

Zwischenstand nach 4. Etappe

gedruckt 03.05.2013 21:15:44

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	0:40:10			2:41:38
2	MHK	2	1627	Meriton	Hasanaj	89	LG Harlingerland	0:37:55	0:39:54	0:45:42	0:40:04			2:43:37
3	MHK	3	3	Holger	Grigat	73	MTV Aurich	0:38:10	0:41:00	0:47:09	0:42:02			2:48:22
4	MHK	4	7	Matthias	Eickholt	86	Emder LG	0:38:20	0:41:22	0:47:13	0:42:24			2:49:21
5	MHK	5	1559	Onno	Ringering	68	MTV Aurich	0:38:50	0:41:33	0:48:01	0:42:07			2:50:33
6	MHK	6	494	Matthias	Heinken	93	TV Norden	0:39:29	0:41:45	0:47:39	0:42:43			2:51:37
7	MHK	7	10	Johannes	Wiltfang	92	Pewsumer Windhunde	0:40:01	0:41:50	0:47:43	0:42:14			2:51:49
8	MHK	8	23	Daniel	Witte	83	EWE Wattloopers	0:39:25	0:41:42	0:47:44	0:43:04			2:51:57
9	MHK	9	1581	Hermann	Fleßner	74	MTV Aurich	0:39:09	0:42:25	0:48:29	0:42:56			2:53:01
10	MHK	10	1332	Torsten	Wessels	86	TuS Haren e.V.	0:39:33	0:42:01	0:49:10	0:43:20			2:54:06
11	MHK	11	9	Rolf	Hommers	79	SV Concordia Suurhuse	0:39:42	0:42:44	0:49:07	0:44:38			2:56:13
12	MHK	12	4	Peter	Steinke	70	Fehntjer Laufftreff	0:40:33	0:42:46	0:50:01	0:43:46			2:57:07
13	MHK	13	36	Jan-Hendrik	van Laaten	79	Emder LG	0:40:20	0:44:02	0:49:55	0:44:04			2:58:23
14	MHK	14	27	Stefan	Oppenborn	78	Schule Moormerland	0:39:58	0:43:56	0:50:32	0:43:57			2:58:24
15	MJ	1	16	Jann	Penon	97	Ulricianum Aurich Sek 1	0:40:21	0:43:51	0:50:28	0:44:39			2:59:20
16	MHK	15	40	Dieter	Weinberg	68	LG Harlingerland	0:40:42	0:43:39	0:50:41	0:44:17			2:59:21
17	MHK	16	18	Leander	Krawietz	71	Emder LG	0:40:51	0:43:36	0:50:13	0:44:45			2:59:26
18	MHK	17	15	Stefan	de Jonge	76	TuS Weener	0:40:46	0:44:30	0:51:06	0:44:52			3:01:16
19	MJ	2	1633	Justus	Bornemann	95	TUS Weener	0:41:01	0:43:52	0:50:54	0:46:00			3:01:49
20	MHK	18	38	Carsten	Piotrowski	79	LG Harlingerland	0:40:56	0:44:22	0:51:35	0:45:02			3:01:56
21	MHK	19	17	Kurt	Vlaardinger	68	Ubbo-Emmius-Klinik	0:41:30	0:44:21	0:51:06	0:46:02			3:03:00
22	MJ	3	14	Jannis	Langensiep	94	LG Harlingerland	0:41:02	0:45:21	0:51:36	0:46:05			3:04:05
23	MHK	20	39	Marko	Wolf	76	LG Harlingerland	0:42:18	0:44:29	0:51:38	0:46:12			3:04:38
24	MHK	21	24	Frank	Lünemann	77	MTV Aurich	0:41:54	0:44:19	0:50:30	0:48:13			3:04:57
25	MHK	22	19	Stephan	Henninga	86	RVB Aurich/Uplengen	0:41:56	0:45:07	0:52:08	0:46:11			3:05:24
26	MJ	4	1405	Wenzel	Kisch	96	FCSO	0:41:53	0:45:27	0:52:29	0:46:33			3:06:23
27	MJ	5	833	Thade	Schipper	95	TV Norden	0:41:50	0:45:31	0:52:43	0:46:41			3:06:47
28	MHK	23	33	Dirk	Hanken	92		0:42:48	0:44:49	0:53:18	0:45:59			3:06:55
29	MHK	24	52	Frank	Schröder	70	Emder LG	0:42:28	0:45:38	0:52:32	0:46:49			3:07:29
30	MHK	25	55	Neumann	Boris	79	Fortuna Logabirum	0:42:55	0:45:39	0:52:32	0:46:47			3:07:54
31	MHK	26	53	Johannes	Kisch	66	FCSO	0:43:06	0:45:59	0:52:29	0:46:41			3:08:17
32	MHK	27	48	Roland	Klaue	71	Laufgemeinschaft Ostfr	0:42:12	0:45:43	0:53:24	0:47:41			3:09:01
33	MJ	6	68	Jannis	Seeberg	97	Ulricianum Aurich Sek 1	0:43:05	0:45:59	0:52:58	0:47:01			3:09:05
34	MHK	28	1596	Carsten	Röber	64		0:43:08	0:46:02	0:52:59	0:47:08			3:09:19
35	MHK	29	1258	Alfred	Pelka	68	Rettungsdienst Leer	0:43:12	0:46:08	0:53:55	0:46:32			3:09:49
36	MHK	30	1615	Stephan	Franken	70	Emder Ruderverein	0:42:34	0:45:45	0:54:43	0:47:08			3:10:12
37	MHK	31	62	Alwin	Barth	70	SVO Wi sünd Holtriem	0:42:59	0:46:17	0:53:18	0:47:53			3:10:29
38	MHK	32	82	Andreas	Langensiep	70	Ubbo-Emmius-Klinik	0:43:21	0:46:04	0:53:47	0:47:36			3:10:50
39	MJ	7	211	Thomas	Röhr	96	Ulricianum Aurich Sek 1	0:43:56	0:46:31	0:53:44	0:47:15			3:11:27
40	MHK	33	1359	Lutz	Möhle	72	obw Emden	0:43:12	0:46:40	0:53:54	0:47:50			3:11:37
41	MHK	34	45	Michael	Akkermann	70	LG Krummhörn	0:43:29	0:46:46	0:53:52	0:47:48			3:11:56
42	MHK	35	93	Sven	Reeßing	71	Nordland Papier	0:44:01	0:46:39	0:53:45	0:47:30			3:11:57
43	MHK	36	127	Robin	Amarell	84	LwlnsthGrp 21	0:44:06	0:47:19	0:53:50	0:47:54			3:13:11
44	MHK	37	488	Martin	Poguntke	63	TV Norden	0:42:03	0:45:56	0:54:57	0:50:18			3:13:14
45	MJ	8	1400	Paul	Schalles	95	Turbine TGG	0:43:20	0:47:17	0:53:18	0:49:25			3:13:22
46	MHK	38	63	Volker	Trebesch	65	Team ENERCON	0:44:00	0:47:05	0:54:01	0:48:31			3:13:38
47	MHK	39	1272	Andreas	Jacobs	72	Polizei Aurich / MTV Auri	0:43:50	0:47:06	0:54:16	0:48:32			3:13:45
48	MJ	9	116	Jonas	Seeberg	97	Ulricianum Aurich Sek 1	0:44:07	0:47:01	0:54:46	0:48:09			3:14:04
49	MHK	40	1475	Martin	Wilts	72	BV Ostfrisia Rahe	0:43:56	0:47:15	0:54:37	0:48:39			3:14:28
50	MHK	41	1249	Arne	Beitelmann	87	OLB/Team Mona	0:44:16	0:47:34	0:54:46	0:48:24			3:15:02
51	MJ	10	565	Lukas-Maxi	Entgelmeier	95	Ulricianum Aurich Sek 1	0:45:01	0:47:02	0:55:22	0:48:15			3:15:41
52	MHK	42	54	Thomas	Oltmanns	74	Holterfehn	0:43:46	0:47:47	0:55:10	0:48:58			3:15:43
53	WHK	1	F1	Inga	Jürrens	82	obw Emden	0:44:30	0:48:55	0:53:58	0:48:20			3:15:45
54	MHK	43	42	Oalf	Töbelmann	71	Bundeswehr Weener	0:43:29	0:48:15	0:55:13	0:49:25			3:16:24

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55	MHK	44	535	Andreas	Müller	86	Südbrookmerland	0:46:36	0:48:26	0:53:59	0:47:35			3:16:37
56	MHK	45	76	Christian	Feucht	79	SC Tannenhausen	0:44:24	0:48:22	0:55:19	0:48:48			3:16:55
57	MHK	46	99	Jens	Klaassen	83	WSV Möhlenhorn	0:44:44	0:47:08	0:55:39	0:49:27			3:16:59
58	MHK	47	265	Popsuenko	Nicolai	90	Seefahrtsschule Leer	0:44:45	0:48:00	0:54:27	0:49:46			3:17:00
59	MJ	11	1518	Niklas	Koenen	95	FC SO	0:44:56	0:47:45	0:55:28	0:48:51			3:17:01
60	MHK	48	80	Heinz	Taute	72	LG Uplengen	0:44:58	0:48:13	0:55:06	0:48:55			3:17:13
61	MHK	49	1645	Wilfried	Menken	76		0:44:36	0:47:40	0:54:59	0:50:09			3:17:26
62	MJ	12	856	Marc	Pluta	97	Leinerstift e.V	0:45:40	0:48:02	0:55:29	0:48:18			3:17:31
63	MHK	50	47	Ralf	Lottmann	71	EWE Wattloopers	0:44:51	0:48:15	0:55:34	0:48:56			3:17:37
64	WHK	2	F5	Heike	Piotrowski	82	LG Harlingerland	0:44:46	0:48:55	0:55:03	0:48:58			3:17:42
65	MHK	51	1218	Clemens	Köster	73	MTV Aurich	0:44:59	0:47:16	0:56:16	0:49:13			3:17:45
66	MHK	52	75	Wilfried	Steenhardt	66	Weener Plastik	0:44:30	0:48:14	0:55:50	0:49:12			3:17:47
67	MHK	53	78	Fred	Hofmann	63	Weener Plastik	0:45:03	0:48:10	0:55:52	0:49:09			3:18:15
68	MHK	54	67	Ralf	Geiken	71	BV Victorbur	0:45:26	0:48:38	0:55:19	0:49:05			3:18:29
69	MHK	55	58	Hermann	Hallmann	62	Emder LG	0:45:03	0:48:07	0:55:46	0:49:33			3:18:31
70	MHK	56	126	Thomas	Alberts	81	Loppersum	0:45:10	0:48:26	0:55:42	0:49:27			3:18:46
71	MHK	57	1349	Wolfgang	Trebesch	57	MTV Aurich	0:45:05	0:49:05	0:55:33	0:49:27			3:19:11
72	MHK	58	43	Remo	Garrels	76	VfB Uplengen eV/TeamA	0:45:37	0:48:31	0:56:04	0:49:21			3:19:35
73	MHK	59	98	Holger	Schmack	67	Heidmühler FC - Leich	0:45:12	0:49:06	0:56:05	0:49:22			3:19:46
74	MHK	60	1387	Edgar	Niemöller	69	TuS Ofen	0:45:20	0:49:31	0:56:31	0:48:39			3:20:02
75	MJ	13	1610	Yannick	Nannen	97	SV Holtland	0:46:01	0:49:17	0:55:33	0:49:24			3:20:18
76	MHK	61	73	Gerriet-Tho	Janßen	70	LG Ostfriesland	0:45:19	0:48:46	0:56:44	0:49:31			3:20:21
77	MHK	62	1236	Fred	Ibeling	66	LG Ostfriesland	0:44:48	0:49:12	0:56:57	0:49:33			3:20:32
78	MHK	63	89	Christoph	Runden	91	Post SV Leer - Badminto	0:44:58	0:49:09	0:56:35	0:50:10			3:20:53
79	MHK	64	1326	Thomas	Aue	82	Kdo SES Ostfriesland	0:45:40	0:48:33	0:57:04	0:50:03			3:21:21
80	MHK	65	85	Sascha	Jänicke	80	LSF Oldenburg	0:45:52	0:48:45	0:56:20	0:50:23			3:21:21
81	MJ	14	1490	Mark	Onken	96	TuS Weener	0:46:11	0:47:25	0:55:36	0:52:15			3:21:29
82	MHK	66	234	Stephan	Duitsmann	69	Weener	0:46:41	0:49:13	0:56:08	0:49:29			3:21:32
83	MHK	67	61	Wolfgang	Sebastian	71	VfL Wolfsburg	0:46:19	0:49:23	0:56:13	0:49:44			3:21:40
84	MHK	68	1629	Joachim	Fleßner	70	Ihlower Rennschnecken	0:46:16	0:49:21	0:55:57	0:50:08			3:21:44
85	MHK	69	101	Heinz	Reinmold	49	LG Harlingerland	0:45:10	0:49:20	0:56:53	0:50:21			3:21:45
86	MHK	70	1282	Borchard	Christians	58	LG Ostfriesland	0:46:01	0:49:24	0:56:34	0:49:50			3:21:51
87	MHK	71	1541	Sven	Weerda	74	TV Apen 1893	0:46:11	0:49:18	0:56:02	0:50:19			3:21:51
88	MHK	72	87	Hartmut	Warsing	71	A & W Bosch-Service	0:45:52	0:49:48	0:56:34	0:49:56			3:22:11
89	MJ	15	242	Thilo	Janssen	94	Team Möbel Buss	0:46:41	0:48:24	0:57:54	0:49:14			3:22:15
90	MHK	73	1010	Kurt	Eden	58	TV Norden	0:45:25	0:48:51	0:56:42	0:51:24			3:22:22
91	MJ	16	1573	Daniel	Kunz	97	FC SO	0:47:50	0:50:13	0:55:39	0:49:03			3:22:46
92	MJ	17	1644	Camilo	De Los Rios	96	Ulricianum Aurich Sek 1	0:48:24	0:48:45	0:55:29	0:50:10			3:22:50
93	MHK	74	92	Axel	Becker	60	Klinikum Emden	0:45:28	0:49:16	0:58:34	0:49:47			3:23:05
94	MHK	75	140	Thomas	Newiger	72	Aurich	0:46:52	0:49:18	0:56:37	0:50:18			3:23:07
95	MHK	76	157	Jochem	Lübbers	70	LG TV Bunde	0:46:06	0:49:11	0:57:10	0:50:43			3:23:11
96	MHK	77	1346	Reinhard	Ludwig	59	Auricher Taxen Zentrale	0:46:18	0:49:50	0:57:54	0:49:20			3:23:23
97	MHK	78	1287	Martin	Scherf	79	Team ENERCON	0:46:27	0:49:40	0:57:02	0:50:15			3:23:26
98	MJ	18	1590	Appeldorn	Frank	96	HRS Moormerland	0:46:39	0:48:39	0:56:15	0:52:17			3:23:52
99	MHK	79	1283	Harm	Park	53	TuS Weene	0:46:07	0:49:46	0:57:49	0:51:39			3:25:23
100	MHK	80	1556	Thomas	Baxmann	66		0:46:10	0:50:03	0:58:11	0:51:16			3:25:41
101	MHK	81	223	Jannes	Ulferts	89	Polizei Aurich	0:46:58	0:49:21	0:57:01	0:52:41			3:26:01
102	MJ	19	103	Julian	de Buhr	99	Fortuna Logabirum	0:46:49	0:50:08	0:58:15	0:51:02			3:26:16
103	MHK	82	135	Lars	Plumeyer	72	EMJAK	0:47:59	0:50:13	0:57:12	0:50:54			3:26:20
104	MHK	83	151	Edgar	Backer	65	LG Ostfriesland	0:46:56	0:49:42	0:57:34	0:52:10			3:26:23
105	MHK	84	91	Volker	Asche	74	LSF Oldenburg	0:47:34	0:50:08	0:57:55	0:50:48			3:26:27
106	MHK	85	1329	Markus	Cornelius	73	Anzeiger für Harlingerla	0:47:14	0:49:49	0:57:56	0:51:27			3:26:28
107	MHK	86	83	Matthias	Hilbrands	89	Klinikum Leer	0:45:47	0:49:37	1:00:20	0:50:47			3:26:32
108	MHK	87	232	Rene	Buhr	93	VfL Ockenhausen	0:46:10	0:50:00	0:59:07	0:51:21			3:26:39

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
109	MHK	88	114	Martin	Präsang	65	LSF Oldenburg	0:47:23	0:50:13	0:58:10	0:51:05			3:26:52
110	MHK	89	277	Daniel	Große	81	Polizei Aurich	0:45:50	0:49:48	0:57:25	0:54:03			3:27:07
111	MHK	90	41	Carsten	Steen	92	FC Oldersum	0:46:46	0:49:58	0:57:40	0:52:46			3:27:12
112	MHK	91	173	Andre	Graalmann	90	Pflegezentrum Holtland	0:47:09	0:50:41	0:58:06	0:51:20			3:27:17
113	MHK	92	1251	Harald	Meyeraan	64	Loppersum	0:46:48	0:50:36	0:58:09	0:52:00			3:27:35
114	MHK	93	1386	Andreas	Ulferts	66	TuS Ofen	0:46:59	0:50:42	0:59:08	0:50:48			3:27:39
115	MHK	94	1384	Martin	Meyer	81	Team Zuglufttier	0:47:06	0:50:09	0:58:20	0:52:08			3:27:44
116	MHK	95	136	Bernd	Recknagel	67	Hotel Waldquelle	0:47:48	0:50:03	0:58:02	0:52:04			3:27:58
117	MHK	96	1391	Sören	Schöningh	80	Autohaus Tekken Leer	0:47:57	0:50:39	0:57:32	0:52:00			3:28:09
118	MHK	97	1229	Busboom	Wilfried	71	TusDetern	0:47:22	0:50:53	0:58:16	0:51:41			3:28:13
119	MHK	98	70	Bart	Beute	75	ELV Elektronik AG	0:47:17	0:50:43	0:58:11	0:52:01			3:28:14
120	MJ	20	386	Janek	Grafenburg	98	Concordia Neermoor	0:47:51	0:50:46	0:58:16	0:51:20			3:28:15
121	MJ	21	1589	Marcel	Figura	97	HRS Moormerland	0:47:38	0:49:41	0:58:28	0:52:26			3:28:15
122	MHK	99	312	Robert	Oremek	65	Team ENERCON	0:47:24	0:50:34	0:58:33	0:51:56			3:28:27
123	MHK	100	489	Ralf	Hellmers	65	TV Norden	0:47:45	0:50:43	0:58:25	0:51:35			3:28:30
124	MHK	101	64	Marco	Christians	89	LG Ostfriesland	0:46:14	0:51:58	0:59:47	0:50:34			3:28:36
125	MHK	102	108	Eckhard	Sanders	66	SuS Emden	0:47:07	0:50:38	0:58:44	0:52:10			3:28:40
126	MHK	103	1297	Nils	Hicken	70	MTV Hohenkirchen	0:46:48	0:50:21	0:58:26	0:53:06			3:28:42
127	MHK	104	122	Hinni	Buss	54	SVO Wi sünd Holtriem	0:47:02	0:50:43	0:58:28	0:52:35			3:28:49
128	MHK	105	1341	Hendrik	Peters	91	Emder LG	0:46:52	0:50:24	0:58:31	0:53:08			3:28:56
129	MHK	106	1215	Frank	Ostermoor	71	Concordia Versicherung	0:46:55	0:50:43	0:58:45	0:52:34			3:28:58
130	MHK	107	90	Heinz	Ehrlich	61	Emder LG	0:46:56	0:51:13	0:59:08	0:51:41			3:28:59
131	MHK	108	95	Detlef	Saathoff	66	Veenhusen	0:47:46	0:50:53	0:58:21	0:52:10			3:29:12
132	MHK	109	56	Hanns	Bergmann	80	Seefahrtsschule Leer	0:47:41	0:50:46	0:58:37	0:52:07			3:29:12
133	MHK	110	156	Bernd	Habben	82	Zeppelin-Rental	0:47:02	0:51:07	0:58:38	0:52:26			3:29:13
134	MJ	22	259	Tim	Fröhling	97	Turbine TGG	0:47:53	0:51:14	0:58:15	0:51:51			3:29:15
135	MHK	111	249	Christian	Wagenaar	83	Klinikum Emden	0:48:08	0:51:17	0:58:26	0:51:45			3:29:38
136	MHK	112	1244	Marco	Schäfer	92	Manitowoc Runners	0:47:37	0:50:10	0:59:40	0:52:20			3:29:48
137	MHK	113	117	Jörg	Menssen	81	Krankenhaus Wittmund	0:48:09	0:51:01	0:58:44	0:51:55			3:29:51
138	MJ	23	1328	Tizian	Dorow	94	GIGA Gomez	0:46:17	0:51:08	1:00:08	0:52:26			3:30:00
139	MHK	114	131	Johann	Doden	59	Bünting Tee	0:47:29	0:51:36	0:58:27	0:52:30			3:30:03
140	MHK	115	130	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:28	0:51:09	0:58:49	0:51:42			3:30:09
141	WHK	3	F6	Karin	Graf	69	Watt'n Loopers SV Dorn	0:47:11	0:51:31	0:59:13	0:52:23			3:30:20
142	MHK	116	285	Jürgen	Berlin	74	Team ENERCON	0:46:52	0:53:21	0:58:48	0:51:18			3:30:22
143	MHK	117	715	Rasmus	Remy	90	Klinikum Leer	0:49:49	0:49:35	1:00:19	0:50:46			3:30:31
144	MHK	118	174	Tönjes	Meyer	58	TSV Hesel	0:47:45	0:51:23	0:59:25	0:52:00			3:30:34
145	MHK	119	133	Kirschke	Rolf	65	Team ENERCON	0:47:17	0:51:08	0:59:36	0:52:34			3:30:37
146	MHK	120	175	Marcus	Struckmeyer	70	Ulricianum Aurich Sek 1	0:48:22	0:51:11	0:58:36	0:52:34			3:30:45
147	MHK	121	275	Holger	Wollenberg	75	Filsum	0:48:24	0:51:19	0:58:51	0:52:25			3:31:01
148	MHK	122	86	Karl-Heinz	Hoffmann	58	Team Laufrausch e.V.	0:47:06	0:50:27	0:59:27	0:54:00			3:31:01
149	MHK	123	178	Hartmut	Götz	72	Kdo SES Ostfriesland	0:48:32	0:51:33	0:59:30	0:51:38			3:31:14
150	WHK	4	F7	Eva	Brinkmann	64	VfL Germania Leer	0:48:55	0:51:44	0:58:55	0:51:40			3:31:15
151	WHK	5	F45	Tanja	Schwarz	77	MTV Aurich	0:47:26	0:51:39	0:59:42	0:52:37			3:31:25
152	MHK	124	1219	Richard	Hartema	68	MTV Ditzum	0:47:00	0:51:04	0:59:58	0:53:27			3:31:31
153	MHK	125	1256	Alwin	Janssen	70	Peiers	0:48:19	0:51:43	0:59:16	0:52:29			3:31:48
154	MJ	24	862	Thies	Voigt	00	IGS Waldschule Egels	0:50:53	0:51:32	0:58:31	0:50:56			3:31:53
155	MHK	126	266	Florian	Behrends	92	SV Hinrichsfehn	0:48:46	0:51:13	0:59:14	0:52:49			3:32:03
156	MHK	127	1307	Dieter	Sanders	77	Stapelmoor	0:48:13	0:52:16	0:58:57	0:52:38			3:32:06
157	MHK	128	314	Rainer	Carsjens	64	Kdo SES Ostfriesland	0:49:25	0:51:21	0:59:08	0:52:26			3:32:21
158	MHK	129	515	Sven	Tattje	92	Team Möbel Buss	0:47:59	0:51:22	0:59:28	0:53:44			3:32:34
159	MJ	25	658	Heye	Erchinger	97	FCSO	0:49:53	0:52:41	0:58:09	0:51:51			3:32:36
160	MHK	130	153	Gerold	Siemer	64	Amnesty International	0:47:16	0:50:39	0:58:19	0:56:23			3:32:39
161	MHK	131	1412	Viktor	Breise	78	Aurich	0:48:10	0:52:18	0:59:56	0:52:36			3:33:00
162	MHK	132	177	Eric	Bootjer	66	RVB Aurich/Uplengen	0:48:22	0:51:43	0:59:36	0:53:20			3:33:03

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
163	MHK	133	84	Mücke	Herrmann	81	erpel-Fahrradkurier	0:47:55	0:51:31	1:01:01	0:52:44			3:33:13
164	MHK	134	193	Richard	Gastmann	61	Blau Weiss Filsum	0:49:54	0:51:52	0:59:26	0:52:15			3:33:29
165	MJ	26	1561	Yannik	Weber	95	Ulricianum Aurich Sek2 -	0:51:37	0:51:21	0:58:37	0:51:58			3:33:35
166	MJ	27	532	Marco	Recknagel	99	Gymnasium Ulricianum A	0:51:18	0:50:37	1:00:01	0:51:40			3:33:37
167	MHK	135	318	Wilko	Liebetau	77	TRAUCO Gruppe	0:48:15	0:52:25	1:00:02	0:52:57			3:33:40
168	MHK	136	139	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:49:10	0:52:06	0:59:46	0:52:43			3:33:46
169	MHK	137	1468	Ralf	Defort	65	MTV Aurich	0:49:28	0:52:12	0:59:34	0:52:33			3:33:49
170	MHK	138	111	Hans	van der Kam	56	Emder LG	0:49:05	0:52:12	1:00:12	0:52:19			3:33:50
171	MHK	139	11	Christian	Rose	84	ENOVA	0:51:22	0:52:10	1:00:31	0:49:50			3:33:54
172	MHK	140	170	Joachim	Nordbrock	72		0:51:08	0:51:44	0:59:21	0:51:48			3:34:01
173	MJ	28	201	Ingo	Prien	98	Realschule Aurich	0:48:04	0:51:29	0:58:49	0:55:44			3:34:07
174	MHK	141	1212	Ahmed	Youssefi	77	BTC AG	0:49:10	0:52:07	0:59:46	0:53:08			3:34:12
175	MHK	142	112	Wilko	Stoll	85	Reederei Buss	0:48:37	0:52:01	1:00:32	0:53:06			3:34:17
176	MJ	29	1473	Niklas	Hummerich	95	Emder LG	0:52:25	0:51:35	0:58:48	0:51:28			3:34:18
177	MHK	143	1348	Matthias	Dietrich	65	MTV Hohenkirchen	0:48:12	0:51:26	1:02:51	0:51:54			3:34:24
178	MHK	144	1257	Helmut	Gerdas	72	IT-Sektor 4	0:49:11	0:52:09	1:00:11	0:53:03			3:34:36
179	MHK	145	413	Ralf	Feldmann	72	JG 71 R	0:49:09	0:52:25	0:59:47	0:53:14			3:34:37
180	MHK	146	481	Jann	Trauernicht	61	Wasserschutzpolizei	0:47:59	0:52:25	1:00:48	0:53:25			3:34:39
181	WJ	1	F25	Julia	Duin	95	SV Holtland	0:48:35	0:52:25	1:00:20	0:53:21			3:34:42
182	WHK	6	F86	Imke	Weers	78	TSV Schwarme	0:49:30	0:52:23	0:59:41	0:53:10			3:34:45
183	MHK	147	571	Stefan	Bohlen	92	B-Plast 2000	0:50:19	0:52:00	0:59:54	0:52:40			3:34:54
184	MHK	148	1421	Edgar	Aggen	66	Feuerwehr Lammertsfeh	0:48:35	0:52:23	1:01:00	0:52:57			3:34:56
185	MHK	149	1514	Lothar	Geisemeyer	59	Bünting Tee	0:48:21	0:52:30	1:00:38	0:53:41			3:35:11
186	WHK	7	F28	Nina	Wessalows	74	LSF Oldenburg	0:49:40	0:52:31	0:59:52	0:53:06			3:35:11
187	MJ	30	453	Sven	Ufken	95	JG 71 R	0:49:53	0:52:06	0:59:54	0:53:17			3:35:12
188	MHK	150	107	Andreas	Heckhoff	64	Borromäus Hospital Lee	0:48:37	0:52:12	1:00:43	0:53:46			3:35:20
189	MHK	151	1300	Harald	Fischer	52	MTV Hohenkirchen	0:48:15	0:52:26	1:00:34	0:54:20			3:35:37
190	MJ	31	1036	Marius	Pinkernell	96	NIGE	0:48:30	0:52:53	1:00:51	0:53:23			3:35:39
191	WHK	8	F13	Michaela	Janssen	74	Fortuna Logabirum	0:49:14	0:52:32	1:00:29	0:53:35			3:35:52
192	MHK	152	1268	Günther	Freerks	69	LG TV Bunde	0:49:07	0:52:07	1:00:37	0:54:12			3:36:04
193	MHK	153	155	Wilfried	Berghaus	53	Fortuna Logabirum	0:48:53	0:52:27	1:00:47	0:53:58			3:36:06
194	MJ	32	1151	Jan-Henrik	Koppelkam	98	Nortmoor	0:50:13	0:52:37	1:01:03	0:52:35			3:36:29
195	MHK	154	167	Meinhard	Harms	50	TSV Riepe	0:49:44	0:53:00	1:00:20	0:53:27			3:36:32
196	MHK	155	198	Fidi	Gerdas	67	LG Ostfriesland/Onno	0:49:06	0:51:50	1:01:18	0:54:23			3:36:38
197	MHK	156	1546	Harald	Leu	71	Polizei Leer	0:48:28	0:52:15	1:01:10	0:54:45			3:36:40
198	MHK	157	148	Gordon	Krull	70	MTV Aurich	0:49:21	0:52:44	1:01:04	0:53:44			3:36:54
199	MJ	33	487	Lars	Müller	94	Team Möbel Buss	0:47:36	0:58:00	0:58:44	0:52:34			3:36:56
200	MHK	158	1422	Manfred	Eden	59	TuS Eintracht Hinte	0:47:40	0:54:28	1:00:43	0:54:08			3:37:00
201	MHK	159	761	Wilhelm	Kruse	66	Team Möbel Buss	0:48:51	0:52:55	1:00:55	0:54:17			3:37:00
202	MJ	34	1224	Sven	Schoone	94	KGS Wiesmoor	0:50:50	0:52:09	1:01:16	0:52:47			3:37:04
203	MHK	160	132	Manfred	Frerichs	58	Emder LG	0:49:05	0:52:40	1:01:09	0:54:12			3:37:08
204	MHK	161	121	Hans-Dieter	Aden	58	Klinikum Emden	0:48:45	0:52:19	1:00:40	0:55:31			3:37:16
205	MHK	162	1545	Tim	Mohrherr	85	Klinikum Leer	0:48:04	0:53:06	1:01:50	0:54:23			3:37:25
206	MJ	35	926	Rico	Hubert	96	NIGE	0:48:54	0:52:37	1:01:34	0:54:18			3:37:25
207	MHK	163	1600	Viktor	Derr	81	Praxis Derr	0:48:48	0:52:51	1:01:22	0:54:22			3:37:25
208	MHK	164	1565	Klaus	Schulze	65	LSF Oldenburg	0:49:34	0:52:54	1:00:49	0:54:12			3:37:31
209	MHK	165	464	Robert	Schmidt	93	MTV Aurich	0:50:08	0:53:04	1:00:16	0:54:02			3:37:31
210	MHK	166	612	Juri	Breise	73	Sachverständigenbüro B	0:49:33	0:52:30	1:00:57	0:54:32			3:37:35
211	MHK	167	1535	Jan-Hauke	Rahmann	93	Bünting Tee	0:49:00	0:52:46	1:02:05	0:53:48			3:37:40
212	MHK	168	1079	Marek	Zembski	57	Klinikum Emden	0:49:18	0:53:03	1:01:40	0:53:45			3:37:46
213	MHK	169	284	Walter	Krzatala	61	F.A. Wybelsum	0:49:07	0:52:59	1:01:09	0:54:31			3:37:47
214	MHK	170	222	Ingo	Haake	69	VfL Berumbur	0:49:17	0:53:16	1:00:52	0:54:23			3:37:49
215	MJ	36	303	Sven	Recknagel	96	Ulricianum Aurich Sek 1	0:51:23	0:51:26	1:00:46	0:54:14			3:37:49
216	MJ	37	1613	Lutz	Gieseler	96	IGS Aurich West Sek1	0:51:24	0:51:34	1:00:56	0:53:56			3:37:52

