

Zwischenstand nach 5. Etappe

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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	0:32:06		3:13:45
2	MHK	2	1627	Meriton	Hasanaj	89	LG Harlingerland	0:37:55	0:39:54	0:45:42	0:40:04	0:33:32		3:17:09
3	MHK	3	3	Holger	Grigat	73	MTV Aurich	0:38:10	0:41:00	0:47:09	0:42:02	0:34:32		3:22:55
4	MHK	4	1559	Onno	Ringering	68	MTV Aurich	0:38:50	0:41:33	0:48:01	0:42:07	0:35:03		3:25:36
5	MHK	5	494	Matthias	Heinken	93	TV Norden	0:39:29	0:41:45	0:47:39	0:42:43	0:34:39		3:26:16
6	MHK	6	10	Johannes	Willfang	92	Pewsumer Windhunde	0:40:01	0:41:50	0:47:43	0:42:14	0:34:39		3:26:29
7	MHK	7	23	Daniel	Witte	83	EWE Wattloopers	0:39:25	0:41:42	0:47:44	0:43:04	0:35:54		3:27:51
8	MHK	8	1581	Hermann	Fleßner	74	MTV Aurich	0:39:09	0:42:25	0:48:29	0:42:56	0:35:18		3:28:19
9	MHK	9	1332	Torsten	Wessels	86	TuS Haren e.V.	0:39:33	0:42:01	0:49:10	0:43:20	0:36:09		3:30:15
10	MHK	10	9	Rolf	Hommers	79	SV Concordia Suurhuse	0:39:42	0:42:44	0:49:07	0:44:38	0:36:04		3:32:17
11	MHK	11	4	Peter	Steinke	70	Fehntjer Laufftreff	0:40:33	0:42:46	0:50:01	0:43:46	0:36:35		3:33:43
12	MHK	12	27	Stefan	Oppenborn	78	Schule Moormerland	0:39:58	0:43:56	0:50:32	0:43:57	0:36:23		3:34:47
13	MHK	13	36	Jan-Hendrik	van Laaten	79	Emder LG	0:40:20	0:44:02	0:49:55	0:44:04	0:36:43		3:35:07
14	MHK	14	40	Dieter	Weinberg	68	LG Harlingerland	0:40:42	0:43:39	0:50:41	0:44:17	0:36:37		3:35:59
15	MHK	15	18	Leander	Krawietz	71	Emder LG	0:40:51	0:43:36	0:50:13	0:44:45	0:36:34		3:36:00
16	MJ	1	16	Jann	Penon	97	Ulricianum Aurich Sek 1	0:40:21	0:43:51	0:50:28	0:44:39	0:37:16		3:36:37
17	MHK	16	15	Stefan	de Jonge	76	TuS Weener	0:40:46	0:44:30	0:51:06	0:44:52	0:37:21		3:38:37
18	MHK	17	38	Carsten	Piotrowski	79	LG Harlingerland	0:40:56	0:44:22	0:51:35	0:45:02	0:36:57		3:38:54
19	MJ	2	1633	Justus	Bornemann	95	TUS Weener	0:41:01	0:43:52	0:50:54	0:46:00	0:37:37		3:39:27
20	MHK	18	17	Kurt	Vlaardinger	68	Ubbo-Emmius-Klinik	0:41:30	0:44:21	0:51:06	0:46:02	0:37:34		3:40:34
21	MJ	3	14	Jannis	Langensiep	94	LG Harlingerland	0:41:02	0:45:21	0:51:36	0:46:05	0:37:20		3:41:26
22	MHK	19	39	Marko	Wolf	76	LG Harlingerland	0:42:18	0:44:29	0:51:38	0:46:12	0:37:34		3:42:13
23	MHK	20	24	Frank	Lünemann	77	MTV Aurich	0:41:54	0:44:19	0:50:30	0:48:13	0:37:20		3:42:17
24	MHK	21	19	Stephan	Henninga	86	RVB Aurich/Uplengen	0:41:56	0:45:07	0:52:08	0:46:11	0:37:55		3:43:19
25	MJ	4	1405	Wenzel	Kisch	96	FCSO	0:41:53	0:45:27	0:52:29	0:46:33	0:37:47		3:44:10
26	MJ	5	833	Thade	Schipper	95	TV Norden	0:41:50	0:45:31	0:52:43	0:46:41	0:37:48		3:44:36
27	MHK	22	33	Dirk	Hanken	92		0:42:48	0:44:49	0:53:18	0:45:59	0:38:01		3:44:57
28	MHK	23	52	Frank	Schröder	70	Emder LG	0:42:28	0:45:38	0:52:32	0:46:49	0:38:04		3:45:33
29	MHK	24	55	Neumann	Boris	79	Fortuna Logabirum	0:42:55	0:45:39	0:52:32	0:46:47	0:38:03		3:45:58
30	MHK	25	53	Johannes	Kisch	66	FCSO	0:43:06	0:45:59	0:52:29	0:46:41	0:38:17		3:46:35
31	MHK	26	48	Roland	Klaue	71	Laufgemeinschaft Ostfr	0:42:12	0:45:43	0:53:24	0:47:41	0:38:21		3:47:22
32	MJ	6	68	Jannis	Seeberg	97	Ulricianum Aurich Sek 1	0:43:05	0:45:59	0:52:58	0:47:01	0:38:24		3:47:29
33	MHK	27	1596	Carsten	Röber	64		0:43:08	0:46:02	0:52:59	0:47:08	0:38:24		3:47:44
34	MHK	28	1258	Alfred	Pelka	68	Rettungsdienst Leer	0:43:12	0:46:08	0:53:55	0:46:32	0:38:24		3:48:13
35	MHK	29	1615	Stephan	Franken	70	Emder Ruderverein	0:42:34	0:45:45	0:54:43	0:47:08	0:38:43		3:48:55
36	MHK	30	62	Alwin	Barth	70	SVO Wi sünd Holtriem	0:42:59	0:46:17	0:53:18	0:47:53	0:38:48		3:49:17
37	MHK	31	82	Andreas	Langensiep	70	Ubbo-Emmius-Klinik	0:43:21	0:46:04	0:53:47	0:47:36	0:38:56		3:49:46
38	MJ	7	211	Thomas	Röhr	96	Ulricianum Aurich Sek 1	0:43:56	0:46:31	0:53:44	0:47:15	0:38:40		3:50:08
39	MHK	32	1359	Lutz	Möhle	72	obw Emden	0:43:12	0:46:40	0:53:54	0:47:50	0:38:38		3:50:15
40	MHK	33	93	Sven	Reeßing	71	Nordland Papier	0:44:01	0:46:39	0:53:45	0:47:30	0:38:30		3:50:28
41	MHK	34	45	Michael	Akkermann	70	LG Krummhörn	0:43:29	0:46:46	0:53:52	0:47:48	0:38:53		3:50:50
42	MJ	8	1400	Paul	Schalles	95	Turbine TGG	0:43:20	0:47:17	0:53:18	0:49:25	0:38:15		3:51:38
43	MHK	35	488	Martin	Poguntke	63	TV Norden	0:42:03	0:45:56	0:54:57	0:50:17	0:39:34		3:52:48
44	MHK	36	1272	Andreas	Jacobs	72	Polizei Aurich / MTV Auri	0:43:50	0:47:06	0:54:16	0:48:32	0:39:03		3:52:49
45	MHK	37	63	Volker	Trebesch	65	Team ENERCON	0:44:00	0:47:05	0:54:01	0:48:30	0:39:31		3:53:09
46	MJ	9	116	Jonas	Seeberg	97	Ulricianum Aurich Sek 1	0:44:07	0:47:01	0:54:46	0:48:09	0:39:22		3:53:26
47	MHK	38	1475	Martin	Wilts	72	BV Ostfrisia Rahe	0:43:56	0:47:15	0:54:37	0:48:39	0:39:57		3:54:25
48	MJ	10	565	Lukas-Maxi	Entgelmeier	95	Ulricianum Aurich Sek 1	0:45:01	0:47:02	0:55:22	0:48:15	0:39:23		3:55:04
49	MHK	39	535	Andreas	Müller	86	Südbrookmerland	0:46:36	0:48:26	0:53:59	0:47:35	0:38:28		3:55:05
50	MHK	40	1249	Arne	Beitelmann	87	OLB/Team Mona	0:44:16	0:47:34	0:54:46	0:48:24	0:40:08		3:55:11
51	MHK	41	127	Robin	Amarell	84	LwlnsthGrp 21	0:44:06	0:47:19	0:53:50	0:47:54	0:42:19		3:55:31
52	MHK	42	265	Popsuenko	Nicolai	90	Seefahrtsschule Leer	0:44:45	0:48:00	0:54:27	0:49:46	0:38:32		3:55:33
53	MHK	43	54	Thomas	Oltmanns	74	Holterfehn	0:43:46	0:47:47	0:55:10	0:48:58	0:39:57		3:55:40
54	WHK	1	F1	Inga	Jürrens	82	obw Emden	0:44:30	0:48:55	0:53:58	0:48:20	0:40:05		3:55:50

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
55	MHK	44	42	Oalf	Töbelmann	71	Bundeswehr Weener	0:43:29	0:48:15	0:55:13	0:49:25	0:39:46		3:56:11
56	MJ	11	1518	Niklas	Koenen	95	FCSO	0:44:56	0:47:45	0:55:28	0:48:51	0:39:33		3:56:34
57	MJ	12	856	Marc	Pluta	97	Leinerstift e.V	0:45:40	0:48:02	0:55:29	0:48:18	0:39:43		3:57:14
58	MHK	45	80	Heinz	Taute	72	LG Uplengen	0:44:58	0:48:13	0:55:06	0:48:55	0:40:01		3:57:15
59	MHK	46	75	Wilfried	Steenhardt	66	Weener Plastik	0:44:30	0:48:14	0:55:50	0:49:12	0:39:39		3:57:26
60	MHK	47	99	Jens	Klaassen	83	WSV Möhlenhörn	0:44:44	0:47:08	0:55:39	0:49:27	0:40:31		3:57:31
61	MHK	48	47	Ralf	Lottmann	71	EWE Wattloopers	0:44:51	0:48:15	0:55:34	0:48:56	0:39:58		3:57:35
62	WHK	2	F5	Heike	Piotrowski	82	LG Harlingerland	0:44:46	0:48:55	0:55:03	0:48:58	0:40:19		3:58:02
63	MHK	49	67	Ralf	Geiken	71	BV Victorbur	0:45:26	0:48:38	0:55:19	0:49:05	0:39:45		3:58:15
64	MHK	50	58	Hermann	Hallmann	62	Emder LG	0:45:03	0:48:07	0:55:46	0:49:33	0:40:04		3:58:35
65	MHK	51	78	Fred	Hofmann	63	Weener Plastik	0:45:03	0:48:10	0:55:52	0:49:09	0:40:21		3:58:36
66	MHK	52	126	Thomas	Alberts	81	Loppersum	0:45:10	0:48:26	0:55:42	0:49:27	0:40:21		3:59:07
67	MHK	53	1645	Wilfried	Menken	76		0:44:36	0:47:40	0:54:59	0:50:09	0:41:46		3:59:12
68	MHK	54	1218	Clemens	Köster	73	MTV Aurich	0:44:59	0:47:16	0:56:16	0:49:13	0:41:32		3:59:18
69	MHK	55	43	Remo	Garrels	76	VfB Uplengen eV/TeamA	0:45:37	0:48:31	0:56:04	0:49:21	0:40:13		3:59:49
70	MHK	56	1349	Wolfgang	Trebesch	57	MTV Aurich	0:45:05	0:49:05	0:55:33	0:49:27	0:40:46		3:59:58
71	MJ	13	1610	Yannick	Nannen	97	SV Holtland	0:46:01	0:49:17	0:55:33	0:49:24	0:39:53		4:00:11
72	MHK	57	98	Holger	Schmack	67	Heidmühler FC - Leich	0:45:12	0:49:06	0:56:05	0:49:22	0:40:34		4:00:20
73	MHK	58	1387	Edgar	Niemöller	69	TuS Ofen	0:45:20	0:49:31	0:56:31	0:48:39	0:40:43		4:00:46
74	MHK	59	1236	Fred	Ibeling	66	LG Ostfriesland	0:44:48	0:49:12	0:56:57	0:49:33	0:40:18		4:00:50
75	MHK	60	234	Stephan	Duitsmann	69	Weener	0:46:41	0:49:13	0:56:08	0:49:29	0:40:11		4:01:44
76	MHK	61	89	Christoph	Runden	91	Post SV Leer - Badminto	0:44:58	0:49:09	0:56:35	0:50:10	0:41:05		4:01:58
77	MHK	62	73	Gerriet-Tho	Janßen	70	LG Ostfriesland	0:45:19	0:48:46	0:56:44	0:49:31	0:41:37		4:01:58
78	MHK	63	1282	Borchard	Christians	58	LG Ostfriesland	0:46:01	0:49:24	0:56:34	0:49:50	0:40:45		4:02:36
79	MHK	64	61	Wolfgang	Sebastian	71	VfL Wolfsburg	0:46:19	0:49:23	0:56:13	0:49:44	0:40:59		4:02:39
80	MHK	65	101	Heinz	Reinmold	49	LG Harlingerland	0:45:10	0:49:20	0:56:53	0:50:21	0:41:03		4:02:48
81	MJ	14	242	Thilo	Janssen	94	Team Möbel Buss	0:46:41	0:48:24	0:57:54	0:49:14	0:40:37		4:02:53
82	MHK	66	1629	Joachim	Fleßner	70	Ihlower Rennschnecken	0:46:16	0:49:21	0:55:57	0:50:08	0:41:18		4:03:02
83	MHK	67	87	Hartmut	Warsing	71	A & W Bosch-Service	0:45:52	0:49:48	0:56:34	0:49:56	0:40:55		4:03:07
84	MHK	68	1541	Sven	Weerda	74	TV Apen 1893	0:46:11	0:49:18	0:56:02	0:50:19	0:41:19		4:03:11
85	MHK	69	1326	Thomas	Aue	82	Kdo SES Ostfriesland	0:45:40	0:48:33	0:57:04	0:50:03	0:41:50		4:03:12
86	MJ	15	1644	Camilo	De Los Rios	96	Ulricianum Aurich Sek 1	0:48:24	0:48:45	0:55:29	0:50:10	0:40:27		4:03:17
87	MJ	16	1490	Mark	Onken	96	TuS Weener	0:46:11	0:47:25	0:55:36	0:52:15	0:41:53		4:03:22
88	MHK	70	85	Sascha	Jänicke	80	LSF Oldenburg	0:45:52	0:48:45	0:56:20	0:50:23	0:42:19		4:03:41
89	MHK	71	1010	Kurt	Eden	58	TV Norden	0:45:25	0:48:51	0:56:42	0:51:24	0:41:29		4:03:52
90	MHK	72	1346	Reinhard	Ludwig	59	Auricher Taxen Zentrale	0:46:18	0:49:50	0:57:54	0:49:20	0:40:29		4:03:53
91	MHK	73	92	Axel	Becker	60	Klinikum Emden	0:45:28	0:49:16	0:58:34	0:49:47	0:40:47		4:03:53
92	MHK	74	140	Thomas	Newiger	72	Aurich	0:46:52	0:49:18	0:56:37	0:50:18	0:40:56		4:04:04
93	MJ	17	1573	Daniel	Kunz	97	FCSO	0:47:50	0:50:13	0:55:39	0:49:03	0:41:25		4:04:12
94	MHK	75	157	Jochem	Lübbers	70	LG TV Bunde	0:46:06	0:49:11	0:57:10	0:50:43	0:41:30		4:04:42
95	MHK	76	1287	Martin	Scherf	79	Team ENERCON	0:46:27	0:49:40	0:57:02	0:50:15	0:41:32		4:04:58
96	MJ	18	1590	Appeldorn	Frank	96	HRS Moormerland	0:46:39	0:48:39	0:56:15	0:52:17	0:42:17		4:06:10
97	MHK	77	135	Lars	Plumeyer	72	EMJAK	0:47:59	0:50:13	0:57:12	0:50:54	0:41:07		4:07:28
98	MHK	78	223	Jannes	Ulferts	89	Polizei Aurich	0:46:58	0:49:21	0:57:01	0:52:41	0:41:30		4:07:31
99	MJ	19	103	Julian	de Buhr	99	Fortuna Logabirum	0:46:49	0:50:08	0:58:15	0:51:02	0:41:16		4:07:32
100	MHK	79	1556	Thomas	Baxmann	66		0:46:10	0:50:03	0:58:11	0:51:16	0:41:57		4:07:38
101	MHK	80	1283	Harm	Park	53	TuS Weene	0:46:07	0:49:46	0:57:49	0:51:39	0:42:17		4:07:41
102	MHK	81	91	Volker	Asche	74	LSF Oldenburg	0:47:34	0:50:08	0:57:55	0:50:48	0:41:31		4:07:59
103	MHK	82	83	Matthias	Hilbrands	89	Klinikum Leer	0:45:47	0:49:37	1:00:20	0:50:47	0:41:36		4:08:08
104	MHK	83	1329	Markus	Cornelius	73	Anzeiger für Harlingerla	0:47:14	0:49:49	0:57:56	0:51:27	0:41:44		4:08:13
105	MHK	84	151	Edgar	Backer	65	LG Ostfriesland	0:46:56	0:49:42	0:57:34	0:52:10	0:41:50		4:08:14
106	MHK	85	41	Carsten	Steen	92	FC Oldersum	0:46:46	0:49:58	0:57:40	0:52:46	0:41:13		4:08:26
107	MHK	86	1386	Andreas	Ulferts	66	TuS Ofen	0:46:59	0:50:42	0:59:08	0:50:48	0:40:49		4:08:28
108	MHK	87	173	Andre	Graalman	90	Pflegezentrum Holtland	0:47:09	0:50:41	0:58:06	0:51:20	0:41:28		4:08:45

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
109	MHK	88	64	Marco	Christians	89	LG Ostfriesland	0:46:14	0:51:58	0:59:47	0:50:34	0:40:11		4:08:48
110	MHK	89	114	Martin	Präsang	65	LSF Oldenburg	0:47:23	0:50:13	0:58:10	0:51:05	0:42:07		4:08:59
111	MHK	90	232	Rene	Buhr	93	Vfl Ockenhausen	0:46:10	0:50:00	0:59:07	0:51:21	0:42:26		4:09:05
112	MHK	91	1384	Martin	Meyer	81	Team Zuglufttier	0:47:06	0:50:09	0:58:20	0:52:08	0:42:04		4:09:49
113	MHK	92	70	Bart	Beute	75	ELV Elektronik AG	0:47:17	0:50:43	0:58:11	0:52:01	0:41:42		4:09:56
114	MHK	93	1251	Harald	Meyeraan	64	Loppersum	0:46:48	0:50:36	0:58:09	0:52:00	0:42:22		4:09:57
115	MHK	94	277	Daniel	Große	81	Polizei Aurich	0:45:50	0:49:48	0:57:25	0:54:03	0:42:49		4:09:57
116	MJ	20	386	Janek	Grafenburg	98	Concordia Neermoor	0:47:51	0:50:46	0:58:16	0:51:20	0:41:52		4:10:08
117	MHK	95	1229	Busboom	Wilfried	71	TusDetern	0:47:22	0:50:53	0:58:16	0:51:41	0:42:10		4:10:24
118	MHK	96	136	Bernd	Recknagel	67	Hotel Waldquelle	0:47:48	0:50:03	0:58:02	0:52:04	0:42:31		4:10:30
119	MHK	97	312	Robert	Oremek	65	Team ENERCON	0:47:24	0:50:34	0:58:33	0:51:56	0:42:09		4:10:36
120	MHK	98	1341	Hendrik	Peters	91	Emder LG	0:46:52	0:50:24	0:58:31	0:53:08	0:41:45		4:10:42
121	MHK	99	1297	Nils	Hicken	70	MTV Hohenkirchen	0:46:48	0:50:21	0:58:26	0:53:06	0:42:00		4:10:43
122	MHK	100	56	Hanns	Bergmann	80	Seefahrtsschule Leer	0:47:41	0:50:46	0:58:37	0:52:07	0:41:40		4:10:53
123	MJ	21	1589	Marcel	Figura	97	HRS Moormerland	0:47:38	0:49:41	0:58:28	0:52:26	0:43:01		4:11:17
124	MHK	101	108	Eckhard	Sanders	66	SuS Emden	0:47:07	0:50:38	0:58:44	0:52:10	0:42:38		4:11:18
125	MJ	22	1328	Tizian	Dorow	94	GIGA Gomez	0:46:17	0:51:08	1:00:08	0:52:26	0:41:22		4:11:23
126	MHK	102	249	Christian	Wagenaar	83	Klinikum Emden	0:48:08	0:51:17	0:58:26	0:51:45	0:41:44		4:11:23
127	MHK	103	1215	Frank	Ostermoor	71	Concordia Versicherung	0:46:55	0:50:43	0:58:45	0:52:34	0:42:25		4:11:23
128	MHK	104	95	Detlef	Saathoff	66	Veenhusen	0:47:46	0:50:53	0:58:21	0:52:10	0:42:14		4:11:26
129	MHK	105	1391	Sören	Schöningh	80	Autohaus Tekken Leer	0:47:57	0:50:39	0:57:32	0:52:00	0:43:22		4:11:32
130	MHK	106	122	Hinni	Buss	54	SVO Wi sünd Holtriem	0:47:02	0:50:43	0:58:28	0:52:35	0:42:46		4:11:35
131	MHK	107	156	Bernd	Habben	82	Zeppelin-Rental	0:47:02	0:51:07	0:58:38	0:52:26	0:42:28		4:11:42
132	MHK	108	117	Jörg	Menssen	81	Krankenhaus Wittmund	0:48:09	0:51:01	0:58:44	0:51:55	0:42:03		4:11:54
133	MHK	109	130	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:28	0:51:09	0:58:49	0:51:42	0:41:56		4:12:06
134	MHK	110	90	Heinz	Ehrlich	61	Emder LG	0:46:56	0:51:13	0:59:08	0:51:41	0:43:16		4:12:16
135	MHK	111	285	Jürgen	Berlin	74	Team ENERCON	0:46:52	0:53:21	0:58:48	0:51:18	0:41:59		4:12:22
136	MHK	112	489	Ralf	Hellmers	65	TV Norden	0:47:45	0:50:43	0:58:25	0:51:35	0:44:07		4:12:37
137	MHK	113	1244	Marco	Schäfer	92	Manitowoc Runners	0:47:37	0:50:10	0:59:40	0:52:20	0:43:02		4:12:50
138	WHK	3	F6	Karin	Graf	69	Watt'n Loopers SV Dorn	0:47:11	0:51:31	0:59:13	0:52:23	0:42:36		4:12:56
139	MHK	114	131	Johann	Doden	59	Bünting Tee	0:47:29	0:51:36	0:58:27	0:52:30	0:42:56		4:12:59
140	MJ	23	259	Tim	Fröhling	97	Turbine TGG	0:47:53	0:51:14	0:58:15	0:51:51	0:43:53		4:13:08
141	WHK	4	F7	Eva	Brinkmann	64	VfL Germania Leer	0:48:55	0:51:44	0:58:55	0:51:39	0:42:06		4:13:21
142	MHK	115	715	Rasmus	Remy	90	Klinikum Leer	0:49:49	0:49:35	1:00:19	0:50:46	0:43:06		4:13:37
143	MHK	116	175	Marcus	Struckmeyer	70	Ulricianum Aurich Sek 1	0:48:22	0:51:11	0:58:36	0:52:34	0:42:54		4:13:39
144	MHK	117	133	Kirschke	Rolf	65	Team ENERCON	0:47:17	0:51:08	0:59:36	0:52:34	0:43:12		4:13:50
145	MHK	118	178	Hartmut	Götz	72	Kdo SES Ostfriesland	0:48:32	0:51:33	0:59:30	0:51:38	0:42:37		4:13:51
146	MHK	119	275	Holger	Wollenberg	75	Filsum	0:48:24	0:51:19	0:58:51	0:52:25	0:42:55		4:13:56
147	WHK	5	F45	Tanja	Schwarz	77	MTV Aurich	0:47:26	0:51:39	0:59:42	0:52:37	0:42:34		4:14:00
148	MHK	120	266	Florian	Behrends	92	SV Hinrichsfehn	0:48:46	0:51:13	0:59:14	0:52:49	0:42:12		4:14:15
149	MHK	121	174	Tönjes	Meyer	58	TSV Hesel	0:47:45	0:51:23	0:59:25	0:52:00	0:43:42		4:14:17
150	MJ	24	862	Thies	Voigt	00	IGS Waldschule Egels	0:50:53	0:51:32	0:58:31	0:50:56	0:42:28		4:14:21
151	MHK	122	1256	Alwin	Janssen	70	Peiers	0:48:19	0:51:43	0:59:16	0:52:29	0:42:39		4:14:28
152	MHK	123	314	Rainer	Carsjens	64	Kdo SES Ostfriesland	0:49:25	0:51:21	0:59:08	0:52:26	0:42:13		4:14:34
153	MHK	124	1307	Dieter	Sanders	77	Stapelmoor	0:48:13	0:52:16	0:58:57	0:52:38	0:42:37		4:14:44
154	MJ	25	1561	Yannik	Weber	95	Ulricianum Aurich Sek2 -	0:51:37	0:51:21	0:58:37	0:51:58	0:41:31		4:15:06
155	MHK	125	11	Christian	Rose	84	ENOVA	0:51:22	0:52:10	1:00:31	0:49:50	0:41:20		4:15:14
156	MHK	126	1412	Viktor	Breise	78	Aurich	0:48:10	0:52:18	0:59:56	0:52:36	0:42:16		4:15:17
157	MHK	127	84	Mücke	Herrmann	81	erpel-Fahrradkurier	0:47:55	0:51:31	1:01:01	0:52:44	0:42:07		4:15:20
158	MHK	128	170	Joachim	Nordbrock	72		0:51:08	0:51:44	0:59:21	0:51:48	0:41:19		4:15:20
159	MJ	26	658	Heye	Erchinger	97	FCSO	0:49:53	0:52:41	0:58:09	0:51:51	0:42:44		4:15:21
160	MHK	129	1219	Richard	Hartema	68	MTV Ditzum	0:47:00	0:51:04	0:59:58	0:53:27	0:43:56		4:15:27
161	MJ	27	1473	Niklas	Hummerich	95	Emder LG	0:52:25	0:51:35	0:58:48	0:51:28	0:41:22		4:15:41
162	MJ	28	532	Marco	Recknagel	99	Gymnasium Ulricianum /	0:51:18	0:50:37	1:00:01	0:51:40	0:42:06		4:15:43

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
163	MHK	130	153	Gerold	Siemer	64	Amnesty International	0:47:16	0:50:39	0:58:19	0:56:23	0:43:18		4:15:57
164	MHK	131	111	Hans	van der Kam	56	Emder LG	0:49:05	0:52:12	1:00:12	0:52:19	0:42:31		4:16:21
165	MHK	132	193	Richard	Gastmann	61	Blau Weiss Filsum	0:49:54	0:51:52	0:59:26	0:52:15	0:42:52		4:16:21
166	MHK	133	318	Wilko	Liebetrau	77	TRAUCO Gruppe	0:48:15	0:52:25	1:00:02	0:52:57	0:42:43		4:16:23
167	MHK	134	1348	Matthias	Dietrich	65	MTV Hohenkirchen	0:48:12	0:51:26	1:02:51	0:51:54	0:42:02		4:16:27
168	MHK	135	177	Eric	Bootjer	66	RVB Aurich/Uplengen	0:48:22	0:51:43	0:59:36	0:53:20	0:43:23		4:16:27
169	MHK	136	515	Sven	Tattje	92	Team Möbel Buss	0:47:59	0:51:22	0:59:28	0:53:44	0:44:00		4:16:34
170	MHK	137	1468	Ralf	Defort	65	MTV Aurich	0:49:28	0:52:12	0:59:34	0:52:33	0:43:06		4:16:56
171	MHK	138	139	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:49:10	0:52:06	0:59:46	0:52:43	0:43:23		4:17:10
172	MJ	29	453	Sven	Ufken	95	JG 71 R	0:49:53	0:52:06	0:59:54	0:53:17	0:42:19		4:17:31
173	MHK	139	1212	Ahmed	Youssefi	77	BTC AG	0:49:10	0:52:07	0:59:46	0:53:08	0:43:20		4:17:32
174	MHK	140	413	Ralf	Feldmann	72	JG 71 R	0:49:09	0:52:25	0:59:47	0:53:14	0:43:07		4:17:44
175	MJ	30	201	Ingo	Prien	98	Realschule Aurich	0:48:04	0:51:29	0:58:49	0:55:44	0:43:50		4:17:58
176	MJ	31	1151	Jan-Henrik	Koppelkam	98	Nortmoor	0:50:13	0:52:37	1:01:03	0:52:35	0:41:51		4:18:20
177	MHK	141	1421	Edgar	Aggen	66	Feuerwehr Lammertsfeh	0:48:35	0:52:23	1:01:00	0:52:57	0:43:27		4:18:23
178	WHK	6	F28	Nina	Wessalows	74	LSF Oldenburg	0:49:40	0:52:31	0:59:52	0:53:06	0:43:19		4:18:31
179	MJ	32	1036	Marius	Pinkernell	96	NIGE	0:48:30	0:52:53	1:00:51	0:53:23	0:42:52		4:18:31
180	MHK	142	481	Jann	Trauernicht	61	Wasserschutzpolizei	0:47:59	0:52:25	1:00:48	0:53:25	0:43:52		4:18:31
181	WJ	1	F25	Julia	Duin	95	SV Holtland	0:48:35	0:52:25	1:00:20	0:53:21	0:44:01		4:18:44
182	MHK	143	1257	Helmut	Gerdes	72	IT-Sektor 4	0:49:11	0:52:09	1:00:11	0:53:03	0:44:19		4:18:55
183	MHK	144	1514	Lothar	Geisemeyer	59	Bünting Tee	0:48:21	0:52:30	1:00:38	0:53:41	0:43:48		4:19:00
184	MHK	145	571	Stefan	Bohlen	92	B-Plast 2000	0:50:19	0:52:00	0:59:54	0:52:40	0:44:07		4:19:02
185	MHK	146	1300	Harald	Fischer	52	MTV Hohenkirchen	0:48:15	0:52:26	1:00:34	0:54:20	0:43:44		4:19:21
186	MHK	147	107	Andreas	Heckhoff	64	Borromäus Hospital Lee	0:48:37	0:52:12	1:00:43	0:53:46	0:44:05		4:19:25
187	MHK	148	612	Juri	Breise	73	Sachverständigenbüro B	0:49:33	0:52:30	1:00:57	0:54:32	0:42:16		4:19:51
188	MHK	149	112	Wilko	Stoll	85	Reederei Buss	0:48:37	0:52:01	1:00:32	0:53:06	0:45:34		4:19:52
189	MHK	150	1268	Günther	Freerks	69	LG TV Bunde	0:49:07	0:52:07	1:00:37	0:54:12	0:43:53		4:19:58
190	MHK	151	198	Fidi	Gerdes	67	LG Ostfriesland/Onno	0:49:06	0:51:50	1:01:18	0:54:23	0:43:31		4:20:10
191	WHK	7	F13	Michaela	Janssen	74	Fortuna Logabirum	0:49:14	0:52:32	1:00:29	0:53:35	0:44:22		4:20:14
192	WHK	8	F86	Imke	Weers	78	TSV Schwarme	0:49:30	0:52:23	0:59:41	0:53:10	0:45:30		4:20:16
193	MHK	152	155	Wilfried	Berghaus	53	Fortuna Logabirum	0:48:53	0:52:27	1:00:47	0:53:58	0:44:12		4:20:18
194	MHK	153	1422	Manfred	Eden	59	TuS Eintracht Hinte	0:47:40	0:54:28	1:00:43	0:54:08	0:43:29		4:20:29
195	MHK	154	761	Wilhelm	Kruse	66	Team Möbel Buss	0:48:51	0:52:55	1:00:55	0:54:17	0:43:39		4:20:40
196	MHK	155	1546	Harald	Leu	71	Polizei Leer	0:48:28	0:52:15	1:01:10	0:54:45	0:44:08		4:20:48
197	MJ	33	487	Lars	Müller	94	Team Möbel Buss	0:47:36	0:58:00	0:58:44	0:52:34	0:43:57		4:20:54
198	MHK	156	148	Gordon	Krull	70	MTV Aurich	0:49:21	0:52:44	1:01:04	0:53:44	0:44:00		4:20:55
199	MHK	157	121	Hans-Dieter	Aden	58	Klinikum Emden	0:48:45	0:52:19	1:00:40	0:55:31	0:43:42		4:20:58
200	MHK	158	1492	Ralf	Reents	69		0:48:21	0:52:23	1:03:38	0:53:29	0:43:08		4:21:01
201	MHK	159	167	Meinhard	Harms	50	TSV Riepe	0:49:44	0:53:00	1:00:20	0:53:27	0:44:35		4:21:08
202	MHK	160	1535	Jan-Hauke	Rahmann	93	Bünting Tee	0:49:00	0:52:46	1:02:05	0:53:48	0:43:30		4:21:10
203	MHK	161	464	Robert	Schmidt	93	MTV Aurich	0:50:08	0:53:04	1:00:16	0:54:02	0:43:40		4:21:12
204	MHK	162	1600	Viktor	Derr	81	Praxis Derr	0:48:48	0:52:51	1:01:22	0:54:22	0:43:53		4:21:19
205	MHK	163	284	Walter	Krzatala	61	F.A. Wybelsum	0:49:07	0:52:59	1:01:09	0:54:31	0:44:03		4:21:51
206	MHK	164	132	Manfred	Frerichs	58	Emder LG	0:49:05	0:52:40	1:01:09	0:54:12	0:44:43		4:21:52
207	MHK	165	1431	Eike	Engelhardt	89	Sparkasse Aurich-Nord	0:49:37	0:52:24	1:02:50	0:53:36	0:43:27		4:21:55
208	MJ	34	809	Eike	Tannen	96	NIGE	0:50:22	0:53:02	1:01:32	0:53:00	0:43:59		4:21:56
209	MHK	166	1565	Klaus	Schulze	65	LSF Oldenburg	0:49:34	0:52:54	1:00:49	0:54:12	0:44:27		4:21:58
210	MHK	167	260	Eddi	Dreyer	69	LwlnsthGrp 21	0:49:37	0:53:22	1:01:09	0:53:46	0:44:01		4:21:58
211	MHK	168	1503	Manni	Dieken	75	CVJM	0:50:03	0:53:26	1:01:26	0:53:19	0:43:51		4:22:06
212	MJ	35	303	Sven	Recknagel	96	Ulricianum Aurich Sek 1	0:51:23	0:51:26	1:00:46	0:54:14	0:44:17		4:22:07
213	MHK	169	150	Kumaran	Ganeshan	83	Klinikum Emden	0:50:34	0:53:32	1:01:38	0:53:14	0:43:08		4:22:07
214	MJ	36	486	Leon	Müller	96	Team Möbel Buss	0:52:06	0:52:03	1:00:26	0:53:35	0:43:57		4:22:09
215	MHK	170	345	Erwin	Buss	72	VW Emden	0:50:32	0:53:31	1:01:04	0:53:26	0:43:35		4:22:10
216	MHK	171	1344	Arnd	Siebelts	67	LHV	0:50:41	0:52:28	1:02:50	0:53:21	0:42:50		4:22:12

