				3:30:58
1.286	MHK	896	907	Helmut	Loers	52	SV Blau Weiß Filsum	1:03:46	1:08:50	1:18:21				3:30:58
1.287	WHK	213	F349	Wilma	Harken-Röß	65	WfBM BBB Aurich Witt	1:03:21	1:07:27	1:20:13				3:31:02
1.288	MHK	897	449	Rainer	Broß	69	SV Ems Jemgum	1:03:09	1:09:45	1:18:09				3:31:04
1.289	MHK	898	1351	Peter	Wittenburg	49	obw Emden	1:03:09	1:09:01	1:18:59				3:31:11
1.290	MHK	899	910	Ludger	Bruns	74	Emder LG	1:05:58	1:08:18	1:17:00				3:31:17
1.291	MJ	144	1575	Joris	Strüfing	99	Gymnasium Ulricianum /	1:05:41	1:07:04	1:18:35				3:31:21
1.292	MHK	900	442	Georg Ihno	Baumann	61	TV Greetsiel	1:04:56	1:08:14	1:18:13				3:31:24
1.293	MHK	901	1646	Michael	Frerichs	69	WT Loppersum	1:04:56	1:08:15	1:18:13				3:31:24
1.294	MHK	902	1082	Everwien	Lohmeyer	58	SV Frisia Brinkum	1:04:05	1:07:28	1:19:55				3:31:29
1.295	MHK	903	978	Lennart	Wuntke	88	Seefahrtsschule Leer	1:01:14	1:06:26	1:23:52				3:31:32
1.296	MHK	904	206	Johann	Keiser	62	n-cut24	1:09:36	1:15:42	1:06:16				3:31:34

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.297	WHK	214	F340	Ulrike	Schürmann	62	Germania Leer	1:03:41	1:08:23	1:19:40				3:31:46
1.298	MHK	905	826	Horst	Wienrank	60	SV Dornum	1:02:53	1:10:18	1:18:47				3:31:59
1.299	MHK	906	1041	Thomas	Schoone	88		1:05:19	1:09:12	1:17:31				3:32:03
1.300	MHK	907	1172	Jann	Janssen	72	Aurich	1:04:42	1:08:11	1:19:20				3:32:15
1.301	MHK	908	409	Marc	Peters	71	LIG 21	1:04:55	1:09:35	1:17:44				3:32:15
1.302	MHK	909	711	Jakob	Rehders	84	LIG21	1:05:34	1:08:59	1:17:44				3:32:17
1.303	MHK	910	1397	Jürgen	Siefkes	80	Aurich	1:04:00	1:10:18	1:17:58				3:32:17
1.304	MHK	911	1043	Mario	Aden	69	Bohlen & Doyen	1:04:09	1:08:39	1:19:31				3:32:19
1.305	MHK	912	1066	Heinz-Artur	Schnau	59	RVB Aurich/Uplengen	1:04:07	1:08:52	1:19:21				3:32:21
1.306	MHK	913	961	Oliver	Auslitz	91	Seefahrtsschule Leer	1:04:56	1:09:33	1:17:54				3:32:24
1.307	WHK	215	F576	Sylvia	Bülte	71	Die Kurzentschlossenen	1:05:36	1:06:28	1:20:26				3:32:31
1.308	MHK	914	639	Eilert	Juilfs	45	LG Grobfehn	1:04:12	1:09:20	1:18:59				3:32:31
1.309	WHK	216	F219	Marion	Kumler	65	Polizei Aurich / TSV Riepe	1:05:32	1:08:31	1:18:28				3:32:32
1.310	MHK	915	1051	Günter	Däuber	61	Judo-Team VfR-Heisfe	1:04:43	1:09:53	1:17:57				3:32:34
1.311	WHK	217	F248	Fenny	Lüür	63	EFG Augustfehn	1:04:17	1:08:58	1:19:21				3:32:37
1.312	WHK	218	F540	Ina	Blenke	77	Remels	1:04:53	1:08:30	1:19:19				3:32:43
1.313	WHK	219	F521	Wiebke	Meyer	88	Remels	1:04:53	1:08:30	1:19:19				3:32:44
1.314	MHK	916	891	Bernd	Rehfeldt	45	TSG Hatten-Sandkrug	1:05:13	1:05:50	1:21:43				3:32:47
1.315	WHK	220	F149	Monika	Klefke	51	TSG Hatten-Sandkrug	1:05:12	1:05:51	1:21:43				3:32:48
1.316	MHK	917	954	Lukas	Lapies	92	Kdo SES Ostfriesland	1:03:58	1:05:11	1:23:49				3:33:00
1.317	WHK	221	F117	Wibke	Kleen-Holtz	74	Höchte Running	1:03:33	1:08:46	1:20:44				3:33:05
1.318	WHK	222	F456	Nadine	Saathoff	83	Heisfelder Zahnhaus	1:05:06	1:08:23	1:19:40				3:33:10
1.319	MHK	918	1025	Günther	Plettke	61	LSSG Weener	1:05:12	1:09:14	1:18:45				3:33:12
1.320	WHK	223	F266	Silke	Andreessen	78	Ihlow	1:04:01	1:10:37	1:18:39				3:33:19
1.321	MHK	919	1091	Jens	Sick	65	JAA Emden	1:04:27	1:08:46	1:20:06				3:33:19
1.322	MHK	920	921	Dietmar	Schultz	65	Team Deutsche Post	1:02:45	1:08:07	1:22:27				3:33:20
1.323	MHK	921	790	Ernst	Loesing	66	Team ENERCON	1:05:26	1:08:38	1:19:19				3:33:24
1.324	WHK	224	F157	Annika	Mohlenkam	84	BBC Chartering	1:06:08	1:08:32	1:18:53				3:33:34
1.325	WHK	225	F424	Brigitte	Baumann	63	Emder LG	1:05:23	1:09:07	1:19:04				3:33:35
1.326	WHK	226	F73	Helga	Krieger-Het	64	TV Norden	1:03:31	1:09:03	1:21:01				3:33:36
1.327	WHK	227	F544	Uta	Seiwald	69	S.V. Concordia Ihrhove	1:02:29	1:08:18	1:22:50				3:33:38
1.328	MHK	922	1497	Matthias	Janssen	74	Deternerlehe	1:06:07	1:06:43	1:20:48				3:33:38
1.329	MHK	923	1642	Thomas	Schmidt	63	MTV Aurich	1:03:24	1:09:21	1:20:53				3:33:39
1.330	WHK	228	F365	Hilka	Dirks	75	MTV Wittmund	1:04:13	1:08:28	1:21:02				3:33:44
1.331	WHK	229	F411	Marianne	Lay	58	Landwirtschaftskammer	1:04:04	1:11:32	1:18:13				3:33:51
1.332	MHK	924	1516	Gerhard	Hagen	61	Walle	1:03:43	1:09:12	1:20:56				3:33:52
1.333	WHK	230	F318	Ute	Grottlüschen	81	VfB Germania Wiesmoo	1:05:21	1:10:12	1:18:18				3:33:53
1.334	WHK	231	F214	Agnes	Wilken	70	Baptisten Firrel	1:05:01	1:10:11	1:18:43				3:33:56
1.335	WHK	232	F100	Hanna	Ottersberg	73	Team Möbel Buss	1:05:01	1:10:12	1:18:44				3:33:57
1.336	MHK	925	1379	Roman	Fleischer	91	MVM mbH-IT-Managem	1:07:07	1:08:48	1:18:04				3:34:00
1.337	WHK	233	F331	Tina	Möhlmann	89	Team Wilts	1:05:25	1:07:07	1:21:27				3:34:00
1.338	MHK	926	650	Werner	Vehnekamp	58	Team Möbel Buss	1:04:49	1:10:28	1:18:43				3:34:01
1.339	WHK	234	1000	Christa	Janßen	43	SV Frisia Brinkum	1:04:28	1:09:25	1:20:10				3:34:03
1.340	WHK	235	F322	Manuela	Tjaden	64	Emder LG	1:04:19	1:10:02	1:19:43				3:34:05
1.341	MHK	927	1523	Jasper	de Buhr	93	IGS Aurich West - Sek2	1:05:18	1:09:07	1:19:42				3:34:08
1.342	MHK	928	1530	Egon	Freeseaman	66	Bünting Tee	1:09:42	1:12:12	1:12:15				3:34:10
1.343	MHK	929	733	Frerich	Campen	71	LT TuS Aurich-Ost	1:04:30	1:09:04	1:20:36				3:34:11
1.344	MHK	930	1116	Helmut	Klosterman	55	VW Emden	1:08:40	1:08:40	1:16:51				3:34:12
1.345	MHK	931	1594	Frank	Wieligmann	67	Turbine TGG	1:06:48	1:08:27	1:18:59				3:34:15
1.346	WHK	236	F526	Christiane	Opitz	70	Team Laufräusch e.V.	1:06:28	1:09:24	1:18:28				3:34:21
1.347	WHK	237	F350	Martina	Mannott	69	Krankenhaus Wittmund	1:04:18	1:09:03	1:21:01				3:34:23
1.348	WHK	238	F304	Gunda	Heyen	67	LT TuS Aurich-Ost	1:05:11	1:09:31	1:19:48				3:34:31
1.349	WHK	239	F212	Uschi	Klimaschka-	57	Gymnasium Ulricianum /	1:05:12	1:09:31	1:19:48				3:34:32
1.350	WHK	240	F236	Renate	de Buhr	49	Emder LG	1:04:46	1:10:02	1:19:43				3:34:33

