

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

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

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
55	MJ	11	1518	Niklas	Koenen	95	FCSO	0:44:56	0:47:45	0:55:28	0:48:51	0:39:33	0:54:20	04:50:54
56	MJ	12	856	Marc	Pluta	97	Leinerstift e.V	0:45:40	0:48:02	0:55:29	0:48:18	0:39:43	0:54:20	04:51:34
57	MHK	44	80	Heinz	Taute	72	LG Uplengen	0:44:58	0:48:13	0:55:06	0:48:55	0:40:01	0:55:03	04:52:18
58	MHK	45	75	Wilfried	Steenhardt	66	Weener Plastik	0:44:30	0:48:14	0:55:50	0:49:12	0:39:39	0:55:03	04:52:30
59	WHK	2	F5	Heike	Piotrowski	82	LG Harlingerland	0:44:46	0:48:55	0:55:03	0:48:58	0:40:19	0:55:18	04:53:21
60	MHK	46	99	Jens	Klaassen	83	WSV Möhlenhörn	0:44:44	0:47:08	0:55:39	0:49:27	0:40:31	0:56:11	04:53:42
61	MHK	47	58	Hermann	Hallmann	62	Emder LG	0:45:03	0:48:07	0:55:46	0:49:33	0:40:04	0:55:31	04:54:07
62	MHK	48	47	Ralf	Lottmann	71	EWE Wattloopers	0:44:51	0:48:15	0:55:34	0:48:56	0:39:58	0:56:49	04:54:25
63	MHK	49	67	Ralf	Geiken	71	BV Victorbur	0:45:26	0:48:38	0:55:19	0:49:05	0:39:45	0:56:27	04:54:42
64	MHK	50	78	Fred	Hofmann	63	Weener Plastik	0:45:03	0:48:10	0:55:52	0:49:09	0:40:21	0:56:10	04:54:47
65	MHK	51	126	Thomas	Alberts	81	Loppersum	0:45:10	0:48:26	0:55:42	0:49:27	0:40:21	0:55:59	04:55:07
66	MHK	52	43	Remo	Garrels	76	VfB Uplengen eV/TeamA	0:45:37	0:48:31	0:56:04	0:49:21	0:40:13	0:55:20	04:55:09
67	MHK	53	1645	Wilfried	Menken	76		0:44:36	0:47:40	0:54:59	0:50:09	0:41:46	0:56:01	04:55:14
68	MHK	54	1218	Clemens	Köster	73	MTV Aurich	0:44:59	0:47:16	0:56:16	0:49:13	0:41:32	0:55:56	04:55:15
69	MJ	13	1610	Yannick	Nannen	97	SV Holtland	0:46:01	0:49:17	0:55:33	0:49:24	0:39:53	0:55:15	04:55:27
70	MHK	55	1349	Wolfgang	Trebesch	57	MTV Aurich	0:45:05	0:49:05	0:55:33	0:49:27	0:40:46	0:55:35	04:55:34
71	MHK	56	1387	Edgar	Niemöller	69	TuS Ofen	0:45:20	0:49:31	0:56:31	0:48:39	0:40:43	0:54:57	04:55:43
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	0:55:48	04:56:09
73	MHK	58	1236	Fred	Ibeling	66	LG Ostfriesland	0:44:48	0:49:12	0:56:57	0:49:33	0:40:18	0:55:57	04:56:48
74	MHK	59	234	Stephan	Duitsmann	69	Weener	0:46:41	0:49:13	0:56:08	0:49:29	0:40:11	0:55:24	04:57:09
75	MHK	60	89	Christoph	Runden	91	Post SV Leer - Badminto	0:44:58	0:49:09	0:56:35	0:50:10	0:41:05	0:55:10	04:57:09
76	MHK	61	73	Gerriet-Tho	Janßen	70	LG Ostfriesland	0:45:19	0:48:46	0:56:44	0:49:31	0:41:37	0:55:41	04:57:39
77	MHK	62	1629	Joachim	Fleßner	70	Ihlower Rennschnecken	0:46:16	0:49:21	0:55:57	0:50:08	0:41:18	0:55:19	04:58:21
78	MHK	63	1282	Borchard	Christians	58	LG Ostfriesland	0:46:01	0:49:24	0:56:34	0:49:50	0:40:45	0:56:09	04:58:45
79	MJ	14	1573	Daniel	Kunz	97	FCSO	0:47:50	0:50:13	0:55:39	0:49:03	0:41:25	0:54:41	04:58:54
80	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	0:55:47	04:59:05
81	MHK	64	101	Heinz	Reinmold	49	LG Harlingerland	0:45:10	0:49:20	0:56:53	0:50:21	0:41:03	0:56:20	04:59:08
82	MHK	65	92	Axel	Becker	60	Klinikum Emden	0:45:28	0:49:16	0:58:34	0:49:47	0:40:47	0:55:15	04:59:08
83	MJ	16	1490	Mark	Onken	96	TuS Weener	0:46:11	0:47:25	0:55:36	0:52:15	0:41:53	0:55:53	04:59:16
84	MHK	66	87	Hartmut	Warsing	71	A & W Bosch-Service	0:45:52	0:49:48	0:56:34	0:49:56	0:40:55	0:56:12	04:59:19
85	MHK	67	1326	Thomas	Aue	82	Kdo SES Ostfriesland	0:45:40	0:48:33	0:57:04	0:50:03	0:41:50	0:56:14	04:59:26
86	MHK	68	1346	Reinhard	Ludwig	59	Auricher Taxen Zentrale	0:46:18	0:49:50	0:57:54	0:49:20	0:40:29	0:55:48	04:59:42
87	MHK	69	61	Wolfgang	Sebastian	71	VfL Wolfsburg	0:46:19	0:49:23	0:56:13	0:49:44	0:40:59	0:57:16	04:59:55
88	MJ	17	242	Thilo	Janssen	94	Team Möbel Buss	0:46:41	0:48:24	0:57:54	0:49:14	0:40:37	0:57:08	05:00:01
89	MHK	70	1010	Kurt	Eden	58	TV Norden	0:45:25	0:48:51	0:56:42	0:51:24	0:41:29	0:56:22	05:00:14
90	MHK	71	157	Jochem	Lübbers	70	LG TV Bunde	0:46:06	0:49:11	0:57:10	0:50:43	0:41:30	0:56:14	05:00:56
91	MHK	72	140	Thomas	Newiger	72	Aurich	0:46:52	0:49:18	0:56:37	0:50:18	0:40:56	0:57:07	05:01:11
92	MHK	73	85	Sascha	Jänicke	80	LSF Oldenburg	0:45:52	0:48:45	0:56:20	0:50:23	0:42:19	0:57:34	05:01:16
93	MHK	74	1287	Martin	Scherf	79	Team ENERCON	0:46:27	0:49:40	0:57:02	0:50:15	0:41:32	0:57:12	05:02:11
94	MHK	75	223	Jannes	Ulferts	89	Polizei Aurich	0:46:58	0:49:21	0:57:01	0:52:41	0:41:30	0:56:10	05:03:42
95	MJ	18	103	Julian	de Buhr	99	Fortuna Logabirum	0:46:49	0:50:08	0:58:15	0:51:02	0:41:16	0:56:10	05:03:42
96	MHK	76	135	Lars	Plumeyer	72	EMJAK	0:47:59	0:50:13	0:57:12	0:50:54	0:41:07	0:57:05	05:04:33
97	MHK	77	83	Matthias	Hilbrands	89	Klinikum Leer	0:45:47	0:49:37	1:00:20	0:50:47	0:41:36	0:56:37	05:04:46
98	MHK	78	1556	Thomas	Baxmann	66		0:46:10	0:50:03	0:58:11	0:51:16	0:41:57	0:57:18	05:04:57
99	MJ	19	1590	Appeldorn	Frank	96	HRS Moormerland	0:46:39	0:48:39	0:56:15	0:52:17	0:42:17	0:58:51	05:05:02
100	MHK	79	1386	Andreas	Ulferts	66	TuS Ofen	0:46:59	0:50:42	0:59:08	0:50:48	0:40:49	0:56:38	05:05:06
101	MHK	80	1283	Harm	Park	53	TuS Weene	0:46:07	0:49:46	0:57:49	0:51:39	0:42:17	0:57:29	05:05:10
102	MHK	81	1329	Markus	Cornelius	73	Anzeiger für Harlingerla	0:47:14	0:49:49	0:57:56	0:51:27	0:41:44	0:56:58	05:05:11
103	MHK	82	91	Volker	Asche	74	LSF Oldenburg	0:47:34	0:50:08	0:57:55	0:50:48	0:41:31	0:57:30	05:05:30
104	MHK	83	1541	Sven	Weerda	74	TV Apen 1893	0:46:11	0:49:18	0:56:02	0:50:19	0:41:19	1:02:18	05:05:30
105	MHK	84	232	Rene	Buhr	93	VfL Ockenhausen	0:46:10	0:50:00	0:59:07	0:51:21	0:42:26	0:56:37	05:05:43
106	MHK	85	173	Andre	Graalmann	90	Pflegezentrum Holtland	0:47:09	0:50:41	0:58:06	0:51:20	0:41:28	0:57:37	05:06:22
107	MHK	86	114	Martin	Präsang	65	LSF Oldenburg	0:47:23	0:50:13	0:58:10	0:51:05	0:42:07	0:57:55	05:06:55
108	MHK	87	70	Bart	Beute	75	ELV Elektronik AG	0:47:17	0:50:43	0:58:11	0:52:01	0:41:42	0:57:23	05:07:20

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
109	MHK	88	277	Daniel	Große	81	Polizei Aurich	0:45:50	0:49:48	0:57:25	0:54:03	0:42:49	0:57:23	05:07:20
110	MHK	89	136	Bernd	Recknagel	67	Hotel Waldquelle	0:47:48	0:50:03	0:58:02	0:52:04	0:42:31	0:57:39	05:08:10
111	MHK	90	1251	Harald	Meyeraan	64	Loppersum	0:46:48	0:50:36	0:58:09	0:52:00	0:42:22	0:58:13	05:08:10
112	MHK	91	1341	Hendrik	Peters	91	Emder LG	0:46:52	0:50:24	0:58:31	0:53:08	0:41:45	0:57:31	05:08:13
113	MHK	92	249	Christian	Wagenaar	83	Klinikum Emden	0:48:08	0:51:17	0:58:26	0:51:45	0:41:44	0:57:06	05:08:29
114	MHK	93	1229	Busboom	Wilfried	71	TusDetern	0:47:22	0:50:53	0:58:16	0:51:41	0:42:10	0:58:08	05:08:32
115	MHK	94	312	Robert	Oremek	65	Team ENERCON	0:47:24	0:50:34	0:58:33	0:51:56	0:42:09	0:57:57	05:08:34
116	MHK	95	64	Marco	Christians	89	LG Ostfriesland	0:46:14	0:51:58	0:59:47	0:50:34	0:40:11	0:59:48	05:08:36
117	MHK	96	56	Hanns	Bergmann	80	Seefahrtsschule Leer	0:47:41	0:50:46	0:58:37	0:52:07	0:41:40	0:57:53	05:08:47
118	MHK	97	1215	Frank	Ostermoor	71	Concordia Versicherung	0:46:55	0:50:43	0:58:45	0:52:34	0:42:25	0:57:29	05:08:53
119	MJ	20	386	Janek	Grafenburg	98	Concordia Neermoor	0:47:51	0:50:46	0:58:16	0:51:20	0:41:52	0:58:49	05:08:57
120	MHK	98	1384	Martin	Meyer	81	Team Zuglufttief	0:47:06	0:50:09	0:58:20	0:52:08	0:42:04	0:59:19	05:09:08
121	MHK	99	1391	Sören	Schöningh	80	Autohaus Tekken Leer	0:47:57	0:50:39	0:57:32	0:52:00	0:43:22	0:57:44	05:09:16
122	MHK	100	108	Eckhard	Sanders	66	SuS Emden	0:47:07	0:50:38	0:58:44	0:52:10	0:42:38	0:58:25	05:09:44
123	MHK	101	117	Jörg	Menssen	81	Krankenhaus Wittmund	0:48:09	0:51:01	0:58:44	0:51:55	0:42:03	0:57:57	05:09:52
124	MHK	102	156	Bernd	Habben	82	Zeppelin-Rental	0:47:02	0:51:07	0:58:38	0:52:26	0:42:28	0:58:19	05:10:02
125	MHK	103	95	Detlef	Saathoff	66	Veenhusen	0:47:46	0:50:53	0:58:21	0:52:10	0:42:14	0:58:42	05:10:09
126	MJ	21	1589	Marcel	Figura	97	HRS Moormerland	0:47:38	0:49:41	0:58:28	0:52:26	0:43:01	0:58:53	05:10:10
127	MHK	104	122	Hinni	Buss	54	SVO Wi sünd Holtriem	0:47:02	0:50:43	0:58:28	0:52:35	0:42:46	0:58:49	05:10:25
128	MHK	105	285	Jürgen	Berlin	74	Team ENERCON	0:46:52	0:53:21	0:58:48	0:51:18	0:41:59	0:58:27	05:10:49
129	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	0:57:56	05:10:52
130	WHK	4	F7	Eva	Brinkmann	64	VfL Germania Leer	0:48:55	0:51:44	0:58:55	0:51:39	0:42:06	0:57:31	05:10:53
131	MHK	106	1244	Marco	Schäfer	92	Manitowoc Runners	0:47:37	0:50:10	0:59:40	0:52:20	0:43:02	0:58:10	05:11:01
132	MHK	107	130	Thomas	Wulle	63	LT TuS Aurich-Ost	0:48:28	0:51:09	0:58:49	0:51:42	0:41:56	0:59:23	05:11:30
133	MJ	22	1328	Tizian	Dorow	94	GIGA Gomez	0:46:17	0:51:08	1:00:08	0:52:26	0:41:22	1:00:13	05:11:36
134	MHK	108	131	Johann	Doden	59	Bünting Tee	0:47:29	0:51:36	0:58:27	0:52:30	0:42:56	0:58:48	05:11:48
135	MHK	109	275	Holger	Wollenberg	75	Filsum	0:48:24	0:51:19	0:58:51	0:52:25	0:42:55	0:58:00	05:11:57
136	MHK	110	90	Heinz	Ehrlich	61	Emder LG	0:46:56	0:51:13	0:59:08	0:51:41	0:43:16	0:59:52	05:12:08
137	MHK	111	170	Joachim	Nordbrock	72		0:51:08	0:51:44	0:59:21	0:51:48	0:41:19	0:56:53	05:12:14
138	MHK	112	178	Hartmut	Götz	72	Kdo SES Ostfriesland	0:48:32	0:51:33	0:59:30	0:51:38	0:42:37	0:58:28	05:12:19
139	MHK	113	314	Rainer	Carsjens	64	Kdo SES Ostfriesland	0:49:25	0:51:21	0:59:08	0:52:26	0:42:13	0:57:50	05:12:24
140	MJ	23	1561	Yannik	Weber	95	Ulricianum Aurich Sek2 -	0:51:37	0:51:21	0:58:37	0:51:58	0:41:31	0:57:20	05:12:26
141	MHK	114	133	Kirschke	Rolf	65	Team ENERCON	0:47:17	0:51:08	0:59:36	0:52:34	0:43:12	0:58:38	05:12:28
142	MHK	115	1297	Nils	Hicken	70	MTV Hohenkirchen	0:46:48	0:50:21	0:58:26	0:53:06	0:42:00	1:01:45	05:12:28
143	MHK	116	715	Rasmus	Remy	90	Klinikum Leer	0:49:49	0:49:35	1:00:19	0:50:46	0:43:06	0:58:57	05:12:34
144	MHK	117	266	Florian	Behrends	92	SV Hinrichsfehn	0:48:46	0:51:13	0:59:14	0:52:49	0:42:12	0:58:30	05:12:46
145	MHK	118	489	Ralf	Hellmers	65	TV Norden	0:47:45	0:50:43	0:58:25	0:51:35	0:44:07	1:00:32	05:13:10
146	MHK	119	1256	Alwin	Janssen	70	Peiers	0:48:19	0:51:43	0:59:16	0:52:29	0:42:39	0:58:46	05:13:14
147	MJ	24	259	Tim	Frohling	97	Turbine TGG	0:47:53	0:51:14	0:58:15	0:51:51	0:43:53	1:00:37	05:13:45
148	WHK	5	F45	Tanja	Schwarz	77	MTV Aurich	0:47:26	0:51:39	0:59:42	0:52:37	0:42:34	1:00:04	05:14:05
149	MHK	120	174	Tönjes	Meyer	58	TSV Hesel	0:47:45	0:51:23	0:59:25	0:52:00	0:43:42	1:00:01	05:14:18
150	MHK	121	1412	Viktor	Breise	78	Aurich	0:48:10	0:52:18	0:59:56	0:52:36	0:42:16	0:59:08	05:14:26
151	MJ	25	1473	Niklas	Hummerich	95	Emder LG	0:52:25	0:51:35	0:58:48	0:51:28	0:41:22	0:58:50	05:14:31
152	MJ	26	658	Heye	Erchinger	97	FC SO	0:49:53	0:52:41	0:58:09	0:51:51	0:42:44	0:59:12	05:14:33
153	MHK	122	318	Wilko	Liebetau	77	TRAUCO Gruppe	0:48:15	0:52:25	1:00:02	0:52:57	0:42:43	0:58:11	05:14:34
154	MHK	123	11	Christian	Rose	84	ENOVA	0:51:22	0:52:10	1:00:31	0:49:50	0:41:20	0:59:26	05:14:41
155	MHK	124	111	Hans	van der Kam	56	Emder LG	0:49:05	0:52:12	1:00:12	0:52:19	0:42:31	0:58:25	05:14:46
156	MHK	125	1219	Richard	Hartema	68	MTV Ditzum	0:47:00	0:51:04	0:59:58	0:53:27	0:43:56	0:59:20	05:14:48
157	MHK	126	153	Gerold	Siemer	64	Amnesty International	0:47:16	0:50:39	0:58:19	0:56:23	0:43:18	0:59:00	05:14:58
158	MHK	127	193	Richard	Gastmann	61	Blau Weiss Filsum	0:49:54	0:51:52	0:59:26	0:52:15	0:42:52	0:58:37	05:14:59
159	MHK	128	84	Mücke	Herrmann	81	erpel-Fahrradkurier	0:47:55	0:51:31	1:01:01	0:52:44	0:42:07	0:59:39	05:15:00
160	MHK	129	1307	Dieter	Sanders	77	Stapelmoor	0:48:13	0:52:16	0:58:57	0:52:38	0:42:37	1:00:23	05:15:07
161	MJ	27	862	Thies	Voigt	00	IGS Waldschule Egels	0:50:53	0:51:32	0:58:31	0:50:56	0:42:28	1:00:54	05:15:16
162	MHK	130	1468	Ralf	Defort	65	MTV Aurich	0:49:28	0:52:12	0:59:34	0:52:33	0:43:06	0:58:46	05:15:42

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
163	MJ	28	532	Marco	Recknagel	99	Gymnasium Ulricianum A	0:51:18	0:50:37	1:00:01	0:51:40	0:42:06	1:00:13	05:15:57
164	MHK	131	515	Sven	Tattje	92	Team Möbel Buss	0:47:59	0:51:22	0:59:28	0:53:44	0:44:00	0:59:50	05:16:25
165	MHK	132	139	Fredo	Hayungs	67	LT TuS Aurich-Ost	0:49:10	0:52:06	0:59:46	0:52:43	0:43:23	0:59:25	05:16:36
166	MJ	29	453	Sven	Ufken	95	JG 71 R	0:49:53	0:52:06	0:59:54	0:53:17	0:42:19	0:59:12	05:16:43
167	MHK	133	177	Eric	Bootjer	66	RVB Aurich/Uplengen	0:48:22	0:51:43	0:59:36	0:53:20	0:43:23	1:00:21	05:16:49
168	MJ	30	201	Ingo	Prien	98	Realschule Aurich	0:48:04	0:51:29	0:58:49	0:55:44	0:43:50	0:58:51	05:16:49
169	MHK	134	413	Ralf	Feldmann	72	JG 71 R	0:49:09	0:52:25	0:59:47	0:53:14	0:43:07	0:59:08	05:16:52
170	MHK	135	1421	Edgar	Aggen	66	Feuerwehr Lammertsfeh	0:48:35	0:52:23	1:01:00	0:52:57	0:43:27	0:58:52	05:17:16
171	MHK	136	571	Stefan	Bohlen	92	B-Plast 2000	0:50:19	0:52:00	0:59:54	0:52:40	0:44:07	0:58:28	05:17:31
172	MHK	137	1212	Ahmed	Youssefi	77	BTC AG	0:49:10	0:52:07	0:59:46	0:53:08	0:43:20	1:00:14	05:17:47
173	MJ	31	1151	Jan-Henrik	Koppelkam	98	Nortmoor	0:50:13	0:52:37	1:01:03	0:52:35	0:41:51	0:59:35	05:17:56
174	WHK	6	F28	Nina	Wessalows	74	LSF Oldenburg	0:49:40	0:52:31	0:59:52	0:53:06	0:43:19	1:00:13	05:18:44
175	MHK	138	175	Marcus	Struckmeyer	70	Ulricianum Aurich Sek 1	0:48:22	0:51:11	0:58:36	0:52:34	0:42:54	1:05:10	05:18:50
176	MHK	139	481	Jann	Trauernicht	61	Wasserschutzpolizei	0:47:59	0:52:25	1:00:48	0:53:25	0:43:52	1:00:22	05:18:54
177	WJ	1	F25	Julia	Duin	95	SV Holtland	0:48:35	0:52:25	1:00:20	0:53:21	0:44:01	1:00:26	05:19:11
178	MHK	140	198	Fidi	Gerdes	67	LG Ostfriesland/Onno	0:49:06	0:51:50	1:01:18	0:54:23	0:43:31	0:59:05	05:19:15
179	MHK	141	1348	Matthias	Dietrich	65	MTV Hohenkirchen	0:48:12	0:51:26	1:02:51	0:51:54	0:42:02	1:02:49	05:19:16
180	MHK	142	1514	Lothar	Geisemeyer	59	Bünting Tee	0:48:21	0:52:30	1:00:38	0:53:41	0:43:48	1:00:20	05:19:20
181	MJ	32	487	Lars	Müller	94	Team Möbel Buss	0:47:36	0:58:00	0:58:44	0:52:34	0:43:57	0:58:28	05:19:22
182	MJ	33	1036	Marius	Pinkernell	96	NIGE	0:48:30	0:52:53	1:00:51	0:53:23	0:42:52	1:01:03	05:19:35
183	MHK	143	112	Wilko	Stoll	85	Reederei Buss	0:48:37	0:52:01	1:00:32	0:53:06	0:45:34	0:59:59	05:19:51
184	MHK	144	1257	Helmut	Gerdes	72	IT-Sektor 4	0:49:11	0:52:09	1:00:11	0:53:03	0:44:19	1:00:56	05:19:52
185	MHK	145	1492	Ralf	Reents	69		0:48:21	0:52:23	1:03:38	0:53:29	0:43:08	0:58:56	05:19:57
186	MHK	146	1300	Harald	Fischer	52	MTV Hohenkirchen	0:48:15	0:52:26	1:00:34	0:54:20	0:43:44	1:00:43	05:20:05
187	MHK	147	107	Andreas	Heckhoff	64	Borromäus Hospital Lee	0:48:37	0:52:12	1:00:43	0:53:46	0:44:05	1:00:52	05:20:17
188	MHK	148	1600	Viktor	Derr	81	Praxis Derr	0:48:48	0:52:51	1:01:22	0:54:22	0:43:53	0:59:16	05:20:35
189	MHK	149	1508	Nils	Kutscher	68	TV Norden	0:54:26	0:50:43	1:03:03	0:51:51	0:42:25	0:58:07	05:20:37
190	MHK	150	1535	Jan-Hauke	Rahmann	93	Bünting Tee	0:49:00	0:52:46	1:02:05	0:53:48	0:43:30	0:59:33	05:20:43
191	MHK	151	155	Wilfried	Berghaus	53	Fortuna Logabirum	0:48:53	0:52:27	1:00:47	0:53:58	0:44:12	1:00:32	05:20:51
192	MHK	152	1422	Manfred	Eden	59	TuS Eintracht Hinte	0:47:40	0:54:28	1:00:43	0:54:08	0:43:29	1:00:22	05:20:52
193	MJ	34	486	Leon	Müller	96	Team Möbel Buss	0:52:06	0:52:03	1:00:26	0:53:35	0:43:57	0:58:48	05:20:58
194	MHK	153	1268	Günther	Freerks	69	LG TV Bunde	0:49:07	0:52:07	1:00:37	0:54:12	0:43:53	1:01:02	05:21:00
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	1:00:36	05:21:16
196	MHK	155	1431	Eike	Engelhardt	89	Sparkasse Aurich-Nord	0:49:37	0:52:24	1:02:50	0:53:36	0:43:27	0:59:22	05:21:17
197	WHK	7	F13	Michaela	Janssen	74	Fortuna Logabirum	0:49:14	0:52:32	1:00:29	0:53:35	0:44:22	1:01:07	05:21:22
198	MHK	156	1344	Arnd	Siebelts	67	LHV	0:50:41	0:52:28	1:02:50	0:53:21	0:42:50	0:59:12	05:21:25
199	MHK	157	148	Gordon	Krull	70	MTV Aurich	0:49:21	0:52:44	1:01:04	0:53:44	0:44:00	1:00:36	05:21:32
200	MHK	158	464	Robert	Schmidt	93	MTV Aurich	0:50:08	0:53:04	1:00:16	0:54:02	0:43:40	1:00:21	05:21:34
201	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	0:59:33	05:21:40
202	MHK	159	1503	Manni	Dieken	75	CVJM	0:50:03	0:53:26	1:01:26	0:53:19	0:43:51	0:59:35	05:21:42
203	MHK	160	345	Erwin	Buss	72	VW Emden	0:50:32	0:53:31	1:01:04	0:53:26	0:43:35	0:59:42	05:21:52
204	MHK	161	601	Carsten	Kischlat	87	Fielmann	0:52:27	0:53:45	1:01:47	0:52:37	0:43:04	0:58:19	05:22:01
205	MHK	162	1546	Harald	Leu	71	Polizei Leer	0:48:28	0:52:15	1:01:10	0:54:45	0:44:08	1:01:21	05:22:10
206	MHK	163	167	Meinhard	Harms	50	TSV Riepe	0:49:44	0:53:00	1:00:20	0:53:27	0:44:35	1:01:02	05:22:11
207	MJ	36	1440	Michael	Mulder	96	HTG Ihlow	0:51:57	0:51:55	1:01:01	0:54:18	0:44:25	0:58:43	05:22:21
208	MJ	37	809	Eike	Tannen	96	NIGE	0:50:22	0:53:02	1:01:32	0:53:00	0:43:59	1:00:31	05:22:28
209	MHK	164	1118	Jan	Markgraf	84	TSV Jahn Carolinensiel	0:52:19	0:55:44	1:00:50	0:53:29	0:42:18	0:58:00	05:22:43
210	MHK	165	222	Ingo	Haake	69	VfL Berumbur	0:49:17	0:53:16	1:00:52	0:54:23	0:44:42	1:00:18	05:22:50
211	MJ	38	145	Jan - Friso	Heeren	97	Ulricianum Aurich Sek 1	0:50:12	0:52:25	1:01:19	0:55:05	0:44:15	0:59:32	05:22:50
212	MHK	166	121	Hans-Dieter	Aden	58	Klinikum Emden	0:48:45	0:52:19	1:00:40	0:55:31	0:43:42	1:01:54	05:22:52
213	MHK	167	1417	Lukas	Dendzik	82	TSV Germania Holterf	0:49:12	0:53:47	1:02:41	0:54:19	0:43:40	0:59:19	05:23:01
214	MHK	168	260	Eddi	Dreyer	69	LwlnsthGrp 21	0:49:37	0:53:22	1:01:09	0:53:46	0:44:01	1:01:04	05:23:03
215	MHK	169	269	Jan	Pol	41	TuRa 07 Westrhauderfe	0:49:41	0:52:59	1:01:29	0:54:35	0:44:09	1:00:16	05:23:12
216	MHK	170	143	Alle-Jan	Meinema	61	VOST	0:49:09	0:53:12	1:01:44	0:54:43	0:43:55	1:00:28	05:23:15