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
217	MJ	37	926	Rico	Hubert	96	NIGE	0:48:54	0:52:37	1:01:34	0:54:18	0:44:50		4:22:15
218	MHK	172	1545	Tim	Mohrherr	85	Klinikum Leer	0:48:04	0:53:06	1:01:50	0:54:22	0:45:03		4:22:28
219	MHK	173	1508	Nils	Kutscher	68	TV Norden	0:54:26	0:50:43	1:03:03	0:51:51	0:42:25		4:22:29
220	MHK	174	222	Ingo	Haake	69	VfL Berumbur	0:49:17	0:53:16	1:00:52	0:54:23	0:44:42		4:22:31
221	MHK	175	851	Michael	Ihnen	62	Leinerstift e.V	0:49:23	0:53:41	1:01:32	0:53:43	0:44:11		4:22:32
222	MJ	38	1613	Lutz	Gieseler	96	IGS Aurich West Sek1	0:51:24	0:51:34	1:00:56	0:53:56	0:44:43		4:22:36
223	MHK	176	1079	Marek	Zembski	57	Klinikum Emden	0:49:18	0:53:03	1:01:40	0:53:45	0:44:50		4:22:37
224	MHK	177	1347	Sascha	Brader	69	MTV Hohenkirchen	0:49:52	0:54:14	1:00:56	0:54:05	0:43:34		4:22:43
225	MHK	178	143	Alle-Jan	Meinema	61	VOST	0:49:09	0:53:12	1:01:44	0:54:43	0:43:55		4:22:46
226	MHK	179	1270	Marc	Sörensen	81	In-Team Aurich	0:49:25	0:52:56	1:02:18	0:54:01	0:44:04		4:22:46
227	MHK	180	243	Rainer	Bohlen	87	LG Uplengen	0:49:17	0:52:54	1:01:52	0:55:09	0:43:35		4:22:49
228	MHK	181	1614	Onno	Fleßner	79	Ihlowerfehn	0:49:20	0:53:18	1:00:53	0:55:01	0:44:21		4:22:55
229	MHK	182	269	Jan	Pol	41	TuRa 07 Westrhauderfe	0:49:41	0:52:59	1:01:29	0:54:35	0:44:09		4:22:56
230	WHK	9	F12	Linda	Böhme	82	obw Emden	0:49:17	0:52:53	1:01:28	0:54:40	0:44:40		4:23:01
231	MHK	183	524	Bernhard	Ommen	70	Störtebeker Loopers TV	0:50:08	0:52:54	1:01:16	0:54:37	0:44:17		4:23:14
232	MHK	184	202	Helmut	Behrends	67	Fiese Friesen	0:49:25	0:52:50	1:01:36	0:54:52	0:44:32		4:23:17
233	MJ	39	145	Jan - Friso	Heeren	97	Ulricianum Aurich Sek 1	0:50:12	0:52:25	1:01:19	0:55:05	0:44:15		4:23:17
234	MHK	185	1459	Paul	Nikoleit	89	Atemlos	0:52:59	0:52:36	1:01:37	0:53:10	0:43:13		4:23:36
235	MHK	186	231	Michael	Pree	63	westerholt	0:49:28	0:53:41	1:01:23	0:54:12	0:44:51		4:23:37
236	MJ	40	1440	Michael	Mülder	96	HTG Ihlow	0:51:57	0:51:55	1:01:01	0:54:18	0:44:25		4:23:37
237	MHK	187	1417	Lukas	Dendzik	82	TSV Germania Holterf	0:49:12	0:53:47	1:02:41	0:54:19	0:43:40		4:23:41
238	MHK	188	601	Carsten	Kischlat	87	Fielmann	0:52:27	0:53:45	1:01:47	0:52:37	0:43:04		4:23:42
239	MHK	189	1496	Timo	Langer	73	TSV Jahn Carolinensiel	0:50:51	0:53:08	1:00:41	0:54:49	0:44:37		4:24:09
240	MJ	41	1572	Jann	Lübbers	97	FCSO	0:50:31	0:54:28	1:00:37	0:54:29	0:44:01		4:24:09
241	MHK	190	308	Wolfgang	Pree	62	TC Esens	0:49:23	0:53:34	1:02:25	0:54:33	0:44:17		4:24:13
242	MHK	191	806	Marco	Horn	86	Quarzewerk Marx	0:50:39	0:54:17	1:01:19	0:53:26	0:44:31		4:24:14
243	MJ	42	199	Tido	Willms	94	SC Dunum	0:48:21	0:52:39	1:01:04	0:56:12	0:45:57		4:24:16
244	MHK	192	402	Frank	Lüdemann	74	Kdo SES Ostfriesland	0:50:44	0:53:17	1:01:35	0:54:31	0:44:15		4:24:25
245	MHK	193	311	Thomas	Gelhard	56	LT TuS Aurich-Ost	0:50:05	0:53:42	1:00:57	0:55:01	0:44:45		4:24:32
246	MHK	194	100	Matthias	Röben	71	Polizei Aurich	0:49:03	0:56:04	1:01:09	0:54:23	0:43:58		4:24:38
247	MHK	195	1118	Jan	Markgraf	84	TSV Jahn Carolinensiel	0:52:19	0:55:44	1:00:50	0:53:29	0:42:18		4:24:42
248	MHK	196	169	Sören	Kohlert	82	IGS Aurich West	0:49:13	0:53:46	1:01:54	0:54:01	0:45:45		4:24:42
249	MHK	197	179	Gerold	Meinen	63	BSC Burhufe	0:49:56	0:53:28	1:01:39	0:54:35	0:45:04		4:24:44
250	MHK	198	228	Thorsten	Schwarz	67	MTV Aurich	0:50:06	0:53:32	1:02:25	0:54:32	0:44:16		4:24:54
251	MHK	199	1240	Malte	Niewerth	73		0:50:17	0:54:36	1:03:39	0:53:15	0:43:13		4:25:02
252	MHK	200	379	Joachim	Gerdas	79	Volksbank Westrhauder	0:49:16	0:53:40	1:02:04	0:53:55	0:46:06		4:25:03
253	WHK	10	F607	Michaela	Tammen	77	Borromäus Hospital Lee	0:50:04	0:53:49	1:01:56	0:54:25	0:44:48		4:25:04
254	MHK	201	299	Johann	Harms	57	Karkdörper Moorloopers	0:49:32	0:54:00	1:02:03	0:55:16	0:44:23		4:25:16
255	MHK	202	306	Jürgen	Hinken	63	KBV Wiesede Boßeln	0:49:55	0:53:16	1:01:49	0:55:13	0:45:02		4:25:16
256	MHK	203	164	Mirko	Hellmers	83	VfB Germania Wiesmoo	0:51:19	0:53:18	1:01:35	0:54:26	0:44:44		4:25:23
257	MHK	204	564	Josef	Baalmann	61	LT TuS Aurich-Ost	0:49:53	0:53:23	1:01:49	0:55:25	0:44:53		4:25:25
258	MHK	205	1536	Uwe	Wilhelms	67	Bünting Tee	0:50:21	0:54:54	1:01:40	0:53:51	0:44:50		4:25:38
259	MHK	206	255	Axel	Hesse	69	Team Deutsche Post	0:50:48	0:54:03	1:02:29	0:54:24	0:43:53		4:25:39
260	MJ	43	1298	Robin	Schick	00	MTV Hohenkirchen	0:50:44	0:54:48	1:01:04	0:54:06	0:44:55		4:25:39
261	MHK	207	1537	Udo	Joswig	55	Petrusgemeinde Loga	0:50:17	0:53:33	1:02:52	0:54:44	0:44:16		4:25:43
262	MJ	44	1224	Sven	Schoone	94	KGS Wiesmoo	0:50:50	0:52:09	1:01:16	0:52:47	0:48:39		4:25:44
263	MHK	208	161	Axel	Gärtner	69	FeG Aurich	0:50:10	0:53:43	1:01:31	0:55:24	0:44:58		4:25:47
264	WHK	11	F616	Annemarie	Martens	84	Fortuna Logabirum	0:51:55	0:53:24	1:01:09	0:54:33	0:44:45		4:25:47
265	MHK	209	65	Uwe	Geuken	65	FC Bayern München	0:48:34	0:53:58	1:01:59	0:55:46	0:45:29		4:25:49
266	MHK	210	154	Dr. Frank	Russell	64	Delfthauspraxis-Emden	0:49:15	0:53:58	1:02:09	0:54:52	0:45:41		4:25:56
267	WHK	12	F20	Sabine	Boersma	72		0:50:33	0:53:17	1:02:05	0:55:45	0:44:49		4:26:30
268	MHK	211	195	Marco	Meyer	80	TV Bunde	0:50:50	0:53:40	1:01:52	0:55:56	0:44:14		4:26:33
269	MHK	212	128	Henning	Janssen	79	Kdo SES Ostfriesland	0:50:58	0:53:43	1:00:47	0:55:36	0:45:30		4:26:35
270	MHK	213	261	Andreas	Janßen	67	Schwimmverein Hesel	0:50:17	0:53:47	1:01:51	0:55:03	0:45:36		4:26:36

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
271	MHK	214	142	Timo	de Freese	92		0:51:47	0:54:06	1:04:05	0:53:33	0:43:11		4:26:44
272	MHK	215	1340	Malte	Dieling	89	TC Sudbrookmerland	0:50:52	0:54:40	1:01:40	0:54:44	0:44:49		4:26:47
273	MJ	45	538	Mathis	de Vries	96	Ulricianum Aurich Sek 1	0:52:10	0:53:18	1:01:29	0:55:00	0:44:59		4:26:57
274	MHK	216	160	Udo	Kattenbeck	66	Emder LG	0:48:34	0:52:19	1:00:31	1:01:12	0:44:21		4:26:59
275	MHK	217	657	Thorsten	Stückfort	78	Hörgeräte Meiners&Stic	0:51:16	0:54:20	1:02:14	0:54:31	0:44:40		4:27:02
276	MHK	218	237	Matthias	Olthoff	73	Weener Plastik	0:49:35	0:54:14	1:02:29	0:55:35	0:45:11		4:27:06
277	MHK	219	180	Helmut	Ludwig	58	LG Ostfriesland	0:50:19	0:54:23	1:01:58	0:55:06	0:45:20		4:27:08
278	MHK	220	1539	Manfred	Meyer	63	Padlooper	0:50:21	0:53:41	1:02:11	0:55:31	0:45:27		4:27:12
279	MHK	221	512	Marco	Lüken	77	SVO Wi sünd Holtriem	0:52:03	0:54:08	1:02:56	0:55:01	0:43:02		4:27:13
280	MHK	222	274	Dennis	Hübner	78	Finkenburgeschule Wittm	0:50:12	0:53:43	1:02:57	0:55:20	0:45:12		4:27:26
281	MHK	223	283	Michael	Ahrendt	70	SV Dornum	0:50:11	0:53:52	1:02:32	0:55:40	0:45:09		4:27:27
282	MHK	224	119	Sascha	Kieslich	79	1.FC Kaiserslautern	0:52:15	0:54:20	1:01:56	0:54:47	0:44:14		4:27:35
283	MHK	225	257	Hartmut	Tunder	61	MTV Aurich	0:51:00	0:54:36	1:02:30	0:55:25	0:44:07		4:27:38
284	WHK	13	F36	Silvia	Buscher	75	SV Borussia Leer	0:51:19	0:54:50	1:02:28	0:54:42	0:44:19		4:27:40
285	MHK	226	104	Stefan	Bikker	77	Ihlow	0:49:36	0:54:06	1:02:09	0:56:24	0:45:29		4:27:45
286	MJ	46	1173	Ihno	Niemann	96	SV Nortmoor	0:52:35	0:54:01	1:02:00	0:55:02	0:44:07		4:27:46
287	MHK	227	194	Stefan	Janssen	79	LG Ostfriesland	0:50:32	0:53:08	1:03:13	0:55:06	0:45:45		4:27:47
288	MHK	228	1226	Rainer	Menken	77	LG Ostfriesland	0:51:35	0:53:45	1:02:29	0:55:02	0:44:55		4:27:47
289	MJ	47	618	Tobias	Goudschaal	96	FTC Hollen	0:51:49	0:52:42	1:02:22	0:55:47	0:45:08		4:27:49
290	WHK	14	F17	Stefanie	Beening	69		0:50:44	0:54:33	1:02:10	0:55:10	0:45:10		4:27:49
291	MHK	229	244	Eike	Henninga	91	Raiffeisenbank eG, Moor	0:49:45	0:54:29	1:02:59	0:55:28	0:45:08		4:27:50
292	MHK	230	1263	Thomas	Munk	68	Westrhauderfehn	0:50:38	0:55:29	1:01:59	0:55:10	0:44:41		4:27:59
293	MHK	231	1232	Friedrich	Folkerts	65	Feuerwehr Hollen	0:50:11	0:53:54	1:02:34	0:56:11	0:45:10		4:28:02
294	WJ	2	F31	Luisa	Kisch	98	Fortuna Logabirum	0:52:21	0:53:28	1:01:47	0:55:39	0:44:48		4:28:04
295	MJ	48	226	Swen	Kleinen	95	NIGE	0:49:44	0:53:25	1:03:30	0:56:58	0:44:31		4:28:10
296	MHK	232	216	Rolf	Bleeker	61	VOST	0:49:19	0:59:04	1:01:08	0:54:44	0:43:55		4:28:13
297	MHK	233	304	Reinhard	Grottluschen	92	VfB Germania Wiesmoo	0:51:15	0:59:05	0:59:23	0:54:01	0:44:30		4:28:15
298	MJ	49	1510	Jendrik	Groninger	96	Alex.-v-Humboldt-Schul	0:56:58	0:55:49	1:02:03	0:51:53	0:41:38		4:28:22
299	MHK	234	391	Arno	Goudschaal	80	LSF Oldenburg	0:51:14	0:55:44	1:01:17	0:55:33	0:44:55		4:28:44
300	MHK	235	1621	Uwe	Frühling	69	Polizei Aurich	0:49:24	0:54:27	1:03:57	0:56:24	0:44:32		4:28:46
301	WHK	15	F19	Annette	Kisch	66	Fortuna Logabirum	0:50:14	0:53:41	1:02:32	0:56:36	0:45:51		4:28:56
302	MHK	236	351	Heinz	Nautokat	69	Freie Turnerschaft Bagban	0:50:46	0:55:21	1:02:07	0:55:21	0:45:23		4:28:59
303	MHK	237	321	Wilhelm	Block	80	2-Rad Center Block	0:50:59	0:54:09	1:03:36	0:55:26	0:44:49		4:29:00
304	MHK	238	163	Uwe	Snater	61	LG TV Bunde	0:50:12	0:54:37	1:02:32	0:55:55	0:45:43		4:29:00
305	MHK	239	105	Sascha	Pottberg	83	LwinsthGrp 21	0:50:53	0:54:16	1:01:48	0:55:47	0:46:16		4:29:02
306	MHK	240	320	Andre	Beiden	81	PRO NAUTAS	0:50:54	0:53:48	1:02:14	0:56:05	0:46:00		4:29:02
307	MHK	241	346	Torsten	Alberts	71	Vetra Beton	0:51:15	0:53:24	1:03:06	0:56:14	0:45:16		4:29:17
308	MJ	50	1547	Mattes	Schmidt	97	Ulricianum Aurich Sek 1	0:50:50	0:54:40	1:02:46	0:56:15	0:44:48		4:29:20
309	MHK	242	196	Hajo	Otten	68	TuS Zetel	0:50:39	0:54:21	1:02:53	0:55:59	0:45:27		4:29:21
310	MHK	243	530	Artur	Sauer	80	Team ENERCON	0:52:28	0:54:56	1:02:39	0:55:03	0:44:24		4:29:33
311	MHK	244	270	Günter	Achterberg	66	ev.krebskr.Kinder	0:51:04	0:54:50	1:03:17	0:55:54	0:44:29		4:29:36
312	MJ	51	1385	Riko	Büttner	99	Gymnasium Ulricianum /	0:55:01	0:53:24	1:01:49	0:54:07	0:45:16		4:29:38
313	MHK	245	349	Timon	König	52	Krey Schifffahrts GmbH	0:51:20	0:53:59	1:01:54	0:56:30	0:45:55		4:29:40
314	MHK	246	649	Fredy	Hedemann	62	Team Möbel Buss	0:50:00	0:53:36	1:01:46	0:56:06	0:48:20		4:29:49
315	MJ	52	1343	Hauke	Heikens	96	Ubbo-Emmius-Gymnasi	0:53:26	0:56:22	1:01:52	0:53:31	0:44:37		4:29:50
316	MHK	247	1227	Volker	Rieken	67	doerlooper.de	0:51:18	0:54:41	1:03:07	0:55:32	0:45:19		4:29:58
317	MHK	248	1472	Hermann	Hinrichs	79	WT Loppersum	0:51:02	0:54:04	1:03:17	0:56:01	0:45:45		4:30:11
318	MHK	249	1217	Andreas	Gabel	81	Team Zuglufttler	0:51:57	0:53:28	1:03:23	0:55:25	0:45:58		4:30:13
319	MHK	250	129	Clemens	Dickmann	67	Nordland Papier	0:54:11	0:53:32	1:03:24	0:54:21	0:44:48		4:30:18
320	MHK	251	296	Gerold	Janssen	66	Team ENERCON	0:50:51	0:54:01	1:02:49	0:56:16	0:46:22		4:30:21
321	MHK	252	118	Frank	Poppen	90	Rettungsdienst Aurich	0:53:43	0:54:56	1:02:18	0:55:02	0:44:20		4:30:21
322	MHK	253	138	Ewald	Wallerowitz	65	LG Ostfriesland	0:52:19	0:54:48	1:01:57	0:55:39	0:45:47		4:30:33
323	MJ	53	239	Cedric	Schild	97	Turbine TGG	0:52:01	0:54:12	1:03:24	0:56:03	0:44:56		4:30:37
324	WHK	16	F623	Imke	Junker	87	Borromäus Hospital Lee	0:50:17	0:54:24	1:03:29	0:56:50	0:45:45		4:30:46

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
325	MHK	254	31	Sönke	Biel	85	Fortuna Logabirum	0:50:17	0:54:24	1:03:29	0:56:50	0:45:45		4:30:47
326	MHK	255	408	Lothar	van Geuns	73	Collinghorst	0:53:00	0:55:07	1:02:25	0:55:52	0:44:26		4:30:53
327	MHK	256	429	Holger	Schulte	75	Schulte Dental, Filsum	0:50:42	0:54:13	1:03:59	0:56:25	0:45:35		4:30:55
328	MJ	54	1444	Keno	Gohla	98	HTG Ihlow	0:53:20	0:55:25	1:02:01	0:54:37	0:45:34		4:31:00
329	MHK	257	276	Jens	Berghaus	59	Realschule Aurich	0:50:15	0:53:39	1:03:47	0:56:45	0:46:36		4:31:04
330	WHK	17	F74	Elke	Gronewold	67	TV Norden	0:51:02	0:54:57	1:03:13	0:56:05	0:45:45		4:31:04
331	MHK	258	381	Peter-M.	Nilges	52	CNG Wirtschaftsprüfer	0:51:46	0:54:04	1:03:48	0:56:05	0:45:22		4:31:06
332	MHK	259	1628	Benjamin	Jjjes	91		0:50:35	0:54:04	1:04:40	0:57:17	0:44:32		4:31:09
333	MHK	260	147	Jörg	Meyer	62	LwinsthGrp 21	0:50:48	0:54:30	1:03:07	0:56:48	0:45:56		4:31:12
334	MHK	261	1430	Ewald	Mühlenbroc	63	Sparkasse Aurich-Nord	0:50:13	0:51:08	1:03:57	0:58:04	0:47:53		4:31:16
335	MHK	262	1316	Andy	Sielmann	80	Lebenshilfe Leer e.V.	0:52:11	0:55:20	1:03:12	0:55:52	0:44:40		4:31:17
336	MHK	263	110	Harald	de Buhr	62	Polizei Leer	0:51:26	0:54:08	1:03:45	0:56:36	0:45:39		4:31:35
337	MHK	264	227	Jens	Götze	84	WIBO Bau	0:50:52	0:54:31	1:02:37	0:57:03	0:46:31		4:31:35
338	MJ	55	1617	Lasse	Wichmann	96	Turbine TGG	0:54:49	0:55:10	1:02:43	0:54:54	0:44:02		4:31:40
339	MJ	56	1548	Janek	Freudenber	96	Ulricianum Aurich Sek 1	0:53:25	0:53:00	1:03:25	0:54:39	0:47:10		4:31:41
340	MHK	265	236	Matthias	Böse	70	SV Stikkelkamp	0:51:02	0:54:08	1:03:24	0:57:04	0:46:03		4:31:43
341	MHK	266	181	Norbert	Schulte	58	LSF Oldenburg	0:51:12	0:54:51	1:03:18	0:55:52	0:46:27		4:31:43
342	MHK	267	779	Andreas	Wölfel	81	TV Norden	0:53:23	0:54:52	1:02:58	0:56:00	0:44:31		4:31:46
343	MHK	268	1342	Berend	Heikens	66	Tierarztpraxis Velde	0:52:16	0:54:49	1:03:10	0:56:01	0:45:40		4:31:57
344	MHK	269	162	Carsten	Ebel	66	Emden	0:52:02	0:54:30	1:03:03	0:56:29	0:45:59		4:32:04
345	MHK	270	655	Arno	Jibben	69	VOST	0:52:04	0:54:36	1:03:13	0:56:20	0:45:56		4:32:11
346	MHK	271	364	Sascha	Eckstein	75	CNG Wirtschaftsprüfer S	0:51:47	0:54:27	1:03:22	0:56:05	0:46:30		4:32:12
347	MHK	272	1425	Roger	Brettschnei	65	HTR	0:52:08	0:55:00	1:03:50	0:55:58	0:45:17		4:32:15
348	MHK	273	687	Enno	Ihmels	78	Volksbank Westrhauder	0:53:03	0:56:08	1:03:57	0:55:10	0:44:09		4:32:28
349	MHK	274	192	Jair	Cassoli	77	Team ENERCON	0:53:28	0:56:43	1:03:14	0:54:42	0:44:22		4:32:30
350	MJ	57	660	Malte	Pleis	97	Moorloopers	0:51:10	0:55:25	1:02:57	0:58:06	0:44:56		4:32:36
351	MHK	275	224	Andreas	Bartsch	78	Steuerkanzlei Arndt	0:51:31	0:55:34	1:03:36	0:56:04	0:45:54		4:32:41
352	WHK	18	F550	Ingrid	Folkerts	66	FTC Hollen	0:51:07	0:55:37	1:03:27	0:56:08	0:46:23		4:32:42
353	MHK	276	348	Hans-Jürge	de Buhr	69	Busboomsfehn	0:52:17	0:56:04	1:04:07	0:54:52	0:45:24		4:32:46
354	MHK	277	184	Hermann	Willms	76	Wilbeoer Bauteile Gmb	0:51:32	0:55:38	1:03:57	0:56:08	0:45:35		4:32:52
355	MHK	278	317	Ukena	Hartmut	68	Hinte	0:51:19	0:55:58	1:02:49	0:56:43	0:46:07		4:32:58
356	MHK	279	579	Gert	de Buhr	72	Mahl- und Mischbetrieb C	0:51:42	0:55:14	1:03:20	0:56:09	0:46:38		4:33:06
357	MHK	280	1383	Otto	Buss	60	Pestalozziscule Weener	0:51:33	0:54:32	1:04:21	0:56:36	0:46:07		4:33:11
358	MHK	281	102	Nanno	Janssen	67	Fortuna Logabirum	0:51:42	0:54:35	1:03:51	0:56:50	0:46:11		4:33:11
359	MHK	282	887	Stefan	Schild	64	Hartmann Group	0:52:42	0:55:19	1:03:26	0:56:14	0:45:41		4:33:24
360	MJ	58	F184	Lukas	de Vries	97	IGS Waldschule Egels	0:51:51	0:55:19	1:03:03	0:56:26	0:46:44		4:33:26
361	MHK	283	1592	Johannes	Coordes	69	Team ENERCON	0:52:01	0:55:06	1:04:50	0:55:42	0:45:54		4:33:36
362	MHK	284	141	Reinhard	de Vries	61	Ost-Victorbur	0:51:49	0:55:32	1:04:01	0:56:28	0:45:44		4:33:37
363	MJ	59	1603	Erik	Weerda	95	Ulricianum Aurich Sek 2	0:55:54	0:53:05	1:00:13	0:56:03	0:48:20		4:33:37
364	WHK	19	F30	Birthe	Paprotka	76	LSF Oldenburg	0:51:46	0:55:18	1:03:58	0:56:06	0:46:28		4:33:37
365	MJ	60	1040	Jonny	Pund	98	Bohlen & Doyen	0:56:16	0:56:57	1:02:04	0:54:37	0:43:42		4:33:38
366	MHK	285	1354	Andreas	Blaurock	68	obw Emden	0:52:49	0:55:19	1:03:38	0:55:53	0:46:06		4:33:47
367	MJ	61	1443	Jan-Gerd	Tammen	97	HTG Ihlow	0:51:18	0:55:46	1:03:48	0:56:02	0:46:53		4:33:49
368	MHK	286	212	Jörg	Lüpkes	81	Aurich	0:51:05	0:53:13	1:04:20	0:59:17	0:45:52		4:33:50
369	MJ	62	1445	Alexander	Seeger	97	HTG Ihlow	0:50:50	0:55:14	1:04:23	0:57:29	0:45:55		4:33:53
370	WHK	20	F75	Claudia	Janssen	80	TV Norden	0:52:23	0:55:28	1:03:33	0:56:12	0:46:18		4:33:57
371	MHK	287	619	Günter	Müller	67		0:51:56	0:55:23	1:03:52	0:56:25	0:46:24		4:34:02
372	MHK	288	832	Stefan	Rabenberg	87	TuRa 07 Westrhauderfe	0:52:56	0:56:07	1:03:57	0:55:57	0:45:06		4:34:05
373	MHK	289	548	Dieter	Henkel	70	BV Pfalzdorf	0:52:46	0:55:23	1:04:03	0:56:07	0:45:48		4:34:09
374	MHK	290	263	Dieter	Schliep	72	Holterfehn	0:50:55	0:55:11	1:04:35	0:57:51	0:45:35		4:34:10
375	MHK	291	295	Roland	von Kentzi	48	TG Wiesmoor	0:51:35	0:55:15	1:04:25	0:56:52	0:46:11		4:34:19
376	MJ	63	1442	Jann-Helge	Buß	98	HTG Ihlow	0:52:09	0:56:58	1:03:49	0:55:32	0:45:52		4:34:23
377	MHK	292	238	Jens	Heyken	83	Mykonos Touristen	0:53:46	0:56:36	1:03:19	0:55:42	0:45:09		4:34:33
377	MHK	292	560	Karsten	Janssen	81	SV Hage	0:53:45	0:56:35	1:03:19	0:55:42	0:45:10		4:34:33

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
379	MHK	294	331	Rob	van Goor	62	Aquilo	0:51:25	0:56:20	1:03:15	0:56:32	0:47:02		4:34:36
380	MJ	64	446	Tammo	Büscher	94	Büsches	0:52:39	0:54:52	1:04:26	0:56:37	0:46:02		4:34:38
381	MHK	295	519	Manuel	Brunken	83	VOST	0:52:30	0:55:38	1:03:50	0:56:32	0:46:09		4:34:40
382	MHK	296	628	Egon	August	62	SV Elisabethfehn	0:51:52	0:55:51	1:03:10	0:58:01	0:45:52		4:34:49
383	WHK	21	F54	Jutta	Behrends	76	SV Hollland	0:51:49	0:55:12	1:05:11	0:56:22	0:46:12		4:34:49
384	MHK	297	930	Wilko	Wiechers	87	BV Hoffnung	0:52:38	0:57:24	1:03:06	0:55:46	0:46:02		4:34:58
385	MHK	298	158	Hinnerk	Meyer	93	SV Hollland	0:53:23	0:56:42	1:04:06	0:55:15	0:45:37		4:35:05
386	MHK	299	375	Fred	Peters	67	DLRG Weener	0:50:31	0:55:04	1:03:05	1:00:38	0:45:59		4:35:19
387	MHK	300	427	Manfred	Cordes	60	Wiesmoor-Wiesederfeh	0:52:08	0:55:38	1:04:25	0:56:49	0:46:18		4:35:20
388	MHK	301	1136	Dietmar	Meyer	68	Turbine TGG	0:54:54	0:55:24	1:03:00	0:56:24	0:45:37		4:35:21
389	MHK	302	714	Michael	Müßing	81	Klinikum Leer	0:52:57	0:56:32	1:04:22	0:56:16	0:45:15		4:35:24
390	MHK	303	615	Holger	Grasse	65	TuS Zetel	0:52:03	0:56:11	1:04:13	0:57:14	0:45:42		4:35:25
391	MHK	304	279	Torsten	Welling	64	MTV Wittmund	0:52:06	0:55:35	1:03:39	0:57:45	0:46:20		4:35:26
392	MHK	305	183	Harald	Eberhard	66	TG Wiesmoor	0:52:52	0:55:46	1:04:29	0:56:50	0:45:44		4:35:42
393	MHK	306	666	Matthias	Scholz	90	RVB Aurich/Uplengen	0:50:40	0:54:03	1:07:35	0:55:17	0:48:18		4:35:55
394	MHK	307	447	Johann	Büscher	68	Büsches	0:52:55	0:55:17	1:04:38	0:57:01	0:46:05		4:35:57
395	MJ	65	69	Kevin	Behrmann	95	BBS 1 Aurich	0:52:53	0:56:01	1:06:17	0:56:07	0:44:38		4:35:58
396	MHK	308	200	Markus	Carstens	76	Team ENERCON	0:52:50	0:55:31	1:03:27	0:56:14	0:48:07		4:36:10
397	MHK	309	1470	Mike	Smidt	71	EKC Seeteufel	0:52:13	0:55:45	1:04:26	0:57:17	0:46:32		4:36:15
398	MHK	310	1411	Frank	Nissen	61	ISD	0:52:47	0:55:37	1:04:34	0:57:23	0:45:55		4:36:18
399	MHK	311	1427	Gottfried	Beekhuis	54	SV Dornum	0:53:22	0:56:55	1:03:58	0:55:57	0:46:09		4:36:22
400	MHK	312	350	Hermann	Rößing	65	WfBM BBB Aurich Witt	0:51:38	0:56:31	1:03:48	0:57:14	0:47:12		4:36:24
401	MHK	313	252	Hermann	Hinderks	68	Nordland Papier	0:52:32	0:56:00	1:05:08	0:56:58	0:46:07		4:36:47
402	MHK	314	44	Marco	Waßmann	74	TG Wiesmoor	0:52:42	0:55:30	1:04:43	0:57:25	0:46:36		4:36:57
403	MHK	315	1474	Ludwig	Hummerich	60	Emder LG	0:54:50	0:56:17	1:03:39	0:56:03	0:46:06		4:36:57
404	MHK	316	354	Rolf-Dieter	Vennen	62	EWE Wattloopers	0:52:31	0:55:55	1:04:46	0:57:14	0:46:39		4:37:07
405	MHK	317	591	Andreas	Bölle	68	Nordland Papier	0:53:23	0:55:43	1:05:49	0:56:58	0:45:19		4:37:14
406	MHK	318	1586	Uwe	Frömming	69	Wi sünd Holtriem	0:51:30	0:56:15	1:05:50	0:56:50	0:46:52		4:37:20
407	MHK	319	309	Manfred	Schütte	57	SV Friedrichsfehn	0:51:52	0:55:57	1:06:15	0:56:51	0:46:25		4:37:22
408	MJ	66	1012	Lukas	Jäschke	94	mitzeit Intensivpflege zu	0:53:04	0:56:26	1:06:34	0:56:07	0:45:18		4:37:32
409	MHK	320	758	Björn	Stahl	91	Seefahrtsschule Leer	0:52:40	0:56:53	1:04:27	0:56:25	0:47:09		4:37:37
410	MHK	321	1429	Andreas	Neu	77	fitness world schortens	0:51:35	0:52:08	1:10:13	0:52:51	0:50:51		4:37:40
411	MJ	67	895	Jann	Utecht	97	FCSO	0:52:44	0:54:28	1:06:16	0:57:01	0:47:09		4:37:40
412	MHK	322	531	Jörg	Harms	65	Schüt-Duis	0:52:47	0:55:46	1:04:35	0:57:31	0:47:00		4:37:42
413	MHK	323	292	Johannes	Feimann	66	Nordland Papier	0:52:08	0:56:16	1:04:39	0:57:57	0:46:48		4:37:50
414	MJ	68	1638	Keno	Lentke	94	TV Leer	0:53:20	0:59:01	1:05:42	0:55:48	0:44:01		4:37:53
415	MHK	324	1284	Torsten	Lühr	67	Der schwarze Blitz	0:51:54	0:57:33	1:05:56	0:56:52	0:45:41		4:37:58
416	WHK	22	F606	Janina	Hilrichs	87	Hollland	0:52:34	0:56:11	1:04:27	0:57:18	0:47:27		4:38:00
417	MHK	325	783	Peter	Gross	68		0:53:34	0:56:57	1:03:50	0:57:02	0:46:56		4:38:20
418	MHK	326	393	Lars	Schepker	80	Aurich	0:52:34	0:55:53	1:05:20	0:57:33	0:46:59		4:38:21
419	MHK	327	189	Frank	Oltrop	65	Blau- Weiß Borssum	0:53:34	0:56:57	1:03:50	0:57:03	0:46:55		4:38:21
420	WHK	23	F18	Bettina	Pilney	62	LT SV Ems Jemgum	0:53:31	0:56:02	1:04:09	0:57:40	0:46:59		4:38:24
421	MHK	328	850	Thorsten	Dettmer	65	Leinerstift e.V	0:51:47	0:55:55	1:04:47	0:58:21	0:47:34		4:38:25
422	MHK	329	313	Michael	Apel	73		0:52:50	0:56:43	1:05:31	0:57:21	0:46:01		4:38:27
423	WJ	3	F46	Miriam	de Buhr	96	Fortuna Logabirum	0:52:52	0:56:06	1:05:35	0:57:01	0:46:52		4:38:28
424	MHK	330	645	Horst	Willems	69	LG Krummhörn	0:52:49	0:56:15	1:04:40	0:57:40	0:47:08		4:38:34
425	MHK	331	159	Thomas	Stern	70	Seefahrtsschule Leer	0:53:19	0:56:07	1:05:48	0:57:05	0:46:13		4:38:34
426	MHK	332	1076	Rudi	Buse	67	Moormerland	0:51:56	0:56:48	1:05:34	0:57:43	0:46:37		4:38:39
427	MHK	333	603	Hans-Joach	Trum	62	Gymnasium Rhaderfe	0:53:24	0:58:05	1:03:26	0:57:32	0:46:10		4:38:39
428	MHK	334	214	Holger	Aderhold	70	SVO Wi sünd Holtriem	0:52:41	0:55:51	1:04:58	0:57:47	0:47:29		4:38:47
429	MHK	335	1390	Ole	Ahrens	90	SV Leepens	0:53:47	0:57:09	1:04:28	0:57:29	0:46:01		4:38:56
430	MHK	336	301	Michael	Martens	82	Team ENERCON	0:52:33	0:56:01	1:04:49	0:57:44	0:47:48		4:38:57
431	MHK	337	363	Jann	Saathoff	91	Ludwigsdorf	0:53:42	0:58:21	1:04:24	0:56:48	0:45:50		4:39:07
432	MHK	338	341	Rolf	Steinke	67	SV Warsingsfehn	0:53:22	0:56:23	1:05:26	0:57:32	0:46:23		4:39:08

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
433	MJ	69	836	Arne	Köllmann	94	B-Plast 2000	0:51:03	0:55:02	1:03:16	0:57:03	0:52:43		4:39:09
434	MHK	339	209	Detlef	Berding	68	Stadt Oldenburg	0:52:48	0:56:43	1:04:53	0:57:57	0:46:51		4:39:14
435	MHK	340	484	Jonas	Buja	92	Seefahrtsschule Leer	0:52:50	0:56:54	1:04:27	0:57:43	0:47:24		4:39:20
436	MHK	341	425	Eric	Saathoff	68	Emder LG	0:53:12	0:56:54	1:05:03	0:57:16	0:46:56		4:39:22
437	MHK	342	305	Hermann	Nagel	56	SV Concordia Neermoor	0:52:48	0:56:44	1:05:04	0:57:56	0:46:53		4:39:27
438	MHK	343	813	Jörg	Heyen	70	Bohlen & Doyen	0:56:15	0:56:27	1:04:32	0:56:18	0:45:55		4:39:28
439	MJ	70	422	Tammo	Keck	95	TC Südbrookmerland	0:53:08	0:56:07	1:06:39	0:57:11	0:46:29		4:39:36
440	MHK	344	606	Frank	Landheer	70	Feedback Leer	0:51:51	0:56:08	1:04:24	0:59:47	0:47:30		4:39:42
441	MHK	345	113	Johann	Lammers	63	Holland	0:52:52	0:56:24	1:05:37	0:58:28	0:46:26		4:39:49
442	MHK	346	1096	Cristian	Canales Ag	91	TSR Olympia Wilhelms	0:54:04	0:57:06	1:03:37	0:57:17	0:47:43		4:39:49
443	MJ	71	1636	Janus	Thies	99	Alex von Humboldt Schu	0:54:12	0:57:01	1:05:21	0:58:03	0:45:10		4:39:49
444	MHK	347	1230	Matthias	Ottjes	64	Möhlmann Automobil L	0:52:22	0:55:44	1:07:28	0:57:10	0:47:08		4:39:54
445	MJ	72	549	Sven	Janßen	94	REHAU AG & Co	0:54:56	0:56:08	1:06:01	0:56:07	0:46:41		4:39:55
446	MJ	73	396	Aaron	Janßen	99	FCSO	0:51:50	0:57:08	1:06:21	0:58:10	0:46:30		4:40:01
447	MHK	348	302	Manfred	Kramer	62	LG Werder-Ossis	0:54:54	0:57:04	1:04:36	0:56:52	0:46:51		4:40:19
448	MJ	74	1095	Marvin	Frick	98	SV Blomberg	0:54:44	0:57:41	1:03:10	0:57:58	0:46:48		4:40:22
449	MHK	349	230	Rainer	Hoek	78	AXA Center Hoek	0:53:19	0:56:56	1:05:06	0:57:35	0:47:28		4:40:26
450	MHK	350	522	Helmut	Fischer	64	Störtebeker Loopers TV	0:51:39	0:54:50	1:03:51	1:01:15	0:48:54		4:40:31
451	MHK	351	293	Heinz	Schultz	49	VfR Heisfelde	0:52:26	0:57:00	1:05:43	0:57:57	0:47:31		4:40:39
452	MHK	352	387	Thorsten	Stege	80	Feuerwehr Oldersum	0:53:00	0:56:42	1:05:40	0:58:15	0:47:03		4:40:42
453	MHK	353	272	Johann	Sandersfeld	55	LG Uplengen	0:52:35	0:56:20	1:05:18	0:58:17	0:48:20		4:40:51
454	MJ	75	1053	Tammo	Spieker	98	TuRa 07 Westrhauderfe	0:55:55	0:56:22	1:06:47	0:56:12	0:45:34		4:40:52
455	MHK	354	421	Heyko	Oelrichs	87	Bohlen & Doyen	0:51:13	0:57:52	1:07:17	0:57:59	0:46:37		4:41:00
456	MJ	76	1046	Stefan	Dirks	96	Ulricianum Aurich Sek2 -	0:54:43	0:54:49	1:06:33	0:58:18	0:46:38		4:41:02
457	MHK	355	357	Helmut	Averbeck	66	Emder LG	0:53:23	0:57:03	1:06:27	0:57:55	0:46:20		4:41:11
458	MHK	356	499	Joachim	Harms	61	traba-team	0:53:42	0:56:24	1:05:58	0:57:30	0:47:40		4:41:15
459	MHK	357	336	Stephan	Hoheisel	89	Seefahrtsschule Leer	0:52:47	0:57:45	1:05:20	0:57:38	0:47:43		4:41:16
460	MJ	77	864	Lukas	Rossmann	99	IGS Waldschule Egels	0:54:23	0:56:47	1:05:34	0:57:58	0:46:44		4:41:27
461	MHK	358	328	Rainer	Spannhoff	64	Emder LG	0:53:05	0:57:42	1:04:27	0:58:14	0:47:58		4:41:27
462	MHK	359	258	Andreas	Voßkuhl	75	Völlenerfehn	0:53:00	0:55:59	1:05:05	0:59:47	0:47:36		4:41:28
463	MHK	360	621	Hermann	Siemens	67	Hammelwarder Sprinter	0:53:43	0:57:31	1:05:19	0:57:34	0:47:21		4:41:30
464	MHK	361	405	Ottmar	Schulte	65	Emden	0:52:55	0:57:19	1:05:12	0:58:26	0:47:36		4:41:30
465	WHK	24	F41	Claudia	Wehming	78	Stadt Oldenburg	0:52:53	0:57:01	1:05:04	0:57:29	0:49:10		4:41:38
466	WHK	25	F35	Heike	Greis	65	LSF Oldenburg	0:52:45	0:56:47	1:05:26	0:58:29	0:48:16		4:41:44
467	WHK	26	F44	Marion	Baumann	71	TUS Zetel	0:52:50	0:57:35	1:05:46	0:57:54	0:47:43		4:41:50
468	WHK	27	F33	Viola	Steffens	75	Emder LG	0:53:28	0:57:27	1:05:56	0:58:01	0:47:01		4:41:55
469	MHK	362	344	Hartmut	Staude	71	Padlooper	0:55:05	0:56:23	1:04:48	0:57:24	0:48:17		4:41:58
470	MJ	78	861	Fabian	Herd	02	IGS Waldschule Egels	0:53:05	0:57:40	1:08:17	0:57:00	0:45:56		4:42:00
471	MHK	363	251	Theodor	Hildebrandt	56	LG Ostfriesland	0:51:25	0:57:53	1:05:46	0:59:26	0:47:29		4:42:01
472	MHK	364	197	Friedhelm	Baumann	60	TSV Hesel	0:52:09	0:56:45	1:06:51	0:58:01	0:48:13		4:42:01
473	MHK	365	1188	Christof	Langen	88	Seefahrtsschule Leer	0:52:11	0:56:02	1:07:32	0:58:52	0:47:26		4:42:06
474	MJ	79	551	Hendrik	Flessner	97	Alex.-v-Humboldt-Schul	0:55:35	0:58:33	1:04:37	0:56:23	0:46:57		4:42:06
475	MHK	366	665	Heinz	Schmidt	63	Fortuna Logabirum	0:52:45	0:56:51	1:05:45	0:58:54	0:47:50		4:42:07
476	WHK	28	F524	Anja	Wilken	70	LG Uplengen	0:52:17	0:56:42	1:07:23	0:58:26	0:47:19		4:42:08
477	MHK	367	1622	Folkert	Saul	77	BBS-Jever	0:54:52	0:57:42	1:05:50	0:56:25	0:47:20		4:42:11
478	WHK	29	F47	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:53:53	0:57:42	1:05:50	0:57:51	0:46:55		4:42:13
479	MHK	368	327	Detlef	Oetter	64	Sparkasse Leer Wittmun	0:53:21	0:57:32	1:06:29	0:57:32	0:47:17		4:42:13
480	WHK	30	F34	Anja	Goos	72	Emder LG	0:53:02	0:56:31	1:05:38	0:59:27	0:47:35		4:42:14
481	MHK	369	282	Michael	Schulz	62	LT TuS Aurich-Ost	0:53:11	0:58:22	1:06:28	0:57:06	0:47:10		4:42:19
482	MHK	370	545	Wilfried	Foorden	64	TG Wiesmoor	0:52:53	0:57:21	1:05:31	0:58:33	0:48:00		4:42:20
483	MHK	371	458	Heiner	Schmidt	74	HSM Wirtschaftsprüfer &	0:53:32	0:57:23	1:06:38	0:57:32	0:47:32		4:42:38
484	WJ	4	F38	Talea	Seiwald	01	S.V. Concordia Ihrhove	0:53:38	0:57:30	1:04:35	0:59:37	0:47:19		4:42:40
485	WJ	5	F655	Tomke	Wachtendor	00	Gymnasium Ulricianum /	0:55:01	0:57:35	1:04:45	0:58:27	0:46:53		4:42:43
486	MHK	372	414	Ehrenfried	Lüken	64	JG 71 R	0:52:51	0:57:26	1:05:28	0:59:28	0:47:28		4:42:44