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
217	MHK	171	1492	Ralf	Reents	69		0:48:21	0:52:23	1:03:38	0:53:29			3:37:53
218	MJ	38	809	Eike	Tannen	96	NIGE	0:50:22	0:53:02	1:01:32	0:53:00			3:37:56
219	MHK	172	260	Eddi	Dreyer	69	LwlnsthGrp 21	0:49:37	0:53:22	1:01:09	0:53:46			3:37:56
220	MJ	39	486	Leon	Müller	96	Team Möbel Buss	0:52:06	0:52:03	1:00:26	0:53:35			3:38:12
221	MHK	173	1503	Manni	Dieken	75	CVJM	0:50:03	0:53:26	1:01:26	0:53:19			3:38:15
222	MJ	40	199	Tido	Willms	94	SC Dunum	0:48:21	0:52:39	1:01:04	0:56:12			3:38:18
223	WHK	9	F12	Linda	Böhme	82	obw Emden	0:49:17	0:52:53	1:01:28	0:54:40			3:38:20
224	MHK	174	851	Michael	Ihnen	62	Leinerstift e.V	0:49:23	0:53:41	1:01:32	0:53:43			3:38:21
225	MHK	175	1431	Eike	Engelhardt	89	Sparkasse Aurich-Nord	0:49:37	0:52:24	1:02:50	0:53:36			3:38:28
226	MHK	176	1614	Onno	Fleßner	79	Ihlowerfehn	0:49:20	0:53:18	1:00:53	0:55:01			3:38:34
227	MHK	177	345	Erwin	Buss	72	VW Emden	0:50:32	0:53:31	1:01:04	0:53:26			3:38:34
228	MHK	178	1270	Marc	Sörensen	81	In-Team Aurich	0:49:25	0:52:56	1:02:18	0:54:01			3:38:42
229	MHK	179	202	Helmut	Behrends	67	Fiese Friesen	0:49:25	0:52:50	1:01:36	0:54:52			3:38:45
230	MHK	180	231	Michael	Pree	63	westerholt	0:49:28	0:53:41	1:01:23	0:54:12			3:38:45
231	MHK	181	269	Jan	Pol	41	TuRa 07 Westrhauderfe	0:49:41	0:52:59	1:01:29	0:54:35			3:38:46
232	MHK	182	143	Alle-Jan	Meinema	61	VOST	0:49:09	0:53:12	1:01:44	0:54:43			3:38:50
233	MHK	183	379	Joachim	Gerdas	79	Volksbank Westrhauder	0:49:16	0:53:40	1:02:04	0:53:55			3:38:56
234	MHK	184	169	Sören	Kohlert	82	IGS Aurich West	0:49:13	0:53:46	1:01:54	0:54:01			3:38:56
235	MHK	185	524	Bernhard	Ommen	70	Störtebeker Loopers TV	0:50:08	0:52:54	1:01:16	0:54:37			3:38:57
236	MHK	186	150	Kumaran	Ganeshan	83	Klinikum Emden	0:50:34	0:53:32	1:01:38	0:53:14			3:38:59
237	MJ	41	145	Jan - Friso	Heeren	97	Ulricianum Aurich Sek 1	0:50:12	0:52:25	1:01:19	0:55:05			3:39:02
238	MHK	187	1347	Sascha	Brader	69	MTV Hohenkirchen	0:49:52	0:54:14	1:00:56	0:54:05			3:39:09
239	MJ	42	1440	Michael	Mülder	96	HTG Ihlow	0:51:57	0:51:55	1:01:01	0:54:18			3:39:12
240	MHK	188	243	Rainer	Bohlen	87	LG Uplengen	0:49:17	0:52:54	1:01:52	0:55:09			3:39:13
241	MHK	189	1344	Arnd	Siebelts	67	LHV	0:50:41	0:52:28	1:02:50	0:53:21			3:39:21
242	MHK	190	1496	Timo	Langer	73	TSV Jahn Carolinensiel	0:50:51	0:53:08	1:00:41	0:54:49			3:39:31
243	MHK	191	179	Gerold	Meinen	63	BSC Burhufe	0:49:56	0:53:28	1:01:39	0:54:35			3:39:40
244	MHK	192	806	Marco	Horn	86	Quarzwerk Marx	0:50:39	0:54:17	1:01:19	0:53:26			3:39:43
245	MHK	193	311	Thomas	Gelhard	56	LT TuS Aurich-Ost	0:50:05	0:53:42	1:00:57	0:55:01			3:39:47
246	MHK	194	308	Wolfgang	Pree	62	TC Esens	0:49:23	0:53:34	1:02:25	0:54:33			3:39:56
247	MHK	195	1417	Lukas	Dendzik	82	TSV Germania Holterf	0:49:12	0:53:47	1:02:41	0:54:19			3:40:00
248	MHK	196	1508	Nils	Kutscher	68	TV Norden	0:54:26	0:50:43	1:03:03	0:51:51			3:40:04
249	MJ	43	1572	Jann	Lübbers	97	FCSO	0:50:31	0:54:28	1:00:37	0:54:29			3:40:07
250	MHK	197	402	Frank	Lüdemann	74	Kdo SES Ostfriesland	0:50:44	0:53:17	1:01:35	0:54:31			3:40:09
251	MHK	198	306	Jürgen	Hinken	63	KBV Wiesede Boßeln	0:49:55	0:53:16	1:01:49	0:55:13			3:40:13
252	MHK	199	154	Dr. Frank	Russell	64	Delfthauspraxis-Emden	0:49:15	0:53:58	1:02:09	0:54:52			3:40:15
253	WHK	10	F607	Michaela	Tammen	77	Borromäus Hospital Lee	0:50:04	0:53:49	1:01:56	0:54:25			3:40:15
254	MHK	200	65	Uwe	Geuken	65	FC Bayern München	0:48:34	0:53:58	1:01:59	0:55:46			3:40:19
255	MHK	201	1459	Paul	Nikoleit	89	Atemlos	0:52:59	0:52:36	1:01:37	0:53:10			3:40:23
256	MHK	202	564	Josef	Baalmann	61	LT TuS Aurich-Ost	0:49:53	0:53:23	1:01:49	0:55:25			3:40:32
257	MHK	203	228	Thorsten	Schwarz	67	MTV Aurich	0:50:06	0:53:32	1:02:25	0:54:32			3:40:37
258	MHK	204	601	Carsten	Kischlat	87	Fielmann	0:52:27	0:53:45	1:01:47	0:52:37			3:40:37
259	MHK	205	164	Mirko	Hellmers	83	VfB Germania Wiesmoo	0:51:19	0:53:18	1:01:35	0:54:26			3:40:39
260	MHK	206	100	Matthias	Röben	71	Polizei Aurich	0:49:03	0:56:04	1:01:09	0:54:23			3:40:40
261	MJ	44	1298	Robin	Schick	00	MTV Hohenkirchen	0:50:44	0:54:48	1:01:04	0:54:06			3:40:43
262	MHK	207	1536	Uwe	Wilhelms	67	Bünting Tee	0:50:21	0:54:54	1:01:40	0:53:51			3:40:47
263	MHK	208	161	Axel	Gärtner	69	FeG Aurich	0:50:10	0:53:43	1:01:31	0:55:24			3:40:48
264	MHK	209	299	Johann	Harms	57	Karkdörper Moorloopers	0:49:32	0:54:00	1:02:03	0:55:16			3:40:53
265	MHK	210	261	Andreas	Janßen	67	Schwimmverein Hesel	0:50:17	0:53:47	1:01:51	0:55:03			3:41:00
266	WHK	11	F616	Annemarie	Martens	84	Fortuna Logabirum	0:51:55	0:53:24	1:01:09	0:54:33			3:41:02
267	MHK	211	128	Henning	Janssen	79	Kdo SES Ostfriesland	0:50:58	0:53:43	1:00:47	0:55:36			3:41:05
268	MHK	212	1537	Udo	Joswig	55	Petrusgemeinde Loga	0:50:17	0:53:33	1:02:52	0:54:44			3:41:27
269	MHK	213	649	Fredy	Hedemann	62	Team Möbel Buss	0:50:00	0:53:36	1:01:46	0:56:06			3:41:29
270	WHK	12	F20	Sabine	Boersma	72		0:50:33	0:53:17	1:02:05	0:55:45			3:41:40

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
271	MHK	214	1539	Manfred	Meyer	63	Padlooper	0:50:21	0:53:41	1:02:11	0:55:31			3:41:45
272	MHK	215	255	Axel	Hesse	69	Team Deutsche Post	0:50:48	0:54:03	1:02:29	0:54:24			3:41:45
273	MHK	216	180	Helmut	Ludwig	58	LG Ostfriesland	0:50:19	0:54:23	1:01:58	0:55:06			3:41:47
274	MHK	217	1240	Malte	Niewerth	73		0:50:17	0:54:36	1:03:39	0:53:15			3:41:48
275	MHK	218	237	Matthias	Olthoff	73	Weener Plastik	0:49:35	0:54:14	1:02:29	0:55:35			3:41:54
276	MHK	219	1340	Malte	Dieling	89	TC Südbrookmerland	0:50:52	0:54:40	1:01:40	0:54:44			3:41:58
277	MJ	45	538	Mathis	de Vries	96	Ulricianum Aurich Sek 1	0:52:10	0:53:18	1:01:29	0:55:00			3:41:58
278	MHK	220	194	Stefan	Janssen	79	LG Ostfriesland	0:50:32	0:53:08	1:03:13	0:55:06			3:42:01
279	MHK	221	1435	Karl-Heinz	Feldmann	63	Bäckerei Gerdes	0:52:19	0:53:48	1:01:50	0:54:02			3:42:01
280	MHK	222	274	Dennis	Hübner	78	Finkenburgeschule Wittm	0:50:12	0:53:43	1:02:57	0:55:20			3:42:14
281	MHK	223	104	Stefan	Bikker	77	Ihlow	0:49:36	0:54:06	1:02:09	0:56:24			3:42:15
282	MHK	224	283	Michael	Ahrendt	70	SV Dornum	0:50:11	0:53:52	1:02:32	0:55:41			3:42:17
283	MHK	225	195	Marco	Meyer	80	TV Bunde	0:50:50	0:53:40	1:01:52	0:55:56			3:42:18
284	MHK	226	657	Thorsten	Stückfort	78	Hörgeräte Meiners&Stic	0:51:16	0:54:20	1:02:14	0:54:31			3:42:22
285	MHK	227	1118	Jan	Markgraf	84	TSV Jahn Carolinensiel	0:52:19	0:55:44	1:00:50	0:53:29			3:42:23
286	MHK	228	160	Udo	Kattenbeck	66	Emder LG	0:48:34	0:52:19	1:00:31	1:01:12			3:42:38
287	WHK	13	F17	Stefanie	Beening	69		0:50:44	0:54:33	1:02:10	0:55:10			3:42:39
288	MJ	46	618	Tobias	Goudschaal	96	FTC Hollen	0:51:49	0:52:42	1:02:22	0:55:47			3:42:41
289	MHK	229	244	Eike	Henninga	91	Raiffeisenbank eG, Moor	0:49:45	0:54:29	1:02:59	0:55:28			3:42:42
290	MHK	230	105	Sascha	Pottberg	83	LwinsthGrp 21	0:50:53	0:54:16	1:01:48	0:55:47			3:42:45
291	MHK	231	1232	Friedrich	Folkerts	65	Feuerwehr Hollen	0:50:11	0:53:54	1:02:34	0:56:11			3:42:51
292	MHK	232	1226	Rainer	Menken	77	LG Ostfriesland	0:51:35	0:53:45	1:02:29	0:55:02			3:42:51
293	MHK	233	320	Andre	Beiden	81	PRO NAUTAS	0:50:54	0:53:48	1:02:14	0:56:05			3:43:02
294	WHK	14	F19	Annette	Kisch	66	Fortuna Logabirum	0:50:14	0:53:41	1:02:32	0:56:36			3:43:05
295	MHK	234	163	Uwe	Snater	61	LG TV Bunde	0:50:12	0:54:37	1:02:32	0:55:55			3:43:17
296	MHK	235	1263	Thomas	Munk	68	Westrhauderfehn	0:50:38	0:55:29	1:01:59	0:55:10			3:43:18
297	MHK	236	119	Sascha	Kieslich	79	1.FC Kaiserslautern	0:52:15	0:54:20	1:01:56	0:54:47			3:43:20
298	WHK	15	F36	Silvia	Buscher	75	SV Borussia Leer	0:51:19	0:54:50	1:02:28	0:54:42			3:43:21
299	MHK	237	1430	Ewald	Mühlenbroc	63	Sparkasse Aurich-Nord	0:50:13	0:51:08	1:03:57	0:58:04			3:43:23
300	MHK	238	257	Hartmut	Tunder	61	MTV Aurich	0:51:00	0:54:36	1:02:30	0:55:25			3:43:31
301	MHK	239	142	Timo	de Freese	92		0:51:47	0:54:06	1:04:05	0:53:33			3:43:33
302	MHK	240	351	Heinz	Nautokat	69	Freie Turnschaft Bagban	0:50:46	0:55:21	1:02:07	0:55:21			3:43:36
303	MJ	47	226	Swen	Kleinen	95	NIGE	0:49:44	0:53:25	1:03:30	0:56:58			3:43:39
304	MJ	48	1173	Ihno	Niemann	96	SV Nortmoor	0:52:35	0:54:01	1:02:00	0:55:02			3:43:39
305	MHK	241	349	Timon	König	52	Krey Schifffahrts GmbH	0:51:20	0:53:59	1:01:54	0:56:30			3:43:44
306	MHK	242	304	Reinhard	Grottluschen	92	VfB Germania Wiesmoo	0:51:15	0:59:05	0:59:23	0:54:01			3:43:45
307	MHK	243	391	Arno	Goudschaal	80	LSF Oldenburg	0:51:14	0:55:44	1:01:17	0:55:33			3:43:49
308	MHK	244	196	Hajo	Otten	68	TuS Zetel	0:50:39	0:54:21	1:02:53	0:55:59			3:43:54
309	MHK	245	296	Gerold	Janssen	66	Team ENERCON	0:50:51	0:54:01	1:02:49	0:56:16			3:43:58
310	MHK	246	346	Torsten	Alberts	71	Vetra Beton	0:51:15	0:53:24	1:03:06	0:56:14			3:44:00
311	MHK	247	512	Marco	Lüken	77	SVO Wi sünd Holtriem	0:52:03	0:54:08	1:02:56	0:55:01			3:44:10
312	MHK	248	321	Wilhelm	Block	80	2-Rad Center Block	0:50:59	0:54:09	1:03:36	0:55:26			3:44:10
313	MHK	249	1621	Uwe	Frühling	69	Polizei Aurich	0:49:24	0:54:27	1:03:57	0:56:24			3:44:14
314	MHK	250	1217	Andreas	Gabel	81	Team Zuglufttier	0:51:57	0:53:28	1:03:23	0:55:25			3:44:15
315	MHK	251	216	Rolf	Bleeker	61	VOST	0:49:19	0:59:04	1:01:08	0:54:44			3:44:17
316	MJ	49	1385	Riko	Büttner	99	Gymnasium Ulricianum /	0:55:01	0:53:24	1:01:49	0:54:07			3:44:22
317	MHK	252	1472	Hermann	Hinrichs	79	WT Loppersum	0:51:02	0:54:04	1:03:17	0:56:01			3:44:25
318	MHK	253	276	Jens	Berghaus	59	Realschule Aurich	0:50:15	0:53:39	1:03:47	0:56:45			3:44:27
319	MJ	50	1548	Janek	Freudenber	96	Ulricianum Aurich Sek 1	0:53:25	0:53:00	1:03:25	0:54:39			3:44:31
320	MJ	51	1547	Mattes	Schmidt	97	Ulricianum Aurich Sek 1	0:50:50	0:54:40	1:02:46	0:56:15			3:44:32
321	MHK	254	1227	Volker	Rieken	67	doerlooper.de	0:51:18	0:54:41	1:03:07	0:55:32			3:44:39
322	MHK	255	138	Ewald	Wallerowitz	65	LG Ostfriesland	0:52:19	0:54:48	1:01:57	0:55:39			3:44:45
323	WHK	16	F623	Imke	Junker	87	Borromäus Hospital Lee	0:50:17	0:54:24	1:03:29	0:56:50			3:45:01
324	MHK	256	31	Sönke	Biel	85	Fortuna Logabirum	0:50:17	0:54:24	1:03:29	0:56:50			3:45:01

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
325	MHK	257	227	Jens	Götze	84	WIBO Bau	0:50:52	0:54:31	1:02:37	0:57:03			3:45:04
326	MHK	258	270	Günter	Achterberg	66	ev.krebskr.Kinder	0:51:04	0:54:50	1:03:17	0:55:54			3:45:06
327	MHK	259	530	Artur	Sauer	80	Team ENERCON	0:52:28	0:54:56	1:02:39	0:55:03			3:45:08
328	MHK	260	507	Tobias	Plötz	75	RG Uni Hamburg	0:50:21	0:53:21	1:02:21	0:59:05			3:45:09
329	MJ	52	1343	Hauke	Heikens	96	Ubbo-Emmius-Gymnasi	0:53:26	0:56:22	1:01:52	0:53:31			3:45:13
330	MHK	261	147	Jörg	Meyer	62	LwinsthGrp 21	0:50:48	0:54:30	1:03:07	0:56:48			3:45:15
330	MHK	261	181	Norbert	Schulte	58	LSF Oldenburg	0:51:12	0:54:51	1:03:18	0:55:52			3:45:15
332	MJ	53	1603	Erik	Weerda	95	Ulricianum Aurich Sek 2	0:55:54	0:53:05	1:00:13	0:56:03			3:45:16
333	WHK	17	F74	Elke	Gronewold	67	TV Norden	0:51:02	0:54:57	1:03:13	0:56:05			3:45:18
334	MHK	263	429	Holger	Schulte	75	Schulte Dental, Filsum	0:50:42	0:54:13	1:03:59	0:56:25			3:45:20
335	MJ	54	1444	Keno	Gohla	98	HTG Ihlow	0:53:20	0:55:25	1:02:01	0:54:37			3:45:25
336	MHK	264	129	Clemens	Dickmann	67	Nordland Papier	0:54:11	0:53:32	1:03:24	0:54:21			3:45:29
337	MHK	265	236	Matthias	Böse	70	SV Stikelkamp	0:51:02	0:54:08	1:03:24	0:57:04			3:45:39
338	MJ	55	239	Cedric	Schild	97	Turbine TGG	0:52:01	0:54:12	1:03:24	0:56:03			3:45:41
339	MHK	266	364	Sascha	Eckstein	75	CNG Wirtschaftsprüfer S	0:51:47	0:54:27	1:03:22	0:56:05			3:45:41
340	MHK	267	381	Peter-M.	Nilges	52	CNG Wirtschaftsprüfer	0:51:46	0:54:04	1:03:48	0:56:05			3:45:44
341	MHK	268	110	Harald	de Buhr	62	Polizei Leer	0:51:26	0:54:08	1:03:45	0:56:36			3:45:56
342	MHK	269	118	Frank	Poppen	90	Rettungsdienst Aurich	0:53:43	0:54:56	1:02:18	0:55:02			3:46:00
343	MHK	270	162	Carsten	Ebel	66	Emden	0:52:02	0:54:30	1:03:03	0:56:29			3:46:05
344	MHK	271	655	Arno	Jibben	69	VOST	0:52:04	0:54:36	1:03:13	0:56:20			3:46:15
345	MHK	272	1342	Berend	Heikens	66	Tierarztpraxis Velde	0:52:16	0:54:49	1:03:10	0:56:01			3:46:16
346	WHK	18	F550	Ingrid	Folkerts	66	FTC Hollen	0:51:07	0:55:37	1:03:27	0:56:08			3:46:19
347	MJ	56	836	Arne	Köllmann	94	B-Plast 2000	0:51:03	0:55:02	1:03:16	0:57:03			3:46:25
348	MHK	273	408	Lothar	van Geuns	73	Collinghorst	0:53:00	0:55:07	1:02:25	0:55:52			3:46:26
349	MHK	274	579	Gert	de Buhr	72	Mahl- und Mischbetrieb C	0:51:42	0:55:14	1:03:20	0:56:09			3:46:27
350	MHK	275	1316	Andy	Sielmann	80	Lebenshilfe Leer e.V.	0:52:11	0:55:20	1:03:12	0:55:52			3:46:36
351	MHK	276	1628	Benjamin	Ijjes	91		0:50:35	0:54:04	1:04:40	0:57:17			3:46:37
352	MJ	57	F184	Lukas	de Vries	97	IGS Waldschule Egels	0:51:51	0:55:19	1:03:03	0:56:27			3:46:41
353	MJ	58	1510	Jendrik	Groninger	96	Alex.-v-Humboldt-Schul	0:56:58	0:55:49	1:02:03	0:51:53			3:46:44
354	MHK	277	224	Andreas	Bartsch	78	Steuerkanzlei Arndt	0:51:31	0:55:34	1:03:36	0:56:04			3:46:47
355	MHK	278	1429	Andreas	Neu	77	fitness world schortens	0:51:35	0:52:08	1:10:13	0:52:51			3:46:48
356	MHK	279	317	Ukena	Hartmut	68	Hinte	0:51:19	0:55:58	1:02:49	0:56:43			3:46:51
357	MJ	59	1443	Jan-Gerd	Tammen	97	HTG Ihlow	0:51:18	0:55:46	1:03:48	0:56:02			3:46:55
358	MHK	280	1425	Roger	Brettschnei	65	HTR	0:52:08	0:55:00	1:03:50	0:55:58			3:46:57
359	MHK	281	102	Nanno	Janssen	67	Fortuna Logabirum	0:51:42	0:54:35	1:03:51	0:56:50			3:46:59
360	MHK	282	1383	Otto	Buss	60	Pestalozziscule Weener	0:51:33	0:54:32	1:04:21	0:56:36			3:47:03
361	WHK	19	F30	Birthe	Paprotka	76	LSF Oldenburg	0:51:46	0:55:18	1:03:58	0:56:06			3:47:09
362	MHK	283	779	Andreas	Wölfel	81	TV Norden	0:53:23	0:54:52	1:02:58	0:56:00			3:47:15
363	MHK	284	184	Hermann	Willms	76	Wildeboer Bauteile Gmb	0:51:32	0:55:38	1:03:57	0:56:08			3:47:16
364	MHK	285	348	Hans-Jürge	de Buhr	69	Busboomsfehn	0:52:17	0:56:04	1:04:07	0:54:52			3:47:22
365	MHK	286	331	Rob	van Goor	62	Aquilo	0:51:25	0:56:20	1:03:15	0:56:32			3:47:33
366	MHK	287	666	Matthias	Scholz	90	RVB Aurich/Uplengen	0:50:40	0:54:03	1:07:35	0:55:17			3:47:36
367	MHK	288	619	Günter	Müller	67		0:51:56	0:55:23	1:03:52	0:56:25			3:47:37
368	WHK	20	F75	Claudia	Janssen	80	TV Norden	0:52:23	0:55:28	1:03:33	0:56:12			3:47:38
369	MJ	60	1617	Lasse	Wichmann	96	Turbine TGG	0:54:49	0:55:10	1:02:43	0:54:54			3:47:38
370	MJ	61	660	Malte	Pleis	97	Moorloopers	0:51:10	0:55:25	1:02:57	0:58:06			3:47:40
371	MHK	289	1354	Andreas	Blaurock	68	obw Emden	0:52:49	0:55:19	1:03:38	0:55:53			3:47:41
372	MHK	290	1592	Johannes	Coordes	69	Team ENERCON	0:52:01	0:55:06	1:04:50	0:55:42			3:47:42
373	MHK	291	887	Stefan	Schild	64	Hartmann Group	0:52:42	0:55:19	1:03:26	0:56:14			3:47:43
374	MHK	292	141	Reinhard	de Vries	61	Ost-Victorbur	0:51:49	0:55:32	1:04:01	0:56:28			3:47:52
375	MHK	293	212	Jörg	Lüpkes	81	Aurich	0:51:05	0:53:13	1:04:20	0:59:17			3:47:57
376	MJ	62	1445	Alexander	Seeger	97	HTG Ihlow	0:50:50	0:55:14	1:04:23	0:57:29			3:47:57
377	MHK	294	200	Markus	Carstens	76	Team ENERCON	0:52:50	0:55:31	1:03:27	0:56:14			3:48:03
378	MHK	295	192	Jair	Cassoli	77	Team ENERCON	0:53:28	0:56:43	1:03:14	0:54:42			3:48:08

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
379	MHK	296	295	Roland	von Kentzi	48	TG Wiesmoor	0:51:35	0:55:15	1:04:25	0:56:52			3:48:08
380	MHK	297	687	Enno	Ihmels	78	Volksbank Westrhauder	0:53:03	0:56:08	1:03:57	0:55:10			3:48:19
381	MHK	298	548	Dieter	Henkel	70	BV Pfalzdorf	0:52:46	0:55:23	1:04:03	0:56:07			3:48:21
382	MHK	299	519	Manuel	Brunken	83	VOST	0:52:30	0:55:38	1:03:50	0:56:32			3:48:30
383	MJ	63	1442	Jann-Helge	Buß	98	HTG Ihlow	0:52:09	0:56:58	1:03:49	0:55:32			3:48:31
384	MHK	300	263	Dieter	Schliep	72	Holterfehn	0:50:55	0:55:11	1:04:35	0:57:51			3:48:34
385	MJ	64	446	Tammo	Büscher	94	Büsches	0:52:39	0:54:52	1:04:26	0:56:37			3:48:35
386	WHK	21	F54	Jutta	Behrends	76	SV Hollland	0:51:49	0:55:12	1:05:11	0:56:22			3:48:36
387	MHK	301	930	Wilko	Wiechers	87	BV Hoffnung	0:52:38	0:57:24	1:03:06	0:55:46			3:48:56
388	MHK	302	628	Egon	August	62	SV Elisabethfehn	0:51:52	0:55:51	1:03:10	0:58:01			3:48:56
389	MHK	303	832	Stefan	Rabenberg	87	TuRa 07 Westrhauderfe	0:52:56	0:56:07	1:03:57	0:55:57			3:48:59
390	MHK	304	427	Manfred	Cordes	60	Wiesmoor-Wiesederfeh	0:52:08	0:55:38	1:04:25	0:56:49			3:49:02
391	MHK	305	279	Torsten	Welling	64	MTV Wittmund	0:52:06	0:55:35	1:03:39	0:57:45			3:49:06
392	MHK	306	350	Hermann	RöBing	65	WfBM BBB Aurich Witt	0:51:38	0:56:31	1:03:48	0:57:14			3:49:11
393	MHK	307	375	Fred	Peters	67	DLRG Weener	0:50:31	0:55:04	1:03:05	1:00:38			3:49:19
394	MHK	308	560	Karsten	Janssen	81	SV Hage	0:53:45	0:56:35	1:03:19	0:55:42			3:49:23
395	MHK	309	238	Jens	Heyken	83	Mykonos Touristen	0:53:46	0:56:36	1:03:19	0:55:42			3:49:23
396	MHK	310	158	Hinnerk	Meyer	93	SV Hollland	0:53:23	0:56:42	1:04:06	0:55:15			3:49:28
397	MHK	311	615	Holger	Grasse	65	TuS Zetel	0:52:03	0:56:11	1:04:13	0:57:14			3:49:42
397	MHK	311	1470	Mike	Smidt	71	EKC Seeteufel	0:52:13	0:55:45	1:04:26	0:57:17			3:49:42
399	MHK	313	1136	Dietmar	Meyer	68	Turbine TGG	0:54:54	0:55:24	1:03:00	0:56:24			3:49:43
400	MHK	314	447	Johann	Büscher	68	Büsches	0:52:55	0:55:17	1:04:38	0:57:01			3:49:51
401	MJ	65	1040	Jonny	Pund	98	Bohlen & Doyen	0:56:16	0:56:57	1:02:04	0:54:37			3:49:56
402	MHK	315	183	Harald	Eberhard	66	TG Wiesmoor	0:52:52	0:55:46	1:04:29	0:56:50			3:49:58
403	MHK	316	714	Michael	Mußing	81	Klinikum Leer	0:52:57	0:56:32	1:04:22	0:56:16			3:50:08
404	MHK	317	1427	Gottfried	Beekhuis	54	SV Dornum	0:53:22	0:56:55	1:03:58	0:55:57			3:50:13
405	MHK	318	44	Marco	Waßmann	74	TG Wiesmoor	0:52:42	0:55:30	1:04:43	0:57:25			3:50:21
406	MHK	319	1411	Frank	Nissen	61	ISD	0:52:47	0:55:37	1:04:34	0:57:23			3:50:23
407	MHK	320	758	Björn	Stahl	91	Seefahrtsschule Leer	0:52:40	0:56:53	1:04:27	0:56:25			3:50:27
408	MHK	321	1586	Uwe	Frömming	69	Wi sünd Holtriem	0:51:30	0:56:15	1:05:50	0:56:50			3:50:28
409	MHK	322	354	Rolf-Dieter	Vennen	62	EWE Wattloopers	0:52:31	0:55:55	1:04:46	0:57:14			3:50:28
410	MJ	66	895	Jann	Utecht	97	FCSO	0:52:44	0:54:28	1:06:16	0:57:01			3:50:31
411	WHK	22	F606	Janina	Hilrichs	87	Hollland	0:52:34	0:56:11	1:04:27	0:57:18			3:50:32
412	MHK	323	252	Hermann	Hinderks	68	Nordland Papier	0:52:32	0:56:00	1:05:08	0:56:58			3:50:40
413	MHK	324	531	Jörg	Harms	65	Schüt-Duis	0:52:47	0:55:46	1:04:35	0:57:31			3:50:42
414	MHK	325	233	Oliver	de Vries	87	Emden	0:50:58	0:55:53	1:05:02	0:58:48			3:50:42
415	MHK	326	850	Thorsten	Dettmer	65	Leinerstift e.V	0:51:47	0:55:55	1:04:47	0:58:21			3:50:51
416	MHK	327	1474	Ludwig	Hummerich	60	Emder LG	0:54:50	0:56:17	1:03:39	0:56:03			3:50:51
417	MHK	328	309	Manfred	Schütte	57	SV Friedrichsfehn	0:51:52	0:55:57	1:06:15	0:56:51			3:50:57
418	WJ	2	F250	Dana	Backenhau	11	NIGE	0:51:31	0:56:10	1:05:29	0:57:49			3:51:00
419	MHK	329	292	Johannes	Feimann	66	Nordland Papier	0:52:08	0:56:16	1:04:39	0:57:57			3:51:01
420	MHK	330	301	Michael	Martens	82	Team ENERCON	0:52:33	0:56:01	1:04:49	0:57:44			3:51:08
421	MHK	331	214	Holger	Aderhold	70	SVO Wi sünd Holtriem	0:52:41	0:55:51	1:04:58	0:57:47			3:51:18
422	MJ	67	69	Kevin	Behrmann	95	BBS 1 Aurich	0:52:53	0:56:01	1:06:17	0:56:07			3:51:19
423	MHK	332	393	Lars	Schepker	80	Aurich	0:52:34	0:55:53	1:05:20	0:57:33			3:51:21
424	MHK	333	783	Peter	Gross	68		0:53:34	0:56:57	1:03:50	0:57:02			3:51:24
425	WHK	23	F18	Bettina	Pilney	62	LT SV Ems Jemgum	0:53:31	0:56:02	1:04:09	0:57:40			3:51:24
426	MHK	334	189	Frank	Oltrop	65	Blau- Weiß Borssum	0:53:34	0:56:57	1:03:50	0:57:03			3:51:25
427	MHK	335	645	Horst	Willems	69	LG Krummhörn	0:52:49	0:56:15	1:04:40	0:57:40			3:51:25
428	WJ	3	F46	Miriam	de Buhr	96	Fortuna Logabirum	0:52:52	0:56:06	1:05:35	0:57:01			3:51:36
429	MHK	336	522	Helmut	Fischer	64	Störtebeker Loopers TV	0:51:39	0:54:50	1:03:51	1:01:15			3:51:37
430	MHK	337	591	Andreas	Bölle	68	Nordland Papier	0:53:23	0:55:43	1:05:49	0:56:58			3:51:54
431	MHK	338	484	Jonas	Buja	92	Seefahrtsschule Leer	0:52:50	0:56:54	1:04:27	0:57:43			3:51:55
432	MHK	339	1076	Rudi	Buse	67	Moormerland	0:51:56	0:56:48	1:05:34	0:57:43			3:52:02

Zwischenstand nach 4. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
433	MHK	340	1096	Cristian	Canales Ag	91	TSR Olympia Wilhelms	0:54:04	0:57:06	1:03:37	0:57:17			3:52:05
434	MHK	341	606	Frank	Landheer	70	Feedback Leer	0:51:51	0:56:08	1:04:24	0:59:47			3:52:11
435	MJ	68	1012	Lukas	Jäschke	94	mitzeit Intensivpflege zu	0:53:04	0:56:26	1:06:34	0:56:07			3:52:14
436	MHK	342	1284	Torsten	Lühr	67	Der schwarze Blitz	0:51:54	0:57:33	1:05:56	0:56:52			3:52:17
437	MHK	343	159	Thomas	Stern	70	Seefahrtsschule Leer	0:53:19	0:56:07	1:05:48	0:57:05			3:52:20
438	MHK	344	209	Detlef	Berding	68	Stadt Oldenburg	0:52:48	0:56:43	1:04:53	0:57:57			3:52:22
439	MHK	345	425	Eric	Saathoff	68	Emder LG	0:53:12	0:56:54	1:05:03	0:57:16			3:52:26
440	MHK	346	313	Michael	Apel	73		0:52:50	0:56:43	1:05:31	0:57:21			3:52:26
441	WHK	24	F41	Claudia	Wehming	78	Stadt Oldenburg	0:52:53	0:57:01	1:05:04	0:57:29			3:52:28
442	MHK	347	77	Christian	Saathoff	87	Sandersfeld Sicherheits	0:53:12	0:56:05	1:04:58	0:58:11			3:52:28
443	MHK	348	603	Hans-Joach	Trum	62	Gymnasium Rhauderfe	0:53:24	0:58:05	1:03:26	0:57:32			3:52:29
444	MHK	349	272	Johann	Sandersfeld	55	LG Uplengen	0:52:35	0:56:20	1:05:18	0:58:17			3:52:31
445	MHK	350	305	Hermann	Nagel	56	SV Concordia Neermoor	0:52:48	0:56:44	1:05:04	0:57:56			3:52:34
446	MHK	351	480	Daniel	Witte	86	LT Spaß mit Sport	0:52:29	0:58:02	1:05:17	0:56:53			3:52:43
447	MHK	352	341	Rolf	Steinke	67	SV Warsingsfehn	0:53:22	0:56:23	1:05:26	0:57:32			3:52:44
448	MHK	353	1230	Matthias	Ottjes	64	Möhlmann Automobil L	0:52:22	0:55:44	1:07:28	0:57:10			3:52:45
449	MHK	354	1390	Ole	Ahrens	90	SV Leepens	0:53:47	0:57:09	1:04:28	0:57:29			3:52:55
450	MHK	355	230	Rainer	Hoek	78	AXA Center Hoek	0:53:19	0:56:56	1:05:06	0:57:35			3:52:58
451	MJ	69	422	Tammo	Keck	95	TC Sudbrookmerland	0:53:08	0:56:07	1:06:39	0:57:11			3:53:06
452	MHK	356	293	Heinz	Schultz	49	VfR Heisfelde	0:52:26	0:57:00	1:05:43	0:57:57			3:53:08
453	MJ	70	549	Sven	Janßen	94	REHAU AG & Co	0:54:56	0:56:08	1:06:01	0:56:07			3:53:13
454	MHK	357	363	Jann	Saathoff	91	Ludwigsdorf	0:53:42	0:58:21	1:04:24	0:56:48			3:53:17
455	MHK	358	113	Johann	Lammers	63	Holtland	0:52:52	0:56:24	1:05:37	0:58:28			3:53:22
456	MHK	359	302	Manfred	Kramer	62	LG Werder-Ossis	0:54:54	0:57:04	1:04:36	0:56:52			3:53:28
457	WHK	25	F35	Heike	Greis	65	LSF Oldenburg	0:52:45	0:56:47	1:05:26	0:58:29			3:53:28
458	MHK	360	328	Rainer	Spannhoff	64	Emder LG	0:53:05	0:57:42	1:04:27	0:58:14			3:53:29
459	MJ	71	396	Aaron	Janßen	99	FCSO	0:51:50	0:57:08	1:06:21	0:58:10			3:53:30
460	MHK	361	336	Stephan	Hoheisel	89	Seefahrtsschule Leer	0:52:47	0:57:45	1:05:20	0:57:38			3:53:32
461	MHK	362	813	Jörg	Heyen	70	Bohlen & Doyen	0:56:15	0:56:27	1:04:32	0:56:18			3:53:33
462	MJ	72	1095	Marvin	Frick	98	SV Blomberg	0:54:44	0:57:41	1:03:10	0:57:58			3:53:34
463	MHK	363	499	Joachim	Harms	61	traba-team	0:53:42	0:56:24	1:05:58	0:57:30			3:53:35
464	MHK	364	387	Thorsten	Stege	80	Feuerwehr Oldersum	0:53:00	0:56:42	1:05:40	0:58:15			3:53:39
465	MHK	365	344	Hartmut	Staude	71	Padlooper	0:55:05	0:56:23	1:04:48	0:57:24			3:53:41
466	MHK	366	197	Friedhelm	Baumann	60	TSV Hesel	0:52:09	0:56:45	1:06:51	0:58:01			3:53:48
467	MJ	73	1638	Keno	Lentke	94	TV Leer	0:53:20	0:59:01	1:05:42	0:55:48			3:53:52
468	MHK	367	258	Andreas	Voßkuhl	75	Völlenerfehn	0:53:00	0:55:59	1:05:05	0:59:47			3:53:52
469	MHK	368	405	Ottmar	Schulte	65	Emden	0:52:55	0:57:19	1:05:12	0:58:26			3:53:54
470	WHK	26	F44	Marion	Baumann	71	TUS Zetel	0:52:50	0:57:35	1:05:46	0:57:54			3:54:07
471	MHK	369	621	Hermann	Siemens	67	Hammelwarder Sprinter	0:53:43	0:57:31	1:05:19	0:57:34			3:54:09
472	MHK	370	665	Heinz	Schmidt	63	Fortuna Logabirum	0:52:45	0:56:51	1:05:45	0:58:54			3:54:16
473	MHK	371	545	Wilfried	Foorden	64	TG Wiesmoor	0:52:53	0:57:21	1:05:31	0:58:33			3:54:20
474	MHK	372	421	Heyko	Oelrichs	87	Bohlen & Doyen	0:51:13	0:57:52	1:07:17	0:57:59			3:54:23
475	MJ	74	1046	Stefan	Dirks	96	Ulricianum Aurich Sek2 -	0:54:43	0:54:49	1:06:33	0:58:18			3:54:24
476	MHK	373	390	Hermann	Erdwiens	70	LG Ostfriesland	0:52:54	0:56:27	1:05:36	0:59:27			3:54:25
477	MHK	374	251	Theodor	Hildebrandt	56	LG Ostfriesland	0:51:25	0:57:53	1:05:46	0:59:26			3:54:31
478	WHK	27	F34	Anja	Goos	72	Emder LG	0:53:02	0:56:31	1:05:38	0:59:27			3:54:39
479	MJ	75	1636	Janus	Thies	99	Alex von Humboldt Schu	0:54:12	0:57:01	1:05:21	0:58:03			3:54:39
480	MHK	375	1188	Christof	Langen	88	Seefahrtsschule Leer	0:52:11	0:56:02	1:07:32	0:58:52			3:54:39
481	MJ	76	864	Lukas	Rossmann	99	IGS Waldschule Egels	0:54:23	0:56:47	1:05:34	0:57:58			3:54:42
482	MHK	376	485	Uwe	Ottjes	66	Team Möbel Buss	0:53:30	0:57:07	1:06:37	0:57:29			3:54:45
483	WHK	28	F524	Anja	Wilken	70	LG Uplengen	0:52:17	0:56:42	1:07:23	0:58:26			3:54:49
484	MHK	377	1622	Folkert	Saul	77	BBS-Jever	0:54:52	0:57:42	1:05:50	0:56:25			3:54:50
485	MHK	378	357	Helmut	Averbeck	66	Emder LG	0:53:23	0:57:03	1:06:27	0:57:55			3:54:50
486	MJ	77	1467	Steffen	Reiners	96	Ulricianum Aurich Sek 2	0:52:57	0:56:50	1:06:05	0:58:59			3:54:52