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.351	WHK	241	F387	Kerstin	Stevens	60	Emder LG	1:04:47	1:10:03	1:19:43				3:34:34
1.352	MHK	932	912	Torsten	Bildhauer	68	Haupt- und Realschule C	1:06:42	1:08:09	1:19:44				3:34:36
1.353	MHK	933	566	Stefan	Meyer	78	Team ENERCON	1:05:36	1:10:13	1:18:52				3:34:42
1.354	MHK	934	1278	Harald	Trauernicht	69	LG-Grossefehn/T-GO	1:02:58	1:09:27	1:22:21				3:34:47
1.355	MHK	935	1128	Onno	Hinrichs	90	Team Wilts	1:04:14	1:09:10	1:21:26				3:34:51
1.356	MHK	936	717	Manfred	Palma	60	TUS Leerhafe	1:08:37	1:13:14	1:13:01				3:34:53
1.357	WHK	242	F352	Nathalie	Zorn	85	BHC Consulting GmbH	1:04:25	1:10:49	1:19:48				3:35:03
1.358	MJ	145	1426	Tobias	Tapper	96	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:16				3:35:03
1.359	MJ	146	989	Lennert	Peede	97	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:17				3:35:03
1.360	WHK	243	F373	Irene	Hildebrand	61	TSV Riepe	1:05:31	1:08:38	1:20:58				3:35:07
1.361	MHK	937	702	Fritz	Eggerstorff	52	Box Club Norden	1:08:17	1:08:09	1:18:43				3:35:10
1.362	MHK	938	1107	Helmuth	Brümmer	56	ENOVA	1:05:59	1:08:49	1:20:24				3:35:13
1.363	MJ	147	1392	Eric	Guilhauman	94	MVM mbH-IT-Managem	1:07:06	1:08:47	1:19:19				3:35:13
1.364	MHK	939	696	Olaf	Sweers	68	SV Wittmund	1:04:53	1:09:45	1:20:35				3:35:14
1.365	MHK	940	674	Hans-Joach	Platte	53	Wiesmoor	1:04:25	1:10:31	1:20:17				3:35:14
1.366	MHK	941	1623	Harald	Hanken	65		1:09:24	1:08:59	1:16:53				3:35:16
1.367	WHK	244	F303	Cornelia	Bley	67	TUS Horsten	1:05:16	1:09:42	1:20:20				3:35:19
1.368	MHK	942	798	Michael	Weber	54	Alex.-v-Humboldt-Schul	1:03:24	1:11:28	1:20:26				3:35:19
1.369	MHK	943	982	Thomas	Schön	65	DLRG LEER	1:06:20	1:10:14	1:18:47				3:35:22
1.370	MHK	944	980	Sören	Janssen	87	Seefahrtsschule Leer	1:11:44	1:10:05	1:13:33				3:35:23
1.371	WHK	245	F585	Freya	Kramer	88	Oldenburg	1:06:29	1:09:32	1:19:26				3:35:28
1.372	WHK	246	F680	Anke	Muscat	66	ENOVA	1:06:16	1:08:49	1:20:23				3:35:29
1.373	WJ	36	F660	Julia	Förster	12	IGS Aurich West - Sek2	1:06:39	1:08:57	1:19:53				3:35:30
1.374	WHK	247	F572	Pirjo	Niskanen	83	Europahaus Aurich	1:04:34	1:10:26	1:20:41				3:35:41
1.375	MHK	945	1534	Uwe	Bültena	65	Bünting Tee	1:07:50	1:10:19	1:17:35				3:35:45
1.376	WHK	248	F235	Anne	Weyrich	79		1:04:55	1:08:26	1:22:29				3:35:50
1.377	WHK	249	F344	Birgit	Klein	81	Team Laufrausch e.V.	1:05:24	1:10:04	1:20:25				3:35:54
1.378	WJ	37	F202	Angelika	Picksak	08	TSV Riepe	1:05:35	1:09:25	1:20:58				3:35:59
1.379	WHK	250	F229	Margret	Kahmann	58	Ubbo-Emmius-Klinik	1:05:07	1:10:48	1:20:04				3:36:00
1.380	WHK	251	F446	Karin	Tacke	59	B Steinjan Consulting Gr	1:06:26	1:09:43	1:19:50				3:36:00
1.381	MHK	946	1083	Helge	Berckemeie	87	Seefahrtsschule Leer	1:06:57	1:11:00	1:18:04				3:36:02
1.382	WHK	252	F128	Sylke	Albrecht	62	Team Laufrausch e.V.	1:06:28	1:09:34	1:20:00				3:36:03
1.383	WHK	253	F191	Gunvor	Kassmann	81	VOST	1:03:15	1:11:36	1:21:14				3:36:07
1.384	MHK	947	828	Berthold	Eilers	74	TSV Riepe	1:05:04	1:11:27	1:19:40				3:36:13
1.385	MHK	948	1365	Ralf	Konik	72	obw Emden	1:03:59	1:10:54	1:21:34				3:36:28
1.386	MHK	949	997	Remmer	Damm	51	Grundschule Ihrhove	1:03:13	1:11:33	1:21:46				3:36:33
1.387	MHK	950	574	Sven	Groß	91	WfBM BBB Aurich Witt	0:58:58	1:14:06	1:23:33				3:36:38
1.388	MHK	951	1044	Theo	Baumgarten	68	Lummerland Taxi	1:04:36	1:10:30	1:21:37				3:36:44
1.389	WHK	254	F354	Birgit	Merker	73	Upleward	1:05:35	1:10:06	1:21:10				3:36:52
1.390	WHK	255	F441	Insa	Corbach	85	VfB Germania Wiesmoor	1:05:21	1:11:39	1:20:04				3:37:05
1.391	WJ	38	F675	Daniela	Meyer	95	Turbine TGG	1:04:19	1:07:28	1:25:19				3:37:07
1.392	WHK	256	F482	Leyla	Ergin	84	BBC Chartering	1:07:38	1:09:19	1:20:11				3:37:09
1.393	MJ	148	857	Alexander	Bretschneid	98	Leinerstift e.V	1:06:31	1:10:42	1:20:03				3:37:16
1.394	MHK	952	445	Lothar	Hildebrandt	68	Emder LG	1:05:51	1:10:20	1:21:06				3:37:18
1.395	WHK	257	F400	Ingrid	Meyer	72	AOK Ostfriesland	1:06:21	1:10:16	1:20:58				3:37:35
1.396	MHK	953	547	Volker	Oltmanns	91	Raiffeisenbank Flachsmo	1:05:25	1:10:08	1:22:03				3:37:37
1.397	WHK	258	F627	Sina	Busboom	88	Uplengen	1:04:58	1:12:43	1:19:56				3:37:37
1.398	MHK	954	740	Frank	Niehuisen	70	AOK Die Gesundheitsk	1:06:48	1:10:47	1:20:06				3:37:41
1.399	WHK	259	F276	Annelie	Bremer-Bus	60	TuRa 07 Westrhauderfe	1:05:07	1:10:49	1:21:50				3:37:48
1.400	WHK	260	F367	Ellen	Buurman	48	IGS Waldschule Egels	1:06:10	1:10:08	1:21:28				3:37:48
1.401	WHK	261	F264	Geda	Gruben	49	SV Potshausen/ Tura o7	1:05:07	1:10:51	1:21:50				3:37:48
1.402	WHK	262	F542	Silke	Schuster	77	LT TuS Aurich-Ost	1:05:12	1:10:59	1:21:37				3:37:50
1.403	MJ	149	1551	Mathis	Ubben	94	Ulricianum Aurich Sek 2	1:07:42	1:10:46	1:19:27				3:37:55
1.404	WJ	39	F689	Fenna	Ubben	95	TSV Holtrop Basketball	1:07:58	1:11:00	1:19:07				3:38:06

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gedruckt 30.04.2013 21:21:46

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.405	MHK	955	999	Richard	Nie	63	MTV Ditzum	1:06:25	1:10:34	1:21:08				3:38:08
1.406	MHK	956	1092	Focko	Penon	71	Ulricianum Aurich Sek 1	1:05:56	1:10:15	1:21:57				3:38:08
1.407	MHK	957	925	Werner	Haschenbur	55	BSG Volksbank Jever	1:06:17	1:11:10	1:20:41				3:38:09
1.408	WHK	263	F358	Mirjam	Busse	78	Emder LG	1:06:32	1:10:53	1:20:44				3:38:10
1.409	WHK	264	F560	Ursula	Wirgenings	65	MTV Aurich	1:07:32	1:11:14	1:19:24				3:38:10
1.410	WJ	40	F155	Katja	Roofls	95	NIGE	1:05:50	1:09:55	1:22:26				3:38:12
1.411	MHK	958	1152	Karl	Gossling	46	LG Bunde	1:05:51	1:10:42	1:21:41				3:38:15
1.412	WJ	41	F658	Lisa Marlen	Meyerholz	97	Ulricianum Aurich Sek 1	1:07:41	1:10:54	1:19:41				3:38:17
1.413	MHK	959	750	Heinrich	Kleen	59	LG Grobefehn	1:04:54	1:10:50	1:22:37				3:38:21
1.414	WHK	265	F568	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	1:05:55	1:10:52	1:21:37				3:38:24
1.415	MHK	960	1185	Jens	Akkermann	83		1:06:17	1:11:12	1:20:56				3:38:26
1.416	WJ	42	F413	Inken	Broer	99	Gymnasium Ulricianum A	1:06:27	1:13:25	1:18:34				3:38:26
1.417	MHK	961	1102	Ewald	Ennen	61	AOK Niedersachsen	1:06:47	1:10:36	1:21:04				3:38:27
1.418	MHK	962	1228	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:06:47	1:10:37	1:21:03				3:38:29
1.419	WJ	43	F657	Neele	Schüßler	97	Ulricianum Aurich Sek 1	1:07:45	1:10:51	1:19:51				3:38:29
1.420	MHK	963	801	Gabriel	Fabbi	68	Team Möbel Buss	1:05:40	1:11:12	1:21:51				3:38:45
1.421	WJ	44	F347	Stine	Baller	99	OGV	1:05:46	1:10:04	1:22:55				3:38:45
1.422	MHK	964	1378	Sven	Wiemers	85	MVM mbH-IT-Managem	1:10:02	1:11:01	1:17:41				3:38:45
1.423	MHK	965	342	Holger	Baller	71	OGV	1:05:46	1:10:04	1:22:55				3:38:46
1.424	MHK	966	911	Herbert	Buss	59	SV Stikkelkamp	1:06:04	1:11:50	1:20:54				3:38:49
1.425	MJ	150	1502	Tjark	Bockelman	94	IGS Aurich West - Sek2	1:07:09	1:16:33	1:15:08				3:38:51
1.426	WHK	266	F282	Ina	Doden	72	Völkerball läuft	1:06:07	1:10:16	1:22:44				3:39:08
1.427	MHK	967	979	Tobias	Schürmann	88	Seefahrtsschule Leer	1:06:45	1:12:20	1:20:07				3:39:13
1.428	MHK	968	928	Ralf	Stocker	47	Aurich	1:02:02	1:08:06	1:29:07				3:39:15
1.429	WHK	267	F440	Anke	Ulferts	70	Heisfelder Zahnhaus	1:06:28	1:11:55	1:21:19				3:39:42
1.430	WHK	268	F565	Sabrina	Kruhl	86	Seefahrtsschule Leer	1:06:41	1:11:48	1:21:15				3:39:45
1.431	WHK	269	F481	Lydia	Bley	59	MTV Aurich / LG Eller	1:06:28	1:10:48	1:22:32				3:39:49
1.432	WHK	270	F280	Melanie	Buß	81	VfB Germania wiesmoor	1:06:53	1:10:11	1:22:49				3:39:54
1.433	WHK	271	F595	Maren	Riedel	64	C. E. Popken	1:08:07	1:11:31	1:20:23				3:40:03
1.434	WHK	272	F320	Gunda	Hallenga	83	Tannenhausen	1:06:35	1:10:49	1:22:42				3:40:07
1.435	WHK	273	F372	Dörthe	Trauer	77	Tannenhausen	1:06:35	1:10:49	1:22:42				3:40:07
1.436	MHK	969	1063	Holger	Campen	82	LG Grobefehn	1:08:01	1:15:48	1:16:18				3:40:08
1.437	MJ	151	1543	Carsten	Schuster	94	IGS Aurich West - Sek2	1:09:46	1:12:40	1:17:47				3:40:13
1.438	MHK	970	643	Helmut	Tjards	64	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36				3:40:13
1.439	MHK	971	990	Helmut	Höft	59	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36				3:40:13
1.440	MHK	972	281	Christian	Ott	77	Alex.-v-Humboldt-Schul	1:06:16	1:11:28	1:22:41				3:40:25
1.441	MHK	973	701	Dietrich	Steinke	41	SV Concordia Neermoor	1:04:57	1:12:13	1:23:17				3:40:27
1.442	MHK	974	1050	Michael	Koenen	73	Allianz, Weener	1:06:16	1:09:20	1:24:52				3:40:29
1.443	MHK	975	1141	Johann	Boelsen	62	Blau Weiss Filsum	1:08:15	1:11:20	1:20:59				3:40:35
1.444	MHK	976	1469	Fritz	Steinmeier	48	MTV Aurich	1:05:47	1:08:43	1:26:08				3:40:39
1.445	WHK	274	F43	Gudrun	Möhlmann	70	Ostfriesische Volksbank	1:07:23	1:11:30	1:21:47				3:40:40
1.446	WHK	275	F288	Anja	Schumache	69	Ostfriesische Volksbank	1:07:22	1:11:31	1:21:47				3:40:42
1.447	WHK	276	F454	Daniela	Stöhr	67	OFD Nds. Aurich	1:07:18	1:11:09	1:22:17				3:40:46
1.448	WHK	277	F284	Isabell	Keiser	81	ZAP Wattjes	1:08:50	1:10:24	1:21:35				3:40:50
1.449	WHK	278	F224	Käthe	Voß	54	Emder LG	1:06:48	1:11:30	1:22:31				3:40:50
1.450	MJ	152	1584	Yannick	Ihmels	12	IGS Aurich West - Sek2	1:09:44	1:12:49	1:18:24				3:40:58
1.451	MHK	977	1178	Henning	Brandt	77	Ostfriesische Volksbank	1:08:50	1:10:24	1:21:45				3:41:00
1.452	MHK	978	968	Ulrich	Eggers	66	Bootsbau Eggers	1:05:51	1:12:00	1:23:09				3:41:01
1.453	MHK	979	1273	Gerd	Siebels	53	Fortuna Logabirum	1:06:30	1:11:14	1:23:17				3:41:03
1.454	MHK	980	1202	Ismail	Pohl	88	DUIS IMMOBILIEN	1:06:18	1:09:32	1:25:16				3:41:08
1.455	MHK	981	1549	Gerhard	Ernst	53	fit in die Kiste	1:07:41	1:11:43	1:21:44				3:41:08
1.456	MHK	982	889	Wulf	Graef	48	Rhaude	1:07:41	1:11:44	1:21:44				3:41:10
1.457	WHK	279	F228	Gertrud	Ehnts-Hinric	65	MTV Wittmund	1:07:26	1:11:47	1:21:57				3:41:11
1.458	MHK	983	1238	Dirk	Bossen	66	VHS Laufen	1:09:04	1:11:44	1:20:24				3:41:13