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
487	MHK	373	390	Hermann	Erdwiens	70	LG Ostfriesland	0:52:54	0:56:27	1:05:36	0:59:27	0:48:22		4:42:48
488	MHK	374	361	Thomas	Loegel	65	SV Wiesede-Upschört	0:53:06	0:57:24	1:06:32	0:58:30	0:47:26		4:43:00
489	MHK	375	516	Thorsten	Eesmann	70	Pestalozzischule Weene	0:53:28	0:57:45	1:05:18	0:59:00	0:47:30		4:43:02
490	MHK	376	485	Uwe	Ottjes	66	Team Möbel Buss	0:53:30	0:57:07	1:06:37	0:57:29	0:48:17		4:43:03
491	MHK	377	541	Dieter	Janssen	55	Wittmund	0:52:37	0:57:50	1:06:50	0:58:16	0:47:30		4:43:06
492	MHK	378	210	Bernd	Neuenstein	61		0:53:01	0:57:14	1:06:32	0:58:27	0:47:52		4:43:08
493	MHK	379	1317	Stephan	Meyer	80	Lebenshilfe Leer e.V.	0:56:29	0:56:41	1:04:55	0:57:45	0:47:19		4:43:11
494	MHK	380	492	Frank	Kruse	79	VW Emden	0:57:22	0:57:43	1:06:22	0:56:03	0:45:46		4:43:18
495	MHK	381	1649	Christian	Lütten	68	IGS Aurich	0:55:42	0:56:13	1:05:43	0:57:55	0:47:45		4:43:19
496	MHK	382	584	Rainer	Willing, Dr.W	66	Ubbo-Emmius-Klinik	0:53:38	0:56:17	1:06:12	1:00:10	0:47:02		4:43:22
497	MHK	383	1570	Adnan	Omairi	81	Team ENERCON	0:51:18	0:56:12	1:08:27	1:00:29	0:47:04		4:43:32
498	MHK	384	278	Alwin	Günther	73	Wi sünd Holtriem SVO	0:53:10	0:57:22	1:06:15	0:59:16	0:47:30		4:43:34
499	WJ	6	F250	Dana	Backenhau	11	NIGE	0:51:31	0:56:10	1:05:29	0:57:49	0:52:38		4:43:38
500	MHK	385	457	Stefan	Janßen	70	HSM Wirtschaftsprüfer &	0:53:40	0:58:04	1:06:29	0:58:28	0:46:59		4:43:42
501	MHK	386	791	Christian	Möller	83	Team ENERCON	0:53:19	0:56:08	1:05:22	1:00:38	0:48:23		4:43:52
502	MJ	80	1467	Steffen	Reiners	96	Ulricianum Aurich Sek 2	0:52:57	0:56:50	1:06:05	0:58:59	0:49:13		4:44:05
503	MHK	387	460	Arnim	Gerdes	69	Onno Behrends Tee	0:53:21	0:57:13	1:06:04	0:58:58	0:48:29		4:44:07
504	MHK	388	585	Jochen	Fleßner	65	Klinikum Emden	0:54:46	0:57:21	1:05:50	0:58:39	0:47:31		4:44:09
505	MHK	389	268	Christian	Merl	57	SZ Collhusen	0:53:41	0:58:09	1:06:19	0:58:18	0:47:44		4:44:12
506	MHK	390	435	Günther	Wilken	68	TuS Leerhafe-Hovel e.	0:53:22	0:58:58	1:06:18	0:58:08	0:47:28		4:44:16
507	MHK	391	882	Michael	Stahlberg	75	Klinikum Emden	0:54:05	0:58:23	1:05:37	0:59:22	0:46:51		4:44:20
508	MHK	392	389	Weert-Peter	Prikker	59	Fortuna Logabirum	0:53:24	0:57:05	1:06:23	0:59:39	0:47:54		4:44:26
509	MHK	393	291	Remmer	Schuster	62	LT Schaffhauser Wald	0:53:46	0:57:10	1:05:55	0:59:34	0:48:12		4:44:38
510	MHK	394	1456	Jan	Fockens	82	Jantjes Team	0:57:11	0:58:26	1:05:11	0:57:10	0:46:51		4:44:52
511	MHK	395	165	Kai	Busker	78	SV Werder Bremen	0:55:01	0:56:15	1:05:23	1:01:44	0:46:26		4:44:52
512	MHK	396	1498	Günter	Bloem	77	VFL Viktoria Flachsmeer	0:53:46	0:57:27	1:06:51	0:58:33	0:48:21		4:45:01
513	MHK	397	638	Klaus	Heilmann	70	Seefahrtsschule Leer	0:55:32	0:57:57	1:06:47	0:57:48	0:46:58		4:45:04
514	WHK	31	F697	Manuela	Smit	70		0:53:38	0:57:47	1:06:25	0:58:52	0:48:21		4:45:05
515	MJ	81	288	Ihno	Gellmers	96	FC SO	0:54:06	0:57:25	1:06:41	0:58:47	0:48:05		4:45:06
516	WHK	32	F40	Herma	Kobuch	68	Lauftreff Schaffhauserwa	0:54:02	0:57:32	1:05:57	0:59:19	0:48:20		4:45:11
517	WHK	33	F42	Miriam	Krawietz	77	Emder LG	0:54:15	0:56:32	1:06:45	0:59:06	0:48:32		4:45:12
518	MHK	398	1531	Stefan	Burlager	84	Bünting Tee	0:54:07	0:58:05	1:06:42	0:58:51	0:47:31		4:45:18
519	MHK	399	610	Rene	Schwinning	91	ORGADATA AG	0:55:47	0:56:47	1:05:41	0:58:43	0:48:20		4:45:20
520	MHK	400	1285	Stefan	Menzel	91	Seefahrtsschule Leer	0:53:24	0:55:46	1:10:23	0:57:48	0:48:14		4:45:37
521	MHK	401	577	Markus	Langer	70	Kdo SES Ostfriesland	0:55:11	0:57:33	1:08:05	0:57:53	0:46:54		4:45:38
521	MHK	401	191	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:55:17	0:57:32	1:07:14	0:58:07	0:47:25		4:45:38
523	MHK	403	543	Helmut	Lüürsen	66	LG TV Bunde	0:54:09	0:56:59	1:07:34	0:59:23	0:47:33		4:45:39
524	MHK	404	432	Micha	Arends	92	Seefahrtsschule Leer	0:53:28	0:58:33	1:07:01	0:58:58	0:47:45		4:45:48
525	WHK	34	F39	Claudia	Langen	73	mitzeit Intensivpflege zu	0:54:47	0:57:48	1:05:43	0:58:32	0:48:59		4:45:52
526	MHK	405	510	Drees	Janssen	62	LG Ostfriesland	0:54:47	0:57:37	1:05:56	0:59:24	0:48:06		4:45:52
526	WHK	35	F56	Johanna	Tihen	86	Turbine TGG	0:55:19	0:58:16	1:06:17	0:58:49	0:47:09		4:45:52
528	MHK	406	392	Nils	Heidenreich	93	HSM Wirtschaftsprüfer &	0:55:10	0:57:19	1:05:43	0:58:58	0:48:47		4:45:59
529	MHK	407	1509	Holger	Saathoff	67	TV Norden	0:54:39	0:58:50	1:08:23	0:55:23	0:48:51		4:46:07
530	MJ	82	533	Henryk	Mannott	00	Alex.-v-Humboldt-Schul	0:54:51	0:58:45	1:06:43	0:58:14	0:47:36		4:46:10
531	MHK	408	523	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:56:11	0:58:56	1:05:57	0:57:48	0:47:18		4:46:12
532	MHK	409	1607	Robert	König	76	Gymnasium Westerste	0:53:25	0:57:54	1:06:46	0:59:50	0:48:17		4:46:14
533	MHK	410	893	Reinhard	Post	62	SV Stern Schwerinsdorf	0:53:03	0:57:42	1:06:51	0:58:36	0:50:00		4:46:14
534	MHK	411	444	Jürgen	Eilerts	66	SC Wiesens	0:54:22	0:58:24	1:06:22	0:58:16	0:48:49		4:46:15
535	MHK	412	322	Thomas	Heinzmann	73	GS Völlenerfehn	0:54:11	0:57:48	1:06:28	1:00:05	0:47:42		4:46:16
536	WHK	36	F529	Claudia	Wittek	69	MTV Aurich	0:54:14	0:58:36	1:06:56	0:58:46	0:47:47		4:46:22
537	MHK	413	1465	Tim	Grübner	75	Sparkasse Aurich-Nord	0:56:32	0:58:10	1:05:35	0:58:50	0:47:14		4:46:23
538	MHK	414	518	Bernhard	Rumpf	66	Holthuserheide	0:51:52	0:56:00	1:06:16	1:04:42	0:47:32		4:46:24
539	MHK	415	423	Uwe	Reiners	69	erlebnishgolf-ostfriesland.	0:54:58	0:57:51	1:07:41	0:56:27	0:49:27		4:46:26
540	MHK	416	325	Matthias	Erfeling	85		0:54:15	0:58:09	1:07:12	0:59:28	0:47:32		4:46:39

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
541	WJ	7	F705	Janna	Naatjes	96	Turbine TGG	0:58:41	0:59:05	1:05:45	0:56:50	0:46:19		4:46:43
542	MHK	417	330	Michael	Brandt	84	IGS Waldschule Egels	0:54:27	0:58:36	1:06:29	0:59:22	0:48:03		4:47:00
543	MHK	418	397	Hinrich	Rahn	73	EWE Wattloopers	0:54:36	0:58:17	1:06:54	0:59:15	0:47:56		4:47:00
544	MHK	419	677	Nils	van Loh	92	SV Eintracht Nüttermoor	0:54:02	0:58:20	1:07:42	0:58:43	0:48:12		4:47:01
545	MHK	420	559	Rüdiger	Barthel	90	Seefahrtsschule Leer	0:54:29	0:58:52	1:06:59	0:58:58	0:47:42		4:47:02
546	MJ	83	1437	Jonas	Müller	98	HTG Ihlow	0:55:40	0:58:45	1:08:45	0:58:36	0:45:14		4:47:02
547	WHK	37	F70	Alexandra	Norda	76	LG Papenburg-Aschend	0:54:24	0:58:11	1:07:04	0:59:21	0:48:04		4:47:07
548	MJ	84	970	Renko	Engels	00	Holterfehn	0:54:28	0:58:16	1:07:02	0:58:51	0:48:29		4:47:07
549	MHK	421	339	Nanno	Betten	71	Hollen	0:54:48	0:57:23	1:07:39	0:59:37	0:47:49		4:47:18
550	MHK	422	1599	Christian	Frey	82	Perior	1:02:16	0:57:28	1:04:57	0:56:27	0:46:13		4:47:22
551	WHK	38	F60	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:54:11	0:58:17	1:07:02	0:59:14	0:48:37		4:47:24
552	MJ	85	1578	Thilo	Strüfing	97	Ulricianum Aurich Sek 1	0:54:12	0:58:59	1:07:55	0:59:00	0:47:21		4:47:29
553	MJ	86	1625	Timo	Brinschwitz	95	Ulricianum Aurich Sek 2	0:55:54	0:56:52	1:07:01	0:59:21	0:48:20		4:47:30
554	MHK	423	300	Wichert	Brüsehoff	66	TV Oldersum	0:56:11	0:56:13	1:08:27	0:59:06	0:47:34		4:47:33
555	MHK	424	352	Martin	Thoben	70	ELV Elektronik AG	0:54:32	0:58:21	1:06:46	1:00:04	0:47:52		4:47:37
556	MJ	87	868	Christian	Biller	97	IGS Waldschule Egels	0:55:12	0:55:50	1:08:59	0:57:59	0:49:36		4:47:37
557	WHK	39	F50	Nina	Janßen	79	TSV Jahn Carolinensiel	0:54:23	0:58:20	1:07:19	0:59:33	0:48:08		4:47:44
558	MHK	425	1415	Michael	Bohnen	84	FENESTRA NORDWES	0:56:11	0:57:07	1:06:32	0:59:09	0:48:44		4:47:46
559	MHK	426	456	Carsten	Strasser	68	GW Firrel	0:54:18	0:56:39	1:07:53	1:00:05	0:48:49		4:47:46
560	MHK	427	134	Frank	Olin	68	Lummerland Taxi Aurich	0:55:40	0:59:07	1:06:34	0:59:00	0:47:28		4:47:50
561	MJ	88	1616	Hannes	Wilhelms	94	TSV Lammertsfehn	0:53:12	0:58:47	1:07:40	0:59:20	0:48:52		4:47:53
562	MHK	428	534	Jens	Gronewold	91	Team ENERCON	0:54:05	0:57:27	1:07:47	0:58:36	0:50:00		4:47:58
563	MHK	429	1591	Tebbe	Bertus	89		0:56:16	0:57:52	1:07:31	0:58:08	0:48:10		4:47:58
564	MHK	430	899	Jacek	Walczak	82	ORGADATA AG	0:55:41	0:57:41	1:06:52	0:58:14	0:49:32		4:48:01
565	MHK	431	287	Anh Van	Thai	72	WfbM BBB Aurich Witt	0:55:27	0:58:04	1:08:41	0:59:04	0:47:01		4:48:19
566	WHK	40	F140	Meike	Flügge	66	VfL Germania Leer	0:54:15	0:58:04	1:07:20	0:59:36	0:49:07		4:48:24
567	MHK	432	496	Bernd	Alberts	75	TV Norden	0:54:50	0:58:52	1:06:41	0:59:46	0:48:16		4:48:25
568	MHK	433	602	Malte	Richter	90	MTV Wittmund	0:53:38	0:58:46	1:07:09	0:59:56	0:49:02		4:48:33
569	WHK	41	F52	Sandra	Ellßel	85	Emder LG	0:55:44	0:57:14	1:07:08	1:00:35	0:47:53		4:48:36
570	WHK	42	F71	Monika	Foorden	68	LG Grobfehn	0:56:36	0:58:58	1:06:43	0:58:42	0:47:39		4:48:39
571	MHK	434	21	Wilhelm	de Boer	61	SV Dornum	0:54:51	0:58:19	1:08:04	0:59:15	0:48:16		4:48:47
572	MHK	435	479	Wolfgang	Kuper	70	Baptisten Firrel	0:54:47	0:58:28	1:07:38	0:59:21	0:48:32		4:48:48
573	MHK	436	592	Norbert	Dickmann	68	Nordland Papier	0:53:22	0:57:44	1:08:44	1:00:23	0:48:34		4:48:49
574	MHK	437	773	Alfred	Scheepker	54	TV Norden	0:55:29	0:58:32	1:06:42	0:59:55	0:48:22		4:49:01
575	MHK	438	1420	Dieter	Schleifer	69	VW Emden	0:56:36	0:58:33	1:05:58	0:58:29	0:49:24		4:49:01
576	MHK	439	697	Klaus	Bergmann	58	Seefahrtsschule Leer	0:57:42	0:59:34	1:07:50	0:57:41	0:46:26		4:49:15
577	MHK	440	644	Detlef	Penske	65	BBS 1 Aurich	0:55:10	0:58:44	1:07:47	0:59:15	0:48:19		4:49:15
578	MHK	441	213	Thomas	Bolte	65	EWE Wattloopers	0:56:00	0:58:55	1:08:21	0:58:24	0:47:34		4:49:16
579	MHK	442	769	Richard	Kölber	66	TV Norden	0:59:17	0:57:08	1:06:05	1:00:40	0:46:08		4:49:20
580	MHK	443	630	Volker	Feldkamp	60	Schule am Deich	0:56:16	0:59:07	1:05:48	0:58:44	0:49:24		4:49:21
581	MHK	444	613	Daniel	Bramlage	84	RSV Emden	0:56:53	0:58:07	1:07:05	0:59:22	0:47:55		4:49:24
582	WHK	43	F645	Anke	Untied-Plafß	69	Schwerinsdorf	0:56:45	1:00:01	1:06:49	0:58:07	0:47:41		4:49:25
583	MHK	445	1191	Beinlich	Wilko	90	Seefahrtsschule Leer	0:57:22	0:58:38	1:05:40	0:59:01	0:48:44		4:49:26
584	WHK	44	F153	Katja	Möhle	71	Weener	0:56:21	0:58:39	1:07:02	0:59:18	0:48:08		4:49:30
585	MHK	446	366	Reinhard	Oltmanns	64		0:54:27	0:57:52	1:08:21	1:00:00	0:48:51		4:49:33
586	MHK	447	521	Andreas	Dirks	64	Störtebeker Loopers TV	0:55:07	0:58:25	1:07:23	0:59:57	0:48:41		4:49:35
587	MHK	448	125	Ulrich	Wieggers	55	TuS Eintracht Hinte	0:55:39	0:58:30	1:06:26	0:58:35	0:50:25		4:49:36
588	MHK	449	1255	Coob	Buß	61	SV Eintracht Ihlow	0:55:40	0:58:54	1:06:03	0:59:57	0:49:02		4:49:37
589	MJ	89	1643	Kai	Saathoff	95	Ulricianum Aurich Sek2 -	0:52:28	0:55:39	1:10:35	1:01:43	0:49:14		4:49:41
590	MHK	450	807	Mario	Gerhardt	67	LwlnsthGrp 21	0:54:24	0:59:15	1:07:02	1:00:25	0:48:36		4:49:45
591	MHK	451	1647	Markus	Aden	84	GeTek	0:56:18	0:59:03	1:05:59	1:00:30	0:47:54		4:49:45
592	MJ	90	1477	Niklas	Karge	99	Gymnasium Ulricianum /	0:57:19	0:57:41	1:07:46	0:58:37	0:48:22		4:49:47
593	MHK	452	334	Helmut	Meyerhoff	62	LG Ostfriesland	0:54:56	0:57:50	1:08:22	0:59:57	0:48:44		4:49:51
594	MHK	453	443	Goemann	Philipp	91	Seefahrtsschule Leer	0:56:32	0:59:37	1:09:10	0:58:13	0:46:25		4:49:59

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
595	WHK	45	F49	Anett	Große	80	LwlnsthGrp 21	0:54:56	0:59:33	1:06:57	0:59:57	0:48:36		4:50:00
596	MHK	454	271	Kersten	Kiesé	64	TuS Esens	0:54:18	0:58:14	1:07:49	1:00:20	0:49:27		4:50:11
597	MHK	455	1568	Frank	Duhlies	60	Tauchclub Beluga Auri	0:54:39	0:57:57	1:07:25	1:00:21	0:49:54		4:50:18
598	MHK	456	878	Thorsten	Stucke	74	Ubbo-Emmius-Klinik	0:53:58	0:59:14	1:07:35	0:59:58	0:49:34		4:50:21
599	WHK	46	F586	Trijntje	Falkena	82	MTV Aurich	0:54:14	0:58:36	1:06:45	1:00:20	0:50:25		4:50:22
600	MHK	457	762	Siegfried	Weber	62	Team Möbel Buss	0:54:00	0:58:11	1:08:25	1:00:40	0:49:08		4:50:26
601	WHK	47	F676	Verena	Lübbers	81	Rechtsanwälte Dr. Fenn	0:56:37	0:59:18	1:07:35	0:58:37	0:48:19		4:50:29
602	WHK	48	F593	Anita	van Jinnelt	65	MTV Hohenkirchen	0:57:34	1:00:42	1:06:50	0:58:06	0:47:21		4:50:35
603	MHK	458	1294	Hinrich	Sparringa	69		0:55:23	0:59:54	1:08:23	0:58:45	0:48:14		4:50:41
604	MHK	459	562	Sascha	Paul	81	SpVg Aurich	0:52:15	0:54:59	1:17:47	0:58:13	0:47:28		4:50:44
605	MHK	460	448	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:55:00	0:59:41	1:07:59	0:59:41	0:48:21		4:50:44
606	MHK	461	333	Hans	Pflanzer	54	Alex.-v-Humboldt-Schul	0:55:43	0:58:14	1:07:23	0:59:45	0:49:37		4:50:44
607	WHK	49	F95	Anne	Trauernicht	69	Intersport Peters Wiesmc	0:54:17	0:59:16	1:07:25	1:00:04	0:49:42		4:50:46
608	WHK	50	F198	Heidrun	Keiser	57	LG Uplengen	0:54:39	0:59:29	1:08:02	1:00:11	0:48:39		4:51:00
609	MHK	462	340	Steffen	Gerbers	86	Versicherungsmakler Ge	0:56:07	0:59:00	1:08:50	0:59:08	0:47:56		4:51:03
610	MJ	91	1577	Tom	Puls	97	Ulricianum Aurich Sek 1	0:54:14	0:58:59	1:07:55	0:59:01	0:50:53		4:51:05
611	MHK	463	651	Benjamin	Nobel	86	BBC Chartering	0:55:40	1:00:54	1:09:03	0:58:16	0:47:13		4:51:07
612	MHK	464	1205	Jörn	Krey	60	Reederei Buss	0:56:24	0:58:56	1:07:44	0:59:41	0:48:26		4:51:13
613	MHK	465	904	Nico	Meppen	78	REHAU AG & Co	0:57:14	0:58:25	1:08:02	0:59:29	0:48:01		4:51:14
614	WHK	51	F700	Jana	Brinkmann	88	SC Ihrhove 07	0:54:13	0:57:42	1:06:38	1:09:34	0:43:06		4:51:14
615	MJ	92	554	Paul	Schatt	98	VFR Heisfeld	0:56:25	0:59:27	1:06:47	1:01:39	0:47:03		4:51:23
616	MHK	466	633	Martin	Krallmann	76	Mittegroßefehn	0:55:46	0:58:29	1:08:20	1:00:08	0:48:41		4:51:25
617	MJ	93	1377	Jannik	Pleis	94	Moorloopers	0:54:51	0:58:49	1:09:01	1:00:27	0:48:17		4:51:27
618	MHK	467	517	Andreas	Barth	75	Crocodiles ihlow	0:54:22	0:58:20	1:08:49	1:00:56	0:49:00		4:51:29
619	MJ	94	1376	Marvin	Czeratzki	96	FCSO	0:54:47	1:02:49	1:06:36	1:00:00	0:47:28		4:51:42
620	MHK	468	572	Siegfried	Brauer	58	WfbM BBB Aurich Witt	0:55:19	0:57:46	1:08:47	1:00:54	0:48:54		4:51:42
621	MHK	469	476	Rolf	Popp	59	R.u.F. Concordia Emde	0:55:59	0:58:41	1:08:05	1:00:24	0:48:34		4:51:45
622	MHK	470	404	Ralf	Sperlich	70	Ostfriesische Volksbank	0:55:18	0:59:54	1:08:53	0:59:58	0:47:48		4:51:52
623	MJ	95	609	Maximilian	Reineck	96	FCSO	0:56:12	0:56:38	1:12:14	0:58:47	0:48:05		4:51:58
624	MHK	471	879	Jürgen	Scholla	56	Ubbo-Emmius-Klinik	0:55:03	0:58:08	1:08:20	1:00:18	0:50:11		4:52:02
625	MHK	472	670	Johann	Goudschaal	64	Kirchengemeinde Hollen	0:54:01	1:00:18	1:07:20	1:00:40	0:49:42		4:52:02
626	MHK	473	692	Lothar	Müller	61	MVM mbH	0:58:35	0:58:52	1:08:15	0:59:04	0:47:18		4:52:06
627	MHK	474	472	Michael	Meiners	72	Emder LG	0:53:11	0:57:39	1:11:54	0:58:59	0:50:24		4:52:09
628	MHK	475	1494	Kay	Böhland	65	Oldenburg	0:55:44	1:00:01	1:08:36	0:59:29	0:48:18		4:52:10
629	WHK	52	F55	Karin	Schmidt	60	LT TuS Aurich-Ost	0:55:05	0:59:22	1:07:50	1:00:51	0:49:06		4:52:16
630	MHK	476	347	Garrelt	Tunder	55	SC Wiesens	0:57:44	0:58:17	1:08:37	0:59:18	0:48:27		4:52:24
631	WHK	53	F579	Ayse	Isik	78	Ubbo-Emmius-Klinik	0:56:27	0:58:57	1:07:39	0:59:46	0:49:45		4:52:36
632	MHK	477	553	Olaf	Schatt	67	Turbine-TGG	0:56:00	0:59:38	1:07:55	1:00:38	0:48:39		4:52:51
633	MJ	96	1631	Günther	Dieke	00	Gymnasium Ulricianum /	0:57:00	0:59:19	1:08:55	0:59:55	0:47:41		4:52:52
634	MHK	478	998	Ralf	Fahnster	82	VfB Germania Wiesmoo	0:57:03	0:59:53	1:09:54	0:55:27	0:50:33		4:52:53
635	WHK	54	F59	Silvia	Meiners	71	Emder LG	0:55:48	0:59:46	1:08:10	1:00:47	0:48:23		4:52:56
636	MJ	97	360	Derk	Steffens	01	Emder LG	0:59:01	0:59:25	1:09:53	0:57:50	0:46:51		4:53:02
637	WHK	55	F239	Janke	Engels-Bak	74	Holterfehn	0:55:55	0:59:18	1:07:40	1:00:48	0:49:23		4:53:05
638	MHK	479	754	August	Jeron	56	LT TuS Aurich-Ost	0:55:42	0:58:58	1:08:28	1:00:42	0:49:28		4:53:20
639	MHK	480	1221	Holger	Röben	73	Team ENERCON	0:55:06	0:59:18	1:09:23	1:00:26	0:49:09		4:53:24
640	MHK	481	109	Heyo	Hanssen	61	SC Wiesens	0:55:49	0:59:04	1:09:42	1:00:30	0:48:19		4:53:27
641	MHK	482	420	Stephan	Adloff	76	Team ENERCON	0:55:37	0:59:19	1:08:02	1:00:45	0:49:49		4:53:34
642	MHK	483	1579	Martin	Bogena	61	Dabei sein ist alles!	0:57:42	0:59:50	1:09:02	0:59:11	0:47:56		4:53:42
643	MHK	484	916	Gerd	de Freese	68		0:56:52	0:59:48	1:08:59	0:59:35	0:48:30		4:53:46
644	MHK	485	1233	Sören	Vesper	75	VW	0:56:32	0:59:23	1:08:10	1:01:03	0:48:40		4:53:50
645	WHK	56	F91	Janneke	Peters	77	Fortuna Logabirum	0:55:44	0:58:59	1:09:15	1:00:04	0:49:57		4:54:01
646	MHK	486	233	Oliver	de Vries	87	Emden	0:50:58	0:55:53	1:05:02	0:58:48	1:03:19		4:54:02
647	MJ	98	652	Moritz	Röttger	99	IGS Aurich West Sek1	0:56:47	0:59:49	1:07:45	1:02:07	0:47:33		4:54:04
648	WHK	57	F29	Vidina	Cabrera-Ott	70	TuS Zetel	0:55:52	1:01:15	1:08:52	0:59:16	0:48:47		4:54:04

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
649	WHK	58	F64	Sylvia	Lonser	80	Westoverledingen	0:56:53	0:59:42	1:08:03	1:00:27	0:48:58		4:54:06
650	MHK	487	465	Uwe	Bock	61	LT TuS Aurich-Ost	0:55:12	0:59:02	1:08:45	1:01:56	0:49:17		4:54:13
651	MHK	488	217	Jens	Weets	92	Weets Bauunternehmen	0:54:02	0:59:11	1:07:44	1:04:46	0:48:32		4:54:17
652	MHK	489	1466	Friedhelm	Tammena	68	FCSO	0:57:46	0:59:31	1:09:04	0:59:41	0:48:16		4:54:19
653	MHK	490	1557	Rolf	Meyer	69	LG Großefehn	0:54:46	0:58:22	1:07:05	1:03:22	0:50:44		4:54:20
654	MHK	491	620	Hans-Herm	Meents	65	TuS Leerhufe-Hovel e.	0:55:47	0:59:43	1:08:35	1:00:21	0:49:58		4:54:25
655	MHK	492	353	Wilhelm	Badberg	44	TG Wiesmoor	0:56:40	0:59:49	1:08:10	1:00:24	0:49:22		4:54:26
656	MHK	493	338	Dieter	Saathoff	60	TG Wiesmoor	0:56:41	0:59:49	1:08:10	1:00:24	0:49:22		4:54:28
657	MHK	494	1264	Marcel	Moskalik	92	Seefahrtsschule Leer	0:59:02	0:59:03	1:08:18	0:59:23	0:48:47		4:54:35
658	MHK	495	631	Jörg	Jacobsen	67	LT SC Ihrhove 07	0:54:11	0:59:06	1:06:59	0:59:39	0:54:49		4:54:46
659	MHK	496	394	Robert	Sprenger	62	LSF Oldenburg	0:56:27	1:00:08	1:09:14	1:00:07	0:48:57		4:54:55
660	MJ	99	1310	Marco	Harms	99	Gymnasium Ulricianum	0:57:19	0:57:50	1:10:34	0:59:50	0:49:20		4:54:55
661	MHK	497	611	Karl-Heinz	Nanninga	66	Ostfriesische Brandkass	0:56:57	0:59:26	1:08:35	1:00:47	0:49:09		4:54:56
662	MHK	498	493	Günther	Oldendorf	62	TV Norden	0:59:17	0:58:47	1:06:36	0:59:29	0:50:50		4:55:01
663	MHK	499	1553	Oliver	Löseke	72	Sparkasse Aurich-Nord	0:57:23	1:00:20	1:08:52	1:00:12	0:48:16		4:55:05
664	MJ	100	599	Tim	Wehmeier	99	SV Kommet Walle	0:56:47	0:59:49	1:08:19	1:02:07	0:48:18		4:55:23
665	WHK	59	F84	Ilka	Janssen	92	Bohlen & Doyen	0:55:03	0:59:02	1:08:27	1:02:04	0:50:55		4:55:33
666	MHK	500	945	Dennis	Tamke	91	Seefahrtsschule Leer	0:56:47	0:59:49	1:08:58	1:00:15	0:49:41		4:55:33
667	MHK	501	1404	Joachim	Koenen	66		0:57:09	0:58:51	1:08:41	1:01:08	0:49:50		4:55:41
668	WHK	60	F80	Indra	Schnabel	78	LT TuS Aurich-Ost	0:57:27	0:59:20	1:08:36	1:00:58	0:49:25		4:55:46
669	MHK	502	576	Johann	Müller	63	LG Uplengen	0:56:10	1:00:03	1:08:23	1:02:01	0:49:09		4:55:48
670	MHK	503	415	Henning	Lamche	83	LG Premium Aerotec	0:55:13	0:58:57	1:09:42	1:00:48	0:51:05		4:55:48
671	MHK	504	529	Hermann	Boekhoff	61	Freie Lunge SV Bentstre	0:56:30	1:00:09	1:09:15	1:00:53	0:49:05		4:55:55
672	MHK	505	1338	Dieter	Geiken	64	LT TuS Aurich-Ost	0:55:45	0:59:01	1:09:33	1:02:05	0:49:45		4:56:11
673	MHK	506	498	Jan-Uwe	Barth	79	Sparkasse Leer Wittmun	0:56:11	1:00:56	1:08:46	1:01:00	0:49:16		4:56:12
674	MHK	507	1266	David	Güttner	80	NIGE II	0:55:25	0:58:44	1:11:18	1:01:40	0:49:11		4:56:20
675	MHK	508	683	Stephan	Giebelhaus	77		0:57:15	0:59:49	1:09:25	1:00:30	0:49:18		4:56:20
676	WHK	61	F61	Sabrina	Zabel	84	Turbine TGG	0:57:57	0:59:46	1:09:28	1:00:28	0:48:39		4:56:21
677	MHK	509	929	Johann	Nörder	61	EWE-Wattloopers	0:54:30	1:00:47	1:09:02	1:01:50	0:50:10		4:56:21
678	MHK	510	1452	Klaus	Wolbers	79	BMW TEKKEEN LEER	0:57:35	0:59:54	1:09:28	1:00:57	0:48:25		4:56:21
679	MHK	511	368	Jakobus	Hofmann	54	Weener Plastik	0:55:53	1:00:53	1:08:25	1:01:15	0:49:54		4:56:22
680	MHK	512	1098	Bernd	Fluß	73	WfBM BBB Aurich Witt	0:57:42	1:00:38	1:08:42	1:00:35	0:48:45		4:56:24
681	MJ	101	1313	Moritz	Klaassen	94	Ulricianum Aurich Sek 2	0:55:27	0:58:03	1:11:02	1:01:10	0:50:44		4:56:28
682	MHK	513	681	Ralf	Frerichs	73	Uplengen	0:56:09	1:00:32	1:08:40	1:00:56	0:50:18		4:56:39
683	MHK	514	1433	Jens	Frieling	70	Allstars 2002	0:56:19	0:59:09	1:08:29	1:02:19	0:50:20		4:56:39
684	MHK	515	1361	Holger	Kleene	71	obw Emden	0:56:13	0:56:14	1:12:29	1:01:29	0:50:19		4:56:46
685	MHK	516	343	Theo	Goldswear	53	TUS Collinghorst	0:55:17	0:58:51	1:09:07	1:02:28	0:51:01		4:56:47
686	MHK	517	958	Dietmar	Sich	69	MTV Aurich	0:56:12	0:59:16	1:08:42	1:02:00	0:50:38		4:56:50
687	WJ	8	F520	Marieke	Frerichs	96	Ulricianum Aurich Sek 1	0:59:21	0:59:30	1:09:55	0:59:49	0:48:14		4:56:51
688	WHK	62	F545	Hilde	Steinke	45	SV Concordia Neermoor	0:54:36	0:59:51	1:10:24	1:02:28	0:49:32		4:56:52
689	MHK	518	624	Thomas	Grimm	61	VfL Berumbur	0:54:55	1:00:13	1:09:22	1:01:55	0:50:27		4:56:54
690	WHK	63	F58	Engeline	Janssen	64	LG Ostfriesland	0:56:01	1:01:07	1:09:03	1:00:53	0:49:53		4:56:57
691	MHK	519	500	Bonno	Sanders	67	Loquard	0:54:41	1:00:42	1:10:17	1:01:39	0:49:38		4:56:59
692	MHK	520	188	Heinz	Rohden	63	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:04:58	1:02:01	0:51:48		4:57:01
693	MHK	521	1588	Berend	Möhlmann	63	Egberts+Berends	0:55:54	1:00:14	1:10:19	1:00:48	0:49:49		4:57:05
694	MHK	522	557	Ralf	Hahs	60		0:56:37	1:01:19	1:08:24	1:00:46	0:50:00		4:57:08
695	MHK	523	948	René	Reich	87	IT-Sektor 4, Aurich	0:58:38	1:00:08	1:08:12	1:00:30	0:49:40		4:57:09
696	MHK	524	632	Horst	Korporal	66	De Padlooper	0:55:45	0:59:43	1:09:30	1:02:25	0:49:53		4:57:18
697	MHK	525	182	Michael	Fischer	64	Moormerland	0:55:35	1:01:30	1:08:31	1:02:23	0:49:20		4:57:22
698	MHK	526	513	Hinrich	Saathoff	52	Fortuna Wirdum	0:57:20	1:01:57	1:08:47	0:59:58	0:49:20		4:57:26
699	MHK	527	823	Jan	Kanaan	88	LwlnsthGrp 21	0:58:59	1:01:14	1:09:16	0:59:42	0:48:18		4:57:31
700	MHK	528	890	Hans-Herm	Wolters	61	Klinge / Weener Energi	0:57:18	1:01:40	1:08:16	1:00:45	0:49:40		4:57:41
701	MHK	529	1462	Frank	Müller	72	Sparkasse Aurich-Nord	0:58:47	1:00:20	1:08:52	1:01:12	0:48:35		4:57:49
702	MJ	102	552	Simon	Hayen	98	Alex.-v-Humboldt-Schul	0:55:35	0:59:22	1:11:40	1:02:05	0:49:11		4:57:55