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
487	WHK	29	F33	Viola	Steffens	75	Emder LG	0:53:28	0:57:27	1:05:56	0:58:01			3:54:53
488	MHK	379	327	Detlef	Oetter	64	Sparkasse Leer Wittmun	0:53:21	0:57:32	1:06:29	0:57:32			3:54:56
489	MHK	380	458	Heiner	Schmidt	74	HSM Wirtschaftsprüfer &	0:53:32	0:57:23	1:06:38	0:57:32			3:55:06
490	MHK	381	282	Michael	Schulz	62	LT TuS Aurich-Ost	0:53:11	0:58:22	1:06:28	0:57:06			3:55:09
491	MJ	78	551	Hendrik	Flessner	97	Alex.-v-Humboldt-Schul	0:55:35	0:58:33	1:04:37	0:56:23			3:55:09
492	MHK	382	414	Ehrenfried	Lüken	64	JG 71 R	0:52:51	0:57:26	1:05:28	0:59:28			3:55:15
493	MHK	383	210	Bernd	Neuenstein	61		0:53:01	0:57:14	1:06:32	0:58:27			3:55:16
494	MJ	79	1053	Tammo	Spieker	98	TuRa 07 Westrhauderfe	0:55:55	0:56:22	1:06:47	0:56:12			3:55:17
495	WHK	30	F47	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:53:53	0:57:42	1:05:50	0:57:51			3:55:17
496	WJ	4	F38	Talea	Seiwald	01	S.V. Concordia Ihrhove	0:53:38	0:57:30	1:04:35	0:59:37			3:55:21
497	MHK	384	791	Christian	Möller	83	Team ENERCON	0:53:19	0:56:08	1:05:22	1:00:38			3:55:29
498	MHK	385	516	Thorsten	Eesmann	70	Pestalozzischule Weene	0:53:28	0:57:45	1:05:18	0:59:00			3:55:32
499	MHK	386	361	Thomas	Loegel	65	SV Wiesede-Upschört	0:53:06	0:57:24	1:06:32	0:58:30			3:55:34
500	MHK	387	1649	Christian	Lütten	68	IGS Aurich	0:55:42	0:56:13	1:05:43	0:57:55			3:55:34
501	MHK	388	541	Dieter	Janssen	55	Wittmund	0:52:37	0:57:50	1:06:50	0:58:16			3:55:35
502	MHK	389	460	Arnim	Gerdas	69	Onno Behrends Tee	0:53:21	0:57:13	1:06:04	0:58:58			3:55:37
503	WJ	5	F655	Tomke	Wachtendor	00	Gymnasium Ulricianum /	0:55:01	0:57:35	1:04:45	0:58:27			3:55:49
504	MHK	390	1317	Stephan	Meyer	80	Lebenshilfe Leer e.V.	0:56:29	0:56:41	1:04:55	0:57:45			3:55:52
505	MJ	80	861	Fabian	Herd	02	IGS Waldschule Egels	0:53:05	0:57:40	1:08:17	0:57:00			3:56:04
506	MHK	391	278	Alwin	Günther	73	Wi sund Holtriem SVO	0:53:10	0:57:22	1:06:15	0:59:16			3:56:04
507	MHK	392	893	Reinhard	Post	62	SV Stern Schwerinsdorf	0:53:03	0:57:42	1:06:51	0:58:36			3:56:14
508	MHK	393	584	Rainer	Willing, Dr.V	66	Ubbo-Emmius-Klinik	0:53:38	0:56:17	1:06:12	1:00:10			3:56:20
509	MHK	394	291	Remmer	Schuster	62	LT Schafhauser Wald	0:53:46	0:57:10	1:05:55	0:59:34			3:56:26
510	MHK	395	1570	Adnan	Omairi	81	Team ENERCON	0:51:18	0:56:12	1:08:27	1:00:29			3:56:27
511	MHK	396	268	Christian	Merl	57	SZ Collhusen	0:53:41	0:58:09	1:06:19	0:58:18			3:56:28
512	MHK	397	389	Weert-Peter	Prikker	59	Fortuna Logabirum	0:53:24	0:57:05	1:06:23	0:59:39			3:56:31
513	WJ	6	F614	Lea	Höfner	97	LG Harlingerland	0:51:33	0:55:09	1:06:32	1:03:21			3:56:37
514	MHK	398	585	Jochen	Fleßner	65	Klinikum Emden	0:54:46	0:57:21	1:05:50	0:58:39			3:56:37
515	MHK	399	1498	Günter	Bloem	77	VFL Viktoria Flachsmeer	0:53:46	0:57:27	1:06:51	0:58:33			3:56:39
516	WHK	31	F42	Miriam	Krawietz	77	Emder LG	0:54:15	0:56:32	1:06:45	0:59:06			3:56:39
517	MHK	400	457	Stefan	Janßen	70	HSM Wirtschaftsprüfer &	0:53:40	0:58:04	1:06:29	0:58:28			3:56:42
518	WHK	32	F697	Manuela	Smit	70		0:53:38	0:57:47	1:06:25	0:58:52			3:56:44
519	MHK	401	435	Günther	Wilken	68	TuS Leerhafe-Hovel e.	0:53:22	0:58:58	1:06:18	0:58:08			3:56:47
520	WHK	33	F40	Herma	Kobuch	68	Lauftreff Schaffhauserwa	0:54:02	0:57:32	1:05:57	0:59:19			3:56:51
521	WHK	34	F39	Claudia	Langen	73	mitzeit Intensivpflege zu	0:54:47	0:57:48	1:05:43	0:58:32			3:56:52
522	MHK	402	423	Uwe	Reiners	69	erlebnistgolf-ostfriesland.	0:54:58	0:57:51	1:07:41	0:56:27			3:56:58
523	MHK	403	610	Rene	Schwinning	91	ORGADATA AG	0:55:47	0:56:47	1:05:41	0:58:43			3:56:59
524	MJ	81	288	Ihno	Gellmers	96	FCSO	0:54:06	0:57:25	1:06:41	0:58:47			3:57:00
525	MHK	404	392	Nils	Heidenreich	93	HSM Wirtschaftsprüfer &	0:55:10	0:57:19	1:05:43	0:58:58			3:57:12
526	MHK	405	1509	Holger	Saathoff	67	TV Norden	0:54:39	0:58:50	1:08:23	0:55:23			3:57:16
527	MHK	406	1285	Stefan	Menzel	91	Seefahrtsschule Leer	0:53:24	0:55:46	1:10:23	0:57:48			3:57:22
528	MHK	407	444	Jürgen	Eilerts	66	SC Wiesens	0:54:22	0:58:24	1:06:22	0:58:16			3:57:25
529	MHK	408	882	Michael	Stahlberg	75	Klinikum Emden	0:54:05	0:58:23	1:05:37	0:59:22			3:57:29
530	MHK	409	492	Frank	Kruse	79	VW Emden	0:57:22	0:57:43	1:06:22	0:56:03			3:57:32
531	MHK	410	510	Drees	Janssen	62	LG Ostfriesland	0:54:47	0:57:37	1:05:56	0:59:24			3:57:45
532	MHK	411	1531	Stefan	Burlager	84	Bünting Tee	0:54:07	0:58:05	1:06:42	0:58:51			3:57:47
533	MHK	412	1607	Robert	König	76	Gymnasium Westerste	0:53:25	0:57:54	1:06:46	0:59:50			3:57:57
534	MHK	413	534	Jens	Gronewold	91	Team ENERCON	0:54:05	0:57:27	1:07:47	0:58:36			3:57:57
535	MHK	414	1456	Jan	Fockens	82	Jantjes Team	0:57:11	0:58:26	1:05:11	0:57:10			3:58:00
536	MJ	82	868	Christian	Biller	97	IGS Waldschule Egels	0:55:12	0:55:50	1:08:59	0:57:59			3:58:00
537	MHK	415	432	Micha	Arends	92	Seefahrtsschule Leer	0:53:28	0:58:33	1:07:01	0:58:59			3:58:02
538	MHK	416	638	Klaus	Heilmann	70	Seefahrtsschule Leer	0:55:32	0:57:57	1:06:47	0:57:48			3:58:05
539	MHK	417	543	Helmut	Lüürsen	66	LG TV Bunde	0:54:09	0:56:59	1:07:34	0:59:23			3:58:06
540	MHK	418	191	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:55:17	0:57:32	1:07:14	0:58:07			3:58:12

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
541	MHK	419	165	Kai	Busker	78	SV Werder Bremen	0:55:01	0:56:15	1:05:23	1:01:44			3:58:25
542	MHK	420	899	Jacek	Walczak	82	ORGADATA AG	0:55:41	0:57:41	1:06:52	0:58:14			3:58:29
543	MHK	421	322	Thomas	Heinzmann	73	GS Völlenerfehn	0:54:11	0:57:48	1:06:28	1:00:05			3:58:33
544	MJ	83	533	Henryk	Mannott	00	Alex.-v-Humboldt-Schul	0:54:51	0:58:45	1:06:43	0:58:14			3:58:34
545	WHK	35	F529	Claudia	Wittek	69	MTV Aurich	0:54:14	0:58:36	1:06:56	0:58:46			3:58:35
546	MJ	84	970	Renko	Engels	00	Holterfehn	0:54:28	0:58:16	1:07:02	0:58:51			3:58:38
547	WHK	36	F56	Johanna	Tihen	86	Turbine TGG	0:55:19	0:58:16	1:06:17	0:58:49			3:58:42
548	MHK	422	577	Markus	Langer	70	Kdo SES Ostfriesland	0:55:11	0:57:33	1:08:05	0:57:53			3:58:43
549	WHK	37	F60	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:54:11	0:58:17	1:07:02	0:59:14			3:58:46
550	MHK	423	677	Nils	van Loh	92	SV Eintracht Nüttermoor	0:54:02	0:58:20	1:07:42	0:58:43			3:58:49
551	MHK	424	518	Bernhard	Rumpf	66	Holthuserheide	0:51:52	0:56:00	1:06:16	1:04:42			3:58:52
552	MHK	425	523	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:56:11	0:58:56	1:05:57	0:57:48			3:58:54
553	MHK	426	456	Carsten	Strasser	68	GW Firrel	0:54:18	0:56:39	1:07:53	1:00:05			3:58:56
554	MHK	427	330	Michael	Brandt	84	IGS Waldschule Egels	0:54:27	0:58:36	1:06:29	0:59:22			3:58:56
555	MHK	428	1415	Michael	Bohnen	84	FENESTRA NORDWES	0:56:11	0:57:07	1:06:32	0:59:09			3:59:01
556	MJ	85	1616	Hannes	Wilhelms	94	TSV Lammertsfehn	0:53:12	0:58:47	1:07:40	0:59:20			3:59:01
557	WHK	38	F70	Alexandra	Norda	76	LG Papenburg-Aschend	0:54:24	0:58:11	1:07:04	0:59:21			3:59:02
558	MHK	429	397	Hinrich	Rahn	73	EWE Wattloopers	0:54:36	0:58:17	1:06:54	0:59:15			3:59:03
559	MHK	430	325	Matthias	Erfeling	85		0:54:15	0:58:09	1:07:12	0:59:28			3:59:06
560	MHK	431	1465	Tim	Grübner	75	Sparkasse Aurich-Nord	0:56:32	0:58:10	1:05:35	0:58:50			3:59:08
561	MJ	86	1625	Timo	Brinschwitz	95	Ulricianum Aurich Sek 2	0:55:54	0:56:52	1:07:01	0:59:21			3:59:09
562	MHK	432	125	Ulrich	Wieggers	55	TuS Eintracht Hinte	0:55:39	0:58:30	1:06:26	0:58:35			3:59:10
563	WHK	39	F140	Meike	Flügge	66	VfL Germania Leer	0:54:15	0:58:04	1:07:20	0:59:36			3:59:16
564	MHK	433	559	Rüdiger	Barthel	90	Seefahrtsschule Leer	0:54:29	0:58:52	1:06:59	0:58:58			3:59:19
565	MHK	434	339	Nanno	Betten	71	Hollen	0:54:48	0:57:23	1:07:39	0:59:37			3:59:29
566	MHK	435	602	Malte	Richter	90	MTV Wittmund	0:53:38	0:58:46	1:07:09	0:59:56			3:59:31
567	WHK	40	F50	Nina	Janßen	79	TSV Jahn Carolinensiel	0:54:23	0:58:20	1:07:19	0:59:33			3:59:36
568	MHK	436	1420	Dieter	Schleifer	69	VW Emden	0:56:36	0:58:33	1:05:58	0:58:29			3:59:37
569	MHK	437	352	Martin	Thoben	70	ELV Elektronik AG	0:54:32	0:58:21	1:06:46	1:00:04			3:59:44
570	MHK	438	1591	Tebbe	Bertus	89		0:56:16	0:57:52	1:07:31	0:58:08			3:59:48
571	MHK	439	630	Volker	Feldkamp	60	Schule am Deich	0:56:16	0:59:07	1:05:48	0:58:44			3:59:56
572	MHK	440	631	Jörg	Jacobsen	67	LT SC Ihrhove 07	0:54:11	0:59:06	1:06:59	0:59:39			3:59:56
573	WHK	41	F586	Trijntje	Falkena	82	MTV Aurich	0:54:14	0:58:36	1:06:45	1:00:20			3:59:57
574	MHK	441	300	Wichert	Brüsehoff	66	TV Oldersum	0:56:11	0:56:13	1:08:27	0:59:06			3:59:58
575	MHK	442	503	Heiko	Sieling	61	Sparkasse Leer Wittmun	0:54:12	0:58:15	1:07:04	1:00:34			4:00:07
575	MJ	87	1578	Thilo	Strüfing	97	Ulricianum Aurich Sek 1	0:54:12	0:58:59	1:07:55	0:59:00			4:00:07
577	MHK	443	496	Bernd	Alberts	75	TV Norden	0:54:50	0:58:52	1:06:41	0:59:46			4:00:09
578	MJ	88	1577	Tom	Puls	97	Ulricianum Aurich Sek 1	0:54:14	0:58:59	1:07:55	0:59:01			4:00:11
579	MHK	444	592	Norbert	Dickmann	68	Nordland Papier	0:53:22	0:57:44	1:08:44	1:00:23			4:00:15
580	MHK	445	479	Wolfgang	Kuper	70	Baptisten Firrel	0:54:47	0:58:28	1:07:38	0:59:21			4:00:15
581	MHK	446	134	Frank	Olin	68	Lummerland Taxi Aurich	0:55:40	0:59:07	1:06:34	0:59:00			4:00:22
582	MHK	447	1568	Frank	Duhlies	60	Tauchclub Beluga Auri	0:54:39	0:57:57	1:07:25	1:00:21			4:00:23
583	WJ	7	F705	Janna	Naatjes	96	Turbine TGG	0:58:41	0:59:05	1:05:45	0:56:50			4:00:23
584	MJ	89	1643	Kai	Saathoff	95	Ulricianum Aurich Sek2 -	0:52:28	0:55:39	1:10:35	1:01:43			4:00:27
585	MHK	448	21	Wilhelm	de Boer	61	SV Dornum	0:54:51	0:58:19	1:08:04	0:59:15			4:00:30
586	MHK	449	1255	Coob	Buß	61	SV Eintracht Ihlow	0:55:40	0:58:54	1:06:03	0:59:57			4:00:34
587	MHK	450	773	Alfred	Scheepker	54	TV Norden	0:55:29	0:58:32	1:06:42	0:59:55			4:00:38
588	MHK	451	366	Reinhard	Oltmanns	64		0:54:27	0:57:52	1:08:21	1:00:00			4:00:41
589	MHK	452	1191	Beinlich	Wilko	90	Seefahrtsschule Leer	0:57:22	0:58:38	1:05:40	0:59:01			4:00:42
590	WHK	42	F52	Sandra	Eißel	85	Emder LG	0:55:44	0:57:14	1:07:08	1:00:35			4:00:43
591	MHK	453	271	Kersten	Kiesé	64	TuS Esens	0:54:18	0:58:14	1:07:49	1:00:20			4:00:43
592	MHK	454	469	Mykola	Kazadayev	90	BBC Chartering	0:56:19	0:57:51	1:06:55	0:59:37			4:00:43
593	MHK	455	878	Thorsten	Stucke	74	Ubbo-Emmius-Klinik	0:53:58	0:59:14	1:07:35	0:59:58			4:00:46
594	MHK	456	521	Andreas	Dirks	64	Störtebeker Loopers TV	0:55:07	0:58:25	1:07:23	0:59:57			4:00:54

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
595	MHK	457	644	Detlef	Penske	65	BBS 1 Aurich	0:55:10	0:58:44	1:07:47	0:59:15			4:00:56
596	WHK	43	F71	Monika	Foorden	68	LG Großefehn	0:56:36	0:58:58	1:06:43	0:58:42			4:01:00
597	WHK	44	F95	Anne	Trauernicht	69	Intersport Peters Wiesmc	0:54:17	0:59:16	1:07:25	1:00:04			4:01:03
598	MHK	458	333	Hans	Pflanzer	54	Alex.-v-Humboldt-Schul	0:55:43	0:58:14	1:07:23	0:59:45			4:01:06
599	MHK	459	334	Helmut	Meyerhoff	62	LG Ostfriesland	0:54:56	0:57:50	1:08:22	0:59:57			4:01:07
600	MHK	460	807	Mario	Gerhardt	67	LwlnsthGrp 21	0:54:24	0:59:15	1:07:02	1:00:25			4:01:08
601	MHK	461	1599	Christian	Frey	82	Perior	1:02:16	0:57:28	1:04:57	0:56:27			4:01:09
602	MHK	462	762	Siegfried	Weber	62	Team Möbel Buss	0:54:00	0:58:11	1:08:25	1:00:40			4:01:17
603	MHK	463	287	Anh Van	Thai	72	WfBM BBB Aurich Witt	0:55:27	0:58:04	1:08:41	0:59:04			4:01:18
604	WHK	45	F153	Katja	Möhle	71	Weener	0:56:21	0:58:39	1:07:02	0:59:18			4:01:22
605	WHK	46	F49	Anett	Große	80	LwlnsthGrp 21	0:54:56	0:59:33	1:06:57	0:59:57			4:01:24
606	MJ	90	1477	Niklas	Karge	99	Gymnasium Ulricianum A	0:57:19	0:57:41	1:07:46	0:58:37			4:01:25
607	MHK	464	613	Daniel	Bramlage	84	RSV Emden	0:56:53	0:58:07	1:07:05	0:59:22			4:01:29
608	MHK	465	213	Thomas	Bolte	65	EWE Wattloopers	0:56:00	0:58:55	1:08:21	0:58:24			4:01:42
609	WHK	47	F645	Anke	Untied-Plafß	69	Schwerinsdorf	0:56:45	1:00:01	1:06:49	0:58:07			4:01:43
610	MHK	466	472	Michael	Meiners	72	Emder LG	0:53:11	0:57:39	1:11:54	0:58:59			4:01:45
611	MJ	91	1437	Jonas	Müller	98	HTG Ihlow	0:55:40	0:58:45	1:08:45	0:58:36			4:01:48
612	MHK	467	879	Jürgen	Scholla	56	Ubbo-Emmius-Klinik	0:55:03	0:58:08	1:08:20	1:00:18			4:01:50
613	MHK	468	1647	Markus	Aden	84	GeTek	0:56:18	0:59:03	1:05:59	1:00:30			4:01:50
614	MHK	469	637	Frank	Waldmann	55	LG Großefehn	0:54:09	0:58:08	1:06:43	1:02:52			4:01:54
615	WHK	48	F676	Verena	Lübbers	81	Rechtsanwälte Dr. Fenn	0:56:37	0:59:18	1:07:35	0:58:37			4:02:09
616	MHK	470	998	Ralf	Fahnster	82	VfB Germania Wiesmoo	0:57:03	0:59:53	1:09:54	0:55:28			4:02:19
617	MHK	471	670	Johann	Goudschaal	64	Kirchengemeinde Hollen	0:54:01	1:00:18	1:07:20	1:00:40			4:02:20
618	WHK	49	F198	Heidrun	Keiser	57	LG Uplengen	0:54:39	0:59:29	1:08:02	1:00:11			4:02:21
619	MHK	472	448	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:55:00	0:59:41	1:07:59	0:59:41			4:02:22
620	MHK	473	1294	Hinrich	Sparringa	69		0:55:23	0:59:54	1:08:23	0:58:45			4:02:27
621	MHK	474	517	Andreas	Barth	75	Crocodiles ihlow	0:54:22	0:58:20	1:08:49	1:00:56			4:02:29
622	MHK	475	633	Martin	Krallmann	76	Mittegroßefehn	0:55:46	0:58:29	1:08:20	1:00:08			4:02:44
623	MHK	476	1205	Jörn	Krey	60	Reederei Buss	0:56:24	0:58:56	1:07:44	0:59:41			4:02:47
624	MHK	477	572	Siegfried	Brauer	58	WfBM BBB Aurich Witt	0:55:19	0:57:46	1:08:47	1:00:54			4:02:47
625	MHK	478	697	Klaus	Bergmann	58	Seefahrtsschule Leer	0:57:42	0:59:34	1:07:50	0:57:41			4:02:49
626	WHK	50	F579	Ayse	Isik	78	Ubbo-Emmius-Klinik	0:56:27	0:58:57	1:07:39	0:59:46			4:02:50
627	MHK	479	340	Steffen	Gerbers	86	Versicherungsmakler Ge	0:56:07	0:59:00	1:08:50	0:59:08			4:03:06
628	WHK	51	F55	Karin	Schmidt	60	LT TuS Aurich-Ost	0:55:05	0:59:22	1:07:50	1:00:51			4:03:10
629	MJ	92	1377	Jannik	Pleis	94	Moorloopers	0:54:51	0:58:49	1:09:01	1:00:27			4:03:10
629	MHK	480	476	Rolf	Popp	59	R.u.F. Concordia Emde	0:55:59	0:58:41	1:08:05	1:00:24			4:03:10
631	MHK	481	769	Richard	Kölber	66	TV Norden	0:59:17	0:57:08	1:06:05	1:00:40			4:03:11
632	MHK	482	904	Nico	Meppen	78	REHAU AG & Co	0:57:14	0:58:25	1:08:02	0:59:29			4:03:12
633	WHK	52	F593	Anita	van Jinnelt	65	MTV Hohenkirchen	0:57:34	1:00:42	1:06:50	0:58:06			4:03:14
634	MHK	483	562	Sascha	Paul	81	SpVg Aurich	0:52:15	0:54:59	1:17:47	0:58:13			4:03:15
635	MHK	484	443	Goemann	Philipp	91	Seefahrtsschule Leer	0:56:32	0:59:37	1:09:10	0:58:13			4:03:33
636	MHK	485	1557	Rolf	Meyer	69	LG Großefehn	0:54:46	0:58:22	1:07:05	1:03:22			4:03:36
637	WHK	53	F239	Janke	Engels-Bak	74	Holterfehn	0:55:55	0:59:18	1:07:40	1:00:48			4:03:42
638	MHK	486	420	Stephan	Adloff	76	Team ENERCON	0:55:37	0:59:19	1:08:02	1:00:45			4:03:44
639	MHK	487	1494	Kay	Böhland	65	Oldenburg	0:55:44	1:00:01	1:08:36	0:59:29			4:03:51
640	MHK	488	754	August	Jeron	56	LT TuS Aurich-Ost	0:55:42	0:58:58	1:08:28	1:00:42			4:03:52
641	MJ	93	609	Maximilian	Reineck	96	FCSO	0:56:12	0:56:38	1:12:14	0:58:47			4:03:52
642	MHK	489	651	Benjamin	Nobel	86	BBC Chartering	0:55:40	1:00:54	1:09:03	0:58:16			4:03:54
643	MHK	490	347	Garrelt	Tunder	55	SC Wiesens	0:57:44	0:58:17	1:08:37	0:59:18			4:03:57
644	MHK	491	404	Ralf	Sperlich	70	Ostfriesische Volksbank	0:55:18	0:59:54	1:08:53	0:59:58			4:04:04
645	WHK	54	F91	Janneke	Peters	77	Fortuna Logabirum	0:55:44	0:58:59	1:09:15	1:00:04			4:04:04
646	MHK	492	493	Günther	Oldendorf	62	TV Norden	0:59:17	0:58:47	1:06:36	0:59:29			4:04:11
647	MHK	493	553	Olaf	Schatt	67	Turbine-TGG	0:56:00	0:59:38	1:07:55	1:00:38			4:04:12
648	MJ	94	1376	Marvin	Czeratzki	96	FCSO	0:54:47	1:02:49	1:06:36	1:00:00			4:04:13

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
649	MHK	494	1221	Holger	Röben	73	Team ENERCON	0:55:06	0:59:18	1:09:23	1:00:26			4:04:15
650	MJ	95	554	Paul	Schatt	98	VFR Heisfeld	0:56:25	0:59:27	1:06:47	1:01:39			4:04:19
651	MHK	495	620	Hans-Herm	Meents	65	TuS Leerhabe-Hovel e.	0:55:47	0:59:43	1:08:35	1:00:21			4:04:26
652	WHK	55	F59	Silvia	Meiners	71	Emder LG	0:55:48	0:59:46	1:08:10	1:00:47			4:04:32
653	WHK	56	F84	Ilka	Janssen	92	Bohlen & Doyen	0:55:03	0:59:02	1:08:27	1:02:04			4:04:37
654	MHK	496	415	Henning	Lamche	83	LG Premium Aerotec	0:55:13	0:58:57	1:09:42	1:00:48			4:04:43
655	MHK	497	692	Lothar	Müller	61		0:58:35	0:58:52	1:08:15	0:59:04			4:04:47
656	MHK	498	465	Uwe	Bock	61	LT TuS Aurich-Ost	0:55:12	0:59:02	1:08:45	1:01:56			4:04:56
657	WHK	57	F98	Hiltrud	Pothast	72	HC Moormerland	0:56:35	0:59:42	1:08:29	1:00:13			4:05:00
658	MHK	499	353	Wilhelm	Badberg	44	TG Wiesmoor	0:56:40	0:59:49	1:08:10	1:00:24			4:05:04
659	MHK	500	338	Dieter	Saathoff	60	TG Wiesmoor	0:56:41	0:59:49	1:08:10	1:00:24			4:05:06
660	WHK	58	F64	Sylvia	Lonser	80	Westoverledingen	0:56:53	0:59:42	1:08:03	1:00:27			4:05:07
661	MHK	501	109	Heyo	Hanssen	61	SC Wiesens	0:55:49	0:59:04	1:09:42	1:00:30			4:05:08
662	MHK	502	1233	Sören	Vesper	75	VW	0:56:32	0:59:23	1:08:10	1:01:03			4:05:10
663	MJ	96	1631	Günther	Dieke	00	Gymnasium Ulricianum f	0:57:00	0:59:19	1:08:55	0:59:55			4:05:10
664	MHK	503	188	Heinz	Rohden	63	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:04:58	1:02:01			4:05:13
665	MJ	97	1648	Max	Lütten	00		0:53:43	0:56:35	1:10:35	1:04:18			4:05:13
666	MHK	504	916	Gerd	de Freese	68		0:56:52	0:59:48	1:08:59	0:59:35			4:05:15
667	WHK	59	F29	Vidina	Cabrera-Ott	70	TuS Zetel	0:55:52	1:01:15	1:08:52	0:59:16			4:05:17
668	MJ	98	1310	Marco	Harms	99	Gymnasium Ulricianum f	0:57:19	0:57:50	1:10:34	0:59:50			4:05:35
669	MHK	505	1423	Rudolf	Fröhling	63	Norden	0:54:46	0:58:18	1:07:44	1:04:50			4:05:40
670	MJ	99	1313	Moritz	Klaassen	94	Ulricianum Aurich Sek 2	0:55:27	0:58:03	1:11:02	1:01:10			4:05:43
671	MHK	506	217	Jens	Weets	92	Weets Bauunternehmen	0:54:02	0:59:11	1:07:44	1:04:46			4:05:44
672	MHK	507	343	Theo	Goldsweer	53	TUS Collinghorst	0:55:17	0:58:51	1:09:07	1:02:28			4:05:45
673	MHK	508	1579	Martin	Bogena	61	Dabei sein ist alles!	0:57:42	0:59:50	1:09:02	0:59:11			4:05:46
674	MHK	509	611	Karl-Heinz	Nanninga	66	Ostfriesische Brandkass	0:56:57	0:59:26	1:08:35	1:00:47			4:05:46
675	MHK	510	1264	Marcel	Moskalik	92	Seefahrtsschule Leer	0:59:02	0:59:03	1:08:18	0:59:23			4:05:47
676	MHK	511	1404	Joachim	Koenen	66		0:57:09	0:58:51	1:08:41	1:01:08			4:05:50
677	MHK	512	945	Dennis	Tamke	91	Seefahrtsschule Leer	0:56:47	0:59:49	1:08:58	1:00:15			4:05:51
678	MHK	513	394	Robert	Sprenger	62	LSF Oldenburg	0:56:27	1:00:08	1:09:14	1:00:07			4:05:57
679	WHK	60	F83	Ulrike	Hartmann	83	Hartmann Group	0:58:03	0:57:49	1:08:47	1:01:21			4:06:02
680	MHK	514	1466	Friedhelm	Tammena	68	FCSO	0:57:46	0:59:31	1:09:04	0:59:41			4:06:03
681	MJ	100	360	Derk	Steffens	01	Emder LG	0:59:01	0:59:25	1:09:53	0:57:50			4:06:11
682	MHK	515	929	Johann	Nörder	61	EWE-Wattloopers	0:54:30	1:00:47	1:09:02	1:01:50			4:06:11
683	MHK	516	958	Dietmar	Sich	69	MTV Aurich	0:56:12	0:59:16	1:08:42	1:02:00			4:06:12
684	MHK	517	1433	Jens	Frieling	70	Allstars 2002	0:56:19	0:59:09	1:08:29	1:02:20			4:06:18
685	MHK	518	681	Ralf	Frerichs	73	Uplengen	0:56:09	1:00:32	1:08:40	1:00:56			4:06:20
686	WHK	61	F80	Indra	Schnabel	78	LT TuS Aurich-Ost	0:57:27	0:59:20	1:08:36	1:00:58			4:06:21
687	MHK	519	1338	Dieter	Geiken	64	LT TuS Aurich-Ost	0:55:45	0:59:01	1:09:33	1:02:05			4:06:26
688	MHK	520	624	Thomas	Grimm	61	VfL Berumbur	0:54:55	1:00:13	1:09:22	1:01:55			4:06:26
689	MHK	521	1361	Holger	Kleene	71	obw Emden	0:56:13	0:56:14	1:12:29	1:01:29			4:06:27
690	MHK	522	368	Jakobus	Hofmann	54	Weener Plastik	0:55:53	1:00:53	1:08:25	1:01:15			4:06:28
691	MJ	101	652	Moritz	Röttger	99	IGS Aurich West Sek1	0:56:47	0:59:49	1:07:45	1:02:07			4:06:30
692	MJ	102	819	Oliver	Pristat	96	JG 71 R	0:56:28	0:59:56	1:08:44	1:01:27			4:06:35
693	MHK	523	707	Alfred	Tjarks	59	EWE Wattloopers	0:55:55	0:59:56	1:09:59	1:00:47			4:06:38
694	MHK	524	576	Johann	Müller	63	LG Uplengen	0:56:10	1:00:03	1:08:23	1:02:01			4:06:39
695	MHK	525	1553	Oliver	Löseke	72	Sparkasse Aurich-Nord	0:57:23	1:00:20	1:08:52	1:00:12			4:06:48
696	MHK	526	529	Hermann	Boekhoff	61	Freie Lunge SV Bentstre	0:56:30	1:00:09	1:09:15	1:00:53			4:06:49
697	MHK	527	498	Jan-Uwe	Barth	79	Sparkasse Leer Wittmun	0:56:11	1:00:56	1:08:46	1:01:00			4:06:55
698	MHK	528	683	Stephan	Giebelhaus	77		0:57:15	0:59:49	1:09:25	1:00:30			4:07:01
699	WHK	62	F58	Engeline	Janssen	64	LG Ostfriesland	0:56:01	1:01:07	1:09:03	1:00:53			4:07:04
700	MJ	103	599	Tim	Wehmeier	99	SV Kommet Walle	0:56:47	0:59:49	1:08:19	1:02:07			4:07:04
701	MHK	529	557	Ralf	Hahs	60		0:56:37	1:01:19	1:08:24	1:00:46			4:07:08
702	MHK	530	1266	David	Güttner	80	NIGE II	0:55:25	0:58:44	1:11:18	1:01:40			4:07:08