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
217	MHK	171	284	Walter	Krzatala	61	F.A Wybelsum	0:49:07	0:52:59	1:01:09	0:54:31	0:44:03	1:01:42	05:23:33
218	MHK	172	150	Kumaran	Ganeshan	83	Klinikum Emden	0:50:34	0:53:32	1:01:38	0:53:14	0:43:08	1:01:26	05:23:34
219	MHK	173	1565	Klaus	Schulze	65	LSF Oldenburg	0:49:34	0:52:54	1:00:49	0:54:12	0:44:27	1:01:40	05:23:39
220	MHK	174	1496	Timo	Langer	73	TSV Jahn Carolinensiel	0:50:51	0:53:08	1:00:41	0:54:49	0:44:37	0:59:31	05:23:41
221	MHK	175	1270	Marc	Sörensen	81	In-Team Aurich	0:49:25	0:52:56	1:02:18	0:54:01	0:44:04	1:00:55	05:23:42
222	MHK	176	1545	Tim	Mohrherr	85	Klinikum Leer	0:48:04	0:53:06	1:01:50	0:54:22	0:45:03	1:01:18	05:23:46
223	MHK	177	1079	Marek	Zembski	57	Klinikum Emden	0:49:18	0:53:03	1:01:40	0:53:45	0:44:50	1:01:22	05:24:00
224	MHK	178	524	Bernhard	Ommen	70	Störtebeker Loopers TV	0:50:08	0:52:54	1:01:16	0:54:37	0:44:17	1:00:51	05:24:06
225	MJ	39	1572	Jann	Lübbers	97	FCSO	0:50:31	0:54:28	1:00:37	0:54:29	0:44:01	1:00:11	05:24:20
226	MHK	179	851	Michael	Ihnen	62	Leinerstift e.V	0:49:23	0:53:41	1:01:32	0:53:43	0:44:11	1:02:01	05:24:34
227	MHK	180	1459	Paul	Nikoleit	89	Atemlos	0:52:59	0:52:36	1:01:37	0:53:10	0:43:13	1:00:58	05:24:35
228	MHK	181	243	Rainer	Bohlen	87	LG Uplengen	0:49:17	0:52:54	1:01:52	0:55:09	0:43:35	1:01:46	05:24:36
229	MHK	182	100	Matthias	Röben	71	Polizei Aurich	0:49:03	0:56:04	1:01:09	0:54:23	0:43:58	0:59:59	05:24:37
230	MJ	40	926	Rico	Hubert	96	NIGE	0:48:54	0:52:37	1:01:34	0:54:18	0:44:50	1:02:24	05:24:40
231	MHK	183	202	Helmut	Behrends	67	Fiese Friesen	0:49:25	0:52:50	1:01:36	0:54:52	0:44:32	1:01:23	05:24:40
232	MHK	184	1347	Sascha	Brader	69	MTV Hohenkirchen	0:49:52	0:54:14	1:00:56	0:54:05	0:43:34	1:02:06	05:24:50
233	MHK	185	231	Michael	Pree	63	westerholt	0:49:28	0:53:41	1:01:23	0:54:12	0:44:51	1:01:17	05:24:54
234	MHK	186	806	Marco	Horn	86	Quarzewerk Marx	0:50:39	0:54:17	1:01:19	0:53:26	0:44:31	1:00:47	05:25:02
235	MHK	187	311	Thomas	Gelhard	56	LT TuS Aurich-Ost	0:50:05	0:53:42	1:00:57	0:55:01	0:44:45	1:00:32	05:25:05
236	MHK	188	308	Wolfgang	Pree	62	TC Esens	0:49:23	0:53:34	1:02:25	0:54:33	0:44:17	1:00:53	05:25:07
237	MHK	189	402	Frank	Lüdemann	74	Kdo SES Ostfriesland	0:50:44	0:53:17	1:01:35	0:54:31	0:44:15	1:00:46	05:25:11
238	MHK	190	142	Timo	de Freese	92		0:51:47	0:54:06	1:04:05	0:53:33	0:43:11	0:58:37	05:25:22
239	MHK	191	255	Axel	Hesse	69	Team Deutsche Post	0:50:48	0:54:03	1:02:29	0:54:24	0:43:53	0:59:44	05:25:23
240	MJ	41	1298	Robin	Schick	00	MTV Hohenkirchen	0:50:44	0:54:48	1:01:04	0:54:06	0:44:55	0:59:54	05:25:33
241	MHK	192	299	Johann	Harms	57	Karkdörper Moorloopers	0:49:32	0:54:00	1:02:03	0:55:16	0:44:23	1:00:39	05:25:55
242	MHK	193	132	Manfred	Frerichs	58	Emder LG	0:49:05	0:52:40	1:01:09	0:54:12	0:44:43	1:04:24	05:26:16
243	MHK	194	179	Gerold	Meinen	63	BSC Burhufe	0:49:56	0:53:28	1:01:39	0:54:35	0:45:04	1:01:36	05:26:21
244	MHK	195	65	Uwe	Geuken	65	FC Bayern München	0:48:34	0:53:58	1:01:59	0:55:46	0:45:29	1:00:39	05:26:28
245	MHK	196	306	Jürgen	Hinken	63	KBV Wiesede BoBeln	0:49:55	0:53:16	1:01:49	0:55:13	0:45:02	1:01:20	05:26:36
246	WHK	8	F12	Linda	Böhme	82	obw Emden	0:49:17	0:52:53	1:01:28	0:54:40	0:44:40	1:03:38	05:26:39
247	MHK	197	195	Marco	Meyer	80	TV Bunde	0:50:50	0:53:40	1:01:52	0:55:56	0:44:14	1:00:06	05:26:39
248	WHK	9	F607	Michaela	Tammen	77	Borromäus Hospital Lee	0:50:04	0:53:49	1:01:56	0:54:25	0:44:48	1:01:36	05:26:40
249	MHK	198	161	Axel	Gärtner	69	FeG Aurich	0:50:10	0:53:43	1:01:31	0:55:24	0:44:58	1:00:58	05:26:45
249	MHK	198	228	Thorsten	Schwarz	67	MTV Aurich	0:50:06	0:53:32	1:02:25	0:54:32	0:44:16	1:01:51	05:26:45
251	MJ	42	1613	Lutz	Gieseler	96	IGS Aurich West Sek1	0:51:24	0:51:34	1:00:56	0:53:56	0:44:43	1:04:20	05:26:56
252	MHK	200	169	Sören	Kohlert	82	IGS Aurich West	0:49:13	0:53:46	1:01:54	0:54:01	0:45:45	1:02:14	05:26:57
253	MHK	201	1537	Udo	Joswig	55	Petrusgemeinde Loga	0:50:17	0:53:33	1:02:52	0:54:44	0:44:16	1:01:22	05:27:06
254	MHK	202	1240	Malte	Niewerth	73		0:50:17	0:54:36	1:03:39	0:53:15	0:43:13	1:02:06	05:27:08
255	MHK	203	154	Dr. Frank	Russell	64	Delfthauspraxis-Emden	0:49:15	0:53:58	1:02:09	0:54:52	0:45:41	1:01:15	05:27:12
256	WHK	10	F616	Annemarie	Martens	84	Fortuna Logabirum	0:51:55	0:53:24	1:01:09	0:54:33	0:44:45	1:01:27	05:27:14
257	MHK	204	1536	Uwe	Wilhelms	67	Bünting Tee	0:50:21	0:54:54	1:01:40	0:53:51	0:44:50	1:01:39	05:27:18
258	MHK	205	564	Josef	Baalmann	61	LT TuS Aurich-Ost	0:49:53	0:53:23	1:01:49	0:55:25	0:44:53	1:02:10	05:27:35
259	MHK	206	160	Udo	Kattenbeck	66	Emder LG	0:48:34	0:52:19	1:00:31	1:01:12	0:44:21	1:00:41	05:27:40
260	MHK	207	1614	Onno	Fleßner	79	Ihlowerfehn	0:49:20	0:53:18	1:00:53	0:55:01	0:44:21	1:04:50	05:27:46
261	MHK	208	1340	Malte	Dieling	89	TC Südbrookmerland	0:50:52	0:54:40	1:01:40	0:54:44	0:44:49	1:00:59	05:27:47
262	MHK	209	128	Henning	Janssen	79	Kdo SES Ostfriesland	0:50:58	0:53:43	1:00:47	0:55:36	0:45:30	1:01:20	05:27:56
263	MHK	210	164	Mirko	Hellmers	83	VfB Germania Wiesmoo	0:51:19	0:53:18	1:01:35	0:54:26	0:44:44	1:02:32	05:27:56
264	MHK	211	119	Sascha	Kieslich	79	1.FC Kaiserslautern	0:52:15	0:54:20	1:01:56	0:54:47	0:44:14	1:00:24	05:27:59
265	MJ	43	1510	Jendrik	Groninger	96	Alex.-v-Humboldt-Schul	0:56:58	0:55:49	1:02:03	0:51:53	0:41:38	0:59:37	05:28:00
266	MJ	44	538	Mathis	de Vries	96	Ulricianum Aurich Sek 1	0:52:10	0:53:18	1:01:29	0:55:00	0:44:59	1:01:03	05:28:00
267	MJ	45	226	Swen	Kleinen	95	NIGE	0:49:44	0:53:25	1:03:30	0:56:58	0:44:31	0:59:50	05:28:01
268	WHK	11	F36	Silvia	Buscher	75	SV Borussia Leer	0:51:19	0:54:50	1:02:28	0:54:42	0:44:19	1:00:23	05:28:04
269	MJ	46	1547	Mattes	Schmidt	97	Ulricianum Aurich Sek 1	0:50:50	0:54:40	1:02:46	0:56:15	0:44:48	0:59:01	05:28:21
270	MHK	212	512	Marco	Lüken	77	SVO Wi sünd Holtriem	0:52:03	0:54:08	1:02:56	0:55:01	0:43:02	1:01:09	05:28:23

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
271	MHK	213	1263	Thomas	Munk	68	Westrhauderfehn	0:50:38	0:55:29	1:01:59	0:55:10	0:44:41	1:00:35	05:28:35
272	WHK	12	F20	Sabine	Boersma	72		0:50:33	0:53:17	1:02:05	0:55:45	0:44:49	1:02:08	05:28:38
273	MHK	214	237	Matthias	Olthoff	73	Weener Plastik	0:49:35	0:54:14	1:02:29	0:55:35	0:45:11	1:01:35	05:28:42
274	MHK	215	216	Rolf	Bleeker	61	VOST	0:49:19	0:59:04	1:01:08	0:54:44	0:43:55	1:00:35	05:28:48
275	MHK	216	274	Dennis	Hübner	78	Finkenburgeschule Wittm	0:50:12	0:53:43	1:02:57	0:55:20	0:45:12	1:01:23	05:28:50
276	MJ	47	199	Tido	Willms	94	SC Dunum	0:48:21	0:52:39	1:01:04	0:56:12	0:45:57	1:04:42	05:28:58
277	MHK	217	104	Stefan	Bikker	77	Ihlow	0:49:36	0:54:06	1:02:09	0:56:24	0:45:29	1:01:30	05:29:16
278	MHK	218	657	Thorsten	Stückfort	78	Hörgeräte Meiners&Stic	0:51:16	0:54:20	1:02:14	0:54:31	0:44:40	1:02:19	05:29:21
279	MHK	219	304	Reinhard	Grotluschen	92	VfB Germania Wiesmoo	0:51:15	0:59:05	0:59:23	0:54:01	0:44:30	1:01:07	05:29:22
280	MJ	48	1173	Ihno	Niemann	96	SV Nortmoor	0:52:35	0:54:01	1:02:00	0:55:02	0:44:07	1:01:36	05:29:23
281	MHK	220	261	Andreas	Janßen	67	Schwimmverein Hesel	0:50:17	0:53:47	1:01:51	0:55:03	0:45:36	1:02:48	05:29:25
282	MHK	221	194	Stefan	Janssen	79	LG Ostfriesland	0:50:32	0:53:08	1:03:13	0:55:06	0:45:45	1:01:47	05:29:35
283	MHK	222	1226	Rainer	Menken	77	LG Ostfriesland	0:51:35	0:53:45	1:02:29	0:55:02	0:44:55	1:01:52	05:29:39
284	MHK	223	1539	Manfred	Meyer	63	Padlooper	0:50:21	0:53:41	1:02:11	0:55:31	0:45:27	1:02:29	05:29:42
285	WJ	2	F31	Luisa	Kisch	98	Fortuna Logabirum	0:52:21	0:53:28	1:01:47	0:55:39	0:44:48	1:01:39	05:29:44
286	MJ	49	618	Tobias	Goudschaal	96	FTC Hollen	0:51:49	0:52:42	1:02:22	0:55:47	0:45:08	1:02:00	05:29:50
287	MHK	224	180	Helmut	Ludwig	58	LG Ostfriesland	0:50:19	0:54:23	1:01:58	0:55:06	0:45:20	1:02:48	05:29:56
288	MHK	225	257	Hartmut	Tunder	61	MTV Aurich	0:51:00	0:54:36	1:02:30	0:55:25	0:44:07	1:02:20	05:29:59
289	MHK	226	320	Andre	Beiden	81	PRO NAUTAS	0:50:54	0:53:48	1:02:14	0:56:05	0:46:00	1:01:12	05:30:15
290	MHK	227	244	Eike	Henninga	91	Raiffeisenbank eG, Moor	0:49:45	0:54:29	1:02:59	0:55:28	0:45:08	1:02:28	05:30:18
291	MHK	228	1232	Friedrich	Folkerts	65	Feuerwehr Hollen	0:50:11	0:53:54	1:02:34	0:56:11	0:45:10	1:02:19	05:30:22
292	MHK	229	283	Michael	Ahrendt	70	SV Dornum	0:50:11	0:53:52	1:02:32	0:55:40	0:45:09	1:02:57	05:30:25
293	MHK	230	391	Arno	Goudschaal	80	LSF Oldenburg	0:51:14	0:55:44	1:01:17	0:55:33	0:44:55	1:01:49	05:30:34
294	MJ	50	1617	Lasse	Wichmann	96	Turbine TGG	0:54:49	0:55:10	1:02:43	0:54:54	0:44:02	0:58:57	05:30:38
295	MHK	231	379	Joachim	Gerdas	79	Volksbank Westrhauder	0:49:16	0:53:40	1:02:04	0:53:55	0:46:06	1:06:19	05:31:22
296	MHK	232	1621	Uwe	Fruhling	69	Polizei Aurich	0:49:24	0:54:27	1:03:57	0:56:24	0:44:32	1:02:36	05:31:23
297	MHK	233	346	Torsten	Alberts	71	Vetra Beton	0:51:15	0:53:24	1:03:06	0:56:14	0:45:16	1:02:10	05:31:27
298	MJ	51	1385	Riko	Büttner	99	Gymnasium Ulricianum /	0:55:01	0:53:24	1:01:49	0:54:07	0:45:16	1:01:50	05:31:29
299	MHK	234	118	Frank	Poppen	90	Rettungsdienst Aurich	0:53:43	0:54:56	1:02:18	0:55:02	0:44:20	1:01:12	05:31:34
300	MHK	235	163	Uwe	Snater	61	LG TV Bunde	0:50:12	0:54:37	1:02:32	0:55:55	0:45:43	1:02:35	05:31:36
301	MHK	236	270	Günter	Achterberg	66	ev.krebskr.Kinder	0:51:04	0:54:50	1:03:17	0:55:54	0:44:29	1:02:04	05:31:40
302	WHK	13	F19	Annette	Kisch	66	Fortuna Logabirum	0:50:14	0:53:41	1:02:32	0:56:36	0:45:51	1:02:46	05:31:43
303	MHK	237	1472	Hermann	Hinrichs	79	WT Loppersum	0:51:02	0:54:04	1:03:17	0:56:01	0:45:45	1:01:43	05:31:55
304	MHK	238	1217	Andreas	Gabel	81	Team Zuglufttief	0:51:57	0:53:28	1:03:23	0:55:25	0:45:58	1:01:42	05:31:55
305	MHK	239	530	Artur	Sauer	80	Team ENERCON	0:52:28	0:54:56	1:02:39	0:55:03	0:44:24	1:02:32	05:32:06
306	MJ	52	1343	Hauke	Heikens	96	Ubbo-Emmius-Gymnasi	0:53:26	0:56:22	1:01:52	0:53:31	0:44:37	1:02:24	05:32:14
307	MHK	240	779	Andreas	Wölfel	81	TV Norden	0:53:23	0:54:52	1:02:58	0:56:00	0:44:31	1:00:28	05:32:15
308	MHK	241	321	Wilhelm	Block	80	2-Rad Center Block	0:50:59	0:54:09	1:03:36	0:55:26	0:44:49	1:03:16	05:32:16
309	MJ	53	1040	Jonny	Pund	98	Bohlen & Doyen	0:56:16	0:56:57	1:02:04	0:54:37	0:43:42	0:58:45	05:32:23
310	MHK	242	192	Jair	Cassoli	77	Team ENERCON	0:53:28	0:56:43	1:03:14	0:54:42	0:44:22	0:59:59	05:32:29
311	MJ	54	239	Cedric	Schild	97	Turbine TGG	0:52:01	0:54:12	1:03:24	0:56:03	0:44:56	1:01:54	05:32:32
312	MHK	243	1628	Benjamin	Jtjes	91		0:50:35	0:54:04	1:04:40	0:57:17	0:44:32	1:01:28	05:32:37
313	MHK	244	138	Ewald	Wallerowitz	65	LG Ostfriesland	0:52:19	0:54:48	1:01:57	0:55:39	0:45:47	1:02:20	05:32:53
314	MHK	245	381	Peter-M.	Nilges	52	CNG Wirtschaftsprüfer	0:51:46	0:54:04	1:03:48	0:56:05	0:45:22	1:01:48	05:32:55
315	MHK	246	1227	Volker	Rieken	67	doerlooper.de	0:51:18	0:54:41	1:03:07	0:55:32	0:45:19	1:02:58	05:32:57
316	MHK	247	1342	Berend	Heikens	66	Tierarztpraxis Velde	0:52:16	0:54:49	1:03:10	0:56:01	0:45:40	1:01:26	05:33:24
317	MHK	248	408	Lothar	van Geuns	73	Collinghorst	0:53:00	0:55:07	1:02:25	0:55:52	0:44:26	1:02:35	05:33:29
318	MHK	249	147	Jörg	Meyer	62	LwlnsthGrp 21	0:50:48	0:54:30	1:03:07	0:56:48	0:45:56	1:02:24	05:33:36
319	MHK	250	196	Hajo	Otten	68	TuS Zetel	0:50:39	0:54:21	1:02:53	0:55:59	0:45:27	1:04:21	05:33:43
320	WHK	14	F74	Elke	Gronewold	67	TV Norden	0:51:02	0:54:57	1:03:13	0:56:05	0:45:45	1:02:39	05:33:44
321	MJ	55	F184	Lukas	de Vries	97	IGS Waldschule Egels	0:51:51	0:55:19	1:03:03	0:56:26	0:46:44	1:00:21	05:33:47
322	MHK	251	276	Jens	Berghaus	59	Realschule Aurich	0:50:15	0:53:39	1:03:47	0:56:45	0:46:36	1:02:43	05:33:48
323	MHK	252	105	Sascha	Pottberg	83	LwlnsthGrp 21	0:50:53	0:54:16	1:01:48	0:55:47	0:46:16	1:04:56	05:33:58
324	MHK	253	364	Sascha	Eckstein	75	CNG Wirtschaftsprüfer S	0:51:47	0:54:27	1:03:22	0:56:05	0:46:30	1:01:48	05:34:00

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
325	WHK	15	F623	Imke	Junker	87	Borromäus Hospital Lee	0:50:17	0:54:24	1:03:29	0:56:50	0:45:45	1:03:14	05:34:01
326	MHK	254	349	Timon	König	52	Krey Schifffahrts GmbH	0:51:20	0:53:59	1:01:54	0:56:30	0:45:55	1:04:21	05:34:02
327	MHK	255	31	Sönke	Biel	85	Fortuna Logabirum	0:50:17	0:54:24	1:03:29	0:56:50	0:45:45	1:03:15	05:34:02
328	MHK	256	429	Holger	Schulte	75	Schulte Dental, Filsum	0:50:42	0:54:13	1:03:59	0:56:25	0:45:35	1:03:08	05:34:04
329	MHK	257	162	Carsten	Ebel	66	Emden	0:52:02	0:54:30	1:03:03	0:56:29	0:45:59	1:02:29	05:34:34
330	MHK	258	655	Arno	Jibben	69	VOST	0:52:04	0:54:36	1:03:13	0:56:20	0:45:56	1:02:24	05:34:35
331	MHK	259	227	Jens	Götze	84	WIBO Bau	0:50:52	0:54:31	1:02:37	0:57:03	0:46:31	1:03:04	05:34:40
332	MHK	260	687	Enno	Ihmels	78	Volksbank Westrhauder	0:53:03	0:56:08	1:03:57	0:55:10	0:44:09	1:02:14	05:34:43
333	MHK	261	1316	Andy	Sielmann	80	Lebenshilfe Leer e.V.	0:52:11	0:55:20	1:03:12	0:55:52	0:44:40	1:03:28	05:34:46
334	MHK	262	236	Matthias	Böse	70	SV Stikelkamp	0:51:02	0:54:08	1:03:24	0:57:04	0:46:03	1:03:09	05:34:52
335	MJ	56	660	Malte	Pleis	97	Moorloopers	0:51:10	0:55:25	1:02:57	0:58:06	0:44:56	1:02:27	05:35:04
336	WHK	16	F550	Ingrid	Folkerts	66	FTC Hollen	0:51:07	0:55:37	1:03:27	0:56:08	0:46:23	1:02:30	05:35:13
337	MHK	263	110	Harald	de Buhr	62	Polizei Leer	0:51:26	0:54:08	1:03:45	0:56:36	0:45:39	1:03:38	05:35:13
338	MHK	264	887	Stefan	Schild	64	Hartmann Group	0:52:42	0:55:19	1:03:26	0:56:14	0:45:41	1:01:59	05:35:24
339	MHK	265	348	Hans-Jürge	de Buhr	69	Busboomsfehn	0:52:17	0:56:04	1:04:07	0:54:52	0:45:24	1:02:43	05:35:29
340	MJ	57	1548	Janek	Freudenber	96	Ulricianum Aurich Sek 1	0:53:25	0:53:00	1:03:25	0:54:39	0:47:10	1:03:53	05:35:34
341	MHK	266	296	Gerold	Janssen	66	Team ENERCON	0:50:51	0:54:01	1:02:49	0:56:16	0:46:22	1:05:17	05:35:39
342	MHK	267	141	Reinhard	de Vries	61	Ost-Victorbur	0:51:49	0:55:32	1:04:01	0:56:28	0:45:44	1:02:09	05:35:46
343	MJ	58	1442	Jann-Helge	Buß	98	HTG Ihlow	0:52:09	0:56:58	1:03:49	0:55:32	0:45:52	1:01:28	05:35:52
344	MHK	268	1354	Andreas	Blaurock	68	obw Emden	0:52:49	0:55:19	1:03:38	0:55:53	0:46:06	1:02:19	05:36:06
345	WHK	17	F30	Birthe	Paprotka	76	LSF Oldenburg	0:51:46	0:55:18	1:03:58	0:56:06	0:46:28	1:02:28	05:36:06
346	MHK	269	181	Norbert	Schulte	58	LSF Oldenburg	0:51:12	0:54:51	1:03:18	0:55:52	0:46:27	1:04:25	05:36:08
347	MHK	270	1383	Otto	Buss	60	Pestalozziscule Weener	0:51:33	0:54:32	1:04:21	0:56:36	0:46:07	1:02:59	05:36:10
348	MJ	59	1445	Alexander	Seeger	97	HTG Ihlow	0:50:50	0:55:14	1:04:23	0:57:29	0:45:55	1:02:20	05:36:13
349	MHK	271	317	Ukena	Hartmut	68	Hinte	0:51:19	0:55:58	1:02:49	0:56:43	0:46:07	1:03:18	05:36:17
350	MHK	272	649	Fredy	Hedemann	62	Team Möbel Buss	0:50:00	0:53:36	1:01:46	0:56:06	0:48:20	1:06:30	05:36:20
351	MHK	273	224	Andreas	Bartsch	78	Steuerkanzlei Arndt	0:51:31	0:55:34	1:03:36	0:56:04	0:45:54	1:03:40	05:36:22
352	MHK	274	1136	Dietmar	Meyer	68	Turbine TGG	0:54:54	0:55:24	1:03:00	0:56:24	0:45:37	1:01:14	05:36:35
353	MHK	275	102	Nanno	Janssen	67	Fortuna Logabirum	0:51:42	0:54:35	1:03:51	0:56:50	0:46:11	1:03:24	05:36:36
354	MHK	276	184	Hermann	Willms	76	Wildeboer Bauteile Gmb	0:51:32	0:55:38	1:03:57	0:56:08	0:45:35	1:03:46	05:36:38
355	MHK	277	1430	Ewald	Mühlenbroc	63	Sparkasse Aurich-Nord	0:50:13	0:51:08	1:03:57	0:58:04	0:47:53	1:05:22	05:36:39
356	MHK	278	1425	Roger	Brettschnei	65	HTR	0:52:08	0:55:00	1:03:50	0:55:58	0:45:17	1:04:36	05:36:51
357	MHK	279	832	Stefan	Rabenberg	87	TuRa 07 Westrhauderfe	0:52:56	0:56:07	1:03:57	0:55:57	0:45:06	1:02:46	05:36:51
358	MHK	280	212	Jörg	Lüpkes	81	Aurich	0:51:05	0:53:13	1:04:20	0:59:17	0:45:52	1:03:17	05:37:07
359	MHK	281	579	Gert	de Buhr	72	Mahl- und Mischbetrieb C	0:51:42	0:55:14	1:03:20	0:56:09	0:46:38	1:04:02	05:37:08
360	MHK	282	295	Roland	von Kentzi	48	TG Wiesmoor	0:51:35	0:55:15	1:04:25	0:56:52	0:46:11	1:02:55	05:37:15
361	MHK	283	714	Michael	Mußing	81	Klinikum Leer	0:52:57	0:56:32	1:04:22	0:56:16	0:45:15	1:01:57	05:37:21
362	MHK	284	619	Günter	Müller	67		0:51:56	0:55:23	1:03:52	0:56:25	0:46:24	1:03:24	05:37:27
363	MHK	285	930	Wilko	Wiechers	87	BV Hoffnung	0:52:38	0:57:24	1:03:06	0:55:46	0:46:02	1:02:29	05:37:28
364	MHK	286	238	Jens	Heyken	83	Mykonos Touristen	0:53:46	0:56:36	1:03:19	0:55:42	0:45:09	1:02:56	05:37:30
365	MJ	60	1603	Erik	Weerda	95	Ulricianum Aurich Sek 2	0:55:54	0:53:05	1:00:13	0:56:03	0:48:20	1:03:59	05:37:36
366	MHK	287	560	Karsten	Janssen	81	SV Hage	0:53:45	0:56:35	1:03:19	0:55:42	0:45:10	1:03:05	05:37:39
367	MHK	288	1429	Andreas	Neu	77	fitness world schortens	0:51:35	0:52:08	1:10:13	0:52:51	0:50:51	1:00:15	05:37:55
368	WHK	18	F75	Claudia	Janssen	80	TV Norden	0:52:23	0:55:28	1:03:33	0:56:12	0:46:18	1:03:58	05:37:55
369	MHK	289	331	Rob	van Goor	62	Aquilo	0:51:25	0:56:20	1:03:15	0:56:32	0:47:02	1:03:27	05:38:04
370	MHK	290	1592	Johannes	Coordes	69	Team ENERCON	0:52:01	0:55:06	1:04:50	0:55:42	0:45:54	1:04:30	05:38:06
371	MHK	291	279	Torsten	Welling	64	MTV Wittmund	0:52:06	0:55:35	1:03:39	0:57:45	0:46:20	1:02:49	05:38:15
372	MHK	292	263	Dieter	Schliep	72	Holterfehn	0:50:55	0:55:11	1:04:35	0:57:51	0:45:35	1:04:06	05:38:17
373	MHK	293	158	Hinnerk	Meyer	93	SV Holtland	0:53:23	0:56:42	1:04:06	0:55:15	0:45:37	1:03:15	05:38:20
374	WHK	19	F54	Jutta	Behrends	76	SV Holtland	0:51:49	0:55:12	1:05:11	0:56:22	0:46:12	1:03:34	05:38:23
375	MJ	61	69	Kevin	Behrmann	95	BBS 1 Aurich	0:52:53	0:56:01	1:06:17	0:56:07	0:44:38	1:02:32	05:38:30
376	MJ	62	1443	Jan-Gerd	Tammen	97	HTG Ihlow	0:51:18	0:55:46	1:03:48	0:56:02	0:46:53	1:04:41	05:38:30
377	MHK	294	548	Dieter	Henkel	70	BV Pfalzdorf	0:52:46	0:55:23	1:04:03	0:56:07	0:45:48	1:04:22	05:38:31
378	MHK	295	183	Harald	Eberhard	66	TG Wiesmoor	0:52:52	0:55:46	1:04:29	0:56:50	0:45:44	1:03:05	05:38:48