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gedruckt 30.04.2013 21:21:46

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.459	WJ	45	F175	Talea	Knak	95	NIGE	1:14:47	1:06:44	1:19:44				3:41:16
1.460	WHK	280	F573	Anja	Gerdes	83	SV Holland	1:06:17	1:12:38	1:22:24				3:41:20
1.461	MHK	984	852	Onno	Baumann	68	Leinerstift e.V	1:08:29	1:11:42	1:21:10				3:41:21
1.462	WHK	281	F173	Monika	Klock	67	Leinerstift e.V	1:08:28	1:11:43	1:21:11				3:41:23
1.463	MHK	985	426	Klaus	Mohnsame	43	VfL Jheringsfehn	1:08:58	1:09:52	1:22:40				3:41:31
1.464	WHK	282	F220	Zinnia	Berckhan	67	Lauftreff Schaffhauserwa	1:07:46	1:12:11	1:21:34				3:41:32
1.465	WHK	283	F394	Jutta	Christoffers	61	TG Wiesmoor	1:07:30	1:11:26	1:22:34				3:41:32
1.466	WHK	284	F222	Anne	Dirks	62	TG Wiesmoor	1:07:31	1:11:26	1:22:35				3:41:32
1.467	MHK	986	1408	Hinrich	Röben	56	LT TuS Aurich-Ost	1:02:57	1:13:16	1:25:19				3:41:33
1.468	MHK	987	1180	Ralf	Janßen	69	REHAU AG & Co	1:07:30	1:10:19	1:23:43				3:41:33
1.469	WHK	285	F397	Regina	Battermann	51	Fehntjer LT	1:06:27	1:12:24	1:22:45				3:41:37
1.470	MHK	988	1138	Eike	Cornelius	79	TSV Jahn Carolinensiel	1:08:22	1:11:33	1:21:43				3:41:39
1.471	WHK	286	F139	Yvonne	Adamietz	84	LT Spaß mit Sport	1:09:09	1:10:42	1:21:47				3:41:39
1.472	MHK	989	745	Günter	Fitzner	48	LT TuS Aurich-Ost	1:07:12	1:12:13	1:22:24				3:41:50
1.473	MHK	990	962	H.Hermann	Reiter	65	SV Stikelkamp	1:08:06	1:12:13	1:21:38				3:41:58
1.474	MJ	153	1093	Arne	Engel	02	LG Grobfehn	1:06:35	1:12:00	1:23:23				3:41:59
1.475	MHK	991	984	Hartmut	Garten	50	TuS Glarum	1:07:13	1:11:08	1:23:39				3:42:01
1.476	WHK	287	F393	Karin	Meyer	55	Moormerland	1:06:28	1:12:46	1:22:47				3:42:01
1.477	WHK	288	F313	Henni	Severiens	54	Fortuna Logabirum	1:07:15	1:12:23	1:22:26				3:42:05
1.478	WJ	46	F294	Bent	Nanke	11	NIGE	1:08:17	1:08:11	1:25:38				3:42:07
1.479	MJ	154	917	Henrik	Jacobsen	97	Schule Moormerland	1:06:54	1:12:28	1:22:46				3:42:09
1.480	WHK	289	F577	Claudia	Brandau	63	Stadt Leer	1:06:28	1:12:05	1:23:43				3:42:18
1.481	WHK	290	F693	Sandra	Bruns	76	NW Steuerberatungsge	1:08:23	1:09:08	1:24:48				3:42:20
1.482	WHK	291	F648	Sandra	Uphoff	82	Großheide	1:07:06	1:11:27	1:23:48				3:42:21
1.483	WHK	292	F244	Beate	Janssen	69	Klinikum Emden	1:07:06	1:11:27	1:23:47				3:42:22
1.484	WHK	293	F314	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:07:44	1:11:01	1:23:38				3:42:24
1.485	WHK	294	F69	Bärbel	Neugebaue	65	TV Norden	1:12:51	1:10:35	1:19:05				3:42:32
1.486	MHK	992	1089	Ralf	Siemens	64	Hartmann Group	1:06:32	1:12:45	1:23:17				3:42:35
1.487	WHK	295	F514	Herma	Braams	56	SC Dunum	1:06:56	1:11:30	1:24:09				3:42:36
1.488	MHK	993	1457	Harald	Ramaker	63	SV Warsingsfehn	1:08:07	1:12:05	1:22:27				3:42:40
1.489	MHK	994	1248	Gerhold	Wilken	54	Sparkasse Leer Wittmun	1:07:59	1:12:00	1:22:42				3:42:41
1.490	WHK	296	F535	Elke	Dirksen	66	Krankenhaus Wittmund	1:08:16	1:11:47	1:22:46				3:42:50
1.491	MHK	995	1009	Hermann	Wilts	46	TV Norden	1:06:38	1:12:40	1:23:34				3:42:54
1.492	MJ	155	1637	Onke	Bretzler	97		1:11:41	1:11:58	1:19:15				3:42:55
1.493	WHK	297	F691	Nadia	El Zubi	83	TV Oldersum	1:05:28	1:13:49	1:23:37				3:42:55
1.494	WHK	298	F384	Britta	Jürgens	65	Krankenhaus Wittmund	1:07:30	1:12:45	1:22:41				3:42:56
1.495	MHK	996	1401	Enno	Wolckenha	38	TC Grün Weiß	1:09:02	1:12:43	1:21:15				3:43:02
1.496	MHK	997	1016	Erhard	Meyer	62	Sparkasse Leer Wittmun	1:07:49	1:12:08	1:23:07				3:43:05
1.497	MHK	998	1160	Dennis	Rosenboom	79	Varel	1:07:23	1:14:43	1:20:59				3:43:06
1.498	MHK	999	1265	Friedrich-Ka	Pennig	48	TGG Leer	1:09:05	1:12:17	1:21:44				3:43:06
1.499	WHK	299	F240	Helga	Sluiter	63	Nordgeorgsfehn	1:08:30	1:11:46	1:22:52				3:43:08
1.500	WJ	47	F513	Inga	Fischer	94	IGS Aurich West - Sek2	1:07:31	1:12:02	1:23:36				3:43:10
1.501	MHK	1.000	1406	Helmut	Ackmann	54	LT TuS Aurich-Ost	1:06:03	1:11:15	1:26:03				3:43:22
1.502	WJ	48	F465	Anna	Frühling	99	Gymnasium Ulricianum /	1:10:38	1:13:11	1:19:32				3:43:22
1.503	MHK	1.001	1360	Wolf Julian	Campe	84	ENOVA	1:10:21	1:10:57	1:22:08				3:43:27
1.504	WHK	300	F141	Elke	Schulte	65	Oldenburg	1:06:38	1:12:26	1:24:22				3:43:28
1.505	MHK	1.002	1193	David	Calero	89	BBC Chartering	1:09:37	1:14:00	1:19:54				3:43:31
1.506	MHK	1.003	1135	Kalle	Auras	58	TRAUCO Gruppe	1:06:48	1:13:05	1:23:38				3:43:32
1.507	WHK	301	F679	Martina	Door	89	Ostfriesische Brandkass	1:06:42	1:12:32	1:24:27				3:43:42
1.508	WHK	302	F343	Tanja	Schiller	79	Kiga Mamis	1:08:40	1:12:39	1:22:25				3:43:44
1.509	WHK	303	F515	Beate	van der Ber	77	Boekzetelerfehn	1:08:40	1:12:39	1:22:26				3:43:46
1.510	WHK	304	F386	Angelika	Gerken	67	Krankenhaus Wittmund	1:08:35	1:11:48	1:23:24				3:43:48
1.511	WHK	305	F327	Annika	Janssen	84	SV Blomberg- Neuscho	1:07:32	1:11:57	1:24:27				3:43:56
1.512	WHK	306	F174	Birgit	Olbrich	57	Leinerstift e.V	1:08:08	1:12:26	1:23:27				3:44:02