Zwischenstand nach 4. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
703	MHK	531	372	Jens	Pagel	63	LG Uplengen	0:55:13	0:59:18	1:11:14	1:01:24			4:07:10
704	MHK	532	1070	Christian	Düring	89	Kdo SES Ostfriesland	0:56:53	0:53:33	1:13:28	1:03:20			4:07:15
705	MHK	533	1588	Berend	Möhlmann	77	Egberts+Berends	0:55:54	1:00:14	1:10:19	1:00:48			4:07:16
706	WHK	63	F545	Hilde	Steinke	45	SV Concordia Neermoor	0:54:36	0:59:51	1:10:24	1:02:28			4:07:20
707	MHK	534	500	Bonno	Sanders	67	Loquard	0:54:41	1:00:42	1:10:17	1:01:39			4:07:21
708	MHK	535	632	Horst	Korporal	66	De Padlooper	0:55:45	0:59:43	1:09:30	1:02:25			4:07:24
709	MHK	536	948	René	Reich	87	IT-Sektor 4, Aurich	0:58:38	1:00:08	1:08:12	1:00:30			4:07:29
710	MHK	537	995	Stephan	Schwarte	90	Seefahrtsschule Leer	0:55:55	0:59:53	1:10:05	1:01:41			4:07:36
711	MHK	538	1098	Bernd	Fluß	73	WfBM BBB Aurich Witt	0:57:42	1:00:38	1:08:42	1:00:35			4:07:38
712	MHK	539	724	Steffen	Vogelsang	59	Esens	0:54:29	0:59:21	1:08:40	1:05:07			4:07:39
713	MHK	540	689	Frank	Ziegler	67	Team Deutsche Post	0:55:40	1:00:28	1:09:21	1:02:09			4:07:39
714	WHK	64	F61	Sabrina	Zabel	84	Turbine TGG	0:57:57	0:59:46	1:09:28	1:00:28			4:07:42
715	WHK	65	F116	Luise	Hoffmann	58	Ostfriesische Volksbank	0:56:22	1:00:36	1:09:19	1:01:33			4:07:52
716	MHK	541	1452	Klaus	Wolbers	79	BMW TEKKEN LEER	0:57:35	0:59:54	1:09:28	1:00:57			4:07:56
717	MHK	542	890	Hans-Herm	Wolters	61	Klingele / Weener Energi	0:57:18	1:01:40	1:08:16	1:00:45			4:08:01
718	MHK	543	182	Michael	Fischer	64	Moormerland	0:55:35	1:01:30	1:08:31	1:02:23			4:08:01
719	MHK	544	513	Hinrich	Saathoff	52	Fortuna Wirdum	0:57:20	1:01:57	1:08:47	0:59:58			4:08:05
720	WHK	66	F700	Jana	Brinkmann	88	SC Ihrhove 07	0:54:13	0:57:42	1:06:38	1:09:34			4:08:08
721	MHK	545	1488	Michael	Freese	80	VfL Viktoria Flachsmeer	0:56:40	0:59:40	1:09:21	1:02:25			4:08:08
722	WHK	67	F653	Anna	Lücke	82	SV Nortmoor	0:56:17	1:00:12	1:09:42	1:02:02			4:08:14
723	MHK	546	908	Rainer	Peters	51	Emder LG	0:56:09	1:01:28	1:08:43	1:01:57			4:08:17
724	MHK	547	370	Timo	Buss	74	Reederei Buss	0:57:58	0:59:24	1:09:20	1:01:36			4:08:19
725	MJ	104	431	Finn Eric	Heckhoff	97	VfL Germania Leer/Judo	0:56:59	1:01:05	1:09:42	1:00:39			4:08:26
726	WHK	68	F620	Eva	Post	73	TSV Riepe	0:56:20	1:00:12	1:10:01	1:01:52			4:08:26
727	MHK	548	1260	Ulf-Fabian	Heinrichsdo	82	Stadt Leer	0:55:29	1:00:48	1:10:42	1:01:26			4:08:27
728	WHK	69	F687	Femke	Thoben	93	Klinikum Leer	0:57:01	0:59:54	1:10:32	1:01:05			4:08:33
729	WJ	8	F520	Marieke	Frerichs	96	Ulricianum Aurich Sek 1	0:59:21	0:59:30	1:09:55	0:59:49			4:08:37
730	MHK	549	399	Andreas	Eichner	64	Polizei Sande	0:54:09	0:58:31	1:10:13	1:05:48			4:08:42
731	MJ	105	552	Simon	Hayen	98	Alex.-v-Humboldt-Schul	0:55:35	0:59:22	1:11:40	1:02:05			4:08:43
732	MHK	550	280	Hans-Jürge	Gippert	44	TG Wiesmoor	0:57:33	1:00:40	1:09:26	1:01:08			4:08:49
733	MHK	551	475	Werner	Borchert	62	Bürgerverein Filsum	0:55:02	1:01:01	1:10:09	1:02:43			4:08:57
734	MHK	552	953	Johann	Grüßing	58	LG Uplengen	0:56:35	0:59:57	1:09:27	1:03:02			4:09:02
735	MHK	553	823	Jan	Kanaan	88	LwlnsthGrp 21	0:58:59	1:01:14	1:09:16	0:59:42			4:09:13
736	MHK	554	1462	Frank	Müller	72	Sparkasse Aurich-Nord	0:58:47	1:00:20	1:08:52	1:01:12			4:09:13
737	MHK	555	436	Jens	Lüning	74	Stadt Leer	0:56:18	1:00:48	1:10:41	1:01:26			4:09:14
738	MHK	556	818	Christoffer	Janssen	81	Barkholt	0:56:42	1:00:15	1:09:38	1:02:40			4:09:16
739	MHK	557	795	Markus	Busch	76	LT Spaß mit Sport	0:56:04	0:59:53	1:09:49	1:03:35			4:09:22
740	WHK	70	F113	Elke	Siefkens	69	Emder LG	0:55:19	1:02:24	1:10:15	1:01:33			4:09:32
741	MHK	558	586	Wolfgang	Habedank	57	Ramsloh	0:57:02	1:00:40	1:10:17	1:01:51			4:09:52
742	MHK	559	563	Berend	Habben	60	Wybelsum	0:56:23	1:01:41	1:09:37	1:02:14			4:09:55
743	MHK	560	1113	Stephan	Janßen	73	TTC Remels	0:58:57	1:02:39	1:08:42	0:59:41			4:10:01
744	MHK	561	600	Mirko	Riedel	77	Klingele / Weener Energi	0:57:18	1:02:07	1:08:50	1:01:46			4:10:02
745	MHK	562	1410	Dirk	Schmieder	81	Seefahrtsschule Leer	0:58:35	1:00:19	1:09:16	1:01:52			4:10:03
746	MHK	563	335	Heiko	Holzenkae	86	FC Stern Völlenerfehn	0:57:10	0:59:50	1:09:18	1:03:51			4:10:10
747	MHK	564	937	Manfred	Weber	62	SV Stern Schwerinsdorf	0:56:37	1:01:43	1:06:50	1:05:04			4:10:15
748	MHK	565	781	Heiko	Lüken	69	SC Wiesens	0:57:20	1:00:26	1:09:29	1:03:01			4:10:17
749	MHK	566	810	Frank	Meyburg	69	www.sv-simonswolde.de	0:57:29	0:59:31	1:07:44	1:05:34			4:10:19
750	MHK	567	695	Ralf	Hagen	80	HolzLand Hagen KG	0:57:18	1:01:00	1:10:05	1:01:56			4:10:20
751	MJ	106	1540	Onno	Heiken	97	HTG Ihlow	0:57:19	1:01:17	1:09:49	1:02:04			4:10:30
752	MHK	568	407	Bernhard	Middelkamp	56	VfL Oythe, Trauco	0:57:51	1:01:05	1:12:05	0:59:34			4:10:36
753	MHK	569	933	Uwe	Barthel	56	Moormerland	1:01:12	0:50:26	1:14:08	1:04:51			4:10:38
754	MJ	107	1436	Christian	Müller	97	HTG Ihlow	0:55:52	1:00:15	1:12:11	1:02:21			4:10:41
755	MHK	570	712	Christian	Storm	79	LT TuS Aurich-Ost / IGS	0:58:07	1:00:58	1:09:52	1:01:45			4:10:44
756	MHK	571	768	Adolf	Meyer	58	TV Norden	0:56:15	1:00:22	1:10:36	1:03:31			4:10:46

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
757	MJ	108	1501	Finn	Michaelsen	99	FC SO	1:00:51	1:00:50	1:09:14	0:59:52			4:10:49
758	MHK	572	784	Hermann	Schmidt	55	FC Stern Völlenerfehn	0:59:28	1:00:48	1:09:26	1:01:06			4:10:49
759	MHK	573	1311	Jörn	Sievers	65	LIONS Ihlow-Sudbrook	0:56:32	1:00:32	1:10:54	1:02:52			4:10:51
760	MHK	574	1500	Claus	Michaelsen	69	Ev. Gemeinschaft Rhaid	1:00:52	1:00:50	1:09:15	0:59:53			4:10:52
761	MHK	575	905	Ehke	Ubben	62	MTV Aurich	0:57:22	1:00:17	1:10:07	1:03:07			4:10:53
762	MHK	576	1197	Wessel	Heyken	87	LHV	0:59:44	1:02:10	1:09:30	0:59:30			4:10:55
763	MHK	577	581	Dennis	Gerbers	82	Ubbo-Emmius-Klinik	0:56:38	1:01:32	1:10:05	1:02:43			4:10:59
764	WJ	9	F142	Rena	Hinrichs	94	LG Großefehn	0:57:41	1:01:05	1:10:39	1:01:33			4:10:59
765	MHK	578	1478	Heiko	Freese	63	LT TuS Aurich-Ost	0:55:34	0:59:18	1:12:52	1:03:22			4:11:08
766	MJ	109	869	Sönke	de Wall	97	IGS Waldschule Egels	0:59:08	1:02:02	1:09:17	1:00:40			4:11:08
767	MJ	110	536	Leif Erik	Kleene	99	FC Oldersum	0:56:13	1:00:57	1:12:30	1:01:28			4:11:10
768	MHK	579	676	Peter	Anscheit	65	Fortuna Logabirum	0:57:06	1:01:37	1:10:27	1:02:03			4:11:15
769	MHK	580	1234	Dieter	Franz	61	Elisabethfehn	0:56:26	1:02:04	1:09:25	1:03:21			4:11:18
770	MHK	581	597	Michael	Hoppe	64	Hartmann Group	0:58:11	1:00:56	1:10:33	1:01:38			4:11:20
770	MHK	581	847	Timo	Thaden	89	Kdo SES Ostfriesland	0:59:30	1:01:08	1:08:06	1:02:34			4:11:20
772	MHK	583	635	Christian	Bauch	69	Heimatblatt	0:55:58	1:01:43	1:10:44	1:02:54			4:11:20
773	MHK	584	1555	Andreas	Stekker	82	NIGE	0:57:32	1:01:50	1:10:15	1:01:42			4:11:20
774	MJ	111	203	Matthias	Bartz	97	Ubbo-Emmius-Gymnasi	0:59:05	1:00:08	1:11:03	1:01:09			4:11:27
775	MHK	585	800	Michael	Buchtmann	73	Team ENERCON	1:00:33	1:02:25	1:08:08	1:00:22			4:11:28
776	MHK	586	698	Frank	Dahlweg	78	Kautex	0:57:39	1:00:56	1:11:21	1:01:32			4:11:30
777	MHK	587	470	Reenhold	Christians	50	Emder LG	0:55:43	1:00:11	1:10:33	1:05:02			4:11:31
778	MHK	588	455	Detlef	John	69	Team ENERCON	0:58:39	1:00:29	1:09:44	1:02:39			4:11:32
779	MHK	589	716	Tom	Bohmfalk	57	SC 04 Leer/Enova	0:57:39	1:02:30	1:09:15	1:02:08			4:11:33
780	MHK	590	1245	Wilhelm	Müller	50	Emder LG	0:56:06	1:01:46	1:10:10	1:03:33			4:11:37
781	WJ	10	F694	Kristina	Schröder	97	Realschule Aurich	0:57:19	0:59:50	1:11:05	1:03:24			4:11:41
782	MHK	591	1632	Bernd	Renken	49		0:57:19	1:01:09	1:10:32	1:02:44			4:11:45
783	MHK	592	1296	Lucas	Brockhorst	90		1:00:16	1:02:10	1:10:02	0:59:17			4:11:46
784	WHK	71	F523	Monika	Loers	75	TG Wiesmoor	0:57:50	1:00:05	1:09:47	1:04:05			4:11:50
785	WHK	72	F51	Marion	Geiken	66	LT TuS Aurich-Ost	0:56:10	1:01:05	1:10:25	1:04:11			4:11:52
786	WHK	73	F109	Carmen	Gerdas	74	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:11:42	1:02:02			4:11:57
787	MJ	112	1582	Sönke	Fleßner	01	SpVg Aurich D2	0:56:39	1:01:58	1:11:17	1:02:02			4:11:57
788	MHK	593	462	Mark	Goldenstein	81	Onno Behrends Tee	1:00:19	1:00:16	1:07:05	1:04:17			4:11:58
789	MHK	594	1169	Holger	Schlenter	82	SV Grün-Weiß firrel	1:00:27	1:02:22	1:10:31	0:58:39			4:12:00
790	MHK	595	1416	Günter	Buss	71	MTV Aurich / LG Eller	0:57:21	1:00:32	1:11:05	1:03:05			4:12:03
791	WHK	74	F581	Andra	Meinen	91	Ubbo-Emmius-Klinik	1:00:19	1:01:26	1:08:47	1:01:39			4:12:12
792	WHK	75	F692	Gesa	Freudenber	82	Ihlowerfehn	0:57:02	1:00:50	1:11:49	1:02:29			4:12:12
793	MHK	596	1611	Thomas	Exner	64	DLRG LEER	0:58:14	1:00:52	1:10:32	1:02:43			4:12:23
794	MHK	597	669	Oskar	de Buhr	51	Schule am Patersweg I	0:57:10	1:01:18	1:10:43	1:03:13			4:12:25
795	MHK	598	1454	Stephan	Watermeyer	62	Sportivo Emden	0:57:29	1:01:12	1:11:48	1:01:56			4:12:26
796	MHK	599	778	Jochen	Nanninga	67	TV Norden	0:57:04	1:01:25	1:10:59	1:03:05			4:12:35
797	MHK	600	1027	Thies	Meijster	92	Seefahrtsschule Leer	0:57:00	0:59:38	1:11:26	1:04:31			4:12:36
798	MHK	601	1276	Kevin	Löhden	88	Seefahrtsschule Leer	0:58:21	1:02:40	1:11:42	1:00:04			4:12:48
799	WHK	76	F169	Alexandra	Bichmann	69	Jever	0:58:33	1:01:57	1:10:24	1:01:56			4:12:51
800	MHK	602	678	Rainer	Müller	42	TV Friedeburg	0:57:27	1:01:38	1:11:20	1:02:26			4:12:53
801	WHK	77	F92	Petra	Quiet-Beldy	67	Stadt Oldenburg	0:57:24	1:01:06	1:11:10	1:03:13			4:12:55
802	MHK	603	377	Torsten	Gensicke	67	Wiesmoor	0:58:23	1:01:07	1:09:32	1:03:51			4:12:55
803	MHK	604	935	Arne	Dahms	76	Wildeboer Bauteile Gmb	0:59:12	1:01:39	1:10:14	1:01:56			4:13:03
804	MHK	605	491	Lutz	Holzapfel	58	TV Norden	0:53:50	0:58:52	1:12:09	1:08:19			4:13:11
805	MHK	606	896	Jochen	Schmidt	71	WfBM BBB Aurich Witt	0:58:48	1:02:40	1:10:19	1:01:22			4:13:11
806	WHK	78	F168	Ann-Katrin	Behrends	91	Team ENERCON	0:55:52	1:00:42	1:15:29	1:01:09			4:13:13
807	MHK	607	1320	Heiner	Engeln	80	Lebenshilfe Leer e.V.	0:56:54	1:00:20	1:11:51	1:04:07			4:13:13
808	MHK	608	1333	Norbert	Freitag	48	LT TuS Aurich-Ost	0:58:34	1:01:48	1:09:44	1:03:08			4:13:15
809	MHK	609	729	Thomas	Meyer zu B	70	Heimatblatt	0:57:22	1:01:01	1:10:42	1:04:10			4:13:17
810	MHK	610	949	Johann	Schoolman	81	FWG-Sudbrookmerland	0:58:01	1:02:30	1:10:11	1:02:37			4:13:20

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
811	MHK	611	1618	Andreas	Prey	59	Neermoor	0:58:02	1:02:12	1:10:47	1:02:21			4:13:24
812	MHK	612	355	Harald	Eilts	64	EWE Wattloopers	0:59:15	1:02:04	1:10:13	1:01:51			4:13:24
813	MHK	613	362	Michael	Hüttenberg	55	SG Stedesdorf	0:56:40	0:58:47	1:16:31	1:01:34			4:13:33
814	MJ	113	220	Jan-Ole	Wilhelms	97	TSV Lammertsfehn	0:57:39	0:58:47	1:12:34	1:04:34			4:13:35
815	MHK	614	780	Karsten	Hilger	68	TV Norden	0:57:27	1:01:07	1:10:33	1:04:27			4:13:36
816	WJ	11	F666	Eske	Hilbrands	96	de Heizungsloopers	0:57:21	1:02:56	1:12:18	1:01:02			4:13:38
817	WHK	79	F699	Maike	Franken	79	Emder Ruderverein	0:59:33	1:02:20	1:09:51	1:01:54			4:13:40
818	MHK	615	1533	Holger	Alts	89	Bünting Tee	0:58:18	1:00:33	1:09:56	1:04:52			4:13:40
819	MHK	616	1525	Christoph	Anders	83	Bünting Tee	0:58:18	1:00:33	1:12:16	1:02:35			4:13:42
820	WHK	80	F171	Silke	Olthoff	64	LG TV Bunde	0:58:41	1:01:41	1:10:35	1:02:48			4:13:46
821	MHK	617	755	Klaus	Giebelhaus	75		0:57:23	1:02:57	1:10:56	1:02:30			4:13:47
822	MHK	618	525	Helmut	Poppen	50	Störtebeker Loopers TV	0:56:55	1:02:42	1:11:42	1:02:26			4:13:47
823	MHK	619	1246	Volkmar	Hildebrandt	55	TuS Weene / IGS Wald	0:58:35	1:02:08	1:10:43	1:02:22			4:13:50
824	MHK	620	931	Detlef	Brehmer	55	Wilhelmshaven	0:58:55	1:01:37	1:10:30	1:02:46			4:13:50
825	WHK	81	F88	Heide	Broer	57	Ubbo-Emmius-Klinik	0:58:34	1:01:50	1:11:00	1:02:29			4:13:54
826	MJ	114	1024	Nico	Emken	98	SV Großefehn	1:02:00	0:59:51	1:11:26	1:00:41			4:13:58
827	MJ	115	1330	Sönke	Rodyk	96	Ulricianum Aurich Sek 2	0:56:30	0:59:23	1:14:30	1:03:36			4:14:01
828	MHK	621	419	Bernd	de Vries	70	TB.Twixlum	0:57:53	1:01:27	1:10:50	1:03:51			4:14:03
829	MHK	622	1047	Hans-Peter	Bohlen	66	TG Wiesmoor	0:57:24	1:03:23	1:10:22	1:02:53			4:14:04
830	MHK	623	1458	Ekkehart	Wolter	53	Die Münchener	0:56:41	1:01:16	1:11:16	1:04:50			4:14:05
831	MJ	116	1441	Hendrik	Jürgens	96	HTG Ihlow	0:59:15	1:00:34	1:11:33	1:02:45			4:14:08
832	MHK	624	587	Heye	Willems	53	Fortuna Logabirum	0:57:05	1:02:13	1:12:15	1:02:36			4:14:10
833	WHK	82	F152	Bärbel	Terviel	57	LG Uplengen	0:57:45	1:02:01	1:11:00	1:03:22			4:14:10
834	MHK	625	1237	Frank	Kraft	62	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:18	1:02:33			4:14:14
835	WHK	83	F104	Marion	Kröger	60	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:17	1:02:33			4:14:15
836	WHK	84	F562	Gina	Lamberts	67	Aquilo	0:57:51	1:01:41	1:11:45	1:02:56			4:14:16
837	MHK	626	782	Michael	Geiken	74	In-Team Aurich	0:57:36	1:01:28	1:10:54	1:04:17			4:14:16
838	WHK	85	F89	Imke	Janssen	76	LT TuS Aurich-Ost	0:58:20	1:00:47	1:11:52	1:03:17			4:14:18
839	MHK	627	1558	Helfried	Goetz	71	KBV Wiesedermeer	0:57:45	1:02:10	1:11:09	1:03:14			4:14:18
840	MHK	628	471	Ralf	Muhlenbroc	67	Team ENERCON	0:56:55	1:01:49	1:11:15	1:04:22			4:14:23
841	MHK	629	1526	Christian	Ulbrich	89	Bünting Tee	0:57:41	1:01:46	1:12:43	1:02:16			4:14:26
842	WHK	86	F124	Anja	Mennenga	66	Emder LG	0:58:22	1:01:45	1:11:14	1:03:06			4:14:28
843	WHK	87	F594	Sylvia	Bihn	63	MTV Hohenkirchen	0:59:12	1:03:56	1:09:25	1:01:54			4:14:28
844	MHK	630	1460	Ralf	Schwitters	82	Wallinghausen	0:58:41	1:01:58	1:10:37	1:03:19			4:14:37
845	MHK	631	441	Marc	Dahlkötter	90	Seefahrtsschule Leer	0:58:04	1:03:47	1:10:43	1:02:04			4:14:40
846	MHK	632	1259	Reiner	Schoon	64	LG Großefehn	1:05:00	1:00:06	1:08:36	1:00:59			4:14:43
847	MHK	633	1580	Rainer	Ebel	62	LT TuS Aurich-Ost	0:55:59	1:00:13	1:14:31	1:03:59			4:14:44
848	WHK	88	F527	Regina	Stark	63	LG TV Bunde	0:57:16	1:02:51	1:11:07	1:03:30			4:14:46
849	MHK	634	1261	Joachim	Ludwigs	69	Stadt Emden	0:58:41	1:02:22	1:11:24	1:02:19			4:14:47
850	MHK	635	568	Manfred	Sassen	64	Weener Plastik	0:58:57	1:03:06	1:10:30	1:02:19			4:14:54
851	WHK	89	F230	Kathrin	Amarell	89	LwinsthGrp 21	0:58:59	1:01:14	1:11:44	1:03:07			4:15:05
852	MHK	636	705	Christian	Hansen	62	Ingenieurbüro POST & H	0:57:46	1:02:20	1:11:26	1:03:31			4:15:05
853	WHK	90	F102	Sabine	Mansholt	71	VfB Uplengen	0:57:36	1:01:20	1:11:53	1:04:23			4:15:13
854	MJ	117	1011	Lasse	Büchen	98	NIGE II	0:59:03	1:03:32	1:10:44	1:01:56			4:15:16
855	MHK	637	722	Johann	Janssen	64	TRAUCO Gruppe	0:59:52	1:02:35	1:10:19	1:02:31			4:15:18
856	WHK	91	F77	Amke	Boelsen	61	Karl-Bruns Realschule W	0:58:04	1:02:23	1:11:25	1:03:24			4:15:18
857	WHK	92	F678	Ramona	Reemts	84	LG Harlingerland	0:58:06	1:01:44	1:10:40	1:04:49			4:15:20
858	MHK	638	718	Siegfried	Gersch	42	TSV Riepe	0:58:35	1:01:46	1:10:17	1:04:41			4:15:21
859	WHK	93	F66	Susan	Schädler	59	Fortuna Logabirum	0:58:09	1:01:39	1:11:45	1:03:48			4:15:22
860	MHK	639	1626	Friedo	Henning	64	Henning Ingenieurbüro	0:57:50	1:02:43	1:11:38	1:03:14			4:15:27
861	MHK	640	483	Gerhard	Rother	75	Schöne Reisen	0:59:37	1:02:35	1:10:47	1:02:45			4:15:46
862	WHK	94	F110	Helga	Schmidt	65	EWE Wattloopers	0:57:46	1:03:09	1:11:01	1:03:54			4:15:51
863	MHK	641	514	Manfred	Hellmers	67	TRAUCO Gruppe	0:59:52	1:03:09	1:10:19	1:02:35			4:15:55
864	MJ	118	1171	Piet	Janssen	01	Gymnasium Ulricianum /	0:58:32	1:03:04	1:13:12	1:01:09			4:15:58

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
865	WHK	95	F528	Frauke	Aden	71	LG Grobfehn	0:57:58	1:01:35	1:12:25	1:04:00			4:16:00
866	MHK	642	433	Holger	Steinmetz	70	Emder LG	0:58:20	1:02:38	1:11:54	1:03:10			4:16:03
867	MHK	643	1620	Enno	Janssen	64	Feuerwehr Ihlowerfehn	0:59:17	1:03:10	1:11:14	1:02:23			4:16:04
868	WHK	96	F63	Melanie	Aden	72	LG Grobfehn	0:58:37	1:02:35	1:11:19	1:03:38			4:16:11
869	MHK	644	438	Holger	Wempen	75	Westerstede	0:58:04	1:02:53	1:11:42	1:03:32			4:16:12
870	WHK	97	F76	Inka	Höfker	72	MTV Aurich	0:57:26	1:02:33	1:11:36	1:04:37			4:16:12
871	MHK	645	816	Siebelt	Remmers	79	SV Ochtersum	0:58:30	0:59:28	1:15:12	1:03:03			4:16:14
872	MHK	646	1239	Mathias	Bohlen	78	Dekra Wilhelmshaven	0:58:24	1:00:57	1:14:08	1:02:43			4:16:15
873	WJ	12	F267	Sarah	Engelbart	98	Gymnasium Ulricianum /	0:58:37	1:01:15	1:11:04	1:05:39			4:16:36
874	MHK	647	845	Christian	Klapproth	85	Raiffeisenbank eG, Moor	0:59:28	1:02:50	1:11:40	1:02:37			4:16:37
875	WHK	98	F664	Anja	Wachtendor	71	BV Liek Ut Westersande	0:58:28	1:02:15	1:11:52	1:04:03			4:16:40
876	MHK	648	1204	Heiko	Schmidt	72	lesloper	1:02:05	1:03:42	1:10:08	1:00:44			4:16:41
877	WHK	99	F580	Mareike	Ahlers	85	Lebenshilfe Leer e.V.	0:57:58	1:02:44	1:11:51	1:04:07			4:16:41
878	WHK	100	F93	Rosie	Schön	69	DLRG LEER	0:59:38	1:02:21	1:12:09	1:02:34			4:16:43
879	MHK	649	973	Arthur	Kaucher	91	BBC Chartering	0:59:38	1:02:10	1:11:27	1:03:27			4:16:44
880	MHK	650	1482	Dennis	Lawecki	88	GeTek	0:57:31	1:03:10	1:12:43	1:03:28			4:16:53
881	MHK	651	478	Rainer	Willms	75	Baptisten Firrel	0:59:29	1:02:40	1:12:52	1:01:50			4:16:53
882	MHK	652	1393	Herbert	Kanthak	61	obw Emden	1:00:15	1:03:23	1:11:46	1:01:35			4:17:00
883	MHK	653	495	Karl-Heinz	Goudschaal	68	TV Norden	0:57:09	1:02:44	1:12:20	1:04:48			4:17:03
884	MJ	119	204	Malte	Würdemann	97	Ubbo-Emmius-Gymnasi	0:59:04	1:05:33	1:11:19	1:01:09			4:17:06
885	WHK	101	F688	Corinna	Thien	69		0:57:32	1:02:12	1:13:15	1:04:09			4:17:09
886	MHK	654	1252	Claudio	Schrock-Op	66	Stadtwerke Norden	0:57:11	1:01:04	1:13:31	1:05:26			4:17:14
887	MHK	655	822	Heino	de Vries	74	N-Ports Emden	1:01:10	1:01:08	1:12:19	1:02:37			4:17:16
888	MHK	656	1418	Petar	Stojanovic	77	traba-team	0:58:50	1:03:29	1:12:04	1:03:02			4:17:25
889	MHK	657	1049	Alfred	Janssen	51	Emder LG	1:01:18	1:02:33	1:11:30	1:02:04			4:17:26
890	MHK	658	966	Wilfried	Kruse	61	VW Emden	0:59:38	1:02:30	1:11:07	1:04:12			4:17:27
891	MHK	659	437	Nils	Friedrichs	70	Aurich	0:58:21	1:02:34	1:13:23	1:03:08			4:17:28
892	MHK	660	384	Elmar	Tapper	79	LG Ostfriesland	0:58:12	1:02:08	1:12:00	1:05:15			4:17:35
893	MHK	661	839	Jens	von Harten	76	VfB Germania Wiesmoo	0:58:39	1:00:20	1:12:43	1:05:56			4:17:40
894	WHK	102	F317	Stephi	Kruse	77	TuRa 07 Westrhauderfe	0:58:45	1:02:39	1:12:02	1:04:13			4:17:40
895	MHK	662	739	Heinz-Fried	Schuler	56	MTV Wittmund	0:58:48	1:03:04	1:12:50	1:03:11			4:17:54
896	MHK	663	969	Horst	Ahrenholtz	65	BBSII - Leer	0:59:53	1:02:48	1:11:59	1:03:18			4:18:00
897	MHK	664	1134	Wilke	Briese	80	Briese Schifffahrt	0:59:11	1:04:47	1:11:12	1:02:49			4:18:01
898	MHK	665	1057	Ingo	Webermann	83	ZGO	1:00:11	1:02:51	1:11:49	1:03:08			4:18:01
899	MHK	666	477	Ingo	Kruse	79		0:59:58	1:02:46	1:12:00	1:03:18			4:18:03
900	MHK	667	906	Hans-Georg	Ennen	66	LG Grobfehn	1:00:07	1:02:55	1:12:12	1:02:49			4:18:04
901	MJ	120	605	Jan-Ole	Musiol	98	MTV Aurich	0:55:45	1:06:39	1:11:40	1:04:02			4:18:08
902	MHK	668	504	Ewald	Heyen	79	EWE Wattloopers	0:59:02	1:02:54	1:12:20	1:03:51			4:18:08
903	MHK	669	461	Horst	Saathoff	90	Onno Behrends Tee	1:00:19	1:00:34	1:12:59	1:04:17			4:18:10
904	MHK	670	1303	Johann	Taddigs	61	Esens	0:56:58	1:02:18	1:13:31	1:05:27			4:18:16
905	MHK	671	626	Björn	Nauschütt	73	Ostfriesische Volksbank	0:58:42	1:02:52	1:12:10	1:04:32			4:18:17
906	MHK	672	960	Wilfried	Diener	62	VfB Uplengen	0:58:59	1:02:55	1:11:17	1:05:06			4:18:18
907	WHK	103	F319	Monika	Friesenborg	69	Stadt Emden	0:58:38	1:03:59	1:12:45	1:03:01			4:18:23
908	MHK	673	310	Frank	Heyen	80	Alex.-v-Humboldt-Schul	0:59:07	1:07:15	1:08:35	1:03:25			4:18:24
909	MHK	674	1189	Florian	von Kroge	92	Seefahrtsschule Leer	0:59:44	1:02:17	1:12:11	1:04:11			4:18:25
910	MHK	675	884	Enno	Hedlefs	65	LT Schafhauser Wald	0:56:20	1:02:19	1:14:19	1:05:26			4:18:25
911	WHK	104	F135	Angela	Gerdes	62	LG Ostfriesland/ IGS Wa	0:58:33	1:02:44	1:12:21	1:04:49			4:18:29
912	MHK	676	841	Klaas	Lemke	89	RVB Aurich/Uplengen	1:00:50	1:00:55	1:11:38	1:05:07			4:18:31
913	MHK	677	1453	Armin	Brink	62	Stadtwerke Leer	0:59:05	1:02:23	1:12:36	1:04:27			4:18:32
914	WJ	13	F151	Lina	May	97	Ulricianum Aurich Sek 1	1:01:16	1:02:26	1:11:37	1:03:22			4:18:43
915	MJ	121	450	Jan-Niklas	Claußen	95	JG 71 R	1:00:44	1:01:57	1:13:14	1:02:48			4:18:44
916	WJ	14	F263	Henriette	Knabe	97	Ulricianum Aurich Sek 1	1:01:17	1:02:25	1:11:37	1:03:23			4:18:44
917	MHK	678	1337	Stefan	Bohlsen	64	LT Spaß mit Sport	0:57:19	1:02:06	1:12:47	1:06:34			4:18:48
918	MHK	679	502	Heinz-Diete	Seeberg	62	Gymnasium Ulricianum /	0:59:35	1:02:29	1:13:51	1:02:53			4:18:48