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
379	MHK	296	427	Manfred	Cordes	60	Wiesmoor-Wiesederfeh	0:52:08	0:55:38	1:04:25	0:56:49	0:46:18	1:03:32	05:38:53
380	MHK	297	628	Egon	August	62	SV Elisabethfehn	0:51:52	0:55:51	1:03:10	0:58:01	0:45:52	1:04:04	05:38:53
381	MHK	298	519	Manuel	Brunken	83	VOST	0:52:30	0:55:38	1:03:50	0:56:32	0:46:09	1:04:21	05:39:01
382	MJ	63	1638	Keno	Lentke	94	TV Leer	0:53:20	0:59:01	1:05:42	0:55:48	0:44:01	1:01:12	05:39:06
383	MHK	299	375	Fred	Peters	67	DLRG Weener	0:50:31	0:55:04	1:03:05	1:00:38	0:45:59	1:03:54	05:39:13
384	MHK	300	1411	Frank	Nissen	61	ISD	0:52:47	0:55:37	1:04:34	0:57:23	0:45:55	1:03:26	05:39:44
385	MHK	301	615	Holger	Grasse	65	TuS Zetel	0:52:03	0:56:11	1:04:13	0:57:14	0:45:42	1:04:20	05:39:45
386	MHK	302	350	Hermann	Röbing	65	WfBM BBB Aurich Witt	0:51:38	0:56:31	1:03:48	0:57:14	0:47:12	1:03:37	05:40:01
387	MHK	303	1427	Gottfried	Beekhuis	54	SV Dornum	0:53:22	0:56:55	1:03:58	0:55:57	0:46:09	1:03:44	05:40:07
388	MHK	304	252	Hermann	Hinderks	68	Nordland Papier	0:52:32	0:56:00	1:05:08	0:56:58	0:46:07	1:03:31	05:40:19
389	MHK	305	1474	Ludwig	Hummerich	60	Emder LG	0:54:50	0:56:17	1:03:39	0:56:03	0:46:06	1:03:38	05:40:36
390	MHK	306	1470	Mike	Smidt	71	EKC Seeteufel	0:52:13	0:55:45	1:04:26	0:57:17	0:46:32	1:04:24	05:40:39
391	MHK	307	591	Andreas	Bölle	68	Nordland Papier	0:53:23	0:55:43	1:05:49	0:56:58	0:45:19	1:03:30	05:40:45
392	MHK	308	309	Manfred	Schütte	57	SV Friedrichsfehn	0:51:52	0:55:57	1:06:15	0:56:51	0:46:25	1:03:34	05:40:57
393	MHK	309	354	Rolf-Dieter	Vennen	62	EWE Wattloopers	0:52:31	0:55:55	1:04:46	0:57:14	0:46:39	1:03:54	05:41:02
394	MHK	310	44	Marco	Waßmann	74	TG Wiesmoor	0:52:42	0:55:30	1:04:43	0:57:25	0:46:36	1:04:07	05:41:05
395	MHK	311	758	Björn	Stahl	91	Seefahrtsschule Leer	0:52:40	0:56:53	1:04:27	0:56:25	0:47:09	1:03:29	05:41:06
396	MHK	312	292	Johannes	Feimann	66	Nordland Papier	0:52:08	0:56:16	1:04:39	0:57:57	0:46:48	1:03:34	05:41:24
397	MHK	313	531	Jörg	Harms	65	Schüt-Duis	0:52:47	0:55:46	1:04:35	0:57:31	0:47:00	1:03:46	05:41:28
398	MHK	314	603	Hans-Joach	Trum	62	Gymnasium Rhauderfe	0:53:24	0:58:05	1:03:26	0:57:32	0:46:10	1:03:06	05:41:46
399	MJ	64	1012	Lukas	Jäschke	94	mitzeit Intensivpflege zu	0:53:04	0:56:26	1:06:34	0:56:07	0:45:18	1:04:15	05:41:47
400	MHK	315	783	Peter	Gross	68		0:53:34	0:56:57	1:03:50	0:57:02	0:46:56	1:03:30	05:41:50
401	MHK	316	189	Frank	Oltrop	65	Blau- Weiß Borssum	0:53:34	0:56:57	1:03:50	0:57:03	0:46:55	1:03:30	05:41:51
402	MHK	317	1586	Uwe	Frömming	69	Wi sund Holtriem	0:51:30	0:56:15	1:05:50	0:56:50	0:46:52	1:04:47	05:42:07
403	MHK	318	313	Michael	Apel	73		0:52:50	0:56:43	1:05:31	0:57:21	0:46:01	1:03:40	05:42:08
404	MHK	319	363	Jann	Saathoff	91	Ludwigsdorf	0:53:42	0:58:21	1:04:24	0:56:48	0:45:50	1:03:03	05:42:10
405	MHK	320	1076	Rudi	Buse	67	Moormerland	0:51:56	0:56:48	1:05:34	0:57:43	0:46:37	1:03:34	05:42:13
406	WHK	20	F18	Bettina	Pilney	62	LT SV Ems Jemgum	0:53:31	0:56:02	1:04:09	0:57:40	0:46:59	1:03:50	05:42:14
407	WJ	3	F46	Miriam	de Buhr	96	Fortuna Logabirum	0:52:52	0:56:06	1:05:35	0:57:01	0:46:52	1:04:10	05:42:39
408	MHK	321	209	Dettef	Berding	68	Stadt Oldenburg	0:52:48	0:56:43	1:04:53	0:57:57	0:46:51	1:03:36	05:42:51
409	MHK	322	1390	Ole	Ahrens	90	SV Leepens	0:53:47	0:57:09	1:04:28	0:57:29	0:46:01	1:03:59	05:42:55
410	MHK	323	159	Thomas	Stern	70	Seefahrtsschule Leer	0:53:19	0:56:07	1:05:48	0:57:05	0:46:13	1:04:21	05:42:56
411	WHK	21	F606	Janina	Hillrichs	87	Holtland	0:52:34	0:56:11	1:04:27	0:57:18	0:47:27	1:05:03	05:43:04
412	MHK	324	850	Thorsten	Dettmer	65	Leinerstift e.V	0:51:47	0:55:55	1:04:47	0:58:21	0:47:34	1:04:41	05:43:06
413	WHK	22	F17	Stefanie	Beening	69		0:50:44	0:54:33	1:02:10	0:55:10	0:45:10	1:15:18	05:43:08
414	MHK	325	341	Rolf	Steinke	67	SV Warsingsfehn	0:53:22	0:56:23	1:05:26	0:57:32	0:46:23	1:04:00	05:43:08
415	MHK	326	393	Lars	Schepker	80	Aurich	0:52:34	0:55:53	1:05:20	0:57:33	0:46:59	1:04:55	05:43:16
416	MHK	327	1284	Torsten	Lühr	67	Der schwarze Blitz	0:51:54	0:57:33	1:05:56	0:56:52	0:45:41	1:05:24	05:43:22
417	MHK	328	813	Jörg	Heyen	70	Bohlen & Doyen	0:56:15	0:56:27	1:04:32	0:56:18	0:45:55	1:03:59	05:43:28
418	MHK	329	301	Michael	Martens	82	Team ENERCON	0:52:33	0:56:01	1:04:49	0:57:44	0:47:48	1:04:35	05:43:32
419	MHK	330	645	Horst	Willems	69	LG Krummhörn	0:52:49	0:56:15	1:04:40	0:57:40	0:47:08	1:04:58	05:43:33
420	MHK	331	305	Hermann	Nagel	56	SV Concordia Neermoor	0:52:48	0:56:44	1:05:04	0:57:56	0:46:53	1:04:17	05:43:45
421	MHK	332	113	Johann	Lammers	63	Holtland	0:52:52	0:56:24	1:05:37	0:58:28	0:46:26	1:03:57	05:43:46
422	MHK	333	425	Eric	Saathoff	68	Emder LG	0:53:12	0:56:54	1:05:03	0:57:16	0:46:56	1:04:23	05:43:46
423	MHK	334	302	Manfred	Kramer	62	LG Werder-Ossis	0:54:54	0:57:04	1:04:36	0:56:52	0:46:51	1:03:33	05:43:53
424	MHK	335	666	Matthias	Scholz	90	RVB Aurich/Uplengen	0:50:40	0:54:03	1:07:35	0:55:17	0:48:18	1:07:58	05:43:54
425	MJ	65	396	Aaron	Janßen	99	FCSO	0:51:50	0:57:08	1:06:21	0:58:10	0:46:30	1:04:09	05:44:10
426	MHK	336	1230	Matthias	Ottjes	64	Möhlmann Automobil L	0:52:22	0:55:44	1:07:28	0:57:10	0:47:08	1:04:27	05:44:22
427	MJ	66	551	Hendrik	Flessner	97	Alex.-v-Humboldt-Schul	0:55:35	0:58:33	1:04:37	0:56:23	0:46:57	1:02:21	05:44:28
428	MHK	337	344	Hartmut	Staude	71	Padlooper	0:55:05	0:56:23	1:04:48	0:57:24	0:48:17	1:02:29	05:44:28
429	MHK	338	293	Heinz	Schultz	49	VfR Heisfelde	0:52:26	0:57:00	1:05:43	0:57:57	0:47:31	1:03:50	05:44:30
430	MHK	339	606	Frank	Landheer	70	Feedback Leer	0:51:51	0:56:08	1:04:24	0:59:47	0:47:30	1:04:47	05:44:30
431	MJ	67	1095	Marvin	Frick	98	SV Blomberg	0:54:44	0:57:41	1:03:10	0:57:58	0:46:48	1:04:16	05:44:39
432	MHK	340	484	Jonas	Buja	92	Seefahrtsschule Leer	0:52:50	0:56:54	1:04:27	0:57:43	0:47:24	1:05:20	05:44:41

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
433	MHK	341	1096	Cristian	Canales Ag	91	TSR Olympia Wilhelms	0:54:04	0:57:06	1:03:37	0:57:17	0:47:43	1:04:58	05:44:48
434	MJ	68	1053	Tammo	Spieker	98	TuRa 07 Westrhauderfe	0:55:55	0:56:22	1:06:47	0:56:12	0:45:34	1:03:58	05:44:50
435	MHK	342	499	Joachim	Harms	61	traba-team	0:53:42	0:56:24	1:05:58	0:57:30	0:47:40	1:04:00	05:45:15
436	MJ	69	895	Jann	Utecht	97	FCSO	0:52:44	0:54:28	1:06:16	0:57:01	0:47:09	1:07:46	05:45:27
437	MJ	70	422	Tammo	Keck	95	TC Sudbrookmerland	0:53:08	0:56:07	1:06:39	0:57:11	0:46:29	1:05:51	05:45:28
438	MHK	343	214	Holger	Aderhold	70	SVO Wi sünd Holtriem	0:52:41	0:55:51	1:04:58	0:57:47	0:47:29	1:06:41	05:45:29
439	MHK	344	387	Thorsten	Stege	80	Feuerwehr Oldersum	0:53:00	0:56:42	1:05:40	0:58:15	0:47:03	1:04:56	05:45:39
440	WHK	23	F47	Wiebke	Lohmeyer	86	SV Frisia Brinkum	0:53:53	0:57:42	1:05:50	0:57:51	0:46:55	1:03:32	05:45:45
441	MHK	345	258	Andreas	Voßkuhl	75	Völlenerfehn	0:53:00	0:55:59	1:05:05	0:59:47	0:47:36	1:04:40	05:46:09
442	MHK	346	357	Helmut	Averbeck	66	Emder LG	0:53:23	0:57:03	1:06:27	0:57:55	0:46:20	1:04:57	05:46:09
443	MHK	347	328	Rainer	Spannhoff	64	Emder LG	0:53:05	0:57:42	1:04:27	0:58:14	0:47:58	1:04:45	05:46:12
444	MJ	71	549	Sven	Janßen	94	REHAU AG & Co	0:54:56	0:56:08	1:06:01	0:56:07	0:46:41	1:06:26	05:46:21
445	MHK	348	621	Hermann	Siemens	67	Hammelwarder Sprinter	0:53:43	0:57:31	1:05:19	0:57:34	0:47:21	1:04:59	05:46:30
446	MHK	349	421	Heyko	Oelrichs	87	Bohlen & Doyen	0:51:13	0:57:52	1:07:17	0:57:59	0:46:37	1:05:44	05:46:45
447	WHK	24	F524	Anja	Wilken	70	LG Uplengen	0:52:17	0:56:42	1:07:23	0:58:26	0:47:19	1:04:36	05:46:45
448	MHK	350	282	Michael	Schulz	62	LT TuS Aurich-Ost	0:53:11	0:58:22	1:06:28	0:57:06	0:47:10	1:04:35	05:46:54
449	WHK	25	F34	Anja	Goos	72	Emder LG	0:53:02	0:56:31	1:05:38	0:59:27	0:47:35	1:04:41	05:46:56
450	WHK	26	F33	Viola	Steffens	75	Emder LG	0:53:28	0:57:27	1:05:56	0:58:01	0:47:01	1:05:06	05:47:02
451	MHK	351	336	Stephan	Hoheisel	89	Seefahrtsschule Leer	0:52:47	0:57:45	1:05:20	0:57:38	0:47:43	1:05:48	05:47:04
452	WHK	27	F44	Marion	Baumann	71	TUS Zetel	0:52:50	0:57:35	1:05:46	0:57:54	0:47:43	1:05:14	05:47:05
453	MHK	352	251	Theodor	Hildebrandt	56	LG Ostfriesland	0:51:25	0:57:53	1:05:46	0:59:26	0:47:29	1:05:10	05:47:11
454	MHK	353	1188	Christof	Langen	88	Seefahrtsschule Leer	0:52:11	0:56:02	1:07:32	0:58:52	0:47:26	1:05:06	05:47:12
455	MHK	354	230	Rainer	Hoek	78	AXA Center Hoek	0:53:19	0:56:56	1:05:06	0:57:35	0:47:28	1:06:48	05:47:15
456	MHK	355	1649	Christian	Lütten	68	IGS Aurich	0:55:42	0:56:13	1:05:43	0:57:55	0:47:45	1:03:59	05:47:19
457	MJ	72	861	Fabian	Herd	02	IGS Waldschule Egels	0:53:05	0:57:40	1:08:17	0:57:00	0:45:56	1:05:27	05:47:27
458	MHK	356	327	Detlef	Oetter	64	Sparkasse Leer Wittmun	0:53:21	0:57:32	1:06:29	0:57:32	0:47:17	1:05:16	05:47:30
459	MJ	73	864	Lukas	Rossmann	99	IGS Waldschule Egels	0:54:23	0:56:47	1:05:34	0:57:58	0:46:44	1:06:05	05:47:32
460	MHK	357	272	Johann	Sandersfeld	55	LG Uplengen	0:52:35	0:56:20	1:05:18	0:58:17	0:48:20	1:06:41	05:47:33
461	MJ	74	1636	Janus	Thies	99	Alex von Humboldt Schu	0:54:12	0:57:01	1:05:21	0:58:03	0:45:10	1:07:52	05:47:42
462	MHK	358	584	Rainer	Willing, Dr.V	66	Ubbo-Emmius-Klinik	0:53:38	0:56:17	1:06:12	1:00:10	0:47:02	1:04:21	05:47:43
463	MHK	359	458	Heiner	Schmidt	74	HSM Wirtschaftsprüfer &	0:53:32	0:57:23	1:06:38	0:57:32	0:47:32	1:05:08	05:47:46
464	MHK	360	545	Wilfried	Foorden	64	TG Wiesmoor	0:52:53	0:57:21	1:05:31	0:58:33	0:48:00	1:05:30	05:47:50
465	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	1:05:10	05:47:51
466	MHK	361	665	Heinz	Schmidt	63	Fortuna Logabirum	0:52:45	0:56:51	1:05:45	0:58:54	0:47:50	1:05:46	05:47:53
467	WJ	5	F655	Tomke	Wachtendor	00	Gymnasium Ulricianum /	0:55:01	0:57:35	1:04:45	0:58:27	0:46:53	1:05:10	05:47:53
468	MJ	75	1437	Jonas	Müller	98	HTG Ihlow	0:55:40	0:58:45	1:08:45	0:58:36	0:45:14	1:00:56	05:47:58
469	MJ	76	836	Arne	Köllmann	94	B-Plast 2000	0:51:03	0:55:02	1:03:16	0:57:03	0:52:43	1:08:54	05:48:03
470	MJ	77	446	Tammo	Büscher	94	Büschies	0:52:39	0:54:52	1:04:26	0:56:37	0:46:02	1:13:30	05:48:08
471	MHK	362	882	Michael	Stahlberg	75	Klinikum Emden	0:54:05	0:58:23	1:05:37	0:59:22	0:46:51	1:03:49	05:48:10
472	MHK	363	390	Hermann	Erdwiens	70	LG Ostfriesland	0:52:54	0:56:27	1:05:36	0:59:27	0:48:22	1:05:25	05:48:13
473	WHK	28	F41	Claudia	Wehming	78	Stadt Oldenburg	0:52:53	0:57:01	1:05:04	0:57:29	0:49:10	1:06:35	05:48:13
474	MHK	364	516	Thorsten	Eesmann	70	Pestalozzischule Weene	0:53:28	0:57:45	1:05:18	0:59:00	0:47:30	1:05:13	05:48:16
475	MHK	365	361	Thomas	Loegel	65	SV Wiesede-Upschört	0:53:06	0:57:24	1:06:32	0:58:30	0:47:26	1:05:19	05:48:20
476	MHK	366	197	Friedhelm	Baumann	60	TSV Hesel	0:52:09	0:56:45	1:06:51	0:58:01	0:48:13	1:06:26	05:48:27
477	WHK	29	F35	Heike	Greis	65	LSF Oldenburg	0:52:45	0:56:47	1:05:26	0:58:29	0:48:16	1:06:43	05:48:28
478	MHK	367	414	Ehrenfried	Lüken	64	JG 71 R	0:52:51	0:57:26	1:05:28	0:59:28	0:47:28	1:05:44	05:48:28
479	MHK	368	522	Helmut	Fischer	64	Störtebeker Loopers TV	0:51:39	0:54:50	1:03:51	1:01:15	0:48:54	1:07:58	05:48:30
480	MHK	369	435	Günther	Wilken	68	TuS Leerhufe-Hovel e.	0:53:22	0:58:58	1:06:18	0:58:08	0:47:28	1:04:15	05:48:32
481	MHK	370	585	Jochen	Fleßner	65	Klinikum Emden	0:54:46	0:57:21	1:05:50	0:58:39	0:47:31	1:04:24	05:48:33
482	MHK	371	210	Bernd	Neuenstein	61		0:53:01	0:57:14	1:06:32	0:58:27	0:47:52	1:05:28	05:48:37
483	MHK	372	165	Kai	Busker	78	SV Werder Bremen	0:55:01	0:56:15	1:05:23	1:01:44	0:46:26	1:03:46	05:48:39
484	MHK	373	492	Frank	Kruse	79	VW Emden	0:57:22	0:57:43	1:06:22	0:56:03	0:45:46	1:05:31	05:48:50
485	MHK	374	457	Stefan	Janßen	70	HSM Wirtschaftsprüfer &	0:53:40	0:58:04	1:06:29	0:58:28	0:46:59	1:05:11	05:48:53
486	MHK	375	1317	Stephan	Meyer	80	Lebenshilfe Leer e.V.	0:56:29	0:56:41	1:04:55	0:57:45	0:47:19	1:05:45	05:48:57