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.513	WHK	307	F283	Antje	Mannott	55	TSV Jahn Carolinensiel	1:07:34	1:12:04	1:24:28				3:44:07
1.514	WHK	308	F292	Dagmar	Herman	72	Gymnastikgruppe Moor	1:07:29	1:13:46	1:22:52				3:44:08
1.515	MHK	1.004	1002	Rainer	Hoffmann	67	EDEKA TEAM JEMGU	1:09:54	1:12:09	1:22:06				3:44:10
1.516	WHK	309	F275	Franziska	Fleßner	85		1:09:47	1:13:01	1:21:28				3:44:17
1.517	MHK	1.005	981	Andreas	Luikenga	66	Moormerland	1:06:50	1:13:09	1:24:16				3:44:17
1.518	WJ	49	F631	Vanessa	Freese	97	LT TuS Aurich-Ost	1:07:34	1:14:01	1:22:47				3:44:23
1.519	MHK	1.006	1428	Klaus	Freese	69	LT TuS Aurich-Ost	1:07:35	1:14:02	1:22:47				3:44:25
1.520	MJ	156	725	Holger	Weber	94	SV Stern Schwerinsdorf	1:08:15	1:13:13	1:23:08				3:44:36
1.521	MHK	1.007	656	Timo	Immega	82	REHAU AG & Co	1:09:12	1:12:05	1:23:19				3:44:38
1.522	MHK	1.008	1119	Heio	Albers	46	Harmonic Brass	1:06:27	1:14:03	1:24:07				3:44:39
1.523	MHK	1.009	1583	Jochen	Albers	69	Harmonic Brass	1:06:27	1:14:04	1:24:08				3:44:40
1.524	MHK	1.010	1101	Wilfried	Franzen	45	SV Teutonia Stapelmoor	1:08:16	1:11:40	1:24:45				3:44:42
1.525	WHK	310	F323	Wilma	Janßen	74		1:16:13	0:57:08	1:31:24				3:44:47
1.526	MHK	1.011	993	Thomas	Harms	67	Wildeboer Bauteile Gmb	1:09:15	1:12:26	1:23:06				3:44:48
1.527	WHK	311	F543	Marion	Davids	62	Emder LG	1:08:16	1:12:18	1:24:17				3:44:51
1.528	WHK	312	F338	Wilhelmine	Boekholder	48	Emder LG	1:08:15	1:12:18	1:24:18				3:44:52
1.529	MHK	1.012	1322	Sascha	Leuchtman	80	Lebenshilfe Leer e.V.	1:06:44	1:10:56	1:27:13				3:44:54
1.530	MHK	1.013	1432	Derk	Mansholt	48	MTV Wittmund	1:05:58	1:14:21	1:24:36				3:44:57
1.531	WHK	313	F226	Sabine	Poppen	70	VW Emden	1:07:32	1:13:13	1:24:12				3:44:57
1.532	WHK	314	F556	Ingrid	Meyer	65	Stadt Emden	1:07:31	1:13:13	1:24:12				3:44:58
1.533	WHK	315	F415	Ute	Sich	72	MTV Aurich	1:08:18	1:12:14	1:24:25				3:44:58
1.534	WHK	316	F452	Gertrud	Farwer	58		1:08:09	1:12:46	1:24:05				3:45:01
1.535	WHK	317	F552	Elke	Meiners	50	TuRa 07 Westrhauderfe	1:08:00	1:13:10	1:23:55				3:45:06
1.536	MJ	157	207	Frerichs	Jason	01	TV Norden	1:06:43	1:10:49	1:27:34				3:45:08
1.537	WHK	318	F299	Nicola	Rose	72	Emden	1:09:41	1:12:36	1:22:56				3:45:14
1.538	WJ	50	F683	Anne	Ruesink	97	HRS Moormerland	1:11:21	1:11:14	1:22:42				3:45:17
1.539	WHK	319	F673	Angelika	Schmidt	61	Greta-Schoon-Schule	1:08:51	1:13:04	1:23:24				3:45:21
1.540	MHK	1.014	1369	Timo	Hiersemann	93	obw Emden	1:08:48	1:11:14	1:25:18				3:45:21
1.541	WHK	320	F525	Heidi	Lühr	69	Novapax	1:09:17	1:13:18	1:23:08				3:45:45
1.542	MHK	1.015	1336	Friso	Alberts-Tam	72	Fortuna Wirdum	1:07:17	1:12:56	1:25:31				3:45:45
1.543	WHK	321	F321	Madlen	Reinwaldt	71	Fortuna Wirdum	1:07:18	1:12:58	1:25:30				3:45:47
1.544	WHK	322	F81	Sabine	Habben	92	Fortuna Wirdum	1:07:18	1:12:59	1:25:30				3:45:48
1.545	MHK	1.016	1562	Frank	Fengkohl	60	Fortuna Wirdum	1:07:19	1:12:58	1:25:30				3:45:48
1.546	MHK	1.017	741	Hans-Jürge	Krems	59	Fortuna Wirdum	1:07:19	1:12:58	1:25:31				3:45:48
1.547	WHK	323	F315	Regina	Gerken	65	Fortuna Wirdum	1:07:20	1:12:58	1:25:31				3:45:50
1.548	MHK	1.018	416	Jens	Boelmann	67	Emden	1:09:28	1:12:40	1:23:50				3:45:59
1.549	WHK	324	F193	Kerstin	Janssen	86	B-Plast 2000	1:09:34	1:13:04	1:23:27				3:46:06
1.550	WHK	325	F189	Maren	Rieken	85	B-Plast 2000	1:09:34	1:13:04	1:23:27				3:46:07
1.551	MJ	158	1511	Benjamin	Knöller	96	Alex.-v-Humboldt-Schul	1:04:54	1:12:14	1:29:02				3:46:10
1.552	MHK	1.019	1250	Swen	Ewald	78	Seefahrtsschule Leer	1:08:08	1:14:43	1:23:20				3:46:12
1.553	WHK	326	F247	Nina	Schmidt	77	Ev.-luth. Kindergarten F	1:09:19	1:12:09	1:24:47				3:46:16
1.554	WHK	327	F451	Martina	Janßen	92	SVO Wi sünd Holtriem	1:06:44	1:14:37	1:25:07				3:46:29
1.555	MHK	1.020	963	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:07:34	1:12:13	1:26:43				3:46:31
1.556	WHK	328	F307	Thea	Fauerbach	63	SVO Wi sünd Holtriem	1:06:47	1:14:39	1:25:12				3:46:39
1.557	MHK	1.021	1154	Werner	Weers	52	Sparkasse Leer Wittmun	1:08:09	1:13:45	1:24:53				3:46:48
1.558	WHK	329	F643	Gerda	Möhlmann	65	Sparkasse Aurich-Nord	1:08:23	1:13:13	1:25:13				3:46:49
1.559	MJ	159	1484	Tobias	Bley	94	GeTek	1:09:57	1:12:32	1:24:21				3:46:51
1.560	WHK	330	F335	Ilona	Eden	69	FCSO	1:07:48	1:14:10	1:24:59				3:46:58
1.561	MHK	1.022	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	1:07:23	1:12:14	1:27:21				3:46:58
1.562	WHK	331	F438	Petra	Baumgarten	70	Lummerland Taxi	1:09:07	1:12:25	1:25:28				3:47:01
1.563	MHK	1.023	1187	Florian	Penner	63	FT Spetzerfehn	1:10:56	1:12:58	1:23:10				3:47:04
1.564	WHK	332	F382	Steffi	Heinrichsdo	79	Ostfriesische Volksbank	1:09:21	1:13:48	1:23:54				3:47:05
1.565	WHK	333	F188	Petra	Wochnik	64	Marathonprojekt Darmst	1:08:43	1:13:57	1:24:31				3:47:11
1.566	WHK	334	F485	Sylvia	Schlink	72	romme club	1:08:31	1:14:28	1:24:15				3:47:14