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
703	MHK	530	707	Alfred	Tjarks	59	EWE Wattloopers	0:55:55	0:59:56	1:09:59	1:00:47	0:51:24		4:58:02
704	MHK	531	1488	Michael	Freese	80	VfL Viktoria Flachsmeer	0:56:40	0:59:40	1:09:21	1:02:25	0:49:55		4:58:03
705	MHK	532	370	Timo	Buss	74	Reederei Buss	0:57:58	0:59:24	1:09:20	1:01:36	0:50:06		4:58:26
706	MHK	533	372	Jens	Pagel	63	LG Uplengen	0:55:13	0:59:18	1:11:14	1:01:24	0:51:18		4:58:28
707	WHK	64	F653	Anna	Lücke	82	SV Nortmoor	0:56:17	1:00:12	1:09:42	1:02:02	0:50:20		4:58:34
708	MJ	103	819	Oliver	Pristat	96	JG 71 R	0:56:28	0:59:56	1:08:44	1:01:27	0:51:59		4:58:35
709	MHK	534	1197	Wessel	Heyken	87	LHV	0:59:44	1:02:10	1:09:30	0:59:30	0:47:44		4:58:39
710	WHK	65	F113	Elke	Siefkens	69	Emder LG	0:55:19	1:02:24	1:10:15	1:01:33	0:49:09		4:58:41
711	WHK	66	F687	Femke	Thoben	93	Klinikum Leer	0:57:01	0:59:54	1:10:32	1:01:05	0:50:12		4:58:46
712	WHK	67	F116	Luise	Hoffmann	58	Ostfriesische Volksbank	0:56:22	1:00:36	1:09:19	1:01:33	0:50:56		4:58:48
713	MHK	535	1260	Ulf-Fabian	Heinrichsdo	82	Stadt Leer	0:55:29	1:00:48	1:10:42	1:01:26	0:50:21		4:58:49
714	MHK	536	689	Frank	Ziegler	67	Team Deutsche Post	0:55:40	1:00:28	1:09:21	1:02:09	0:51:12		4:58:52
715	MHK	537	280	Hans-Jürge	Gippert	44	TG Wiesmoor	0:57:33	1:00:40	1:09:26	1:01:08	0:50:06		4:58:55
716	MHK	538	995	Stephan	Schwarte	90	Seefahrtsschule Leer	0:55:55	0:59:53	1:10:05	1:01:41	0:51:25		4:59:01
717	MHK	539	407	Bernhard	Middelkamp	56	VfL Oythe, Trauco	0:57:51	1:01:05	1:12:05	0:59:34	0:48:29		4:59:06
718	MHK	540	1070	Christian	Düring	89	Kdo SES Ostfriesland	0:56:53	0:53:33	1:13:28	1:03:20	0:51:56		4:59:11
719	MHK	541	600	Mirko	Riedel	77	Klinge / Weener Energi	0:57:18	1:02:07	1:08:50	1:01:46	0:49:18		4:59:21
720	MHK	542	475	Werner	Borchert	62	Bürgerverein Filsun	0:55:02	1:01:01	1:10:09	1:02:43	0:50:30		4:59:28
721	WHK	68	F620	Eva	Post	73	TSV Riepe	0:56:20	1:00:12	1:10:01	1:01:52	0:51:07		4:59:33
722	MHK	543	399	Andreas	Eichner	64	Polizei Sande	0:54:09	0:58:31	1:10:13	1:05:48	0:50:51		4:59:34
723	WHK	69	F83	Ulrike	Hartmann	83	Hartmann Group	0:58:03	0:57:49	1:08:47	1:01:21	0:53:33		4:59:35
724	MHK	544	436	Jens	Lüning	74	Stadt Leer	0:56:18	1:00:48	1:10:41	1:01:26	0:50:21		4:59:36
725	MHK	545	795	Markus	Busch	76	LT Spaß mit Sport	0:56:04	0:59:53	1:09:49	1:03:35	0:50:27		4:59:50
726	MHK	546	1410	Dirk	Schmieder	81	Seefahrtsschule Leer	0:58:35	1:00:19	1:09:16	1:01:52	0:49:47		4:59:51
727	MHK	547	586	Wolfgang	Habedank	57	Ramsloh	0:57:02	1:00:40	1:10:17	1:01:51	0:50:06		4:59:58
728	MHK	548	1296	Lucas	Brockhorst	90		1:00:16	1:02:10	1:10:02	0:59:17	0:48:18		5:00:04
729	MJ	104	1582	Sönke	Fleßner	01	SpVg Aurich D2	0:56:39	1:01:58	1:11:17	1:02:02	0:48:13		5:00:10
730	MHK	549	784	Hermann	Schmidt	55	FC Stern Völlenerfehn	0:59:28	1:00:48	1:09:26	1:01:06	0:49:21		5:00:11
731	MHK	550	953	Johann	Grüßing	58	LG Uplengen	0:56:35	0:59:57	1:09:27	1:03:02	0:51:11		5:00:13
732	MHK	551	800	Michael	Buchtmann	73	Team ENERCON	1:00:33	1:02:25	1:08:08	1:00:22	0:48:45		5:00:14
733	MJ	105	431	Finn Eric	Heckhoff	97	VfL Germania Leer/Judo	0:56:59	1:01:05	1:09:42	1:00:39	0:51:56		5:00:23
734	MHK	552	676	Peter	Anscheit	65	Fortuna Logabirum	0:57:06	1:01:37	1:10:27	1:02:03	0:49:18		5:00:34
735	MJ	106	1436	Christian	Müller	97	HTG Ihlow	0:55:52	1:00:15	1:12:11	1:02:21	0:49:52		5:00:34
736	MHK	553	563	Berend	Habben	60	Wybelsun	0:56:23	1:01:41	1:09:37	1:02:13	0:50:48		5:00:44
737	MHK	554	1311	Jörn	Sievers	65	LIONS Ihlow-Südbrook	0:56:32	1:00:32	1:10:54	1:02:52	0:49:57		5:00:49
738	MHK	555	695	Ralf	Hagen	80	HolzLand Hagen KG	0:57:18	1:01:00	1:10:05	1:01:56	0:50:38		5:00:58
739	MJ	107	869	Sönke	de Wall	97	IGS Waldschule Egels	0:59:08	1:02:02	1:09:17	1:00:40	0:49:50		5:00:59
740	MHK	556	818	Christoffer	Janssen	81	Barkholt	0:56:42	1:00:15	1:09:38	1:02:40	0:51:47		5:01:03
741	MHK	557	905	Ehke	Ubben	62	MTV Aurich	0:57:22	1:00:17	1:10:07	1:03:07	0:50:17		5:01:11
742	MHK	558	712	Christian	Storm	79	LT TuS Aurich-Ost / IGS	0:58:07	1:00:58	1:09:52	1:01:45	0:50:30		5:01:14
743	MHK	559	768	Adolf	Meyer	58	TV Norden	0:56:15	1:00:22	1:10:36	1:03:31	0:50:29		5:01:16
744	MJ	108	1540	Onno	Heiken	97	HTG Ihlow	0:57:19	1:01:17	1:09:49	1:02:04	0:50:45		5:01:16
745	MHK	560	1169	Holger	Schlenter	82	SV Grün-Weiß firrel	1:00:27	1:02:22	1:10:31	0:58:39	0:49:18		5:01:18
746	MHK	561	1245	Wilhelm	Müller	50	Emder LG	0:56:06	1:01:46	1:10:10	1:03:33	0:49:45		5:01:23
747	MHK	562	597	Michael	Hoppe	64	Hartmann Group	0:58:11	1:00:56	1:10:33	1:01:38	0:50:03		5:01:23
748	MJ	109	203	Matthias	Bartz	97	Ubbo-Emmius-Gymnasi	0:59:05	1:00:08	1:11:03	1:01:09	0:49:56		5:01:23
749	MHK	563	716	Tom	Bohmfalk	57	SC 04 Leer/Enova	0:57:39	1:02:30	1:09:15	1:02:08	0:49:51		5:01:24
750	MJ	110	536	Leif Erik	Kleene	99	FC Oldersum	0:56:13	1:00:57	1:12:30	1:01:28	0:50:19		5:01:29
751	WJ	9	F142	Rena	Hinrichs	94	LG GroBefehn	0:57:41	1:01:05	1:10:39	1:01:33	0:50:30		5:01:29
752	MHK	564	335	Heiko	Holzenkae	86	FC Stern Völlenerfehn	0:57:10	0:59:50	1:09:18	1:03:51	0:51:23		5:01:34
753	MHK	565	698	Frank	Dahlweg	78	Kautex	0:57:39	1:00:56	1:11:21	1:01:32	0:50:08		5:01:38
754	MJ	111	1501	Finn	Michaelsen	99	FCSO	1:00:51	1:00:50	1:09:14	0:59:52	0:50:54		5:01:43
755	MHK	566	581	Dennis	Gerbers	82	Ubbo-Emmius-Klinik	0:56:38	1:01:32	1:10:05	1:02:43	0:50:44		5:01:44
756	MHK	567	1500	Claus	Michaelsen	69	Ev. Gemeinschaft Rhau	1:00:52	1:00:50	1:09:15	0:59:53	0:50:55		5:01:47

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
757	WHK	70	F581	Andra	Meinen	91	Ubbo-Emmius-Klinik	1:00:19	1:01:26	1:08:47	1:01:39	0:49:46		5:01:58
758	MHK	568	781	Heiko	Lüken	69	SC Wiesens	0:57:20	1:00:26	1:09:29	1:03:01	0:51:42		5:01:59
759	WJ	10	F666	Eske	Hilbrands	96	de Heizungsloopers	0:57:21	1:02:56	1:12:18	1:01:02	0:48:22		5:02:00
760	MHK	569	937	Manfred	Weber	62	SV Stern Schwerinsdorf	0:56:37	1:01:43	1:06:50	1:05:04	0:51:45		5:02:01
761	MHK	570	1234	Dieter	Franz	61	Elisabethfehn	0:56:26	1:02:04	1:09:25	1:03:21	0:50:45		5:02:03
762	MHK	571	455	Detlef	John	69	Team ENERCON	0:58:39	1:00:29	1:09:44	1:02:39	0:50:31		5:02:03
763	MJ	112	1648	Max	Lütten	00		0:53:43	0:56:35	1:10:35	1:04:18	0:57:02		5:02:15
764	MHK	572	470	Reenhold	Christians	50	Emder LG	0:55:43	1:00:11	1:10:33	1:05:02	0:50:49		5:02:21
765	MHK	573	1632	Bernd	Renken	49		0:57:19	1:01:09	1:10:32	1:02:44	0:50:42		5:02:27
766	MHK	574	896	Jochen	Schmidt	71	WfBM BBB Aurich Witt	0:58:48	1:02:40	1:10:19	1:01:22	0:49:16		5:02:28
767	MHK	575	847	Timo	Thaden	89	Kdo SES Ostfriesland	0:59:30	1:01:08	1:08:06	1:02:34	0:51:10		5:02:30
768	MHK	576	1276	Kevin	Löhden	88	Seefahrtsschule Leer	0:58:21	1:02:40	1:11:42	1:00:04	0:49:46		5:02:34
769	MHK	577	635	Christian	Bauch	69	Heimatblatt	0:55:58	1:01:43	1:10:44	1:02:54	0:51:18		5:02:38
770	MHK	578	935	Arne	Dahms	76	Wildeboer Bauteile Gmb	0:59:12	1:01:39	1:10:14	1:01:56	0:49:41		5:02:44
771	MHK	579	1478	Heiko	Freese	63	LT TuS Aurich-Ost	0:55:34	0:59:18	1:12:52	1:03:22	0:51:37		5:02:45
772	MHK	580	462	Mark	Goldenstein	81	Onno Behrends Tee	1:00:19	1:00:16	1:07:05	1:04:17	0:51:06		5:03:05
773	WHK	71	F699	Maika	Franken	79	Emder Ruderverein	0:59:33	1:02:20	1:09:51	1:01:54	0:49:33		5:03:13
774	MHK	581	1525	Christoph	Anders	83	Bünting Tee	0:58:18	1:00:33	1:12:16	1:02:35	0:49:35		5:03:17
775	MHK	582	1416	Günter	Buss	71	MTV Aurich / LG Eller	0:57:21	1:00:32	1:11:05	1:03:05	0:51:16		5:03:20
776	WHK	72	F692	Gesa	Freudenber	82	Ihlowerfehn	0:57:02	1:00:50	1:11:49	1:02:29	0:51:09		5:03:21
777	MHK	583	755	Klaus	Giebelhaus	75		0:57:23	1:02:57	1:10:56	1:02:30	0:49:46		5:03:33
778	MHK	584	1259	Reiner	Schoon	64	LG Großefehn	1:05:00	1:00:06	1:08:36	1:00:59	0:48:51		5:03:35
779	WHK	73	F168	Ann-Katrin	Behrends	91	Team ENERCON	0:55:52	1:00:42	1:15:29	1:01:09	0:50:28		5:03:41
780	WHK	74	F109	Carmen	Gerdas	74	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:11:42	1:02:02	0:51:48		5:03:45
781	MHK	585	778	Jochen	Nanninga	67	TV Norden	0:57:04	1:01:25	1:10:59	1:03:05	0:51:11		5:03:46
782	MJ	113	1024	Nico	Emken	98	SV Großefehn	1:02:00	0:59:51	1:11:26	1:00:41	0:49:51		5:03:50
783	MHK	586	1454	Stephan	Watermeyer	62	Sportivo Emden	0:57:29	1:01:12	1:11:48	1:01:56	0:51:25		5:03:52
784	MHK	587	949	Johann	Schoolman	81	FWG-Südbrookmerland	0:58:01	1:02:30	1:10:11	1:02:37	0:50:34		5:03:55
785	MHK	588	669	Oskar	de Buhr	51	Schule am Patersweg I	0:57:10	1:01:18	1:10:43	1:03:13	0:51:36		5:04:02
786	WHK	75	F92	Petra	Quiet-Beldy	67	Stadt Oldenburg	0:57:24	1:01:06	1:11:10	1:03:13	0:51:13		5:04:08
787	WHK	76	F523	Monika	Loers	75	TG Wiesmoor	0:57:50	1:00:05	1:09:47	1:04:05	0:52:26		5:04:16
788	MHK	589	1246	Volkmar	Hildebrandt	55	TuS Weene / IGS Wald	0:58:35	1:02:08	1:10:43	1:02:22	0:50:29		5:04:20
789	MHK	590	931	Detlef	Brehmer	55	Wilhelmshaven	0:58:55	1:01:37	1:10:30	1:02:46	0:50:30		5:04:21
790	MHK	591	355	Harald	Eilts	64	EWE Wattloopers	0:59:15	1:02:04	1:10:13	1:01:51	0:50:57		5:04:21
791	WJ	11	F694	Kristina	Schröder	97	Realschule Aurich	0:57:19	0:59:50	1:11:05	1:03:24	0:52:41		5:04:23
792	MHK	592	377	Torsten	Gensicke	67	Wiesmoor	0:58:23	1:01:07	1:09:32	1:03:51	0:51:32		5:04:27
793	MHK	593	1618	Andreas	Prey	59	Neermoor	0:58:02	1:02:12	1:10:47	1:02:21	0:51:07		5:04:31
794	MHK	594	1611	Thomas	Exner	64	DLRG LEER	0:58:14	1:00:52	1:10:32	1:02:43	0:52:08		5:04:31
795	MHK	595	525	Helmut	Poppen	50	Störtebeker Loopers TV	0:56:55	1:02:42	1:11:42	1:02:26	0:50:46		5:04:34
796	MHK	596	678	Rainer	Müller	42	TV Friedeburg	0:57:27	1:01:38	1:11:20	1:02:26	0:51:42		5:04:35
797	MHK	597	1047	Hans-Peter	Bohlen	66	TG Wiesmoor	0:57:24	1:03:23	1:10:22	1:02:53	0:50:32		5:04:36
798	MHK	598	933	Uwe	Barthel	56	Moormerland	1:01:12	0:50:26	1:14:08	1:04:51	0:54:05		5:04:44
799	MHK	599	780	Karsten	Hilger	68	TV Norden	0:57:27	1:01:07	1:10:33	1:04:27	0:51:10		5:04:46
800	MHK	600	568	Manfred	Sassen	64	Weener Plastik	0:58:57	1:03:06	1:10:30	1:02:19	0:49:53		5:04:47
801	MJ	114	220	Jan-Ole	Wilhelms	97	TSV Lammertsfehn	0:57:39	0:58:47	1:12:34	1:04:34	0:51:16		5:04:51
802	WHK	77	F169	Alexandra	Bichmann	69	Jever	0:58:33	1:01:57	1:10:24	1:01:56	0:52:01		5:04:52
803	WHK	78	F594	Sylvia	Bihn	63	MTV Hohenkirchen	0:59:12	1:03:56	1:09:25	1:01:54	0:50:28		5:04:57
804	MHK	601	1526	Christian	Ulbrich	89	Bünting Tee	0:57:41	1:01:46	1:12:43	1:02:16	0:50:37		5:05:04
805	MJ	115	1441	Hendrik	Jürgens	96	HTG Ihlow	0:59:15	1:00:34	1:11:33	1:02:45	0:50:57		5:05:06
806	WHK	79	F88	Heide	Broer	57	Ubbo-Emmius-Klinik	0:58:34	1:01:50	1:11:00	1:02:29	0:51:13		5:05:08
807	WHK	80	F51	Marion	Geiken	66	LT TuS Aurich-Ost	0:56:10	1:01:05	1:10:25	1:04:11	0:53:20		5:05:12
808	MHK	602	419	Bernd	de Vries	70	TB.Twixlum	0:57:53	1:01:27	1:10:50	1:03:51	0:51:09		5:05:13
809	MHK	603	1460	Ralf	Schwitters	82	Wallinghausen	0:58:41	1:01:58	1:10:37	1:03:19	0:50:37		5:05:14
810	MHK	604	587	Heye	Willems	53	Fortuna Logabirum	0:57:05	1:02:13	1:12:15	1:02:36	0:51:07		5:05:17

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
811	MHK	605	1533	Holger	Alts	89	Bünting Tee	0:58:18	1:00:33	1:09:56	1:04:52	0:51:37		5:05:17
812	MHK	606	1237	Frank	Kraft	62	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:18	1:02:33	0:51:04		5:05:19
813	WHK	81	F104	Marion	Kröger	60	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:17	1:02:33	0:51:06		5:05:22
814	MHK	607	491	Lutz	Holzapfel	58	TV Norden	0:53:50	0:58:52	1:12:09	1:08:19	0:52:13		5:05:24
815	MHK	608	729	Thomas	Meyer zu B	70	Heimatblatt	0:57:22	1:01:01	1:10:42	1:04:10	0:52:11		5:05:29
816	WHK	82	F678	Ramona	Reemts	84	LG Harlingerland	0:58:06	1:01:44	1:10:40	1:04:49	0:50:10		5:05:30
817	MHK	609	1333	Norbert	Freitag	48	LT TuS Aurich-Ost	0:58:34	1:01:48	1:09:44	1:03:08	0:52:15		5:05:31
818	WHK	83	F124	Anja	Mennenga	66	Emder LG	0:58:22	1:01:45	1:11:14	1:03:06	0:51:10		5:05:38
819	WHK	84	F171	Silke	Olthoff	64	LG TV Bunde	0:58:41	1:01:41	1:10:35	1:02:48	0:51:56		5:05:42
820	MHK	610	782	Michael	Geiken	74	In-Team Aurich	0:57:36	1:01:28	1:10:54	1:04:17	0:51:27		5:05:43
821	MHK	611	441	Marc	Dahlkötter	90	Seefahrtsschule Leer	0:58:04	1:03:47	1:10:43	1:02:04	0:51:04		5:05:44
822	WHK	85	F562	Gina	Lamberts	67	Aquilo	0:57:51	1:01:41	1:11:45	1:02:56	0:51:29		5:05:45
823	MHK	612	438	Holger	Wempen	75	Westerstede	0:58:04	1:02:53	1:11:42	1:03:32	0:49:42		5:05:55
824	MHK	613	705	Christian	Hansen	62	Ingenieurbüro POST & H	0:57:46	1:02:20	1:11:26	1:03:31	0:50:51		5:05:57
825	MHK	614	1626	Friedo	Henning	64	Henning Ingenieurbüro	0:57:50	1:02:43	1:11:38	1:03:14	0:50:30		5:05:58
826	MHK	615	483	Gerhard	Rother	75	Schöne Reisen	0:59:37	1:02:35	1:10:47	1:02:45	0:50:13		5:06:00
827	MHK	616	1113	Stephan	Janßen	73	TTC Remels	0:58:57	1:02:39	1:08:42	0:59:41	0:56:03		5:06:04
828	WHK	86	F230	Kathrin	Amarell	89	LwinsthGrp 21	0:58:59	1:01:14	1:11:44	1:03:07	0:51:00		5:06:06
829	MHK	617	1558	Helfried	Goetz	71	KBV Wiesedermeer	0:57:45	1:02:10	1:11:09	1:03:14	0:51:48		5:06:07
830	WHK	87	F77	Amke	Boelsen	61	Karl-Bruns Realschule W	0:58:04	1:02:23	1:11:25	1:03:24	0:50:52		5:06:11
831	MHK	618	810	Frank	Meyburg	69	www.sv-simonswolde.de	0:57:29	0:59:31	1:07:44	1:05:34	0:55:52		5:06:11
832	MHK	619	722	Johann	Janssen	64	TRAUCO Gruppe	0:59:52	1:02:35	1:10:19	1:02:31	0:50:53		5:06:11
833	MHK	620	433	Holger	Steinmetz	70	Emder LG	0:58:20	1:02:38	1:11:54	1:03:10	0:50:09		5:06:12
834	WHK	88	F89	Imke	Janssen	76	LT TuS Aurich-Ost	0:58:20	1:00:47	1:11:52	1:03:17	0:51:57		5:06:15
835	MHK	621	471	Ralf	Mühlenbroc	67	Team ENERCON	0:56:55	1:01:49	1:11:15	1:04:22	0:52:03		5:06:26
836	MHK	622	1320	Heiner	Engeln	80	Lebenshilfe Leer e.V.	0:56:54	1:00:20	1:11:51	1:04:07	0:53:14		5:06:27
837	MHK	623	1458	Ekkehart	Wolter	53	Die Münchener	0:56:41	1:01:16	1:11:16	1:04:50	0:52:28		5:06:33
838	MHK	624	1261	Joachim	Ludwigs	69	Stadt Emden	0:58:41	1:02:22	1:11:24	1:02:19	0:51:50		5:06:37
839	MHK	625	839	Jens	von Harten	76	VfB Germania Wiesmoo	0:58:39	1:00:20	1:12:43	1:05:56	0:49:01		5:06:41
840	WHK	89	F527	Regina	Stark	63	LG TV Bunde	0:57:16	1:02:51	1:11:07	1:03:30	0:51:55		5:06:41
841	MHK	626	822	Heino	de Vries	74	N-Ports Emden	1:01:10	1:01:08	1:12:19	1:02:37	0:49:26		5:06:42
842	MHK	627	1555	Andreas	Stekker	82	NIGE	0:57:32	1:01:50	1:10:15	1:01:42	0:55:25		5:06:46
843	MJ	116	1011	Lasse	Büchen	98	NIGE II	0:59:03	1:03:32	1:10:44	1:01:56	0:51:30		5:06:47
844	MHK	628	310	Frank	Heyen	80	Alex.-v-Humboldt-Schul	0:59:07	1:07:15	1:08:35	1:03:25	0:48:22		5:06:47
845	MHK	629	1239	Mathias	Bohlen	78	Dekra Wilhelmshaven	0:58:24	1:00:57	1:14:08	1:02:43	0:50:34		5:06:49
846	MHK	630	816	Siebelt	Remmers	79	SV Ochtersum	0:58:30	0:59:28	1:15:12	1:03:03	0:50:35		5:06:49
847	MJ	117	1171	Piet	Janssen	01	Gymnasium Ulricianum /	0:58:32	1:03:04	1:13:12	1:01:09	0:50:53		5:06:51
848	MHK	631	1620	Enno	Janssen	64	Feuerwehr Ihlowerfehn	0:59:17	1:03:10	1:11:14	1:02:23	0:50:51		5:06:56
849	WHK	90	F63	Melanie	Aden	72	LG Großbefeht	0:58:37	1:02:35	1:11:19	1:03:38	0:50:45		5:06:57
850	MHK	632	1204	Heiko	Schmidt	72	Iesloper	1:02:05	1:03:42	1:10:08	1:00:44	0:50:21		5:07:02
851	MJ	118	204	Malte	Wüdemann	97	Ubbo-Emmius-Gymnasi	0:59:04	1:05:33	1:11:19	1:01:09	0:49:57		5:07:03
852	WHK	91	F152	Bärbel	Terviel	57	LG Uplengen	0:57:45	1:02:01	1:11:00	1:03:22	0:52:56		5:07:07
853	MHK	633	626	Björn	Nauschütt	73	Ostfriesische Volksbank	0:58:42	1:02:52	1:12:10	1:04:32	0:48:55		5:07:13
854	MHK	634	478	Rainer	Willms	75	Baptisten Firrel	0:59:29	1:02:40	1:12:52	1:01:50	0:50:20		5:07:14
855	WHK	92	F66	Susan	Schädler	59	Fortuna Logabirum	0:58:09	1:01:39	1:11:45	1:03:48	0:51:52		5:07:15
856	MHK	635	1393	Herbert	Kanthak	61	obw Emden	1:00:15	1:03:23	1:11:46	1:01:35	0:50:17		5:07:17
857	MHK	636	1339	Ralf	Sluiter	78	FE65	0:59:44	1:03:28	1:13:39	1:03:44	0:46:42		5:07:19
858	MHK	637	514	Manfred	Hellmers	67	TRAUCO Gruppe	0:59:52	1:03:09	1:10:19	1:02:35	0:51:26		5:07:22
859	MHK	638	845	Christian	Klapproth	85	Raiffeisenbank eG, Moor	0:59:28	1:02:50	1:11:40	1:02:37	0:50:52		5:07:30
860	WHK	93	F102	Sabine	Mansholt	71	VfB Uplengen	0:57:36	1:01:20	1:11:53	1:04:23	0:52:19		5:07:32
861	MHK	639	1134	Wilke	Briese	80	Briese Schifffahrt	0:59:11	1:04:47	1:11:12	1:02:49	0:49:32		5:07:34
862	WHK	94	F93	Rosie	Schön	69	DLRG LEER	0:59:38	1:02:21	1:12:09	1:02:34	0:51:04		5:07:47
863	MHK	640	718	Siegfried	Gersch	42	TSV Riepe	0:58:35	1:01:46	1:10:17	1:04:41	0:52:31		5:07:53
864	MHK	641	477	Ingo	Kruse	79		0:59:58	1:02:46	1:12:00	1:03:18	0:50:31		5:08:35

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
865	MHK	642	1057	Ingo	Webermann	83	ZGO	1:00:11	1:02:51	1:11:49	1:03:08	0:50:37		5:08:39
866	MHK	643	437	Nils	Friedrichs	70	Aurich	0:58:21	1:02:34	1:13:23	1:03:08	0:51:10		5:08:39
867	WHK	95	F110	Helga	Schmidt	65	EWE Wattloopers	0:57:46	1:03:09	1:11:01	1:03:54	0:52:49		5:08:41
868	WHK	96	F688	Corinna	Thien	69		0:57:32	1:02:12	1:13:15	1:04:09	0:51:38		5:08:48
869	WHK	97	F528	Frauke	Aden	71	LG Grobfehn	0:57:58	1:01:35	1:12:25	1:04:00	0:52:55		5:08:55
870	MJ	119	605	Jan-Ole	Musiol	98	MTV Aurich	0:55:45	1:06:39	1:11:40	1:04:02	0:50:55		5:09:03
871	MHK	644	756	Sascha	Strasser	88	Seefahrtsschule Leer	1:02:00	1:02:53	1:10:49	1:03:48	0:49:31		5:09:03
872	MHK	645	1049	Alfred	Janssen	51	Emder LG	1:01:18	1:02:33	1:11:30	1:02:04	0:51:39		5:09:05
873	WHK	98	F580	Mareike	Ahlers	85	Lebenshilfe Leer e.V.	0:57:58	1:02:44	1:11:51	1:04:07	0:52:28		5:09:09
874	MHK	646	1580	Rainer	Ebel	62	LT TuS Aurich-Ost	0:55:59	1:00:13	1:14:31	1:03:59	0:54:34		5:09:19
875	WHK	99	F664	Anja	Wachtendor	71	BV Liek Ut Westersande	0:58:28	1:02:15	1:11:52	1:04:03	0:52:41		5:09:21
876	MHK	647	966	Wilfried	Kruse	61	VW Emden	0:59:38	1:02:30	1:11:07	1:04:12	0:51:56		5:09:23
877	WHK	100	F76	Inka	Höfker	72	MTV Aurich	0:57:26	1:02:33	1:11:36	1:04:37	0:53:13		5:09:26
878	MHK	648	906	Hans-Georg	Ennen	66	LG Grobfehn	1:00:07	1:02:55	1:12:12	1:02:49	0:51:22		5:09:27
879	MHK	649	1482	Dennis	Lawecki	88	GeTek	0:57:31	1:03:10	1:12:43	1:03:28	0:52:52		5:09:45
880	MHK	650	1418	Petar	Stojanovic	77	traba-team	0:58:50	1:03:29	1:12:04	1:03:02	0:52:22		5:09:48
881	MHK	651	1453	Armin	Brink	62	Stadtwerke Leer	0:59:05	1:02:23	1:12:36	1:04:27	0:51:19		5:09:52
882	MHK	652	969	Horst	Ahrenholtz	65	BBSII - Leer	0:59:53	1:02:48	1:11:59	1:03:18	0:51:59		5:09:59
883	WHK	101	F159	Marita	Meyer	66	Padlooper	1:02:43	1:02:44	1:11:54	1:02:10	0:50:31		5:10:05
884	MHK	653	739	Heinz-Fried	Schüler	56	MTV Wittmund	0:58:48	1:03:04	1:12:50	1:03:11	0:52:12		5:10:07
885	MHK	654	1031	Frank	Gilbers	68	LwinsthGrp 21	0:59:07	1:04:06	1:12:18	1:04:01	0:50:37		5:10:09
886	MHK	655	384	Elmar	Tapper	79	LG Ostfriesland	0:58:12	1:02:08	1:12:00	1:05:15	0:52:36		5:10:12
887	MHK	656	461	Horst	Saathoff	90	Onno Behrends Tee	1:00:19	1:00:34	1:12:59	1:04:17	0:52:03		5:10:13
888	MJ	120	1330	Sönke	Rodyk	96	Ulricianum Aurich Sek 2	0:56:30	0:59:23	1:14:30	1:03:36	0:56:12		5:10:14
889	MHK	657	654	Peter	Lohre	62	Sparkasse Aurich-Nord	0:59:47	1:03:10	1:12:46	1:03:12	0:51:20		5:10:18
890	MHK	658	960	Wilfried	Diener	62	VfB Uplengen	0:58:59	1:02:55	1:11:17	1:05:06	0:52:02		5:10:20
891	MHK	659	1396	Stefan	Weelborg	87	Physio Aktiv Rhaudefeh	1:00:39	1:03:13	1:12:27	1:04:01	0:50:03		5:10:25
892	MHK	660	973	Arthur	Kaucher	91	BBC Chartering	0:59:38	1:02:10	1:11:27	1:03:27	0:53:43		5:10:27
893	WHK	102	F319	Monika	Friesenborg	69	Stadt Emden	0:58:38	1:03:59	1:12:45	1:03:01	0:52:04		5:10:28
894	WHK	103	F317	Stephi	Kruse	77	TuRa 07 Westrhaudefe	0:58:45	1:02:39	1:12:02	1:04:13	0:53:04		5:10:44
895	WJ	12	F602	Lea	von dem Kn	94	obw Emden	1:00:07	1:03:30	1:12:22	1:04:05	0:50:43		5:10:48
896	MHK	661	1189	Florian	von Kroge	92	Seefahrtsschule Leer	0:59:44	1:02:17	1:12:11	1:04:11	0:52:23		5:10:49
897	MJ	121	450	Jan-Niklas	Claußen	95	JG 71 R	1:00:44	1:01:57	1:13:14	1:02:48	0:52:11		5:10:55
898	WJ	13	F151	Lina	May	97	Ulricianum Aurich Sek 1	1:01:16	1:02:26	1:11:37	1:03:22	0:52:20		5:11:03
899	MHK	662	1026	Sandor	Krey	71	Therapiezentrum Rajen	0:59:33	1:04:43	1:11:40	1:02:53	0:52:16		5:11:06
900	MHK	663	1303	Johann	Taddigs	61	Esens	0:56:58	1:02:18	1:13:31	1:05:27	0:52:52		5:11:08
901	WJ	14	F263	Henriette	Knabe	97	Ulricianum Aurich Sek 1	1:01:17	1:02:25	1:11:37	1:03:23	0:52:26		5:11:11
902	MHK	664	1601	Janssen	Theo	60		1:01:42	1:03:12	1:12:09	1:02:02	0:52:05		5:11:12
903	MHK	665	401	Hendrik	Rogge	90	RVB Aurich/Uplengen	0:59:18	1:00:55	1:13:56	1:05:00	0:52:10		5:11:21
904	WHK	104	F227	Alma	Tunder	57	SC Wiesens	0:59:33	1:03:48	1:12:29	1:03:43	0:51:48		5:11:23
905	MHK	666	841	Klaas	Lemke	89	RVB Aurich/Uplengen	1:00:50	1:00:55	1:11:38	1:05:07	0:52:52		5:11:24
906	MHK	667	703	Karl-Heinz	Nowinski	67	Team ENERCON	0:58:40	1:02:52	1:13:19	1:04:16	0:52:17		5:11:25
907	MHK	668	1402	Reiner	Kohls	60	LT SV Ems Jemgum	1:02:49	1:02:08	1:13:16	1:02:26	0:50:54		5:11:35
908	MHK	669	814	Marko	Beikert	62	TSR Olympia Wilhelms	0:59:04	1:03:22	1:12:28	1:04:38	0:52:02		5:11:36
909	MHK	670	115	Diedrich	Kleen	72	Höchte Running	0:48:37	1:08:46	1:20:44	1:10:49	0:42:56		5:11:55
910	WHK	105	F135	Angela	Gerdes	62	LG Ostfriesland/ IGS Wa	0:58:33	1:02:44	1:12:21	1:04:49	0:53:27		5:11:56
911	MHK	671	699	Stephan	Krisp	72	Meyer Werft GmbH	1:00:34	1:03:16	1:13:10	1:03:38	0:51:20		5:12:00
912	MHK	672	1641	Steffen	Haake	93		1:02:46	1:02:34	1:12:33	1:03:22	0:50:43		5:12:00
913	MHK	673	439	Kurt	Begitt	47	SV Dornum Wattl	0:58:05	1:04:03	1:11:37	1:05:54	0:52:24		5:12:05
914	MJ	122	1550	Hendrik	Bents	94	IGS Aurich West	0:58:37	1:02:35	1:16:45	1:03:25	0:50:44		5:12:07
915	MHK	674	504	Ewald	Heyen	79	EWE Wattloopers	0:59:02	1:02:54	1:12:20	1:03:51	0:54:02		5:12:11
916	MHK	675	679	Günther	Albers	52	BSG Volksbank Jever	0:58:47	1:04:12	1:12:44	1:04:28	0:52:00		5:12:12
917	MHK	676	502	Heinz-Diete	Seeberg	62	Gymnasium Ulricianum /	0:59:35	1:02:29	1:13:51	1:02:52	0:53:29		5:12:17
918	WHK	106	F600	Beate	Meyer	67	obw Emden	1:00:08	1:03:35	1:12:00	1:05:09	0:51:24		5:12:19