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
487	MHK	376	1622	Folkert	Saul	77	BBS-Jever	0:54:52	0:57:42	1:05:50	0:56:25	0:47:20	1:06:57	05:49:09
488	MHK	377	541	Dieter	Janssen	55	Wittmund	0:52:37	0:57:50	1:06:50	0:58:16	0:47:30	1:06:13	05:49:19
489	MHK	378	447	Johann	Büscher	68	Büschies	0:52:55	0:55:17	1:04:38	0:57:01	0:46:05	1:13:31	05:49:28
490	MHK	379	485	Uwe	Ottjes	66	Team Möbel Buss	0:53:30	0:57:07	1:06:37	0:57:29	0:48:17	1:06:30	05:49:33
491	MHK	380	1599	Christian	Frey	82	Perior	1:02:16	0:57:28	1:04:57	0:56:27	0:46:13	1:02:24	05:49:47
492	MHK	381	389	Weert-Peter	Prikker	59	Fortuna Logabirum	0:53:24	0:57:05	1:06:23	0:59:39	0:47:54	1:05:24	05:49:51
493	MHK	382	278	Alwin	Günther	73	Wi sünd Holtriem SVO	0:53:10	0:57:22	1:06:15	0:59:16	0:47:30	1:06:19	05:49:54
494	MHK	383	191	Karl-Heinz	Michalak	57	Concordia Ihrhove	0:55:17	0:57:32	1:07:14	0:58:07	0:47:25	1:04:23	05:50:01
495	MHK	384	791	Christian	Möller	83	Team ENERCON	0:53:19	0:56:08	1:05:22	1:00:38	0:48:23	1:06:10	05:50:03
496	MHK	385	460	Arnim	Gedes	69	Onno Behrends Tee	0:53:21	0:57:13	1:06:04	0:58:58	0:48:29	1:05:58	05:50:05
497	MHK	386	1456	Jan	Fockens	82	Jantjes Team	0:57:11	0:58:26	1:05:11	0:57:10	0:46:51	1:05:14	05:50:06
498	MHK	387	268	Christian	Merl	57	SZ Collhusen	0:53:41	0:58:09	1:06:19	0:58:18	0:47:44	1:05:59	05:50:11
499	WHK	30	F700	Jana	Brinkmann	88	SC Ihrhove 07	0:54:13	0:57:42	1:06:38	1:09:34	0:43:06	0:58:58	05:50:13
500	WHK	31	F697	Manuela	Smit	70		0:53:38	0:57:47	1:06:25	0:58:52	0:48:21	1:05:09	05:50:15
501	MHK	388	638	Klaus	Heilmann	70	Seefahrtsschule Leer	0:55:32	0:57:57	1:06:47	0:57:48	0:46:58	1:05:32	05:50:36
502	WJ	6	F705	Janna	Naatjes	96	Turbine TGG	0:58:41	0:59:05	1:05:45	0:56:50	0:46:19	1:03:53	05:50:36
503	MHK	389	1607	Robert	König	76	Gymnasium Westerste	0:53:25	0:57:54	1:06:46	0:59:50	0:48:17	1:04:31	05:50:45
504	MJ	78	533	Henryk	Mannott	00	Alex.-v-Humboldt-Schul	0:54:51	0:58:45	1:06:43	0:58:14	0:47:36	1:04:36	05:50:47
505	WHK	32	F39	Claudia	Langen	73	mitzeit Intensivpflege zu	0:54:47	0:57:48	1:05:43	0:58:32	0:48:59	1:05:22	05:51:14
506	MHK	390	291	Remmer	Schuster	62	LT Schafhauser Wald	0:53:46	0:57:10	1:05:55	0:59:34	0:48:12	1:06:39	05:51:18
507	MHK	391	392	Nils	Heidenreich	93	HSM Wirtschaftsprüfer &	0:55:10	0:57:19	1:05:43	0:58:58	0:48:47	1:05:19	05:51:18
508	WHK	33	F42	Miriam	Krawietz	77	Emder LG	0:54:15	0:56:32	1:06:45	0:59:06	0:48:32	1:06:09	05:51:22
509	MHK	392	1531	Stefan	Burlager	84	Bünting Tee	0:54:07	0:58:05	1:06:42	0:58:51	0:47:31	1:06:06	05:51:24
510	MHK	393	405	Ottmar	Schulte	65	Emden	0:52:55	0:57:19	1:05:12	0:58:26	0:47:36	1:09:55	05:51:26
511	MHK	394	1498	Günter	Bloem	77	VFL Viktoria Flachsmeer	0:53:46	0:57:27	1:06:51	0:58:33	0:48:21	1:06:38	05:51:39
512	MHK	395	1509	Holger	Saathoff	67	TV Norden	0:54:39	0:58:50	1:08:23	0:55:23	0:48:51	1:05:35	05:51:43
513	MHK	396	1465	Tim	Grübner	75	Sparkasse Aurich-Nord	0:56:32	0:58:10	1:05:35	0:58:50	0:47:14	1:05:21	05:51:44
514	MHK	397	543	Helmut	Lüürsen	66	LG TV Bunde	0:54:09	0:56:59	1:07:34	0:59:23	0:47:33	1:06:07	05:51:47
515	MHK	398	432	Micha	Arends	92	Seefahrtsschule Leer	0:53:28	0:58:33	1:07:01	0:58:58	0:47:45	1:06:01	05:51:49
516	WHK	34	F40	Herma	Kobuch	68	Lauftreff Schaffhauserwa	0:54:02	0:57:32	1:05:57	0:59:19	0:48:20	1:06:40	05:51:52
517	MJ	79	868	Christian	Billier	97	IGS Waldschule Egels	0:55:12	0:55:50	1:08:59	0:57:59	0:49:36	1:04:23	05:52:00
518	MHK	399	444	Jürgen	Eilerts	66	SC Wiesens	0:54:22	0:58:24	1:06:22	0:58:16	0:48:49	1:05:45	05:52:00
519	MHK	400	41	Carsten	Steen	92	FC Oldersum	0:46:46	0:49:58	0:57:40	0:52:46	0:41:13	1:43:35	05:52:02
520	MHK	401	510	Drees	Janssen	62	LG Ostfriesland	0:54:47	0:57:37	1:05:56	0:59:24	0:48:06	1:06:15	05:52:08
521	WHK	35	F56	Johanna	Tihen	86	Turbine TGG	0:55:19	0:58:16	1:06:17	0:58:49	0:47:09	1:06:17	05:52:09
522	MHK	402	1285	Stefan	Menzel	91	Seefahrtsschule Leer	0:53:24	0:55:46	1:10:23	0:57:48	0:48:14	1:06:34	05:52:11
523	WHK	36	F529	Claudia	Wittek	69	MTV Aurich	0:54:14	0:58:36	1:06:56	0:58:46	0:47:47	1:05:56	05:52:19
524	WHK	37	F71	Monika	Foorden	68	LG GroBefehn	0:56:36	0:58:58	1:06:43	0:58:42	0:47:39	1:03:56	05:52:35
525	WHK	38	F70	Alexandra	Norda	76	LG Papenburg-Aschend	0:54:24	0:58:11	1:07:04	0:59:21	0:48:04	1:05:35	05:52:42
525	MHK	403	134	Frank	Olin	68	Lummerland Taxi Aurich	0:55:40	0:59:07	1:06:34	0:59:00	0:47:28	1:04:51	05:52:42
527	MHK	404	325	Matthias	Erfeling	85		0:54:15	0:58:09	1:07:12	0:59:28	0:47:32	1:06:03	05:52:43
528	MHK	405	339	Nanno	Betten	71	Hollen	0:54:48	0:57:23	1:07:39	0:59:37	0:47:49	1:05:26	05:52:45
529	MHK	406	610	Rene	Schwinning	91	ORGADATA AG	0:55:47	0:56:47	1:05:41	0:58:43	0:48:20	1:07:31	05:52:51
530	MHK	407	893	Reinhard	Post	62	SV Stern Schwerinsdorf	0:53:03	0:57:42	1:06:51	0:58:36	0:50:00	1:06:40	05:52:55
531	MJ	80	288	Ihno	Gellmers	96	FCSO	0:54:06	0:57:25	1:06:41	0:58:47	0:48:05	1:07:53	05:52:59
532	MHK	408	523	Lothar	Meyerhoff	61	Störtebeker Loopers TV	0:56:11	0:58:56	1:05:57	0:57:48	0:47:18	1:07:15	05:53:28
533	MHK	409	330	Michael	Brandt	84	IGS Waldschule Egels	0:54:27	0:58:36	1:06:29	0:59:22	0:48:03	1:06:29	05:53:29
533	MHK	409	577	Markus	Langer	70	Kdo SES Ostfriesland	0:55:11	0:57:33	1:08:05	0:57:53	0:46:54	1:07:50	05:53:29
535	MJ	81	970	Renko	Engels	00	Holterfehn	0:54:28	0:58:16	1:07:02	0:58:51	0:48:29	1:06:23	05:53:31
536	WHK	39	F60	Claudia	Saathoff	70	LT TuS Aurich-Ost	0:54:11	0:58:17	1:07:02	0:59:14	0:48:37	1:06:09	05:53:33
537	WHK	40	F50	Nina	Janßen	79	TSV Jahn Carolinensiel	0:54:23	0:58:20	1:07:19	0:59:33	0:48:08	1:05:52	05:53:37
538	MJ	82	1578	Thilo	Strüfing	97	Ulricianum Aurich Sek 1	0:54:12	0:58:59	1:07:55	0:59:00	0:47:21	1:06:08	05:53:38
539	WHK	41	F52	Sandra	Eißel	85	Emder LG	0:55:44	0:57:14	1:07:08	1:00:35	0:47:53	1:05:02	05:53:39
540	MHK	411	397	Hinrich	Rahn	73	EWE Wattloopers	0:54:36	0:58:17	1:06:54	0:59:15	0:47:56	1:06:41	05:53:42

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
541	MHK	412	534	Jens	Gronewold	91	Team ENERCON	0:54:05	0:57:27	1:07:47	0:58:36	0:50:00	1:05:57	05:53:55
542	MHK	413	496	Bernd	Alberts	75	TV Norden	0:54:50	0:58:52	1:06:41	0:59:46	0:48:16	1:05:35	05:54:01
543	MHK	414	769	Richard	Kölber	66	TV Norden	0:59:17	0:57:08	1:06:05	1:00:40	0:46:08	1:05:00	05:54:20
544	MHK	415	213	Thomas	Bolte	65	EWE Wattloopers	0:56:00	0:58:55	1:08:21	0:58:24	0:47:34	1:05:08	05:54:25
545	WHK	42	F593	Anita	van Jinnelt	65	MTV Hohenkirchen	0:57:34	1:00:42	1:06:50	0:58:06	0:47:21	1:03:50	05:54:25
546	MHK	416	21	Wilhelm	de Boer	61	SV Dornum	0:54:51	0:58:19	1:08:04	0:59:15	0:48:16	1:05:49	05:54:37
547	MHK	417	562	Sascha	Paul	81	SpVg Aurich	0:52:15	0:54:59	1:17:47	0:58:13	0:47:28	1:03:55	05:54:39
548	MHK	418	697	Klaus	Bergmann	58	Seefahrtsschule Leer	0:57:42	0:59:34	1:07:50	0:57:41	0:46:26	1:05:32	05:54:47
549	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	1:07:51	05:54:53
550	MHK	420	443	Goemann	Philipp	91	Seefahrtsschule Leer	0:56:32	0:59:37	1:09:10	0:58:13	0:46:25	1:04:58	05:54:57
551	MHK	421	423	Uwe	Reiners	69	erlebnishgolf-ostfriesland.	0:54:58	0:57:51	1:07:41	0:56:27	0:49:27	1:08:32	05:54:58
552	MHK	422	456	Carsten	Strasser	68	GW Firrel	0:54:18	0:56:39	1:07:53	1:00:05	0:48:49	1:07:14	05:55:00
553	MJ	83	1616	Hannes	Wilhelms	94	TSV Lammertsfehn	0:53:12	0:58:47	1:07:40	0:59:20	0:48:52	1:07:23	05:55:17
554	MHK	423	602	Malte	Richter	90	MTV Wittmund	0:53:38	0:58:46	1:07:09	0:59:56	0:49:02	1:06:52	05:55:25
555	MHK	424	613	Daniel	Bramlage	84	RSV Emden	0:56:53	0:58:07	1:07:05	0:59:22	0:47:55	1:06:02	05:55:27
556	MHK	425	1415	Michael	Bohnen	84	FENESTRA NORDWES	0:56:11	0:57:07	1:06:32	0:59:09	0:48:44	1:07:41	05:55:27
557	WHK	43	F153	Katja	Möhle	71	Weener	0:56:21	0:58:39	1:07:02	0:59:18	0:48:08	1:06:09	05:55:40
558	MHK	426	1294	Hinrich	Sparringa	69		0:55:23	0:59:54	1:08:23	0:58:45	0:48:14	1:05:00	05:55:41
559	MHK	427	125	Ulrich	Wieggers	55	TuS Eintracht Hinte	0:55:39	0:58:30	1:06:26	0:58:35	0:50:25	1:06:11	05:55:47
560	MHK	428	899	Jacek	Walczak	82	ORGADATA AG	0:55:41	0:57:41	1:06:52	0:58:14	0:49:32	1:07:49	05:55:51
561	MJ	84	1376	Marvin	Czeratzki	96	FCSO	0:54:47	1:02:49	1:06:36	1:00:00	0:47:28	1:04:10	05:55:52
562	MHK	429	644	Detlef	Penske	65	BBS 1 Aurich	0:55:10	0:58:44	1:07:47	0:59:15	0:48:19	1:06:39	05:55:55
563	MHK	430	366	Reinhard	Oltmanns	64		0:54:27	0:57:52	1:08:21	1:00:00	0:48:51	1:06:29	05:56:02
564	WHK	44	F140	Meike	Flügge	66	VfL Germania Leer	0:54:15	0:58:04	1:07:20	0:59:36	0:49:07	1:07:41	05:56:06
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	1:07:50	05:56:09
566	MHK	432	334	Helmut	Meyerhoff	62	LG Ostfriesland	0:54:56	0:57:50	1:08:22	0:59:57	0:48:44	1:06:24	05:56:15
567	MHK	433	1191	Beinlich	Wilko	90	Seefahrtsschule Leer	0:57:22	0:58:38	1:05:40	0:59:01	0:48:44	1:06:49	05:56:16
568	MHK	434	1255	Coob	Buß	61	SV Eintracht Ihlow	0:55:40	0:58:54	1:06:03	0:59:57	0:49:02	1:06:39	05:56:17
569	WHK	45	F49	Anett	Große	80	LwlnsthGrp 21	0:54:56	0:59:33	1:06:57	0:59:57	0:48:36	1:06:16	05:56:17
570	MHK	435	592	Norbert	Dickmann	68	Nordland Papier	0:53:22	0:57:44	1:08:44	1:00:23	0:48:34	1:07:29	05:56:18
571	MJ	85	554	Paul	Schatt	98	VFR Heisfeld	0:56:25	0:59:27	1:06:47	1:01:39	0:47:03	1:04:56	05:56:19
572	MHK	436	630	Volker	Feldkamp	60	Schule am Deich	0:56:16	0:59:07	1:05:48	0:58:44	0:49:24	1:07:04	05:56:25
573	MHK	437	773	Alfred	Scheepker	54	TV Norden	0:55:29	0:58:32	1:06:42	0:59:55	0:48:22	1:07:36	05:56:37
574	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	1:09:19	05:56:49
575	WHK	46	F645	Anke	Untied-Platz	69	Schwerinsdorf	0:56:45	1:00:01	1:06:49	0:58:07	0:47:41	1:07:26	05:56:51
576	MJ	87	1477	Niklas	Karge	99	Gymnasium Ulricianum	0:57:19	0:57:41	1:07:46	0:58:37	0:48:22	1:07:10	05:56:58
577	WHK	47	F676	Verena	Lübbers	81	Rechtsanwälte Dr. Fenn	0:56:37	0:59:18	1:07:35	0:58:37	0:48:19	1:06:34	05:57:03
578	MHK	438	300	Wichert	Brüsehoff	66	TV Oldersum	0:56:11	0:56:13	1:08:27	0:59:06	0:47:34	1:09:35	05:57:08
579	MHK	439	448	Stefan	Ruhr	76	Feuerwehr Suurhusen	0:55:00	0:59:41	1:07:59	0:59:41	0:48:21	1:06:25	05:57:09
580	MJ	88	360	Derk	Steffens	01	Emder LG	0:59:01	0:59:25	1:09:53	0:57:50	0:46:51	1:04:08	05:57:11
581	MHK	440	762	Siegfried	Weber	62	Team Möbel Buss	0:54:00	0:58:11	1:08:25	1:00:40	0:49:08	1:06:47	05:57:13
582	MHK	441	479	Wolfgang	Kuper	70	Baptisten Firrel	0:54:47	0:58:28	1:07:38	0:59:21	0:48:32	1:08:26	05:57:15
583	WHK	48	F198	Heidrun	Keiser	57	LG Uplengen	0:54:39	0:59:29	1:08:02	1:00:11	0:48:39	1:06:20	05:57:21
584	MHK	442	271	Kersten	Kiesé	64	TuS Esens	0:54:18	0:58:14	1:07:49	1:00:20	0:49:27	1:07:17	05:57:28
585	MHK	443	521	Andreas	Dirks	64	Störtebeker Loopers TV	0:55:07	0:58:25	1:07:23	0:59:57	0:48:41	1:08:00	05:57:35
586	WJ	7	F250	Dana	Backenhau	11	NIGE	0:51:31	0:56:10	1:05:29	0:57:49	0:52:38	1:13:58	05:57:36
587	MHK	444	1205	Jörn	Krey	60	Reederei Buss	0:56:24	0:58:56	1:07:44	0:59:41	0:48:26	1:06:27	05:57:40
588	MJ	89	1377	Jannik	Pleis	94	Moorloopers	0:54:51	0:58:49	1:09:01	1:00:27	0:48:17	1:06:15	05:57:43
589	MHK	445	340	Steffen	Gerbers	86	Versicherungsmakler Ge	0:56:07	0:59:00	1:08:50	0:59:08	0:47:56	1:06:41	05:57:44
590	MHK	446	333	Hans	Pflanzer	54	Alex.-v-Humboldt-Schul	0:55:43	0:58:14	1:07:23	0:59:45	0:49:37	1:07:01	05:57:46
591	MHK	447	904	Nico	Meppen	78	REHAU AG & Co	0:57:14	0:58:25	1:08:02	0:59:29	0:48:01	1:06:36	05:57:50
592	MHK	448	404	Ralf	Sperlich	70	Ostfriesische Volksbank	0:55:18	0:59:54	1:08:53	0:59:58	0:47:48	1:06:05	05:57:58
593	MHK	449	1420	Dieter	Schleifer	69	VW Emden	0:56:36	0:58:33	1:05:58	0:58:29	0:49:24	1:08:57	05:57:59
594	MHK	450	1647	Markus	Aden	84	GeTek	0:56:18	0:59:03	1:05:59	1:00:30	0:47:54	1:08:19	05:58:05

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
595	MHK	451	633	Martin	Krallmann	76	Mittegroßefehn	0:55:46	0:58:29	1:08:20	1:00:08	0:48:41	1:06:47	05:58:13
596	MHK	452	878	Thorsten	Stucke	74	Ubbo-Emmius-Klinik	0:53:58	0:59:14	1:07:35	0:59:58	0:49:34	1:08:00	05:58:21
597	WHK	49	F586	Trijntje	Falkena	82	MTV Aurich	0:54:14	0:58:36	1:06:45	1:00:20	0:50:25	1:08:05	05:58:27
598	MHK	453	807	Mario	Gerhardt	67	LwlnsthGrp 21	0:54:24	0:59:15	1:07:02	1:00:25	0:48:36	1:08:45	05:58:31
599	MHK	454	1568	Frank	Duhlies	60	Tauchclub Beluga Auri	0:54:39	0:57:57	1:07:25	1:00:21	0:49:54	1:08:25	05:58:44
600	MJ	90	1631	Günther	Dieke	00	Gymnasium Ulricianum /	0:57:00	0:59:19	1:08:55	0:59:55	0:47:41	1:05:57	05:58:50
601	MHK	455	692	Lothar	Müller	61	MVM mbH	0:58:35	0:58:52	1:08:15	0:59:04	0:47:18	1:06:54	05:59:00
602	MHK	456	347	Garrelt	Tunder	55	SC Wiesens	0:57:44	0:58:17	1:08:37	0:59:18	0:48:27	1:06:50	05:59:15
603	MHK	457	476	Rolf	Popp	59	R.u.F. Concordia Emde	0:55:59	0:58:41	1:08:05	1:00:24	0:48:34	1:07:40	05:59:25
604	MHK	458	572	Siegfried	Brauer	58	WfBM BBB Aurich Witt	0:55:19	0:57:46	1:08:47	1:00:54	0:48:54	1:07:49	05:59:32
605	WHK	50	F95	Anne	Trauernicht	69	Intersport Peters Wiesmc	0:54:17	0:59:16	1:07:25	1:00:04	0:49:42	1:08:46	05:59:33
606	MHK	459	1494	Kay	Böhland	65	Oldenburg	0:55:44	1:00:01	1:08:36	0:59:29	0:48:18	1:07:33	05:59:43
607	MHK	460	559	Rüdiger	Barthel	90	Seefahrtsschule Leer	0:54:29	0:58:52	1:06:59	0:58:58	0:47:42	1:12:48	05:59:50
608	MJ	91	609	Maximilian	Reineck	96	FCSO	0:56:12	0:56:38	1:12:14	0:58:47	0:48:05	1:07:52	05:59:51
609	MHK	461	1579	Martin	Bogena	61	Dabei sein ist alles!	0:57:42	0:59:50	1:09:02	0:59:11	0:47:56	1:06:17	06:00:00
610	MHK	462	1233	Sören	Vesper	75	VW	0:56:32	0:59:23	1:08:10	1:01:03	0:48:40	1:06:10	06:00:00
611	WHK	51	F579	Ayse	Isik	78	Ubbo-Emmius-Klinik	0:56:27	0:58:57	1:07:39	0:59:46	0:49:45	1:07:27	06:00:03
612	MHK	463	472	Michael	Meiners	72	Emder LG	0:53:11	0:57:39	1:11:54	0:58:59	0:50:24	1:07:54	06:00:04
613	MHK	464	670	Johann	Goudschaal	64	Kirchengemeinde Hollen	0:54:01	1:00:18	1:07:20	1:00:40	0:49:42	1:08:03	06:00:06
614	MHK	465	518	Bernhard	Rumpf	66	Holthuserheide	0:51:52	0:56:00	1:06:16	1:04:42	0:47:32	1:13:42	06:00:06
615	MHK	466	1466	Friedhelm	Tammena	68	FCSO	0:57:46	0:59:31	1:09:04	0:59:41	0:48:16	1:05:52	06:00:12
616	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	1:08:03	06:00:19
617	MHK	467	879	Jürgen	Scholla	56	Ubbo-Emmius-Klinik	0:55:03	0:58:08	1:08:20	1:00:18	0:50:11	1:08:18	06:00:20
618	MHK	468	754	August	Jeron	56	LT TuS Aurich-Ost	0:55:42	0:58:58	1:08:28	1:00:42	0:49:28	1:07:03	06:00:23
619	WHK	53	F64	Sylvia	Lonser	80	Westoverledingen	0:56:53	0:59:42	1:08:03	1:00:27	0:48:58	1:06:26	06:00:32
620	WHK	54	F59	Silvia	Meiners	71	Emder LG	0:55:48	0:59:46	1:08:10	1:00:47	0:48:23	1:07:55	06:00:51
621	MHK	469	517	Andreas	Barth	75	Crocodiles ihlow	0:54:22	0:58:20	1:08:49	1:00:56	0:49:00	1:09:26	06:00:56
622	WHK	55	F239	Janke	Engels-Bak	74	Holterfehn	0:55:55	0:59:18	1:07:40	1:00:48	0:49:23	1:07:50	06:00:56
623	WHK	56	F91	Janneke	Peters	77	Fortuna Logabirum	0:55:44	0:58:59	1:09:15	1:00:04	0:49:57	1:06:59	06:01:01
624	MHK	470	1264	Marcel	Moskalik	92	Seefahrtsschule Leer	0:59:02	0:59:03	1:08:18	0:59:23	0:48:47	1:06:32	06:01:08
625	WHK	57	F29	Vidina	Cabrera-Ott	70	TuS Zetel	0:55:52	1:01:15	1:08:52	0:59:16	0:48:47	1:07:04	06:01:08
626	MHK	471	353	Wilhelm	Badberg	44	TG Wiesmoor	0:56:40	0:59:49	1:08:10	1:00:24	0:49:22	1:06:54	06:01:21
627	MHK	472	338	Dieter	Saathoff	60	TG Wiesmoor	0:56:41	0:59:49	1:08:10	1:00:24	0:49:22	1:06:54	06:01:22
628	MHK	473	916	Gerd	de Freese	68		0:56:52	0:59:48	1:08:59	0:59:35	0:48:30	1:07:38	06:01:25
629	MHK	474	1221	Holger	Röben	73	Team ENERCON	0:55:06	0:59:18	1:09:23	1:00:26	0:49:09	1:08:07	06:01:32
630	MHK	475	394	Robert	Sprenger	62	LSF Oldenburg	0:56:27	1:00:08	1:09:14	1:00:07	0:48:57	1:06:39	06:01:34
631	MHK	476	109	Heyo	Hanssen	61	SC Wiesens	0:55:49	0:59:04	1:09:42	1:00:30	0:48:19	1:08:10	06:01:37
632	MHK	477	1553	Oliver	Löseke	72	Sparkasse Aurich-Nord	0:57:23	1:00:20	1:08:52	1:00:12	0:48:16	1:06:34	06:01:39
633	MHK	478	948	René	Reich	87	IT-Sektor 4, Aurich	0:58:38	1:00:08	1:08:12	1:00:30	0:49:40	1:04:45	06:01:54
634	MHK	479	420	Stephan	Adloff	76	Team ENERCON	0:55:37	0:59:19	1:08:02	1:00:45	0:49:49	1:08:35	06:02:10
635	MJ	92	652	Moritz	Röttger	99	IGS Aurich West Sek1	0:56:47	0:59:49	1:07:45	1:02:07	0:47:33	1:08:24	06:02:28
636	MHK	480	1557	Rolf	Meyer	69	LG Großefehn	0:54:46	0:58:22	1:07:05	1:03:22	0:50:44	1:08:22	06:02:43
637	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	1:06:00	06:02:51
638	MHK	481	1404	Joachim	Koenen	66		0:57:09	0:58:51	1:08:41	1:01:08	0:49:50	1:07:16	06:02:58
639	MJ	93	1310	Marco	Harms	99	Gymnasium Ulricianum /	0:57:19	0:57:50	1:10:34	0:59:50	0:49:20	1:08:03	06:02:58
640	MHK	482	553	Olaf	Schatt	67	Turbine-TGG	0:56:00	0:59:38	1:07:55	1:00:38	0:48:39	1:10:10	06:03:02
641	MHK	483	620	Hans-Herm	Meents	65	TuS Leerhufe-Hovel e.	0:55:47	0:59:43	1:08:35	1:00:21	0:49:58	1:08:38	06:03:03
642	MHK	484	576	Johann	Müller	63	LG Uplengen	0:56:10	1:00:03	1:08:23	1:02:01	0:49:09	1:07:18	06:03:06
643	MHK	485	683	Stephan	Giebelhaus	77		0:57:15	0:59:49	1:09:25	1:00:30	0:49:18	1:06:55	06:03:15
644	MHK	486	945	Dennis	Tamke	91	Seefahrtsschule Leer	0:56:47	0:59:49	1:08:58	1:00:15	0:49:41	1:07:44	06:03:17
645	MHK	487	611	Karl-Heinz	Nanninga	66	Ostfriesische Brandkass	0:56:57	0:59:26	1:08:35	1:00:47	0:49:09	1:08:37	06:03:33
646	MHK	488	188	Heinz	Rohden	63	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:04:58	1:02:01	0:51:48	1:06:40	06:03:42
647	MJ	94	599	Tim	Wehmeier	99	SV Komet Walle	0:56:47	0:59:49	1:08:19	1:02:07	0:48:18	1:08:24	06:03:47
648	WHK	58	F80	Indra	Schnabel	78	LT TuS Aurich-Ost	0:57:27	0:59:20	1:08:36	1:00:58	0:49:25	1:08:01	06:03:48