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.567	MHK	1.024	595	Hermann	Haun	73	Hartmann Group	1:10:02	1:13:14	1:24:01				3:47:19
1.568	WJ	51	F650	Janije	Burmeister	94	NIGE	1:09:43	1:11:41	1:25:54				3:47:19
1.569	MHK	1.025	1140	Dennis	Frerichs	93	WfbM BBB Aurich Witt	1:07:42	1:15:29	1:24:08				3:47:19
1.570	WHK	335	F409	Karin	Hillbrands	75	Klinge / Weener Energi	1:08:59	1:13:34	1:24:52				3:47:26
1.571	WHK	336	F376	Alexandra	Wolter	74	MTV Aurich	1:09:22	1:12:45	1:25:19				3:47:27
1.572	WHK	337	F391	Bianca	Petrolino	72	MTV Aurich	1:09:22	1:12:45	1:25:19				3:47:27
1.573	MHK	1.026	1015	Kai	Walther	77	Team Timmel	1:09:06	1:13:20	1:25:25				3:47:52
1.574	MHK	1.027	1149	Michael	Stockfisch	67	TUS Collinghorst	1:09:32	1:13:31	1:24:48				3:47:52
1.575	MHK	1.028	1161	Hans-Herm	Schoorman	83	Team Timmel	1:09:06	1:13:21	1:25:25				3:47:53
1.576	MHK	1.029	1269	Ralf	Tholen	85	Seefahrtsschule Leer	1:08:23	1:14:25	1:25:16				3:48:05
1.577	WJ	52	F379	Svea-Marie	Linnemann-	96	NIGE	1:09:22	1:12:56	1:25:51				3:48:10
1.578	MHK	1.030	1532	Marten	Groeneveld	85	Bünting Tee	1:07:49	1:13:05	1:27:22				3:48:18
1.579	MJ	160	871	Franz	van Hetting	96	IGS Waldschule Egels	1:09:15	1:14:41	1:24:23				3:48:21
1.580	WHK	338	F201	Uta	Jabben	60	Lauftreff Schaffhauserwa	1:08:24	1:15:50	1:24:09				3:48:23
1.581	WHK	339	F249	Gisela	Sap	55	Klinikum Leer	1:08:31	1:13:30	1:26:23				3:48:25
1.582	MHK	1.031	1023	Menno	Lokers	70	Sparkasse Leer Wittmun	1:10:23	1:13:59	1:24:06				3:48:29
1.583	MHK	1.032	1071	Mario	Kampers	73	Kdo SES Ostfriesland	1:08:27	1:14:58	1:25:03				3:48:30
1.584	WJ	53	F578	Lisa	Gießenberg	94	IGS Aurich West	1:08:19	1:16:25	1:23:52				3:48:37
1.585	MHK	1.033	1608	Christian	Heibült	40	SV Holtland	1:10:01	1:12:54	1:25:48				3:48:44
1.586	WHK	340	F389	Irmi	Tauer-Entg	63		1:11:36	1:13:03	1:24:05				3:48:45
1.587	WHK	341	F364	Meike	Helmers	73	mitzeit Intensivpflege Zulf	1:12:08	1:13:20	1:23:20				3:48:49
1.588	WHK	342	F429	Elisabeth	Tel	69	RVB Aurich/Uplengen	1:08:42	1:13:38	1:26:31				3:48:52
1.589	MJ	161	1585	Carsten	Saathoff	95	IGS Aurich West - Sek2	1:09:56	1:12:49	1:26:10				3:48:56
1.590	WHK	343	F296	Silvia	Saathoff	70	Ubbo-Emmius-Klinik	1:09:32	1:13:15	1:26:08				3:48:56
1.591	MHK	1.034	1182	Sönke	Veenijer	81	ENOVA	1:06:24	1:11:15	1:31:22				3:49:02
1.592	WHK	344	F359	Kerstin	Akkermann	70	Sparkasse Leer Wittmun	1:09:35	1:13:21	1:26:09				3:49:06
1.593	WHK	345	F410	Susanne	Brink	69	n-cut24	1:09:36	1:15:16	1:24:16				3:49:09
1.594	MHK	1.035	786	Jens	Hüttinga	68	n-cut 24	1:09:35	1:15:17	1:24:16				3:49:09
1.595	WHK	346	F590	Birgit	Pruin	67	Die Kurzenschlossene	1:07:30	1:12:48	1:28:51				3:49:11
1.596	WHK	347	F286	Kerstin	Schömig	68	Grundschule Hinte	1:10:03	1:14:17	1:24:53				3:49:14
1.597	WHK	348	F85	Christiane	Zepig	80	Krankenhaus Wittmund	1:09:15	1:14:31	1:25:30				3:49:18
1.598	WHK	349	F197	Talea	Lüpkes	93	Ubbo-Emmius-Klinik	1:08:16	1:12:39	1:28:24				3:49:20
1.599	WHK	350	F281	Insa	Jelden	92	Stadt Leer	1:08:42	1:13:54	1:26:46				3:49:23
1.600	WHK	351	F82	Sonka	Willms	92	KBV Driest-Weg Dunum-	1:08:19	1:12:40	1:28:24				3:49:24
1.601	MHK	1.036	1630	Heiner	Steenhoff	60	Germania Holterfehn	1:11:12	1:13:23	1:24:50				3:49:27
1.602	MHK	1.037	972	Heinz	Oelscher	54	Bürgerverein Filsum	1:09:45	1:17:16	1:22:28				3:49:29
1.603	MHK	1.038	1461	Erwin	Koops	72	Sparkasse Leer Wittmun	1:10:25	1:14:01	1:25:06				3:49:33
1.604	WJ	54	F297	Anna-Lena	Ubben	95	Borromäus Hospital Lee	1:08:59	1:14:35	1:26:06				3:49:41
1.605	WHK	352	F464	Sandra	Vesperman	85	Team ENERCON	1:13:24	1:10:02	1:26:20				3:49:47
1.606	MHK	1.039	1566	Christoph	Bockhöfer	66	Rechtsanwälte Dr. Fenn	1:08:15	1:13:28	1:28:07				3:49:51
1.607	MHK	1.040	1464	Gerhard	Hommers	54	LT SV Ems Jemgum	1:08:56	1:15:15	1:25:40				3:49:52
1.608	MHK	1.041	811	Gerd	Peeken	73	TuS Esens	1:10:53	1:13:24	1:25:43				3:50:01
1.609	WHK	353	F217	Bettina	Peters	75	Ruderverein Leer e. V.	1:09:42	1:14:47	1:25:32				3:50:01
1.610	WJ	55	F621	Michelle	Riebschlag	96	Ulricianum Aurich Sek2 -	1:09:32	1:14:20	1:26:13				3:50:05
1.611	WJ	56	F618	Laura	Erdmann	95	Ulricianum Aurich Sek2 -	1:09:37	1:14:22	1:26:14				3:50:13
1.612	WHK	354	F555	Martina	Meyer	80	Rudnick mode und woh	1:09:31	1:13:43	1:27:07				3:50:21
1.613	WHK	355	F377	Bianca	Ottersberg	91	LG GroBefehn	1:09:08	1:15:48	1:25:26				3:50:22
1.614	WHK	356	F370	Maike	Hinrichs	90	LG GroBefehn	1:09:08	1:15:48	1:25:26				3:50:23
1.615	WHK	357	F295	Heike	Könnecke	70	Ubbo-Emmius-Klinik	1:05:15	1:16:38	1:28:31				3:50:25
1.616	WHK	358	F334	Anke	Fahnster	89	VfB Germania Wiesmoo	1:05:20	1:15:18	1:29:49				3:50:28
1.617	WJ	57	F684	Nicole	Rohlf	98	HRS Moormerland	1:15:50	1:12:02	1:22:44				3:50:38
1.618	WHK	359	F427	Marlies	Witte	60	LT Spaß mit Sport	1:09:43	1:15:20	1:25:35				3:50:38
1.619	MHK	1.042	1356	Henri	Hüls	68	obw Emden	1:10:35	1:14:15	1:25:50				3:50:41
1.620	WJ	58	F388	Hilke	Harms	97	IGS Aurich West Sek1	1:10:39	1:14:38	1:25:32				3:50:50

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.621	WJ	59	F261	Verena	Weber	94	Klinikum Leer	1:09:21	1:15:17	1:26:16				3:50:56
1.622	MHK	1.043	947	Holger	Dickhöfer	72	Enno Onneckken	1:07:00	1:15:32	1:28:34				3:51:08
1.623	WHK	360	F681	Angelika	Kühl-Giese	67	Nur dabei sein!	1:04:17	1:19:51	1:27:06				3:51:15
1.624	MHK	1.044	1165	Uwe	Caspers	71	Team ENERCON	1:13:19	1:13:33	1:24:29				3:51:23
1.625	WHK	361	F701	Marie	Ubben	57	EDEKA	1:11:22	1:14:44	1:25:21				3:51:28
1.626	WHK	362	F561	Petra	Freese	69	Emder LG	1:10:04	1:15:13	1:26:15				3:51:33
1.627	WHK	363	F649	Hilde	Onken	59	Stadtwerke Leer AöR	1:10:40	1:15:14	1:25:43				3:51:39
1.628	MHK	1.045	913	Günter	Janssen	43	MTV Aurich Tria	1:10:05	1:17:08	1:24:26				3:51:40
1.629	WHK	364	F254	Gundula	Wulff	65	WfBM BBB Aurich Witt	1:09:48	1:15:23	1:26:35				3:51:46
1.630	WHK	365	F199	Fenna	Wester	54	Weener	1:09:51	1:15:23	1:26:34				3:51:49
1.631	WHK	366	F489	Andrea	Meyerjürge	72	Bad zwischenahn	1:10:29	1:14:55	1:26:31				3:51:56
1.632	WHK	367	F274	Lisa	Hanken	92	RVB Aurich/Uplengen	1:09:24	1:16:16	1:26:21				3:52:02
1.633	WHK	368	F478	Claudia	Wostratzky	74	Heisfelder Zahnhaus	1:11:00	1:15:38	1:25:26				3:52:05
1.634	MJ	162	1399	Keno	Hußmann	94	IGS Aurich West - Sek2	1:11:05	1:15:17	1:25:45				3:52:08
1.635	MHK	1.046	1528	Lars	Ammerman	72	Bünting Tee	1:10:52	1:13:56	1:27:19				3:52:08
1.636	MHK	1.047	1529	Werner	Homölle	64	Bünting Tee	1:10:52	1:13:56	1:27:22				3:52:11
1.637	MHK	1.048	1211	Gerd	Saathoff	65	Blau Weiss Filsum	1:11:40	1:13:25	1:27:08				3:52:14
1.638	WHK	369	F558	Insa	Seiwald	68	Stadt Leer	1:09:43	1:15:19	1:27:13				3:52:17
1.639	MHK	1.049	1158	Joachim	Guhr	53	LT Spaß mit Sport	1:06:58	1:10:53	1:34:27				3:52:20
1.640	MHK	1.050	1192	Torben	Cord	85	BBC Chartering	1:11:33	1:13:21	1:27:29				3:52:24
1.641	MHK	1.051	1527	Thomas	Janssen	74	Bünting Tee	1:06:47	1:06:29	1:39:09				3:52:26
1.642	WHK	370	F371	Monika	Sandelman	57	Kirche läuft Wilhelmshav	1:10:04	1:15:07	1:27:21				3:52:33
1.643	MHK	1.052	1110	Franz	Janshen	64	TUS Ditzumerverlaat	1:09:04	1:14:38	1:28:51				3:52:33
1.644	WHK	371	F345	Heidi	Meyer	70	EWE Wattloopers	1:10:52	1:16:02	1:25:49				3:52:44
1.645	WHK	372	F342	Ilona	Kerker	70	Emder LG	1:12:21	1:14:26	1:26:08				3:52:56
1.646	MHK	1.053	537	Jan	Janssen - d	72	Zahnmedizin-Aurich	0:49:45	0:53:31	2:09:41				3:52:57
1.647	WHK	373	F309	Laura	Köhler	92	Seefahrtsschule Leer	1:13:12	1:13:55	1:25:52				3:52:59
1.648	MHK	1.054	1085	Anton	Gruben	42	SV Potshausen	1:08:36	1:18:33	1:25:53				3:53:03
1.649	WHK	374	F72	Maja	Dirks	93	Fortuna Logabirum	1:07:59	1:14:46	1:30:21				3:53:07
1.650	WHK	375	F399	Edda	Buß	53	Pewsum	1:09:13	1:15:50	1:28:17				3:53:20
1.651	MHK	1.055	1198	Carsten	Dubiel	49	Weener	1:17:14	1:15:58	1:20:15				3:53:28
1.652	WHK	376	F601	Kerstin	Dorenbusch	75	obw Emden	1:11:59	1:15:47	1:25:50				3:53:38
1.653	WHK	377	F308	Silvia	Geiken	71	BV Victorbur	1:10:26	1:16:02	1:27:21				3:53:50
1.654	MHK	1.056	1280	Gerald	Frühling	70	MTV Aurich	1:11:20	1:15:20	1:27:29				3:54:09
1.655	MHK	1.057	1493	Reinhard	Wodak	50	Perior	1:10:33	1:17:51	1:25:49				3:54:14
1.656	MHK	1.058	1181	Helmut	Beek	56	VW Emden	1:09:24	1:15:37	1:29:21				3:54:23
1.657	WHK	378	F225	Nina	Müller	87	Klinikum Leer	1:11:05	1:16:22	1:27:08				3:54:36
1.658	WHK	379	F269	Jutta	Sap	61	Klinikum Leer	1:10:55	1:16:27	1:27:17				3:54:40
1.659	WHK	380	F130	Claudia	Korpilla	66	ZGO	1:13:40	1:15:34	1:25:27				3:54:42
1.660	WHK	381	F279	Judith	Otten	84	ZGO	1:13:40	1:15:37	1:25:26				3:54:45
1.661	MHK	1.059	1619	Lothar	Wenninga	72	Greta-Schoon-Schule	1:12:01	1:15:06	1:27:43				3:54:52
1.662	MHK	1.060	1078	Matthias	Sap	52	Klinikum Leer	1:11:06	1:16:27	1:27:19				3:54:53
1.663	WHK	382	F461	Johanne	Dieken-Wall	66	LG Ostfriesland	1:11:35	1:16:03	1:27:21				3:55:01
1.664	WHK	383	F216	Britta	Seeberg	63	Gymnasium Ulricianum A	1:10:47	1:17:14	1:27:08				3:55:09
1.665	WHK	384	F246	Gudrun	Damm	73	Klinikum Emden	1:11:31	1:10:37	1:33:05				3:55:14
1.666	MHK	1.061	1073	Johann	Wiltfang	56	Ostfriesische Volksbank	1:12:58	1:13:32	1:28:47				3:55:18
1.667	WHK	385	F396	Roswitha	Südhoff	64	Ostfriesische Volksbank	1:12:50	1:13:45	1:28:48				3:55:24
1.668	WHK	386	F406	Sylke	Rose	71	Ostfriesische Volksbank	1:12:51	1:13:45	1:28:47				3:55:24
1.669	MHK	1.062	942	Peter	Koritke	51	VfB Uplengen	1:12:32	1:15:20	1:27:53				3:55:47
1.670	MHK	1.063	1183	Habbe	Buß	48	LG GroBefehn	1:12:54	1:15:51	1:27:04				3:55:51
1.671	WHK	387	F333	Helga	Middelborg	52	LT SV Ems Jemgum	1:10:32	1:16:15	1:29:05				3:55:53
1.672	WHK	388	F677	Ines	Rosenkranz	85	Alex.-v-Humboldt-Schul	1:11:19	1:14:22	1:30:14				3:55:55
1.673	WHK	389	F445	Christa	Steinjan	61	B Steinjan Consulting Gr	1:12:32	1:16:35	1:26:52				3:55:59
1.674	WHK	390	F432	Ute	Weber	66	Nortmoor	1:12:22	1:14:38	1:29:34				3:56:35