Zwischenstand nach 4. 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	1026	Sandor	Krey	71	Therapiezentrum Rajen	0:59:33	1:04:43	1:11:40	1:02:53			4:18:50
920	MHK	681	654	Peter	Lohre	62	Sparkasse Aurich-Nord	0:59:47	1:03:10	1:12:46	1:03:12			4:18:57
921	MHK	682	1601	Janssen	Theo	60		1:01:42	1:03:12	1:12:09	1:02:02			4:19:06
922	MHK	683	703	Karl-Heinz	Nowinski	67	Team ENERCON	0:58:40	1:02:52	1:13:19	1:04:16			4:19:08
923	MHK	684	401	Hendrik	Rogge	90	RVB Aurich/Uplengen	0:59:18	1:00:55	1:13:56	1:05:00			4:19:10
924	MJ	122	746	Tammo	Schröder	95	Ulricianum Aurich Sek2 -	1:01:53	1:04:10	1:12:23	1:00:55			4:19:22
925	MHK	685	1031	Frank	Gilbers	68	LwinsthGrp 21	0:59:07	1:04:06	1:12:18	1:04:01			4:19:32
926	MHK	686	756	Sascha	Strasser	88	Seefahrtsschule Leer	1:02:00	1:02:53	1:10:49	1:03:48			4:19:32
927	MHK	687	814	Marko	Beikert	62	TSR Olympia Wilhelms	0:59:04	1:03:22	1:12:28	1:04:38			4:19:33
928	WHK	105	F159	Marita	Meyer	66	Padlooper	1:02:43	1:02:44	1:11:54	1:02:10			4:19:33
929	WHK	106	F227	Alma	Tunder	57	SC Wiesens	0:59:33	1:03:48	1:12:29	1:03:43			4:19:35
930	WHK	107	F106	Sabrina	Schröder	77	MTV Aurich	0:57:35	1:02:33	1:13:33	1:05:52			4:19:35
931	WHK	108	F633	Sylvia	Harms	66	Sparkasse Aurich-Nord	0:59:59	1:03:16	1:12:18	1:04:05			4:19:39
932	MHK	688	439	Kurt	Begitt	47	SV Dornum Watt\	0:58:05	1:04:03	1:11:37	1:05:54			4:19:40
933	MHK	689	640	Hans-Günthe	Bruhnen	54	BSG Volksbank Jever	0:58:50	1:02:56	1:13:02	1:04:53			4:19:44
934	MJ	123	1414	Jan-Erik	Isermann	94	Ulricianum Aurich Sek 2	0:59:38	1:07:50	1:09:58	1:02:25			4:19:52
935	MHK	690	734	Wolfgang	Hagen	67	Sportgemeinschaft Sted	0:56:06	0:59:49	1:16:31	1:07:29			4:19:56
936	MHK	691	412	Armin	Beening	67	Backemoor	0:59:54	1:02:58	1:11:57	1:05:08			4:19:57
937	WJ	15	F602	Lea	von dem Kn	94	obw Emden	1:00:07	1:03:30	1:12:22	1:04:05			4:20:05
938	MHK	692	1331	Arend	Duis	57	Lions Club Uplengen	0:57:43	1:04:52	1:12:40	1:04:52			4:20:09
939	MHK	693	679	Günther	Albers	52	BSG Volksbank Jever	0:58:47	1:04:12	1:12:44	1:04:28			4:20:12
940	MHK	694	1396	Stefan	Weelborg	87	Physio Aktiv Rhaudefeh	1:00:39	1:03:13	1:12:27	1:04:01			4:20:21
941	WHK	109	F218	Valentina	Ott	73	LT TuS Aurich-Ost	1:00:11	1:03:00	1:12:31	1:04:49			4:20:33
942	MHK	695	1339	Ralf	Sluiter	78	FE65	0:59:44	1:03:28	1:13:39	1:03:44			4:20:37
943	MHK	696	474	Bernd	Garrelts	76	Team ENERCON	0:58:28	1:05:15	1:12:27	1:04:25			4:20:37
944	MHK	697	699	Stephan	Krisp	72	Meyer Werft GmbH	1:00:34	1:03:16	1:13:10	1:03:38			4:20:39
945	MHK	698	1402	Reiner	Kohls	60	LT SV Ems Jemgum	1:02:49	1:02:08	1:13:16	1:02:26			4:20:41
946	MHK	699	1434	Gerhard	Oltmanns	64	Christuskirche Hollen	0:59:10	1:04:05	1:12:53	1:04:39			4:20:48
947	WHK	110	F181	Sara	Michel	74	Emder LG	0:59:30	1:03:53	1:12:37	1:04:47			4:20:48
948	MHK	700	1231	Michael	Hook	66	Watt'n Loopers SV Dorn	0:57:51	1:02:29	1:14:59	1:05:28			4:20:49
949	MHK	701	691	Klaus	Bartels	69	LT Oldenburg Süd	0:57:57	1:04:52	1:12:25	1:05:34			4:20:50
950	WHK	111	F600	Beate	Meyer	67	obw Emden	1:00:08	1:03:35	1:12:00	1:05:09			4:20:54
951	WHK	112	F163	Gabriele	Behrends	71	Ubbo-Emmius-Klinik	0:59:31	1:02:57	1:13:10	1:05:19			4:20:59
952	MHK	702	838	Ralf	Hollwege	62	VfL Berumbur	1:00:33	1:03:21	1:13:17	1:03:49			4:21:01
953	MHK	703	663	Mario	Meyer	70	VfL Berumbur	0:59:57	1:03:02	1:12:48	1:05:23			4:21:12
954	MHK	704	939	Wilfried	Kleemeyer	61	Concordia Neermoor	1:00:35	1:02:27	1:12:37	1:05:33			4:21:13
955	MHK	705	940	Wilfried	Espey	61	Neermoor	1:00:36	1:02:26	1:12:37	1:05:33			4:21:13
956	WHK	113	F107	Annika	Bunger	84	TV Bunde	0:59:14	1:03:59	1:13:33	1:04:27			4:21:15
957	MHK	706	805	Dennis	Friedrichs	82	Team Möbel Buss	1:01:46	1:04:08	1:11:26	1:03:55			4:21:15
958	MHK	707	1267	Martin	Dirksen	70	Stadt Emden	1:00:56	1:03:17	1:12:40	1:04:22			4:21:16
959	MHK	708	1641	Steffen	Haake	93		1:02:46	1:02:34	1:12:33	1:03:22			4:21:16
960	MJ	124	1314	Timm	Reiners	99	Gymnasium Ulricianum /	0:59:54	1:04:24	1:13:12	1:03:44			4:21:16
961	MJ	125	1550	Hendrik	Bents	94	IGS Aurich West	0:58:37	1:02:35	1:16:45	1:03:25			4:21:23
962	MHK	709	567	Ansgar	Schulte	73	Weener Plastik	0:59:20	1:03:31	1:13:39	1:05:03			4:21:35
963	MHK	710	1286	Robert	Löschen	71	TSV Holtrop	0:59:15	1:04:26	1:13:54	1:03:59			4:21:36
964	WJ	16	F245	Anne	Meyer	94		1:00:43	1:04:24	1:12:06	1:04:21			4:21:36
965	WHK	114	F329	Wiebke	de Buhr	80	Reederei Buss	1:01:27	1:03:41	1:12:57	1:03:32			4:21:39
966	MHK	711	1129	Gerd	Wilken	60	Team Wilts	1:00:27	1:03:51	1:13:29	1:03:55			4:21:43
967	WHK	115	F200	Sabrina	Veldkamp	81		0:59:00	1:03:14	1:14:13	1:05:25			4:21:53
968	MJ	126	1438	Eric	Müller	96	HTG Ihlow	0:56:51	1:05:15	1:13:05	1:06:49			4:22:02
969	MHK	712	410	Wolfgang	Pößiger	48	Kirche läuft Wilhelmshav	0:58:56	1:04:34	1:12:39	1:05:57			4:22:07
970	WHK	116	F613	Heidi	Boelsen	75	Warsingsfehn	1:00:26	1:02:55	1:13:47	1:05:02			4:22:11
971	MHK	713	1214	Thomas	Fenderl	79	Ulricianum Aurich Sek 1	1:03:09	1:04:04	1:11:51	1:03:11			4:22:16
972	MHK	714	324	Joke	Reiners	59	Lions Club Uplengen	0:58:56	1:04:52	1:12:59	1:05:34			4:22:22

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
973	WHK	117	F99	Kerstin	Oltrop	77	Fortuna Logabirum	0:59:33	1:04:04	1:13:40	1:05:04			4:22:22
974	MHK	715	710	Gregor	Pleis	65	Moorloopers	1:00:08	1:03:25	1:12:40	1:06:11			4:22:24
975	MHK	716	1602	Dieter	Siebels	66	HC Exelsior Winschoten	1:00:02	1:04:26	1:14:02	1:03:53			4:22:25
976	WHK	118	F178	Anja	Gronewold	77	Team AURICHER EIER	1:00:09	1:04:06	1:13:07	1:05:03			4:22:26
977	WHK	119	F62	Ann Gela	Ukena	92	Bünting Tee	1:03:49	1:03:35	1:12:28	1:02:34			4:22:28
978	WHK	120	F48	Herta	de Buhr	60	Fortuna Logabirum	0:59:35	1:03:18	1:14:21	1:05:15			4:22:30
979	MJ	127	1042	Sönke	Taapken	98	SV Spetzerfehn	1:02:02	1:04:06	1:09:20	1:07:07			4:22:36
980	WHK	121	F122	Elke	Mennenga-	74	Spvgg Upleward	0:59:53	1:04:16	1:13:39	1:05:07			4:22:56
981	WHK	122	F251	Heidrun	Beekmann	65	Ubbo-Emmius-Klinik	1:00:00	1:03:34	1:13:09	1:06:12			4:22:57
982	MHK	717	967	Adelbert	Giesenberg	60	Rechtsweg	1:01:52	1:04:58	1:12:46	1:03:26			4:23:03
983	WHK	123	F539	Michaela	Münchow	71	Friedeburg	0:59:11	1:04:35	1:14:08	1:05:08			4:23:03
984	MHK	718	744	Lutz	Schoppe	84	Stadt Emden	1:01:30	1:03:55	1:11:42	1:05:56			4:23:05
985	MHK	719	900	Jens	Eidam	84	ORGADATA AG	1:00:27	1:03:02	1:10:53	1:08:50			4:23:14
986	WHK	124	F265	Petra	Boekhoff	67	Freie Lunge SV Bentstre	0:59:19	1:02:37	1:14:12	1:07:11			4:23:21
987	WHK	125	F221	Rita	Weinberg	67	LT Schafhauser Wald	0:59:09	1:03:38	1:14:18	1:06:15			4:23:21
988	MHK	720	824	Wilfried	Koplin	63	AOK - Die Gesundheitsk	0:59:35	1:02:55	1:11:26	1:09:26			4:23:23
989	MHK	721	1022	Markus	Leggedör	79	Fleischerei Leggedör	0:59:23	1:05:10	1:14:37	1:04:15			4:23:26
990	MHK	722	1210	Günther	Fischer	52	LG Grobfehn	1:00:09	1:05:12	1:13:00	1:05:15			4:23:37
991	MHK	723	662	Markus	Kiepe	90	Seefahrtsschule Leer	0:59:14	1:04:35	1:13:56	1:05:56			4:23:42
992	MHK	724	604	Nils	Charcholla	93	Alex.-v-Humboldt-Schul	1:01:09	0:58:08	1:13:21	1:11:06			4:23:46
993	MHK	725	376	Helge	Brötje	72	Ubbo-Emmius-Klinik	0:59:01	1:07:09	1:12:44	1:04:58			4:23:54
994	MHK	726	1519	Alfred	Tammen	65	Bünting Tee	0:56:06	1:05:29	1:15:25	1:06:53			4:23:54
995	MHK	727	642	Bodo	von Preyss	39	Pro Senis	0:59:27	1:04:28	1:14:15	1:05:45			4:23:56
996	MHK	728	752	Stefan	Behrends	71	Nücke	1:00:26	1:02:50	1:14:06	1:06:33			4:23:57
997	MHK	729	672	Thomas	Zacher	64	FC Schalke 04	1:00:16	1:04:13	1:13:46	1:05:50			4:24:06
998	WHK	126	F97	Kerstin	von Hebel	80	LSF Oldenburg	1:00:31	1:04:51	1:13:57	1:04:50			4:24:11
999	MHK	730	319	Fritz	Drost	43	MTV Wittmund	1:02:20	1:01:18	1:15:12	1:05:30			4:24:22
1.000	MHK	731	539	Hans-Günthe	Schoneboo	66	Emder LG	0:58:30	1:04:27	1:13:11	1:08:14			4:24:24
1.001	MHK	732	1552	Folkert	Thaden	55	SC Dunum	0:59:08	1:02:46	1:16:28	1:06:07			4:24:30
1.002	MHK	733	1353	Michael	Schunke	67	Autopark Schunke	1:02:02	1:05:10	1:12:33	1:04:45			4:24:32
1.003	MJ	128	1409	Benedikt	Steinmeyer	99	Gymnasium Ulricianum A	0:58:46	1:02:01	1:13:19	1:10:26			4:24:33
1.004	WHK	127	F136	Jasmin	Hovenga	85	SC Ihrhove 07	1:01:28	1:04:27	1:14:06	1:04:33			4:24:35
1.005	WHK	128	F632	Heidi	Tammen-B	78	Studio Larisca	1:00:45	1:03:20	1:16:21	1:04:14			4:24:41
1.006	MHK	734	825	Georg	Jürrens	52		0:59:36	1:04:09	1:14:32	1:06:22			4:24:41
1.007	MHK	735	526	Martin	Stüben	68	Störtebeker Loopers TV	1:04:04	1:04:37	1:11:16	1:04:50			4:24:48
1.008	MHK	736	753	Detlef	Coordes	63	Bohlen & Doyen	1:00:22	1:05:07	1:13:43	1:05:37			4:24:50
1.009	MHK	737	1068	Claus	Schweer	69	Raiffeisenbank eG, Moor	1:02:06	1:04:34	1:13:24	1:04:49			4:24:55
1.010	MHK	738	815	Foltmar	Wilken	66	TRAUCO Gruppe	0:59:31	1:03:35	1:13:42	1:08:07			4:24:57
1.011	MHK	739	848	Wolfgang	Friedrich	63	Leinerstift e.V	0:59:58	1:08:32	1:15:32	1:00:53			4:24:57
1.012	WHK	129	F192	Antje	Meyer	56	LG Uplengen	0:59:44	1:04:34	1:14:01	1:06:38			4:24:58
1.013	WJ	17	F518	Janneke	Anscheit	01	Fortuna Logabirum	1:01:03	1:04:01	1:14:37	1:05:24			4:25:06
1.014	MHK	740	653	Uwe	Tschorr	62	EWE Wattloopers	1:00:45	1:04:37	1:13:55	1:05:56			4:25:14
1.015	MHK	741	57	Folkert	Redenius	57	TuRa 07 Westrhauderfe	1:03:04	1:00:15	1:13:32	1:08:22			4:25:15
1.016	WHK	130	F118	Marlene	Mayer	62	LT Schafhauser Wald	1:00:33	1:05:34	1:13:45	1:05:30			4:25:24
1.017	MHK	742	1000	Rudi	Meyer	50	Fortuna Logabirum	1:01:05	1:03:37	1:14:56	1:05:51			4:25:29
1.018	WHK	131	F215	Martina	Brauer	79	LG Papenburg-Aschend	1:01:43	1:04:33	1:14:08	1:05:06			4:25:31
1.019	MHK	743	1483	Alfred	Alberts	67	GeTek	1:01:14	1:04:59	1:15:59	1:03:28			4:25:41
1.020	WHK	132	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	0:58:58	1:02:59	1:13:36	1:10:12			4:25:46
1.021	MHK	744	1061	Andreas	Pupkes	80	B-Plast 2000	1:02:34	1:02:15	1:11:27	1:09:29			4:25:47
1.022	MHK	745	915	Claus	Schoolman	77	VW Emden	1:00:10	1:04:05	1:14:39	1:06:54			4:25:50
1.023	MHK	746	546	Carsten	Groen	86	Raiffeisenbank Flachsme	1:02:34	1:03:13	1:13:56	1:06:09			4:25:53
1.024	MHK	747	932	Helmut	Friedrichs	60	B.V. Dietrichsfeld	0:59:58	1:05:17	1:14:58	1:05:41			4:25:56
1.025	MHK	748	1114	Harm	Wessels	55	Team ENERCON	1:01:31	1:05:19	1:14:14	1:04:53			4:25:59
1.026	MHK	749	843	Erhard	Wagener	72	de Heizungsloopers	1:05:25	1:05:31	1:13:01	1:02:04			4:26:01

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.027	WHK	133	F161	Gisela	Fisser	65	TV Norden	1:00:25	1:04:07	1:14:08	1:07:20			4:26:02
1.028	WJ	18	F634	Imke	Mulder	00	HTG Ihlow	1:03:08	1:03:54	1:12:56	1:06:03			4:26:04
1.029	MJ	129	1308	Thilo	Ufkes	01	Ulricianum Aurich	1:01:07	1:08:20	1:12:31	1:04:06			4:26:05
1.030	WHK	134	F353	Anja	Folkerts	71	Spvgg.Upleward	1:00:33	1:04:24	1:14:13	1:06:54			4:26:06
1.031	MHK	750	709	Sascha	Stolorz	77	BSG Landkreis Weserm	1:00:32	1:05:52	1:14:54	1:04:47			4:26:06
1.032	MHK	751	647	Swen	Kleinau	67	Reederei Buss	1:01:40	1:06:34	1:13:09	1:04:42			4:26:06
1.033	MHK	752	466	Bernd	Schindler	68	TV Oldersum	1:00:37	1:05:31	1:15:10	1:04:49			4:26:09
1.034	WHK	135	F190	Sonja	Köllmann	67	LT SC Ihrhove 07	0:59:35	1:04:46	1:17:22	1:04:26			4:26:10
1.035	WJ	19	F584	Kristina	Gebhardt	96	Ulricianum Aurich Sek2 -	1:02:26	1:04:28	1:14:10	1:05:05			4:26:11
1.036	MJ	130	975	Bernd	Dirks	96	SVO Wi sünd Holtriem	1:00:45	1:06:43	1:14:44	1:04:01			4:26:14
1.037	MHK	753	1487	Günter	Bley	65	GeTek	1:01:16	1:05:17	1:14:35	1:05:08			4:26:18
1.038	MHK	754	1220	Ude	Goeman	69	Oberschule Norden	1:01:06	1:04:29	1:15:54	1:04:50			4:26:20
1.039	MHK	755	1122	Eike	Ahrens	91	Seefahrtsschule Leer	1:01:43	1:04:54	1:14:01	1:05:42			4:26:21
1.040	WHK	136	F68	Iris	Marschall	66	TV Norden	1:00:18	1:06:33	1:13:46	1:05:45			4:26:23
1.041	WHK	137	F374	Dana	Flemming	76	Feedback	1:01:17	1:05:35	1:14:24	1:05:10			4:26:28
1.042	MHK	756	187	Heiner	Friedrichs	77	Team ENERCON	0:58:38	1:03:08	1:15:34	1:09:22			4:26:44
1.043	MJ	131	1037	Jan	Wettstein	95	NIGE	1:01:33	1:03:52	1:15:04	1:06:16			4:26:47
1.044	MHK	757	1334	Manfred	Gravel	62	TuRa 07 Westrhauderfe	1:01:27	1:05:46	1:14:19	1:05:15			4:26:49
1.045	MHK	758	1225	Gerrit	Grenseman	68	LG Großefehn	1:00:46	1:04:18	1:13:23	1:08:27			4:26:55
1.046	WJ	20	F587	Sophia	Zelmer	99	Gymnasium Ulricianum f	1:04:06	1:03:58	1:13:19	1:05:33			4:26:57
1.047	MHK	759	965	Sibet	Riexinger	59	Wilhelmshaven	1:00:22	1:04:39	1:15:25	1:06:30			4:26:58
1.048	MHK	760	1455	Dieter	van Hoorn	55	Jantjes Team	1:01:40	1:05:36	1:14:54	1:04:55			4:27:05
1.049	MHK	761	943	Matthijs	van Rossu	62	van Rossum/Kuiper	1:02:19	1:05:22	1:14:00	1:05:26			4:27:08
1.050	MHK	762	636	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	1:00:32	1:04:04	1:15:52	1:06:42			4:27:12
1.051	WHK	138	F330	Christel	de Buhr	51	Reederei Buss	1:01:51	1:04:59	1:14:42	1:05:41			4:27:15
1.052	WHK	139	F591	Birgit	Bryant	80	LT TuS Aurich-Ost	1:00:31	1:04:15	1:15:54	1:06:33			4:27:15
1.053	MHK	763	748	Karsten	Overlander	66	Impuls (Remels)	1:01:31	1:05:15	1:14:24	1:06:07			4:27:19
1.054	WHK	140	F306	Jutta	Tammen	85	Steenfelde	1:01:54	1:04:40	1:15:40	1:05:04			4:27:20
1.055	MHK	764	757	Arne	Maskus	91	Seefahrtsschule Leer	0:59:54	1:06:44	1:16:38	1:04:07			4:27:25
1.056	MHK	765	726	Guido	Meyer	70	EFG Ostrhauderfehn	1:02:09	1:05:08	1:15:21	1:04:52			4:27:32
1.057	MHK	766	743	Jakobus	Willms	40	TSV Riepe	1:00:49	1:05:45	1:15:20	1:05:37			4:27:33
1.058	MHK	767	874	Hartmut	Voget	60	KFZ Bönnen	1:00:09	1:05:07	1:15:14	1:07:02			4:27:34
1.059	MHK	768	1289	Max	Birkheuer	93	Krankenhaus Wittmund	1:00:45	1:06:36	1:14:28	1:05:44			4:27:35
1.060	WHK	141	F661	Carmen	Gerdas	81	HTG Ihlow	1:01:50	1:04:35	1:14:46	1:06:23			4:27:35
1.061	MHK	769	830	Andre	Mennenga	61	Emder LG	1:00:27	1:05:02	1:15:26	1:06:44			4:27:41
1.062	MHK	770	772	Enno	Klinkenberg	49	TV Norden	1:01:35	1:04:47	1:14:51	1:06:28			4:27:42
1.063	WHK	142	F570	Gudrun	Sauer-Ufke	65	MTV Aurich	1:01:12	1:08:26	1:13:20	1:04:44			4:27:44
1.064	WHK	143	F170	Birgit	Weber	58	Heimatblatt	1:00:29	1:05:02	1:15:35	1:06:43			4:27:50
1.065	MHK	771	720	Gerold	Severiens	48	Fortuna Logabirum	1:01:36	1:05:36	1:14:46	1:05:53			4:27:53
1.066	WHK	144	F366	Annafrid	Klaus	89	Feedback Leer	1:02:43	1:05:35	1:14:24	1:05:10			4:27:54
1.067	MJ	132	994	Tom	Streubel	97	NIGE II	1:00:04	1:05:34	1:16:20	1:05:55			4:27:54
1.068	MHK	772	440	Frank	Leeling	68	Emder LG	1:01:00	1:02:56	1:18:47	1:05:13			4:27:57
1.069	MHK	773	1203	Holger	Meentz	71	Iesloper	1:03:35	1:04:47	1:14:48	1:04:50			4:28:01
1.070	MHK	774	573	Martin	Wildemann	60	WfBM BBB Aurich Witt	1:01:03	1:03:35	1:15:15	1:08:10			4:28:03
1.071	MHK	775	1513	Kampe	Peterssen	81	BBS 1 Aurich	1:01:51	1:05:27	1:14:36	1:06:13			4:28:09
1.072	MHK	776	1055	Stefan	Winter	89	Seefahrtsschule Leer	1:00:22	1:04:54	1:16:17	1:06:51			4:28:25
1.073	MHK	777	1133	René	Sassen	90	Seefahrtsschule Leer	1:02:08	1:06:10	1:15:11	1:04:57			4:28:27
1.074	MHK	778	1145	Wilhelm	Niemand	59	SV Blomberg-Neuschoo	1:02:34	1:05:24	1:15:03	1:05:30			4:28:33
1.075	WHK	145	F123	Daniela	Förster-Rie	67	EWE-Wattlooper	0:59:59	1:04:34	1:13:46	1:10:19			4:28:39
1.076	MHK	779	273	Jann Bruno	Janssen	93	Sportpark Tannenhouse	1:03:20	1:05:41	1:13:48	1:05:50			4:28:41
1.077	WHK	146	F449	Martje	Laubrock	72		0:59:58	1:06:35	1:14:26	1:07:41			4:28:42
1.078	MHK	780	2011	Uwe	Vogelsang	70	Stadt Leer	1:03:24	1:04:37	1:15:05	1:05:34			4:28:43
1.079	WHK	147	F639	Evelyn	Schulz	57	Emder LG	0:58:32	1:10:50	1:15:05	1:04:18			4:28:46
1.080	MHK	781	914	Gerhard	Bohlen	53	Krankenhaus Wittmund	1:02:43	1:05:24	1:15:08	1:05:30			4:28:47

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.081	MHK	782	1222	Torsten	Blank	77	Stadt Leer	1:02:24	1:05:56	1:15:04	1:05:25			4:28:51
1.082	MHK	783	115	Diedrich	Kleen	72	Höchte Running	0:48:37	1:08:46	1:20:44	1:10:49			4:28:58
1.083	MHK	784	708	Thorsten	Gronewold	76	Steenfelde, Bullerbarg	1:04:05	1:05:09	1:14:23	1:05:22			4:29:00
1.084	MHK	785	1522	Frank	Rüthemann	61	Bünting Tee	0:58:16	1:05:29	1:17:35	1:07:38			4:29:00
1.085	MHK	786	694	Helge	Drost	74	BSG Sparkasse Wilhe	1:00:23	1:06:39	1:15:12	1:06:57			4:29:13
1.086	MHK	787	622	Lothar	Harberts	74	ELV Elektronik AG	1:01:14	1:05:20	1:16:12	1:06:27			4:29:14
1.087	MHK	788	144	Timo	Friedrichs	72	ELV Elektronik AG	1:01:14	1:05:21	1:16:09	1:06:28			4:29:14
1.088	MJ	133	1448	Tammo	Koch	00	HTG Ihlow	1:03:09	1:03:53	1:13:25	1:08:50			4:29:19
1.089	MHK	789	664	Helmut	Bruns	51	TuS Eintracht Hinte	1:02:36	1:05:38	1:15:05	1:05:59			4:29:19
1.090	MJ	134	468	Jannik	Schindler	97	SV Warsingsfehn	1:02:46	1:06:39	1:15:10	1:04:48			4:29:24
1.091	MHK	790	936	Dirk	Brörkens	73	Schützenverein Hesel (1:00:23	1:06:39	1:15:12	1:07:10			4:29:25
1.092	MHK	791	1094	Tammo	Kadelke	88	Seefahrtsschule Leer	1:02:11	1:06:41	1:20:05	1:00:29			4:29:27
1.093	WHK	148	F569	Anke	Gerdes	69	TuRa 07 Westrhauderfe	1:01:27	1:05:44	1:14:25	1:07:51			4:29:29
1.094	WHK	149	F114	Ontja	Ebbers	70	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46			4:29:36
1.095	MHK	792	682	Gerald	Koch	62	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46			4:29:36
1.096	MHK	793	812	Stephan	Wiesner	74	LwinsthGrp 21	1:03:15	1:05:30	1:15:49	1:05:03			4:29:38
1.097	MJ	135	1447	Marvin	Seeger	01	HTG Ihlow	0:56:26	1:09:17	1:13:09	1:10:49			4:29:41
1.098	WJ	21	F154	Mira	Kalthöver	96	NIGE	1:01:23	1:03:52	1:15:12	1:09:18			4:29:46
1.099	MHK	794	877	Friedhelm	Kamann	56	Ubbo-Emmius-Klinik	1:01:37	1:06:46	1:15:11	1:06:13			4:29:48
1.100	MJ	136	1032	Daniel	Melle	95	NIGE	1:01:54	1:04:57	1:18:22	1:04:38			4:29:53
1.101	MHK	795	1103	Vedran	Burazer	87	ENOVA	1:05:26	1:04:24	1:15:37	1:04:34			4:30:02
1.102	WHK	150	F67	Lydia	Schmidt	63	SV Holtland	1:00:11	1:05:39	1:16:43	1:07:37			4:30:11
1.103	MHK	796	799	Stefan	Graalmann	68		1:03:12	1:06:04	1:14:33	1:06:23			4:30:13
1.104	MHK	797	1262	Björn	Thormählen	88	Seefahrtsschule Leer	1:00:14	1:07:23	1:15:39	1:07:03			4:30:21
1.105	WHK	151	F103	Anke	Schrader	61	Pestalozzischule Weene	1:02:51	1:05:39	1:16:04	1:05:53			4:30:28
1.106	WHK	152	F207	Adda	Janssen	66	Wallinghausen	1:00:04	1:06:32	1:16:01	1:07:50			4:30:28
1.107	WHK	153	F162	Marion	Voß	63	TSV Langeoog	1:02:19	1:06:24	1:15:10	1:06:34			4:30:29
1.108	MHK	798	731	Wilfried	Wilken	50	Vorwerk Kobold	1:00:31	1:05:26	1:15:54	1:08:46			4:30:38
1.109	WHK	154	F126	Martina	Bakker	65	Klinikum Leer	1:02:49	1:05:59	1:15:27	1:06:22			4:30:39
1.110	MHK	799	1052	Joachim	Eilts	81	SFV Westeraccum	1:02:45	1:06:09	1:15:39	1:06:06			4:30:40
1.111	MHK	800	1598	Werner	Meyer	71	Wiesmoor	1:02:11	1:06:42	1:15:47	1:05:59			4:30:40
1.112	MHK	801	938	Wolfgang	König	54	NIGE	1:02:09	1:04:20	1:16:03	1:08:08			4:30:41
1.113	MHK	802	892	Ralf	Pollmann	54	MTV Wittmund	1:00:33	1:06:07	1:17:14	1:06:47			4:30:42
1.114	WJ	22	F289	Henriette	Erchinger	94	FCSO	1:04:08	1:04:18	1:15:28	1:06:59			4:30:55
1.115	WHK	155	F357	Anne-	Kirsch	91	Seefahrtsschule Leer	1:01:34	1:08:10	1:15:41	1:05:29			4:30:56
1.116	WHK	156	F79	Meike	Garrels	81	VfB Uplengen e.V. / Tea	1:03:59	1:05:05	1:15:10	1:06:49			4:31:04
1.116	MHK	803	688	Kai	Stöter	76	Volksbank Westrhauder	1:03:23	1:05:41	1:16:53	1:05:05			4:31:04
1.118	MHK	804	944	Reinhard	Abken	44	Abken Bau Utarp	1:00:13	1:04:31	1:18:18	1:08:03			4:31:06
1.119	WHK	157	F337	Roswitha	Klaaßen	58	Pewsum	1:00:57	1:06:07	1:16:45	1:07:17			4:31:08
1.120	WHK	158	F138	Helga	Kramer	77	Victoria Flachsmeer/Kirc	1:04:47	1:05:24	1:15:11	1:05:46			4:31:09
1.121	WHK	159	F557	Miriam	Busch	71	Stadt Emden	1:01:25	1:06:20	1:15:50	1:07:34			4:31:11
1.122	MHK	805	837	Jan-Niklas	Leibelt	89	Seefahrtsschule Leer	1:02:42	1:07:17	1:14:45	1:06:26			4:31:12
1.123	MJ	137	1013	Malte	Schwede	99	NIGE II	1:03:31	1:05:47	1:15:16	1:06:42			4:31:17
1.124	MHK	806	749	Dietmar	Rudnick	65	LG Großefehn	1:01:45	1:07:08	1:15:15	1:07:08			4:31:17
1.125	MHK	807	771	Jan-Gerd	Jelden	55	TV Norden	1:01:01	1:06:07	1:15:44	1:08:31			4:31:24
1.126	WHK	160	F206	Margret	Budnick	54	TSV Jahn Carolinensiel	1:02:03	1:06:14	1:15:24	1:07:43			4:31:25
1.127	MHK	808	1112	Thomas	Cobus	71	Bohlen & Doyen	1:02:05	1:06:01	1:14:59	1:08:20			4:31:26
1.128	MHK	809	1290	Michael	Rühling	71	LT TuS Aurich-Ost	1:02:40	1:06:12	1:15:43	1:07:03			4:31:39
1.129	MJ	138	1367	Jannes	Haan	94	obw Emden	1:01:14	1:05:50	1:17:32	1:07:04			4:31:42
1.130	MHK	810	1372	Johannes	Reese	93	obw Emden	1:01:08	1:05:50	1:17:35	1:07:12			4:31:46
1.131	MHK	811	1371	Kalle	Loger	93	obw Emden	1:01:52	1:05:47	1:17:35	1:06:31			4:31:46
1.132	MHK	812	1587	Felix	Schweitzer	59	Turbine TGG	1:02:12	1:05:54	1:16:14	1:07:31			4:31:53
1.133	MHK	813	680	Jürgen	Otto	64	VfL Berumbur	1:00:38	1:04:19	1:16:28	1:10:34			4:32:00
1.134	MHK	814	1177	Julian	Wesemann	92	de Heizungsloopers	1:05:24	1:05:20	1:14:39	1:06:41			4:32:05

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.135	WHK	161	F690	Anke	Manthey-Ja	69	Aurich	1:02:55	1:06:37	1:15:27	1:07:13			4:32:13
1.136	WHK	162	F517	Anneke	Bergmann	64	Emder LG	1:01:31	1:06:08	1:16:51	1:07:44			4:32:16
1.137	MHK	815	693	Manfred	Pollmann	45	TG Wiesmoor	1:02:42	1:06:32	1:16:11	1:06:51			4:32:16
1.138	MHK	816	792	Johann	Stöhr	66	Wildeboer Bauteile Gmb	1:01:02	1:07:11	1:17:12	1:06:50			4:32:18
1.139	MHK	817	675	Axel	Klömmpges	61	Auricher Taxen Zentrale	1:00:18	1:05:38	1:17:03	1:09:18			4:32:19
1.140	WHK	163	F663	Daniela	Hinrichs	86	Bünting Tee	1:04:31	1:05:28	1:15:25	1:06:53			4:32:19
1.141	MHK	818	946	Friedhard	Cramer	52	Emder LG	1:01:31	1:06:08	1:16:53	1:07:46			4:32:20
1.142	WHK	164	F127	Hilke	Hausmann	61	Emder LG	1:01:32	1:06:08	1:16:52	1:07:46			4:32:21
1.143	WHK	165	F146	Frieda	Brinkmann	60	Fortuna Logabirum	1:00:27	1:07:03	1:16:59	1:07:52			4:32:23
1.144	WJ	23	F704	Janka	Fleßner	01	HTG Ihlow	1:04:37	1:08:58	1:12:52	1:05:56			4:32:24
1.145	WHK	166	F96	Sandra	Mudder	64	LG Ostfriesland	1:02:02	1:06:00	1:16:34	1:07:50			4:32:27
1.146	MHK	819	920	Leo	Berling	58	Nordland Papier	1:01:45	1:05:52	1:16:41	1:08:12			4:32:31
1.147	MHK	820	1524	Günter	Wiegmann	60	Neue Osnabrücker Zie	1:02:45	1:04:49	1:16:03	1:08:56			4:32:34
1.148	WJ	24	F647	Esther	Niemeyer	97	Rhauderfehn	1:03:38	1:07:26	1:15:50	1:05:39			4:32:35
1.149	WJ	25	F253	Carina	Meyer	94	Gymnasium Rhauderfe	1:02:53	1:05:51	1:17:41	1:06:08			4:32:35
1.150	WHK	167	F378	Ulrike	van Vügt	74	Feedback Leer	1:02:44	1:07:07	1:15:54	1:06:53			4:32:39
1.151	MHK	821	1109	Hermann	Fohrden	61	Bohlen & Doyen	1:04:25	1:07:28	1:14:26	1:06:20			4:32:40
1.152	MHK	822	506	Jörg	Daro	62	EWE Wattloopers	1:04:10	1:06:06	1:16:23	1:06:00			4:32:41
1.153	MHK	823	1407	Detlef	Densow	65	LT TuS Aurich-Ost	1:01:15	1:08:31	1:16:19	1:06:37			4:32:44
1.154	WHK	168	883	Najat	Treue	74	Klinikum Emden	1:01:09	1:06:00	1:17:28	1:08:14			4:32:52
1.155	WHK	169	F204	Claudia	Behnke	74	Schwimmverein Wiesmo	1:01:16	1:06:27	1:16:35	1:08:34			4:32:53
1.156	MHK	824	732	Ulrich	Linser	54	MTV Wittmund	1:02:27	1:06:51	1:16:15	1:07:26			4:32:59
1.157	MHK	825	1366	Diedrich	Stroman	84	obw Emden	1:03:59	1:10:55	1:11:29	1:06:36			4:32:59
1.158	MHK	826	1609	Eckhard	Neumann	53	FT Spetzerfehn	1:03:10	1:07:12	1:15:48	1:06:51			4:33:02
1.159	MHK	827	934	Jens	Herrmann	59	VW Emden	1:01:36	1:06:12	1:16:38	1:08:37			4:33:04
1.160	MHK	828	1072	Hartmut	Duis	68	DUIS IMMOBILIEN	1:03:41	1:05:36	1:16:53	1:06:54			4:33:06
1.161	WHK	170	F194	Steffi	Onken	72	Krankenhaus Wittmund	1:02:16	1:06:54	1:15:49	1:08:07			4:33:07
1.162	WHK	171	F210	Hannelore	Spannhoff	65	Stadt Emden	1:01:32	1:07:05	1:16:48	1:07:46			4:33:13
1.163	MHK	829	685	Antino	König	63	Raiffeisenbank eG, Moor	1:03:40	1:06:07	1:15:43	1:07:48			4:33:19
1.164	MHK	830	881	Heinz-Geor	Fliege	54	Klinikum Leer	1:00:45	1:07:40	1:17:02	1:07:51			4:33:19
1.165	MHK	831	583	Friedemann	Hopf, Dr.Hop	59	Ubbo-Emmius-Klinik	1:03:22	1:05:52	1:17:37	1:06:32			4:33:24
1.166	WHK	172	F132	Magret	Kloster	56	Fortuna Logabirum	1:01:36	1:05:36	1:16:24	1:09:52			4:33:29
1.167	MHK	832	1241	Holger	Janssen	63	TuS Esens	1:01:53	1:06:11	1:17:41	1:07:47			4:33:33
1.168	WHK	173	F111	Ute	van Loh	59	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00			4:33:33
1.169	WHK	174	F115	Gaby	Hommers	62	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00			4:33:33
1.170	WHK	175	F121	Ivonne	Hayen	72	Krankenhaus Wittmund	1:01:34	1:08:41	1:15:47	1:07:37			4:33:40
1.171	WHK	176	F638	Antje	Bohlen	87	Friedeburg	1:02:42	1:07:32	1:15:40	1:07:45			4:33:41
1.172	MHK	833	747	Gerd	Janssen	53	Sandhorst	1:02:53	1:06:25	1:16:34	1:07:50			4:33:43
1.173	MHK	834	1277	Ewald	Lehmann	54	LG Ostfriesland	1:02:53	1:06:49	1:16:35	1:07:31			4:33:50
1.174	WHK	177	F241	Anke	Hanssen	91	SC Wiesens	1:03:56	1:06:47	1:15:29	1:07:44			4:33:57
1.175	MHK	835	1005	Norbert	Bakker	64	Team Wilts	1:02:19	1:05:39	1:17:50	1:08:23			4:34:13
1.176	MHK	836	1542	Oliver	Herfurth	73	Aurich	1:02:55	1:08:07	1:15:55	1:07:34			4:34:33
1.177	WJ	26	F625	Stella	Evers	97	Ulricianum Aurich Sek 1	1:04:35	1:05:55	1:16:06	1:07:59			4:34:36
1.178	MJ	139	1380	Nicholas	Rücker	95	Alex.-v-Humboldt-Schul	0:59:29	1:03:57	1:22:41	1:08:29			4:34:38
1.179	MHK	837	558	Albert Juri	Mulder	77	LwinsthGrp 21	1:01:55	1:05:22	1:23:03	1:04:21			4:34:42
1.180	MHK	838	1481	Meinhard	Doden	62	GeTek	1:02:20	1:06:12	1:17:41	1:08:30			4:34:45
1.181	WHK	178	F302	Birte	Klusmann	70	Ostfriesische Volksbank	1:03:53	1:06:29	1:16:43	1:07:43			4:34:50
1.182	WHK	179	F233	Maria	Siepert	56	MTV Wittmund	1:02:00	1:07:00	1:17:31	1:08:22			4:34:54
1.183	MHK	839	886	Wubbo	Nanninga	66	Nordland Papier	1:03:35	1:06:28	1:17:49	1:07:16			4:35:09
1.184	WHK	180	F531	Natalia	Vosberg	84	Team ENERCON	1:04:58	1:07:58	1:16:02	1:06:13			4:35:12
1.185	WJ	27	F203	Michelle	Mennenga	95	Gat Emden	1:06:57	1:05:59	1:15:21	1:06:56			4:35:14
1.186	MHK	840	385	Thomas	Möller, Dr.M	62	Ubbo-Emmius-Klinik	1:03:26	1:06:39	1:17:37	1:07:35			4:35:17
1.187	MHK	841	286	Frank	Broer	70	LG Ostfriesland	0:50:44	1:13:25	1:18:34	1:12:41			4:35:26
1.188	WHK	181	F538	Martina	Kohn	74	VfL Germania Leer	1:03:29	1:07:33	1:17:46	1:06:38			4:35:27