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
649	WHK	59	F61	Sabrina	Zabel	84	Turbine TGG	0:57:57	0:59:46	1:09:28	1:00:28	0:48:39	1:07:42	06:04:03
650	MJ	95	1577	Tom	Puls	97	Ulricianum Aurich Sek 1	0:54:14	0:58:59	1:07:55	0:59:01	0:50:53	1:13:06	06:04:11
651	MHK	489	1462	Frank	Müller	72	Sparkasse Aurich-Nord	0:58:47	1:00:20	1:08:52	1:01:12	0:48:35	1:06:35	06:04:24
652	MHK	490	958	Dietmar	Sich	69	MTV Aurich	0:56:12	0:59:16	1:08:42	1:02:00	0:50:38	1:07:38	06:04:28
653	MHK	491	529	Hermann	Boekhoff	61	Freie Lunge SV Bentstre	0:56:30	1:00:09	1:09:15	1:00:53	0:49:05	1:08:33	06:04:29
654	MHK	492	823	Jan	Kanaan	88	LwinsthGrp 21	0:58:59	1:01:14	1:09:16	0:59:42	0:48:18	1:07:13	06:04:44
655	MHK	493	368	Jakobus	Hofmann	54	Weener Plastik	0:55:53	1:00:53	1:08:25	1:01:15	0:49:54	1:08:24	06:04:47
656	MHK	494	493	Günther	Oldendorf	62	TV Norden	0:59:17	0:58:47	1:06:36	0:59:29	0:50:50	1:09:50	06:04:52
657	MJ	96	1582	Sönke	Fleßner	01	SpVg Aurich D2	0:56:39	1:01:58	1:11:17	1:02:02	0:48:13	1:04:43	06:04:53
658	MHK	495	1098	Bernd	Fluß	73	WfBM BBB Aurich Witt	0:57:42	1:00:38	1:08:42	1:00:35	0:48:45	1:08:32	06:04:57
659	MHK	496	465	Uwe	Bock	61	LT TuS Aurich-Ost	0:55:12	0:59:02	1:08:45	1:01:56	0:49:17	1:10:44	06:04:58
660	MHK	497	513	Hinrich	Saathoff	52	Fortuna Wirdum	0:57:20	1:01:57	1:08:47	0:59:58	0:49:20	1:07:35	06:05:01
661	MHK	498	500	Bonno	Sanders	67	Loquard	0:54:41	1:00:42	1:10:17	1:01:39	0:49:38	1:08:07	06:05:06
662	MHK	499	1197	Wessel	Heyken	87	LHV	0:59:44	1:02:10	1:09:30	0:59:30	0:47:44	1:06:34	06:05:14
663	MHK	500	469	Mykola	Kazadayev	90	BBC Chartering	0:56:19	0:57:51	1:06:55	0:59:37	0:58:54	1:05:42	06:05:21
664	MHK	501	557	Ralf	Hahs	60		0:56:37	1:01:19	1:08:24	1:00:46	0:50:00	1:08:13	06:05:21
665	MHK	502	343	Theo	Goldswear	53	TUS Collinghorst	0:55:17	0:58:51	1:09:07	1:02:28	0:51:01	1:08:38	06:05:25
666	MHK	503	1266	David	Güttner	80	NIGE II	0:55:25	0:58:44	1:11:18	1:01:40	0:49:11	1:09:06	06:05:27
667	WHK	60	F58	Engeline	Janssen	64	LG Ostfriesland	0:56:01	1:01:07	1:09:03	1:00:53	0:49:53	1:08:31	06:05:29
668	MHK	504	1452	Klaus	Wolbers	79	BMW TEKKEN LEER	0:57:35	0:59:54	1:09:28	1:00:57	0:48:25	1:09:19	06:05:41
669	MHK	505	890	Hans-Herm	Wolters	61	Klinge / Weener Energi	0:57:18	1:01:40	1:08:16	1:00:45	0:49:40	1:08:05	06:05:46
670	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	1:09:35	06:05:47
671	MHK	507	631	Jörg	Jacobsen	67	LT SC Ihrhove 07	0:54:11	0:59:06	1:06:59	0:59:39	0:54:49	1:11:02	06:05:48
672	MHK	508	1588	Berend	Mohlmann	63	Egberts+Berends	0:55:54	1:00:14	1:10:19	1:00:48	0:49:49	1:08:43	06:05:49
673	MHK	509	280	Hans-Jürge	Gippert	44	TG Wiesmoor	0:57:33	1:00:40	1:09:26	1:01:08	0:50:06	1:06:54	06:05:49
674	WHK	61	F84	Ilka	Janssen	92	Bohlen & Doyen	0:55:03	0:59:02	1:08:27	1:02:04	0:50:55	1:10:19	06:05:52
675	MHK	510	1433	Jens	Frieling	70	Allstars 2002	0:56:19	0:59:09	1:08:29	1:02:19	0:50:20	1:09:25	06:06:04
676	WHK	62	F653	Anna	Lücke	82	SV Nortmoor	0:56:17	1:00:12	1:09:42	1:02:02	0:50:20	1:07:35	06:06:09
677	WHK	63	F545	Hilde	Steinke	45	SV Concordia Neermoor	0:54:36	0:59:51	1:10:24	1:02:28	0:49:32	1:09:22	06:06:15
678	MJ	97	552	Simon	Hayen	98	Alex.-v-Humboldt-Schul	0:55:35	0:59:22	1:11:40	1:02:05	0:49:11	1:08:27	06:06:22
679	MHK	511	929	Johann	Nörder	61	EWE-Wattloopers	0:54:30	1:00:47	1:09:02	1:01:50	0:50:10	1:10:03	06:06:25
680	MHK	512	707	Alfred	Tjarks	59	EWE Wattloopers	0:55:55	0:59:56	1:09:59	1:00:47	0:51:24	1:08:23	06:06:26
681	MHK	513	1169	Holger	Schlenter	82	SV Grün-Weiß firrel	1:00:27	1:02:22	1:10:31	0:58:39	0:49:18	1:05:09	06:06:27
682	MHK	514	217	Jens	Weets	92	Weets Bauunternehmen	0:54:02	0:59:11	1:07:44	1:04:46	0:48:32	1:12:28	06:06:45
683	MHK	515	1361	Holger	Kleene	71	obw Emden	0:56:13	0:56:14	1:12:29	1:01:29	0:50:19	1:10:00	06:06:47
684	MHK	516	1338	Dieter	Geiken	64	LT TuS Aurich-Ost	0:55:45	0:59:01	1:09:33	1:02:05	0:49:45	1:10:43	06:06:55
685	MHK	517	182	Michael	Fischer	64	Moormerland	0:55:35	1:01:30	1:08:31	1:02:23	0:49:20	1:09:44	06:07:07
686	MHK	518	407	Bernhard	Middelkamp	56	VfL Oythe, Trauco	0:57:51	1:01:05	1:12:05	0:59:34	0:48:29	1:08:01	06:07:08
687	MHK	519	415	Henning	Lamche	83	LG Premium Aerotec	0:55:13	0:58:57	1:09:42	1:00:48	0:51:05	1:11:22	06:07:11
688	WHK	64	F687	Femke	Thoben	93	Klinikum Leer	0:57:01	0:59:54	1:10:32	1:01:05	0:50:12	1:08:25	06:07:11
689	WHK	65	F113	Elke	Siefkens	69	Emder LG	0:55:19	1:02:24	1:10:15	1:01:33	0:49:09	1:08:32	06:07:13
690	MHK	520	800	Michael	Buchtman	73	Team ENERCON	1:00:33	1:02:25	1:08:08	1:00:22	0:48:45	1:06:59	06:07:13
691	MHK	521	681	Ralf	Frerichs	73	Uplengen	0:56:09	1:00:32	1:08:40	1:00:56	0:50:18	1:10:43	06:07:22
692	MHK	522	651	Benjamin	Nobel	86	BBC Chartering	0:55:40	1:00:54	1:09:03	0:58:16	0:47:13	1:16:15	06:07:22
693	MHK	523	632	Horst	Korporal	66	De Padlooper	0:55:45	0:59:43	1:09:30	1:02:25	0:49:53	1:10:09	06:07:27
694	MHK	524	1296	Lucas	Brockhorst	90		1:00:16	1:02:10	1:10:02	0:59:17	0:48:18	1:07:31	06:07:36
695	MHK	525	995	Stephan	Schwarte	90	Seefahrtsschule Leer	0:55:55	0:59:53	1:10:05	1:01:41	0:51:25	1:08:34	06:07:36
696	MHK	526	370	Timo	Buss	74	Reederei Buss	0:57:58	0:59:24	1:09:20	1:01:36	0:50:06	1:09:13	06:07:40
697	MHK	527	689	Frank	Ziegler	67	Team Deutsche Post	0:55:40	1:00:28	1:09:21	1:02:09	0:51:12	1:08:55	06:07:47
698	MHK	528	998	Ralf	Fahnster	82	VfB Germania Wiesmoor	0:57:03	0:59:53	1:09:54	0:55:27	0:50:33	1:14:56	06:07:49
699	MJ	98	1414	Jan-Erik	Isermann	94	Ulricianum Aurich Sek 2	0:59:38	1:07:50	1:09:58	1:02:25	0:52:29	0:55:49	06:08:10
700	MJ	99	1501	Finn	Michaelsen	99	FCSO	1:00:51	1:00:50	1:09:14	0:59:52	0:50:54	1:06:27	06:08:11
701	MJ	100	1436	Christian	Müller	97	HTG Ihlow	0:55:52	1:00:15	1:12:11	1:02:21	0:49:52	1:07:39	06:08:13
702	MHK	529	1500	Claus	Michaelsen	69	Ev. Gemeinschaft Rhau	1:00:52	1:00:50	1:09:15	0:59:53	0:50:55	1:06:27	06:08:15

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
703	WJ	9	F666	Eske	Hilbrands	96	de Heizungsloopers	0:57:21	1:02:56	1:12:18	1:01:02	0:48:22	1:06:26	06:08:27
704	WHK	66	F116	Luise	Hoffmann	58	Ostfriesische Volksbank	0:56:22	1:00:36	1:09:19	1:01:33	0:50:56	1:09:45	06:08:33
705	MHK	530	372	Jens	Pagel	63	LG Uplengen	0:55:13	0:59:18	1:11:14	1:01:24	0:51:18	1:10:06	06:08:35
706	MHK	531	624	Thomas	Grimm	61	VfL Berumbur	0:54:55	1:00:13	1:09:22	1:01:55	0:50:27	1:11:46	06:08:40
707	MJ	101	1046	Stefan	Dirks	96	Ulricianum Aurich Sek2	0:54:43	0:54:49	1:06:33	0:58:18	0:46:38	1:27:38	06:08:41
708	MJ	102	203	Matthias	Bartz	97	Ubbo-Emmius-Gymnasi	0:59:05	1:00:08	1:11:03	1:01:09	0:49:56	1:07:18	06:08:42
709	MHK	532	1260	Ulf-Fabian	Heinrichsdo	82	Stadt Leer	0:55:29	1:00:48	1:10:42	1:01:26	0:50:21	1:10:01	06:08:50
710	MHK	533	462	Mark	Goldenstein	81	Onno Behrends Tee	1:00:19	1:00:16	1:07:05	1:04:17	0:51:06	1:05:53	06:08:59
711	MHK	534	335	Heiko	Holzkenae	86	FC Stern Völlenerfehn	0:57:10	0:59:50	1:09:18	1:03:51	0:51:23	1:07:26	06:09:00
712	MJ	103	869	Sönke	de Wall	97	IGS Waldschule Egels	0:59:08	1:02:02	1:09:17	1:00:40	0:49:50	1:08:14	06:09:13
713	WJ	10	F142	Rena	Hinrichs	94	LG Grobfehn	0:57:41	1:01:05	1:10:39	1:01:33	0:50:30	1:07:46	06:09:15
714	MHK	535	676	Peter	Ansheit	65	Fortuna Logabirum	0:57:06	1:01:37	1:10:27	1:02:03	0:49:18	1:08:42	06:09:16
715	MHK	536	795	Markus	Busch	76	LT Spaß mit Sport	0:56:04	0:59:53	1:09:49	1:03:35	0:50:27	1:09:30	06:09:20
716	MJ	104	1540	Onno	Heiken	97	HTG Ihlow	0:57:19	1:01:17	1:09:49	1:02:04	0:50:45	1:08:11	06:09:27
717	MHK	537	1070	Christian	Düring	89	Kdo SES Ostfriesland	0:56:53	0:53:33	1:13:28	1:03:20	0:51:56	1:10:23	06:09:34
718	MHK	538	436	Jens	Lüning	74	Stadt Leer	0:56:18	1:00:48	1:10:41	1:01:26	0:50:21	1:10:00	06:09:37
719	MHK	539	1488	Michael	Freese	80	VfL Viktoria Flachsmeer	0:56:40	0:59:40	1:09:21	1:02:25	0:49:55	1:11:47	06:09:51
720	MJ	105	1648	Max	Lütten	00		0:53:43	0:56:35	1:10:35	1:04:18	0:57:02	1:07:40	06:09:56
721	MHK	540	716	Tom	Bohmfalk	57	SC 04 Leer/Enova	0:57:39	1:02:30	1:09:15	1:02:08	0:49:51	1:08:34	06:09:59
722	WHK	67	F83	Ulrike	Hartmann	83	Hartmann Group	0:58:03	0:57:49	1:08:47	1:01:21	0:53:33	1:10:25	06:10:01
723	MHK	541	1311	Jörn	Sievers	65	LIONS Ihlow-Sudbrook	0:56:32	1:00:32	1:10:54	1:02:52	0:49:57	1:09:21	06:10:10
724	MHK	542	586	Wolfgang	Habedank	57	Ramsloh	0:57:02	1:00:40	1:10:17	1:01:51	0:50:06	1:10:15	06:10:14
725	MHK	543	784	Hermann	Schmidt	55	FC Stern Völlenerfehn	0:59:28	1:00:48	1:09:26	1:01:06	0:49:21	1:10:09	06:10:21
726	MHK	544	1259	Reiner	Schoon	64	LG Grobfehn	1:05:00	1:00:06	1:08:36	1:00:59	0:48:51	1:06:52	06:10:27
727	MHK	545	905	Ehke	Ubben	62	MTV Aurich	0:57:22	1:00:17	1:10:07	1:03:07	0:50:17	1:09:18	06:10:29
728	WHK	68	F581	Andra	Meinen	91	Ubbo-Emmius-Klinik	1:00:19	1:01:26	1:08:47	1:01:39	0:49:46	1:08:34	06:10:33
729	MHK	546	953	Johann	Grüßing	58	LG Uplengen	0:56:35	0:59:57	1:09:27	1:03:02	0:51:11	1:10:26	06:10:40
730	MHK	547	896	Jochen	Schmidt	71	WfBM BBB Aurich Witt	0:58:48	1:02:40	1:10:19	1:01:22	0:49:16	1:08:32	06:11:01
731	MHK	548	455	Detlef	John	69	Team ENERCON	0:58:39	1:00:29	1:09:44	1:02:39	0:50:31	1:09:04	06:11:08
732	MHK	549	698	Frank	Dahlweg	78	Kautex	0:57:39	1:00:56	1:11:21	1:01:32	0:50:08	1:09:36	06:11:14
733	MHK	550	755	Klaus	Giebelhaus	75		0:57:23	1:02:57	1:10:56	1:02:30	0:49:46	1:07:41	06:11:14
734	MHK	551	475	Werner	Borchert	62	Bürgerverein Filsum	0:55:02	1:01:01	1:10:09	1:02:43	0:50:30	1:11:47	06:11:16
735	MHK	552	1632	Bernd	Renken	49		0:57:19	1:01:09	1:10:32	1:02:44	0:50:42	1:08:49	06:11:17
736	MJ	106	536	Leif Erik	Kleene	99	FC Oldersum	0:56:13	1:00:57	1:12:30	1:01:28	0:50:19	1:10:00	06:11:29
737	MHK	553	695	Ralf	Hagen	80	HolzLand Hagen KG	0:57:18	1:01:00	1:10:05	1:01:56	0:50:38	1:10:31	06:11:30
738	MJ	107	819	Oliver	Pristat	96	JG 71 R	0:56:28	0:59:56	1:08:44	1:01:27	0:51:59	1:12:56	06:11:31
739	MHK	554	1245	Wilhelm	Müller	50	Emder LG	0:56:06	1:01:46	1:10:10	1:03:33	0:49:45	1:10:13	06:11:37
740	WHK	69	F699	Maike	Franken	79	Emder Ruderverein	0:59:33	1:02:20	1:09:51	1:01:54	0:49:33	1:08:23	06:11:37
741	MHK	555	1113	Stephan	Janßen	73	TTC Remels	0:58:57	1:02:39	1:08:42	0:59:41	0:56:03	1:05:33	06:11:38
742	MJ	108	1467	Steffen	Reiners	96	Ulricianum Aurich Sek 2	0:52:57	0:56:50	1:06:05	0:58:59	0:49:13	1:27:38	06:11:44
743	MHK	556	597	Michael	Hoppe	64	Hartmann Group	0:58:11	1:00:56	1:10:33	1:01:38	0:50:03	1:10:24	06:11:47
744	MHK	557	399	Andreas	Eichner	64	Polizei Sande	0:54:09	0:58:31	1:10:13	1:05:48	0:50:51	1:12:21	06:11:56
745	WHK	70	F678	Ramona	Reemts	84	LG Harlingerland	0:58:06	1:01:44	1:10:40	1:04:49	0:50:10	1:06:33	06:12:04
746	WHK	71	F620	Eva	Post	73	TSV Riepe	0:56:20	1:00:12	1:10:01	1:01:52	0:51:07	1:12:38	06:12:12
747	MHK	558	581	Dennis	Gerbers	82	Ubbo-Emmius-Klinik	0:56:38	1:01:32	1:10:05	1:02:43	0:50:44	1:10:31	06:12:15
748	MJ	109	220	Jan-Ole	Wilhelms	97	TSV Lammertsfehn	0:57:39	0:58:47	1:12:34	1:04:34	0:51:16	1:07:24	06:12:16
749	MJ	110	1024	Nico	Emken	98	SV Grobfehn	1:02:00	0:59:51	1:11:26	1:00:41	0:49:51	1:08:32	06:12:23
750	MHK	559	937	Manfred	Weber	62	SV Stern Schwerinsdorf	0:56:37	1:01:43	1:06:50	1:05:04	0:51:45	1:10:41	06:12:43
751	MHK	560	1454	Stephan	Watermeyer	62	Sportivo Emden	0:57:29	1:01:12	1:11:48	1:01:56	0:51:25	1:08:52	06:12:44
752	MHK	561	1416	Günter	Buss	71	MTV Aurich / LG Eller	0:57:21	1:00:32	1:11:05	1:03:05	0:51:16	1:09:29	06:12:50
753	WHK	72	F168	Ann-Katrin	Behrends	91	Team ENERCON	0:55:52	1:00:42	1:15:29	1:01:09	0:50:28	1:09:26	06:13:07
754	MHK	562	1276	Kevin	Löhden	88	Seefahrtsschule Leer	0:58:21	1:02:40	1:11:42	1:00:04	0:49:46	1:10:33	06:13:08
755	MHK	563	1234	Dieter	Franz	61	Elisabethfehn	0:56:26	1:02:04	1:09:25	1:03:21	0:50:45	1:11:06	06:13:10
756	MHK	564	1047	Hans-Peter	Bohlen	66	TG Wiesmoor	0:57:24	1:03:23	1:10:22	1:02:53	0:50:32	1:08:35	06:13:12

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
757	WJ	11	F694	Kristina	Schröder	97	Realschule Aurich	0:57:19	0:59:50	1:11:05	1:03:24	0:52:41	1:08:54	06:13:17
758	MHK	565	441	Marc	Dahlkötter	90	Seefahrtsschule Leer	0:58:04	1:03:47	1:10:43	1:02:04	0:51:04	1:07:43	06:13:28
759	MHK	566	310	Frank	Heyen	80	Alex.-v-Humboldt-Schul	0:59:07	1:07:15	1:08:35	1:03:25	0:48:22	1:06:42	06:13:30
760	MHK	567	635	Christian	Bauch	69	Heimatblatt	0:55:58	1:01:43	1:10:44	1:02:54	0:51:18	1:10:53	06:13:31
761	MHK	568	931	Detlef	Brehmer	55	Wilhelmshaven	0:58:55	1:01:37	1:10:30	1:02:46	0:50:30	1:09:15	06:13:36
762	MHK	569	568	Manfred	Sassen	64	Weener Plastik	0:58:57	1:03:06	1:10:30	1:02:19	0:49:53	1:08:58	06:13:45
763	MHK	570	778	Jochen	Nanninga	67	TV Norden	0:57:04	1:01:25	1:10:59	1:03:05	0:51:11	1:10:00	06:13:47
764	MHK	571	470	Reenhold	Christians	50	Emder LG	0:55:43	1:00:11	1:10:33	1:05:02	0:50:49	1:11:28	06:13:50
765	MHK	572	935	Arne	Dahms	76	Wildeboer Bauteile Gmb	0:59:12	1:01:39	1:10:14	1:01:56	0:49:41	1:11:08	06:13:52
766	MHK	573	1246	Volkmar	Hildebrandt	55	TuS Weene / IGS Wald	0:58:35	1:02:08	1:10:43	1:02:22	0:50:29	1:09:34	06:13:54
767	MHK	574	563	Berend	Habben	60	Wybelsum	0:56:23	1:01:41	1:09:37	1:02:13	0:50:48	1:13:15	06:13:59
768	MHK	575	949	Johann	Schoolman	81	FWG-Südbrookmerland	0:58:01	1:02:30	1:10:11	1:02:37	0:50:34	1:10:05	06:14:00
769	MHK	576	1618	Andreas	Prey	59	Neermoor	0:58:02	1:02:12	1:10:47	1:02:21	0:51:07	1:09:29	06:14:01
770	MHK	577	1611	Thomas	Exner	64	DLRG LEER	0:58:14	1:00:52	1:10:32	1:02:43	0:52:08	1:09:30	06:14:02
771	WHK	73	F594	Sylvia	Bihn	63	MTV Hohenkirchen	0:59:12	1:03:56	1:09:25	1:01:54	0:50:28	1:09:15	06:14:13
772	MHK	578	600	Mirko	Riedel	77	Klinge / Weener Energi	0:57:18	1:02:07	1:08:50	1:01:46	0:49:18	1:15:01	06:14:23
773	WHK	74	F169	Alexandra	Bichmann	69	Jever	0:58:33	1:01:57	1:10:24	1:01:56	0:52:01	1:09:35	06:14:27
774	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	1:11:51	06:14:37
775	MHK	580	781	Heiko	Lüken	69	SC Wiesens	0:57:20	1:00:26	1:09:29	1:03:01	0:51:42	1:12:39	06:14:39
776	MHK	581	525	Helmut	Poppen	50	Störtebeker Loopers TV	0:56:55	1:02:42	1:11:42	1:02:26	0:50:46	1:10:06	06:14:41
777	MHK	582	678	Rainer	Müller	42	TV Friedeburg	0:57:27	1:01:38	1:11:20	1:02:26	0:51:42	1:10:06	06:14:42
778	MHK	583	847	Timo	Thaden	89	Kdo SES Ostfriesland	0:59:30	1:01:08	1:08:06	1:02:34	0:51:10	1:12:12	06:14:42
779	WHK	75	F92	Petra	Quiet-Beldy	67	Stadt Oldenburg	0:57:24	1:01:06	1:11:10	1:03:13	0:51:13	1:10:36	06:14:45
780	MHK	584	1333	Norbert	Freitag	48	LT TuS Aurich-Ost	0:58:34	1:01:48	1:09:44	1:03:08	0:52:15	1:09:16	06:14:47
781	MHK	585	669	Oskar	de Buhr	51	Schule am Patersweg I	0:57:10	1:01:18	1:10:43	1:03:13	0:51:36	1:10:58	06:15:01
782	MJ	111	1171	Piet	Janssen	01	Gymnasium Ulricianum /	0:58:32	1:03:04	1:13:12	1:01:09	0:50:53	1:08:14	06:15:05
783	MHK	586	377	Torsten	Gensicke	67	Wiesmoor	0:58:23	1:01:07	1:09:32	1:03:51	0:51:32	1:10:40	06:15:07
784	MHK	587	705	Christian	Hansen	62	Ingenieurbüro POST & H	0:57:46	1:02:20	1:11:26	1:03:31	0:50:51	1:09:10	06:15:07
785	MHK	588	1204	Heiko	Schmidt	72	lesloper	1:02:05	1:03:42	1:10:08	1:00:44	0:50:21	1:08:05	06:15:08
786	MHK	589	818	Christoffer	Janssen	81	Barkholt	0:56:42	1:00:15	1:09:38	1:02:40	0:51:47	1:14:19	06:15:22
787	MJ	112	431	Finn Eric	Heckhoff	97	VfL Germania Leer/Judo	0:56:59	1:01:05	1:09:42	1:00:39	0:51:56	1:15:22	06:15:45
788	WHK	76	F692	Gesa	Freudenber	82	Ihlowerfehn	0:57:02	1:00:50	1:11:49	1:02:29	0:51:09	1:12:27	06:15:48
789	WHK	77	F77	Amke	Boelsen	61	Karl-Bruns Realschule W	0:58:04	1:02:23	1:11:25	1:03:24	0:50:52	1:09:37	06:15:49
790	MHK	590	478	Rainer	Willms	75	Baptisten Firrel	0:59:29	1:02:40	1:12:52	1:01:50	0:50:20	1:08:40	06:15:54
791	WHK	78	F51	Marion	Geiken	66	LT TuS Aurich-Ost	0:56:10	1:01:05	1:10:25	1:04:11	0:53:20	1:10:44	06:15:57
792	WHK	79	F124	Anja	Mennenga	66	Emder LG	0:58:22	1:01:45	1:11:14	1:03:06	0:51:10	1:10:18	06:15:57
793	MHK	591	438	Holger	Wempen	75	Westerstede	0:58:04	1:02:53	1:11:42	1:03:32	0:49:42	1:10:05	06:16:00
794	MHK	592	419	Bernd	de Vries	70	TB.Twixlum	0:57:53	1:01:27	1:10:50	1:03:51	0:51:09	1:10:53	06:16:07
795	MHK	593	483	Gerhard	Rother	75	Schöne Reisen	0:59:37	1:02:35	1:10:47	1:02:45	0:50:13	1:10:08	06:16:08
796	MHK	594	1261	Joachim	Ludwigs	69	Stadt Emden	0:58:41	1:02:22	1:11:24	1:02:19	0:51:50	1:09:30	06:16:08
797	MHK	595	780	Karsten	Hilger	68	TV Norden	0:57:27	1:01:07	1:10:33	1:04:27	0:51:10	1:11:23	06:16:10
798	WHK	80	F523	Monika	Loers	75	TG Wiesmoor	0:57:50	1:00:05	1:09:47	1:04:05	0:52:26	1:12:00	06:16:16
799	MHK	596	1620	Enno	Janssen	64	Feuerwehr Ihlowerfehn	0:59:17	1:03:10	1:11:14	1:02:23	0:50:51	1:09:21	06:16:18
800	MHK	597	722	Johann	Janssen	64	TRAUCO Gruppe	0:59:52	1:02:35	1:10:19	1:02:31	0:50:53	1:10:06	06:16:18
801	MHK	598	433	Holger	Steinmetz	70	Emder LG	0:58:20	1:02:38	1:11:54	1:03:10	0:50:09	1:10:13	06:16:26
802	MHK	599	1558	Helfried	Goetz	71	KBV Wiesedermeer	0:57:45	1:02:10	1:11:09	1:03:14	0:51:48	1:10:27	06:16:34
803	WHK	81	F109	Carmen	Gerdes	74	SVO Wi sünd Holtriem	0:57:10	1:01:02	1:11:42	1:02:02	0:51:48	1:12:49	06:16:35
804	MJ	113	204	Malte	Würdemann	97	Ubbo-Emmius-Gymnasi	0:59:04	1:05:33	1:11:19	1:01:09	0:49:57	1:09:33	06:16:37
805	WHK	82	F562	Gina	Lamberts	67	Aquilo	0:57:51	1:01:41	1:11:45	1:02:56	0:51:29	1:10:56	06:16:41
806	WHK	83	F230	Kathrin	Amarell	89	LwinsthGrp 21	0:58:59	1:01:14	1:11:44	1:03:07	0:51:00	1:10:45	06:16:51
807	MHK	600	822	Heino	de Vries	74	N-Ports Emden	1:01:10	1:01:08	1:12:19	1:02:37	0:49:26	1:10:10	06:16:53
808	WHK	84	F63	Melanie	Aden	72	LG GroBefehn	0:58:37	1:02:35	1:11:19	1:03:38	0:50:45	1:10:02	06:16:59
809	MHK	601	1626	Friedo	Henning	64	Henning Ingenieurbüro	0:57:50	1:02:43	1:11:38	1:03:14	0:50:30	1:11:09	06:17:07
810	MHK	602	768	Adolf	Meyer	58	TV Norden	0:56:15	1:00:22	1:10:36	1:03:31	0:50:29	1:15:52	06:17:08