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.675	WHK	391	F408	Hannelore	Klingen	60	TPSK Köln	1:12:44	1:16:32	1:27:56				3:57:13
1.676	WHK	392	F363	Christine	Ehmen	78	Realschule Esens	1:11:10	1:18:32	1:27:32				3:57:15
1.677	WHK	393	F160	Herta	Meyer	49	TV Norden	1:12:49	1:15:58	1:28:34				3:57:22
1.678	WHK	394	F407	Astrid	Müller-Esch	73	Grundschule Am Otter	1:11:23	1:16:12	1:29:49				3:57:25
1.679	WHK	395	F541	Kathrin	Wellendorf	85	Larisca	1:14:34	1:15:44	1:27:15				3:57:33
1.680	MJ	163	1299	Philip	Schick	98	MTV Hohenkirchen	1:13:34	1:15:52	1:28:14				3:57:41
1.681	WJ	60	F470	Rieke	Seifert	99	Gymnasium Ulricianum A	1:12:08	1:15:36	1:30:04				3:57:49
1.682	WJ	61	F641	Cato	Stoffer	98	Ulricianum Aurich Sek 1	1:12:10	1:15:39	1:30:05				3:57:54
1.683	MHK	1.064	986	Henning	Wellendorf	78	NW Steuerberatungsge	1:12:08	1:16:42	1:29:08				3:57:58
1.684	WJ	62	F672	Ina	Müller	00	Gymnasium Ulricianum A	1:12:37	1:18:45	1:26:35				3:57:58
1.685	WJ	63	F703	Wiebke	Störig	00	Gymnasium Ulricianum A	1:12:37	1:18:46	1:26:35				3:57:58
1.686	WJ	64	F656	Anna	Langensiep	99	Gymnasium Ulricianum A	1:12:39	1:18:46	1:26:35				3:58:00
1.687	WHK	396	F430	Vera	Soeken	82	Raiffeisenbank eG, Moor	1:13:44	1:15:58	1:28:17				3:58:01
1.688	WHK	397	F630	Sarah	Körber	93	IGS Aurich West	1:15:20	1:15:30	1:27:19				3:58:09
1.689	MHK	1.065	1081	Harmannus	Hilbrands	58	de Heizungsloopers	1:14:22	1:16:34	1:27:19				3:58:16
1.690	MHK	1.066	1489	Helmut	Sprang, Dr.	45	Lions Club Uplengen	1:11:36	1:13:41	1:33:05				3:58:23
1.691	WHK	398	F477	Angelika	Wendt	62	Emder LG	1:13:43	1:16:54	1:27:50				3:58:28
1.692	WHK	399	F368	Karin	Fellensiek	66	BV Vörwärts-Plaggenbu	1:12:26	1:16:06	1:30:01				3:58:35
1.693	WHK	400	F341	Matina	Reske	75	Wilbeboer Bauteile Gmb	1:13:37	1:17:19	1:28:11				3:59:07
1.694	WJ	65	F611	Anna	Eirich	94	Onkologische Schwerpur	1:13:56	1:18:36	1:26:46				3:59:19
1.695	WHK	401	F448	Thea	Baumann	58	Tischlerei Baumann	1:12:20	1:17:11	1:29:50				3:59:23
1.696	WJ	66	F698	Lara	Schultz	99	FCSO	1:13:22	1:16:42	1:29:27				3:59:32
1.697	WHK	402	F383	Saskia	Koning	93	Töben & Partner	1:12:53	1:15:45	1:30:56				3:59:35
1.697	WHK	402	F385	Sabrina	Mengel	93	Wasserfreunde Völlen-	1:12:54	1:15:45	1:30:55				3:59:35
1.699	WHK	404	F635	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:11:19	1:18:19	1:30:17				3:59:56
1.700	MHK	1.067	1033	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:13:58	1:15:32	1:30:27				3:59:57
1.701	MHK	1.068	1293	Rainer	Brahms	72	Scharff / Trauco	1:12:01	1:17:38	1:30:17				3:59:57
1.702	WHK	405	F433	Frauke	Dannen	70	Fortuna Logabirum	1:12:18	1:17:12	1:30:33				4:00:04
1.703	WHK	406	F598	Renate	Blom-Weert	63	obw Emden	1:12:13	1:17:48	1:30:04				4:00:06
1.704	WHK	407	F420	Marion	Czerniakow	67	Heseler Dauerläufer	1:12:42	1:18:00	1:29:24				4:00:06
1.705	MHK	1.069	1080	Benjamin	Jürrens	86	Klinikum Emden	1:11:39	1:16:00	1:32:30				4:00:10
1.706	MJ	164	1593	Mirco	Feldmann	99	SV GroBefehn	1:07:19	1:24:33	1:29:00				4:00:52
1.707	WHK	408	F471	Heike	Schmidt	70	Emder LG	1:13:43	1:17:33	1:29:35				4:00:52
1.708	WHK	409	F533	Susanne	Grebener	64	Lauffreff Pewsum	1:13:32	1:18:36	1:29:13				4:01:21
1.709	W	1	F505	Anna-Christ	Habben	12	TUS Leerhufe/Hovel	1:12:33	1:17:03	1:31:48				4:01:25
1.710	MHK	1.070	1362	Walter	Smid	52	obw Emden	1:12:40	1:17:52	1:31:01				4:01:33
1.711	MHK	1.071	1120	Focko	Janssen	49	IGS Aurich West	1:13:50	1:18:11	1:29:39				4:01:42
1.712	WHK	410	F504	Andrea	Foorden	65	Team ENERCON	1:12:41	1:18:34	1:30:31				4:01:47
1.713	MHK	1.072	992	Arne	Böhme	85	Seefahrtsschule Leer	1:14:04	1:15:45	1:31:59				4:01:49
1.714	WHK	411	F426	Dorathe	Lüpkes	62	Lauffreff Schaffhauserwa	1:12:12	1:17:35	1:32:09				4:01:57
1.715	MHK	1.073	1388	Ludwig	Sinning	63	Kreuzfahrten Sinning LE	1:14:15	1:17:30	1:30:16				4:02:01
1.716	MHK	1.074	959	Thomas	Kröger	66	BV Friesland Neu-Ekels	1:14:09	1:18:20	1:29:39				4:02:10
1.717	WHK	412	F145	Karin	Kruse	62	Team Möbel Buss	1:14:27	1:17:43	1:30:02				4:02:13
1.718	MHK	1.075	1131	Werner	Ihlow	45	TV Norden	1:12:51	1:19:34	1:30:09				4:02:35
1.719	MHK	1.076	1186	Wolfgang	Girts	52	SV Stern Schwerinsdorf	1:12:54	1:18:32	1:31:09				4:02:36
1.720	MHK	1.077	1247	Heinrich	van Lengen	40	LG GroBefehn	1:14:39	1:18:38	1:29:26				4:02:45
1.721	WHK	413	F469	Gitta	Seifert	67	Plaggenburg	1:13:18	1:18:55	1:30:37				4:02:50
1.722	WHK	414	F285	Antje	Feige	62	LG GroBefehn	1:14:39	1:18:12	1:30:02				4:02:54
1.723	MHK	1.078	760	Michael	Jarcke	55	Team Möbel Buss	1:14:39	1:18:20	1:29:57				4:02:57
1.724	MHK	1.079	974	Dieter	Dirks	65	SVO Wi sünd Holtriem	1:15:01	1:16:49	1:31:15				4:03:05
1.725	WJ	67	F434	Heike	Akkermann	94	Raiffeisenbank eG, Moor	1:14:02	1:17:31	1:31:43				4:03:18
1.726	WJ	68	F571	Denise	Duitsmann	94	IGS Aurich West - Sek2	1:17:15	1:15:58	1:30:13				4:03:27
1.727	MHK	1.080	1121	Grato	Nipshagen	58	LT Schaffhauser Wald	1:15:23	1:19:23	1:28:43				4:03:30
1.728	WJ	69	F659	Neele	Wollmann	94	IGS Aurich West - Sek2	1:17:16	1:16:05	1:30:12				4:03:34