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
919	MHK	677	1267	Martin	Dirksen	70	Stadt Emden	1:00:56	1:03:17	1:12:40	1:04:22	0:51:03		5:12:19
920	MJ	123	1414	Jan-Erik	Isermann	94	Ulricianum Aurich Sek 2	0:59:38	1:07:50	1:09:58	1:02:25	0:52:29		5:12:21
921	MHK	678	1337	Stefan	Bohlsen	64	LT Spaß mit Sport	0:57:19	1:02:06	1:12:47	1:06:34	0:53:34		5:12:22
922	MHK	679	412	Armin	Beening	67	Backemoor	0:59:54	1:02:58	1:11:57	1:05:07	0:52:25		5:12:23
923	WHK	107	F633	Sylvia	Harms	66	Sparkasse Aurich-Nord	0:59:59	1:03:16	1:12:18	1:04:05	0:52:48		5:12:28
924	MHK	680	884	Enno	Hedlefs	65	LT Schafhauser Wald	0:56:20	1:02:19	1:14:19	1:05:26	0:54:03		5:12:29
925	MHK	681	838	Ralf	Hollwege	62	VfL Berumbur	1:00:33	1:03:21	1:13:17	1:03:49	0:51:28		5:12:29
926	WHK	108	F329	Wiebke	de Buhr	80	Reederei Buss	1:01:27	1:03:41	1:12:57	1:03:32	0:50:52		5:12:31
927	MHK	682	640	Hans-Günthe	Bruhnen	54	BSG Volksbank Jever	0:58:50	1:02:56	1:13:02	1:04:53	0:52:58		5:12:43
928	MHK	683	1331	Arend	Duis	57	Lions Club Uplengen	0:57:43	1:04:52	1:12:40	1:04:52	0:52:41		5:12:51
929	WHK	109	F62	Ann Gela	Ukena	92	Bünting Tee	1:03:49	1:03:35	1:12:28	1:02:34	0:50:40		5:13:09
930	MJ	124	1314	Timm	Reiners	99	Gymnasium Ulricianum /	0:59:54	1:04:24	1:13:12	1:03:44	0:51:54		5:13:11
931	WHK	110	F106	Sabrina	Schröder	77	MTV Aurich	0:57:35	1:02:33	1:13:33	1:05:52	0:53:38		5:13:13
932	WHK	111	F181	Sara	Michel	74	Emder LG	0:59:30	1:03:53	1:12:37	1:04:47	0:52:24		5:13:13
933	WJ	15	F245	Anne	Meyer	94		1:00:43	1:04:24	1:12:06	1:04:21	0:51:49		5:13:26
934	MHK	684	967	Adelbert	Giesenberg	60	Rechtsweg	1:01:52	1:04:58	1:12:46	1:03:26	0:50:28		5:13:31
935	MHK	685	1434	Gerhard	Oltmanns	64	Christuskirche Hollen	0:59:10	1:04:05	1:12:53	1:04:39	0:52:55		5:13:43
936	WHK	112	F107	Annika	Bunger	84	TV Bunde	0:59:14	1:03:59	1:13:33	1:04:27	0:52:29		5:13:44
937	MHK	686	567	Ansgar	Schulte	73	Weener Plastik	0:59:20	1:03:31	1:13:39	1:05:03	0:52:08		5:13:44
938	MHK	687	1286	Robert	Löschen	71	TSV Holtrop	0:59:15	1:04:26	1:13:54	1:03:59	0:52:10		5:13:47
939	MHK	688	1129	Gerd	Wilken	60	Team Wilts	1:00:27	1:03:51	1:13:29	1:03:55	0:52:11		5:13:55
940	MHK	689	848	Wolfgang	Friedrich	63	Leinerstift e.V	0:59:58	1:08:32	1:15:32	1:00:53	0:49:07		5:14:04
941	WHK	113	F218	Valentina	Ott	73	LT TuS Aurich-Ost	1:00:11	1:03:00	1:12:31	1:04:49	0:53:41		5:14:14
942	MHK	690	474	Bernd	Garrelts	76	Team ENERCON	0:58:28	1:05:15	1:12:27	1:04:25	0:53:37		5:14:15
943	MHK	691	663	Mario	Meyer	70	VfL Berumbur	0:59:57	1:03:02	1:12:48	1:05:23	0:53:06		5:14:18
944	MJ	125	1438	Eric	Müller	96	HTG Ihlow	0:56:51	1:05:15	1:13:05	1:06:49	0:52:18		5:14:20
945	MHK	692	805	Dennis	Friedrichs	82	Team Möbel Buss	1:01:46	1:04:08	1:11:26	1:03:55	0:53:12		5:14:27
946	WHK	114	F99	Kerstin	Oltrop	77	Fortuna Logabirum	0:59:33	1:04:04	1:13:40	1:05:04	0:52:09		5:14:31
947	MHK	693	843	Erhard	Wagener	72	de Heizungsloopers	1:05:25	1:05:31	1:13:01	1:02:04	0:48:29		5:14:31
948	MHK	694	824	Wilfried	Koplin	63	AOK - Die Gesundheitsk	0:59:35	1:02:55	1:11:26	1:09:26	0:51:08		5:14:32
949	MHK	695	1022	Markus	Leggedör	79	Fleischerei Leggedör	0:59:23	1:05:10	1:14:37	1:04:15	0:51:07		5:14:33
950	MHK	696	57	Folkert	Redenius	57	TuRa 07 Westrhauderfe	1:03:04	1:00:15	1:13:32	1:08:22	0:49:22		5:14:37
951	MHK	697	662	Markus	Kiepe	90	Seefahrtsschule Leer	0:59:14	1:04:35	1:13:56	1:05:56	0:51:08		5:14:50
952	WHK	115	F200	Sabrina	Veldkamp	81		0:59:00	1:03:14	1:14:13	1:05:25	0:52:59		5:14:53
953	MHK	698	324	Joke	Reiners	59	Lions Club Uplengen	0:58:56	1:04:52	1:12:59	1:05:34	0:52:31		5:14:53
954	MHK	699	410	Wolfgang	Pöbiger	48	Kirche läuft Wilhelmshav	0:58:56	1:04:34	1:12:39	1:05:57	0:52:47		5:14:54
955	MHK	700	939	Wilfried	Kleemeyer	61	Concordia Neermoor	1:00:35	1:02:27	1:12:37	1:05:33	0:53:45		5:14:58
956	MHK	701	744	Lutz	Schoppe	84	Stadt Emden	1:01:30	1:03:55	1:11:42	1:05:56	0:51:53		5:14:59
957	MHK	702	940	Wilfried	Espey	61	Neermoor	1:00:36	1:02:26	1:12:37	1:05:33	0:53:45		5:14:59
958	MHK	703	1231	Michael	Hook	66	Watt'n Loopers SV Dorn	0:57:51	1:02:29	1:14:59	1:05:28	0:54:11		5:15:00
959	WHK	116	F613	Heidi	Boelsen	75	Warsingsfehn	1:00:26	1:02:55	1:13:47	1:05:02	0:52:52		5:15:03
960	MHK	704	1602	Dieter	Siebels	66	HC Exelsior Winschoten	1:00:02	1:04:26	1:14:02	1:03:53	0:52:40		5:15:05
961	MJ	126	1308	Thilo	Ufkes	01	Ulricianum Aurich	1:01:07	1:08:20	1:12:31	1:04:06	0:49:14		5:15:19
962	MHK	705	710	Gregor	Pleis	65	Moorloopers	1:00:08	1:03:25	1:12:40	1:06:11	0:53:04		5:15:29
963	MJ	127	1042	Sönke	Taapken	98	SV Spetzerfehn	1:02:02	1:04:06	1:09:20	1:07:07	0:53:03		5:15:40
964	WHK	117	F163	Gabriele	Behrends	71	Ubbo-Emmius-Klinik	0:59:31	1:02:57	1:13:10	1:05:19	0:54:41		5:15:41
965	WHK	118	F539	Michaela	Münchow	71	Friedeburg	0:59:11	1:04:35	1:14:08	1:05:08	0:52:47		5:15:51
966	WHK	119	F178	Anja	Gronewold	77	Team AURICHER EIER	1:00:09	1:04:06	1:13:07	1:05:03	0:53:25		5:15:51
967	WHK	120	F122	Elke	Mennenga-	74	Spvgg Upleward	0:59:53	1:04:16	1:13:39	1:05:07	0:53:17		5:16:13
968	MHK	706	1068	Claus	Schweer	69	Raiffeisenbank eG, Moor	1:02:06	1:04:34	1:13:24	1:04:49	0:51:24		5:16:19
969	WHK	121	F48	Herta	de Buhr	60	Fortuna Logabirum	0:59:35	1:03:18	1:14:21	1:05:15	0:53:53		5:16:24
970	MHK	707	1210	Günther	Fischer	52	LG GroBefehn	1:00:09	1:05:12	1:13:00	1:05:15	0:52:48		5:16:26
971	WHK	122	F251	Heidrun	Beekmann	65	Ubbo-Emmius-Klinik	1:00:00	1:03:34	1:13:09	1:06:12	0:53:39		5:16:37
972	WJ	16	F267	Sarah	Engelbart	98	Gymnasium Ulricianum /	0:58:37	1:01:15	1:11:04	1:05:39	1:00:04		5:16:40

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
973	MHK	708	825	Georg	Jürrens	52		0:59:36	1:04:09	1:14:32	1:06:22	0:52:02		5:16:44
974	MHK	709	526	Martin	Stüben	68	Störtebeker Loopers TV	1:04:04	1:04:37	1:11:16	1:04:50	0:51:56		5:16:45
975	MHK	710	1214	Thomas	Fenderl	79	Ulricianum Aurich Sek 1	1:03:09	1:04:04	1:11:51	1:03:11	0:54:29		5:16:45
976	MHK	711	1353	Michael	Schunke	67	Autopark Schunke	1:02:02	1:05:10	1:12:33	1:04:45	0:52:14		5:16:46
977	WHK	123	F221	Rita	Weinberg	67	LT Schafhauser Wald	0:59:09	1:03:38	1:14:18	1:06:15	0:53:36		5:16:57
978	WHK	124	F97	Kerstin	von Hebel	80	LSF Oldenburg	1:00:31	1:04:51	1:13:57	1:04:50	0:52:58		5:17:09
979	WHK	125	F136	Jasmin	Hovenga	85	SC Ihrhove 07	1:01:28	1:04:27	1:14:06	1:04:33	0:52:41		5:17:17
980	MHK	712	752	Stefan	Behrends	71	Nücke	1:00:26	1:02:50	1:14:06	1:06:33	0:53:31		5:17:28
981	MHK	713	1552	Folkert	Thaden	55	SC Dunum	0:59:08	1:02:46	1:16:28	1:06:07	0:52:58		5:17:28
982	WHK	126	F632	Heidi	Tammen-B	78	Studio Larisca	1:00:45	1:03:20	1:16:21	1:04:14	0:52:52		5:17:33
983	WHK	127	F265	Petra	Boekhoff	67	Freie Lunge SV Bentstre	0:59:19	1:02:37	1:14:12	1:07:11	0:54:18		5:17:39
984	WJ	17	F518	Janneke	Anscheit	01	Fortuna Logabirum	1:01:03	1:04:01	1:14:37	1:05:24	0:53:00		5:18:07
985	WHK	128	F192	Antje	Meyer	56	LG Uplengen	0:59:44	1:04:34	1:14:01	1:06:38	0:53:11		5:18:10
986	WHK	129	F118	Marlene	Mayer	62	LT Schafhauser Wald	1:00:33	1:05:34	1:13:45	1:05:30	0:52:50		5:18:14
987	MHK	714	709	Sascha	Stolorz	77	BSG Landkreis Weserm	1:00:32	1:05:52	1:14:54	1:04:47	0:52:09		5:18:15
988	MHK	715	1289	Max	Birkheuer	93	Krankenhaus Wittmund	1:00:45	1:06:36	1:14:28	1:05:44	0:50:43		5:18:18
989	MHK	716	753	Detlef	Coordes	63	Bohlen & Doyen	1:00:22	1:05:07	1:13:43	1:05:37	0:53:36		5:18:26
990	WHK	130	F215	Martina	Brauer	79	LG Papenburg-Aschend	1:01:43	1:04:33	1:14:08	1:05:06	0:53:03		5:18:34
991	MHK	717	1114	Harm	Wessels	55	Team ENERCON	1:01:31	1:05:19	1:14:14	1:04:53	0:52:34		5:18:34
992	MHK	718	466	Bernd	Schindler	68	TV Oldersum	1:00:37	1:05:31	1:15:10	1:04:49	0:52:25		5:18:35
993	MHK	719	1061	Andreas	Pupkes	80	B-Plast 2000	1:02:34	1:02:15	1:11:27	1:09:29	0:52:54		5:18:41
994	MHK	720	539	Hans-Günthe	Schoneboo	66	Emder LG	0:58:30	1:04:27	1:13:11	1:08:14	0:54:21		5:18:45
995	MHK	721	1094	Tammo	Kadelke	88	Seefahrtsschule Leer	1:02:11	1:06:41	1:20:05	1:00:29	0:49:25		5:18:53
996	MHK	722	1483	Alfred	Alberts	67	GeTek	1:01:14	1:04:59	1:15:59	1:03:28	0:53:14		5:18:55
997	MHK	723	642	Bodo	von Preyss	39	Pro Senis	0:59:27	1:04:28	1:14:15	1:05:45	0:55:02		5:18:58
998	WJ	18	F587	Sophia	Zelmer	99	Gymnasium Ulricianum /	1:04:06	1:03:58	1:13:19	1:05:33	0:52:02		5:18:59
999	MHK	724	319	Fritz	Drost	43	MTV Wittmund	1:02:20	1:01:18	1:15:12	1:05:30	0:54:38		5:19:00
1.000	MHK	725	376	Helge	Brötje	72	Ubbo-Emmius-Klinik	0:59:01	1:07:09	1:12:44	1:04:58	0:55:10		5:19:04
1.001	MHK	726	647	Swen	Kleinau	67	Reederei Buss	1:01:40	1:06:34	1:13:09	1:04:42	0:53:01		5:19:07
1.002	WJ	19	F584	Kristina	Gebhardt	96	Ulricianum Aurich Sek2 -	1:02:26	1:04:28	1:14:10	1:05:05	0:52:55		5:19:07
1.003	MHK	727	546	Carsten	Groen	86	Raiffeisenbank Flachsme	1:02:34	1:03:13	1:13:56	1:06:09	0:53:15		5:19:08
1.004	MHK	728	1220	Ude	Goeman	69	Oberschule Norden	1:01:06	1:04:29	1:15:54	1:04:50	0:52:50		5:19:11
1.005	MHK	729	1000	Rudi	Meyer	50	Fortuna Logabirum	1:01:05	1:03:37	1:14:56	1:05:51	0:53:41		5:19:11
1.006	WJ	20	F634	Imke	Mulder	00	HTG Ihlow	1:03:08	1:03:54	1:12:56	1:06:03	0:53:07		5:19:11
1.007	MJ	128	1037	Jan	Wettstein	95	NIGE	1:01:33	1:03:52	1:15:04	1:06:16	0:52:24		5:19:12
1.008	MHK	730	653	Uwe	Tschorr	62	EWE Wattloopers	1:00:45	1:04:37	1:13:55	1:05:56	0:53:58		5:19:13
1.009	WHK	131	F353	Anja	Folkerts	71	Spvgg.Upleward	1:00:33	1:04:24	1:14:13	1:06:54	0:53:16		5:19:22
1.010	WHK	132	F190	Sonja	Köllmann	67	LT SC Ihrhove 07	0:59:35	1:04:46	1:17:22	1:04:26	0:53:18		5:19:29
1.011	WHK	133	F570	Gudrun	Sauer-Ufke	65	MTV Aurich	1:01:12	1:08:26	1:13:20	1:04:44	0:51:51		5:19:36
1.012	MHK	731	932	Helmut	Friedrichs	60	B.V. Dietrichsfeld	0:59:58	1:05:17	1:14:58	1:05:41	0:53:45		5:19:42
1.013	MHK	732	1487	Günter	Bley	65	GeTek	1:01:16	1:05:17	1:14:35	1:05:08	0:53:28		5:19:46
1.014	MHK	733	815	Foltmar	Wilken	66	TRAUCO Gruppe	0:59:31	1:03:35	1:13:42	1:08:07	0:54:52		5:19:49
1.015	MHK	734	672	Thomas	Zacher	64	FC Schalke 04	1:00:16	1:04:13	1:13:46	1:05:50	0:55:43		5:19:49
1.016	WHK	134	F661	Carmen	Gedes	81	HTG Ihlow	1:01:50	1:04:35	1:14:46	1:06:23	0:52:16		5:19:52
1.017	WHK	135	F68	Iris	Marschall	66	TV Norden	1:00:18	1:06:33	1:13:46	1:05:45	0:53:35		5:19:59
1.018	MJ	129	1447	Marvin	Seeger	01	HTG Ihlow	0:56:26	1:09:17	1:13:09	1:10:49	0:50:27		5:20:09
1.019	MHK	735	943	Matthijs	van Rossu	62	van Rossum/Kuiper	1:02:19	1:05:22	1:14:00	1:05:26	0:53:01		5:20:09
1.020	WHK	136	F330	Christel	de Buhr	51	Reederei Buss	1:01:51	1:04:59	1:14:42	1:05:41	0:53:01		5:20:16
1.021	MHK	736	1455	Dieter	van Hoorn	55	Jantjes Team	1:01:40	1:05:36	1:14:54	1:04:55	0:53:14		5:20:19
1.022	MHK	737	726	Guido	Meyer	70	EFG Ostrhauderfehn	1:02:09	1:05:08	1:15:21	1:04:51	0:52:48		5:20:20
1.023	MHK	738	1133	René	Sassen	90	Seefahrtsschule Leer	1:02:08	1:06:10	1:15:11	1:04:57	0:51:54		5:20:21
1.024	MHK	739	748	Karsten	Overlander	66	Impuls (Remels)	1:01:31	1:05:15	1:14:24	1:06:07	0:53:06		5:20:25
1.025	WHK	137	F161	Gisela	Fisser	65	TV Norden	1:00:25	1:04:07	1:14:08	1:07:20	0:54:27		5:20:29
1.026	MHK	740	915	Claus	Schoolman	77	VW Emden	1:00:10	1:04:05	1:14:39	1:06:54	0:54:40		5:20:30

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.027	MJ	130	975	Bernd	Dirks	96	SVO Wi sünd Holtriem	1:00:45	1:06:43	1:14:44	1:04:01	0:54:16		5:20:31
1.028	MHK	741	772	Enno	Klinkenborg	49	TV Norden	1:01:35	1:04:47	1:14:51	1:06:28	0:52:53		5:20:35
1.029	MHK	742	688	Kai	Stöter	76	Volksbank Westrhauder	1:03:23	1:05:41	1:16:53	1:05:05	0:49:42		5:20:47
1.030	MHK	743	1122	Eike	Ahrens	91	Seefahrtsschule Leer	1:01:43	1:04:54	1:14:01	1:05:42	0:54:30		5:20:52
1.031	MHK	744	1055	Stefan	Winter	89	Seefahrtsschule Leer	1:00:22	1:04:54	1:16:17	1:06:51	0:52:33		5:20:58
1.032	MHK	745	1222	Torsten	Blank	77	Stadt Leer	1:02:24	1:05:56	1:15:04	1:05:25	0:52:10		5:21:01
1.033	WHK	138	F306	Jutta	Tammen	85	Steenfelde	1:01:54	1:04:40	1:15:40	1:05:04	0:53:42		5:21:03
1.034	WHK	139	F591	Birgit	Bryant	80	LT TuS Aurich-Ost	1:00:31	1:04:15	1:15:54	1:06:33	0:53:51		5:21:06
1.035	MHK	746	1225	Gerrit	Grenseman	68	LG Grobfehn	1:00:46	1:04:18	1:13:23	1:08:27	0:54:12		5:21:08
1.036	MHK	747	965	Sibet	Riexinger	59	Wilhelmshaven	1:00:22	1:04:39	1:15:25	1:06:30	0:54:11		5:21:09
1.037	MHK	748	187	Heiner	Friedrichs	77	Team ENERCON	0:58:38	1:03:08	1:15:34	1:09:22	0:54:27		5:21:11
1.038	MHK	749	1513	Kampe	Peterssen	81	BBS 1 Aurich	1:01:51	1:05:27	1:14:36	1:06:13	0:53:05		5:21:14
1.039	MHK	750	757	Arne	Maskus	91	Seefahrtsschule Leer	0:59:54	1:06:44	1:16:38	1:04:07	0:53:56		5:21:21
1.040	MJ	131	1409	Benedikt	Steinmeyer	99	Gymnasium Ulricianum /	0:58:46	1:02:01	1:13:19	1:10:26	0:56:48		5:21:21
1.041	MHK	751	1334	Manfred	Gravel	62	TuRa 07 Westrhauderfe	1:01:27	1:05:46	1:14:19	1:05:15	0:54:33		5:21:22
1.042	MHK	752	914	Gerhard	Bohlen	53	Krankenhaus Wittmund	1:02:43	1:05:24	1:15:08	1:05:30	0:52:39		5:21:26
1.043	MHK	753	1519	Alfred	Tammen	65	Bünting Tee	0:56:06	1:05:29	1:15:25	1:06:53	0:57:31		5:21:26
1.044	MHK	754	720	Gerold	Severiens	48	Fortuna Logabirum	1:01:36	1:05:36	1:14:46	1:05:53	0:53:37		5:21:30
1.045	MHK	755	874	Hartmut	Voget	60	KFZ Bönnen	1:00:09	1:05:07	1:15:14	1:07:02	0:54:00		5:21:35
1.046	MHK	756	2011	Uwe	Vogelsang	70	Stadt Leer	1:03:24	1:04:37	1:15:05	1:05:34	0:52:52		5:21:35
1.047	MHK	757	273	Jann Bruno	Janssen	93	Sportpark Tannenhouse	1:03:20	1:05:41	1:13:48	1:05:50	0:52:58		5:21:39
1.048	MHK	758	440	Frank	Leeling	68	Emder LG	1:01:00	1:02:56	1:18:47	1:05:13	0:53:47		5:21:45
1.049	MHK	759	1145	Wilhelm	Niemand	59	SV Blomberg-Neuschoo	1:02:34	1:05:24	1:15:03	1:05:30	0:53:13		5:21:46
1.050	MHK	760	743	Jakobus	Willms	40	TSV Riepe	1:00:49	1:05:45	1:15:20	1:05:37	0:54:15		5:21:48
1.051	MJ	132	468	Jannik	Schindler	97	SV Warsingsfehn	1:02:46	1:06:39	1:15:10	1:04:48	0:52:25		5:21:49
1.052	MHK	761	799	Stefan	Graalmann	68		1:03:12	1:06:04	1:14:33	1:06:23	0:52:07		5:22:21
1.053	MHK	762	1103	Vedran	Burazer	87	ENOVA	1:05:26	1:04:24	1:15:37	1:04:34	0:52:20		5:22:22
1.054	WHK	140	F366	Annafrid	Klaus	89	Feedback Leer	1:02:43	1:05:35	1:14:24	1:05:10	0:54:33		5:22:27
1.055	MHK	763	573	Martin	Wildemann	60	WfBM BBB Aurich Witt	1:01:03	1:03:35	1:15:15	1:08:10	0:54:25		5:22:29
1.056	MJ	133	994	Tom	Streubel	97	NIGE II	1:00:04	1:05:34	1:16:20	1:05:55	0:54:35		5:22:30
1.057	MHK	764	830	Andre	Mennenga	61	Emder LG	1:00:27	1:05:02	1:15:26	1:06:44	0:54:49		5:22:30
1.058	WHK	141	F123	Daniela	Förster-Rie	67	EWE-Wattloopers	0:59:59	1:04:34	1:13:46	1:10:19	0:53:53		5:22:33
1.059	MHK	765	622	Lothar	Harberts	74	ELV Elektronik AG	1:01:14	1:05:20	1:16:12	1:06:27	0:53:21		5:22:35
1.060	MHK	766	144	Timo	Friedrichs	72	ELV Elektronik AG	1:01:14	1:05:21	1:16:09	1:06:28	0:53:21		5:22:36
1.061	WHK	142	F170	Birgit	Weber	58	Heimatblatt	1:00:29	1:05:02	1:15:35	1:06:43	0:54:49		5:22:40
1.062	MHK	767	636	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	1:00:32	1:04:04	1:15:52	1:06:42	0:55:30		5:22:42
1.063	WHK	143	F449	Martje	Laubrock	72		0:59:58	1:06:35	1:14:26	1:07:41	0:54:04		5:22:46
1.064	WHK	144	F138	Helga	Kramer	77	Victoria Flachsmeer/Kirc	1:04:47	1:05:24	1:15:11	1:05:46	0:51:48		5:22:58
1.065	MHK	768	1366	Diedrich	Stroman	84	obw Emden	1:03:59	1:10:55	1:11:29	1:06:36	0:49:59		5:22:58
1.066	MHK	769	877	Friedhelm	Kamann	56	Ubbo-Emmius-Klinik	1:01:37	1:06:46	1:15:11	1:06:13	0:53:12		5:23:01
1.067	MHK	770	1371	Kalle	Loger	93	obw Emden	1:01:52	1:05:47	1:17:35	1:06:31	0:51:16		5:23:03
1.068	MHK	771	1522	Frank	Rüthemann	61	Bünting Tee	0:58:16	1:05:29	1:17:35	1:07:38	0:54:10		5:23:11
1.069	WHK	145	F162	Marion	Voß	63	TSV Langeoog	1:02:19	1:06:24	1:15:10	1:06:34	0:52:46		5:23:15
1.070	WJ	21	F289	Henriette	Erchinger	94	FCSO	1:04:08	1:04:18	1:15:28	1:06:59	0:52:25		5:23:21
1.071	MHK	772	812	Stephan	Wiesner	74	LwinsthGrp 21	1:03:15	1:05:30	1:15:49	1:05:03	0:53:42		5:23:21
1.072	MHK	773	1203	Holger	Meentz	71	lesloper	1:03:35	1:04:47	1:14:48	1:04:50	0:55:31		5:23:32
1.073	WHK	146	F103	Anke	Schrader	61	Pestalozzischeule Weene	1:02:51	1:05:39	1:16:04	1:05:53	0:53:10		5:23:39
1.074	MJ	134	1448	Tammo	Koch	00	HTG Ihlow	1:03:09	1:03:53	1:13:25	1:08:50	0:54:31		5:23:51
1.075	MHK	774	694	Helge	Drost	74	BSG Sparkasse Wilhe	1:00:23	1:06:39	1:15:12	1:06:57	0:54:38		5:23:51
1.076	WHK	147	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	0:58:58	1:02:59	1:13:36	1:10:12	0:58:08		5:23:55
1.077	WHK	148	F569	Anke	Gedes	69	TuRa 07 Westrhauderfe	1:01:27	1:05:44	1:14:25	1:07:51	0:54:32		5:24:02
1.078	MHK	775	938	Wolfgang	König	54	NIGE	1:02:09	1:04:20	1:16:03	1:08:08	0:53:33		5:24:15
1.079	MHK	776	900	Jens	Eidam	84	ORGADATA AG	1:00:27	1:03:02	1:10:53	1:08:50	1:01:06		5:24:20
1.080	MHK	777	936	Dirk	Brörkens	73	Schützenverein Hesel (1:00:23	1:06:39	1:15:12	1:07:10	0:54:54		5:24:20

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.081	MHK	778	1598	Werner	Meyer	71	Wiesmoor	1:02:11	1:06:42	1:15:47	1:05:59	0:53:46		5:24:26
1.082	WHK	149	F114	Ontja	Ebbers	70	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46	0:54:55		5:24:31
1.083	MHK	779	682	Gerald	Koch	62	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46	0:54:55		5:24:32
1.084	MHK	780	664	Helmut	Bruns	51	TuS Eintracht Hinte	1:02:36	1:05:38	1:15:05	1:05:59	0:55:12		5:24:32
1.085	MHK	781	1052	Joachim	Eilts	81	SFV Westeraccum	1:02:45	1:06:09	1:15:39	1:06:06	0:54:05		5:24:45
1.086	WHK	150	F67	Lydia	Schmidt	63	SV Hollland	1:00:11	1:05:39	1:16:43	1:07:37	0:54:35		5:24:47
1.087	MJ	135	1367	Jannes	Haan	94	obw Emden	1:01:14	1:05:50	1:17:32	1:07:04	0:53:11		5:24:54
1.088	WHK	151	F557	Miriam	Busch	71	Stadt Emden	1:01:25	1:06:20	1:15:50	1:07:34	0:53:47		5:24:58
1.089	MHK	782	892	Ralf	Pollmann	54	MTV Wittmund	1:00:33	1:06:07	1:17:14	1:06:47	0:54:23		5:25:06
1.090	MHK	783	1372	Johannes	Reese	93	obw Emden	1:01:08	1:05:50	1:17:35	1:07:12	0:53:28		5:25:15
1.091	MHK	784	1027	Thies	Meijster	92	Seefahrtsschule Leer	0:57:00	0:59:38	1:11:26	1:04:31	1:12:39		5:25:15
1.092	MHK	785	717	Manfred	Palma	60	TUS Leerhufe	1:08:37	1:13:14	1:13:01	1:01:21	0:49:02		5:25:16
1.093	MHK	786	708	Thorsten	Gronewold	76	Steenfelde, Bullerberg	1:04:05	1:05:09	1:14:23	1:05:22	0:56:31		5:25:31
1.094	WHK	152	F207	Adda	Janssen	66	Wallinghausen	1:00:04	1:06:32	1:16:01	1:07:50	0:55:08		5:25:37
1.095	WHK	153	F79	Meike	Garrels	81	VfB Uplengen e.V. / Tea	1:03:59	1:05:05	1:15:10	1:06:49	0:54:36		5:25:41
1.096	MHK	787	944	Reinhard	Abken	44	Abken Bau Utarp	1:00:13	1:04:31	1:18:18	1:08:03	0:54:36		5:25:42
1.097	WHK	154	F206	Margret	Budnick	54	TSV Jahn Carolinensiel	1:02:03	1:06:14	1:15:24	1:07:43	0:54:17		5:25:43
1.098	MHK	788	1112	Thomas	Cobus	71	Bohlen & Doyen	1:02:05	1:06:01	1:14:59	1:08:20	0:54:20		5:25:47
1.099	WJ	22	F704	Janka	Fleßner	01	HTG Ihlow	1:04:37	1:08:58	1:12:52	1:05:56	0:53:26		5:25:50
1.100	WJ	23	F647	Esther	Niemeyer	97	Rhauderfehn	1:03:38	1:07:26	1:15:50	1:05:39	0:53:16		5:25:51
1.101	WHK	155	F337	Roswitha	Klaaßen	58	Pewsum	1:00:57	1:06:07	1:16:45	1:07:17	0:54:45		5:25:53
1.102	WHK	156	F126	Martina	Bakker	65	Klinikum Leer	1:02:49	1:05:59	1:15:27	1:06:22	0:55:21		5:26:00
1.103	MHK	789	1262	Björn	Thormählen	88	Seefahrtsschule Leer	1:00:14	1:07:23	1:15:39	1:07:03	0:55:42		5:26:03
1.104	MHK	790	749	Dietmar	Rudnick	65	LG Grobfehn	1:01:45	1:07:08	1:15:15	1:07:08	0:54:45		5:26:03
1.105	MHK	791	1290	Michael	Rühling	71	LT TuS Aurich-Ost	1:02:40	1:06:12	1:15:43	1:07:03	0:54:25		5:26:05
1.106	MHK	792	1109	Hermann	Fohrden	61	Bohlen & Doyen	1:04:25	1:07:28	1:14:26	1:06:20	0:53:26		5:26:06
1.107	MHK	793	731	Wilfried	Wilken	50	Vorwerk Kobold	1:00:31	1:05:26	1:15:54	1:08:46	0:55:38		5:26:16
1.108	WHK	157	F690	Anke	Manthey-Ja	69	Aurich	1:02:55	1:06:37	1:15:27	1:07:13	0:54:06		5:26:20
1.109	MJ	136	1032	Daniel	Melle	95	NIGE	1:01:54	1:04:57	1:18:22	1:04:38	0:56:34		5:26:27
1.110	WHK	158	F378	Ulrike	van Vügt	74	Feedback Leer	1:02:44	1:07:07	1:15:54	1:06:53	0:53:48		5:26:28
1.111	MHK	794	558	Albert Juri	Mulder	77	LwinsthGrp 21	1:01:55	1:05:22	1:23:03	1:04:21	0:51:47		5:26:30
1.112	MHK	795	771	Jan-Gerd	Jelden	55	TV Norden	1:01:01	1:06:07	1:15:44	1:08:31	0:55:09		5:26:34
1.113	MHK	796	1177	Julian	Wesemann	92	de Heizungsloopers	1:05:24	1:05:20	1:14:39	1:06:41	0:54:31		5:26:37
1.114	WHK	159	F357	Anne-	Kirsch	91	Seefahrtsschule Leer	1:01:34	1:08:10	1:15:41	1:05:29	0:55:41		5:26:37
1.115	MHK	797	1407	Detlef	Densow	65	LT TuS Aurich-Ost	1:01:15	1:08:31	1:16:19	1:06:37	0:54:22		5:27:07
1.116	WHK	160	F663	Daniela	Hinrichs	86	Bünting Tee	1:04:31	1:05:28	1:15:25	1:06:53	0:54:47		5:27:07
1.117	WHK	161	F517	Anneke	Bergmann	64	Emder LG	1:01:31	1:06:08	1:16:51	1:07:44	0:54:52		5:27:08
1.118	WHK	162	F146	Frieda	Brinkmann	60	Fortuna Logabirum	1:00:27	1:07:03	1:16:59	1:07:52	0:54:50		5:27:14
1.119	MHK	798	934	Jens	Herrmann	59	VW Emden	1:01:36	1:06:12	1:16:38	1:08:37	0:54:16		5:27:21
1.120	MHK	799	693	Manfred	Pollmann	45	TG Wiesmoor	1:02:42	1:06:32	1:16:11	1:06:51	0:55:04		5:27:21
1.121	MJ	137	1013	Malte	Schwede	99	NIGE II	1:03:31	1:05:47	1:15:16	1:06:42	0:56:05		5:27:23
1.122	MHK	800	1587	Felix	Schweitzer	59	Turbine TGG	1:02:12	1:05:54	1:16:14	1:07:31	0:55:33		5:27:26
1.123	MJ	138	1380	Nicholas	Rücker	95	Alex.-v-Humboldt-Schul	0:59:29	1:03:57	1:22:41	1:08:29	0:52:53		5:27:31
1.124	WHK	163	883	Najat	Treue	74	Klinikum Emden	1:01:09	1:06:00	1:17:28	1:08:14	0:54:40		5:27:32
1.125	MHK	801	583	Friedemann	Hopf, Dr.Hop	59	Ubbo-Emmius-Klinik	1:03:22	1:05:52	1:17:37	1:06:31	0:54:28		5:27:52
1.126	MHK	802	506	Jörg	Daro	62	EWE Wattloopers	1:04:10	1:06:06	1:16:23	1:06:00	0:55:11		5:27:53
1.127	WHK	164	F115	Gaby	Hommers	62	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00	0:54:19		5:27:53
1.128	MHK	803	675	Axel	Klompkes	61	Auricher Taxen Zentrale	1:00:18	1:05:38	1:17:03	1:09:18	0:55:35		5:27:54
1.129	WHK	165	F111	Ute	van Loh	59	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00	0:54:20		5:27:54
1.130	MHK	804	542	Armin	Roß	82	Zahnmedizin-Aurich	1:02:08	1:07:19	1:21:08	1:05:47	0:51:31		5:27:54
1.131	WHK	166	F96	Sandra	Mudder	64	LG Ostfriesland	1:02:02	1:06:00	1:16:34	1:07:50	0:55:29		5:27:57
1.132	MHK	805	792	Johann	Stöhr	66	Wildeboer Bauteile Gmb	1:01:02	1:07:11	1:17:12	1:06:50	0:55:44		5:28:02
1.133	WHK	167	F121	Ivonne	Hayen	72	Krankenhaus Wittmund	1:01:34	1:08:41	1:15:47	1:07:37	0:54:35		5:28:16
1.134	WHK	168	F638	Antje	Bohlen	87	Friedeburg	1:02:42	1:07:32	1:15:40	1:07:45	0:54:37		5:28:19