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
811	MJ	114	605	Jan-Ole	Musiol	98	MTV Aurich	0:55:45	1:06:39	1:11:40	1:04:02	0:50:55	1:08:13	06:17:17
812	MJ	115	1643	Kai	Saathoff	95	Ulricianum Aurich Sek2 -	0:52:28	0:55:39	1:10:35	1:01:43	0:49:14	1:27:39	06:17:20
813	MJ	116	1441	Hendrik	Jürgens	96	HTG Ihlow	0:59:15	1:00:34	1:11:33	1:02:45	0:50:57	1:12:14	06:17:21
814	MHK	603	1555	Andreas	Stekker	82	NIGE	0:57:32	1:01:50	1:10:15	1:01:42	0:55:25	1:10:39	06:17:26
815	MHK	604	1237	Frank	Kräfte	62	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:18	1:02:33	0:51:04	1:12:07	06:17:27
816	WHK	85	F171	Silke	Olthoff	64	LG TV Bunde	0:58:41	1:01:41	1:10:35	1:02:48	0:51:56	1:11:46	06:17:29
817	MHK	605	514	Manfred	Hellmers	67	TRAUCO Gruppe	0:59:52	1:03:09	1:10:19	1:02:35	0:51:26	1:10:07	06:17:29
818	MHK	606	491	Lutz	Holzapfel	58	TV Norden	0:53:50	0:58:52	1:12:09	1:08:19	0:52:13	1:12:06	06:17:30
819	MHK	607	587	Heye	Willems	53	Fortuna Logabirum	0:57:05	1:02:13	1:12:15	1:02:36	0:51:07	1:12:16	06:17:34
820	MHK	608	1320	Heiner	Engeln	80	Lebenshilfe Leer e.V.	0:56:54	1:00:20	1:11:51	1:04:07	0:53:14	1:11:12	06:17:40
821	MHK	609	1525	Christoph	Anders	83	Bünting Tee	0:58:18	1:00:33	1:12:16	1:02:35	0:49:35	1:14:33	06:17:51
822	MHK	610	1134	Wilke	Briese	80	Briese Schifffahrt	0:59:11	1:04:47	1:11:12	1:02:49	0:49:32	1:10:21	06:17:55
823	MJ	117	1011	Lasse	Büchen	98	NIGE II	0:59:03	1:03:32	1:10:44	1:01:56	0:51:30	1:11:08	06:17:55
824	WHK	86	F66	Susan	Schädler	59	Fortuna Logabirum	0:58:09	1:01:39	1:11:45	1:03:48	0:51:52	1:10:46	06:18:01
825	MHK	611	845	Christian	Klapproth	85	Raiffeisenbank eG, Moor	0:59:28	1:02:50	1:11:40	1:02:37	0:50:52	1:10:33	06:18:03
826	MHK	612	816	Siebelt	Remmers	79	SV Ochtersum	0:58:30	0:59:28	1:15:12	1:03:03	0:50:35	1:11:22	06:18:12
827	WHK	87	F89	Imke	Janssen	76	LT TuS Aurich-Ost	0:58:20	1:00:47	1:11:52	1:03:17	0:51:57	1:11:59	06:18:15
828	MHK	613	718	Siegfried	Gersch	42	TSV Riepe	0:58:35	1:01:46	1:10:17	1:04:41	0:52:31	1:10:23	06:18:17
829	MHK	614	729	Thomas	Meyer zu B	70	Heimatblatt	0:57:22	1:01:01	1:10:42	1:04:10	0:52:11	1:12:54	06:18:24
830	WHK	88	F527	Regina	Stark	63	LG TV Bunde	0:57:16	1:02:51	1:11:07	1:03:30	0:51:55	1:11:46	06:18:28
831	MHK	615	57	Folkert	Redenius	57	TuRa 07 Westrauderfe	1:03:04	1:00:15	1:13:32	1:08:22	0:49:22	1:03:57	06:18:34
832	MHK	616	1393	Herbert	Kanthak	61	obw Emden	1:00:15	1:03:23	1:11:46	1:01:35	0:50:17	1:11:19	06:18:36
833	MHK	617	782	Michael	Geiken	74	In-Team Aurich	0:57:36	1:01:28	1:10:54	1:04:17	0:51:27	1:12:55	06:18:38
834	WHK	89	F88	Heide	Broer	57	Ubbo-Emmius-Klinik	0:58:34	1:01:50	1:11:00	1:02:29	0:51:13	1:13:32	06:18:40
835	MHK	618	739	Heinz-Fried	Schüler	56	MTV Wittmund	0:58:48	1:03:04	1:12:50	1:03:11	0:52:12	1:08:36	06:18:43
836	WHK	90	F102	Sabine	Mansholt	71	VfB Uplengen	0:57:36	1:01:20	1:11:53	1:04:23	0:52:19	1:11:23	06:18:56
837	WHK	91	F528	Frauke	Aden	71	LG Großbefehn	0:57:58	1:01:35	1:12:25	1:04:00	0:52:55	1:10:15	06:19:10
838	MHK	619	471	Ralf	Mühlenbroc	67	Team ENERCON	0:56:55	1:01:49	1:11:15	1:04:22	0:52:03	1:12:47	06:19:14
839	MHK	620	437	Nils	Friedrichs	70	Aurich	0:58:21	1:02:34	1:13:23	1:03:08	0:51:10	1:10:36	06:19:15
840	WHK	92	F688	Corinna	Thien	69		0:57:32	1:02:12	1:13:15	1:04:09	0:51:38	1:10:28	06:19:16
841	MHK	621	626	Björn	Nauschütt	73	Ostfriesische Volksbank	0:58:42	1:02:52	1:12:10	1:04:32	0:48:55	1:12:10	06:19:24
842	MHK	622	1580	Rainer	Ebel	62	LT TuS Aurich-Ost	0:55:59	1:00:13	1:14:31	1:03:59	0:54:34	1:10:09	06:19:28
843	WHK	93	F152	Bärbel	Terviel	57	LG Uplengen	0:57:45	1:02:01	1:11:00	1:03:22	0:52:56	1:12:23	06:19:30
844	WHK	94	F159	Marita	Meyer	66	Padlooper	1:02:43	1:02:44	1:11:54	1:02:10	0:50:31	1:09:36	06:19:41
845	MHK	623	477	Ingo	Kruse	79		0:59:58	1:02:46	1:12:00	1:03:18	0:50:31	1:11:07	06:19:42
846	WHK	95	F93	Rosie	Schön	69	DLRG LEER	0:59:38	1:02:21	1:12:09	1:02:34	0:51:04	1:11:58	06:19:46
847	MHK	624	1533	Holger	Alts	89	Bünting Tee	0:58:18	1:00:33	1:09:56	1:04:52	0:51:37	1:14:33	06:19:51
848	MHK	625	1057	Ingo	Webermann	83	ZGO	1:00:11	1:02:51	1:11:49	1:03:08	0:50:37	1:11:15	06:19:54
849	MHK	626	906	Hans-Georg	Ennen	66	LG Großbefehn	1:00:07	1:02:55	1:12:12	1:02:49	0:51:22	1:10:31	06:19:58
850	MHK	627	1526	Christian	Ulbrich	89	Bünting Tee	0:57:41	1:01:46	1:12:43	1:02:16	0:50:37	1:15:01	06:20:06
851	MHK	628	933	Uwe	Barthel	56	Moormerland	1:01:12	0:50:26	1:14:08	1:04:51	0:54:05	1:15:37	06:20:21
852	MHK	629	966	Wilfried	Kruse	61	VW Emden	0:59:38	1:02:30	1:11:07	1:04:12	0:51:56	1:11:02	06:20:26
853	MHK	630	1601	Janssen	Theo	60		1:01:42	1:03:12	1:12:09	1:02:02	0:52:05	1:09:16	06:20:28
854	MHK	631	461	Horst	Saathoff	90	Onno Behrends Tee	1:00:19	1:00:34	1:12:59	1:04:17	0:52:03	1:10:17	06:20:31
855	MHK	632	1049	Alfred	Janssen	51	Emder LG	1:01:18	1:02:33	1:11:30	1:02:04	0:51:39	1:11:35	06:20:41
856	WHK	96	F110	Helga	Schmidt	65	EWE Wattloopers	0:57:46	1:03:09	1:11:01	1:03:54	0:52:49	1:12:02	06:20:44
857	WHK	97	F664	Anja	Wachtendor	71	BV Liek Ut Westersande	0:58:28	1:02:15	1:11:52	1:04:03	0:52:41	1:11:39	06:21:01
858	MHK	633	1453	Armin	Brink	62	Stadtwerke Leer	0:59:05	1:02:23	1:12:36	1:04:27	0:51:19	1:11:17	06:21:10
859	MHK	634	843	Erhard	Wagener	72	de Heizungsloopers	1:05:25	1:05:31	1:13:01	1:02:04	0:48:29	1:06:40	06:21:12
860	MHK	635	1031	Frank	Gilbers	68	LwinsthGrp 21	0:59:07	1:04:06	1:12:18	1:04:01	0:50:37	1:11:06	06:21:16
861	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	1:12:11	06:21:21
862	MHK	636	960	Wilfried	Diener	62	VfB Uplengen	0:58:59	1:02:55	1:11:17	1:05:06	0:52:02	1:11:02	06:21:23
863	MHK	637	384	Elmar	Tapper	79	LG Ostfriesland	0:58:12	1:02:08	1:12:00	1:05:15	0:52:36	1:11:17	06:21:29
864	MHK	638	1482	Dennis	Lawecki	88	GeTek	0:57:31	1:03:10	1:12:43	1:03:28	0:52:52	1:11:46	06:21:31

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
865	MHK	639	1460	Ralf	Schwitters	82	Wallinghausen	0:58:41	1:01:58	1:10:37	1:03:19	0:50:37	1:16:19	06:21:34
866	MHK	640	839	Jens	von Harten	76	VfB Germania Wiesmoo	0:58:39	1:00:20	1:12:43	1:05:56	0:49:01	1:14:56	06:21:37
867	MHK	641	969	Horst	Ahrenholtz	65	BBSII - Leer	0:59:53	1:02:48	1:11:59	1:03:18	0:51:59	1:11:37	06:21:37
868	WHK	99	F227	Alma	Tunder	57	SC Wiesens	0:59:33	1:03:48	1:12:29	1:03:43	0:51:48	1:10:17	06:21:41
869	MHK	642	502	Heinz-Diete	Seeberg	62	Gymnasium Ulricianum /	0:59:35	1:02:29	1:13:51	1:02:52	0:53:29	1:09:29	06:21:47
870	MHK	643	1418	Petar	Stojanovic	77	traba-team	0:58:50	1:03:29	1:12:04	1:03:02	0:52:22	1:12:11	06:22:00
871	WHK	100	F62	Ann Gela	Ukena	92	Bünting Tee	1:03:49	1:03:35	1:12:28	1:02:34	0:50:40	1:08:53	06:22:02
872	MHK	644	1641	Steffen	Haake	93		1:02:46	1:02:34	1:12:33	1:03:22	0:50:43	1:10:05	06:22:05
873	WHK	101	F319	Monika	Friesenborg	69	Stadt Emden	0:58:38	1:03:59	1:12:45	1:03:01	0:52:04	1:11:39	06:22:07
874	WHK	102	F76	Inka	Höfker	72	MTV Aurich	0:57:26	1:02:33	1:11:36	1:04:37	0:53:13	1:12:41	06:22:08
875	MHK	645	841	Klaas	Lemke	89	RVB Aurich/Uplengen	1:00:50	1:00:55	1:11:38	1:05:07	0:52:52	1:10:48	06:22:12
876	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	1:11:28	06:22:16
877	MHK	646	1267	Martin	Dirksen	70	Stadt Emden	1:00:56	1:03:17	1:12:40	1:04:22	0:51:03	1:09:59	06:22:19
878	WHK	103	F317	Stephi	Kruse	77	TuRa 07 Westrhauderfe	0:58:45	1:02:39	1:12:02	1:04:13	0:53:04	1:11:43	06:22:28
879	MHK	647	654	Peter	Lohre	62	Sparkasse Aurich-Nord	0:59:47	1:03:10	1:12:46	1:03:12	0:51:20	1:12:12	06:22:30
880	MHK	648	401	Hendrik	Rogge	90	RVB Aurich/Uplengen	0:59:18	1:00:55	1:13:56	1:05:00	0:52:10	1:11:10	06:22:31
881	MHK	649	439	Kurt	Begitt	47	SV Dornum Wattl	0:58:05	1:04:03	1:11:37	1:05:54	0:52:24	1:10:50	06:22:56
882	MHK	650	1396	Stefan	Weelborg	87	Physio Aktiv Rhauderfeh	1:00:39	1:03:13	1:12:27	1:04:01	0:50:03	1:12:34	06:23:00
883	MHK	651	1458	Ekkehart	Wolter	53	Die Münchener	0:56:41	1:01:16	1:11:16	1:04:50	0:52:28	1:16:31	06:23:04
884	MHK	652	679	Günther	Albers	52	BSG Volksbank Jever	0:58:47	1:04:12	1:12:44	1:04:28	0:52:00	1:10:54	06:23:07
885	MHK	653	1286	Robert	Löschen	71	TSV Holtrop	0:59:15	1:04:26	1:13:54	1:03:59	0:52:10	1:09:32	06:23:19
886	MHK	654	973	Arthur	Kaucher	91	BBC Chartering	0:59:38	1:02:10	1:11:27	1:03:27	0:53:43	1:12:56	06:23:24
887	MHK	655	814	Marko	Beikert	62	TSR Olympia Wilhelms	0:59:04	1:03:22	1:12:28	1:04:38	0:52:02	1:11:52	06:23:29
888	MHK	656	412	Armin	Beening	67	Backemoor	0:59:54	1:02:58	1:11:57	1:05:07	0:52:25	1:11:09	06:23:32
889	MHK	657	699	Stephan	Krisp	72	Meyer Werft GmbH	1:00:34	1:03:16	1:13:10	1:03:38	0:51:20	1:11:36	06:23:36
890	MHK	658	504	Ewald	Heyen	79	EWE Wattloopers	0:59:02	1:02:54	1:12:20	1:03:51	0:54:02	1:11:37	06:23:48
891	MHK	659	1303	Johann	Taddigs	61	Esens	0:56:58	1:02:18	1:13:31	1:05:27	0:52:52	1:12:50	06:23:58
892	WHK	104	F329	Wiebke	de Buhr	80	Reederei Buss	1:01:27	1:03:41	1:12:57	1:03:32	0:50:52	1:11:27	06:23:59
893	MHK	660	1331	Arend	Duis	57	Lions Club Uplengen	0:57:43	1:04:52	1:12:40	1:04:52	0:52:41	1:11:09	06:24:01
894	MHK	661	703	Karl-Heinz	Nowinski	67	Team ENERCON	0:58:40	1:02:52	1:13:19	1:04:16	0:52:17	1:12:38	06:24:04
895	MHK	662	1402	Reiner	Kohls	60	LT SV Ems Jemgum	1:02:49	1:02:08	1:13:16	1:02:26	0:50:54	1:12:31	06:24:07
896	MHK	663	838	Ralf	Hollwege	62	VfL Berumbur	1:00:33	1:03:21	1:13:17	1:03:49	0:51:28	1:11:43	06:24:13
897	MHK	664	662	Markus	Kiepe	90	Seefahrtsschule Leer	0:59:14	1:04:35	1:13:56	1:05:56	0:51:08	1:09:24	06:24:14
898	MHK	665	1129	Gerd	Wilken	60	Team Wilts	1:00:27	1:03:51	1:13:29	1:03:55	0:52:11	1:10:21	06:24:16
899	MHK	666	1339	Ralf	Sluiter	78	FE65	0:59:44	1:03:28	1:13:39	1:03:44	0:46:42	1:17:01	06:24:20
900	MHK	667	1094	Tammo	Kadelke	88	Seefahrtsschule Leer	1:02:11	1:06:41	1:20:05	1:00:29	0:49:25	1:05:29	06:24:22
901	MJ	118	1308	Thilo	Ufkes	01	Ulricianum Aurich	1:01:07	1:08:20	1:12:31	1:04:06	0:49:14	1:09:06	06:24:25
902	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	1:12:37	06:24:33
903	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	1:13:38	06:24:42
904	MHK	668	805	Dennis	Friedrichs	82	Team Möbel Buss	1:01:46	1:04:08	1:11:26	1:03:55	0:53:12	1:10:20	06:24:48
905	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	1:13:38	06:24:50
906	WHK	106	F104	Marion	Kröger	60	Team Laufrausch e.V.	0:58:21	1:02:02	1:11:17	1:02:33	0:51:06	1:19:29	06:24:51
907	MHK	669	1189	Florian	von Kroge	92	Seefahrtsschule Leer	0:59:44	1:02:17	1:12:11	1:04:11	0:52:23	1:14:06	06:24:55
908	MJ	119	450	Jan-Niklas	Claußen	95	JG 71 R	1:00:44	1:01:57	1:13:14	1:02:48	0:52:11	1:14:08	06:25:04
909	MHK	670	1337	Stefan	Bohlsen	64	LT Spaß mit Sport	0:57:19	1:02:06	1:12:47	1:06:34	0:53:34	1:12:45	06:25:07
910	MHK	671	1026	Sandor	Krey	71	Therapiezentrum Rajen	0:59:33	1:04:43	1:11:40	1:02:53	0:52:16	1:14:02	06:25:09
911	MHK	672	848	Wolfgang	Friedrich	63	Leinerstift e.V	0:59:58	1:08:32	1:15:32	1:00:53	0:49:07	1:11:05	06:25:10
912	MJ	120	1042	Sönke	Taapken	98	SV Spetzerfehn	1:02:02	1:04:06	1:09:20	1:07:07	0:53:03	1:09:47	06:25:27
913	MJ	121	1314	Timm	Reiners	99	Gymnasium Ulricianum /	0:59:54	1:04:24	1:13:12	1:03:44	0:51:54	1:12:16	06:25:28
914	MJ	122	1438	Eric	Müller	96	HTG Ihlow	0:56:51	1:05:15	1:13:05	1:06:49	0:52:18	1:11:12	06:25:33
915	WJ	15	F245	Anne	Meyer	94		1:00:43	1:04:24	1:12:06	1:04:21	0:51:49	1:12:09	06:25:35
916	MHK	673	1602	Dieter	Siebels	66	HC Exelsior Winschoten	1:00:02	1:04:26	1:14:02	1:03:53	0:52:40	1:10:30	06:25:36
917	WHK	107	F633	Sylvia	Harms	66	Sparkasse Aurich-Nord	0:59:59	1:03:16	1:12:18	1:04:05	0:52:48	1:13:10	06:25:38
918	WHK	108	F181	Sara	Michel	74	Emder LG	0:59:30	1:03:53	1:12:37	1:04:47	0:52:24	1:12:28	06:25:41

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
919	WHK	109	F107	Annika	Bunger	84	TV Bunde	0:59:14	1:03:59	1:13:33	1:04:27	0:52:29	1:12:03	06:25:47
920	MHK	674	884	Enno	Hedlefs	65	LT Schafhauser Wald	0:56:20	1:02:19	1:14:19	1:05:26	0:54:03	1:13:26	06:25:55
921	MHK	675	1022	Markus	Leggedör	79	Fleischerei Leggedör	0:59:23	1:05:10	1:14:37	1:04:15	0:51:07	1:11:25	06:25:59
922	MHK	676	640	Hans-Günthe	Bruhnen	54	BSG Volksbank Jever	0:58:50	1:02:56	1:13:02	1:04:53	0:52:58	1:13:55	06:26:39
923	MHK	677	663	Mario	Meyer	70	VfL Berumbur	0:59:57	1:03:02	1:12:48	1:05:23	0:53:06	1:12:24	06:26:42
924	WHK	110	F99	Kerstin	Oltrop	77	Fortuna Logabirum	0:59:33	1:04:04	1:13:40	1:05:04	0:52:09	1:12:14	06:26:46
925	MHK	678	744	Lutz	Schoppe	84	Stadt Emden	1:01:30	1:03:55	1:11:42	1:05:56	0:51:53	1:11:50	06:26:49
926	MHK	679	1068	Claus	Schweer	69	Raiffeisenbank eG, Moor	1:02:06	1:04:34	1:13:24	1:04:49	0:51:24	1:10:33	06:26:52
927	WHK	111	F218	Valentina	Ott	73	LT TuS Aurich-Ost	1:00:11	1:03:00	1:12:31	1:04:49	0:53:41	1:12:41	06:26:56
928	MHK	680	1214	Thomas	Fenderl	79	Ulricianum Aurich Sek 1	1:03:09	1:04:04	1:11:51	1:03:11	0:54:29	1:10:14	06:27:00
929	MHK	681	1434	Gerhard	Oltmanns	64	Christuskirche Hollen	0:59:10	1:04:05	1:12:53	1:04:39	0:52:55	1:13:19	06:27:02
930	MHK	682	567	Ansgar	Schulte	73	Weener Plastik	0:59:20	1:03:31	1:13:39	1:05:03	0:52:08	1:13:19	06:27:03
931	MJ	123	1550	Hendrik	Bents	94	IGS Aurich West	0:58:37	1:02:35	1:16:45	1:03:25	0:50:44	1:14:56	06:27:04
932	MHK	683	324	Joke	Reiners	59	Lions Club Uplengen	0:58:56	1:04:52	1:12:59	1:05:34	0:52:31	1:12:10	06:27:04
933	MHK	684	410	Wolfgang	Pößiger	48	Kirche läuft Wilhelmshav	0:58:56	1:04:34	1:12:39	1:05:57	0:52:47	1:12:25	06:27:20
934	MHK	685	710	Gregor	Pleis	65	Moorloopers	1:00:08	1:03:25	1:12:40	1:06:11	0:53:04	1:12:13	06:27:43
935	WHK	112	F539	Michaela	Münchow	71	Friedeburg	0:59:11	1:04:35	1:14:08	1:05:08	0:52:47	1:11:51	06:27:43
936	MHK	686	810	Frank	Meyburg	69	www.sv-simonswolde.de	0:57:29	0:59:31	1:07:44	1:05:34	0:55:52	1:21:32	06:27:43
937	MJ	124	1330	Sönke	Rodyk	96	Ulricianum Aurich Sek 2	0:56:30	0:59:23	1:14:30	1:03:36	0:56:12	1:17:30	06:27:44
938	WJ	16	F634	Imke	Mulder	00	HTG Ihlow	1:03:08	1:03:54	1:12:56	1:06:03	0:53:07	1:08:53	06:28:05
939	WHK	113	F178	Anja	Gronewold	77	Team AURICHER EIER	1:00:09	1:04:06	1:13:07	1:05:03	0:53:25	1:12:20	06:28:12
940	WHK	114	F200	Sabrina	Veldkamp	81		0:59:00	1:03:14	1:14:13	1:05:25	0:52:59	1:13:24	06:28:17
941	MHK	687	1210	Günther	Fischer	52	LG Großefehn	1:00:09	1:05:12	1:13:00	1:05:15	0:52:48	1:12:01	06:28:27
942	WHK	115	F613	Heidi	Boelsen	75	Warsingsfehn	1:00:26	1:02:55	1:13:47	1:05:02	0:52:52	1:13:25	06:28:28
943	WHK	116	F122	Elke	Mennenga-	74	Spvgg Upleward	0:59:53	1:04:16	1:13:39	1:05:07	0:53:17	1:12:32	06:28:46
944	MHK	688	1231	Michael	Hook	66	Watt'n Loopers SV Dorn	0:57:51	1:02:29	1:14:59	1:05:28	0:54:11	1:14:04	06:29:05
945	WHK	117	F221	Rita	Weinberg	67	LT Schafhauser Wald	0:59:09	1:03:38	1:14:18	1:06:15	0:53:36	1:12:15	06:29:12
946	WHK	118	F97	Kerstin	von Hebel	80	LSF Oldenburg	1:00:31	1:04:51	1:13:57	1:04:50	0:52:58	1:12:09	06:29:19
947	WHK	119	F48	Herta	de Buhr	60	Fortuna Logabirum	0:59:35	1:03:18	1:14:21	1:05:15	0:53:53	1:13:03	06:29:27
948	WHK	120	F163	Gabriele	Behrends	71	Ubbo-Emmius-Klinik	0:59:31	1:02:57	1:13:10	1:05:19	0:54:41	1:13:49	06:29:31
949	WHK	121	F118	Marlene	Mayer	62	LT Schafhauser Wald	1:00:33	1:05:34	1:13:45	1:05:30	0:52:50	1:11:19	06:29:34
950	MHK	689	1552	Folkert	Thaden	55	SC Dunum	0:59:08	1:02:46	1:16:28	1:06:07	0:52:58	1:12:07	06:29:36
951	MHK	690	1410	Dirk	Schmieder	81	Seefahrtsschule Leer	0:58:35	1:00:19	1:09:16	1:01:52	0:49:47	1:29:54	06:29:45
952	MHK	691	1061	Andreas	Pupkes	80	B-Plast 2000	1:02:34	1:02:15	1:11:27	1:09:29	0:52:54	1:11:07	06:29:49
953	WHK	122	F570	Gudrun	Sauer-Ufke	65	MTV Aurich	1:01:12	1:08:26	1:13:20	1:04:44	0:51:51	1:10:13	06:29:50
954	MHK	692	752	Stefan	Behrends	71	Nücke	1:00:26	1:02:50	1:14:06	1:06:33	0:53:31	1:12:26	06:29:54
955	WHK	123	F632	Heidi	Tammen-B	78	Studio Larisca	1:00:45	1:03:20	1:16:21	1:04:14	0:52:52	1:12:29	06:30:02
956	MHK	693	824	Wilfried	Koplin	63	AOK - Die Gesundheitsk	0:59:35	1:02:55	1:11:26	1:09:26	0:51:08	1:15:51	06:30:24
957	MHK	694	466	Bernd	Schindler	68	TV Oldersum	1:00:37	1:05:31	1:15:10	1:04:49	0:52:25	1:11:49	06:30:24
958	WHK	124	F251	Heidrun	Beekmann	65	Ubbo-Emmius-Klinik	1:00:00	1:03:34	1:13:09	1:06:12	0:53:39	1:13:50	06:30:27
959	WHK	125	F136	Jasmin	Hovenga	85	SC Ihrhove 07	1:01:28	1:04:27	1:14:06	1:04:33	0:52:41	1:13:13	06:30:30
960	MHK	695	115	Diedrich	Kleen	72	Höchte Running	0:48:37	1:08:46	1:20:44	1:10:49	0:42:56	1:18:47	06:30:42
961	WHK	126	F600	Beate	Meyer	67	obw Emden	1:00:08	1:03:35	1:12:00	1:05:09	0:51:24	1:18:39	06:30:59
962	MHK	696	1220	Ude	Goeman	69	Oberschule Norden	1:01:06	1:04:29	1:15:54	1:04:50	0:52:50	1:11:51	06:31:02
963	WJ	17	F518	Janneke	Anscheit	01	Fortuna Logabirum	1:01:03	1:04:01	1:14:37	1:05:24	0:53:00	1:12:56	06:31:03
964	MHK	697	709	Sascha	Stolorz	77	BSG Landkreis Weserm	1:00:32	1:05:52	1:14:54	1:04:47	0:52:09	1:12:52	06:31:07
965	WJ	18	F267	Sarah	Engelbart	98	Gymnasium Ulricianum /	0:58:37	1:01:15	1:11:04	1:05:39	1:00:04	1:14:32	06:31:13
966	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	1:13:45	06:31:24
967	MHK	698	1483	Alfred	Alberts	67	GeTek	1:01:14	1:04:59	1:15:59	1:03:28	0:53:14	1:12:29	06:31:24
968	MHK	699	825	Georg	Jürrens	52		0:59:36	1:04:09	1:14:32	1:06:22	0:52:02	1:14:43	06:31:27
969	MHK	700	726	Guido	Meyer	70	EFG Ostrhauderfehn	1:02:09	1:05:08	1:15:21	1:04:51	0:52:48	1:11:17	06:31:38
970	MHK	701	546	Carsten	Groen	86	Raiffeisenbank Flachsme	1:02:34	1:03:13	1:13:56	1:06:09	0:53:15	1:12:33	06:31:42
971	WHK	128	F192	Antje	Meyer	56	LG Uplengen	0:59:44	1:04:34	1:14:01	1:06:38	0:53:11	1:13:45	06:31:55
972	MHK	702	647	Swen	Kleinau	67	Reederei Buss	1:01:40	1:06:34	1:13:09	1:04:42	0:53:01	1:12:49	06:31:57