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.729	WHK	415	F258	Anke	Verwold	73		1:16:37	1:18:31	1:28:33				4:03:41
1.730	WHK	416	F493	Heidi	Köhler	69	Gemeinde Hinte	1:13:27	1:19:15	1:31:11				4:03:53
1.731	MHK	1.081	1295	Christian	Kuhlmann	66	Autopark Schunke	1:13:50	1:21:13	1:29:05				4:04:09
1.732	MHK	1.082	853	Marcel	Bloem	92	Leinerstift e.V	1:11:40	1:19:33	1:32:58				4:04:11
1.733	WHK	417	F255	Sigrid	Arends	69	Störtebeker Loopers TV	1:14:37	1:19:32	1:30:06				4:04:15
1.734	MJ	165	866	Leon	Pansegrau	99	IGS Waldschule Egels	1:13:52	1:16:45	1:33:39				4:04:17
1.735	MHK	1.083	1150	Joachim	Piela	51	IGS Aurich West	1:13:10	1:17:53	1:33:31				4:04:35
1.736	MHK	1.084	803	Jens	Kaiser	72	Enno Onnecken	1:14:56	1:19:36	1:30:14				4:04:46
1.737	WHK	418	F361	Heike	Middelkamp	60	VfL Oythe, Trauco	1:09:07	1:21:18	1:34:27				4:04:53
1.738	MHK	1.085	1142	Frank	Bajen	72	Klinikum Emden	1:14:59	1:19:12	1:30:54				4:05:06
1.739	MHK	1.086	735	Wolfgang	Sattler	47	Fortuna Logabirum	1:16:03	1:19:00	1:30:11				4:05:15
1.740	MHK	1.087	1143	Ahlich	Hamel	60	Volksbank Westrhauder	1:15:18	1:18:55	1:31:14				4:05:28
1.741	MHK	1.088	1139	Dieter	Sandelman	53	Kirche läuft Wilhelmshav	1:12:55	1:20:00	1:32:33				4:05:29
1.742	WHK	419	F654	Doris	Gerjets	67	AOK - Die Gesundheitsk	1:15:58	1:17:01	1:32:36				4:05:36
1.743	WJ	70	F536	Rena	Grüßing	98	SV Bentstreek	1:12:03	1:21:19	1:32:23				4:05:45
1.744	WHK	420	F312	Sonja	Strasser	71	GW Firrel	1:14:27	1:19:55	1:31:27				4:05:50
1.745	WJ	71	F530	Katharina	Kuhlmann	12	IGS Aurich West - Sek2	1:13:50	1:19:24	1:32:41				4:05:56
1.746	WJ	72	F682	Maren	Böke	98	HRS Moormerland	1:15:50	1:18:37	1:32:04				4:06:32
1.747	WHK	421	F671	Rosemarie	Giese	56	Werdum	1:13:44	1:21:23	1:31:42				4:06:50
1.748	WHK	422	F392	Theresia	Jansen	71	ELV Elektronik AG	1:16:03	1:19:00	1:31:47				4:06:51
1.749	WHK	423	F475	Sabine	Kleinau	67	EDEKA TEAM JEMGU	1:13:23	1:20:00	1:33:30				4:06:53
1.750	WJ	73	F640	Jacqueline	Gerdas	00	Gymnasium Ulricianum /	1:18:21	1:16:49	1:31:50				4:07:02
1.751	WHK	424	F223	Haike	Heuer	66	Ubbo-Emmius-Klinik	1:18:16	1:16:49	1:31:59				4:07:04
1.752	MJ	166	490	Graf	Glamann-S	00	TV Norden	1:13:47	1:20:24	1:33:05				4:07:16
1.753	WHK	425	F497	Regina	Dubiel	58	Weener	1:18:19	1:20:44	1:28:15				4:07:19
1.754	MHK	1.089	540	Eike	Onnecken	90	Enno Onnecken	1:14:55	1:19:37	1:32:48				4:07:20
1.755	WHK	426	F479	Freya	Homeyer	88	Seefahrtsschule Leer	1:21:28	1:15:17	1:30:48				4:07:33
1.756	WHK	427	F148	Margit	Klinkenborg	52	TV Norden	1:15:14	1:19:45	1:32:36				4:07:36
1.757	WHK	428	F442	Anne-Kathri	Stege	81	Team ENERCON	1:15:41	1:20:26	1:31:38				4:07:47
1.758	WHK	429	F537	Petra	Rogge	67	SV Freie Lunge Bentstr	1:19:17	1:17:40	1:31:08				4:08:05
1.759	MHK	1.090	1146	Jens	Engeldinger	90		1:17:52	1:23:22	1:26:55				4:08:10
1.760	WHK	430	F412	Corinna	Schild	64	Freunde der kleinen All	1:15:19	1:20:24	1:32:31				4:08:15
1.761	WHK	431	F418	Silke	Barth	72	SVO Wi sünd Holtriem	1:16:05	1:19:08	1:33:38				4:08:53
1.762	WJ	74	F414	Anna-Lena	Goldenstein	94	NIGE	1:18:34	1:17:52	1:32:26				4:08:53
1.763	WHK	432	F21	Silke	Grabhorn	93	Seefahrtsschule Leer	1:19:10	1:17:27	1:32:30				4:09:08
1.764	WHK	433	F473	Doris	Heyen	68	MTV Aurich	1:15:05	1:20:57	1:33:28				4:09:32
1.765	WHK	434	F487	Doris	Ulfers-Bran	57	Stadt Leer	1:16:24	1:20:21	1:32:59				4:09:45
1.766	WJ	75	F484	Kyra	Biller	97	TG Wiesmoor	1:19:07	1:19:45	1:30:54				4:09:47
1.767	WJ	76	F486	Svenja	Harms	97		1:19:07	1:19:45	1:30:54				4:09:48
1.768	WHK	435	F416	Elke	Richter-Jan	61	TUS Horsten	1:15:45	1:21:52	1:32:10				4:09:48
1.769	WHK	436	F439	Daniela	Rother	75	Schöne Reisen	1:13:47	1:23:04	1:33:02				4:09:54
1.770	WHK	437	F667	Sandra	Baumann	83	Bünting Tee	1:15:35	1:20:08	1:34:21				4:10:05
1.771	WHK	438	F674	Heidi	Stöter	63	SV- Stern Schwerinsdorf	1:15:35	1:20:09	1:34:21				4:10:06
1.772	WJ	77	F472	Oriana	Köhler	94	IGS Aurich West	1:17:38	1:18:18	1:34:17				4:10:15
1.773	WJ	78	F670	Sine	Omar	95	IGS Aurich West - Sek2	1:17:40	1:18:24	1:34:18				4:10:22
1.774	MJ	167	863	Dennis	Memenga	00	IGS Waldschule Egels	1:20:40	1:03:03	1:47:26				4:11:10
1.775	WHK	439	F428	Bettin	Lixfeld-Soz	67	Reederei Buss	1:17:25	1:20:45	1:33:18				4:11:29
1.776	MHK	1.091	1196	Folkmar	Lüpkes	60	Lauftreff Schaffhauserwa	1:15:51	1:20:31	1:35:26				4:11:49
1.777	WHK	440	F480	Daniela	Heyenga	89	Volksbank Westrhauder	1:16:29	1:21:06	1:34:31				4:12:07
1.778	MHK	1.092	1124	Helge	Wilken	61	LG Ostfriesland	1:13:14	1:22:24	1:36:40				4:12:19
1.779	MHK	1.093	1595	Wolfgang	Schmidtke	53	Loga	1:18:45	1:23:09	1:30:29				4:12:25
1.780	WHK	441	F380	Insa	Bross-Ansc	72	Klinikum Leer	1:15:25	1:22:52	1:34:20				4:12:37
1.781	MHK	1.094	1155	Wolfgang	Wöhrle	44	MTV Wittmund	1:12:54	1:22:41	1:37:07				4:12:43
1.782	MHK	1.095	1382	Bastian	Folkerts	93	SUS Timmel	1:14:12	1:20:31	1:38:09				4:12:52

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.783	WHK	442	F195	Anke	Meier	73	Ubbo-Emmius-Klinik	1:16:11	1:22:07	1:34:45				4:13:04
1.784	WHK	443	F453	Angelika	Dendzik	92	TSV Germania Holterf	1:18:22	1:20:26	1:34:30				4:13:19
1.785	WHK	444	F402	Martina	Wellendorf-	69	Klinikum Emden	1:18:26	1:21:00	1:33:52				4:13:19
1.786	WHK	445	F447	Nicole	Grünert	76	Borromäus Hospital Lee	1:16:19	1:23:52	1:33:13				4:13:25
1.787	WHK	446	F131	Ilona	Beyen	63	Team Möbel Buss	1:16:59	1:22:39	1:33:49				4:13:27
1.788	WHK	447	F500	Anja	Werth	67	TSV Holtrop Basketball	1:17:10	1:22:38	1:33:49				4:13:37
1.789	WHK	448	F326	Daniela	Buss	72		1:16:20	1:22:20	1:35:20				4:14:01
1.790	MHK	1.096	765	Axel	Schewiola	38	TV Norden	1:18:05	1:22:09	1:34:01				4:14:15
1.791	WHK	449	F166	Petra	Palma	65	TUS Leerhafe	1:15:12	1:23:14	1:35:59				4:14:26
1.792	MHK	1.097	1001	Dieter	Sandrock	47	LG TV Bunde	1:17:11	1:23:37	1:33:39				4:14:29
1.793	WHK	450	F305	Heike	Becker	64		1:16:13	1:23:17	1:35:39				4:15:10
1.794	MHK	1.098	1065	Jens	Rabenberg	79	RVB Aurich/Uplengen	1:19:01	1:24:30	1:31:42				4:15:14
1.795	MHK	1.099	854	Tobias	Salomo	93	Leinerstift e.V	1:16:02	1:22:23	1:36:50				4:15:16
1.796	WHK	451	F646	Petra	Niemeyer	69	Rhauderfehn	1:18:23	1:23:02	1:34:01				4:15:27
1.797	MJ	168	1304	Oliver	Vitsios	94	IGS Aurich West - Sek2	1:23:12	1:21:02	1:31:19				4:15:34
1.798	MHK	1.100	859	Matthias	Palma	90	Leinerstift e.V	1:16:23	1:23:11	1:36:00				4:15:35
1.799	MHK	1.101	1476	Klaas	Niemeyer-S	71	Rhauderfehn	1:18:38	1:23:03	1:34:02				4:15:43
1.800	WHK	452	F290	Christina	Göhn	87	Ubbo-Emmius-Klinik	1:18:16	1:22:01	1:35:44				4:16:02
1.801	WHK	453	F483	Sigrid	Paschen	60	MTV Wittmund	1:17:25	1:23:12	1:35:51				4:16:30
1.802	WHK	454	F455	Bettina	Ackermann	64	Emder LG	1:18:15	1:22:30	1:35:48				4:16:33
1.803	MHK	1.102	1352	Burghardt	Zirpins	57	obw Emden	1:15:54	1:22:16	1:38:24				4:16:35
1.804	WHK	455	F636	Ute	Heuer	61	SV Leybucht	1:18:16	1:20:52	1:37:30				4:16:40
1.805	MHK	1.103	1029	Johann	Rath	63	ELV Elektronik AG	1:16:57	1:22:52	1:37:12				4:17:01
1.806	WHK	456	F563	Barbara	Leeling	65	Emder LG	1:20:52	1:21:11	1:35:01				4:17:05
1.807	MHK	1.104	1003	Erich	Pruin	64	Lebenshilfe Leer e.V.	1:18:38	1:21:59	1:36:32				4:17:10
1.808	WHK	457	F435	Ulrike	Richter	59	MTV Wittmund	1:17:23	1:22:44	1:37:05				4:17:13
1.809	MHK	1.105	1499	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:18:56	1:23:26	1:35:01				4:17:24
1.810	MHK	1.106	1111	Günther	Saathoff	46	TSV Hesel	1:18:28	1:23:59	1:35:01				4:17:30
1.811	WHK	458	F443	Heidy	van Schar	58	Vfl Uplengen	1:15:40	1:22:55	1:39:06				4:17:42
1.812	MHK	1.107	1190	Kerli	Hermann	48	SC Collhusen	1:19:42	1:22:47	1:35:22				4:17:52
1.813	MHK	1.108	1309	Heinz	Palm	48	VHS Laufen	1:14:41	1:25:16	1:38:00				4:17:58
1.814	WHK	459	F466	Esther	Gembruch	60	Timmel	1:18:06	1:23:09	1:36:57				4:18:12
1.815	MHK	1.109	1153	Martin	Schürmann	60	Poseidon Leer	1:16:55	1:24:57	1:36:31				4:18:25
1.816	MHK	1.110	1323	Hendrik	NieBet	80	Lebenshilfe Leer e.V.	1:21:08	1:17:02	1:41:03				4:19:14
1.817	WJ	79	F381	Lulienne	Keller	11	NIGE II	1:19:39	1:22:38	1:37:29				4:19:48
1.818	WHK	460	F495	Anne Kea	van Rossu	90		1:18:21	1:25:16	1:36:59				4:20:37
1.819	MJ	169	1087	Benny	Pilgram	94	JHS Nortmoor	1:20:32	1:24:18	1:35:55				4:20:47
1.820	WHK	461	F460	Brigitte	Adam	57	TuS Weener	1:19:27	1:24:56	1:36:30				4:20:55
1.821	WHK	462	F260	Heike	Brahms	70	WfBM BBB Aurich Witt	1:20:44	1:25:01	1:35:18				4:21:04
1.822	WHK	463	F532	Lisa	Harms	70	Fa.Ruma Leer/ Großwo	1:19:43	1:24:02	1:37:21				4:21:07
1.823	WJ	80	F405	Hanna	Kassas	95	NIGE II	1:19:41	1:24:10	1:37:29				4:21:22
1.824	WJ	81	F262	Annika	Junker	99		1:16:59	1:24:42	1:39:41				4:21:23
1.825	MHK	1.111	802	Jürgen	Junker	71		1:17:01	1:24:42	1:39:43				4:21:28
1.826	WHK	464	F421	Irene	Jäger	80	Team ENERCON	1:20:32	1:26:04	1:34:53				4:21:29
1.827	WHK	465	F610	Alicja	Stepien	81	MVM mbH	1:24:15	1:24:28	1:32:50				4:21:34
1.828	MHK	1.112	766	Wilhelm	Bolhuis	43	TV Norden	1:21:37	1:25:17	1:35:05				4:22:00
1.829	W	2	F508	Kristina	Lindner	10	REHAU AG & Co	1:22:01	1:23:02	1:37:03				4:22:08
1.830	MHK	1.113	1170	Hans Georg	Richter	44	Kloster	1:18:30	1:23:47	1:39:50				4:22:08
1.831	WHK	466	F510	Henrike	Pollmann	93	IGS Aurich West	1:20:22	1:24:49	1:37:02				4:22:14
1.832	MHK	1.114	1563	Lothar	Habben	67	BV Vorwärts Plaggenbur	1:16:23	1:29:08	1:37:04				4:22:36
1.833	WHK	467	F652	Ingeborg	Bruns	62	Neuburg	1:16:56	1:22:10	1:43:36				4:22:43
1.834	WHK	468	F492	Erika	Ahrends	67	TRAUCO Gruppe	1:20:50	1:24:38	1:37:19				4:22:48
1.835	WHK	469	F165	Lisa-Marie	Sönnecken	92	Klinikum Leer	1:16:51	1:23:16	1:42:43				4:22:51
1.836	MHK	1.115	1368	Sascha	Hellmann	86	obw Emden	1:16:17	1:24:53	1:42:23				4:23:34