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.135	MHK	806	920	Leo	Berling	58	Nordland Papier	1:01:45	1:05:52	1:16:41	1:08:12	0:55:49		5:28:20
1.136	MHK	807	1277	Ewald	Lehmann	54	LG Ostfriesland	1:02:53	1:06:49	1:16:35	1:07:31	0:54:41		5:28:32
1.137	MHK	808	1072	Hartmut	Duis	68	DUIS IMMOBILIEN	1:03:41	1:05:36	1:16:53	1:06:54	0:55:27		5:28:33
1.138	WHK	169	F374	Dana	Flemming	76	Feedback	1:01:17	1:05:35	1:14:24	1:05:10	1:02:06		5:28:34
1.139	MHK	809	881	Heinz-Geor	Fliege	54	Klinikum Leer	1:00:45	1:07:40	1:17:02	1:07:51	0:55:22		5:28:41
1.140	WHK	170	F538	Martina	Kohn	74	VfL Germania Leer	1:03:29	1:07:33	1:17:46	1:06:38	0:53:16		5:28:44
1.141	MHK	810	946	Friedhard	Cramer	52	Emder LG	1:01:31	1:06:08	1:16:53	1:07:46	0:56:25		5:28:46
1.142	WHK	171	F127	Hilke	Hausmann	61	Emder LG	1:01:32	1:06:08	1:16:52	1:07:46	0:56:25		5:28:47
1.143	WHK	172	F194	Steffi	Onken	72	Krankenhaus Wittmund	1:02:16	1:06:54	1:15:49	1:08:07	0:55:46		5:28:54
1.144	WHK	173	F204	Claudia	Behnke	74	Schwimmverein Wiesmo	1:01:16	1:06:27	1:16:35	1:08:34	0:56:04		5:28:58
1.145	WHK	174	F210	Hannelore	Spannhoff	65	Stadt Emden	1:01:32	1:07:05	1:16:48	1:07:46	0:55:48		5:29:02
1.146	WJ	24	F625	Stella	Evers	97	Ulricianum Aurich Sek 1	1:04:35	1:05:55	1:16:06	1:07:59	0:54:30		5:29:07
1.147	MHK	811	747	Gerd	Janssen	53	Sandhorst	1:02:53	1:06:25	1:16:34	1:07:50	0:55:23		5:29:07
1.148	WJ	25	F203	Michelle	Mennenga	95	Gat Emden	1:06:57	1:05:59	1:15:21	1:06:56	0:54:07		5:29:22
1.149	MHK	812	369	Heiko	Janssen	74	WfbM BBB Aurich Witt	1:06:08	1:06:12	1:17:00	1:06:17	0:53:42		5:29:22
1.150	MHK	813	1018	Christian	Wilken	89	Sparkasse Leer Wittmun	1:02:19	1:09:24	1:16:41	1:07:30	0:53:34		5:29:30
1.151	WHK	175	F339	Martina	Plaisier	82	Prinzessin Lillifee	1:04:42	1:06:53	1:17:44	1:06:48	0:53:24		5:29:34
1.152	WHK	176	F531	Natalia	Vosberg	84	Team ENERCON	1:04:58	1:07:58	1:16:02	1:06:13	0:54:21		5:29:34
1.153	MHK	814	1542	Oliver	Herfurth	73	Aurich	1:02:55	1:08:07	1:15:55	1:07:34	0:55:02		5:29:35
1.154	MHK	815	685	Antino	König	63	Raiffeisenbank eG, Moor	1:03:40	1:06:07	1:15:43	1:07:48	0:56:17		5:29:36
1.155	MHK	816	732	Ulrich	Linser	54	MTV Wittmund	1:02:27	1:06:51	1:16:15	1:07:26	0:56:40		5:29:40
1.156	WHK	177	F241	Anke	Hanssen	91	SC Wiesens	1:03:56	1:06:47	1:15:29	1:07:44	0:55:43		5:29:41
1.157	WHK	178	F302	Birte	Klusmann	70	Ostfriesische Volksbank	1:03:53	1:06:29	1:16:43	1:07:43	0:54:59		5:29:49
1.158	WHK	179	F233	Maria	Siepert	56	MTV Wittmund	1:02:00	1:07:00	1:17:31	1:08:22	0:55:04		5:29:58
1.159	MHK	817	680	Jürgen	Otto	64	VfL Berumbur	1:00:38	1:04:19	1:16:28	1:10:34	0:58:08		5:30:09
1.160	MHK	818	1117	Johann	Jacobs	64	TSV Riepe	1:05:01	1:07:59	1:16:16	1:06:22	0:54:38		5:30:18
1.161	WHK	180	F362	Silvia	Jacobs	66	TSV Riepe	1:05:01	1:07:58	1:16:17	1:06:23	0:54:40		5:30:21
1.162	WJ	26	F253	Carina	Meyer	94	Gymnasium Rhauderfe	1:02:53	1:05:51	1:17:41	1:06:08	0:57:51		5:30:27
1.163	MHK	819	1005	Norbert	Bakker	64	Team Wilts	1:02:19	1:05:39	1:17:50	1:08:23	0:56:14		5:30:28
1.164	MHK	820	1241	Holger	Janssen	63	TuS Esens	1:01:53	1:06:11	1:17:41	1:07:47	0:56:55		5:30:28
1.165	MHK	821	495	Karl-Heinz	Goudschaal	68	TV Norden	0:57:09	1:02:44	1:12:20	1:04:48	1:13:29		5:30:33
1.166	MHK	822	991	Uwe	Schulz	79	Ostfr. Schulmuseum Fol	1:03:18	1:07:34	1:18:30	1:06:54	0:54:15		5:30:33
1.167	MHK	823	459	Manfred	Wollermann	42	MTV Wittmund	1:02:17	1:06:36	1:18:25	1:08:50	0:54:25		5:30:36
1.168	WHK	181	F651	Uta	Entjer	69	Emder LG	1:02:18	1:07:04	1:16:49	1:09:20	0:55:05		5:30:39
1.169	MHK	824	1609	Eckhard	Neumann	53	FT Spetzerfehn	1:03:10	1:07:12	1:15:48	1:06:51	0:57:45		5:30:48
1.170	MHK	825	886	Wubbo	Nanninga	66	Nordland Papier	1:03:35	1:06:28	1:17:49	1:07:16	0:55:50		5:30:59
1.171	MHK	826	582	Torsten	Christians	65	Ubbo-Emmius-Klinik	1:05:04	1:09:28	1:15:28	1:07:41	0:53:27		5:31:08
1.172	MHK	827	1116	Helmut	Klosterman	55	VW Emden	1:08:40	1:08:40	1:16:51	1:04:58	0:52:18		5:31:28
1.173	WHK	182	F336	Franziska	Trey	93	BBS I Leer	1:03:02	1:06:42	1:20:13	1:05:46	0:55:43		5:31:29
1.174	MHK	828	1163	Carmelo	Mascalì	71	Wildeboer Bauteile Gmb	1:02:52	1:07:48	1:17:34	1:08:52	0:54:23		5:31:30
1.175	MHK	829	400	Klaus	Esch	64	Collinghorst	1:03:03	1:08:06	1:17:27	1:08:35	0:54:29		5:31:42
1.176	WHK	183	F463	Sabine	Collmann	72	MTV Aurich	1:04:40	1:07:35	1:16:21	1:08:26	0:54:53		5:31:57
1.177	MHK	830	1524	Günter	Wiegmann	60	Neue Osnabrücker Zie	1:02:45	1:04:49	1:16:03	1:08:56	0:59:22		5:31:57
1.178	MHK	831	1067	Manuel	Stengler	81	de Heizungsloopers	1:05:55	1:06:18	1:14:51	1:09:47	0:55:12		5:32:05
1.179	MHK	832	671	Ralf	Akkermann	68	SV Stikkelkamp	1:01:30	1:05:25	1:17:36	1:11:00	0:56:33		5:32:05
1.180	WHK	184	F301	Wilma	Denker	66	Ostfriesische Volksbank	1:02:22	1:08:23	1:17:35	1:08:24	0:55:29		5:32:14
1.181	WJ	27	F457	Milena	Heyen	99	MTV Aurich	1:04:37	1:07:32	1:16:21	1:08:10	0:55:34		5:32:15
1.182	WHK	185	F205	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:01:18	1:06:48	1:18:09	1:09:55	0:56:06		5:32:18
1.183	MHK	833	378	Jörg	Flessner	60	JHS Nortmoor	1:04:20	1:07:53	1:11:31	1:15:10	0:53:25		5:32:22
1.184	WHK	186	F119	Ulrike	Heckhoff	65	VfL Germania Leer/Judo	1:01:48	1:08:30	1:16:18	1:09:19	0:56:26		5:32:23
1.185	MHK	834	873	Holger	Janßen	68	Ostfriesische Volksbank	1:02:39	1:07:40	1:18:09	1:08:16	0:55:47		5:32:32
1.186	MHK	835	918	Bernd	Schunk	50	LG Ellernfeld	1:02:31	1:07:29	1:17:44	1:08:38	0:56:17		5:32:40
1.187	MHK	836	980	Sören	Janssen	87	Seefahrtsschule Leer	1:11:44	1:10:05	1:13:33	1:04:11	0:53:08		5:32:43
1.188	MHK	837	1481	Meinhard	Doden	62	GeTek	1:02:20	1:06:12	1:17:41	1:08:30	0:58:03		5:32:48

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.189	MHK	838	736	Helmut	Mäcken	78	Großbefehn	1:04:18	1:09:16	1:17:21	1:06:38	0:55:17		5:32:51
1.190	MHK	839	820	Frank	Groenewold	71	Selverde	1:02:39	1:06:47	1:17:35	1:08:57	0:56:56		5:32:56
1.191	WHK	187	F291	martina	klasen	58	LT Spaß mit Sport	1:02:24	1:08:19	1:18:15	1:08:37	0:55:23		5:33:00
1.192	MHK	840	537	Jan	Janssen - d	72	Zahnmedizin-Aurich	0:49:45	0:53:31	2:09:41	0:55:09	0:44:53		5:33:01
1.193	WHK	188	F120	Dora	Rabenberg	52	LG TV Bunde	1:02:13	1:07:41	1:17:00	1:09:01	0:57:07		5:33:04
1.194	MHK	841	700	Johann	Hippen	67	ORGADATA AG	1:01:44	1:06:32	1:18:01	1:09:21	0:57:26		5:33:06
1.195	WHK	189	F702	Wilma	Beyen	69		1:02:32	1:07:35	1:17:38	1:09:27	0:55:53		5:33:07
1.196	MHK	842	1646	Michael	Frerichs	69	WT Loppersum	1:04:56	1:08:15	1:18:13	1:08:10	0:53:35		5:33:10
1.197	MHK	843	385	Thomas	Möller, Dr.M	62	Ubbo-Emmius-Klinik	1:03:26	1:06:39	1:17:37	1:07:35	0:58:10		5:33:28
1.198	MHK	844	1020	Gert	Fleßner	85	EWE Wattloopers	1:02:50	1:04:58	1:16:00	1:13:28	0:56:25		5:33:42
1.199	WHK	190	F417	Gunda	Kramer	61	MTV/LG Ellernfeld	1:04:39	1:08:28	1:16:46	1:08:25	0:55:24		5:33:45
1.200	MHK	845	1216	Michael	Bamberger	52	LSF Oldenburg	1:00:32	1:08:39	1:16:33	1:11:49	0:56:20		5:33:55
1.201	WJ	28	F706	Laura	Schmidt	94	McDonalds Aurich	1:03:30	1:07:08	1:19:29	1:08:50	0:54:59		5:33:58
1.202	MHK	846	751	Bodo	Brouwer	71	DPI AG	1:03:27	1:07:16	1:17:16	1:08:57	0:57:03		5:34:01
1.203	MHK	847	1100	Klaus	Nikolic	48	VfL Berumbur	1:04:18	1:08:17	1:16:40	1:09:38	0:55:11		5:34:05
1.204	MHK	848	1127	Bernd	Leffers	55	Leffers Optik	1:04:42	1:06:35	1:18:57	1:08:09	0:55:42		5:34:07
1.205	MHK	849	286	Frank	Broer	70	LG Ostfriesland	0:50:44	1:13:25	1:18:34	1:12:41	0:58:44		5:34:11
1.206	MHK	850	449	Rainer	Broß	69	SV Ems Jemgum	1:03:09	1:09:45	1:18:09	1:08:28	0:54:47		5:34:19
1.207	WJ	29	F360	Sarah	Neitemeier	98	Ulricianum Aurich Sek 1	1:02:53	1:06:51	1:18:34	1:09:23	0:56:40		5:34:22
1.208	WHK	191	F133	Anja	Musiol	73	MTV Aurich	1:06:20	1:06:39	1:17:49	1:08:10	0:55:34		5:34:34
1.209	MHK	851	1497	Matthias	Janssen	74	Deternerlehe	1:06:07	1:06:43	1:20:48	1:06:13	0:54:51		5:34:43
1.210	MHK	852	723	Oswald	Tinnemeyer	52	TuRa 07 Westrhauderfe	1:03:05	1:07:35	1:17:29	1:10:08	0:56:27		5:34:45
1.211	MHK	853	923	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	1:03:05	1:08:28	1:17:28	1:09:19	0:56:26		5:34:48
1.212	WHK	192	F540	Ina	Blenke	77	Remels	1:04:53	1:08:30	1:19:19	1:07:57	0:54:13		5:34:54
1.213	WHK	193	F521	Wiebke	Meyer	88	Remels	1:04:53	1:08:30	1:19:19	1:07:57	0:54:13		5:34:55
1.214	MHK	854	1034	Helmut	Swart	64	Weener Plastik	1:02:22	1:07:28	1:16:56	1:11:03	0:57:10		5:35:01
1.215	MHK	855	1562	Frank	Fengkohl	60	Fortuna Wirdum	1:07:19	1:12:58	1:25:30	0:59:58	0:49:20		5:35:08
1.216	MHK	856	1056	Thomas	Rull	78	ZGO	1:03:50	1:09:53	1:16:49	1:08:34	0:55:59		5:35:08
1.217	MHK	857	1082	Everwien	Lohmeyer	58	SV Frisia Brinkum	1:04:05	1:07:28	1:19:55	1:08:12	0:55:37		5:35:19
1.218	MHK	858	1634	Stephan	Adelmund	84	Eventertainment	1:03:13	1:05:27	1:21:41	1:09:59	0:54:57		5:35:20
1.219	WHK	194	F232	Karola	Coordes	84	BV Hoffnung Ludwigsdo	1:03:54	1:07:29	1:18:33	1:09:43	0:55:39		5:35:21
1.220	MHK	859	1086	Hayo	Ewen	65	VfL Berumbur	1:02:57	1:07:17	1:18:32	1:11:33	0:55:06		5:35:28
1.221	MHK	860	711	Jakob	Rehders	84	LIG21	1:05:34	1:08:59	1:17:44	1:08:19	0:55:01		5:35:39
1.222	MHK	861	629	Theo	Gerken	44	LG Ostfriesland	1:03:46	1:07:55	1:18:19	1:09:26	0:56:17		5:35:45
1.223	WJ	30	F324	Ronja	Rohlf's	97	SVO Wi sünd Holtriem	1:04:47	1:06:37	1:17:38	1:10:20	0:56:23		5:35:48
1.224	WHK	195	F340	Ulrike	Schürmann	62	Germania Leer	1:03:41	1:08:23	1:19:40	1:08:07	0:55:59		5:35:53
1.225	WHK	196	F534	Irmgard	Werner	56	Stadt Aurich	1:03:55	1:07:30	1:18:26	1:09:36	0:56:28		5:35:56
1.226	WHK	197	F422	Gaby	Poppen	65	Klinikum Leer	1:03:25	1:07:12	1:17:27	1:10:43	0:57:14		5:36:02
1.227	MHK	862	409	Marc	Peters	71	LIG 21	1:04:55	1:09:35	1:17:44	1:08:42	0:55:06		5:36:04
1.228	WHK	198	F355	Doris	Goos	62	Emder LG	1:03:28	1:07:19	1:17:02	1:11:30	0:56:46		5:36:07
1.229	MHK	863	910	Ludger	Bruns	74	Emder LG	1:05:58	1:08:18	1:17:00	1:08:26	0:56:24		5:36:08
1.230	MHK	864	796	Frank-Mich	Smid	64	Scharff / Trauco	1:04:04	1:08:02	1:17:15	1:10:40	0:56:28		5:36:31
1.231	MHK	865	1063	Holger	Campen	82	LG Großbefehn	1:08:01	1:15:48	1:16:18	1:03:37	0:52:52		5:36:38
1.232	WHK	199	F526	Christiane	Opitz	70	Team Laufrusch e.V.	1:06:28	1:09:24	1:18:28	1:07:52	0:54:29		5:36:43
1.233	MHK	866	954	Lukas	Lapies	92	Kdo SES Ostfriesland	1:03:58	1:05:11	1:23:49	1:07:45	0:56:05		5:36:50
1.234	MHK	867	1172	Jann	Janssen	72	Aurich	1:04:42	1:08:11	1:19:20	1:08:23	0:56:18		5:36:57
1.235	WHK	200	F626	Imke	Kamann	87	Norden	1:01:29	1:06:45	1:16:30	1:11:57	1:00:13		5:36:57
1.236	MHK	868	971	Ralf	Brinschwitz	67	MTV Aurich	1:04:38	1:07:35	1:17:55	1:09:37	0:57:20		5:37:08
1.237	WJ	31	F660	Julia	Förster	12	IGS Aurich West - Sek2	1:06:39	1:08:57	1:19:53	1:07:54	0:53:44		5:37:08
1.238	WHK	201	F642	Almuth	Joswig	57	Fortuna Logabirum	1:04:37	1:07:57	1:18:23	1:09:29	0:56:45		5:37:13
1.239	WHK	202	F167	Marlies	Behrens-Ku	72	Klinikum Leer	1:04:19	1:07:11	1:17:46	1:10:42	0:57:14		5:37:14
1.240	MHK	869	1534	Uwe	Bültena	65	Bünting Tee	1:07:50	1:10:19	1:17:35	1:07:38	0:54:10		5:37:33
1.241	WHK	203	F369	Margret	Janssen	74	MTV Aurich	1:04:39	1:07:43	1:17:56	1:10:24	0:56:51		5:37:36
1.242	MHK	870	912	Torsten	Bildhauer	68	Haupt- und Realschule C	1:06:42	1:08:09	1:19:44	1:08:35	0:54:28		5:37:40

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.243	MHK	871	1594	Frank	Wieligmann	67	Turbine TGG	1:06:48	1:08:27	1:18:59	1:07:52	0:55:37		5:37:44
1.244	MHK	872	907	Helmut	Loers	52	SV Blau Weiß Filsum	1:03:46	1:08:50	1:18:21	1:10:11	0:56:34		5:37:45
1.245	MHK	873	1351	Peter	Wittenburg	49	obw Emden	1:03:09	1:09:01	1:18:59	1:10:00	0:56:38		5:37:49
1.246	WJ	32	F592	Janije	Knottnerus-	98	Ulricianum Aurich Sek 1	1:02:28	1:05:48	1:19:13	1:13:07	0:57:19		5:37:57
1.247	MHK	874	978	Lennart	Wuntke	88	Seefahrtsschule Leer	1:01:14	1:06:26	1:23:52	1:09:46	0:56:39		5:37:58
1.248	MHK	875	690	Gerrit	Hoppmann	63	ENOVA	1:02:56	1:06:58	1:19:52	1:13:08	0:55:10		5:38:06
1.249	WHK	204	F272	Kerstin	Alexy	71	LG Uplengen	1:03:03	1:08:06	1:18:09	1:11:06	0:57:48		5:38:14
1.250	MHK	876	1051	Günter	Däuber	61	Judo-Team VfR-Heisfe	1:04:43	1:09:53	1:17:57	1:09:44	0:56:00		5:38:19
1.251	MHK	877	961	Oliver	Auslitz	91	Seefahrtsschule Leer	1:04:56	1:09:33	1:17:54	1:11:33	0:54:31		5:38:28
1.252	WHK	205	F576	Sylvia	Bülte	71	Die Kurzentschlossenen	1:05:36	1:06:28	1:20:26	1:08:30	0:57:28		5:38:30
1.253	MHK	878	1066	Heinz-Artur	Schnau	59	RVB Aurich/Uplengen	1:04:07	1:08:52	1:19:21	1:09:37	0:56:46		5:38:44
1.254	MHK	879	1516	Gerhard	Hagen	61	Walle	1:03:43	1:09:12	1:20:56	1:08:30	0:56:22		5:38:44
1.255	MHK	880	1025	Günther	Plettke	61	LSSG Weener	1:05:12	1:09:14	1:18:45	1:09:18	0:56:15		5:38:46
1.256	WHK	206	F65	Bianca	Oltmanns	91	Weener Plastik	1:03:37	1:05:48	1:18:01	1:12:30	0:58:50		5:38:48
1.257	MHK	881	1471	Jürgen	Harbers	68	Fehntjer Dragons	1:02:33	1:05:26	1:21:00	1:11:36	0:58:13		5:38:50
1.258	MJ	139	1575	Joris	Strüfing	99	Gymnasium Ulricianum A	1:05:41	1:07:04	1:18:35	1:09:40	0:57:49		5:38:52
1.259	MHK	882	794	Uwe	Olthoff	68	Emder LG	1:04:01	1:08:14	1:18:39	1:10:41	0:57:16		5:38:53
1.260	MHK	883	639	Eilert	Juifls	45	LG Grobfehn	1:04:12	1:09:20	1:18:59	1:09:24	0:56:59		5:38:55
1.261	MJ	140	1426	Tobias	Tapper	96	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:16	1:08:55	0:55:05		5:39:04
1.262	MJ	141	989	Lennert	Peede	97	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:17	1:08:55	0:55:06		5:39:04
1.263	MHK	884	442	Georg Ihno	Baumann	61	TV Greetsiel	1:04:56	1:08:14	1:18:13	1:10:31	0:57:26		5:39:22
1.264	MHK	885	696	Olaf	Sweers	68	SV Wittmund	1:04:53	1:09:45	1:20:35	1:10:23	0:53:46		5:39:23
1.265	WJ	33	F310	Rena	Bollhorst	96	SVO Wi sünd Holtriem	1:04:46	1:07:19	1:17:52	1:12:49	0:56:38		5:39:26
1.266	WHK	207	F318	Ute	Grotluschen	81	VfB Germania Wiesmoo	1:05:21	1:10:12	1:18:18	1:09:15	0:56:21		5:39:30
1.267	WHK	208	F248	Fenny	Lüür	63	EFG Augustfehn	1:04:17	1:08:58	1:19:21	1:09:06	0:57:58		5:39:42
1.268	WHK	209	F331	Tina	Mohlmann	89	Team Wilts	1:05:25	1:07:07	1:21:27	1:09:57	0:55:51		5:39:49
1.269	WHK	210	F149	Monika	Klefke	51	TSG Hatten-Sandkrug	1:05:12	1:05:51	1:21:43	1:11:00	0:56:22		5:40:10
1.270	MHK	886	891	Bernd	Rehfeldt	45	TSG Hatten-Sandkrug	1:05:13	1:05:50	1:21:43	1:11:00	0:56:22		5:40:10
1.271	MHK	887	1107	Helmuth	Brümmer	56	ENOVA	1:05:59	1:08:49	1:20:24	1:09:04	0:55:55		5:40:12
1.272	WHK	211	F219	Marion	Kumler	65	Polizei Aurich / TSV Riep	1:05:32	1:08:31	1:18:28	1:09:56	0:57:46		5:40:15
1.273	MHK	888	1642	Thomas	Schmidt	63	MTV Aurich	1:03:24	1:09:21	1:20:53	1:09:32	0:57:08		5:40:20
1.274	MHK	889	1523	Jasper	de Buhr	93	IGS Aurich West - Sek2	1:05:18	1:09:07	1:19:42	1:10:54	0:55:27		5:40:30
1.275	WHK	212	F544	Uta	Seiwald	69	S.V. Concordia Ihrhove	1:02:29	1:08:18	1:22:50	1:09:47	0:57:07		5:40:33
1.276	WHK	213	F680	Anke	Muscat	66	ENOVA	1:06:16	1:08:49	1:20:23	1:09:04	0:55:59		5:40:33
1.277	MJ	142	1551	Mathis	Ubben	94	Ulricianum Aurich Sek 2	1:07:42	1:10:46	1:19:27	1:09:51	0:52:50		5:40:37
1.278	MHK	890	1041	Thomas	Schoone	88		1:05:19	1:09:12	1:17:31	1:10:41	0:57:54		5:40:39
1.279	MJ	143	1392	Eric	Guilhauman	94	MVM mbH-IT Managem	1:07:06	1:08:47	1:19:19	1:07:25	0:58:02		5:40:41
1.280	WHK	214	F157	Annika	Möhlenkam	84	BBC Chartering	1:06:08	1:08:32	1:18:53	1:10:47	0:56:19		5:40:41
1.281	WHK	215	F585	Freya	Kramer	88	Oldenburg	1:06:29	1:09:32	1:19:26	1:10:46	0:54:32		5:40:47
1.282	WHK	216	F73	Helga	Krieger-Het	64	TV Norden	1:03:31	1:09:03	1:21:01	1:10:00	0:57:17		5:40:54
1.283	MHK	891	790	Ernst	Loesing	66	Team ENERCON	1:05:26	1:08:38	1:19:19	1:10:27	0:57:06		5:40:57
1.284	MHK	892	826	Horst	Wienrank	60	SV Dornum	1:02:53	1:10:18	1:18:47	1:10:07	0:59:07		5:41:14
1.285	WHK	217	F266	Silke	Andreessen	78	Ihlow	1:04:01	1:10:37	1:18:39	1:10:41	0:57:15		5:41:15
1.286	MHK	893	1091	Jens	Sick	65	JAA Emden	1:04:27	1:08:46	1:20:06	1:10:46	0:57:10		5:41:16
1.287	MHK	894	982	Thomas	Schön	65	DLRG LEER	1:06:20	1:10:14	1:18:47	1:09:09	0:56:54		5:41:25
1.288	MHK	895	1397	Jürgen	Siefkes	80	Aurich	1:04:00	1:10:18	1:17:58	1:11:25	0:57:47		5:41:30
1.289	WHK	218	F212	Uschi	Klimaschka-	57	Ulricianum Aurich Sek 2	1:05:12	1:09:31	1:19:48	1:10:49	0:56:11		5:41:33
1.290	MHK	896	702	Fritz	Eggerstorff	52	Box Club Norden	1:08:17	1:08:09	1:18:43	1:09:32	0:56:58		5:41:41
1.291	WHK	219	F304	Gunda	Heyen	67	LT TuS Aurich-Ost	1:05:11	1:09:31	1:19:48	1:10:49	0:56:28		5:41:49
1.292	MHK	897	1043	Mario	Aden	69	Bohlen & Doyen	1:04:09	1:08:39	1:19:31	1:11:48	0:57:47		5:41:55
1.293	MHK	898	1083	Helge	Berckemeie	87	Seefahrtsschule Leer	1:06:57	1:11:00	1:18:04	1:09:36	0:56:17		5:41:56
1.294	WHK	220	F214	Agnes	Wilken	70	Baptisten Firrel	1:05:01	1:10:11	1:18:43	1:10:10	0:57:50		5:41:58
1.295	WHK	221	F100	Hanna	Ottersberg	73	Team Möbel Buss	1:05:01	1:10:12	1:18:44	1:10:10	0:57:50		5:41:59
1.296	WHK	222	F365	Hilka	Dirks	75	MTV Wittmund	1:04:13	1:08:28	1:21:02	1:11:00	0:57:17		5:42:03

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.297	WHK	223	F446	Karin	Tacke	59	B Steinjan Consulting Gr	1:06:26	1:09:43	1:19:50	1:09:57	0:56:11		5:42:09
1.298	MHK	899	921	Dietmar	Schultz	65	Team Deutsche Post	1:02:45	1:08:07	1:22:27	1:11:23	0:57:38		5:42:22
1.299	MHK	900	1378	Sven	Wiemers	85	MVM mbH-IT Managem	1:10:02	1:11:01	1:17:41	1:07:43	0:56:00		5:42:30
1.300	MHK	901	733	Frerich	Campen	71	LT TuS Aurich-Ost	1:04:30	1:09:04	1:20:36	1:10:48	0:57:37		5:42:37
1.301	MHK	902	674	Hans-Joach	Platte	53	Wiesmoor	1:04:25	1:10:31	1:20:17	1:09:36	0:57:52		5:42:42
1.302	WHK	224	F235	Anne	Weyrich	79		1:04:55	1:08:26	1:22:29	1:10:04	0:56:51		5:42:46
1.303	WHK	225	F117	Wibke	Kleen-Holtz	74	Höchte Running	1:03:33	1:08:46	1:20:44	1:10:49	0:59:04		5:42:59
1.304	WHK	226	F424	Brigitte	Baumann	63	Emder LG	1:05:23	1:09:07	1:19:04	1:11:51	0:57:34		5:43:02
1.305	MHK	903	798	Michael	Weber	54	Alex.-v-Humboldt-Schul	1:03:24	1:11:28	1:20:26	1:10:39	0:57:15		5:43:14
1.306	WHK	227	F322	Manuela	Tjaden	64	Emder LG	1:04:19	1:10:02	1:19:43	1:11:31	0:57:39		5:43:16
1.307	WHK	228	F691	Nadia	El Zubi	83	TV Oldersum	1:05:28	1:13:49	1:23:37	1:01:01	0:59:22		5:43:19
1.308	MHK	904	1062	Thomas	Kossack	84	Team ENERCON	1:06:26	1:08:06	1:15:35	1:11:54	1:01:18		5:43:20
1.309	MHK	905	835	Jan-Hendrik	Deitenbach	76		1:02:53	1:08:36	1:19:19	1:09:51	1:02:44		5:43:24
1.310	MJ	144	857	Alexander	Bretschneid	98	Leinerstift e.V	1:06:31	1:10:42	1:20:03	1:08:55	0:57:16		5:43:28
1.311	MHK	906	1278	Harald	Trauernicht	69	LG-Grossefehn/T-GO	1:02:58	1:09:27	1:22:21	1:12:48	0:55:57		5:43:33
1.312	WHK	229	F411	Marianne	Lay	58	Landwirtschaftskammer	1:04:04	1:11:32	1:18:13	1:11:37	0:58:06		5:43:34
1.313	WHK	230	F236	Renate	de Buhr	49	Emder LG	1:04:46	1:10:02	1:19:43	1:11:31	0:57:39		5:43:43
1.314	WHK	231	F387	Kerstin	Stevens	60	Emder LG	1:04:47	1:10:03	1:19:43	1:11:30	0:57:39		5:43:44
1.315	WHK	232	F373	Irene	Hildebrand	61	TSV Riepe	1:05:31	1:08:38	1:20:58	1:11:03	0:57:33		5:43:44
1.316	WHK	233	F303	Cornelia	Bley	67	TUS Horsten	1:05:16	1:09:42	1:20:20	1:10:58	0:57:45		5:44:03
1.317	MHK	907	566	Stefan	Meyer	78	Team ENERCON	1:05:36	1:10:13	1:18:52	1:12:11	0:57:39		5:44:33
1.318	WHK	234	F344	Birgit	Klein	81	Team Laufrausch e.V.	1:05:24	1:10:04	1:20:25	1:10:46	0:57:59		5:44:41
1.319	WHK	235	F128	Sylke	Albrecht	62	Team Laufrausch e.V.	1:06:28	1:09:34	1:20:00	1:10:02	0:58:40		5:44:46
1.320	WHK	236	F456	Nadine	Saathoff	83	Heisfelder Zahnhaus	1:05:06	1:08:23	1:19:40	1:12:24	0:59:15		5:44:50
1.321	WHK	237	F350	Martina	Mannott	69	Krankenhaus Wittmund	1:04:18	1:09:03	1:21:01	1:11:54	0:58:34		5:44:52
1.322	WJ	34	F202	Angelika	Picksak	08	TSV Riepe	1:05:35	1:09:25	1:20:58	1:11:23	0:57:45		5:45:07
1.323	MHK	908	990	Helmut	Höft	59	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:27	0:53:26		5:45:07
1.324	WHK	238	F229	Margret	Kahmann	58	Ubbo-Emmius-Klinik	1:05:07	1:10:48	1:20:04	1:11:08	0:58:06		5:45:14
1.325	MHK	909	925	Werner	Haschenbur	55	BSG Volksbank Jever	1:06:17	1:11:10	1:20:41	1:09:05	0:58:01		5:45:17
1.326	WHK	239	F441	Insa	Corbach	85	VfB Germania Wiesmoo	1:05:21	1:11:39	1:20:04	1:10:58	0:57:18		5:45:22
1.327	MHK	910	643	Helmut	Tjards	64	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:26	0:53:44		5:45:25
1.328	MHK	911	997	Remmer	Damm	51	Grundschule Ihrhove	1:03:13	1:11:33	1:21:46	1:11:18	0:57:43		5:45:35
1.329	MHK	912	547	Volker	Oltmanns	91	Raiffeisenbank Flachsme	1:05:25	1:10:08	1:22:03	1:11:18	0:56:40		5:45:35
1.330	MHK	913	828	Berthold	Eilers	74	TSV Riepe	1:05:04	1:11:27	1:19:40	1:12:13	0:57:44		5:46:10
1.331	MHK	914	445	Lothar	Hildebrandt	68	Emder LG	1:05:51	1:10:20	1:21:06	1:11:32	0:57:22		5:46:13
1.332	WHK	240	F352	Nathalie	Zorn	85	BHC Consulting GmbH	1:04:25	1:10:49	1:19:48	1:12:55	0:58:19		5:46:17
1.333	MHK	915	740	Frank	Niehuisen	70	AOK Die Gesundheitsk	1:06:48	1:10:47	1:20:06	1:10:22	0:58:17		5:46:21
1.334	MHK	916	1623	Harald	Hanken	65		1:09:24	1:08:59	1:16:53	1:10:30	1:00:40		5:46:27
1.335	WJ	35	F658	Lisa Marlen	Meyerholz	97	Ulricianum Aurich Sek 1	1:07:41	1:10:54	1:19:41	1:09:51	0:58:43		5:46:51
1.336	WJ	36	F675	Daniela	Meyer	95	Turbine TGG	1:04:19	1:07:28	1:25:19	1:11:29	0:58:14		5:46:51
1.337	MHK	917	750	Heinrich	Kleen	59	LG GroBefehn	1:04:54	1:10:50	1:22:37	1:10:31	0:58:00		5:46:53
1.338	WHK	241	1000	Christa	Janßen	43	SV Frisia Brinkum	1:04:28	1:09:25	1:20:10	1:13:40	0:59:40		5:47:24
1.339	WJ	37	F657	Neele	Schüßler	97	Ulricianum Aurich Sek 1	1:07:45	1:10:51	1:19:51	1:10:16	0:58:42		5:47:28
1.340	MHK	918	999	Richard	Nie	63	MTV Ditzum	1:06:26	1:10:34	1:21:08	1:10:42	0:58:41		5:47:32
1.341	MHK	919	801	Gabriel	Fabbi	68	Team Möbel Buss	1:05:40	1:11:12	1:21:51	1:11:34	0:57:13		5:47:33
1.342	WHK	242	F560	Ursula	Wirgenings	65	MTV Aurich	1:07:32	1:11:14	1:19:24	1:12:34	0:56:52		5:47:38
1.343	MHK	920	1152	Karl	Gossling	46	LG Bunde	1:05:51	1:10:42	1:21:41	1:10:58	0:58:35		5:47:49
1.344	WHK	243	F69	Bärbel	Neugebaue	65	TV Norden	1:12:51	1:10:35	1:19:05	1:09:03	0:56:14		5:47:51
1.345	WHK	244	F400	Ingrid	Meyer	72	AOK Ostfriesland	1:06:21	1:10:16	1:20:58	1:12:47	0:57:48		5:48:11
1.346	WHK	245	F282	Ina	Doden	72	Völkerball läuft	1:06:07	1:10:16	1:22:44	1:11:22	0:57:48		5:48:18
1.347	WHK	246	F627	Sina	Busboom	88	Uplengen	1:04:58	1:12:43	1:19:56	1:12:41	0:57:59		5:48:19
1.348	MHK	921	1102	Ewald	Ennen	61	AOK Niedersachsen	1:06:47	1:10:36	1:21:04	1:11:52	0:58:03		5:48:23
1.349	WHK	247	F284	Isabell	Keiser	81	ZAP Wattjes	1:08:50	1:10:24	1:21:35	1:10:24	0:57:21		5:48:36
1.350	MHK	922	1178	Henning	Brandt	77	Ostfriesische Volksbank	1:08:50	1:10:24	1:21:45	1:10:22	0:57:22		5:48:46