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.189	MHK	842	671	Ralf	Akkermann	68	SV Stikelkamp	1:01:30	1:05:25	1:17:36	1:11:00			4:35:32
1.190	WHK	182	F651	Uta	Entjer	69	Emder LG	1:02:18	1:07:04	1:16:49	1:09:21			4:35:33
1.191	MHK	843	369	Heiko	Janssen	74	WfBM BBB Aurich Witt	1:06:08	1:06:12	1:17:00	1:06:17			4:35:39
1.192	MHK	844	700	Johann	Hippen	67	ORGADATA AG	1:01:44	1:06:32	1:18:01	1:09:21			4:35:39
1.193	MHK	845	1117	Johann	Jacobs	64	TSV Riepe	1:05:01	1:07:59	1:16:16	1:06:22			4:35:40
1.194	WHK	183	F362	Silvia	Jacobs	66	TSV Riepe	1:05:01	1:07:58	1:16:17	1:06:23			4:35:41
1.195	WHK	184	F336	Franziska	Trey	93	BBS I Leer	1:03:02	1:06:42	1:20:13	1:05:46			4:35:45
1.196	MHK	846	1018	Christian	Wilken	89	Sparkasse Leer Wittmun	1:02:19	1:09:24	1:16:41	1:07:30			4:35:55
1.197	WHK	185	F119	Ulrike	Heckhoff	65	VfL Germania Leer/Judo	1:01:48	1:08:30	1:16:18	1:09:19			4:35:56
1.198	WHK	186	F120	Dora	Rabenberg	52	LG TV Bunde	1:02:13	1:07:41	1:17:00	1:09:01			4:35:57
1.199	MHK	847	820	Frank	Groenewold	71	Selverde	1:02:39	1:06:47	1:17:35	1:08:57			4:35:59
1.200	WHK	187	F339	Martina	Plaisier	82	Prinzessin Lillifee	1:04:42	1:06:53	1:17:44	1:06:48			4:36:09
1.201	MHK	848	459	Manfred	Wollermann	42	MTV Wittmund	1:02:17	1:06:36	1:18:25	1:08:51			4:36:10
1.202	WHK	188	F205	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:01:18	1:06:48	1:18:09	1:09:55			4:36:12
1.203	MHK	849	717	Manfred	Palma	60	TUS Leerhufe	1:08:37	1:13:14	1:13:01	1:01:21			4:36:14
1.204	MHK	850	991	Uwe	Schulz	79	Ostfr. Schulmuseum Fol	1:03:18	1:07:34	1:18:30	1:06:54			4:36:18
1.205	MHK	851	542	Armin	Roß	82	Zahnmedizin-Aurich	1:02:08	1:07:19	1:21:08	1:05:47			4:36:23
1.206	MHK	852	918	Bernd	Schunk	50	LG Ellernfeld	1:02:31	1:07:29	1:17:44	1:08:38			4:36:23
1.207	MHK	853	952	Bernhard	Uphoff	66	Osterkamp Nutzfahrze	1:01:02	1:05:57	1:19:24	1:10:09			4:36:34
1.208	WJ	28	F457	Milena	Heyen	99	MTV Aurich	1:04:37	1:07:32	1:16:21	1:08:10			4:36:41
1.209	WHK	189	F626	Imke	Kamann	87	Norden	1:01:29	1:06:45	1:16:30	1:11:57			4:36:43
1.210	MHK	854	873	Holger	Janßen	68	Ostfriesische Volksbank	1:02:39	1:07:40	1:18:09	1:08:16			4:36:45
1.211	WHK	190	F301	Wilma	Denker	66	Ostfriesische Volksbank	1:02:22	1:08:23	1:17:35	1:08:24			4:36:45
1.212	MHK	855	1067	Manuel	Stengler	81	de Heizungsloopers	1:05:55	1:06:18	1:14:51	1:09:47			4:36:53
1.213	MHK	856	751	Bodo	Brouwer	71	DPI AG	1:03:27	1:07:16	1:17:16	1:08:57			4:36:57
1.214	WHK	191	F463	Sabine	Collmann	72	MTV Aurich	1:04:40	1:07:35	1:16:21	1:08:26			4:37:03
1.215	MHK	857	1163	Carmelo	Mascali	71	Wildeboer Bauteile Gmb	1:02:52	1:07:48	1:17:34	1:08:52			4:37:07
1.216	MHK	858	400	Klaus	Esch	64	Collinghorst	1:03:03	1:08:06	1:17:27	1:08:35			4:37:12
1.217	WHK	192	F702	Wilma	Beyen	69		1:02:32	1:07:35	1:17:38	1:09:27			4:37:14
1.218	MHK	859	1020	Gert	Fleßner	85	EWE Wattloopers	1:02:50	1:04:58	1:16:00	1:13:28			4:37:17
1.219	MHK	860	1216	Michael	Bamberger	52	LSF Oldenburg	1:00:32	1:08:39	1:16:33	1:11:49			4:37:34
1.219	MHK	860	736	Helmut	Mäcken	78	Großefehn	1:04:18	1:09:16	1:17:21	1:06:38			4:37:34
1.221	WHK	193	F291	martina	klasen	58	LT Spaß mit Sport	1:02:24	1:08:19	1:18:15	1:08:37			4:37:36
1.222	MHK	862	582	Torsten	Christians	65	Ubbo-Emmius-Klinik	1:05:04	1:09:28	1:15:28	1:07:41			4:37:41
1.223	WJ	29	F360	Sarah	Neiteimeier	98	Ulricianum Aurich Sek 1	1:02:53	1:06:51	1:18:34	1:09:23			4:37:42
1.224	MHK	863	1034	Helmut	Swart	64	Weener Plastik	1:02:22	1:07:28	1:16:56	1:11:03			4:37:51
1.225	MHK	864	723	Oswald	Tinnemeyer	52	TuRa 07 Westrhauderfe	1:03:05	1:07:35	1:17:29	1:10:08			4:38:18
1.226	WHK	194	F417	Gunda	Kramer	61	MTV/LG Ellernfeld	1:04:39	1:08:28	1:16:46	1:08:25			4:38:20
1.227	MHK	865	923	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	1:03:05	1:08:28	1:17:28	1:09:19			4:38:22
1.228	MHK	866	1127	Bernd	Leffers	55	Leffers Optik	1:04:42	1:06:35	1:18:57	1:08:09			4:38:24
1.229	WHK	195	F422	Gaby	Poppen	65	Klinikum Leer	1:03:25	1:07:12	1:17:27	1:10:43			4:38:48
1.230	MHK	867	1100	Klaus	Nikolic	48	VfL Berumbur	1:04:18	1:08:17	1:16:40	1:09:38			4:38:54
1.231	MHK	868	378	Jörg	Flessner	60	JHS Nortmoor	1:04:20	1:07:53	1:11:31	1:15:10			4:38:56
1.232	WJ	30	F706	Laura	Schmidt	94	McDonalds Aurich	1:03:30	1:07:08	1:19:29	1:08:50			4:38:59
1.233	WHK	196	F133	Anja	Musiol	73	MTV Aurich	1:06:20	1:06:39	1:17:49	1:08:10			4:38:59
1.234	MHK	869	1056	Thomas	Rull	78	ZGO	1:03:50	1:09:53	1:16:49	1:08:34			4:39:08
1.235	MHK	870	1116	Helmut	Klosterman	55	VW Emden	1:08:40	1:08:40	1:16:51	1:04:58			4:39:10
1.236	WHK	197	F355	Doris	Goos	62	Emder LG	1:03:28	1:07:19	1:17:02	1:11:30			4:39:21
1.237	WJ	31	F324	Ronja	Rohlf's	97	SVO Wi sünd Holtriem	1:04:47	1:06:37	1:17:38	1:10:20			4:39:24
1.238	MHK	871	629	Theo	Gerken	44	LG Ostfriesland	1:03:46	1:07:55	1:18:19	1:09:26			4:39:27
1.239	WHK	198	F534	Irmgard	Werner	56	Stadt Aurich	1:03:55	1:07:30	1:18:26	1:09:36			4:39:28
1.240	MHK	872	449	Rainer	Broß	69	SV Ems Jemgum	1:03:09	1:09:45	1:18:09	1:08:28			4:39:32
1.241	MHK	873	1646	Michael	Frerichs	69	WT Loppersum	1:04:56	1:08:15	1:18:13	1:08:10			4:39:35
1.242	MHK	874	980	Sören	Janssen	87	Seefahrtsschule Leer	1:11:44	1:10:05	1:13:33	1:04:11			4:39:35

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.243	WHK	199	F232	Karola	Coordes	84	BV Hoffnung Ludwigsdo	1:03:54	1:07:29	1:18:33	1:09:43			4:39:41
1.244	MHK	875	1082	Everwien	Lohmeyer	58	SV Frisia Brinkum	1:04:05	1:07:28	1:19:55	1:08:12			4:39:41
1.245	MHK	876	910	Ludger	Bruns	74	Emder LG	1:05:58	1:08:18	1:17:00	1:08:26			4:39:44
1.246	MHK	877	971	Ralf	Brinschwitz	67	MTV Aurich	1:04:38	1:07:35	1:17:55	1:09:37			4:39:47
1.247	MHK	878	1497	Matthias	Janssen	74	Deternerlehe	1:06:07	1:06:43	1:20:48	1:06:13			4:39:52
1.248	WHK	200	F340	Ulrike	Schürmann	62	Germania Leer	1:03:41	1:08:23	1:19:40	1:08:07			4:39:53
1.249	WHK	201	F65	Bianca	Oltmanns	91	Weener Plastik	1:03:37	1:05:48	1:18:01	1:12:30			4:39:57
1.250	WHK	202	F167	Marlies	Behrens-Ku	72	Klinikum Leer	1:04:19	1:07:11	1:17:46	1:10:42			4:39:59
1.251	MHK	879	796	Frank-Mich	Smid	64	Scharff / Trauco	1:04:04	1:08:02	1:17:15	1:10:40			4:40:02
1.252	MHK	880	1086	Hayo	Ewen	65	VfL Berumbur	1:02:57	1:07:17	1:18:32	1:11:33			4:40:21
1.253	MHK	881	1634	Stephan	Adelmund	84	Eventertainment	1:03:13	1:05:27	1:21:41	1:09:59			4:40:22
1.254	WHK	203	F272	Kerstin	Alexy	71	LG Uplengen	1:03:03	1:08:06	1:18:09	1:11:06			4:40:26
1.255	WHK	204	F642	Almuth	Joswig	57	Fortuna Logabirum	1:04:37	1:07:57	1:18:23	1:09:29			4:40:27
1.256	MHK	882	1471	Jürgen	Harbers	68	Fehntjer Dragons	1:02:33	1:05:26	1:21:00	1:11:36			4:40:37
1.257	MHK	883	711	Jakob	Rehders	84	LIG21	1:05:34	1:08:59	1:17:44	1:08:19			4:40:37
1.258	WJ	32	F592	Jantje	Knottnerus-	98	Ulricianum Aurich Sek 1	1:02:28	1:05:48	1:19:13	1:13:07			4:40:37
1.259	MHK	884	1172	Jann	Janssen	72	Aurich	1:04:42	1:08:11	1:19:20	1:08:23			4:40:38
1.260	MHK	885	835	Jan-Hendrik	Deitenbach	76		1:02:53	1:08:36	1:19:19	1:09:51			4:40:40
1.261	WHK	205	F540	Ina	Blenke	77	Remels	1:04:53	1:08:30	1:19:19	1:07:57			4:40:41
1.262	WHK	206	F521	Wiebke	Meyer	88	Remels	1:04:53	1:08:30	1:19:19	1:07:57			4:40:41
1.263	WHK	207	F369	Margret	Janssen	74	MTV Aurich	1:04:39	1:07:43	1:17:56	1:10:24			4:40:44
1.264	MHK	886	954	Lukas	Lapies	92	Kdo SES Ostfriesland	1:03:58	1:05:11	1:23:49	1:07:45			4:40:45
1.265	MHK	887	409	Marc	Peters	71	LIG 21	1:04:55	1:09:35	1:17:44	1:08:42			4:40:58
1.266	WHK	208	F576	Sylvia	Bülte	71	Die Kurzentschlossenen	1:05:36	1:06:28	1:20:26	1:08:30			4:41:02
1.267	MJ	140	1575	Joris	Strüfing	99	Gymnasium Ulricianum /	1:05:41	1:07:04	1:18:35	1:09:40			4:41:02
1.268	MHK	888	907	Helmut	Loers	52	SV Blau Weiß Filsum	1:03:46	1:08:50	1:18:21	1:10:11			4:41:10
1.269	MHK	889	1351	Peter	Wittenburg	49	obw Emden	1:03:09	1:09:01	1:18:59	1:10:00			4:41:11
1.270	MHK	890	978	Lennart	Wuntke	88	Seefahrtsschule Leer	1:01:14	1:06:26	1:23:52	1:09:46			4:41:19
1.271	MHK	891	794	Uwe	Olthoff	68	Emder LG	1:04:01	1:08:14	1:18:39	1:10:41			4:41:37
1.272	WHK	209	F248	Fenny	Lüür	63	EFG Augustfehn	1:04:17	1:08:58	1:19:21	1:09:06			4:41:44
1.273	MHK	892	639	Eilert	Juilfs	45	LG GroBefehn	1:04:12	1:09:20	1:18:59	1:09:24			4:41:56
1.274	MHK	893	442	Georg Ihno	Baumann	61	TV Greetsiel	1:04:56	1:08:14	1:18:13	1:10:31			4:41:56
1.275	MHK	894	1066	Heinz-Artur	Schnau	59	RVB Aurich/Uplengen	1:04:07	1:08:52	1:19:21	1:09:37			4:41:58
1.276	MHK	895	1062	Thomas	Kossack	84	Team ENERCON	1:06:26	1:08:06	1:15:35	1:11:54			4:42:02
1.277	MHK	896	1594	Frank	Wieligmann	67	Turbine TGG	1:06:48	1:08:27	1:18:59	1:07:52			4:42:07
1.278	MHK	897	826	Horst	Wienrank	60	SV Dornum	1:02:53	1:10:18	1:18:47	1:10:07			4:42:07
1.279	WHK	210	F526	Christiane	Opitz	70	Team Laufräusch e.V.	1:06:28	1:09:24	1:18:28	1:07:52			4:42:14
1.280	MHK	898	1051	Günter	Däuber	61	Judo-Team VfR-Heisfe	1:04:43	1:09:53	1:17:57	1:09:44			4:42:19
1.281	MHK	899	1516	Gerhard	Hagen	61	Walle	1:03:43	1:09:12	1:20:56	1:08:30			4:42:22
1.282	WHK	211	F219	Marion	Kumler	65	Polizei Aurich / TSV Riep	1:05:32	1:08:31	1:18:28	1:09:56			4:42:28
1.283	MHK	900	1025	Günther	Plettke	61	LSSG Weener	1:05:12	1:09:14	1:18:45	1:09:18			4:42:30
1.284	MJ	141	1392	Eric	Guilhauman	94	MVM mbH-IT-Managem	1:07:06	1:08:47	1:19:19	1:07:25			4:42:39
1.285	MHK	901	1041	Thomas	Schoone	88		1:05:19	1:09:12	1:17:31	1:10:41			4:42:44
1.286	WJ	33	F310	Rena	Bollhorst	96	SVO Wi sünd Holtriem	1:04:46	1:07:19	1:17:52	1:12:49			4:42:47
1.287	MHK	902	690	Gerrit	Hoppmann	63	ENOVA	1:02:56	1:06:58	1:19:52	1:13:08			4:42:55
1.288	WHK	212	F318	Ute	Grottluschen	81	VfB Germania Wiesmoo	1:05:21	1:10:12	1:18:18	1:09:15			4:43:09
1.289	MHK	903	912	Torsten	Bildhauer	68	Haupt- und Realschule C	1:06:42	1:08:09	1:19:44	1:08:35			4:43:11
1.290	MHK	904	1642	Thomas	Schmidt	63	MTV Aurich	1:03:24	1:09:21	1:20:53	1:09:32			4:43:12
1.291	MHK	905	1534	Uwe	Bültena	65	Bünting Tee	1:07:50	1:10:19	1:17:35	1:07:38			4:43:23
1.292	WJ	34	F660	Julia	Förster	12	IGS Aurich West - Sek2	1:06:39	1:08:57	1:19:53	1:07:54			4:43:24
1.293	WHK	213	F544	Uta	Seiwald	69	S.V. Concordia Ihrhove	1:02:29	1:08:18	1:22:50	1:09:47			4:43:25
1.294	WHK	214	F73	Helga	Krieger-Het	64	TV Norden	1:03:31	1:09:03	1:21:01	1:10:00			4:43:36
1.295	MHK	906	1397	Jürgen	Siefkes	80	Aurich	1:04:00	1:10:18	1:17:58	1:11:25			4:43:42
1.296	MHK	907	1063	Holger	Campen	82	LG GroBefehn	1:08:01	1:15:48	1:16:18	1:03:37			4:43:45

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.297	WHK	215	F149	Monika	Klefke	51	TSG Hatten-Sandkrug	1:05:12	1:05:51	1:21:43	1:11:00			4:43:48
1.297	MHK	908	891	Bernd	Rehfeldt	45	TSG Hatten-Sandkrug	1:05:13	1:05:50	1:21:43	1:11:00			4:43:48
1.299	MHK	909	790	Ernst	Loesing	66	Team ENERCON	1:05:26	1:08:38	1:19:19	1:10:27			4:43:51
1.300	WHK	216	F117	Wibke	Kleen-Holtz	74	Höchte Running	1:03:33	1:08:46	1:20:44	1:10:49			4:43:54
1.301	WHK	217	F691	Nadia	El Zubi	83	TV Oldersum	1:05:28	1:13:49	1:23:37	1:01:01			4:43:57
1.302	MHK	910	961	Oliver	Auslitz	91	Seefahrtsschule Leer	1:04:56	1:09:33	1:17:54	1:11:33			4:43:57
1.303	WHK	218	F331	Tina	Möhlmann	89	Team Wilts	1:05:25	1:07:07	1:21:27	1:09:57			4:43:58
1.304	MJ	142	1426	Tobias	Tapper	96	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:16	1:08:55			4:43:58
1.305	MJ	143	989	Lennert	Peede	97	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:17	1:08:55			4:43:58
1.306	WHK	219	F266	Silke	Andreessen	78	Ihlow	1:04:01	1:10:37	1:18:39	1:10:41			4:44:00
1.307	MHK	911	1091	Jens	Sick	65	JAA Emden	1:04:27	1:08:46	1:20:06	1:10:46			4:44:06
1.308	WHK	220	F214	Agnes	Wilken	70	Baptisten Firrel	1:05:01	1:10:11	1:18:43	1:10:10			4:44:07
1.309	MHK	912	1043	Mario	Aden	69	Bohlen & Doyen	1:04:09	1:08:39	1:19:31	1:11:48			4:44:08
1.310	WHK	221	F100	Hanna	Ottersberg	73	Team Möbel Buss	1:05:01	1:10:12	1:18:44	1:10:10			4:44:08
1.311	MHK	913	1107	Helmuth	Brümmer	56	ENOVA	1:05:59	1:08:49	1:20:24	1:09:04			4:44:17
1.312	WHK	222	F157	Annika	Möhlenkam	84	BBC Chartering	1:06:08	1:08:32	1:18:53	1:10:47			4:44:21
1.313	MHK	914	982	Thomas	Schön	65	DLRG LEER	1:06:20	1:10:14	1:18:47	1:09:09			4:44:31
1.314	WHK	223	F680	Anke	Muscat	66	ENOVA	1:06:16	1:08:49	1:20:23	1:09:04			4:44:34
1.315	MHK	915	702	Fritz	Eggerstorff	52	Box Club Norden	1:08:17	1:08:09	1:18:43	1:09:32			4:44:42
1.316	MHK	916	921	Dietmar	Schultz	65	Team Deutsche Post	1:02:45	1:08:07	1:22:27	1:11:23			4:44:44
1.317	WHK	224	F365	Hilka	Dirks	75	MTV Wittmund	1:04:13	1:08:28	1:21:02	1:11:00			4:44:45
1.318	MHK	917	674	Hans-Joach	Platte	53	Wiesmoor	1:04:25	1:10:31	1:20:17	1:09:36			4:44:50
1.319	MHK	918	733	Frerich	Campen	71	LT TuS Aurich-Ost	1:04:30	1:09:04	1:20:36	1:10:48			4:45:00
1.320	MHK	919	1523	Jasper	de Buhr	93	IGS Aurich West - Sek2	1:05:18	1:09:07	1:19:42	1:10:54			4:45:03
1.321	WHK	225	F304	Gunda	Heyen	67	LT TuS Aurich-Ost	1:05:11	1:09:31	1:19:48	1:10:49			4:45:21
1.322	WHK	226	F212	Uschi	Klimaschka-	57	Ulricianum Aurich Sek 2	1:05:12	1:09:31	1:19:48	1:10:49			4:45:22
1.323	WHK	227	F424	Brigitte	Baumann	63	Emder LG	1:05:23	1:09:07	1:19:04	1:11:51			4:45:27
1.324	WHK	228	F411	Marianne	Lay	58	Landwirtschaftskammer	1:04:04	1:11:32	1:18:13	1:11:37			4:45:28
1.325	WHK	229	F456	Nadine	Saathoff	83	Heisfelder Zahnhaus	1:05:06	1:08:23	1:19:40	1:12:24			4:45:34
1.326	WHK	230	F322	Manuela	Tjaden	64	Emder LG	1:04:19	1:10:02	1:19:43	1:11:31			4:45:37
1.327	MHK	920	696	Olaf	Sweers	68	SV Wittmund	1:04:53	1:09:45	1:20:35	1:10:23			4:45:37
1.328	MHK	921	1083	Helge	Berckemeie	87	Seefahrtsschule Leer	1:06:57	1:11:00	1:18:04	1:09:36			4:45:39
1.329	MHK	922	1623	Harald	Hanken	65		1:09:24	1:08:59	1:16:53	1:10:30			4:45:47
1.330	MHK	923	1562	Frank	Fengkohl	60	Fortuna Wirdum	1:07:19	1:12:58	1:25:30	0:59:58			4:45:47
1.331	WHK	231	F235	Anne	Weyrich	79		1:04:55	1:08:26	1:22:29	1:10:04			4:45:54
1.332	WHK	232	F446	Karin	Tacke	59	B Steinjan Consulting Gr	1:06:26	1:09:43	1:19:50	1:09:57			4:45:58
1.333	MHK	924	798	Michael	Weber	54	Alex.-v-Humboldt-Schul	1:03:24	1:11:28	1:20:26	1:10:39			4:45:59
1.334	WHK	233	F236	Renate	de Buhr	49	Emder LG	1:04:46	1:10:02	1:19:43	1:11:31			4:46:04
1.335	WHK	234	F387	Kerstin	Stevens	60	Emder LG	1:04:47	1:10:03	1:19:43	1:11:30			4:46:05
1.336	WHK	235	F128	Sylke	Albrecht	62	Team Laufrausch e.V.	1:06:28	1:09:34	1:20:00	1:10:02			4:46:05
1.337	WHK	236	F373	Irene	Hildebrand	61	TSV Riepe	1:05:31	1:08:38	1:20:58	1:11:03			4:46:10
1.338	MJ	144	857	Alexander	Bretschneid	98	Leinerstift e.V	1:06:31	1:10:42	1:20:03	1:08:55			4:46:12
1.339	WHK	237	F585	Freya	Kramer	88	Oldenburg	1:06:29	1:09:32	1:19:26	1:10:46			4:46:15
1.340	WHK	238	F350	Martina	Mannott	69	Krankenhaus Wittmund	1:04:18	1:09:03	1:21:01	1:11:54			4:46:17
1.341	WHK	239	F303	Cornelia	Bley	67	TUS Horsten	1:05:16	1:09:42	1:20:20	1:10:58			4:46:18
1.342	MHK	925	1378	Sven	Wiemers	85	MVM mbH-IT-Managem	1:10:02	1:11:01	1:17:41	1:07:43			4:46:29
1.343	WHK	240	F344	Birgit	Klein	81	Team Laufrausch e.V.	1:05:24	1:10:04	1:20:25	1:10:46			4:46:41
1.344	MHK	926	566	Stefan	Meyer	78	Team ENERCON	1:05:36	1:10:13	1:18:52	1:12:11			4:46:54
1.345	WHK	241	F229	Margret	Kahmann	58	Ubbo-Emmius-Klinik	1:05:07	1:10:48	1:20:04	1:11:08			4:47:08
1.346	MHK	927	925	Werner	Haschenbur	55	BSG Volksbank Jever	1:06:17	1:11:10	1:20:41	1:09:05			4:47:15
1.347	WJ	35	F202	Angelika	Picksak	08	TSV Riepe	1:05:35	1:09:25	1:20:58	1:11:23			4:47:22
1.348	MHK	928	1278	Harald	Trauernicht	69	LG-Grossefehn/T-GO	1:02:58	1:09:27	1:22:21	1:12:48			4:47:36
1.349	MHK	929	206	Johann	Keiser	62	n-cut24	1:09:36	1:15:42	1:06:16	1:16:06			4:47:40
1.350	WHK	242	1000	Christa	Janßen	43	SV Frisia Brinkum	1:04:28	1:09:25	1:20:10	1:13:40			4:47:43

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.351	MJ	145	1551	Mathis	Ubben	94	Ulricianum Aurich Sek 2	1:07:42	1:10:46	1:19:27	1:09:51			4:47:47
1.352	MHK	930	997	Remmer	Damm	51	Grundschule Ihrhove	1:03:13	1:11:33	1:21:46	1:11:18			4:47:51
1.353	WHK	243	F352	Nathalie	Zorn	85	BHC Consulting GmbH	1:04:25	1:10:49	1:19:48	1:12:55			4:47:58
1.354	MHK	931	740	Frank	Niehuisen	70	AOK Die Gesundheitsk	1:06:48	1:10:47	1:20:06	1:10:22			4:48:04
1.355	WHK	244	F441	Insa	Corbach	85	VfB Germania Wiesmoo	1:05:21	1:11:39	1:20:04	1:10:58			4:48:04
1.356	MHK	932	537	Jan	Janssen - d	72	Zahnmedizin-Aurich	0:49:45	0:53:31	2:09:41	0:55:09			4:48:07
1.357	WJ	36	F658	Lisa Marlen	Meyerholz	97	Ulricianum Aurich Sek 1	1:07:41	1:10:54	1:19:41	1:09:51			4:48:08
1.358	WHK	245	F572	Pirjo	Niskanen	83	Europahaus Aurich	1:04:34	1:10:26	1:20:41	1:12:29			4:48:11
1.359	MHK	933	650	Werner	Vehnekamp	58	Team Möbel Buss	1:04:49	1:10:28	1:18:43	1:14:16			4:48:18
1.360	MHK	934	828	Berthold	Eilers	74	TSV Riepe	1:05:04	1:11:27	1:19:40	1:12:13			4:48:26
1.361	WJ	37	F675	Daniela	Meyer	95	Turbine TGG	1:04:19	1:07:28	1:25:19	1:11:29			4:48:36
1.362	WJ	38	F657	Neele	Schüßler	97	Ulricianum Aurich Sek 1	1:07:45	1:10:51	1:19:51	1:10:16			4:48:45
1.363	MHK	935	999	Richard	Nie	63	MTV Ditzum	1:06:26	1:10:34	1:21:08	1:10:42			4:48:50
1.364	MHK	936	445	Lothar	Hildebrandt	68	Emder LG	1:05:51	1:10:20	1:21:06	1:11:32			4:48:51
1.365	MHK	937	750	Heinrich	Kleen	59	LG Grobfefehn	1:04:54	1:10:50	1:22:37	1:10:31			4:48:52
1.366	MHK	938	547	Volker	Oltmanns	91	Raiffeisenbank Flachsme	1:05:25	1:10:08	1:22:03	1:11:18			4:48:55
1.367	MHK	939	1152	Karl	Gossling	46	LG Bunde	1:05:51	1:10:42	1:21:41	1:10:58			4:49:14
1.368	MHK	940	1128	Onno	Hinrichs	90	Team Wilts	1:04:14	1:09:10	1:21:26	1:14:56			4:49:47
1.369	WHK	246	F191	Gunvor	Kassmann	81	VOST	1:03:15	1:11:36	1:21:14	1:13:44			4:49:51
1.370	WHK	247	F358	Mirjam	Busse	78	Emder LG	1:06:32	1:10:53	1:20:44	1:11:53			4:50:04
1.371	MHK	941	801	Gabriel	Fabbi	68	Team Möbel Buss	1:05:40	1:11:12	1:21:51	1:11:34			4:50:19
1.372	WHK	248	F627	Sina	Busboom	88	Uplengen	1:04:58	1:12:43	1:19:56	1:12:41			4:50:19
1.373	MHK	942	1102	Ewald	Ennen	61	AOK Niedersachsen	1:06:47	1:10:36	1:21:04	1:11:52			4:50:19
1.374	WHK	249	F400	Ingrid	Meyer	72	AOK Ostfriesland	1:06:21	1:10:16	1:20:58	1:12:47			4:50:23
1.375	MHK	943	911	Herbert	Buss	59	SV Stikelkamp	1:06:04	1:11:50	1:20:54	1:11:35			4:50:25
1.376	WHK	250	F542	Silke	Schuster	77	LT TuS Aurich-Ost	1:05:12	1:10:59	1:21:37	1:12:37			4:50:27
1.377	WHK	251	F282	Ina	Doden	72	Völkerball läuft	1:06:07	1:10:16	1:22:44	1:11:22			4:50:30
1.378	MHK	944	1185	Jens	Akkermann	83		1:06:17	1:11:12	1:20:56	1:12:05			4:50:31
1.379	MHK	945	1044	Theo	Baumgarten	68	Lummerland Taxi	1:04:36	1:10:30	1:21:37	1:13:53			4:50:38
1.380	WHK	252	F367	Ellen	Buurman	48	IGS Waldschule Egels	1:06:10	1:10:08	1:21:28	1:12:53			4:50:41
1.381	MHK	946	1092	Focko	Penon	71	Ulricianum Aurich Sek 1	1:05:56	1:10:15	1:21:57	1:12:32			4:50:41
1.382	WHK	253	F560	Ursula	Wirgenings	65	MTV Aurich	1:07:32	1:11:14	1:19:24	1:12:34			4:50:45
1.383	WHK	254	F354	Birgit	Merker	73	Upleward	1:05:35	1:10:06	1:21:10	1:13:56			4:50:49
1.384	WHK	255	F568	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	1:05:55	1:10:52	1:21:37	1:12:32			4:50:57
1.385	MHK	947	1228	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:06:47	1:10:37	1:21:03	1:12:30			4:50:59
1.386	WJ	39	F413	Inken	Broer	99	Gymnasium Ulricianum A	1:06:27	1:13:25	1:18:34	1:12:40			4:51:07
1.387	WHK	256	F284	Isabell	Keiser	81	ZAP Wattjes	1:08:50	1:10:24	1:21:35	1:10:24			4:51:14
1.388	MHK	948	979	Tobias	Schürmann	88	Seefahrtsschule Leer	1:06:45	1:12:20	1:20:07	1:12:08			4:51:21
1.389	WHK	257	F482	Leyla	Ergin	84	BBC Chartering	1:07:38	1:09:19	1:20:11	1:14:13			4:51:23
1.390	MHK	949	1178	Henning	Brandt	77	Ostfriesische Volksbank	1:08:50	1:10:24	1:21:45	1:10:22			4:51:23
1.391	MHK	950	889	Wulf	Graef	48	Rhaude	1:07:41	1:11:44	1:21:44	1:10:17			4:51:27
1.392	MHK	951	281	Christian	Ott	77	Alex.-v-Humboldt-Schul	1:06:16	1:11:28	1:22:41	1:11:07			4:51:32
1.393	WHK	258	F69	Bärbel	Neugebaue	65	TV Norden	1:12:51	1:10:35	1:19:05	1:09:03			4:51:36
1.394	MHK	952	643	Helmut	Tjards	64	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:27			4:51:40
1.395	MHK	953	990	Helmut	Höft	59	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:27			4:51:40
1.396	WHK	259	F276	Annelie	Bremer-Bus	60	TuRa 07 Westrhauderfe	1:05:07	1:10:49	1:21:50	1:14:09			4:51:57
1.397	WHK	260	F264	Geda	Gruben	49	SV Potshausen/ Tura o7	1:05:07	1:10:51	1:21:50	1:14:10			4:51:58
1.398	MHK	954	1192	Torben	Cord	85	BBC Chartering	1:11:33	1:13:21	1:27:29	0:59:38			4:52:03
1.399	WHK	261	F595	Maren	Riedel	64	C. E. Popken	1:08:07	1:11:31	1:20:23	1:12:00			4:52:04
1.400	WHK	262	F288	Anja	Schumache	69	Ostfriesische Volksbank	1:07:22	1:11:31	1:21:47	1:11:32			4:52:14
1.401	WHK	263	F43	Gudrun	Möhlmann	70	Ostfriesische Volksbank	1:07:23	1:11:30	1:21:47	1:11:33			4:52:14
1.402	WHK	264	F693	Sandra	Bruns	76	NW Steuerberatungsge	1:08:23	1:09:08	1:24:48	1:10:03			4:52:24
1.403	WHK	265	F280	Melanie	Buß	81	VfB Germania wiesmoo	1:06:53	1:10:11	1:22:49	1:12:31			4:52:25
1.404	WHK	266	F320	Gunda	Hallenga	83	Tannenhausen	1:06:35	1:10:49	1:22:42	1:12:26			4:52:33