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
973	MJ	125	1037	Jan	Wettstein	95	NIGE	1:01:33	1:03:52	1:15:04	1:06:16	0:52:24	1:12:56	06:32:08
974	MHK	703	1222	Torsten	Blank	77	Stadt Leer	1:02:24	1:05:56	1:15:04	1:05:25	0:52:10	1:11:07	06:32:09
975	MHK	704	653	Uwe	Tschorr	62	EWE Wattloopers	1:00:45	1:04:37	1:13:55	1:05:56	0:53:58	1:12:57	06:32:10
976	MHK	705	1000	Rudi	Meyer	50	Fortuna Logabirum	1:01:05	1:03:37	1:14:56	1:05:51	0:53:41	1:13:00	06:32:11
977	WHK	129	F161	Gisela	Fisser	65	TV Norden	1:00:25	1:04:07	1:14:08	1:07:20	0:54:27	1:12:03	06:32:33
978	MHK	706	753	Detlef	Coordes	63	Bohlen & Doyen	1:00:22	1:05:07	1:13:43	1:05:37	0:53:36	1:14:12	06:32:38
979	MHK	707	1114	Harm	Wessels	55	Team ENERCON	1:01:31	1:05:19	1:14:14	1:04:53	0:52:34	1:14:08	06:32:42
980	WHK	130	F215	Martina	Brauer	79	LG Papenburg-Aschend	1:01:43	1:04:33	1:14:08	1:05:06	0:53:03	1:14:12	06:32:46
981	WHK	131	F353	Anja	Folkerts	71	Spvgg.Upleward	1:00:33	1:04:24	1:14:13	1:06:54	0:53:16	1:13:29	06:32:52
982	MHK	708	273	Jann Bruno	Janssen	93	Sportpark Tannenhouse	1:03:20	1:05:41	1:13:48	1:05:50	0:52:58	1:11:15	06:32:54
983	MHK	709	1289	Max	Birkheuer	93	Krankenhaus Wittmund	1:00:45	1:06:36	1:14:28	1:05:44	0:50:43	1:14:37	06:32:55
984	MHK	710	932	Helmut	Friedrichs	60	B.V. Dietrichsfeld	0:59:58	1:05:17	1:14:58	1:05:41	0:53:45	1:13:24	06:33:06
985	MHK	711	772	Enno	Klinkenborg	49	TV Norden	1:01:35	1:04:47	1:14:51	1:06:28	0:52:53	1:12:32	06:33:07
986	MJ	126	1448	Tammo	Koch	00	HTG Ihlow	1:03:09	1:03:53	1:13:25	1:08:50	0:54:31	1:09:18	06:33:10
987	MHK	712	526	Martin	Stüben	68	Störtebeker Loopers TV	1:04:04	1:04:37	1:11:16	1:04:50	0:51:56	1:16:29	06:33:15
988	MHK	713	939	Wilfried	Kleemeyer	61	Concordia Neermoor	1:00:35	1:02:27	1:12:37	1:05:33	0:53:45	1:18:19	06:33:18
989	MHK	714	940	Wilfried	Espey	61	Neermoor	1:00:36	1:02:26	1:12:37	1:05:33	0:53:45	1:18:19	06:33:18
990	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	1:13:50	06:33:19
991	WHK	133	F330	Christel	de Buhr	51	Reederei Buss	1:01:51	1:04:59	1:14:42	1:05:41	0:53:01	1:13:04	06:33:21
992	MHK	715	187	Heiner	Friedrichs	77	Team ENERCON	0:58:38	1:03:08	1:15:34	1:09:22	0:54:27	1:12:14	06:33:26
993	MJ	127	468	Jannik	Schindler	97	SV Warsingsfehn	1:02:46	1:06:39	1:15:10	1:04:48	0:52:25	1:11:40	06:33:30
994	MHK	716	748	Karsten	Overlander	66	Impuls (Remels)	1:01:31	1:05:15	1:14:24	1:06:07	0:53:06	1:13:19	06:33:44
995	MHK	717	1487	Günter	Bley	65	GeTek	1:01:16	1:05:17	1:14:35	1:05:08	0:53:28	1:14:05	06:33:51
996	MHK	718	815	Foltmar	Wilken	66	TRAUCO Gruppe	0:59:31	1:03:35	1:13:42	1:08:07	0:54:52	1:14:08	06:33:57
997	MHK	719	688	Kai	Stöter	76	Volksbank Westrhauder	1:03:23	1:05:41	1:16:53	1:05:05	0:49:42	1:13:14	06:34:02
998	WHK	134	F68	Iris	Marschall	66	TV Norden	1:00:18	1:06:33	1:13:46	1:05:45	0:53:35	1:14:13	06:34:12
999	MJ	128	975	Bernd	Dirks	96	SVO Wi sünd Holtriem	1:00:45	1:06:43	1:14:44	1:04:01	0:54:16	1:13:41	06:34:12
1.000	MHK	720	914	Gerhard	Bohlen	53	Krankenhaus Wittmund	1:02:43	1:05:24	1:15:08	1:05:30	0:52:39	1:12:51	06:34:17
1.001	MHK	721	2011	Uwe	Vogelsang	70	Stadt Leer	1:03:24	1:04:37	1:15:05	1:05:34	0:52:52	1:12:50	06:34:26
1.002	MHK	722	915	Claus	Schoolman	77	VW Emden	1:00:10	1:04:05	1:14:39	1:06:54	0:54:40	1:13:58	06:34:28
1.003	MHK	723	539	Hans-Günthe	Schoneboo	66	Emder LG	0:58:30	1:04:27	1:13:11	1:08:14	0:54:21	1:15:43	06:34:28
1.004	MHK	724	672	Thomas	Zacher	64	FC Schalke 04	1:00:16	1:04:13	1:13:46	1:05:50	0:55:43	1:14:43	06:34:33
1.005	MHK	725	799	Stefan	Graalmann	68		1:03:12	1:06:04	1:14:33	1:06:23	0:52:07	1:12:29	06:34:50
1.006	MHK	726	720	Gerold	Severiens	48	Fortuna Logabirum	1:01:36	1:05:36	1:14:46	1:05:53	0:53:37	1:13:23	06:34:53
1.007	MJ	129	1409	Benedikt	Steinmeyer	99	Gymnasium Ulricianum /	0:58:46	1:02:01	1:13:19	1:10:26	0:56:48	1:13:33	06:34:55
1.008	MHK	727	1055	Stefan	Winter	89	Seefahrtsschule Leer	1:00:22	1:04:54	1:16:17	1:06:51	0:52:33	1:14:02	06:35:01
1.009	WHK	135	F106	Sabrina	Schröder	77	MTV Aurich	0:57:35	1:02:33	1:13:33	1:05:52	0:53:38	1:21:53	06:35:07
1.010	MHK	728	1225	Gerrit	Grenseman	68	LG Großefehn	1:00:46	1:04:18	1:13:23	1:08:27	0:54:12	1:14:27	06:35:35
1.011	MHK	729	440	Frank	Leeling	68	Emder LG	1:01:00	1:02:56	1:18:47	1:05:13	0:53:47	1:13:53	06:35:38
1.012	MHK	730	743	Jakobus	Willms	40	TSV Riepe	1:00:49	1:05:45	1:15:20	1:05:37	0:54:15	1:14:04	06:35:53
1.013	MHK	731	1455	Dieter	van Hoorn	55	Jantjes Team	1:01:40	1:05:36	1:14:54	1:04:55	0:53:14	1:15:38	06:35:58
1.014	MHK	732	1122	Eike	Ahrens	91	Seefahrtsschule Leer	1:01:43	1:04:54	1:14:01	1:05:42	0:54:30	1:15:05	06:35:58
1.015	WHK	136	F366	Annafrid	Klaus	89	Feedback Leer	1:02:43	1:05:35	1:14:24	1:05:10	0:54:33	1:13:34	06:36:02
1.016	WHK	137	F661	Carmen	Gerdes	81	HTG Ihlow	1:01:50	1:04:35	1:14:46	1:06:23	0:52:16	1:16:10	06:36:02
1.017	MHK	733	1334	Manfred	Gravel	62	TuRa 07 Westrhauderfe	1:01:27	1:05:46	1:14:19	1:05:15	0:54:33	1:14:42	06:36:05
1.018	WHK	138	F103	Anke	Schrader	61	Pestalozzischule Weene	1:02:51	1:05:39	1:16:04	1:05:53	0:53:10	1:12:34	06:36:13
1.019	WHK	139	F138	Helga	Kramer	77	Victoria Flachsmeer/Kirc	1:04:47	1:05:24	1:15:11	1:05:46	0:51:48	1:13:16	06:36:14
1.020	WJ	19	F704	Janka	Fleßner	01	HTG Ihlow	1:04:37	1:08:58	1:12:52	1:05:56	0:53:26	1:10:26	06:36:17
1.021	WHK	140	F306	Jutta	Tammen	85	Steenfelde	1:01:54	1:04:40	1:15:40	1:05:04	0:53:42	1:15:14	06:36:18
1.022	MHK	734	965	Sibet	Riexinger	59	Wilhelmshaven	1:00:22	1:04:39	1:15:25	1:06:30	0:54:11	1:15:13	06:36:22
1.023	MHK	735	1103	Vedran	Burazer	87	ENOVA	1:05:26	1:04:24	1:15:37	1:04:34	0:52:20	1:14:08	06:36:31
1.024	MHK	736	144	Timo	Friedrichs	72	ELV Elektronik AG	1:01:14	1:05:21	1:16:09	1:06:28	0:53:21	1:13:55	06:36:31
1.025	MHK	737	622	Lothar	Harberts	74	ELV Elektronik AG	1:01:14	1:05:20	1:16:12	1:06:27	0:53:21	1:13:56	06:36:31
1.026	MHK	738	757	Arne	Maskus	91	Seefahrtsschule Leer	0:59:54	1:06:44	1:16:38	1:04:07	0:53:56	1:15:14	06:36:36

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.027	MHK	739	573	Martin	Wildemann	60	WfBM BBB Aurich Witt	1:01:03	1:03:35	1:15:15	1:08:10	0:54:25	1:14:15	06:36:44
1.028	WJ	20	F289	Henriette	Erchinger	94	FC SO	1:04:08	1:04:18	1:15:28	1:06:59	0:52:25	1:13:36	06:36:57
1.029	MHK	740	877	Friedhelm	Kamann	56	Ubbo-Emmius-Klinik	1:01:37	1:06:46	1:15:11	1:06:13	0:53:12	1:14:00	06:37:02
1.030	MHK	741	376	Helge	Brötje	72	Ubbo-Emmius-Klinik	0:59:01	1:07:09	1:12:44	1:04:58	0:55:10	1:18:00	06:37:04
1.031	WHK	141	F449	Martje	Laubrock	72		0:59:58	1:06:35	1:14:26	1:07:41	0:54:04	1:14:19	06:37:05
1.032	WHK	142	F162	Marion	Voß	63	TSV Langeoog	1:02:19	1:06:24	1:15:10	1:06:34	0:52:46	1:13:56	06:37:11
1.033	MJ	130	1032	Daniel	Melle	95	NIGE	1:01:54	1:04:57	1:18:22	1:04:38	0:56:34	1:10:50	06:37:18
1.034	MHK	742	1513	Kampe	Peterssen	81	BBS 1 Aurich	1:01:51	1:05:27	1:14:36	1:06:13	0:53:05	1:16:09	06:37:24
1.035	WHK	143	F123	Daniela	Förster-Rie	67	EWE-Wattloopers	0:59:59	1:04:34	1:13:46	1:10:19	0:53:53	1:15:00	06:37:34
1.036	MHK	743	636	Hans-Joach	Hoffmann	48	LT TuS Aurich-Ost	1:00:32	1:04:04	1:15:52	1:06:42	0:55:30	1:15:15	06:37:58
1.037	WHK	144	F557	Miriam	Busch	71	Stadt Emden	1:01:25	1:06:20	1:15:50	1:07:34	0:53:47	1:13:08	06:38:07
1.038	MJ	131	1447	Marvin	Seeger	01	HTG Ihlow	0:56:26	1:09:17	1:13:09	1:10:49	0:50:27	1:18:00	06:38:09
1.039	MHK	744	830	Andre	Mennenga	61	Emder LG	1:00:27	1:05:02	1:15:26	1:06:44	0:54:49	1:15:44	06:38:15
1.040	MHK	745	1598	Werner	Meyer	71	Wiesmoor	1:02:11	1:06:42	1:15:47	1:05:59	0:53:46	1:13:50	06:38:16
1.041	MHK	746	1052	Joachim	Eilts	81	SFV Westeraccum	1:02:45	1:06:09	1:15:39	1:06:06	0:54:05	1:13:36	06:38:22
1.042	WHK	145	F170	Birgit	Weber	58	Heimatblatt	1:00:29	1:05:02	1:15:35	1:06:43	0:54:49	1:15:44	06:38:24
1.043	MHK	747	694	Helge	Drost	74	BSG Sparkasse Wilhe	1:00:23	1:06:39	1:15:12	1:06:57	0:54:38	1:14:43	06:38:35
1.044	WHK	146	F591	Birgit	Bryant	80	LT TuS Aurich-Ost	1:00:31	1:04:15	1:15:54	1:06:33	0:53:51	1:17:31	06:38:38
1.045	WHK	147	F569	Anke	Gerdas	69	TuRa 07 Westrauderfe	1:01:27	1:05:44	1:14:25	1:07:51	0:54:32	1:14:41	06:38:44
1.046	MHK	748	664	Helmut	Bruns	51	TuS Eintracht Hinte	1:02:36	1:05:38	1:15:05	1:05:59	0:55:12	1:14:12	06:38:44
1.047	MHK	749	1522	Frank	Rüthemann	61	Bünting Tee	0:58:16	1:05:29	1:17:35	1:07:38	0:54:10	1:15:48	06:39:00
1.048	MHK	750	1203	Holger	Meentz	71	lesloper	1:03:35	1:04:47	1:14:48	1:04:50	0:55:31	1:15:33	06:39:06
1.049	MHK	751	1145	Wilhelm	Niemand	59	SV Blomberg-Neuschoo	1:02:34	1:05:24	1:15:03	1:05:30	0:53:13	1:17:20	06:39:07
1.050	WJ	21	F647	Esther	Niemeyer	97	Rhauderfehn	1:03:38	1:07:26	1:15:50	1:05:39	0:53:16	1:13:15	06:39:07
1.051	MJ	132	994	Tom	Streubel	97	NIGE II	1:00:04	1:05:34	1:16:20	1:05:55	0:54:35	1:16:42	06:39:12
1.052	MHK	752	874	Hartmut	Voget	60	KFZ Bönnon	1:00:09	1:05:07	1:15:14	1:07:02	0:54:00	1:17:50	06:39:25
1.053	MHK	753	938	Wolfgang	König	54	NIGE	1:02:09	1:04:20	1:16:03	1:08:08	0:53:33	1:15:15	06:39:30
1.054	MHK	754	1290	Michael	Rühling	71	LT TuS Aurich-Ost	1:02:40	1:06:12	1:15:43	1:07:03	0:54:25	1:13:31	06:39:36
1.055	MHK	755	717	Manfred	Palma	60	TUS Leerhufe	1:08:37	1:13:14	1:13:01	1:01:21	0:49:02	1:14:23	06:39:40
1.056	MJ	133	1380	Nicholas	Rücker	95	Alex.-v-Humboldt-Schul	0:59:29	1:03:57	1:22:41	1:08:29	0:52:53	1:12:20	06:39:52
1.057	MHK	756	1519	Alfred	Tammen	65	Bünting Tee	0:56:06	1:05:29	1:15:25	1:06:53	0:57:31	1:18:29	06:39:55
1.058	MHK	757	1109	Hermann	Fohrden	61	Bohlen & Doyen	1:04:25	1:07:28	1:14:26	1:06:20	0:53:26	1:13:49	06:39:55
1.059	WHK	148	F206	Margret	Budnick	54	TSV Jahn Carolinensiel	1:02:03	1:06:14	1:15:24	1:07:43	0:54:17	1:14:16	06:39:59
1.060	MJ	134	1013	Malte	Schwede	99	NIGE II	1:03:31	1:05:47	1:15:16	1:06:42	0:56:05	1:12:42	06:40:05
1.061	MHK	758	944	Reinhard	Abken	44	Abken Bau Uтары	1:00:13	1:04:31	1:18:18	1:08:03	0:54:36	1:14:27	06:40:09
1.062	WHK	149	F213	Andrea	Weinstock	80	LT TuS Aurich-Ost	0:58:58	1:02:59	1:13:36	1:10:12	0:58:08	1:16:36	06:40:31
1.063	MHK	759	749	Dietmar	Rudnick	65	LG GroBefehn	1:01:45	1:07:08	1:15:15	1:07:08	0:54:45	1:14:29	06:40:32
1.064	MHK	760	900	Jens	Eidam	84	ORGADATA AG	1:00:27	1:03:02	1:10:53	1:08:50	1:01:06	1:16:12	06:40:32
1.065	WHK	150	F114	Ontja	Ebbers	70	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46	0:54:55	1:16:06	06:40:38
1.066	MHK	761	682	Gerald	Koch	62	Baptisten Firrel	1:02:00	1:05:28	1:15:21	1:06:46	0:54:55	1:16:07	06:40:39
1.067	WHK	151	883	Najat	Treue	74	Klinikum Emden	1:01:09	1:06:00	1:17:28	1:08:14	0:54:40	1:13:08	06:40:40
1.068	WHK	152	F337	Roswitha	Klaaßen	58	Pewsum	1:00:57	1:06:07	1:16:45	1:07:17	0:54:45	1:14:52	06:40:45
1.069	WHK	153	F378	Ulrike	van Vügt	74	Feedback Leer	1:02:44	1:07:07	1:15:54	1:06:53	0:53:48	1:14:17	06:40:45
1.070	WHK	154	F690	Anke	Manthey-Ja	69	Aurich	1:02:55	1:06:37	1:15:27	1:07:13	0:54:06	1:14:26	06:40:46
1.071	WHK	155	F207	Adda	Janssen	66	Wallinghausen	1:00:04	1:06:32	1:16:01	1:07:50	0:55:08	1:15:10	06:40:48
1.072	MHK	762	812	Stephan	Wiesner	74	LwlnsthGrp 21	1:03:15	1:05:30	1:15:49	1:05:03	0:53:42	1:17:33	06:40:54
1.073	MHK	763	892	Ralf	Pollmann	54	MTV Wittmund	1:00:33	1:06:07	1:17:14	1:06:47	0:54:23	1:15:51	06:40:57
1.074	MHK	764	934	Jens	Herrmann	59	VW Emden	1:01:36	1:06:12	1:16:38	1:08:37	0:54:16	1:13:39	06:41:01
1.075	WHK	156	F79	Meike	Garrels	81	VfB Uplengen e.V. / Tea	1:03:59	1:05:05	1:15:10	1:06:49	0:54:36	1:15:20	06:41:02
1.076	WHK	157	F67	Lydia	Schmidt	63	SV Holtland	1:00:11	1:05:39	1:16:43	1:07:37	0:54:35	1:16:16	06:41:03
1.077	MHK	765	936	Dirk	Brörkens	73	Schützenverein Hesel (1:00:23	1:06:39	1:15:12	1:07:10	0:54:54	1:16:58	06:41:19
1.078	MHK	766	558	Albert Juri	Mulder	77	LwlnsthGrp 21	1:01:55	1:05:22	1:23:03	1:04:21	0:51:47	1:14:50	06:41:20
1.079	WHK	158	F538	Martina	Kohn	74	VfL Germania Leer	1:03:29	1:07:33	1:17:46	1:06:38	0:53:16	1:12:39	06:41:23
1.080	MHK	767	1371	Kalle	Loger	93	obw Emden	1:01:52	1:05:47	1:17:35	1:06:31	0:51:16	1:18:40	06:41:43