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.351	MHK	923	911	Herbert	Buss	59	SV Stikkelkamp	1:06:04	1:11:50	1:20:54	1:11:35	0:58:24		5:48:49
1.352	WHK	248	F542	Silke	Schuster	77	LT TuS Aurich-Ost	1:05:12	1:10:59	1:21:37	1:12:37	0:58:32		5:49:00
1.353	WHK	249	F191	Gunvor	Kassmann	81	VOST	1:03:15	1:11:36	1:21:14	1:13:44	0:59:09		5:49:01
1.354	MHK	924	1228	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:06:47	1:10:37	1:21:03	1:12:30	0:58:03		5:49:03
1.355	WHK	250	F358	Mirjam	Busse	78	Emder LG	1:06:32	1:10:53	1:20:44	1:11:53	0:59:03		5:49:08
1.356	MHK	925	1044	Theo	Baumgarten	68	Lummerland Taxi	1:04:36	1:10:30	1:21:37	1:13:53	0:58:41		5:49:19
1.357	WHK	251	F568	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	1:05:55	1:10:52	1:21:37	1:12:32	0:58:29		5:49:26
1.358	MHK	926	1238	Dirk	Bossen	66	VHS Laufen	1:09:04	1:11:44	1:20:24	1:11:39	0:56:43		5:49:35
1.359	WHK	252	F43	Gudrun	Möhlmann	70	Ostfriesische Volksbank	1:07:23	1:11:30	1:21:47	1:11:33	0:57:23		5:49:37
1.360	MHK	927	1185	Jens	Akkermann	83		1:06:17	1:11:12	1:20:56	1:12:05	0:59:07		5:49:38
1.361	WJ	38	F413	Inken	Broer	99	Gymnasium Ulricianum /	1:06:27	1:13:25	1:18:34	1:12:40	0:58:44		5:49:51
1.362	WHK	253	F693	Sandra	Bruns	76	NW Steuerberatungsge	1:08:23	1:09:08	1:24:48	1:10:03	0:57:28		5:49:52
1.363	MHK	928	1128	Onno	Hinrichs	90	Team Wilts	1:04:14	1:09:10	1:21:26	1:14:56	1:00:05		5:49:53
1.364	WHK	254	F320	Gunda	Hallenga	83	Tannenhausen	1:06:35	1:10:49	1:22:42	1:12:26	0:57:31		5:50:05
1.365	WHK	255	F367	Ellen	Buurman	48	IGS Waldschule Egels	1:06:10	1:10:08	1:21:28	1:12:53	0:59:30		5:50:12
1.366	WHK	256	F354	Birgit	Merker	73	Upleward	1:05:35	1:10:06	1:21:10	1:13:56	0:59:36		5:50:25
1.367	MHK	929	1469	Fritz	Steinmeier	48	MTV Aurich	1:05:47	1:08:43	1:26:08	1:12:29	0:57:23		5:50:32
1.368	MHK	930	1002	Rainer	Hoffmann	67	EDEKA TEAM JEMGU	1:09:54	1:12:09	1:22:06	1:10:19	0:56:18		5:50:48
1.369	MHK	931	852	Onno	Baumann	68	Leinerstift e.V	1:08:29	1:11:42	1:21:10	1:11:41	0:57:51		5:50:53
1.370	WHK	257	F173	Monika	Klock	67	Leinerstift e.V	1:08:28	1:11:43	1:21:11	1:11:41	0:57:51		5:50:57
1.371	WHK	258	F595	Maren	Riedel	64	C. E. Popken	1:08:07	1:11:31	1:20:23	1:12:00	0:59:01		5:51:06
1.372	MHK	932	206	Johann	Keiser	62	n-cut24	1:09:36	1:15:42	1:06:16	1:16:06	1:03:26		5:51:07
1.373	MHK	933	928	Ralf	Stocker	47	Aurich	1:02:02	1:08:06	1:29:07	1:14:17	0:57:40		5:51:13
1.374	WHK	259	F280	Melanie	Buß	81	VfB Germania wiesmoor	1:06:53	1:10:11	1:22:49	1:12:31	0:58:51		5:51:17
1.375	MHK	934	1050	Michael	Koenen	73	Allianz, Weener	1:06:16	1:09:20	1:24:52	1:12:15	0:58:34		5:51:19
1.376	MHK	935	1160	Dennis	Rosenboom	79	Varel	1:07:23	1:14:43	1:20:59	1:10:29	0:57:45		5:51:21
1.377	WHK	260	F482	Leyla	Ergin	84	BBC Chartering	1:07:38	1:09:19	1:20:11	1:14:13	1:00:02		5:51:25
1.378	WHK	261	F565	Sabrina	Kruhl	86	Seefahrtsschule Leer	1:06:41	1:11:48	1:21:15	1:13:00	0:59:05		5:51:51
1.379	WHK	262	F276	Annelie	Bremer-Bus	60	TuRa 07 Westrhauderfe	1:05:07	1:10:49	1:21:50	1:14:09	0:59:59		5:51:56
1.380	WHK	263	F220	Zinnia	Berckhan	67	Laufftreff Schaffhauserwa	1:07:46	1:12:11	1:21:34	1:11:38	0:58:48		5:51:59
1.381	MHK	936	979	Tobias	Schürmann	88	Seefahrtsschule Leer	1:06:45	1:12:20	1:20:07	1:12:08	1:00:41		5:52:03
1.382	MHK	937	281	Christian	Ott	77	Alex.-v-Humboldt-Schul	1:06:16	1:11:28	1:22:41	1:11:07	1:00:39		5:52:11
1.383	MHK	938	1141	Johann	Boelsen	62	Blau Weiss Filsum	1:08:15	1:11:20	1:20:59	1:12:32	0:59:04		5:52:11
1.384	MHK	939	889	Wulf	Graef	48	Rhaude	1:07:41	1:11:44	1:21:44	1:10:17	1:00:47		5:52:15
1.385	WHK	264	F264	Geda	Gruben	49	SV Potshausen/ Tura o7	1:05:07	1:10:51	1:21:50	1:14:10	1:00:25		5:52:24
1.386	MHK	940	650	Werner	Vehnekamp	58	Team Möbel Buss	1:04:49	1:10:28	1:18:43	1:14:16	1:04:06		5:52:24
1.387	WHK	265	F228	Gertrud	Ehnts-Hinric	65	MTV Wittmund	1:07:26	1:11:47	1:21:57	1:12:20	0:59:10		5:52:43
1.388	MHK	941	745	Günter	Fitzner	48	LT TuS Aurich-Ost	1:07:12	1:12:13	1:22:24	1:12:18	0:58:36		5:52:45
1.389	MHK	942	1138	Eike	Cornelius	79	TSV Jahn Carolinensiel	1:08:22	1:11:33	1:21:43	1:12:01	0:59:11		5:52:51
1.390	WJ	39	F347	Stine	Baller	99	OGV	1:05:46	1:10:04	1:22:55	1:15:18	0:58:48		5:52:52
1.391	MHK	943	342	Holger	Baller	71	OGV	1:05:46	1:10:04	1:22:55	1:15:18	0:58:48		5:52:53
1.392	WHK	266	F648	Sandra	Uphoff	82	Großheide	1:07:06	1:11:27	1:23:48	1:11:49	0:58:43		5:52:54
1.393	WHK	267	F275	Franziska	Fleßner	85		1:09:47	1:13:01	1:21:28	1:11:30	0:57:15		5:53:03
1.394	WHK	268	F573	Anja	Gerdes	83	SV Holtland	1:06:17	1:12:38	1:22:24	1:13:04	0:58:48		5:53:12
1.395	WHK	269	F224	Käthe	Voß	54	Emder LG	1:06:48	1:11:30	1:22:31	1:13:06	0:59:22		5:53:19
1.396	WHK	270	F292	Dagmar	Herman	72	Gymnastikgruppe Moor	1:07:29	1:13:46	1:22:52	1:11:10	0:58:22		5:53:41
1.397	WJ	40	F175	Talea	Knak	95	NIGE	1:14:47	1:06:44	1:19:44	1:15:51	0:56:37		5:53:45
1.398	WJ	41	F465	Anna	Frühling	99	Gymnasium Ulricianum /	1:10:38	1:13:11	1:19:32	1:11:04	0:59:21		5:53:48
1.399	MHK	944	701	Dietrich	Steinke	41	SV Concordia Neermoor	1:04:57	1:12:13	1:23:17	1:14:00	0:59:22		5:53:50
1.400	MHK	945	1360	Wolf Julian	Campe	84	ENOVA	1:10:21	1:10:57	1:22:08	1:10:49	0:59:38		5:53:55
1.401	WHK	271	F454	Daniela	Stöhr	67	OFD Nds. Aurich	1:07:18	1:11:09	1:22:17	1:13:40	0:59:29		5:53:55
1.402	MHK	946	1265	Friedrich-Ka	Pennig	48	TGG Leer	1:09:05	1:12:17	1:21:44	1:12:56	0:58:01		5:54:04
1.403	MHK	947	1530	Egon	Freeseaman	66	Bünting Tee	1:09:42	1:12:12	1:12:15	1:19:26	1:00:29		5:54:06
1.404	WHK	272	F139	Yvonne	Adamietz	84	LT Spaß mit Sport	1:09:10	1:10:42	1:21:47	1:13:38	0:58:59		5:54:17

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.405	WHK	273	F244	Beate	Janssen	69	Klinikum Emden	1:07:06	1:11:27	1:23:47	1:13:15	0:58:42		5:54:20
1.406	MJ	145	1543	Carsten	Schuster	94	IGS Aurich West - Sek2	1:09:46	1:12:40	1:17:47	1:16:29	0:57:39		5:54:22
1.407	WHK	274	F372	Dörthe	Trauer	77	Tannenhausen	1:06:35	1:10:49	1:22:42	1:14:17	0:59:56		5:54:22
1.408	MHK	948	984	Hartmut	Garten	50	TuS Glarum	1:07:13	1:11:08	1:23:39	1:12:18	1:00:02		5:54:23
1.409	WJ	42	F689	Fenna	Ubben	95	TSV Holtrop Basketball	1:07:58	1:11:00	1:19:07	1:18:09	0:58:09		5:54:25
1.410	MHK	949	1016	Erhard	Meyer	62	Sparkasse Leer Wittmun	1:07:49	1:12:08	1:23:07	1:11:55	0:59:29		5:54:30
1.411	WHK	275	F141	Elke	Schulte	65	Oldenburg	1:06:38	1:12:26	1:24:22	1:13:03	0:57:59		5:54:31
1.412	MHK	950	1180	Ralf	Janßen	69	REHAU AG & Co	1:07:30	1:10:19	1:23:43	1:13:19	0:59:49		5:54:43
1.413	WHK	276	F397	Regina	Battermann	51	Fehntjer LT	1:06:27	1:12:24	1:22:45	1:13:44	0:59:40		5:55:03
1.414	WHK	277	F314	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:07:44	1:11:01	1:23:38	1:13:49	0:58:50		5:55:04
1.415	MHK	951	1401	Enno	Wolckenha	38	TC Grün Weiß	1:09:02	1:12:43	1:21:15	1:12:54	0:59:09		5:55:05
1.416	MHK	952	1273	Gerd	Siebels	53	Fortuna Logabirum	1:06:30	1:11:14	1:23:17	1:14:29	0:59:42		5:55:15
1.417	MJ	146	207	Frerichs	Jason	01	TV Norden	1:06:43	1:10:49	1:27:34	1:10:45	0:59:24		5:55:17
1.418	WHK	278	F440	Anke	Ulferts	70	Heisfelder Zahnhaus	1:06:28	1:11:55	1:21:19	1:14:15	1:01:20		5:55:18
1.419	MHK	953	1192	Torben	Cord	85	BBC Chartering	1:11:33	1:13:21	1:27:29	0:59:38	1:03:16		5:55:20
1.420	MHK	954	968	Ulrich	Eggers	66	Bootsbau Eggers	1:05:51	1:12:00	1:23:09	1:13:21	1:01:17		5:55:40
1.421	WHK	279	F283	Antje	Mannott	55	TSV Jahn Carolinensiel	1:07:34	1:12:04	1:24:28	1:12:44	0:58:51		5:55:43
1.422	MHK	955	1408	Hinrich	Röben	56	LT TuS Aurich-Ost	1:02:57	1:13:16	1:25:19	1:14:30	0:59:40		5:55:43
1.423	WHK	280	F679	Martina	Door	89	Ostfriesische Brandkass	1:06:42	1:12:32	1:24:27	1:11:55	1:00:09		5:55:46
1.424	MHK	956	962	H.Hermann	Reiter	65	SV Stikkelkamp	1:08:06	1:12:13	1:21:38	1:13:26	1:00:22		5:55:47
1.425	WHK	281	F384	Britta	Jürgens	65	Krankenhaus Wittmund	1:07:30	1:12:45	1:22:41	1:12:45	1:00:06		5:55:48
1.426	WHK	282	F327	Annika	Janssen	84	SV Blomberg- Neuscho	1:07:32	1:11:57	1:24:27	1:12:43	0:59:08		5:55:48
1.427	MJ	147	1637	Onke	Bretzler	97		1:11:41	1:11:58	1:19:15	1:13:05	1:00:02		5:56:03
1.428	WHK	283	F577	Claudia	Brandau	63	Stadt Leer	1:06:28	1:12:05	1:23:43	1:13:53	0:59:56		5:56:08
1.429	MJ	148	490	Graf	Glamann-S	00	TV Norden	1:13:47	1:20:24	1:33:05	1:03:16	0:45:59		5:56:32
1.430	MHK	957	1202	Ismail	Pohl	88	DUIS IMMOBILIEN	1:06:18	1:09:32	1:25:16	1:15:16	1:00:10		5:56:35
1.431	WHK	284	F386	Angelika	Gerken	67	Krankenhaus Wittmund	1:08:36	1:11:48	1:23:24	1:13:25	0:59:31		5:56:46
1.432	WJ	43	F155	Katja	Roofs	95	NIGE	1:05:50	1:09:55	1:22:26	1:16:14	1:02:22		5:56:48
1.433	MJ	149	725	Holger	Weber	94	SV Stern Schwerinsdorf	1:08:15	1:13:13	1:23:08	1:13:09	0:59:10		5:56:56
1.434	WHK	285	F514	Herma	Braams	56	SC Dunum	1:06:56	1:11:30	1:24:09	1:13:35	1:00:50		5:57:01
1.435	MJ	150	1511	Benjamin	Knöller	96	Alex.-v-Humboldt-Schul	1:04:54	1:12:14	1:29:02	1:18:10	0:52:48		5:57:09
1.436	WHK	286	F481	Lydia	Bley	59	MTV Aurich / LG Eller	1:06:28	1:10:48	1:22:32	1:15:11	1:02:10		5:57:11
1.437	WHK	287	F535	Elke	Dirksen	66	Krankenhaus Wittmund	1:08:16	1:11:47	1:22:46	1:14:24	1:00:04		5:57:18
1.438	WHK	288	F313	Henni	Severiens	54	Fortuna Logabirum	1:07:15	1:12:23	1:22:26	1:14:35	1:00:42		5:57:22
1.439	MHK	958	1527	Thomas	Janssen	74	Bünting Tee	1:06:47	1:06:29	1:39:09	1:06:41	0:58:22		5:57:30
1.440	MHK	959	993	Thomas	Harms	67	Wildeboer Bauteile Gmb	1:09:15	1:12:26	1:23:06	1:13:04	0:59:38		5:57:30
1.441	MHK	960	1187	Florian	Penner	63	FT Spetzerfehn	1:10:56	1:12:58	1:23:10	1:11:48	0:58:42		5:57:35
1.442	WHK	289	F222	Anne	Dirks	62	TG Wiesmoor	1:07:31	1:11:26	1:22:35	1:14:50	1:01:19		5:57:42
1.443	WHK	290	F394	Jutta	Christoffers	61	TG Wiesmoor	1:07:30	1:11:26	1:22:34	1:14:50	1:01:19		5:57:42
1.444	MHK	961	1009	Hermann	Wilts	46	TV Norden	1:06:38	1:12:40	1:23:34	1:14:24	1:00:27		5:57:46
1.445	WHK	291	F393	Karin	Meyer	55	Moormerland	1:06:28	1:12:46	1:22:47	1:15:28	1:00:23		5:57:53
1.446	WHK	292	F226	Sabine	Poppen	70	VW Emden	1:07:32	1:13:13	1:24:12	1:12:47	1:00:16		5:58:02
1.447	WHK	293	F240	Helga	Sluiter	63	Nordgeorgsfehn	1:08:30	1:11:46	1:22:52	1:14:45	1:00:08		5:58:02
1.448	WHK	294	F556	Ingrid	Meyer	65	Stadt Emden	1:07:31	1:13:13	1:24:12	1:12:47	1:00:20		5:58:06
1.449	WHK	295	F515	Beate	van der Ber	77	Boekzetelerfehn	1:08:40	1:12:39	1:22:26	1:13:29	1:00:51		5:58:06
1.450	WHK	296	F343	Tanja	Schiller	79	Kiga Mamis	1:08:40	1:12:39	1:22:25	1:13:30	1:00:51		5:58:06
1.451	WJ	44	F513	Inga	Fischer	94	IGS Aurich West - Sek2	1:07:31	1:12:02	1:23:36	1:14:33	1:00:28		5:58:11
1.452	MHK	962	1406	Helmut	Ackmann	54	LT TuS Aurich-Ost	1:06:03	1:11:15	1:26:03	1:13:42	1:01:11		5:58:15
1.453	WHK	297	F174	Birgit	Olbrich	57	Leinerstift e.V	1:08:08	1:12:26	1:23:27	1:14:11	1:00:02		5:58:15
1.454	MJ	151	1585	Carsten	Saathoff	95	IGS Aurich West - Sek2	1:09:56	1:12:49	1:26:10	1:14:32	0:54:52		5:58:21
1.455	MHK	963	1432	Derk	Mansholt	48	MTV Wittmund	1:05:58	1:14:21	1:24:36	1:13:27	1:00:12		5:58:36
1.456	WHK	298	F673	Angelika	Schmidt	61	Greta-Schoon-Schule	1:08:51	1:13:04	1:23:24	1:12:48	1:00:31		5:58:41
1.457	WHK	299	F201	Uta	Jabben	60	Lauftreff Schaffhauserwa	1:08:24	1:15:50	1:24:09	1:11:30	0:58:48		5:58:43
1.458	MHK	964	786	Jens	Hüttinga	68	n-cut 24	1:09:35	1:15:17	1:24:16	1:06:17	1:03:26		5:58:53

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Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.459	MHK	965	574	Sven	Groß	91	WfBM BBB Aurich Witt	0:58:59	1:14:06	1:23:33	1:29:01	0:53:16		5:58:56
1.460	MHK	966	1092	Focko	Penon	71	Ulricianum Aurich Sek 1	1:05:56	1:10:15	1:21:57	1:12:32	1:08:23		5:59:04
1.461	MJ	152	1484	Tobias	Bley	94	GeTek	1:09:57	1:12:32	1:24:21	1:12:25	0:59:58		5:59:15
1.462	WHK	300	F415	Ute	Sich	72	MTV Aurich	1:08:18	1:12:14	1:24:25	1:14:28	0:59:48		5:59:15
1.463	WHK	301	F299	Nicola	Rose	72	Emden	1:09:41	1:12:36	1:22:56	1:13:25	1:00:38		5:59:18
1.464	MHK	967	1119	Heio	Albers	46	Harmonic Brass	1:06:27	1:14:03	1:24:07	1:13:24	1:01:17		5:59:20
1.465	MHK	968	1583	Jochen	Albers	69	Harmonic Brass	1:06:27	1:14:04	1:24:08	1:13:25	1:01:19		5:59:25
1.466	MHK	969	1549	Gerhard	Ernst	53	fit in die Kiste	1:07:41	1:11:43	1:21:44	1:17:32	1:00:47		5:59:28
1.467	MHK	970	1023	Menno	Lokers	70	Sparkasse Leer Wittmun	1:10:23	1:13:59	1:24:06	1:12:09	0:58:52		5:59:31
1.468	WJ	45	F294	Bent	Nanke	11	NIGE	1:08:17	1:08:11	1:25:38	1:15:33	1:01:53		5:59:34
1.469	MHK	971	1193	David	Calero	89	BBC Chartering	1:09:37	1:14:00	1:19:54	1:13:09	1:03:17		5:59:58
1.470	MHK	972	1101	Wilfried	Franzen	45	SV Teutonia Stapelmoor	1:08:16	1:11:40	1:24:45	1:15:03	1:00:25		6:00:11
1.471	MHK	973	1369	Timo	Hiersemann	93	obw Emden	1:08:48	1:11:14	1:25:18	1:13:28	1:01:28		6:00:18
1.472	WHK	302	F525	Heidi	Lühr	69	Novapax	1:09:17	1:13:18	1:23:08	1:14:40	1:00:09		6:00:34
1.473	MHK	974	741	Hans-Jürge	Krems	59	Fortuna Wirdum	1:07:19	1:12:58	1:25:31	1:13:55	1:00:52		6:00:36
1.474	MHK	975	1336	Friso	Alberts-Tam	72	Fortuna Wirdum	1:07:17	1:12:56	1:25:31	1:13:58	1:00:53		6:00:37
1.475	WHK	303	F321	Madlen	Reinwaldt	71	Fortuna Wirdum	1:07:18	1:12:58	1:25:30	1:13:58	1:00:53		6:00:38
1.476	WHK	304	F315	Regina	Gerken	65	Fortuna Wirdum	1:07:20	1:12:58	1:25:31	1:13:55	1:00:52		6:00:38
1.477	WHK	305	F81	Sabine	Habben	92	Fortuna Wirdum	1:07:18	1:12:59	1:25:30	1:13:58	1:00:52		6:00:39
1.478	WHK	306	F247	Nina	Schmidt	77	Ev.-luth. Kindergarten F	1:09:19	1:12:09	1:24:47	1:14:41	0:59:42		6:00:41
1.479	WHK	307	F543	Marion	Davids	62	Emder LG	1:08:16	1:12:18	1:24:17	1:14:59	1:00:56		6:00:47
1.480	WHK	308	F338	Wilhelmine	Boekholder	48	Emder LG	1:08:15	1:12:18	1:24:18	1:14:59	1:00:56		6:00:48
1.481	WJ	46	F683	Anne	Ruesink	97	HRS Moormerland	1:11:21	1:11:14	1:22:42	1:14:37	1:00:56		6:00:52
1.482	MHK	976	426	Klaus	Mohnsame	43	VfL Jheringsfehn	1:08:58	1:09:52	1:22:40	1:22:24	0:56:59		6:00:55
1.483	WHK	309	F452	Gertrud	Farwer	58		1:08:09	1:12:46	1:24:05	1:15:28	1:00:35		6:01:05
1.484	MJ	153	917	Henrik	Jacobsen	97	Schule Moormerland	1:06:54	1:12:28	1:22:46	1:13:40	1:05:19		6:01:10
1.485	WHK	310	F681	Angelika	Kühl-Giese	67	Nur dabei sein!	1:04:17	1:19:51	1:27:06	1:11:26	0:58:29		6:01:10
1.486	WHK	311	F389	Irmis	Tauer-Entg	63		1:11:36	1:13:03	1:24:05	1:13:05	0:59:23		6:01:15
1.487	WHK	312	F590	Birgit	Pruin	67	Die Kurzentschlossene	1:07:30	1:12:48	1:28:51	1:13:16	0:58:49		6:01:16
1.488	MJ	154	1093	Arne	Engel	02	LG Grobefehn	1:06:35	1:12:00	1:23:23	1:20:17	0:59:20		6:01:37
1.489	MHK	977	1154	Werner	Weers	52	Sparkasse Leer Wittmun	1:08:09	1:13:45	1:24:53	1:14:45	1:00:09		6:01:44
1.490	WJ	47	F650	Jantje	Burmeister	94	NIGE	1:09:43	1:11:41	1:25:54	1:12:47	1:01:48		6:01:55
1.491	MHK	978	1198	Carsten	Dubiel	49	Weener	1:17:14	1:15:58	1:20:15	1:11:05	0:57:24		6:01:58
1.492	MHK	979	1630	Heiner	Steenhoff	60	Germania Holterfehn	1:11:12	1:13:23	1:24:50	1:13:44	0:58:59		6:02:11
1.493	WHK	313	F438	Petra	Baumgarten	70	Lummerland Taxi	1:09:07	1:12:25	1:25:28	1:14:26	1:00:59		6:02:26
1.494	WHK	314	F193	Kerstin	Janssen	86	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03	1:01:23		6:02:32
1.495	WHK	315	F189	Maren	Rieken	85	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03	1:01:23		6:02:33
1.496	MHK	980	1250	Swen	Ewald	78	Seefahrtsschule Leer	1:08:08	1:14:43	1:23:20	1:16:54	0:59:27		6:02:34
1.497	MHK	981	416	Jens	Boelmann	67	Emden	1:09:28	1:12:40	1:23:50	1:15:56	1:00:42		6:02:37
1.498	WHK	316	F382	Steffi	Heinrichsdo	79	Ostfriesische Volksbank	1:09:21	1:13:48	1:23:54	1:15:13	1:00:20		6:02:39
1.499	WHK	317	F429	Elisabeth	Tel	69	RVB Aurich/Uplengen	1:08:42	1:13:38	1:26:31	1:14:05	0:59:46		6:02:44
1.500	MHK	982	1161	Hans-Herm	Schoorman	83	Team Timmel	1:09:06	1:13:21	1:25:25	1:14:23	1:00:58		6:03:15
1.501	MHK	983	1015	Kai	Walther	77	Team Timmel	1:09:06	1:13:20	1:25:25	1:14:24	1:01:00		6:03:17
1.502	WHK	318	F199	Fenna	Wester	54	Weener	1:09:51	1:15:23	1:26:34	1:12:52	0:58:47		6:03:29
1.503	MHK	984	913	Günter	Janssen	43	MTV Aurich Tria	1:10:05	1:17:08	1:24:26	1:11:52	1:00:07		6:03:40
1.504	WHK	319	F376	Alexandra	Wolter	74	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:44	1:01:37		6:03:49
1.505	WHK	320	F391	Bianca	Petrolino	72	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:44	1:01:37		6:03:50
1.506	MHK	985	1071	Mario	Kampers	73	Kdo SES Ostfriesland	1:08:27	1:14:58	1:25:03	1:14:49	1:00:32		6:03:53
1.507	MHK	986	656	Timo	Immega	82	REHAU AG & Co	1:09:12	1:12:05	1:23:19	1:15:49	1:03:26		6:03:53
1.508	WHK	321	F335	Ilona	Eden	69	FCSO	1:07:48	1:14:10	1:24:59	1:14:51	1:02:08		6:03:58
1.509	MHK	987	1608	Christian	Heibült	40	SV Holtland	1:10:01	1:12:54	1:25:48	1:16:35	0:58:45		6:04:05
1.510	WJ	48	F618	Laura	Erdmann	95	Ulricianum Aurich Sek2 -	1:09:37	1:14:22	1:26:14	1:13:16	1:00:38		6:04:08
1.511	WHK	322	F254	Gundula	Wulff	65	WfBM BBB Aurich Witt	1:09:48	1:15:23	1:26:35	1:13:01	0:59:24		6:04:12
1.512	WHK	323	F643	Gerda	Möhlmann	65	Sparkasse Aurich-Nord	1:08:23	1:13:13	1:25:13	1:15:53	1:01:33		6:04:16

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.513	WHK	324	F552	Elke	Meiners	50	TuRa 07 Westrhauderfe	1:08:00	1:13:10	1:23:55	1:16:34	1:02:37		6:04:18
1.514	WHK	325	F197	Talea	Lüpkes	93	Ubbo-Emmius-Klinik	1:08:16	1:12:39	1:28:24	1:15:24	0:59:44		6:04:29
1.515	WHK	326	F82	Sonka	Willms	92	KBV Driest-Weg Dunum-	1:08:19	1:12:40	1:28:24	1:15:24	0:59:44		6:04:33
1.516	MHK	988	1461	Erwin	Koops	72	Sparkasse Leer Wittmun	1:10:25	1:14:01	1:25:06	1:14:19	1:00:43		6:04:36
1.517	WHK	327	F485	Sylvia	Schlink	72	romme club	1:08:31	1:14:28	1:24:15	1:17:09	1:00:13		6:04:37
1.518	WHK	328	F364	Meike	Helmers	73	mitzeit Intensivpflege Züt	1:12:08	1:13:20	1:23:20	1:14:11	1:01:46		6:04:47
1.519	MHK	989	947	Holger	Dickhöfer	72	Enno Onnecken	1:07:00	1:15:32	1:28:34	1:12:38	1:01:02		6:04:48
1.520	MHK	990	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	1:07:23	1:12:14	1:27:21	1:16:39	1:01:15		6:04:54
1.521	MHK	991	595	Hermann	Haun	73	Hartmann Group	1:10:02	1:13:14	1:24:01	1:16:55	1:00:41		6:04:56
1.522	MHK	992	1149	Michael	Stockfisch	67	TUS Collinghorst	1:09:32	1:13:31	1:24:48	1:15:17	1:02:02		6:05:12
1.523	MHK	993	1619	Lothar	Wenninga	72	Greta-Schoon-Schule	1:12:01	1:15:06	1:27:43	1:11:28	0:59:10		6:05:31
1.524	MHK	994	1089	Ralf	Siemens	64	Hartmann Group	1:06:32	1:12:45	1:23:17	1:18:01	1:04:56		6:05:32
1.525	WHK	329	F409	Karin	Hillbrands	75	Klinge / Weener Energi	1:08:59	1:13:34	1:24:52	1:16:21	1:01:46		6:05:34
1.526	WHK	330	F451	Martina	Janßen	92	SVO Wi sünd Holtriem	1:06:44	1:14:37	1:25:07	1:17:08	1:02:01		6:05:39
1.527	WHK	331	F307	Thea	Fauerbach	63	SVO Wi sünd Holtriem	1:06:47	1:14:39	1:25:12	1:17:08	1:02:00		6:05:48
1.528	MHK	995	1464	Gerhard	Hommers	54	LT SV Ems Jemgum	1:08:56	1:15:15	1:25:40	1:15:09	1:00:56		6:05:58
1.529	WHK	332	F359	Kerstin	Akkermann	70	Sparkasse Leer Wittmun	1:09:35	1:13:21	1:26:09	1:14:51	1:02:08		6:06:06
1.530	WJ	49	F631	Vanessa	Freese	97	LT TuS Aurich-Ost	1:07:34	1:14:01	1:22:47	1:16:45	1:04:59		6:06:08
1.531	MHK	996	1428	Klaus	Freese	69	LT TuS Aurich-Ost	1:07:35	1:14:02	1:22:47	1:16:45	1:04:59		6:06:10
1.532	WHK	333	F286	Kerstin	Schömig	68	Grundschule Hinte	1:10:03	1:14:17	1:24:53	1:14:57	1:02:04		6:06:16
1.533	WJ	50	F684	Nicole	Rohlf	98	HRS Moormerland	1:15:50	1:12:02	1:22:44	1:14:39	1:01:02		6:06:20
1.534	WHK	334	F309	Laura	Köhler	92	Seefahrtsschule Leer	1:13:12	1:13:55	1:25:52	1:14:07	0:59:25		6:06:33
1.535	WHK	335	F478	Claudia	Wostratzky	74	Heisfelder Zahnhaus	1:11:00	1:15:38	1:25:26	1:15:25	0:59:15		6:06:46
1.536	WJ	51	F703	Wiebke	Störig	00	Gymnasium Ulricianum /	1:12:37	1:18:46	1:26:35	1:11:32	0:57:18		6:06:49
1.537	WJ	52	F297	Anna-Lena	Ubben	95	Borromäus Hospital Lee	1:08:59	1:14:35	1:26:06	1:16:51	1:00:20		6:06:53
1.538	MHK	997	811	Gerd	Peeken	73	TuS Esens	1:10:53	1:13:24	1:25:43	1:16:24	1:00:29		6:06:54
1.539	MHK	998	1356	Henri	Hüls	68	obw Emden	1:10:35	1:14:15	1:25:50	1:15:29	1:00:56		6:07:06
1.540	MHK	999	1269	Ralf	Tholen	85	Seefahrtsschule Leer	1:08:23	1:14:25	1:25:16	1:16:41	1:02:22		6:07:09
1.541	WHK	336	F295	Heike	Könnecke	70	Ubbo-Emmius-Klinik	1:05:15	1:16:38	1:28:31	1:09:23	1:07:32		6:07:21
1.542	WJ	53	F379	Svea-Marie	Linnemann-	96	NIGE	1:09:22	1:12:56	1:25:51	1:15:52	1:03:32		6:07:35
1.543	MHK	1.000	963	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:07:34	1:12:13	1:26:43	1:18:08	1:02:58		6:07:39
1.544	MHK	1.001	1211	Gerd	Saathoff	65	Blau Weiss Filsum	1:11:40	1:13:25	1:27:08	1:13:52	1:01:35		6:07:42
1.545	WHK	337	F323	Wilma	Janßen	74		1:16:13	0:57:08	1:31:24	1:18:47	1:04:11		6:07:45
1.546	WHK	338	F249	Gisela	Sap	55	Klinikum Leer	1:08:31	1:13:30	1:26:23	1:16:50	1:02:45		6:08:01
1.547	WHK	339	F701	Marie	Ubben	57	EDEKA	1:11:22	1:14:44	1:25:21	1:15:44	1:01:07		6:08:20
1.548	WHK	340	F410	Susanne	Brink	69	n-cut24	1:09:36	1:15:16	1:24:16	1:16:05	1:03:26		6:08:42
1.549	WHK	341	F427	Marlies	Witte	60	LT Spaß mit Sport	1:09:43	1:15:20	1:25:35	1:17:07	1:01:08		6:08:54
1.550	WJ	54	F621	Michelle	Riebschläg	96	Ulricianum Aurich Sek2 -	1:09:32	1:14:20	1:26:13	1:16:05	1:02:45		6:08:56
1.551	WHK	342	F489	Andrea	Meyerjürge	72	Bad zwischenahn	1:10:29	1:14:55	1:26:31	1:15:58	1:01:06		6:09:01
1.552	WHK	343	F279	Judith	Otten	84	ZGO	1:13:40	1:15:37	1:25:26	1:13:34	1:00:55		6:09:15
1.553	WHK	344	F274	Lisa	Hanken	92	RVB Aurich/Uplengen	1:09:24	1:16:16	1:26:21	1:16:33	1:00:39		6:09:16
1.554	WHK	345	F281	Insa	Jelden	92	Stadt Leer	1:08:42	1:13:54	1:26:46	1:17:12	1:02:46		6:09:22
1.555	WHK	346	F296	Silvia	Saathoff	70	Ubbo-Emmius-Klinik	1:09:32	1:13:15	1:26:08	1:17:26	1:03:06		6:09:30
1.556	MHK	1.002	1566	Christoph	Bockhöfer	66	Rechtsanwälte Dr. Fenn	1:08:15	1:13:28	1:28:07	1:18:49	1:00:56		6:09:37
1.557	MHK	1.003	1528	Lars	Ammerman	72	Bünting Tee	1:10:52	1:13:56	1:27:19	1:16:24	1:01:07		6:09:40
1.558	WHK	347	F555	Martina	Meyer	80	Rudnick mode und woh	1:09:31	1:13:43	1:27:07	1:16:44	1:02:44		6:09:50
1.559	WHK	348	F225	Nina	Müller	87	Klinikum Leer	1:11:05	1:16:22	1:27:08	1:14:16	1:01:15		6:10:07
1.560	MJ	155	1399	Keno	Hußmann	94	IGS Aurich West - Sek2 -	1:11:05	1:15:17	1:25:45	1:16:51	1:01:10		6:10:10
1.561	MHK	1.004	972	Heinz	Oelscher	54	Bürgerverein Filsum	1:09:45	1:17:16	1:22:28	1:19:40	1:01:44		6:10:54
1.562	MJ	156	871	Franz	van Hetting	96	IGS Waldschule Egels	1:09:15	1:14:41	1:24:23	1:17:29	1:05:04		6:10:54
1.563	WHK	349	F464	Sandra	Vesperman	85	Team ENERCON	1:13:24	1:10:02	1:26:20	1:23:43	0:57:25		6:10:56
1.564	WHK	350	F558	Insa	Seiwald	68	Stadt Leer	1:09:43	1:15:19	1:27:13	1:16:42	1:02:07		6:11:08
1.565	WHK	351	F130	Claudia	Korpilla	66	ZGO	1:13:40	1:15:34	1:25:27	1:13:47	1:02:39		6:11:08
1.566	MHK	1.005	1489	Helmut	Sprang, Dr.	45	Lions Club Uplengen	1:11:36	1:13:41	1:33:05	1:12:59	0:59:50		6:11:12