Zwischenstand nach 4. Etappe

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.405	MHK	955	1050	Michael	Koenen	73	Allianz, Weener	1:06:16	1:09:20	1:24:52	1:12:15			4:52:44
1.406	WHK	267	F565	Sabrina	Kruhl	86	Seefahrtsschule Leer	1:06:41	1:11:48	1:21:15	1:13:00			4:52:46
1.407	MHK	956	1238	Dirk	Bossen	66	VHS Laufen	1:09:04	1:11:44	1:20:24	1:11:39			4:52:52
1.408	MHK	957	852	Onno	Baumann	68	Leinerstift e.V	1:08:29	1:11:42	1:21:10	1:11:41			4:53:02
1.409	WHK	268	F173	Monika	Klock	67	Leinerstift e.V	1:08:28	1:11:43	1:21:11	1:11:41			4:53:05
1.410	MHK	958	1141	Johann	Boelsen	62	Blau Weiss Filsum	1:08:15	1:11:20	1:20:59	1:12:32			4:53:07
1.411	MHK	959	1469	Fritz	Steinmeier	48	MTV Aurich	1:05:47	1:08:43	1:26:08	1:12:29			4:53:08
1.412	WHK	269	F220	Zinnia	Berckhan	67	Lauftreff Schaffhauserwa	1:07:46	1:12:11	1:21:34	1:11:38			4:53:11
1.413	WHK	270	F228	Gertrud	Ehnts-Hinric	65	MTV Wittmund	1:07:26	1:11:47	1:21:57	1:12:20			4:53:32
1.414	MHK	960	928	Ralf	Stocker	47	Aurich	1:02:02	1:08:06	1:29:07	1:14:17			4:53:32
1.415	MHK	961	1160	Dennis	Rosenboom	79	Varel	1:07:23	1:14:43	1:20:59	1:10:29			4:53:35
1.416	MHK	962	1530	Egon	Freeseaman	66	Bünting Tee	1:09:42	1:12:12	1:12:15	1:19:26			4:53:36
1.417	MHK	963	1138	Eike	Cornelius	79	TSV Jahn Carolinensiel	1:08:22	1:11:33	1:21:43	1:12:01			4:53:40
1.418	WHK	271	F224	Käthe	Voß	54	Emder LG	1:06:48	1:11:30	1:22:31	1:13:06			4:53:56
1.419	WHK	272	F440	Anke	Ulferts	70	Heisfelder Zahnhaus	1:06:28	1:11:55	1:21:19	1:14:15			4:53:57
1.420	WJ	40	F347	Stine	Baller	99	OGV	1:05:46	1:10:04	1:22:55	1:15:18			4:54:03
1.421	MHK	964	342	Holger	Baller	71	OGV	1:05:46	1:10:04	1:22:55	1:15:18			4:54:05
1.422	MHK	965	745	Günter	Fitzner	48	LT TuS Aurich-Ost	1:07:12	1:12:13	1:22:24	1:12:18			4:54:08
1.423	WHK	273	F648	Sandra	Uphoff	82	Großheide	1:07:06	1:11:27	1:23:48	1:11:49			4:54:10
1.424	MHK	966	1360	Wolf Julian	Campe	84	ENOVA	1:10:21	1:10:57	1:22:08	1:10:49			4:54:17
1.425	MHK	967	984	Hartmut	Garten	50	TuS Glarum	1:07:13	1:11:08	1:23:39	1:12:18			4:54:20
1.426	MHK	968	968	Ulrich	Eggers	66	Bootsbau Eggers	1:05:51	1:12:00	1:23:09	1:13:21			4:54:23
1.427	WHK	274	F573	Anja	Gedes	83	SV Holtland	1:06:17	1:12:38	1:22:24	1:13:04			4:54:24
1.428	WHK	275	F372	Dörthe	Trauer	77	Tannenhausen	1:06:35	1:10:49	1:22:42	1:14:17			4:54:25
1.429	WJ	41	F155	Katja	Roofs	95	NIGE	1:05:50	1:09:55	1:22:26	1:16:14			4:54:26
1.429	WHK	276	F454	Daniela	Stöhr	67	OFD Nds. Aurich	1:07:18	1:11:09	1:22:17	1:13:40			4:54:26
1.431	WJ	42	F465	Anna	Frühling	99	Gymnasium Ulricianum /	1:10:38	1:13:11	1:19:32	1:11:04			4:54:27
1.432	MHK	969	701	Dietrich	Steinke	41	SV Concordia Neermoor	1:04:57	1:12:13	1:23:17	1:14:00			4:54:28
1.433	MHK	970	1002	Rainer	Hoffmann	67	EDEKA TEAM JEMGU	1:09:54	1:12:09	1:22:06	1:10:19			4:54:30
1.434	MHK	971	1248	Gerhold	Wilken	54	Sparkasse Leer Wittmun	1:07:59	1:12:00	1:22:42	1:11:54			4:54:36
1.435	MHK	972	1180	Ralf	Janßen	69	REHAU AG & Co	1:07:30	1:10:19	1:23:43	1:13:19			4:54:53
1.436	MHK	973	1016	Erhard	Meyer	62	Sparkasse Leer Wittmun	1:07:49	1:12:08	1:23:07	1:11:55			4:55:00
1.437	WHK	277	F481	Lydia	Bley	59	MTV Aurich / LG Eller	1:06:28	1:10:48	1:22:32	1:15:11			4:55:01
1.438	WHK	278	F139	Yvonne	Adamietz	84	LT Spaß mit Sport	1:09:10	1:10:42	1:21:47	1:13:38			4:55:18
1.439	WHK	279	F292	Dagmar	Herman	72	Gymnastikgruppe Moor	1:07:29	1:13:46	1:22:52	1:11:10			4:55:19
1.440	WHK	280	F397	Regina	Battermann	51	Fehntjer LT	1:06:27	1:12:24	1:22:45	1:13:44			4:55:22
1.441	MHK	974	962	H.Hermann	Reiter	65	SV Stikelkamp	1:08:06	1:12:13	1:21:38	1:13:26			4:55:25
1.442	MHK	975	786	Jens	Hüttinga	68	n-cut 24	1:09:35	1:15:17	1:24:16	1:06:17			4:55:27
1.443	MHK	976	1273	Gerd	Siebels	53	Fortuna Logabirum	1:06:30	1:11:14	1:23:17	1:14:29			4:55:32
1.444	WHK	281	F679	Martina	Door	89	Ostfriesische Brandkass	1:06:42	1:12:32	1:24:27	1:11:55			4:55:37
1.445	WHK	282	F244	Beate	Janssen	69	Klinikum Emden	1:07:06	1:11:27	1:23:47	1:13:15			4:55:38
1.446	WHK	283	F384	Britta	Jürgens	65	Krankenhaus Wittmund	1:07:30	1:12:45	1:22:41	1:12:45			4:55:42
1.447	WHK	284	F275	Franziska	Fleßner	85		1:09:47	1:13:01	1:21:28	1:11:30			4:55:47
1.448	MJ	146	917	Henrik	Jacobsen	97	Schule Moorerland	1:06:54	1:12:28	1:22:46	1:13:40			4:55:50
1.449	MHK	977	1401	Enno	Wolckenha	38	TC Grün Weiß	1:09:02	1:12:43	1:21:15	1:12:54			4:55:56
1.450	MJ	147	1637	Onke	Bretzler	97		1:11:41	1:11:58	1:19:15	1:13:05			4:56:00
1.451	MHK	978	1265	Friedrich-Ka	Pennig	48	TGG Leer	1:09:05	1:12:17	1:21:44	1:12:56			4:56:02
1.452	MHK	979	1408	Hinrich	Röben	56	LT TuS Aurich-Ost	1:02:57	1:13:16	1:25:19	1:14:30			4:56:03
1.453	WHK	285	F514	Herma	Braams	56	SC Dunum	1:06:56	1:11:30	1:24:09	1:13:35			4:56:11
1.454	WHK	286	F577	Claudia	Brandau	63	Stadt Leer	1:06:28	1:12:05	1:23:43	1:13:53			4:56:11
1.455	WHK	287	F314	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:07:44	1:11:01	1:23:38	1:13:49			4:56:14
1.456	WJ	43	F689	Fenna	Ubben	95	TSV Holtrop Basketball	1:07:58	1:11:00	1:19:07	1:18:09			4:56:16
1.457	WHK	288	F222	Anne	Dirks	62	TG Wiesmoor	1:07:31	1:11:26	1:22:35	1:14:50			4:56:23
1.458	WHK	289	F394	Jutta	Christoffers	61	TG Wiesmoor	1:07:30	1:11:26	1:22:34	1:14:50			4:56:23

Zwischenstand nach 4. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.459	MHK	980	1202	Ismail	Pohl	88	DUIS IMMOBILIEN	1:06:18	1:09:32	1:25:16	1:15:16			4:56:24
1.460	WHK	290	F141	Elke	Schulte	65	Oldenburg	1:06:38	1:12:26	1:24:22	1:13:03			4:56:31
1.461	WHK	291	F327	Annika	Janssen	84	SV Blomberg- Neuscho	1:07:32	1:11:57	1:24:27	1:12:43			4:56:40
1.462	WHK	292	F313	Henni	Severiens	54	Fortuna Logabirum	1:07:15	1:12:23	1:22:26	1:14:35			4:56:40
1.463	MHK	981	1193	David	Calero	89	BBC Chartering	1:09:37	1:14:00	1:19:54	1:13:09			4:56:41
1.464	MJ	148	1543	Carsten	Schuster	94	IGS Aurich West - Sek2	1:09:46	1:12:40	1:17:47	1:16:29			4:56:43
1.465	WHK	293	F283	Antje	Mannott	55	TSV Jahn Carolinensiel	1:07:34	1:12:04	1:24:28	1:12:44			4:56:51
1.466	MHK	982	1406	Helmut	Ackmann	54	LT TuS Aurich-Ost	1:06:03	1:11:15	1:26:03	1:13:42			4:57:04
1.467	WJ	44	F175	Talea	Knak	95	NIGE	1:14:47	1:06:44	1:19:44	1:15:51			4:57:08
1.468	WHK	294	F386	Angelika	Gerken	67	Krankenhaus Wittmund	1:08:36	1:11:48	1:23:24	1:13:25			4:57:14
1.469	WHK	295	F535	Elke	Dirksen	66	Krankenhaus Wittmund	1:08:16	1:11:47	1:22:46	1:14:24			4:57:14
1.470	WHK	296	F343	Tanja	Schiller	79	Kiga Mamis	1:08:40	1:12:39	1:22:25	1:13:30			4:57:14
1.471	WHK	297	F515	Beate	van der Ber	77	Boekzetelerfehn	1:08:40	1:12:39	1:22:26	1:13:29			4:57:15
1.472	MHK	983	1009	Hermann	Wilts	46	TV Norden	1:06:38	1:12:40	1:23:34	1:14:24			4:57:18
1.473	WHK	298	F393	Karin	Meyer	55	Moormerland	1:06:28	1:12:46	1:22:47	1:15:28			4:57:30
1.474	WJ	45	F294	Bent	Nanke	11	NIGE	1:08:17	1:08:11	1:25:38	1:15:33			4:57:40
1.475	WJ	46	F513	Inga	Fischer	94	IGS Aurich West - Sek2	1:07:31	1:12:02	1:23:36	1:14:33			4:57:43
1.476	WHK	299	F226	Sabine	Poppen	70	VW Emden	1:07:32	1:13:13	1:24:12	1:12:47			4:57:45
1.477	WHK	300	F556	Ingrid	Meyer	65	Stadt Emden	1:07:31	1:13:13	1:24:12	1:12:47			4:57:46
1.478	MJ	149	725	Holger	Weber	94	SV Stern Schwerinsdorf	1:08:15	1:13:13	1:23:08	1:13:09			4:57:46
1.479	MHK	984	993	Thomas	Harms	67	Wildeboer Bauteile Gmb	1:09:15	1:12:26	1:23:06	1:13:04			4:57:52
1.480	WHK	301	F240	Helga	Sluiter	63	Nordgeorgsfehn	1:08:30	1:11:46	1:22:52	1:14:45			4:57:54
1.481	MHK	985	1119	Heio	Albers	46	Harmonic Brass	1:06:27	1:14:03	1:24:07	1:13:24			4:58:03
1.482	MHK	986	1583	Jochen	Albers	69	Harmonic Brass	1:06:27	1:14:04	1:24:08	1:13:25			4:58:05
1.483	WHK	302	F673	Angelika	Schmidt	61	Greta-Schoon-Schule	1:08:51	1:13:04	1:23:24	1:12:48			4:58:09
1.484	WHK	303	F174	Birgit	Olbrich	57	Leinerstift e.V	1:08:08	1:12:26	1:23:27	1:14:11			4:58:13
1.485	MHK	987	1432	Derk	Mansholt	48	MTV Wittmund	1:05:58	1:14:21	1:24:36	1:13:27			4:58:24
1.486	WHK	304	F299	Nicola	Rose	72	Emden	1:09:41	1:12:36	1:22:56	1:13:25			4:58:40
1.487	MHK	988	1549	Gerhard	Ernst	53	fit in die Kiste	1:07:41	1:11:43	1:21:44	1:17:32			4:58:41
1.488	MHK	989	1369	Timo	Hiersemann	93	obw Emden	1:08:48	1:11:14	1:25:18	1:13:28			4:58:49
1.489	MHK	990	1187	Florian	Penner	63	FT Spetzerfehn	1:10:56	1:12:58	1:23:10	1:11:48			4:58:52
1.490	MHK	991	1527	Thomas	Janssen	74	Bünting Tee	1:06:47	1:06:29	1:39:09	1:06:41			4:59:07
1.491	MJ	150	1484	Tobias	Bley	94	GeTek	1:09:57	1:12:32	1:24:21	1:12:25			4:59:16
1.492	WHK	305	F415	Ute	Sich	72	MTV Aurich	1:08:18	1:12:14	1:24:25	1:14:28			4:59:27
1.493	MHK	992	741	Hans-Jürge	Krems	59	Fortuna Wirdum	1:07:19	1:12:58	1:25:31	1:13:55			4:59:44
1.494	MHK	993	1336	Friso	Alberts-Tam	72	Fortuna Wirdum	1:07:17	1:12:56	1:25:31	1:13:58			4:59:44
1.495	WHK	306	F321	Madlen	Reinwaldt	71	Fortuna Wirdum	1:07:18	1:12:58	1:25:30	1:13:58			4:59:45
1.496	WHK	307	F315	Regina	Gerken	65	Fortuna Wirdum	1:07:20	1:12:58	1:25:31	1:13:55			4:59:46
1.497	MHK	994	1101	Wilfried	Franzen	45	SV Teutonia Stapelmoor	1:08:16	1:11:40	1:24:45	1:15:03			4:59:46
1.498	WHK	308	F81	Sabine	Habben	92	Fortuna Wirdum	1:07:18	1:12:59	1:25:30	1:13:58			4:59:46
1.499	WHK	309	F295	Heike	Könnecke	70	Ubbo-Emmius-Klinik	1:05:15	1:16:38	1:28:31	1:09:23			4:59:48
1.500	WHK	310	F543	Marion	Davids	62	Emder LG	1:08:16	1:12:18	1:24:17	1:14:59			4:59:51
1.501	WHK	311	F338	Wilhelmine	Boekholder	48	Emder LG	1:08:15	1:12:18	1:24:18	1:14:59			4:59:52
1.502	WHK	312	F201	Uta	Jabben	60	Lauftreff Schaffhauserwa	1:08:24	1:15:50	1:24:09	1:11:30			4:59:54
1.503	WJ	47	F683	Anne	Ruesink	97	HRS Moormerland	1:11:21	1:11:14	1:22:42	1:14:37			4:59:55
1.504	WJ	48	F650	Jantje	Burmeister	94	NIGE	1:09:43	1:11:41	1:25:54	1:12:47			5:00:06
1.505	MHK	995	1135	Kalle	Auras	58	TRAUCO Gruppe	1:06:48	1:13:05	1:23:38	1:16:39			5:00:11
1.506	WHK	313	F525	Heidi	Lühr	69	Novapax	1:09:17	1:13:18	1:23:08	1:14:40			5:00:25
1.507	MHK	996	656	Timo	Immega	82	REHAU AG & Co	1:09:12	1:12:05	1:23:19	1:15:49			5:00:27
1.508	WHK	314	F452	Gertrud	Farwer	58		1:08:09	1:12:46	1:24:05	1:15:28			5:00:29
1.509	MHK	997	1089	Ralf	Siemens	64	Hartmann Group	1:06:32	1:12:45	1:23:17	1:18:01			5:00:36
1.510	MHK	998	1023	Menno	Lokers	70	Sparkasse Leer Wittmun	1:10:23	1:13:59	1:24:06	1:12:09			5:00:39
1.511	WHK	315	F247	Nina	Schmidt	77	Ev.-luth. Kindergarten F	1:09:19	1:12:09	1:24:47	1:14:41			5:00:58
1.512	WJ	49	F631	Vanessa	Freese	97	LT TuS Aurich-Ost	1:07:34	1:14:01	1:22:47	1:16:45			5:01:08

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.513	WHK	316	F193	Kerstin	Janssen	86	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03			5:01:09
1.514	WHK	317	F189	Maren	Rieken	85	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03			5:01:10
1.515	MHK	999	1428	Klaus	Freese	69	LT TuS Aurich-Ost	1:07:35	1:14:02	1:22:47	1:16:45			5:01:10
1.516	WHK	318	F438	Petra	Baumgarten	70	Lummerland Taxi	1:09:07	1:12:25	1:25:28	1:14:26			5:01:27
1.517	MHK	1.000	1154	Werner	Weers	52	Sparkasse Leer Wittmun	1:08:09	1:13:45	1:24:53	1:14:45			5:01:34
1.518	WHK	319	F552	Elke	Meiners	50	TuRa 07 Westrauderfe	1:08:00	1:13:10	1:23:55	1:16:34			5:01:41
1.519	WHK	320	F335	Ilona	Eden	69	FCSO	1:07:48	1:14:10	1:24:59	1:14:51			5:01:49
1.520	WHK	321	F389	Irmis	Tauer-Entg	63		1:11:36	1:13:03	1:24:05	1:13:05			5:01:51
1.521	MHK	1.001	416	Jens	Boelmann	67	Emden	1:09:28	1:12:40	1:23:50	1:15:56			5:01:55
1.522	WHK	322	F376	Alexandra	Wolter	74	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:44			5:02:12
1.523	WHK	323	F391	Bianca	Petrolino	72	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:45			5:02:12
1.524	MHK	1.002	1015	Kai	Walther	77	Team Timmel	1:09:06	1:13:20	1:25:25	1:14:24			5:02:16
1.525	MJ	151	1093	Arne	Engel	02	LG Grobfehn	1:06:35	1:12:00	1:23:23	1:20:17			5:02:17
1.526	MHK	1.003	1161	Hans-Herm	Schoorman	83	Team Timmel	1:09:06	1:13:21	1:25:25	1:14:23			5:02:17
1.527	WHK	324	F382	Steffi	Heinrichsdo	79	Ostfriesische Volksbank	1:09:21	1:13:48	1:23:54	1:15:13			5:02:18
1.528	WHK	325	F590	Birgit	Pruin	67	Die Kurzenschlossene	1:07:30	1:12:48	1:28:51	1:13:16			5:02:27
1.529	WHK	326	F681	Angelika	Kühl-Giese	67	Nur dabei sein!	1:04:17	1:19:51	1:27:06	1:11:26			5:02:41
1.530	WHK	327	F643	Gerda	Möhlmann	65	Sparkasse Aurich-Nord	1:08:23	1:13:13	1:25:13	1:15:53			5:02:43
1.531	WHK	328	F429	Elisabeth	Tel	69	RVB Aurich/Uplengen	1:08:42	1:13:38	1:26:31	1:14:05			5:02:58
1.532	WHK	329	F364	Meike	Helmers	73	mitzeit Intensivpflege Zut	1:12:08	1:13:20	1:23:20	1:14:11			5:03:00
1.533	MHK	1.004	1250	Swen	Ewald	78	Seefahrtsschule Leer	1:08:08	1:14:43	1:23:20	1:16:54			5:03:07
1.534	MHK	1.005	1149	Michael	Stockfisch	67	TUS Collinghorst	1:09:32	1:13:31	1:24:48	1:15:17			5:03:09
1.535	MHK	1.006	1630	Heiner	Steenhoff	60	Germania Holterfehn	1:11:12	1:13:23	1:24:50	1:13:44			5:03:11
1.536	MHK	1.007	1071	Mario	Kampers	73	Kdo SES Ostfriesland	1:08:27	1:14:58	1:25:03	1:14:49			5:03:20
1.537	MJ	152	1585	Carsten	Saathoff	95	IGS Aurich West - Sek2	1:09:56	1:12:49	1:26:10	1:14:32			5:03:29
1.538	WJ	50	F618	Laura	Erdmann	95	Ulricianum Aurich Sek2	1:09:37	1:14:22	1:26:14	1:13:16			5:03:30
1.539	MHK	1.008	913	Günter	Janssen	43	MTV Aurich Tria	1:10:05	1:17:08	1:24:26	1:11:52			5:03:32
1.540	WHK	330	F323	Wilma	Janßen	74		1:16:13	0:57:08	1:31:24	1:18:47			5:03:34
1.541	WHK	331	F451	Martina	Janßen	92	SVO Wi sünd Holtriem	1:06:44	1:14:37	1:25:07	1:17:08			5:03:38
1.542	MHK	1.009	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	1:07:23	1:12:14	1:27:21	1:16:39			5:03:38
1.543	MHK	1.010	947	Holger	Dickhöfer	72	Enno Onnecken	1:07:00	1:15:32	1:28:34	1:12:38			5:03:46
1.544	WHK	332	F307	Thea	Fauerbach	63	SVO Wi sünd Holtriem	1:06:47	1:14:39	1:25:12	1:17:08			5:03:48
1.545	WHK	333	F409	Karin	Hillbrands	75	Klingele / Weener Energi	1:08:59	1:13:34	1:24:52	1:16:21			5:03:48
1.546	MHK	1.011	1461	Erwin	Koops	72	Sparkasse Leer Wittmun	1:10:25	1:14:01	1:25:06	1:14:19			5:03:53
1.547	MHK	1.012	426	Klaus	Mohnsame	43	VfL Jheringsfehn	1:08:58	1:09:52	1:22:40	1:22:24			5:03:55
1.548	WHK	334	F359	Kerstin	Akkermann	70	Sparkasse Leer Wittmun	1:09:35	1:13:21	1:26:09	1:14:51			5:03:57
1.549	WJ	51	F379	Svea-Marie	Linnemann-	96	NIGE	1:09:22	1:12:56	1:25:51	1:15:52			5:04:03
1.550	WHK	335	F286	Kerstin	Schömig	68	Grundschule Hinte	1:10:03	1:14:17	1:24:53	1:14:57			5:04:12
1.551	MHK	1.013	595	Hermann	Haun	73	Hartmann Group	1:10:02	1:13:14	1:24:01	1:16:55			5:04:15
1.552	MJ	153	1511	Benjamin	Knöller	96	Alex.-v-Humboldt-Schul	1:04:54	1:12:14	1:29:02	1:18:10			5:04:21
1.553	WHK	336	F485	Sylvia	Schlink	72	romme club	1:08:31	1:14:28	1:24:15	1:17:09			5:04:23
1.554	MHK	1.014	1198	Carsten	Dubiel	49	Weener	1:17:14	1:15:58	1:20:15	1:11:05			5:04:33
1.555	MHK	1.015	963	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:07:34	1:12:13	1:26:43	1:18:08			5:04:40
1.556	WHK	337	F199	Fenna	Wester	54	Weener	1:09:51	1:15:23	1:26:34	1:12:52			5:04:41
1.557	WHK	338	F197	Talea	Lüpkes	93	Ubbo-Emmius-Klinik	1:08:16	1:12:39	1:28:24	1:15:24			5:04:45
1.558	MHK	1.016	1269	Ralf	Tholen	85	Seefahrtsschule Leer	1:08:23	1:14:25	1:25:16	1:16:41			5:04:46
1.559	WHK	339	F254	Gundula	Wulff	65	WfbM BBB Aurich Witt	1:09:48	1:15:23	1:26:35	1:13:01			5:04:48
1.560	WHK	340	F82	Sonka	Willms	92	KBV Driest-Weg Dunum-	1:08:19	1:12:40	1:28:24	1:15:24			5:04:49
1.561	MHK	1.017	1464	Gerhard	Hommers	54	LT SV Ems Jemgum	1:08:56	1:15:15	1:25:40	1:15:09			5:05:01
1.562	WHK	341	F410	Susanne	Brink	69	n-cut24	1:09:36	1:15:16	1:24:16	1:16:05			5:05:15
1.563	WHK	342	F249	Gisela	Sap	55	Klinikum Leer	1:08:31	1:13:30	1:26:23	1:16:50			5:05:16
1.564	WJ	52	F684	Nicole	Rohlfis	98	HRS Moormerland	1:15:50	1:12:02	1:22:44	1:14:39			5:05:17
1.565	MHK	1.018	1608	Christian	Heibült	40	SV Holtland	1:10:01	1:12:54	1:25:48	1:16:35			5:05:19
1.566	MHK	1.019	574	Sven	Groß	91	WfbM BBB Aurich Witt	0:58:59	1:14:06	1:23:33	1:29:01			5:05:39

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.567	MJ	154	871	Franz	van Hetting	96	IGS Waldschule Egels	1:09:15	1:14:41	1:24:23	1:17:29			5:05:50
1.568	MHK	1.020	1211	Gerd	Saathoff	65	Blau Weiss Filsum	1:11:40	1:13:25	1:27:08	1:13:53			5:06:07
1.569	MHK	1.021	1356	Henri	Hüls	68	obw Emden	1:10:35	1:14:15	1:25:50	1:15:29			5:06:10
1.570	WJ	53	F621	Michelle	Riebschlag	96	Ulricianum Aurich Sek2 -	1:09:32	1:14:20	1:26:13	1:16:05			5:06:11
1.571	MHK	1.022	1619	Lothar	Wenninga	72	Greta-Schoon-Schule	1:12:01	1:15:06	1:27:43	1:11:28			5:06:20
1.572	WHK	343	F188	Petra	Wochnik	64	Marathonprojekt Darmst	1:08:43	1:13:57	1:24:31	1:19:09			5:06:21
1.573	WHK	344	F296	Silvia	Saathoff	70	Ubbo-Emmius-Klinik	1:09:32	1:13:15	1:26:08	1:17:26			5:06:23
1.574	MHK	1.023	811	Gerd	Peeken	73	TuS Esens	1:10:53	1:13:24	1:25:43	1:16:24			5:06:25
1.575	WJ	54	F297	Anna-Lena	Ubben	95	Borromäus Hospital Lee	1:08:59	1:14:35	1:26:06	1:16:51			5:06:32
1.576	WHK	345	F281	Insa	Jelden	92	Stadt Leer	1:08:42	1:13:54	1:26:46	1:17:12			5:06:35
1.577	WHK	346	F217	Bettina	Peters	75	Ruderverein Leer e. V.	1:09:42	1:14:47	1:25:32	1:16:58			5:07:00
1.578	MHK	1.024	974	Dieter	Dirks	65	SVO Wi sünd Holtriem	1:15:01	1:16:49	1:31:15	1:04:00			5:07:06
1.578	WHK	347	F555	Martina	Meyer	80	Rudnick mode und woh	1:09:31	1:13:43	1:27:07	1:16:44			5:07:06
1.580	WHK	348	F309	Laura	Köhler	92	Seefahrtsschule Leer	1:13:12	1:13:55	1:25:52	1:14:07			5:07:07
1.581	WHK	349	F701	Marie	Ubben	57	EDEKA	1:11:22	1:14:44	1:25:21	1:15:44			5:07:13
1.582	WHK	350	F478	Claudia	Wostratzky	74	Heisfelder Zahnhaus	1:11:00	1:15:38	1:25:26	1:15:25			5:07:30
1.583	WHK	351	F427	Marlies	Witte	60	LT Spaß mit Sport	1:09:43	1:15:20	1:25:35	1:17:07			5:07:46
1.584	WHK	352	F489	Andrea	Meyerjürge	72	Bad zwischenahn	1:10:29	1:14:55	1:26:31	1:15:58			5:07:55
1.585	WHK	353	F377	Bianca	Ottersberg	91	LG Grobefehn	1:09:08	1:15:48	1:25:26	1:17:38			5:08:01
1.586	WHK	354	F370	Maike	Hinrichs	90	LG Grobefehn	1:09:08	1:15:48	1:25:26	1:17:39			5:08:02
1.587	WJ	55	F388	Hilke	Harms	97	IGS Aurich West Sek1	1:10:39	1:14:38	1:25:32	1:17:17			5:08:07
1.588	WHK	355	F279	Judith	Otten	84	ZGO	1:13:40	1:15:37	1:25:26	1:13:34			5:08:19
1.589	WHK	356	F130	Claudia	Korpilla	66	ZGO	1:13:40	1:15:34	1:25:27	1:13:47			5:08:29
1.590	MHK	1.025	1532	Marten	Groeneveld	85	Bünting Tee	1:07:49	1:13:05	1:27:22	1:20:12			5:08:30
1.591	MHK	1.026	1528	Lars	Ammerman	72	Bünting Tee	1:10:52	1:13:56	1:27:19	1:16:24			5:08:33
1.592	WJ	56	F261	Verena	Weber	94	Klinikum Leer	1:09:21	1:15:17	1:26:16	1:17:37			5:08:33
1.593	WHK	357	F274	Lisa	Hanken	92	RVB Aurich/Uplengen	1:09:24	1:16:16	1:26:21	1:16:33			5:08:36
1.594	MHK	1.027	1529	Werner	Homölle	64	Bünting Tee	1:10:52	1:13:56	1:27:22	1:16:25			5:08:36
1.595	MHK	1.028	1566	Christoph	Bockhöfer	66	Rechtsanwälte Dr. Fenn	1:08:15	1:13:28	1:28:07	1:18:49			5:08:40
1.596	WHK	358	F345	Heidi	Meyer	70	EWE Wattloopers	1:10:52	1:16:02	1:25:49	1:16:02			5:08:46
1.597	WHK	359	F225	Nina	Müller	87	Klinikum Leer	1:11:05	1:16:22	1:27:08	1:14:16			5:08:52
1.598	MJ	155	1399	Keno	Hußmann	94	IGS Aurich West - Sek2 -	1:11:05	1:15:17	1:25:45	1:16:51			5:09:00
1.599	WHK	360	F558	Insa	Seiwald	68	Stadt Leer	1:09:43	1:15:19	1:27:13	1:16:42			5:09:00
1.600	WHK	361	F649	Hilde	Onken	59	Stadtwerke Leer AöR	1:10:40	1:15:14	1:25:43	1:17:25			5:09:04
1.601	MHK	1.029	972	Heinz	Oelscher	54	Bürgerverein Filsum	1:09:45	1:17:16	1:22:28	1:19:40			5:09:10
1.602	MHK	1.030	1322	Sascha	Leuchtman	80	Lebenshilfe Leer e.V.	1:06:44	1:10:56	1:27:13	1:24:19			5:09:14
1.603	WJ	57	F703	Wiebke	Störig	00	Gymnasium Ulricianum A	1:12:37	1:18:46	1:26:35	1:11:32			5:09:31
1.604	WHK	362	F561	Petra	Freese	69	Emder LG	1:10:04	1:15:13	1:26:15	1:18:13			5:09:47
1.605	WHK	363	F601	Kerstin	Dorenbusch	75	obw Emden	1:11:59	1:15:47	1:25:50	1:16:22			5:10:00
1.606	MHK	1.031	1110	Franz	Janshen	64	TUS Ditzumerverlaat	1:09:04	1:14:38	1:28:51	1:17:52			5:10:25
1.607	WHK	364	F342	Ilona	Kerker	70	Emder LG	1:12:21	1:14:26	1:26:08	1:17:32			5:10:28
1.608	MJ	156	490	Graf	Glamann-S	00	TV Norden	1:13:47	1:20:24	1:33:05	1:03:16			5:10:33
1.609	WJ	58	F578	Lisa	Gießenberg	94	IGS Aurich West	1:08:19	1:16:25	1:23:52	1:22:00			5:10:38
1.610	WHK	365	F399	Edda	Buß	53	Pewsum	1:09:13	1:15:50	1:28:17	1:17:25			5:10:45
1.611	MHK	1.032	1073	Johann	Wilffang	56	Ostfriesische Volksbank	1:12:58	1:13:32	1:28:47	1:15:33			5:10:51
1.612	MHK	1.033	1165	Uwe	Caspers	71	Team ENERCON	1:13:20	1:13:33	1:24:29	1:19:29			5:10:52
1.613	WHK	366	F269	Jutta	Sap	61	Klinikum Leer	1:10:55	1:16:27	1:27:17	1:16:12			5:10:53
1.614	WHK	367	F396	Roswitha	Südhoff	64	Ostfriesische Volksbank	1:12:50	1:13:45	1:28:48	1:15:31			5:10:55
1.615	WHK	368	F406	Sylke	Rose	71	Ostfriesische Volksbank	1:12:51	1:13:45	1:28:47	1:15:31			5:10:56
1.616	WHK	369	F334	Anke	Fahnster	89	VfB Germania Wiesmoo	1:05:20	1:15:18	1:29:49	1:20:27			5:10:56
1.617	WHK	370	F371	Monika	Sandelman	57	Kirche läuft Wilhelmshav	1:10:04	1:15:07	1:27:21	1:18:30			5:11:03
1.618	WHK	371	F308	Silvia	Geiken	71	BV Victorbur	1:10:26	1:16:02	1:27:21	1:17:13			5:11:04
1.619	MHK	1.034	1078	Matthias	Sap	52	Klinikum Leer	1:11:06	1:16:27	1:27:19	1:16:11			5:11:04
1.620	MHK	1.035	1085	Anton	Gruben	42	SV Potshausen	1:08:36	1:18:33	1:25:53	1:18:02			5:11:05