Zwischenstand nach 3. Etappe

gedruckt 30.04.2013 21:21:46

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.837	MHK	1.116	1291	Günther	Rühling	44	LT TuS Aurich-Ost	1:20:47	1:23:56	1:39:00				4:23:45
1.838	MHK	1.117	1312	Ralf	Karbach	74	VHS Laufen	1:19:28	1:25:49	1:38:29				4:23:47
1.839	WHK	470	F608	Tanja	Veentjer	73	VHS Laufen	1:19:29	1:25:49	1:38:29				4:23:47
1.840	WHK	471	F588	Carolina	Draht	63	MTV Aurich	1:19:57	1:24:58	1:39:06				4:24:01
1.841	WHK	472	F450	Sabine	Kröger	69	NW Steuerberatungsge	1:20:48	1:25:50	1:39:22				4:26:01
1.842	MHK	1.118	1201	Sören	Schmalwas	64	Bünting Tee	1:20:49	1:25:50	1:39:23				4:26:04
1.843	WHK	473	F462	Eske	Mennenga	74	Moormerland	1:19:56	1:26:48	1:39:36				4:26:21
1.844	WHK	474	F665	Susanne	Behrends	83	Bünting Tee	1:21:27	1:25:46	1:39:09				4:26:23
1.845	WHK	475	F662	Effi	Hagen	82	Bünting Tee	1:21:27	1:25:46	1:39:09				4:26:23
1.846	WHK	476	F488	Erna	Tjarks	79	Team ENERCON	1:22:00	1:25:01	1:39:55				4:26:57
1.847	MHK	1.119	1479	Manfred	Vogel	55	Kurt sien trupp	1:19:43	1:25:10	1:42:42				4:27:36
1.848	WJ	82	F180	Janine	Memenga	97	IGS Waldschule Egels	1:25:22	1:25:18	1:37:40				4:28:21
1.849	WJ	83	F425	Jana	Geuken	94	IGS Aurich West - Sek2	1:23:12	1:27:06	1:38:03				4:28:21
1.850	WHK	477	F494	Gerti	van Rossu	60	Lebenshilfe Leer e.V.	1:20:18	1:25:14	1:42:58				4:28:31
1.851	MHK	1.120	1213	Tole	Krull	58	KBV Liekut Hand Langef	1:28:33	1:35:49	1:24:10				4:28:33
1.852	WHK	478	F129	Insa	Meinen	55	Team Möbel Buss	1:21:20	1:26:48	1:41:26				4:29:35
1.853	MHK	1.121	763	Andreas	Meinen	54	Team Möbel Buss	1:21:20	1:26:49	1:41:26				4:29:36
1.854	MJ	170	897	Keno	Buse	94	WfbM BBB Aurich Witt	1:30:46	1:41:05	1:18:23				4:30:15
1.855	MJ	171	898	Klaas	Wollmann	94	WfbM BBB Aurich Witt	1:30:48	1:41:06	1:18:22				4:30:17
1.856	WHK	479	F507	Conny	Jäschke	73	mitzeit Intensivpflege zu	1:21:10	1:25:00	1:44:35				4:30:47
1.857	WHK	480	F519	Frauke	Ubben	68	TSV Holtrop Basketball	1:21:29	1:29:05	1:41:34				4:32:09
1.858	WHK	481	F436	Fenna	Pollmann	62	SV Stern Schwerinsdorf	1:19:33	1:29:20	1:43:18				4:32:11
1.859	MHK	1.122	1292	Andreas	Schulze	71	Scharff / Trauco	1:24:12	1:26:34	1:42:01				4:32:48
1.860	MHK	1.123	1318	Christian	Uphoff	90	Lebenshilfe Leer e.V.	1:15:00	1:41:44	1:36:08				4:32:53
1.861	WHK	482	F474	Linda	Janssen-W	62	SV Stern Schwerinsdorf	1:19:54	1:29:50	1:43:18				4:33:03
1.862	WHK	483	F498	Elke	Fruhling	60	DRK KiGa Am Wassert	1:23:40	1:26:24	1:42:58				4:33:03
1.863	WJ	84	F277	Rieke	Uken	94	IGS Aurich West	1:23:58	1:26:36	1:43:07				4:33:41
1.864	WHK	484	F164	Ute	Krone	91	Klinikum Leer	1:24:43	1:30:11	1:39:37				4:34:32
1.865	MHK	1.124	2222	Werner	Müller	49	Fortuna Logabirum	1:25:13	1:27:24	1:42:40				4:35:18
1.866	WHK	485	F491	Jana	Liehr	74	ENOVA	1:25:40	1:27:28	1:42:55				4:36:04
1.867	MHK	1.125	1147	Bernhard	Kruse	90	WfbM BBB Aurich Witt	1:16:04	1:14:50	2:05:42				4:36:36
1.868	WJ	85	F268	Julia	Schnitzius	95	JHS Nortmoor	1:20:44	1:26:23	1:49:32				4:36:39
1.869	MHK	1.126	1606	Gerd	Claassen	45	LG Ostfriesland	1:23:17	1:29:40	1:44:09				4:37:07
1.870	MHK	1.127	527	Johann	Tjaden	52	Störtebeker Loopers TV	1:21:33	1:31:33	1:44:34				4:37:41
1.871	WHK	486	F271	Astrid	Ringering	76	Kindergarten Neermoor	1:24:50	1:28:51	1:44:29				4:38:12
1.872	MJ	172	867	Malte	Niestrat	98	IGS Waldschule Egels	1:28:33	1:27:05	1:44:22				4:40:01
1.873	MHK	1.128	1126	Heinz	Engels	76	Wiesmoor	1:26:28	1:31:21	1:45:22				4:43:13
1.874	WHK	487	F137	Heike	Kleen	77	Team Möbel Buss	1:26:29	1:31:21	1:45:24				4:43:15
1.875	WHK	488	F311	Ina	Wagner	92	Borromäus Hospital Lee	1:25:27	1:34:00	1:44:23				4:43:50
1.876	WHK	489	F637	Margret	Coordes	63	Backemoor	1:25:12	1:33:42	1:47:37				4:46:31
1.877	MHK	1.129	1612	Jannik	Klemme	93	IGS Aurich West - Sek2	1:30:45	1:41:07	1:35:34				4:47:28
1.878	MJ	173	1554	Ocko	Janssen	94	IGS Aurich West - Sek2	1:26:59	1:27:11	1:53:52				4:48:03
1.879	WHK	490	F328	Sandra	Kruse	77	Team Möbel Buss	1:28:07	1:37:08	1:47:34				4:52:50
1.880	WJ	86	F622	Ina	Ewerth	94	IGS Aurich West - Sek2	1:28:33	1:35:45	1:50:59				4:55:18
1.881	MHK	1.130	1569	Heinrich	Janssen	34	MTV Aurich Tria	1:31:52	1:34:30	1:50:53				4:57:16
1.882	WHK	491	F496	Angelika	Weißschäd	70	VOST	1:33:41	1:41:48	1:52:55				5:08:25
1.883	MHK	1.131	1164	Johnny	Visser	53	SV Norderney	1:35:53	1:45:24	2:02:44				5:24:02
1.884	WJ	87	F511	Annika	Seifert	95	IGS Aurich West - Sek2	1:39:07	1:38:43	2:10:10				5:28:02
1.885	MJ	174	1115	Daniel	Mayer	94	IGS Aurich West - Sek2	1:39:09	1:48:09	2:10:07				5:37:25
1.886	MHK	1.132	1176	Joachim	Janssen	66	de Heizungsloopers	1:46:40	1:55:12	2:15:06				5:56:59