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.567	WHK	352	F377	Bianca	Ottersberg	91	LG Grobefehn	1:09:08	1:15:48	1:25:26	1:17:38	1:03:42		6:11:43
1.568	WHK	353	F370	Maike	Hinrichs	90	LG Grobefehn	1:09:08	1:15:48	1:25:26	1:17:39	1:03:41		6:11:44
1.569	MHK	1.006	1529	Werner	Homölle	64	Bünting Tee	1:10:52	1:13:56	1:27:22	1:16:25	1:03:08		6:11:45
1.570	WHK	354	F649	Hilde	Onken	59	Stadtwerke Leer AoR	1:10:40	1:15:14	1:25:43	1:17:25	1:02:41		6:11:45
1.571	WHK	355	F601	Kerstin	Dorenbusch	75	obw Emden	1:11:59	1:15:47	1:25:50	1:16:22	1:01:52		6:11:53
1.572	MHK	1.007	1322	Sascha	Leuchtman	80	Lebenshilfe Leer e.V.	1:06:44	1:10:56	1:27:13	1:24:19	1:02:45		6:11:59
1.573	MHK	1.008	1073	Johann	Wiltfang	56	Ostfriesische Volksbank	1:12:58	1:13:32	1:28:47	1:15:33	1:01:18		6:12:10
1.574	WHK	356	F396	Roswitha	Südhoff	64	Ostfriesische Volksbank	1:12:50	1:13:45	1:28:48	1:15:31	1:01:19		6:12:14
1.575	WJ	55	F261	Verena	Weber	94	Klinikum Leer	1:09:21	1:15:17	1:26:16	1:17:37	1:03:40		6:12:14
1.576	WHK	357	F406	Sylke	Rose	71	Ostfriesische Volksbank	1:12:51	1:13:45	1:28:47	1:15:31	1:01:18		6:12:14
1.577	WHK	358	F334	Anke	Fahnster	89	VfB Germania Wiesmoo	1:05:20	1:15:18	1:29:49	1:20:27	1:01:37		6:12:33
1.578	WJ	56	F388	Hilke	Harms	97	IGS Aurich West Sek1	1:10:39	1:14:38	1:25:32	1:17:17	1:04:41		6:12:49
1.579	MHK	1.009	1165	Uwe	Caspers	71	Team ENERCON	1:13:20	1:13:33	1:24:29	1:19:29	1:01:59		6:12:51
1.580	WHK	359	F345	Heidi	Meyer	70	EWE Wattloopers	1:10:52	1:16:02	1:25:49	1:16:02	1:04:47		6:13:34
1.581	MHK	1.010	974	Dieter	Dirks	65	SVO Wi sünd Holtriem	1:15:01	1:16:49	1:31:15	1:04:00	1:06:31		6:13:37
1.582	WHK	360	F188	Petra	Wochnik	64	Marathonprojekt Darmst	1:08:43	1:13:57	1:24:31	1:19:09	1:07:33		6:13:54
1.583	WHK	361	F561	Petra	Freese	69	Emder LG	1:10:04	1:15:13	1:26:15	1:18:13	1:04:08		6:13:55
1.584	MHK	1.011	1110	Franz	Janshen	64	TUS Ditzumerverlaaat	1:09:04	1:14:38	1:28:51	1:17:52	1:03:36		6:14:02
1.585	WHK	362	F677	Ines	Rosenkranz	85	Alex.-v-Humboldt-Schul	1:11:19	1:14:22	1:30:14	1:16:04	1:02:05		6:14:05
1.586	MHK	1.012	1182	Sönke	Veenijer	81	ENOVA	1:06:24	1:11:15	1:31:22	1:22:22	1:02:41		6:14:06
1.587	WHK	363	F308	Silvia	Geiken	71	BV Victorbur	1:10:26	1:16:02	1:27:21	1:17:13	1:03:10		6:14:15
1.588	WJ	57	F470	Rieke	Seifert	99	Gymnasium Ulricianum /	1:12:08	1:15:36	1:30:04	1:14:31	1:01:54		6:14:15
1.589	MHK	1.013	1081	Harmannus	Hilbrands	58	de Heizungsloopers	1:14:22	1:16:34	1:27:19	1:14:59	1:01:04		6:14:20
1.590	WJ	58	F641	Cato	Stoffer	98	Ulricianum Aurich Sek 1	1:12:10	1:15:39	1:30:05	1:14:31	1:01:54		6:14:20
1.591	WHK	364	F217	Bettina	Peters	75	Ruderverein Leer e. V.	1:09:42	1:14:47	1:25:32	1:16:58	1:07:23		6:14:24
1.592	WHK	365	F342	Ilona	Kerker	70	Emder LG	1:12:21	1:14:26	1:26:08	1:17:32	1:03:56		6:14:25
1.593	WHK	366	F399	Edda	Buß	53	Pewsum	1:09:13	1:15:50	1:28:17	1:17:24	1:03:52		6:14:38
1.594	MHK	1.014	803	Jens	Kaiser	72	Enno Onnecken	1:14:56	1:19:36	1:30:14	1:11:47	0:58:11		6:14:46
1.595	WHK	367	F445	Christa	Steinjan	61	B Steinjan Consulting Gr	1:12:32	1:16:35	1:26:52	1:16:28	1:02:21		6:14:49
1.596	WHK	368	F432	Ute	Weber	66	Nortmoor	1:12:22	1:14:38	1:29:34	1:16:26	1:01:55		6:14:58
1.597	MHK	1.015	942	Peter	Koritke	51	VfB Uplengen	1:12:32	1:15:20	1:27:53	1:17:07	1:02:04		6:14:59
1.598	WHK	369	F269	Jutta	Sap	61	Klinikum Leer	1:10:55	1:16:27	1:27:17	1:16:12	1:04:11		6:15:04
1.599	MHK	1.016	1078	Matthias	Sap	52	Klinikum Leer	1:11:06	1:16:27	1:27:19	1:16:11	1:04:12		6:15:17
1.600	WHK	370	F461	Johanne	Dieken-Wall	66	LG Ostfriesland	1:11:35	1:16:03	1:27:21	1:17:14	1:03:11		6:15:26
1.601	MHK	1.017	1085	Anton	Gruben	42	SV Potshausen	1:08:36	1:18:33	1:25:53	1:18:02	1:04:33		6:15:39
1.602	WHK	371	F371	Monika	Sandelman	57	Kirche läuft Wilhelmshav	1:10:04	1:15:07	1:27:21	1:18:30	1:04:41		6:15:44
1.603	WHK	372	F407	Astrid	Müller-Esch	73	Grundschule Am Otter	1:11:23	1:16:12	1:29:49	1:16:52	1:01:33		6:15:51
1.604	WHK	373	F630	Sarah	Körper	93	IGS Aurich West	1:15:20	1:15:30	1:27:19	1:15:51	1:01:51		6:15:52
1.605	WJ	59	F578	Lisa	Gießenberg	94	IGS Aurich West	1:08:19	1:16:25	1:23:52	1:22:00	1:05:15		6:15:54
1.606	MHK	1.018	1181	Helmut	Beek	56	VW Emden	1:09:24	1:15:37	1:29:21	1:19:00	1:03:07		6:16:31
1.607	MHK	1.019	1280	Gerald	Frühling	70	MTV Aurich	1:11:20	1:15:20	1:27:29	1:17:43	1:04:40		6:16:33
1.608	WHK	374	F430	Vera	Soeken	82	Raiffeisenbank eG, Moor	1:13:44	1:15:58	1:28:17	1:15:58	1:03:11		6:17:11
1.609	MHK	1.020	1493	Reinhard	Wodak	50	Perior	1:10:33	1:17:51	1:25:49	1:17:36	1:06:45		6:18:36
1.610	MHK	1.021	1362	Walter	Smid	52	obw Emden	1:12:40	1:17:52	1:31:01	1:15:28	1:01:47		6:18:48
1.611	WJ	60	F672	Ina	Müller	00	Gymnasium Ulricianum /	1:12:37	1:18:45	1:26:35	1:17:06	1:03:53		6:18:57
1.612	MHK	1.022	992	Arne	Böhme	85	Seefahrtsschule Leer	1:14:04	1:15:45	1:31:59	1:16:37	1:00:36		6:19:02
1.613	WJ	61	F611	Anna	Eirich	94	MVM mbH	1:13:56	1:18:36	1:26:46	1:17:31	1:02:32		6:19:23
1.614	MHK	1.023	1532	Marten	Groeneveld	85	Bünting Tee	1:07:49	1:13:05	1:27:22	1:20:12	1:10:57		6:19:27
1.615	WHK	375	F541	Kathrin	Wellendorf	85	Larisca	1:14:34	1:15:44	1:27:15	1:17:52	1:04:07		6:19:33
1.616	WHK	376	F85	Christiane	Zepig	80	Krankenhaus Wittmund	1:09:15	1:14:31	1:25:30	1:23:00	1:07:31		6:19:49
1.617	WHK	377	F333	Helga	Middelborg	52	LT SV Ems Jemgum	1:10:32	1:16:15	1:29:05	1:19:15	1:04:44		6:19:53
1.618	MHK	1.024	1293	Rainer	Brahms	72	Scharff / Trauco	1:12:01	1:17:38	1:30:17	1:17:29	1:02:36		6:20:04
1.619	WHK	378	F341	Matina	Reske	75	Wildeboer Bauteile Gmb	1:13:37	1:17:19	1:28:11	1:14:47	1:06:17		6:20:12
1.620	WHK	379	F448	Thea	Baumann	58	Tischlerei Baumann	1:12:20	1:17:11	1:29:50	1:18:22	1:02:39		6:20:25

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.621	MJ	157	1299	Philip	Schick	98	MTV Hohenkirchen	1:13:34	1:15:52	1:28:14	1:19:00	1:03:48		6:20:30
1.622	W	1	F505	Anna-Christ	Habben	12	TUS Leerhafe/Hovel	1:12:33	1:17:03	1:31:48	1:15:59	1:03:22		6:20:48
1.623	WHK	380	F433	Frauke	Dannen	70	Fortuna Logabirum	1:12:18	1:17:12	1:30:33	1:18:21	1:02:40		6:21:06
1.624	WHK	381	F246	Gudrun	Damm	73	Klinikum Emden	1:11:31	1:10:37	1:33:05	1:21:15	1:04:55		6:21:25
1.625	WHK	382	F258	Anke	Verwold	73		1:16:37	1:18:31	1:28:33	1:17:13	1:00:34		6:21:29
1.626	WHK	383	F363	Christine	Ehmen	78	Realschule Esens	1:11:10	1:18:32	1:27:32	1:19:45	1:04:34		6:21:35
1.627	WHK	384	F160	Herta	Meyer	49	TV Norden	1:12:50	1:15:58	1:28:34	1:19:39	1:04:37		6:21:39
1.628	WJ	62	F656	Anna	Langensiep	99	Gymnasium Ulricianum A	1:12:39	1:18:46	1:26:35	1:17:05	1:06:38		6:21:44
1.629	WHK	385	F72	Maja	Dirks	93	Fortuna Logabirum	1:07:59	1:14:46	1:30:21	1:20:19	1:08:28		6:21:55
1.630	MHK	1.025	1183	Habbe	Buß	48	LG Grobefehn	1:12:54	1:15:51	1:27:04	1:20:36	1:05:55		6:22:23
1.631	MHK	1.026	760	Michael	Jarcke	55	Team Möbel Buss	1:14:39	1:18:20	1:29:57	1:16:57	1:02:35		6:22:30
1.632	MHK	1.027	1033	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:13:58	1:15:32	1:30:27	1:19:53	1:02:41		6:22:32
1.633	WJ	63	F698	Lara	Schultz	99	FCSO	1:13:22	1:16:42	1:29:27	1:19:40	1:03:20		6:22:33
1.634	MHK	1.028	1140	Dennis	Frerichs	93	WfbM BBB Aurich Witt	1:07:42	1:15:29	1:24:08	1:30:26	1:05:24		6:23:10
1.635	WHK	386	F216	Britta	Seeberg	63	Gymnasium Ulricianum A	1:10:47	1:17:14	1:27:08	1:24:37	1:03:23		6:23:11
1.636	WHK	387	F420	Marion	Czerniakow	67	Heseler Dauerläufer	1:12:42	1:18:00	1:29:24	1:19:05	1:04:24		6:23:36
1.637	WHK	388	F368	Karin	Fellensiek	66	BV Vörwärts-Plaggenbu	1:12:26	1:16:06	1:30:01	1:19:47	1:05:32		6:23:55
1.638	MHK	1.029	1388	Ludwig	Sinning	63	Kreuzfahrten Sinning LE	1:14:15	1:17:30	1:30:16	1:18:45	1:03:16		6:24:03
1.639	MHK	1.030	1142	Frank	Bajen	72	Klinikum Emden	1:14:59	1:19:12	1:30:54	1:14:14	1:04:54		6:24:15
1.640	MJ	158	897	Keno	Buse	94	WfbM BBB Aurich Witt	1:30:46	1:41:05	1:18:23	1:03:56	0:50:05		6:24:16
1.641	MJ	159	898	Klaas	Wollmann	94	WfbM BBB Aurich Witt	1:30:48	1:41:06	1:18:22	1:03:55	0:50:06		6:24:18
1.642	WHK	389	F477	Angelika	Wendt	62	Emder LG	1:13:43	1:16:54	1:27:50	1:20:30	1:05:45		6:24:44
1.643	MHK	1.031	959	Thomas	Kröger	66	BV Friesland Neu-Ekels	1:14:10	1:18:20	1:29:39	1:18:27	1:04:24		6:25:02
1.644	MJ	160	1593	Mirco	Feldmann	99	SV Grobefehn	1:07:19	1:24:33	1:29:00	1:18:37	1:05:35		6:25:05
1.645	WHK	390	F598	Renate	Blom-Weert	63	obw Emden	1:12:13	1:17:48	1:30:04	1:18:55	1:06:11		6:25:13
1.646	WHK	391	F195	Anke	Meier	73	Ubbo-Emmius-Klinik	1:16:11	1:22:07	1:34:45	1:03:16	1:09:03		6:25:24
1.647	WHK	392	F533	Susanne	Grebener	64	Laufftreff Pewsum	1:13:32	1:18:36	1:29:13	1:20:10	1:04:00		6:25:32
1.648	MHK	1.032	853	Marcel	Bloem	92	Leinerstift e.V	1:11:40	1:19:33	1:32:58	1:18:51	1:02:53		6:25:56
1.649	MHK	1.033	1186	Wolfgang	Girts	52	SV Stern Schwerinsdorf	1:12:54	1:18:32	1:31:09	1:19:46	1:03:41		6:26:04
1.650	WHK	393	F497	Regina	Dubiel	58	Weener	1:18:19	1:20:44	1:28:15	1:17:05	1:01:48		6:26:14
1.651	WHK	394	F145	Karin	Kruse	62	Team Möbel Buss	1:14:27	1:17:43	1:30:02	1:18:42	1:05:20		6:26:15
1.652	WHK	395	F471	Heike	Schmidt	70	Emder LG	1:13:43	1:17:33	1:29:35	1:20:37	1:04:52		6:26:22
1.653	MHK	1.034	1295	Christian	Kuhlmann	66	Autopark Schunke	1:13:50	1:21:13	1:29:05	1:18:41	1:03:32		6:26:23
1.654	WHK	396	F285	Antje	Feige	62	LG Grobefehn	1:14:39	1:18:12	1:30:02	1:18:56	1:04:34		6:26:25
1.655	MHK	1.035	735	Wolfgang	Sattler	47	Fortuna Logabirum	1:16:03	1:19:00	1:30:11	1:21:48	0:59:41		6:26:45
1.656	MJ	161	866	Leon	Pansegrau	99	IGS Waldschule Egels	1:13:52	1:16:45	1:33:39	1:17:10	1:05:18		6:26:46
1.657	WJ	64	F659	Neele	Wollmann	94	IGS Aurich West - Sek2	1:17:16	1:16:05	1:30:12	1:18:40	1:04:33		6:26:48
1.658	WHK	397	F635	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:11:19	1:18:19	1:30:17	1:21:55	1:04:58		6:26:51
1.659	MHK	1.036	1121	Grato	Nipshagen	58	LT Schafhauser Wald	1:15:23	1:19:23	1:28:43	1:19:07	1:04:19		6:26:57
1.660	WHK	398	F426	Dorathe	Lüpkes	62	Laufftreff Schaffhauserwa	1:12:12	1:17:35	1:32:09	1:20:21	1:04:41		6:27:00
1.661	MHK	1.037	1150	Joachim	Piela	51	IGS Aurich West	1:13:10	1:17:53	1:33:31	1:19:07	1:03:23		6:27:06
1.662	WHK	399	F479	Freya	Homeyer	88	Seefahrtsschule Leer	1:21:28	1:15:17	1:30:48	1:18:41	1:00:55		6:27:10
1.663	MHK	1.038	1080	Benjamin	Jürrens	86	Klinikum Emden	1:11:39	1:16:00	1:32:30	1:19:31	1:07:32		6:27:14
1.664	WHK	400	F469	Gitta	Seifert	67	Plaggenburg	1:13:18	1:18:55	1:30:37	1:20:17	1:04:38		6:27:46
1.665	WHK	401	F255	Sigrid	Arends	69	Störtebeker Loopers TV	1:14:37	1:19:32	1:30:06	1:18:39	1:05:13		6:28:08
1.666	WHK	402	F654	Doris	Gerjets	67	AOK - Die Gesundheitsk	1:15:58	1:17:01	1:32:36	1:18:02	1:04:33		6:28:11
1.667	MHK	1.039	1247	Heinrich	van Lengen	40	LG Grobefehn	1:14:39	1:18:38	1:29:26	1:20:01	1:05:54		6:28:40
1.668	WJ	65	F571	Denise	Duitsmann	94	IGS Aurich West - Sek2	1:17:15	1:15:58	1:30:13	1:18:38	1:06:47		6:28:53
1.669	WHK	403	F493	Heidi	Köhler	69	Gemeinde Hinte	1:13:27	1:19:15	1:31:11	1:21:37	1:03:52		6:29:23
1.670	WHK	404	F383	Saskia	Koning	93	Töben & Partner	1:12:53	1:15:45	1:30:56	1:21:24	1:08:25		6:29:25
1.671	WJ	66	F434	Heike	Akkermann	94	Raiffeisenbank eG, Moor	1:14:02	1:17:31	1:31:43	1:20:33	1:05:58		6:29:50
1.672	MHK	1.040	1120	Focko	Janssen	49	IGS Aurich West	1:13:50	1:18:11	1:29:39	1:22:27	1:05:45		6:29:54
1.673	WJ	67	F530	Katharina	Kuhlmann	12	IGS Aurich West - Sek2	1:13:50	1:19:24	1:32:41	1:18:17	1:06:19		6:30:32
1.674	WHK	405	F504	Andrea	Foorden	65	Team ENERCON	1:12:41	1:18:34	1:30:31	1:23:38	1:05:24		6:30:49

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.675	MHK	1.041	1139	Dieter	Sandelman	53	Kirche läuft Wilhelmshav	1:12:55	1:20:00	1:32:33	1:20:14	1:05:12		6:30:55
1.676	WJ	68	F414	Anna-Lena	Goldenstein	94	NIGE	1:18:34	1:17:52	1:32:26	1:20:04	1:02:00		6:30:59
1.677	WHK	406	F385	Sabrina	Mengel	93	Wasserfreunde Völlen-	1:12:54	1:15:45	1:30:55	1:23:09	1:08:21		6:31:06
1.678	WJ	69	F484	Kyra	Biller	97	TG Wiesmoor	1:19:07	1:19:45	1:30:54	1:16:43	1:04:49		6:31:20
1.679	MHK	1.042	1131	Werner	Ihlow	45	TV Norden	1:12:51	1:19:34	1:30:09	1:20:10	1:08:46		6:31:32
1.680	WJ	70	F682	Maren	Böke	98	HRS Moormerland	1:15:50	1:18:37	1:32:04	1:24:37	1:00:40		6:31:50
1.681	WHK	407	F671	Rosemarie	Giese	56	Werdum	1:13:44	1:21:23	1:31:42	1:20:03	1:05:03		6:31:57
1.682	WJ	71	F486	Svenja	Harms	97		1:19:07	1:19:45	1:30:54	1:17:27	1:04:50		6:32:05
1.683	WHK	408	F312	Sonja	Strasser	71	GW Firrel	1:14:27	1:19:55	1:31:27	1:20:25	1:06:02		6:32:18
1.684	MHK	1.043	1146	Jens	Engeldinger	90		1:17:52	1:23:22	1:26:55	1:21:45	1:03:41		6:33:37
1.685	WHK	409	F392	Theresia	Jansen	71	ELV Elektronik AG	1:16:03	1:19:00	1:31:47	1:21:49	1:05:08		6:33:50
1.686	WJ	72	F472	Oriana	Köhler	94	IGS Aurich West	1:17:38	1:18:18	1:34:17	1:19:41	1:04:48		6:34:44
1.687	WJ	73	F670	Sine	Omar	95	IGS Aurich West - Sek2	1:17:40	1:18:24	1:34:18	1:19:40	1:04:48		6:34:52
1.688	WHK	410	F148	Margit	Klinkenborg	52	TV Norden	1:15:14	1:19:45	1:32:36	1:20:52	1:06:24		6:34:54
1.689	WHK	411	F418	Silke	Barth	72	SVO Wi sünd Holtriem	1:16:05	1:19:08	1:33:38	1:21:28	1:04:59		6:35:20
1.690	WHK	412	F412	Corinna	Schild	64	Freunde der kleinen All	1:15:19	1:20:24	1:32:31	1:20:53	1:06:11		6:35:20
1.691	WHK	413	F537	Petra	Rogge	67	SV Freie Lunge Bentstr	1:19:17	1:17:40	1:31:08	1:21:56	1:05:31		6:35:33
1.692	WHK	414	F416	Elke	Richter-Jan	61	TUS Horsten	1:15:45	1:21:52	1:32:10	1:21:09	1:05:17		6:36:16
1.693	WJ	74	F536	Rena	Grüßing	98	SV Bentstreek	1:12:03	1:21:19	1:32:23	1:25:14	1:05:26		6:36:27
1.694	MHK	1.044	1196	Folkmar	Lüpkes	60	Lauftreff Schaffhauserwa	1:15:51	1:20:31	1:35:26	1:20:03	1:04:40		6:36:33
1.695	WHK	415	F223	Haike	Heuer	66	Ubbo-Emmius-Klinik	1:18:16	1:16:49	1:31:59	1:21:34	1:09:05		6:37:45
1.696	WHK	416	F439	Daniela	Rother	75	Schöne Reisen	1:13:47	1:23:04	1:33:02	1:21:53	1:06:15		6:38:02
1.697	WHK	417	F500	Anja	Werth	67	TSV Holtrop Basketball	1:17:10	1:22:38	1:33:49	1:20:20	1:04:44		6:38:42
1.698	WHK	418	F667	Sandra	Baumann	83	Bünting Tee	1:15:35	1:20:08	1:34:21	1:21:40	1:06:59		6:38:45
1.699	WHK	419	F674	Heidi	Stöter	63	SV- Stern Schwerinsdorf	1:15:35	1:20:09	1:34:21	1:21:41	1:06:58		6:38:46
1.700	MHK	1.045	1382	Bastian	Folkerts	93	SUS Timmel	1:14:12	1:20:31	1:38:09	1:19:12	1:06:51		6:38:55
1.701	WHK	420	F428	Bettina	Lixfeld-Soz	67	Reederei Buss	1:17:25	1:20:45	1:33:18	1:20:40	1:07:02		6:39:13
1.702	WHK	421	F487	Doris	Ulfers-Bran	57	Stadt Leer	1:16:24	1:20:21	1:32:59	1:21:43	1:08:03		6:39:32
1.703	WHK	422	F21	Silke	Grabhorn	93	Seefahrtsschule Leer	1:19:10	1:17:27	1:32:30	1:21:41	1:08:49		6:39:39
1.704	WJ	75	F640	Jacqueline	Gerdes	00	Gymnasium Ulricianum /	1:18:21	1:16:49	1:31:50	1:20:43	1:11:59		6:39:44
1.705	WHK	423	F442	Anne-Kathri	Stege	81	Team ENERCON	1:15:41	1:20:26	1:31:38	1:23:58	1:08:12		6:39:58
1.706	WHK	424	F453	Angelika	Dendzik	92	TSV Germania Holterf	1:18:22	1:20:26	1:34:30	1:21:11	1:05:31		6:40:02
1.707	WHK	425	F166	Petra	Palma	65	TUS Leerhufe	1:15:12	1:23:14	1:35:59	1:22:10	1:03:49		6:40:27
1.708	WHK	426	F475	Sabine	Kleinau	67	EDEKA TEAM JEMGU	1:13:23	1:20:00	1:33:30	1:24:05	1:09:37		6:40:36
1.709	WHK	427	F480	Daniela	Heyenga	89	Volksbank Westrhauder	1:16:29	1:21:06	1:34:31	1:22:21	1:06:13		6:40:42
1.710	WHK	428	F326	Daniela	Buss	72		1:16:20	1:22:20	1:35:20	1:21:14	1:05:38		6:40:55
1.711	WHK	429	F380	Insa	Bross-Ansc	72	Klinikum Leer	1:15:25	1:22:52	1:34:20	1:22:24	1:06:08		6:41:10
1.712	WHK	430	F473	Doris	Heyen	68	MTV Aurich	1:15:05	1:20:57	1:33:28	1:23:46	1:08:03		6:41:22
1.713	WHK	431	F447	Nicole	Grünert	76	Borromäus Hospital Lee	1:16:19	1:23:52	1:33:13	1:21:46	1:06:17		6:41:29
1.714	WHK	432	F402	Martina	Wellendorf-	69	Klinikum Emden	1:18:26	1:21:00	1:33:52	1:22:17	1:05:59		6:41:35
1.715	WHK	433	F646	Petra	Niemeyer	69	Rhauderfehn	1:18:23	1:23:02	1:34:01	1:20:37	1:05:34		6:41:39
1.716	MHK	1.046	1155	Wolfgang	Wöhrle	44	MTV Wittmund	1:12:54	1:22:41	1:37:07	1:21:53	1:07:26		6:42:03
1.717	MHK	1.047	859	Matthias	Palma	90	Leinerstift e.V	1:16:23	1:23:11	1:36:00	1:23:03	1:03:40		6:42:19
1.718	MHK	1.048	1476	Klaas	Niemeyer-S	71	Rhauderfehn	1:18:38	1:23:03	1:34:02	1:20:37	1:06:23		6:42:44
1.719	WHK	434	F131	Ilona	Beyen	63	Team Möbel Buss	1:16:59	1:22:39	1:33:49	1:21:55	1:07:33		6:42:56
1.720	WHK	435	F563	Barbara	Leeling	65	Emder LG	1:20:52	1:21:11	1:35:01	1:21:38	1:05:26		6:44:10
1.721	MJ	162	1304	Oliver	Vitsios	94	IGS Aurich West - Sek2	1:23:13	1:21:02	1:31:19	1:21:05	1:07:31		6:44:11
1.722	WHK	436	F260	Heike	Brahms	70	WfbM BBB Aurich Witt	1:20:44	1:25:01	1:35:18	1:20:14	1:04:04		6:45:24
1.723	MHK	1.049	1499	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:18:57	1:23:26	1:35:01	1:22:12	1:06:43		6:46:21
1.724	WHK	437	F435	Ulrike	Richter	59	MTV Wittmund	1:17:23	1:22:44	1:37:05	1:21:53	1:07:26		6:46:34
1.725	MHK	1.050	765	Axel	Schewiola	38	TV Norden	1:18:05	1:22:09	1:34:01	1:25:36	1:06:44		6:46:37
1.726	WHK	438	F483	Sigrid	Paschen	60	MTV Wittmund	1:17:25	1:23:12	1:35:51	1:22:34	1:07:46		6:46:51
1.727	WHK	439	F305	Heike	Becker	64		1:16:13	1:23:17	1:35:39	1:23:43	1:08:25		6:47:20
1.728	WHK	440	F455	Bettina	Ackermann	64	Emder LG	1:18:15	1:22:30	1:35:48	1:22:05	1:09:03		6:47:43

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.729	MJ	163	863	Dennis	Memenga	00	IGS Waldschule Egels	1:20:40	1:03:03	1:47:26	1:27:24	1:09:09		6:47:44
1.730	MJ	164	1087	Benny	Pilgram	94	JHS Nortmoor	1:20:32	1:24:18	1:35:55	1:24:11	1:03:24		6:48:22
1.731	MHK	1.051	1595	Wolfgang	Schmidtke	53	Loga	1:18:45	1:23:09	1:30:29	1:26:47	1:09:14		6:48:27
1.732	MHK	1.052	854	Tobias	Salomo	93	Leinerstift e.V	1:16:02	1:22:23	1:36:50	1:24:44	1:08:38		6:48:39
1.733	WHK	441	F290	Christina	Göhn	87	Ubbo-Emmius-Klinik	1:18:16	1:22:01	1:35:44	1:23:44	1:09:00		6:48:46
1.734	MHK	1.053	1003	Erich	Pruin	64	Lebenshilfe Leer e.V.	1:18:38	1:21:59	1:36:32	1:25:16	1:06:45		6:49:12
1.735	WHK	442	F443	Heidy	van Scharr	58	VfL Uplengen	1:15:40	1:22:55	1:39:06	1:23:54	1:07:42		6:49:18
1.736	WJ	76	F262	Annika	Junker	99		1:16:59	1:24:42	1:39:41	1:23:23	1:05:00		6:49:47
1.737	MHK	1.054	802	Jürgen	Junker	71		1:17:01	1:24:42	1:39:43	1:23:24	1:05:00		6:49:53
1.738	MHK	1.055	1111	Günther	Saathoff	46	TSV Hesel	1:18:28	1:23:59	1:35:01	1:24:27	1:08:04		6:50:02
1.739	MHK	1.056	1001	Dieter	Sandrock	47	LG TV Bunde	1:17:12	1:23:37	1:33:39	1:26:19	1:09:31		6:50:20
1.740	MHK	1.057	1190	Kerli	Hermann	48	SC Collhusen	1:19:42	1:22:47	1:35:22	1:24:54	1:08:36		6:51:23
1.741	MHK	1.058	1309	Heinz	Palm	48	VHS Laufen	1:14:41	1:25:16	1:38:00	1:24:41	1:08:58		6:51:38
1.742	MHK	1.059	1153	Martin	Schürmann	60	Poseidon Leer	1:16:55	1:24:57	1:36:31	1:24:35	1:08:53		6:51:53
1.743	MHK	1.060	1352	Burghardt	Zirpins	57	obw Emden	1:15:54	1:22:16	1:38:24	1:28:28	1:06:59		6:52:02
1.744	MHK	1.061	1124	Helge	Wilken	61	LG Ostfriesland	1:13:14	1:22:24	1:36:40	1:31:58	1:09:43		6:54:01
1.745	WHK	443	F460	Brigitte	Adam	57	TuS Weener	1:19:27	1:24:56	1:36:30	1:23:56	1:09:25		6:54:17
1.746	MHK	1.062	1368	Sascha	Hellmann	86	obw Emden	1:16:17	1:24:53	1:42:23	1:24:53	1:06:15		6:54:42
1.747	WHK	444	F421	Irene	Jäger	80	Team ENERCON	1:20:32	1:26:04	1:34:53	1:23:48	1:09:30		6:54:48
1.748	MHK	1.063	766	Wilhelm	Bolhuis	43	TV Norden	1:21:37	1:25:17	1:35:05	1:23:29	1:09:20		6:54:51
1.749	WHK	445	F495	Anne Kea	van Rossu	90		1:18:21	1:25:16	1:36:59	1:25:52	1:08:48		6:55:17
1.750	WHK	446	F492	Erika	Ahrends	67	TRAUCO Gruppe	1:20:50	1:24:38	1:37:19	1:22:20	1:10:15		6:55:24
1.751	WHK	447	F466	Esther	Gembruch	60	Timmel	1:18:06	1:23:09	1:36:57	1:26:48	1:10:32		6:55:34
1.752	WHK	448	F636	Ute	Heuer	61	SV Leybucht	1:18:16	1:20:52	1:37:30	1:26:59	1:11:57		6:55:36
1.753	WHK	449	F652	Ingeborg	Bruns	62	Neuburg	1:16:56	1:22:10	1:43:36	1:25:10	1:08:27		6:56:21
1.754	WHK	450	F510	Henrike	Pollmann	93	IGS Aurich West	1:20:22	1:24:49	1:37:02	1:26:27	1:08:24		6:57:05
1.755	WHK	451	F165	Lisa-Marie	Sönnecken	92	Klinikum Leer	1:16:51	1:23:16	1:42:43	1:26:26	1:09:09		6:58:27
1.756	MHK	1.064	1563	Lothar	Habben	67	BV Vorwärts Plaggenbur	1:16:23	1:29:08	1:37:04	1:26:38	1:09:20		6:58:35
1.757	WHK	452	F532	Lisa	Harms	70	Fa.Ruma Leer/ Großwo	1:19:43	1:24:02	1:37:21	1:27:28	1:10:51		6:59:28
1.758	WJ	77	F381	Lulienne	Keller	11	NIGE II	1:19:39	1:22:38	1:37:29	1:28:25	1:11:47		7:00:01
1.759	MHK	1.065	1312	Ralf	Karbach	74	VHS Laufen	1:19:28	1:25:49	1:38:29	1:27:18	1:09:37		7:00:43
1.760	WHK	453	F608	Tanja	Veenstjer	73	VHS Laufen	1:19:29	1:25:49	1:38:29	1:27:18	1:09:38		7:00:44
1.761	MHK	1.066	1318	Christian	Uphoff	90	Lebenshilfe Leer e.V.	1:15:00	1:41:44	1:36:08	1:24:20	1:03:32		7:00:46
1.762	MHK	1.067	1170	Hans Georg	Richter	44	Kloster	1:18:31	1:23:47	1:39:50	1:26:42	1:12:25		7:01:16
1.763	WJ	78	F405	Hanna	Kassas	95	NIGE II	1:19:41	1:24:10	1:37:29	1:28:15	1:11:48		7:01:26
1.764	WHK	454	F588	Carolina	Draht	63	MTV Aurich	1:19:57	1:24:58	1:39:06	1:27:35	1:11:16		7:02:54
1.765	WHK	455	F164	Ute	Krone	91	Klinikum Leer	1:24:43	1:30:11	1:39:37	1:24:19	1:05:24		7:04:16
1.766	WJ	79	F277	Rieke	Uken	94	IGS Aurich West	1:23:58	1:26:36	1:43:07	1:21:48	1:08:52		7:04:23
1.767	WJ	80	F180	Janine	Memenga	97	IGS Waldschule Egels	1:25:22	1:25:18	1:37:40	1:27:29	1:09:10		7:05:01
1.768	MHK	1.068	1291	Günther	Rühling	44	LT TuS Aurich-Ost	1:20:47	1:23:56	1:39:00	1:31:00	1:10:44		7:05:29
1.769	WHK	456	F665	Susanne	Behrends	83	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28	1:10:56		7:05:48
1.770	WHK	457	F662	Effi	Hagen	82	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28	1:10:57		7:05:49
1.771	WHK	458	F450	Sabine	Kröger	69	NW Steuerberatungsge	1:20:48	1:25:50	1:39:22	1:29:20	1:11:03		7:06:24
1.772	MHK	1.069	1201	Sören	Schmalwas	64	Bünting Tee	1:20:49	1:25:50	1:39:23	1:29:21	1:11:03		7:06:29
1.773	MHK	1.070	1479	Manfred	Vogel	55	Kurt sien trupp	1:19:43	1:25:10	1:42:42	1:28:43	1:11:14		7:07:34
1.774	WHK	459	F462	Eske	Mennenga	74	Moormerland	1:19:56	1:26:48	1:39:36	1:31:44	1:09:55		7:08:01
1.775	WHK	460	F494	Gerti	van Rossu	60	Lebenshilfe Leer e.V.	1:20:18	1:25:14	1:42:58	1:28:06	1:13:44		7:10:22
1.776	WHK	461	F129	Insa	Meinen	55	Team Möbel Buss	1:21:20	1:26:48	1:41:26	1:29:02	1:12:04		7:10:42
1.777	MHK	1.071	763	Andreas	Meinen	54	Team Möbel Buss	1:21:20	1:26:49	1:41:26	1:29:03	1:12:03		7:10:43
1.778	WHK	462	F610	Alicja	Stepien	81	MVM mbH	1:24:15	1:24:28	1:32:50	1:24:11	1:25:08		7:10:54
1.779	WJ	81	F425	Jana	Geuken	94	IGS Aurich West - Sek2	1:23:12	1:27:06	1:38:03	1:28:29	1:15:27		7:12:18
1.780	WHK	463	F519	Frauke	Ubben	68	TSV Holtrop Basketball	1:21:29	1:29:05	1:41:34	1:29:57	1:11:05		7:13:11
1.781	WHK	464	F436	Fenna	Pollmann	62	SV Stern Schwerinsdorf	1:19:33	1:29:20	1:43:18	1:30:13	1:11:57		7:14:21
1.782	WHK	465	F474	Linda	Janssen-W	62	SV Stern Schwerinsdorf	1:19:54	1:29:50	1:43:18	1:29:21	1:11:57		7:14:22

Zwischenstand nach 5. Etappe

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.783	WHK	466	F271	Astrid	Ringering	76	Kindergarten Neermoor	1:24:50	1:28:51	1:44:29	1:28:48	1:11:09		7:18:10
1.784	WHK	467	F498	Elke	Frühling	60	DRK KiGa Am Wassert	1:23:40	1:26:24	1:42:58	1:30:31	1:16:11		7:19:46
1.785	MHK	1.072	1612	Jannik	Klemme	93	IGS Aurich West - Sek2	1:30:45	1:41:07	1:35:34	1:30:13	1:02:11		7:19:53
1.786	MHK	1.073	2222	Werner	Müller	49	Fortuna Logabirum	1:25:13	1:27:24	1:42:40	1:31:36	1:14:07		7:21:02
1.787	MHK	1.074	1292	Andreas	Schulze	71	Scharff / Trauco	1:24:12	1:26:34	1:42:01	1:34:03	1:14:53		7:21:45
1.788	WHK	468	F507	Conny	Jäschke	73	mitzeit Intensivpflege zu	1:21:10	1:25:00	1:44:35	1:33:19	1:18:21		7:22:28
1.789	MHK	1.075	1606	Gerd	Claassen	45	LG Ostfriesland	1:23:17	1:29:40	1:44:09	1:37:10	1:15:20		7:29:37
1.790	MHK	1.076	1213	Tole	Krull	58	KBV Liekut Hand Langef	1:28:33	1:35:49	1:24:10	1:39:52	1:21:33		7:30:00
1.791	MHK	1.077	1126	Heinz	Engels	76	Wiesmoor	1:26:28	1:31:21	1:45:22	1:33:04	1:16:19		7:32:37
1.792	WHK	469	F137	Heike	Kleen	77	Team Möbel Buss	1:26:29	1:31:21	1:45:24	1:33:03	1:16:20		7:32:39
1.793	MHK	1.078	527	Johann	Tjaden	52	Störtebeker Loopers TV	1:21:33	1:31:33	1:44:34	1:38:17	1:17:32		7:33:31
1.794	WHK	470	F311	Ina	Wagner	92	Borromäus Hospital Lee	1:25:27	1:34:00	1:44:23	1:34:54	1:17:32		7:36:18
1.795	MJ	165	867	Malte	Niestrat	98	IGS Waldschule Egels	1:28:33	1:27:05	1:44:22	1:34:24	1:22:35		7:37:01
1.796	WHK	471	F637	Margret	Coordes	63	Backemoor	1:25:12	1:33:42	1:47:37	1:33:58	1:17:32		7:38:02
1.797	WJ	82	F268	Julia	Schnitzius	95	JHS Nortmoor	1:20:44	1:26:23	1:49:32	1:38:04	1:30:29		7:45:14
1.798	MHK	1.079	1569	Heinrich	Janssen	34	MTV Aurich Tria	1:31:52	1:34:30	1:50:53	1:36:49	1:17:10		7:51:15
1.799	WJ	83	F622	Ina	Ewerth	94	IGS Aurich West - Sek2	1:28:34	1:35:45	1:50:59	1:39:53	1:21:33		7:56:45
1.800	WHK	472	F496	Angelika	Weißschäd	70	VOST	1:33:41	1:41:48	1:52:55	1:42:10	1:24:18		8:14:54
1.801	MHK	1.080	1164	Johnny	Visser	53	SV Norderney	1:35:53	1:45:24	2:02:44	1:49:21	1:29:25		8:42:49
1.802	MJ	166	1115	Daniel	Mayer	94	IGS Aurich West - Sek2	1:39:09	1:48:09	2:10:07	1:39:52	1:28:06		8:45:24
1.803	WJ	84	F511	Annika	Seifert	95	IGS Aurich West - Sek2	1:39:07	1:38:43	2:10:10	1:50:19	1:28:04		8:46:26
1.804	MHK	1.081	1176	Joachim	Janssen	66	de Heizungsloopers	1:46:40	1:55:12	2:15:06	1:58:19	1:33:01		9:28:21