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.621	MHK	1.036	1489	Helmut	Sprang, Dr.	45	Lions Club Uplengen	1:11:36	1:13:41	1:33:05	1:12:59			5:11:22
1.622	MHK	1.037	1182	Sönke	Veentjer	81	ENOVA	1:06:24	1:11:15	1:31:22	1:22:22			5:11:25
1.623	MHK	1.038	1493	Reinhard	Wodak	50	Perior	1:10:33	1:17:51	1:25:49	1:17:36			5:11:51
1.624	MHK	1.039	1280	Gerald	Frühling	70	MTV Aurich	1:11:20	1:15:20	1:27:29	1:17:43			5:11:53
1.625	WHK	372	F677	Ines	Rosenkranz	85	Alex.-v-Humboldt-Schul	1:11:19	1:14:22	1:30:14	1:16:04			5:12:00
1.626	WHK	373	F461	Johanne	Dieken-Wall	66	LG Ostfriesland	1:11:35	1:16:03	1:27:21	1:17:14			5:12:15
1.627	WHK	374	F85	Christiane	Zepig	80	Krankenhaus Wittmund	1:09:15	1:14:31	1:25:30	1:23:00			5:12:18
1.628	WJ	59	F470	Rieke	Seifert	99	Gymnasium Ulricianum A	1:12:08	1:15:36	1:30:04	1:14:31			5:12:21
1.629	WJ	60	F641	Cato	Stoffer	98	Ulricianum Aurich Sek 1	1:12:10	1:15:39	1:30:05	1:14:31			5:12:26
1.630	WHK	375	F445	Christa	Steinjan	61	B Steinjan Consulting Gr	1:12:32	1:16:35	1:26:52	1:16:28			5:12:28
1.631	MHK	1.040	942	Peter	Koritke	51	VfB Uplengen	1:12:32	1:15:20	1:27:53	1:17:07			5:12:55
1.632	WHK	376	F432	Ute	Weber	66	Nortmoor	1:12:22	1:14:38	1:29:34	1:16:26			5:13:02
1.633	MHK	1.041	1081	Harmannus	Hilbrands	58	de Heizungsloopers	1:14:22	1:16:34	1:27:19	1:14:59			5:13:15
1.634	MHK	1.042	1181	Helmut	Beek	56	VW Emden	1:09:24	1:15:37	1:29:21	1:19:00			5:13:24
1.635	WHK	377	F72	Maja	Dirks	93	Fortuna Logabirum	1:07:59	1:14:46	1:30:21	1:20:19			5:13:26
1.636	WHK	378	F464	Sandra	Vesperman	85	Team ENERCON	1:13:24	1:10:02	1:26:20	1:23:43			5:13:31
1.637	WHK	379	F341	Matina	Reske	75	Wildeboer Bauteile Gmb	1:13:37	1:17:19	1:28:11	1:14:47			5:13:55
1.638	WHK	380	F430	Vera	Soeken	82	Raiffeisenbank eG, Moor	1:13:44	1:15:58	1:28:17	1:15:58			5:13:59
1.639	WHK	381	F630	Sarah	Körber	93	IGS Aurich West	1:15:20	1:15:30	1:27:19	1:15:51			5:14:01
1.640	WHK	382	F407	Astrid	Müller-Esch	73	Grundschule Am Otter	1:11:23	1:16:12	1:29:49	1:16:52			5:14:18
1.641	WJ	61	F672	Ina	Müller	00	Gymnasium Ulricianum A	1:12:37	1:18:45	1:26:35	1:17:06			5:15:04
1.642	WJ	62	F656	Anna	Langensiep	99	Gymnasium Ulricianum A	1:12:39	1:18:46	1:26:35	1:17:05			5:15:06
1.643	WHK	383	F333	Helga	Middelborg	52	LT SV Ems Jemgum	1:10:32	1:16:15	1:29:05	1:19:15			5:15:08
1.644	WHK	384	F541	Kathrin	Wellendorf	85	Larisca	1:14:34	1:15:44	1:27:15	1:17:52			5:15:25
1.645	WHK	385	F195	Anke	Meier	73	Ubbo-Emmius-Klinik	1:16:11	1:22:07	1:34:45	1:03:16			5:16:20
1.646	MHK	1.043	1183	Habbe	Buß	48	LG Großefehn	1:12:54	1:15:51	1:27:04	1:20:36			5:16:28
1.647	WHK	386	F246	Gudrun	Damm	73	Klinikum Emden	1:11:31	1:10:37	1:33:05	1:21:15			5:16:29
1.648	MHK	1.044	803	Jens	Kaiser	72	Enno Onnecken	1:14:56	1:19:36	1:30:14	1:11:47			5:16:34
1.649	MJ	157	1299	Philip	Schick	98	MTV Hohenkirchen	1:13:34	1:15:52	1:28:14	1:19:00			5:16:42
1.650	WJ	63	F611	Anna	Eirich	94	Onkologische Schwerpur	1:13:56	1:18:36	1:26:46	1:17:31			5:16:50
1.651	WHK	387	F363	Christine	Ehmen	78	Realschule Esens	1:11:10	1:18:32	1:27:32	1:19:45			5:17:00
1.652	MHK	1.045	1362	Walter	Smid	52	obw Emden	1:12:40	1:17:52	1:31:01	1:15:28			5:17:01
1.653	WHK	388	F160	Herta	Meyer	49	TV Norden	1:12:50	1:15:58	1:28:34	1:19:39			5:17:02
1.654	W	1	F505	Anna-Christ	Habben	12	TUS Leerhufe/Hovel	1:12:33	1:17:03	1:31:48	1:15:59			5:17:25
1.655	MHK	1.046	1293	Rainer	Brahms	72	Scharff / Trauco	1:12:01	1:17:38	1:30:17	1:17:29			5:17:27
1.656	MHK	1.047	986	Henning	Wellendorf	78	NW Steuerberatungsge	1:12:08	1:16:42	1:29:08	1:19:32			5:17:31
1.657	WHK	389	F448	Thea	Baumann	58	Tischlerei Baumann	1:12:20	1:17:11	1:29:50	1:18:22			5:17:45
1.658	MHK	1.048	1140	Dennis	Frerichs	93	WfBM BBB Aurich Witt	1:07:42	1:15:29	1:24:08	1:30:26			5:17:46
1.659	WHK	390	F368	Karin	Fellensiek	66	BV Vöwärts-Plaggenbu	1:12:26	1:16:06	1:30:01	1:19:47			5:18:22
1.660	WHK	391	F433	Frauke	Dannen	70	Fortuna Logabirum	1:12:18	1:17:12	1:30:33	1:18:21			5:18:26
1.661	MHK	1.049	992	Arne	Böhme	85	Seefahrtsschule Leer	1:14:04	1:15:45	1:31:59	1:16:37			5:18:26
1.662	WHK	392	F477	Angelika	Wendt	62	Emder LG	1:13:43	1:16:54	1:27:50	1:20:30			5:18:58
1.663	WHK	393	F598	Renate	Blom-Weert	63	obw Emden	1:12:13	1:17:48	1:30:04	1:18:55			5:19:02
1.664	WHK	394	F420	Marion	Czerniakow	67	Heseler Dauerläufer	1:12:42	1:18:00	1:29:24	1:19:05			5:19:12
1.665	WJ	64	F698	Lara	Schultz	99	FCSO	1:13:22	1:16:42	1:29:27	1:19:40			5:19:13
1.666	MHK	1.050	1142	Frank	Bajen	72	Klinikum Emden	1:14:59	1:19:12	1:30:54	1:14:14			5:19:20
1.667	MJ	158	1593	Mirco	Feldmann	99	SV Großefehn	1:07:19	1:24:33	1:29:00	1:18:37			5:19:29
1.668	MHK	1.051	1080	Benjamin	Jürrens	86	Klinikum Emden	1:11:39	1:16:00	1:32:30	1:19:31			5:19:41
1.669	WHK	395	F216	Britta	Seeberg	63	Gymnasium Ulricianum A	1:10:47	1:17:14	1:27:08	1:24:37			5:19:47
1.670	MHK	1.052	1033	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:13:58	1:15:32	1:30:27	1:19:53			5:19:51
1.671	MHK	1.053	760	Michael	Jarcke	55	Team Möbel Buss	1:14:39	1:18:20	1:29:57	1:16:57			5:19:54
1.672	MHK	1.054	959	Thomas	Kröger	66	BV Friesland Neu-Ekels	1:14:10	1:18:20	1:29:39	1:18:27			5:20:37
1.673	MHK	1.055	1388	Ludwig	Sinning	63	Kreuzfahrten Sinning LE	1:14:15	1:17:30	1:30:16	1:18:45			5:20:47
1.674	WHK	396	F258	Anke	Verwold	73		1:16:37	1:18:31	1:28:33	1:17:13			5:20:55

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.675	WHK	397	F145	Karin	Kruse	62	Team Möbel Buss	1:14:27	1:17:43	1:30:02	1:18:42			5:20:55
1.676	WHK	398	F383	Saskia	Koning	93	Töben & Partner	1:12:53	1:15:45	1:30:56	1:21:24			5:20:59
1.677	MJ	159	866	Leon	Pansegrau	99	IGS Waldschule Egels	1:13:52	1:16:45	1:33:39	1:17:10			5:21:27
1.678	WHK	399	F471	Heike	Schmidt	70	Emder LG	1:13:43	1:17:33	1:29:35	1:20:37			5:21:30
1.679	WHK	400	F533	Susanne	Grebener	64	Laufftreff Pewsum	1:13:32	1:18:36	1:29:13	1:20:10			5:21:32
1.680	WHK	401	F285	Antje	Feige	62	LG Großefehn	1:14:39	1:18:12	1:30:02	1:18:56			5:21:50
1.681	WHK	402	F635	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:11:19	1:18:19	1:30:17	1:21:55			5:21:52
1.682	WJ	65	F571	Denise	Duitsmann	94	IGS Aurich West - Sek2	1:17:15	1:15:58	1:30:13	1:18:38			5:22:05
1.683	WJ	66	F659	Neele	Wollmann	94	IGS Aurich West - Sek2	1:17:16	1:16:05	1:30:12	1:18:40			5:22:14
1.684	WHK	403	F426	Dorathe	Lüpkes	62	Laufftreff Schaffhauserwa	1:12:12	1:17:35	1:32:09	1:20:21			5:22:18
1.685	MHK	1.056	1186	Wolfgang	Girts	52	SV Stern Schwerinsdorf	1:12:54	1:18:32	1:31:09	1:19:46			5:22:23
1.686	MHK	1.057	1121	Grato	Nipshagen	58	LT Schafhauser Wald	1:15:23	1:19:23	1:28:43	1:19:07			5:22:37
1.687	WHK	404	F385	Sabrina	Mengel	93	Wasserfreunde Völlen-	1:12:54	1:15:45	1:30:55	1:23:09			5:22:44
1.688	MHK	1.058	1247	Heinrich	van Lengen	40	LG Großefehn	1:14:39	1:18:38	1:29:26	1:20:01			5:22:46
1.689	MHK	1.059	1131	Werner	Ihlow	45	TV Norden	1:12:51	1:19:34	1:30:09	1:20:10			5:22:46
1.690	MHK	1.060	1295	Christian	Kuhlmann	66	Autopark Schunke	1:13:50	1:21:13	1:29:05	1:18:41			5:22:51
1.691	WHK	405	F255	Sigrid	Arends	69	Störtebeker Loopers TV	1:14:37	1:19:32	1:30:06	1:18:39			5:22:54
1.692	MHK	1.061	853	Marcel	Bloem	92	Leinerstift e.V	1:11:40	1:19:33	1:32:58	1:18:51			5:23:03
1.693	WHK	406	F469	Gitta	Seifert	67	Plaggenburg	1:13:18	1:18:55	1:30:37	1:20:17			5:23:07
1.694	WHK	407	F654	Doris	Gerjets	67	AOK - Die Gesundheitsk	1:15:58	1:17:01	1:32:36	1:18:02			5:23:38
1.695	MHK	1.062	1150	Joachim	Piela	51	IGS Aurich West	1:13:10	1:17:53	1:33:31	1:19:07			5:23:42
1.696	WJ	67	F434	Heike	Akkermann	94	Raiffeisenbank eG, Moor	1:14:02	1:17:31	1:31:43	1:20:33			5:23:52
1.697	MHK	1.063	1120	Focko	Janssen	49	IGS Aurich West	1:13:50	1:18:11	1:29:39	1:22:27			5:24:09
1.698	WJ	68	F530	Katharina	Kuhlmann	12	IGS Aurich West - Sek2	1:13:50	1:19:24	1:32:41	1:18:17			5:24:13
1.699	WHK	408	F497	Regina	Dubiel	58	Weener	1:18:19	1:20:44	1:28:15	1:17:06			5:24:25
1.700	WHK	409	F504	Andrea	Foorden	65	Team ENERCON	1:12:41	1:18:34	1:30:31	1:23:38			5:25:25
1.701	WHK	410	F493	Heidi	Köhler	69	Gemeinde Hinte	1:13:27	1:19:15	1:31:11	1:21:37			5:25:31
1.702	MHK	1.064	1139	Dieter	Sandelman	53	Kirche läuft Wilhelmshav	1:12:55	1:20:00	1:32:33	1:20:14			5:25:43
1.703	WHK	411	F479	Freya	Homeyer	88	Seefahrtsschule Leer	1:21:28	1:15:17	1:30:48	1:18:41			5:26:15
1.704	WHK	412	F312	Sonja	Strasser	71	GW Firrel	1:14:27	1:19:55	1:31:27	1:20:25			5:26:16
1.705	WJ	69	F484	Kyra	Biller	97	TG Wiesmoor	1:19:07	1:19:45	1:30:54	1:16:43			5:26:30
1.706	WHK	413	F671	Rosemarie	Giese	56	Werdum	1:13:44	1:21:23	1:31:42	1:20:03			5:26:53
1.707	MHK	1.065	735	Wolfgang	Sattler	47	Fortuna Logabirum	1:16:03	1:19:00	1:30:11	1:21:48			5:27:04
1.708	WJ	70	F486	Svenja	Harms	97		1:19:07	1:19:45	1:30:54	1:17:27			5:27:15
1.709	MHK	1.066	1143	Ahlich	Hamel	60	Volksbank Westrhauder	1:15:18	1:18:55	1:31:14	1:22:10			5:27:38
1.710	WJ	71	F640	Jacqueline	Gerd	00	Gymnasium Ulricianum A	1:18:21	1:16:49	1:31:50	1:20:43			5:27:45
1.711	WHK	414	F148	Margit	Klinkenberg	52	TV Norden	1:15:14	1:19:45	1:32:36	1:20:52			5:28:29
1.712	WHK	415	F223	Haike	Heuer	66	Ubbo-Emmius-Klinik	1:18:16	1:16:49	1:31:59	1:21:34			5:28:39
1.713	WHK	416	F392	Theresia	Jansen	71	ELV Elektronik AG	1:16:03	1:19:00	1:31:47	1:21:49			5:28:41
1.714	WJ	72	F414	Anna-Lena	Goldenstein	94	NIGE	1:18:34	1:17:52	1:32:26	1:20:04			5:28:58
1.715	WHK	417	F412	Corinna	Schild	64	Freunde der kleinen All	1:15:19	1:20:24	1:32:31	1:20:54			5:29:09
1.716	MHK	1.067	1146	Jens	Engeldinger	90		1:17:52	1:23:22	1:26:55	1:21:45			5:29:55
1.717	WJ	73	F472	Oriana	Köhler	94	IGS Aurich West	1:17:38	1:18:18	1:34:17	1:19:41			5:29:56
1.718	WHK	418	F537	Petra	Rogge	67	SV Freie Lunge Bentstr	1:19:17	1:17:40	1:31:08	1:21:56			5:30:01
1.719	WJ	74	F670	Sine	Omar	95	IGS Aurich West - Sek2	1:17:40	1:18:24	1:34:18	1:19:40			5:30:03
1.720	WHK	419	F418	Silke	Barth	72	SVO Wi sünd Holtriem	1:16:05	1:19:08	1:33:38	1:21:28			5:30:21
1.721	WHK	420	F21	Silke	Grabhorn	93	Seefahrtsschule Leer	1:19:10	1:17:27	1:32:30	1:21:41			5:30:50
1.722	WHK	421	F416	Elke	Richter-Jan	61	TUS Horsten	1:15:45	1:21:52	1:32:10	1:21:09			5:30:58
1.723	WHK	422	F475	Sabine	Kleinau	67	EDEKA TEAM JEMGU	1:13:23	1:20:00	1:33:30	1:24:05			5:30:58
1.724	WJ	75	F536	Rena	Grüßing	98	SV Bentstreek	1:12:03	1:21:19	1:32:23	1:25:14			5:31:00
1.725	WJ	76	F682	Maren	Böke	98	HRS Moormerland	1:15:50	1:18:37	1:32:04	1:24:37			5:31:10
1.726	WHK	423	F487	Doris	Ulfers-Bran	57	Stadt Leer	1:16:24	1:20:21	1:32:59	1:21:43			5:31:29
1.727	WHK	424	F442	Anne-Kathri	Steger	81	Team ENERCON	1:15:41	1:20:26	1:31:38	1:23:58			5:31:45
1.728	WHK	425	F667	Sandra	Baumann	83	Bünting Tee	1:15:35	1:20:08	1:34:21	1:21:41			5:31:46

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.729	WHK	426	F674	Heidi	Stöter	63	SV- Stern Schwerinsdorf	1:15:35	1:20:09	1:34:21	1:21:41			5:31:47
1.730	WHK	427	F439	Daniela	Rother	75	Schöne Reisen	1:13:47	1:23:04	1:33:02	1:21:53			5:31:47
1.731	MHK	1.068	1196	Folkmar	Lüpkens	60	Lauftreff Schaffhauserwa	1:15:51	1:20:31	1:35:26	1:20:03			5:31:53
1.732	MHK	1.069	1382	Bastian	Folkerts	93	SUS Timmel	1:14:12	1:20:31	1:38:09	1:19:12			5:32:04
1.733	WHK	428	F428	Bettina	Lixfeld-Soz	67	Reederei Buss	1:17:25	1:20:45	1:33:18	1:20:40			5:32:10
1.734	WHK	429	F473	Doris	Heyen	68	MTV Aurich	1:15:05	1:20:57	1:33:28	1:23:46			5:33:18
1.735	WHK	430	F500	Anja	Werth	67	TSV Holtrop Basketball	1:17:10	1:22:38	1:33:49	1:20:20			5:33:58
1.736	MJ	160	897	Keno	Buse	94	WfBM BBB Aurich Witt	1:30:46	1:41:05	1:18:23	1:03:56			5:34:11
1.737	MJ	161	898	Klaas	Wollmann	94	WfBM BBB Aurich Witt	1:30:48	1:41:06	1:18:22	1:03:55			5:34:12
1.738	WHK	431	F480	Daniela	Heyenga	89	Volksbank Westrhauder	1:16:29	1:21:06	1:34:31	1:22:21			5:34:28
1.739	WHK	432	F453	Angelika	Dendzik	92	TSV Germania Holterf	1:18:22	1:20:26	1:34:30	1:21:11			5:34:30
1.740	MHK	1.070	1155	Wolfgang	Wöhrle	44	MTV Wittmund	1:12:54	1:22:41	1:37:07	1:21:53			5:34:37
1.741	WHK	433	F380	Insa	Bross-Ansc	72	Klinikum Leer	1:15:25	1:22:52	1:34:20	1:22:24			5:35:01
1.742	WHK	434	F447	Nicole	Grünert	76	Borromäus Hospital Lee	1:16:19	1:23:52	1:33:13	1:21:46			5:35:11
1.743	WHK	435	F326	Daniela	Buss	72		1:16:20	1:22:20	1:35:20	1:21:14			5:35:16
1.744	WHK	436	F131	Ilona	Beyen	63	Team Möbel Buss	1:16:59	1:22:39	1:33:49	1:21:55			5:35:22
1.745	WHK	437	F402	Martina	Wellendorf-	69	Klinikum Emden	1:18:26	1:21:00	1:33:52	1:22:17			5:35:36
1.746	WHK	438	F646	Petra	Niemeyer	69	Rhauderfehn	1:18:23	1:23:02	1:34:01	1:20:37			5:36:05
1.747	MHK	1.071	1476	Klaas	Niemeyer-S	71	Rhauderfehn	1:18:38	1:23:03	1:34:02	1:20:37			5:36:21
1.748	MHK	1.072	1065	Jens	Rabenberg	79	RVB Aurich/Uplengen	1:19:01	1:24:30	1:31:42	1:21:19			5:36:34
1.749	WHK	439	F166	Petra	Palma	65	TUS Leerhufe	1:15:12	1:23:14	1:35:59	1:22:10			5:36:37
1.750	MJ	162	1304	Oliver	Vitsios	94	IGS Aurich West - Sek2	1:23:13	1:21:02	1:31:19	1:21:05			5:36:40
1.751	MJ	163	863	Dennis	Memenga	00	IGS Waldschule Egels	1:20:40	1:03:03	1:47:26	1:27:24			5:38:35
1.752	MHK	1.073	859	Matthias	Palma	90	Leinerstift e.V	1:16:23	1:23:11	1:36:00	1:23:03			5:38:39
1.753	WHK	440	F455	Bettina	Ackermann	64	Emder LG	1:18:15	1:22:30	1:35:48	1:22:05			5:38:39
1.754	WHK	441	F563	Barbara	Leeling	65	Emder LG	1:20:52	1:21:11	1:35:01	1:21:38			5:38:44
1.755	WHK	442	F305	Heike	Becker	64		1:16:13	1:23:17	1:35:39	1:23:43			5:38:54
1.756	WHK	443	F483	Sigrid	Paschen	60	MTV Wittmund	1:17:25	1:23:12	1:35:51	1:22:34			5:39:04
1.757	WHK	444	F435	Ulrike	Richter	59	MTV Wittmund	1:17:23	1:22:44	1:37:05	1:21:53			5:39:07
1.758	MHK	1.074	1595	Wolfgang	Schmidtke	53	Loga	1:18:45	1:23:09	1:30:29	1:26:47			5:39:12
1.759	MHK	1.075	1499	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:18:57	1:23:26	1:35:01	1:22:12			5:39:37
1.760	WHK	445	F290	Christina	Göhn	87	Ubbo-Emmius-Klinik	1:18:16	1:22:01	1:35:44	1:23:44			5:39:46
1.761	MHK	1.076	765	Axel	Schewiola	38	TV Norden	1:18:05	1:22:09	1:34:01	1:25:36			5:39:52
1.762	MHK	1.077	854	Tobias	Salomo	93	Leinerstift e.V	1:16:02	1:22:23	1:36:50	1:24:44			5:40:00
1.763	MHK	1.078	1001	Dieter	Sandrock	47	LG TV Bunde	1:17:12	1:23:37	1:33:39	1:26:19			5:40:48
1.764	WHK	446	F260	Heike	Brahms	70	WfBM BBB Aurich Witt	1:20:44	1:25:01	1:35:18	1:20:14			5:41:19
1.765	WHK	447	F443	Heidy	van Schar	58	Vfl Uplengen	1:15:40	1:22:55	1:39:06	1:23:54			5:41:36
1.766	MHK	1.079	1111	Günther	Saathoff	46	TSV Hesel	1:18:28	1:23:59	1:35:01	1:24:27			5:41:57
1.767	MHK	1.080	1003	Erich	Pruin	64	Lebenshilfe Leer e.V.	1:18:38	1:21:59	1:36:32	1:25:16			5:42:27
1.768	MHK	1.081	1309	Heinz	Palm	48	VHS Laufen	1:14:41	1:25:16	1:38:00	1:24:41			5:42:39
1.769	MHK	1.082	1190	Kerli	Hermann	48	SC Collhusen	1:19:42	1:22:47	1:35:22	1:24:54			5:42:46
1.770	MHK	1.083	1153	Martin	Schürmann	60	Poseidon Leer	1:16:55	1:24:57	1:36:31	1:24:35			5:43:00
1.771	WHK	448	F636	Ute	Heuer	61	SV Leybucht	1:18:16	1:20:52	1:37:30	1:26:59			5:43:39
1.772	MHK	1.084	1124	Helge	Wilken	61	LG Ostfriesland	1:13:14	1:22:24	1:36:40	1:31:58			5:44:18
1.773	WJ	77	F262	Annika	Junker	99		1:16:59	1:24:42	1:39:41	1:23:23			5:44:47
1.774	WHK	449	F460	Brigitte	Adam	57	TuS Weener	1:19:27	1:24:56	1:36:30	1:23:56			5:44:52
1.775	MHK	1.085	802	Jürgen	Junker	71		1:17:01	1:24:42	1:39:43	1:23:24			5:44:52
1.776	MJ	164	1087	Benny	Pilgram	94	JHS Nortmoor	1:20:32	1:24:18	1:35:55	1:24:11			5:44:58
1.777	WHK	450	F466	Esther	Gembruch	60	Timmel	1:18:06	1:23:09	1:36:57	1:26:48			5:45:01
1.778	MHK	1.086	1352	Burghardt	Zirpins	57	obw Emden	1:15:54	1:22:16	1:38:24	1:28:28			5:45:03
1.779	WHK	451	F492	Erika	Ahrends	67	TRAUCO Gruppe	1:20:50	1:24:38	1:37:19	1:22:20			5:45:09
1.780	WHK	452	F421	Irene	Jäger	80	Team ENERCON	1:20:32	1:26:04	1:34:53	1:23:48			5:45:17
1.781	MHK	1.087	766	Wilhelm	Bolhuis	43	TV Norden	1:21:37	1:25:17	1:35:05	1:23:29			5:45:30
1.782	WHK	453	F610	Alicja	Stepien	81	MVM mbH	1:24:15	1:24:28	1:32:50	1:24:11			5:45:45

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.783	WHK	454	F495	Anne Kea	van Rossu	90		1:18:21	1:25:16	1:36:59	1:25:52			5:46:29
1.784	WHK	455	F652	Ingeborg	Bruns	62	Neuburg	1:16:56	1:22:10	1:43:36	1:25:10			5:47:54
1.785	WJ	78	F381	Lulienne	Keller	11	NIGE II	1:19:39	1:22:38	1:37:29	1:28:25			5:48:13
1.786	MHK	1.088	1368	Sascha	Hellmann	86	obw Emden	1:16:17	1:24:53	1:42:23	1:24:53			5:48:27
1.787	WHK	456	F532	Lisa	Harms	70	Fa.Ruma Leer/ Großwo	1:19:43	1:24:02	1:37:21	1:27:28			5:48:36
1.788	WHK	457	F510	Henrike	Pollmann	93	IGS Aurich West	1:20:22	1:24:49	1:37:02	1:26:27			5:48:41
1.789	MHK	1.089	1170	Hans Georg	Richter	44	Kloster	1:18:31	1:23:47	1:39:50	1:26:42			5:48:51
1.790	MHK	1.090	1563	Lothar	Habben	67	BV Vorwärts Plaggenbur	1:16:23	1:29:08	1:37:04	1:26:38			5:49:15
1.791	WHK	458	F165	Lisa-Marie	Sönnecken	92	Klinikum Leer	1:16:51	1:23:16	1:42:43	1:26:26			5:49:17
1.792	WJ	79	F405	Hanna	Kassas	95	NIGE II	1:19:41	1:24:10	1:37:29	1:28:15			5:49:37
1.793	MHK	1.091	1312	Ralf	Karbach	74	VHS Laufen	1:19:28	1:25:49	1:38:29	1:27:18			5:51:06
1.794	WHK	459	F608	Tanja	Veentjer	73	VHS Laufen	1:19:29	1:25:49	1:38:29	1:27:18			5:51:06
1.795	WHK	460	F588	Carolina	Draht	63	MTV Aurich	1:19:57	1:24:58	1:39:06	1:27:35			5:51:37
1.796	MHK	1.092	1291	Günther	Rühling	44	LT TuS Aurich-Ost	1:20:47	1:23:56	1:39:00	1:31:00			5:54:45
1.797	WHK	461	F665	Susanne	Behrends	83	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28			5:54:52
1.798	WHK	462	F662	Effi	Hagen	82	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28			5:54:52
1.799	WHK	463	F450	Sabine	Kröger	69	NW Steuerberatungsge	1:20:48	1:25:50	1:39:22	1:29:20			5:55:21
1.800	MHK	1.093	1201	Sören	Schmalwas	64	Bünting Tee	1:20:49	1:25:50	1:39:23	1:29:21			5:55:25
1.801	WJ	80	F277	Rieke	Uken	94	IGS Aurich West	1:23:58	1:26:36	1:43:07	1:21:48			5:55:30
1.802	WJ	81	F180	Janine	Memenga	97	IGS Waldschule Egels	1:25:22	1:25:18	1:37:40	1:27:29			5:55:50
1.803	MHK	1.094	1479	Manfred	Vogel	55	Kurt sien trupp	1:19:43	1:25:10	1:42:42	1:28:43			5:56:19
1.804	WHK	464	F494	Gerti	van Rossu	60	Lebenshilfe Leer e.V.	1:20:18	1:25:14	1:42:58	1:28:06			5:56:37
1.805	WJ	82	F425	Jana	Geuken	94	IGS Aurich West - Sek2	1:23:12	1:27:06	1:38:03	1:28:29			5:56:51
1.806	MHK	1.095	1318	Christian	Uphoff	90	Lebenshilfe Leer e.V.	1:15:00	1:41:44	1:36:08	1:24:20			5:57:14
1.807	WHK	465	F462	Eske	Mennenga	74	Moormerland	1:19:56	1:26:48	1:39:36	1:31:44			5:58:06
1.808	WHK	466	F129	Insa	Meinen	55	Team Möbel Buss	1:21:20	1:26:48	1:41:26	1:29:02			5:58:37
1.809	MHK	1.096	763	Andreas	Meinen	54	Team Möbel Buss	1:21:20	1:26:49	1:41:26	1:29:03			5:58:39
1.810	WHK	467	F164	Ute	Krone	91	Klinikum Leer	1:24:43	1:30:11	1:39:37	1:24:19			5:58:51
1.811	MHK	1.097	1147	Bernhard	Kruse	90	WfBM BBB Aurich Witt	1:16:04	1:14:50	2:05:42	1:24:27			6:01:04
1.812	WHK	468	F519	Frauke	Ubben	68	TSV Holtrop Basketball	1:21:29	1:29:05	1:41:34	1:29:57			6:02:06
1.813	WHK	469	F436	Fenna	Pollmann	62	SV Stern Schwerinsdorf	1:19:33	1:29:20	1:43:18	1:30:13			6:02:24
1.814	WHK	470	F474	Linda	Janssen-W	62	SV Stern Schwerinsdorf	1:19:54	1:29:50	1:43:18	1:29:21			6:02:24
1.815	WHK	471	F498	Elke	Frühling	60	DRK KiGa Am Wassert	1:23:40	1:26:24	1:42:58	1:30:31			6:03:34
1.816	WHK	472	F507	Conny	Jäschke	73	mitzeit Intensivpflege zu	1:21:10	1:25:00	1:44:35	1:33:19			6:04:06
1.817	MHK	1.098	1292	Andreas	Schulze	71	Scharff / Trauco	1:24:12	1:26:34	1:42:01	1:34:03			6:06:52
1.818	MHK	1.099	2222	Werner	Müller	49	Fortuna Logabirum	1:25:13	1:27:24	1:42:40	1:31:36			6:06:54
1.819	WHK	473	F271	Astrid	Ringering	76	Kindergarten Neermoor	1:24:50	1:28:51	1:44:29	1:28:48			6:07:00
1.820	MHK	1.100	1213	Tole	Krull	58	KBV Liekut Hand Langef	1:28:33	1:35:49	1:24:10	1:39:52			6:08:26
1.821	MHK	1.101	1606	Gerd	Claassen	45	LG Ostfriesland	1:23:17	1:29:40	1:44:09	1:37:10			6:14:17
1.822	MJ	165	867	Malte	Niestrat	98	IGS Waldschule Egels	1:28:33	1:27:05	1:44:22	1:34:24			6:14:26
1.823	WJ	83	F268	Julia	Schnitzius	95	JHS Nortmoor	1:20:44	1:26:23	1:49:32	1:38:04			6:14:44
1.824	MHK	1.102	527	Johann	Tjaden	52	Störtebeker Loopers TV	1:21:33	1:31:33	1:44:34	1:38:17			6:15:59
1.825	MHK	1.103	1126	Heinz	Engels	76	Wiesmoor	1:26:28	1:31:21	1:45:22	1:33:04			6:16:17
1.826	WHK	474	F137	Heike	Kleen	77	Team Möbel Buss	1:26:29	1:31:21	1:45:24	1:33:03			6:16:19
1.827	MHK	1.104	1612	Jannik	Klemme	93	IGS Aurich West - Sek2	1:30:45	1:41:07	1:35:34	1:30:13			6:17:42
1.828	MJ	166	1554	Ocko	Janssen	94	IGS Aurich West - Sek2	1:26:59	1:27:11	1:53:52	1:30:13			6:18:16
1.829	WHK	475	F311	Ina	Wagner	92	Borromäus Hospital Lee	1:25:27	1:34:00	1:44:23	1:34:54			6:18:45
1.830	WHK	476	F637	Margret	Coordes	63	Backemoor	1:25:12	1:33:42	1:47:37	1:33:58			6:20:30
1.831	WHK	477	F328	Sandra	Kruse	77	Team Möbel Buss	1:28:07	1:37:08	1:47:34	1:38:38			6:31:28
1.832	MHK	1.105	1569	Heinrich	Janssen	34	MTV Aurich Tria	1:31:52	1:34:30	1:50:53	1:36:49			6:34:05
1.833	WJ	84	F622	Ina	Ewerth	94	IGS Aurich West - Sek2	1:28:34	1:35:45	1:50:59	1:39:53			6:35:12
1.834	WHK	478	F496	Angelika	Weißschäd	70	VOST	1:33:41	1:41:48	1:52:55	1:42:10			6:50:36
1.835	MHK	1.106	1164	Johnny	Visser	53	SV Norderney	1:35:53	1:45:24	2:02:44	1:49:21			7:13:24
1.836	MJ	167	1115	Daniel	Mayer	94	IGS Aurich West - Sek2	1:39:09	1:48:09	2:10:07	1:39:52			7:17:18

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.837	WJ	85	F511	Annika	Seifert	95	IGS Aurich West - Sek2	1:39:07	1:38:43	2:10:10	1:50:19			7:18:21
1.838	MHK	1.107	1176	Joachim	Janssen	66	de Heizungsloopers	1:46:40	1:55:12	2:15:06	1:58:19			7:55:19