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.081	MHK	768	731	Wilfried	Wilken	50	Vorwerk Kobold	1:00:31	1:05:26	1:15:54	1:08:46	0:55:38	1:15:34	06:41:51
1.082	MHK	769	1407	Detlef	Densow	65	LT TuS Aurich-Ost	1:01:15	1:08:31	1:16:19	1:06:37	0:54:22	1:14:45	06:41:52
1.083	MHK	770	943	Matthijs	van Rossu	62	van Rossum/Kuiper	1:02:19	1:05:22	1:14:00	1:05:26	0:53:01	1:21:52	06:42:02
1.084	MHK	771	1112	Thomas	Cobus	71	Bohlen & Doyen	1:02:05	1:06:01	1:14:59	1:08:20	0:54:20	1:16:14	06:42:02
1.085	MHK	772	708	Thorsten	Gronewold	76	Steenfelde, Bullerberg	1:04:05	1:05:09	1:14:23	1:05:22	0:56:31	1:16:32	06:42:03
1.086	MHK	773	378	Jörg	Flessner	60	JHS Nortmoor	1:04:20	1:07:53	1:11:31	1:15:10	0:53:25	1:09:45	06:42:07
1.087	WHK	159	F126	Martina	Bakker	65	Klinikum Leer	1:02:49	1:05:59	1:15:27	1:06:22	0:55:21	1:16:11	06:42:12
1.088	MHK	774	693	Manfred	Pollmann	45	TG Wiesmoor	1:02:42	1:06:32	1:16:11	1:06:51	0:55:04	1:14:53	06:42:14
1.089	MHK	775	1177	Julian	Wesemann	92	de Heizungsloopers	1:05:24	1:05:20	1:14:39	1:06:41	0:54:31	1:15:39	06:42:16
1.090	WJ	22	F587	Sophia	Zelmer	99	Gymnasium Ulricianum /	1:04:06	1:03:58	1:13:19	1:05:33	0:52:02	1:23:19	06:42:19
1.091	WHK	160	F121	Ivonne	Hayen	72	Krankenhaus Wittmund	1:01:34	1:08:41	1:15:47	1:07:37	0:54:35	1:14:37	06:42:53
1.092	MHK	776	1116	Helmut	Klosterman	55	VW Emden	1:08:40	1:08:40	1:16:51	1:04:58	0:52:18	1:11:27	06:42:55
1.093	WHK	161	F638	Antje	Bohlen	87	Friedeburg	1:02:42	1:07:32	1:15:40	1:07:45	0:54:37	1:14:37	06:42:56
1.094	WHK	162	F96	Sandra	Mudder	64	LG Ostfriesland	1:02:02	1:06:00	1:16:34	1:07:50	0:55:29	1:15:04	06:43:02
1.095	WHK	163	F146	Frieda	Brinkmann	60	Fortuna Logabirum	1:00:27	1:07:03	1:16:59	1:07:52	0:54:50	1:15:51	06:43:05
1.096	MHK	777	1366	Diedrich	Stroman	84	obw Emden	1:03:59	1:10:55	1:11:29	1:06:36	0:49:59	1:20:07	06:43:06
1.097	MHK	778	1277	Ewald	Lehmann	54	LG Ostfriesland	1:02:53	1:06:49	1:16:35	1:07:31	0:54:41	1:14:46	06:43:18
1.098	MHK	779	542	Armin	Roß	82	Zahnmedizin-Aurich	1:02:08	1:07:19	1:21:08	1:05:47	0:51:31	1:15:31	06:43:25
1.099	MJ	135	1367	Jannes	Haan	94	obw Emden	1:01:14	1:05:50	1:17:32	1:07:04	0:53:11	1:18:40	06:43:34
1.100	WHK	164	F517	Anneke	Bergmann	64	Emder LG	1:01:31	1:06:08	1:16:51	1:07:44	0:54:52	1:16:27	06:43:35
1.101	MHK	780	583	Friedemann	Hopf, Dr. Hoj	59	Ubbo-Emmius-Klinik	1:03:22	1:05:52	1:17:37	1:06:31	0:54:28	1:15:43	06:43:36
1.102	WHK	165	F336	Franziska	Trey	93	BBS I Leer	1:03:02	1:06:42	1:20:13	1:05:46	0:55:43	1:12:14	06:43:44
1.103	MHK	781	771	Jan-Gerd	Jelden	55	TV Norden	1:01:01	1:06:07	1:15:44	1:08:31	0:55:09	1:17:19	06:43:53
1.104	MHK	782	747	Gerd	Janssen	53	Sandhorst	1:02:53	1:06:25	1:16:34	1:07:50	0:55:23	1:14:45	06:43:53
1.105	MHK	783	1372	Johannes	Reese	93	obw Emden	1:01:08	1:05:50	1:17:35	1:07:12	0:53:28	1:18:39	06:43:54
1.106	WHK	166	F302	Birte	Klusmann	70	Ostfriesische Volksbank	1:03:53	1:06:29	1:16:43	1:07:43	0:54:59	1:14:16	06:44:06
1.107	MHK	784	792	Johann	Stöhr	66	Wildeboer Bauteile Gmb	1:01:02	1:07:11	1:17:12	1:06:50	0:55:44	1:16:06	06:44:08
1.108	WHK	167	F194	Steffi	Onken	72	Krankenhaus Wittmund	1:02:16	1:06:54	1:15:49	1:08:07	0:55:46	1:15:34	06:44:28
1.109	MHK	785	1587	Felix	Schweitzer	59	Turbine TGG	1:02:12	1:05:54	1:16:14	1:07:31	0:55:33	1:17:22	06:44:48
1.110	WHK	168	F115	Gaby	Hommers	62	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00	0:54:19	1:17:00	06:44:54
1.111	WHK	169	F111	Ute	van Loh	59	LT SV Ems Jemgum	1:02:15	1:07:06	1:16:11	1:08:00	0:54:20	1:17:00	06:44:54
1.112	WHK	170	F233	Maria	Siepert	56	MTV Wittmund	1:02:00	1:07:00	1:17:31	1:08:22	0:55:04	1:15:04	06:45:03
1.113	WJ	23	F625	Stella	Evers	97	Ulricianum Aurich Sek 1	1:04:35	1:05:55	1:16:06	1:07:59	0:54:30	1:15:56	06:45:04
1.114	WJ	24	F203	Michelle	Mennenga	95	Gat Emden	1:06:57	1:05:59	1:15:21	1:06:56	0:54:07	1:15:44	06:45:06
1.115	WHK	171	F127	Hilke	Hausmann	61	Emder LG	1:01:32	1:06:08	1:16:52	1:07:46	0:56:25	1:16:27	06:45:14
1.116	WHK	172	F210	Hannelore	Spannhoff	65	Stadt Emden	1:01:32	1:07:05	1:16:48	1:07:46	0:55:48	1:16:30	06:45:32
1.117	MHK	786	582	Torsten	Christians	65	Ubbo-Emmius-Klinik	1:05:04	1:09:28	1:15:28	1:07:41	0:53:27	1:14:29	06:45:37
1.118	WHK	173	F531	Natalia	Vosberg	84	Team ENERCON	1:04:58	1:07:58	1:16:02	1:06:13	0:54:21	1:16:07	06:45:41
1.119	MHK	787	1005	Norbert	Bakker	64	Team Wilts	1:02:19	1:05:39	1:17:50	1:08:23	0:56:14	1:15:14	06:45:43
1.120	MHK	788	642	Bodo	von Preyss	39	Pro Senis	0:59:27	1:04:28	1:14:15	1:05:45	0:55:02	1:26:45	06:45:44
1.121	MHK	789	881	Heinz-Geor	Fliege	54	Klinikum Leer	1:00:45	1:07:40	1:17:02	1:07:51	0:55:22	1:17:03	06:45:45
1.122	MHK	790	920	Leo	Berling	58	Nordland Papier	1:01:45	1:05:52	1:16:41	1:08:12	0:55:49	1:17:26	06:45:47
1.123	WHK	174	F241	Anke	Hanssen	91	SC Wiesens	1:03:56	1:06:47	1:15:29	1:07:44	0:55:43	1:16:10	06:45:51
1.124	MHK	791	459	Manfred	Wollermann	42	MTV Wittmund	1:02:17	1:06:36	1:18:25	1:08:50	0:54:25	1:15:16	06:45:52
1.125	WHK	175	F204	Claudia	Behnke	74	Schwimmverein Wiesmo	1:01:16	1:06:27	1:16:35	1:08:34	0:56:04	1:16:57	06:45:56
1.126	MHK	792	732	Ulrich	Linser	54	MTV Wittmund	1:02:27	1:06:51	1:16:15	1:07:26	0:56:40	1:16:18	06:45:58
1.127	MHK	793	1117	Johann	Jacobs	64	TSV Riepe	1:05:01	1:07:59	1:16:16	1:06:22	0:54:38	1:15:40	06:45:59
1.128	MHK	794	685	Antino	König	63	Raiffeisenbank eG, Moor	1:03:40	1:06:07	1:15:43	1:07:48	0:56:17	1:16:22	06:45:59
1.129	WHK	176	F362	Silvia	Jacobs	66	TSV Riepe	1:05:01	1:07:58	1:16:17	1:06:23	0:54:40	1:15:40	06:46:01
1.130	WHK	177	F663	Daniela	Hinrichs	86	Bünting Tee	1:04:31	1:05:28	1:15:25	1:06:53	0:54:47	1:19:01	06:46:08
1.131	MHK	795	680	Jürgen	Otto	64	VfL Berumbur	1:00:38	1:04:19	1:16:28	1:10:34	0:58:08	1:16:14	06:46:23
1.132	MHK	796	1609	Eckhard	Neumann	53	FT Spetzerfehn	1:03:10	1:07:12	1:15:48	1:06:51	0:57:45	1:15:37	06:46:25
1.133	MHK	797	369	Heiko	Janssen	74	WfBM BBB Aurich Witt	1:06:08	1:06:12	1:17:00	1:06:17	0:53:42	1:17:04	06:46:27
1.134	MHK	798	1646	Michael	Frerichs	69	WT Loppersum	1:04:56	1:08:15	1:18:13	1:08:10	0:53:35	1:13:25	06:46:35

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.135	WJ	25	F584	Kristina	Gebhardt	96	Ulricianum Aurich Sek2 -	1:02:26	1:04:28	1:14:10	1:05:05	0:52:55	1:27:39	06:46:47
1.136	MHK	799	991	Uwe	Schulz	79	Ostfr. Schulmuseum Fol	1:03:18	1:07:34	1:18:30	1:06:54	0:54:15	1:16:17	06:46:50
1.137	WHK	178	F651	Uta	Entjer	69	Emder LG	1:02:18	1:07:04	1:16:49	1:09:20	0:55:05	1:16:30	06:47:10
1.138	WJ	26	F253	Carina	Meyer	94	Gymnasium Rhauderfe	1:02:53	1:05:51	1:17:41	1:06:08	0:57:51	1:16:49	06:47:16
1.139	MHK	800	980	Sören	Janssen	87	Seefahrtsschule Leer	1:11:44	1:10:05	1:13:33	1:04:11	0:53:08	1:14:44	06:47:27
1.140	MHK	801	1542	Oliver	Hurfurth	73	Aurich	1:02:55	1:08:07	1:15:55	1:07:34	0:55:02	1:17:53	06:47:29
1.141	MHK	802	1063	Holger	Campen	82	LG Grobefeihn	1:08:01	1:15:48	1:16:18	1:03:37	0:52:52	1:10:53	06:47:32
1.142	WHK	179	F65	Bianca	Oltmanns	91	Weener Plastik	1:03:37	1:05:48	1:18:01	1:12:30	0:58:50	1:08:53	06:47:41
1.143	WHK	180	F339	Martina	Plaisier	82	Prinzessin Lillifee	1:04:42	1:06:53	1:17:44	1:06:48	0:53:24	1:18:08	06:47:42
1.144	MHK	803	873	Holger	Janßen	68	Ostfriesische Volksbank	1:02:39	1:07:40	1:18:09	1:08:16	0:55:47	1:15:21	06:47:54
1.145	MHK	804	506	Jörg	Daro	62	EWE Wattloopers	1:04:10	1:06:06	1:16:23	1:06:00	0:55:11	1:20:01	06:47:54
1.146	MHK	805	675	Axel	Klömptes	61	Auricher Taxen Zentrale	1:00:18	1:05:38	1:17:03	1:09:18	0:55:35	1:20:02	06:47:57
1.147	WHK	181	F357	Anne-	Kirsch	91	Seefahrtsschule Leer	1:01:34	1:08:10	1:15:41	1:05:29	0:55:41	1:21:33	06:48:11
1.148	WHK	182	F463	Sabine	Collmann	72	MTV Aurich	1:04:40	1:07:35	1:16:21	1:08:26	0:54:53	1:16:35	06:48:33
1.149	MHK	806	1018	Christian	Wilken	89	Sparkasse Leer Wittmun	1:02:19	1:09:24	1:16:41	1:07:30	0:53:34	1:19:03	06:48:33
1.150	WHK	183	F291	martina	klasen	58	LT Spaß mit Sport	1:02:24	1:08:19	1:18:15	1:08:37	0:55:23	1:15:35	06:48:36
1.151	MHK	807	400	Klaus	Esch	64	Collinghorst	1:03:03	1:08:06	1:17:27	1:08:35	0:54:29	1:16:54	06:48:36
1.152	MHK	808	1163	Carmelo	Mascalì	71	Wildeboer Bauteile Gmb	1:02:52	1:07:48	1:17:34	1:08:52	0:54:23	1:17:06	06:48:37
1.153	MHK	809	886	Wubbo	Nanninga	66	Nordland Papier	1:03:35	1:06:28	1:17:49	1:07:16	0:55:50	1:17:43	06:48:43
1.154	MHK	810	1072	Hartmut	Duis	68	DUIS IMMOBILIEN	1:03:41	1:05:36	1:16:53	1:06:54	0:55:27	1:20:11	06:48:45
1.155	WHK	184	F301	Wilma	Denker	66	Ostfriesische Volksbank	1:02:22	1:08:23	1:17:35	1:08:24	0:55:29	1:16:31	06:48:46
1.156	WJ	27	F457	Milena	Heyen	99	MTV Aurich	1:04:37	1:07:32	1:16:21	1:08:10	0:55:34	1:16:33	06:48:49
1.157	WHK	185	F119	Ulrike	Heckhoff	65	VfL Germania Leer/Judo	1:01:48	1:08:30	1:16:18	1:09:19	0:56:26	1:16:46	06:49:09
1.158	MHK	811	946	Friedhard	Cramer	52	Emder LG	1:01:31	1:06:08	1:16:53	1:07:46	0:56:25	1:20:34	06:49:20
1.159	MHK	812	751	Bodo	Brouwer	71	DPI AG	1:03:27	1:07:16	1:17:16	1:08:57	0:57:03	1:15:26	06:49:27
1.160	MHK	813	671	Ralf	Akkermann	68	SV Stikkelkamp	1:01:30	1:05:25	1:17:36	1:11:00	0:56:33	1:17:25	06:49:30
1.161	MHK	814	1067	Manuel	Stengler	81	de Heizungsloopers	1:05:55	1:06:18	1:14:51	1:09:47	0:55:12	1:17:38	06:49:43
1.162	MHK	815	918	Bernd	Schunk	50	LG Ellernfeld	1:02:31	1:07:29	1:17:44	1:08:38	0:56:17	1:17:05	06:49:45
1.163	WHK	186	F205	Andrea	Scheffler	66	LT TuS Aurich-Ost	1:01:18	1:06:48	1:18:09	1:09:55	0:56:06	1:17:31	06:49:49
1.164	MHK	816	711	Jakob	Rehders	84	LIG21	1:05:34	1:08:59	1:17:44	1:08:19	0:55:01	1:14:34	06:50:14
1.165	MHK	817	1100	Klaus	Nikolic	48	VfL Berumbur	1:04:18	1:08:17	1:16:40	1:09:38	0:55:11	1:16:09	06:50:15
1.166	MHK	818	820	Frank	Groenewold	71	Selverde	1:02:39	1:06:47	1:17:35	1:08:57	0:56:56	1:17:27	06:50:24
1.167	MHK	819	1497	Matthias	Janssen	74	Deternerlehe	1:06:07	1:06:43	1:20:48	1:06:13	0:54:51	1:15:43	06:50:26
1.168	WHK	187	F120	Dora	Rabenberg	52	LG TV Bunde	1:02:13	1:07:41	1:17:00	1:09:01	0:57:07	1:17:22	06:50:27
1.169	MHK	820	1086	Hayo	Ewen	65	VfL Berumbur	1:02:57	1:07:17	1:18:32	1:11:33	0:55:06	1:15:00	06:50:28
1.170	WHK	188	F417	Gunda	Kramer	61	MTV/LG Ellernfeld	1:04:39	1:08:28	1:16:46	1:08:25	0:55:24	1:16:43	06:50:29
1.171	WJ	28	F706	Laura	Schmidt	94	McDonalds Aurich	1:03:30	1:07:08	1:19:29	1:08:50	0:54:59	1:16:36	06:50:35
1.172	MHK	821	1481	Meinhard	Doden	62	GeTek	1:02:20	1:06:12	1:17:41	1:08:30	0:58:03	1:17:54	06:50:42
1.173	MHK	822	449	Rainer	Broß	69	SV Ems Jemgum	1:03:09	1:09:45	1:18:09	1:08:28	0:54:47	1:16:51	06:51:11
1.174	MHK	823	1020	Gert	Fleßner	85	EWE Wattloopers	1:02:50	1:04:58	1:16:00	1:13:28	0:56:25	1:17:29	06:51:12
1.175	MHK	824	700	Johann	Hippen	67	ORGADATA AG	1:01:44	1:06:32	1:18:01	1:09:21	0:57:26	1:18:10	06:51:16
1.176	WHK	189	F340	Ulrike	Schürmann	62	Germania Leer	1:03:41	1:08:23	1:19:40	1:08:07	0:55:59	1:15:28	06:51:21
1.177	MHK	825	1056	Thomas	Rull	78	ZGO	1:03:50	1:09:53	1:16:49	1:08:34	0:55:59	1:16:40	06:51:49
1.178	WHK	190	F702	Wilma	Beyen	69		1:02:32	1:07:35	1:17:38	1:09:27	0:55:53	1:18:47	06:51:55
1.179	MHK	826	1127	Bernd	Leffers	55	Leffers Optik	1:04:42	1:06:35	1:18:57	1:08:09	0:55:42	1:17:48	06:51:55
1.180	MHK	827	736	Helmut	Mäcken	78	Grobefeihn	1:04:18	1:09:16	1:17:21	1:06:38	0:55:17	1:19:19	06:52:10
1.181	MHK	828	954	Lukas	Lapies	92	Kdo SES Ostfriesland	1:03:58	1:05:11	1:23:49	1:07:45	0:56:05	1:15:30	06:52:21
1.182	MHK	829	1051	Günter	Däuber	61	Judo-Team VfR-Heisfe	1:04:43	1:09:53	1:17:57	1:09:44	0:56:00	1:14:04	06:52:24
1.183	MHK	830	1241	Holger	Janssen	63	TuS Esens	1:01:53	1:06:11	1:17:41	1:07:47	0:56:55	1:21:58	06:52:27
1.184	MHK	831	409	Marc	Peters	71	LIG 21	1:04:55	1:09:35	1:17:44	1:08:42	0:55:06	1:16:26	06:52:31
1.185	WHK	191	F355	Doris	Goos	62	Emder LG	1:03:28	1:07:19	1:17:02	1:11:30	0:56:46	1:16:25	06:52:32
1.186	MHK	832	723	Oswald	Tinnemeyer	52	TuRa 07 Westrhauderfe	1:03:05	1:07:35	1:17:29	1:10:08	0:56:27	1:17:55	06:52:41
1.187	MHK	833	923	Gerhard	Lingner	49	TuRa 07 Westrhauderfe	1:03:05	1:08:28	1:17:28	1:09:19	0:56:26	1:17:53	06:52:42
1.188	WHK	192	F585	Freya	Kramer	88	Oldenburg	1:06:29	1:09:32	1:19:26	1:10:46	0:54:32	1:12:09	06:52:57

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.189	WHK	193	F232	Karola	Coordes	84	BV Hoffnung Ludwigsdo	1:03:54	1:07:29	1:18:33	1:09:43	0:55:39	1:17:42	06:53:03
1.190	MHK	834	1594	Frank	Wieligmann	67	Turbine TGG	1:06:48	1:08:27	1:18:59	1:07:52	0:55:37	1:15:24	06:53:08
1.191	MHK	835	385	Thomas	Möller, Dr.M	62	Ubbo-Emmius-Klinik	1:03:26	1:06:39	1:17:37	1:07:35	0:58:10	1:19:46	06:53:14
1.192	MHK	836	796	Frank-Mich	Smid	64	Scharff / Trauco	1:04:04	1:08:02	1:17:15	1:10:40	0:56:28	1:16:45	06:53:16
1.193	MHK	837	1534	Uwe	Büllena	65	Bünting Tee	1:07:50	1:10:19	1:17:35	1:07:38	0:54:10	1:15:48	06:53:22
1.194	MHK	838	910	Ludger	Bruns	74	Emder LG	1:05:58	1:08:18	1:17:00	1:08:26	0:56:24	1:17:18	06:53:27
1.195	MHK	839	1034	Helmut	Swart	64	Weener Plastik	1:02:22	1:07:28	1:16:56	1:11:03	0:57:10	1:18:35	06:53:36
1.196	MHK	840	629	Theo	Gerken	44	LG Ostfriesland	1:03:46	1:07:55	1:18:19	1:09:26	0:56:17	1:17:52	06:53:38
1.197	MHK	841	537	Jan	Janssen - d	72	Zahnmedizin-Aurich	0:49:45	0:53:31	2:09:41	0:55:09	0:44:53	1:20:45	06:53:46
1.198	MHK	842	978	Lennart	Wuntke	88	Seefahrtsschule Leer	1:01:14	1:06:26	1:23:52	1:09:46	0:56:39	1:15:57	06:53:55
1.199	MHK	843	1172	Jann	Janssen	72	Aurich	1:04:42	1:08:11	1:19:20	1:08:23	0:56:18	1:17:05	06:54:02
1.200	MHK	844	1524	Günter	Wiegmann	60	Neue Osnabrücker Zie	1:02:45	1:04:49	1:16:03	1:08:56	0:59:22	1:22:15	06:54:12
1.201	WHK	194	F534	Irmgard	Werner	56	Stadt Aurich	1:03:55	1:07:30	1:18:26	1:09:36	0:56:28	1:18:17	06:54:14
1.202	MHK	845	1634	Stephan	Adelmund	84	Eventertainment	1:03:13	1:05:27	1:21:41	1:09:59	0:54:57	1:18:56	06:54:16
1.203	WHK	195	F540	Ina	Blenke	77	Remels	1:04:53	1:08:30	1:19:19	1:07:57	0:54:13	1:19:46	06:54:40
1.204	WHK	196	F521	Wiebke	Meyer	88	Remels	1:04:53	1:08:30	1:19:19	1:07:57	0:54:13	1:19:46	06:54:41
1.205	MHK	846	912	Torsten	Bildhauer	68	Haupt- und Realschule C	1:06:42	1:08:09	1:19:44	1:08:35	0:54:28	1:17:03	06:54:43
1.206	MHK	847	1216	Michael	Bamberger	52	LSF Oldenburg	1:00:32	1:08:39	1:16:33	1:11:49	0:56:20	1:20:53	06:54:48
1.207	WHK	197	F642	Almuth	Joswig	57	Fortuna Logabirum	1:04:37	1:07:57	1:18:23	1:09:29	0:56:45	1:17:37	06:54:51
1.208	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	1:20:35	06:54:57
1.209	MHK	848	907	Helmut	Loers	52	SV Blau Weiß Filsum	1:03:46	1:08:50	1:18:21	1:10:11	0:56:34	1:17:37	06:55:23
1.210	MHK	849	1025	Günther	Plettke	61	LSSG Weener	1:05:12	1:09:14	1:18:45	1:09:18	0:56:15	1:16:43	06:55:29
1.211	MHK	850	971	Ralf	Brinschwitz	67	MTV Aurich	1:04:38	1:07:35	1:17:55	1:09:37	0:57:20	1:18:27	06:55:35
1.212	MHK	851	1262	Björn	Thormählen	88	Seefahrtsschule Leer	1:00:14	1:07:23	1:15:39	1:07:03	0:55:42	1:29:54	06:55:57
1.213	WHK	198	F331	Tina	Mohlmann	89	Team Wilts	1:05:25	1:07:07	1:21:27	1:09:57	0:55:51	1:16:13	06:56:02
1.214	WHK	199	F369	Margret	Janssen	74	MTV Aurich	1:04:39	1:07:43	1:17:56	1:10:24	0:56:51	1:18:30	06:56:06
1.215	MHK	852	1351	Peter	Wittenburg	49	obw Emden	1:03:09	1:09:01	1:18:59	1:10:00	0:56:38	1:18:21	06:56:11
1.216	WHK	200	F526	Christiane	Opitz	70	Team Laufrausch e.V.	1:06:28	1:09:24	1:18:28	1:07:52	0:54:29	1:19:31	06:56:15
1.217	MHK	853	961	Oliver	Auslitz	91	Seefahrtsschule Leer	1:04:56	1:09:33	1:17:54	1:11:33	0:54:31	1:17:49	06:56:18
1.218	MJ	136	1551	Mathis	Ubben	94	Ulricianum Aurich Sek 2	1:07:42	1:10:46	1:19:27	1:09:51	0:52:50	1:15:42	06:56:20
1.219	WHK	201	F576	Sylvia	Bülte	71	Die Kurzentschlossenen	1:05:36	1:06:28	1:20:26	1:08:30	0:57:28	1:17:53	06:56:24
1.220	MHK	854	1516	Gerhard	Hagen	61	Walle	1:03:43	1:09:12	1:20:56	1:08:30	0:56:22	1:17:42	06:56:27
1.221	WHK	202	F133	Anja	Musiol	73	MTV Aurich	1:06:20	1:06:39	1:17:49	1:08:10	0:55:34	1:21:54	06:56:28
1.222	MHK	855	696	Olaf	Sweers	68	SV Wittmund	1:04:53	1:09:45	1:20:35	1:10:23	0:53:46	1:17:15	06:56:39
1.223	WHK	203	F318	Ute	Grottlüschen	81	VfB Germania Wiesmoo	1:05:21	1:10:12	1:18:18	1:09:15	0:56:21	1:17:16	06:56:46
1.224	MHK	856	286	Frank	Broer	70	LG Ostfriesland	0:50:44	1:13:25	1:18:34	1:12:41	0:58:44	1:22:36	06:56:47
1.225	WHK	204	F422	Gaby	Poppen	65	Klinikum Leer	1:03:25	1:07:12	1:17:27	1:10:43	0:57:14	1:20:56	06:56:59
1.226	MHK	857	1562	Frank	Fengkohl	60	Fortuna Wirdum	1:07:19	1:12:58	1:25:30	0:59:58	0:49:20	1:21:51	06:56:59
1.227	MHK	858	1471	Jürgen	Harbers	68	Fehntjer Dragons	1:02:33	1:05:26	1:21:00	1:11:36	0:58:13	1:18:26	06:57:17
1.228	WJ	30	F324	Ronja	Rohlf	97	SVO Wi sünd Holtriem	1:04:47	1:06:37	1:17:38	1:10:20	0:56:23	1:21:36	06:57:24
1.229	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	1:20:16	06:57:25
1.230	MHK	859	639	Eilert	Juilfs	45	LG GroBefehn	1:04:12	1:09:20	1:18:59	1:09:24	0:56:59	1:18:34	06:57:29
1.231	MHK	860	1066	Heinz-Artur	Schnau	59	RVB Aurich/Uplengen	1:04:07	1:08:52	1:19:21	1:09:37	0:56:46	1:18:55	06:57:40
1.232	MHK	861	702	Fritz	Eggerstorff	52	Box Club Norden	1:08:17	1:08:09	1:18:43	1:09:32	0:56:58	1:16:14	06:57:56
1.233	WHK	205	F157	Annika	Mohlenkam	84	BBC Chartering	1:06:08	1:08:32	1:18:53	1:10:47	0:56:19	1:17:23	06:58:04
1.234	WHK	206	F167	Marlies	Behrens-Ku	72	Klinikum Leer	1:04:19	1:07:11	1:17:46	1:10:42	0:57:14	1:20:56	06:58:10
1.235	WJ	32	F592	Jantje	Knottnerus-	98	Ulricianum Aurich Sek 1	1:02:28	1:05:48	1:19:13	1:13:07	0:57:19	1:20:25	06:58:22
1.236	MJ	137	1392	Eric	Guilhauman	94	MVM mbH-IT Managem	1:07:06	1:08:47	1:19:19	1:07:25	0:58:02	1:17:42	06:58:23
1.237	WHK	207	F272	Kerstin	Alexy	71	LG Uplengen	1:03:03	1:08:06	1:18:09	1:11:06	0:57:48	1:20:21	06:58:35
1.238	MJ	138	1575	Joris	Strüfing	99	Gymnasium Ulricianum /	1:05:41	1:07:04	1:18:35	1:09:40	0:57:49	1:19:52	06:58:44
1.239	MHK	862	982	Thomas	Schön	65	DLRG LEER	1:06:20	1:10:14	1:18:47	1:09:09	0:56:54	1:17:20	06:58:46
1.240	MHK	863	794	Uwe	Olthoff	68	Emder LG	1:04:01	1:08:14	1:18:39	1:10:41	0:57:16	1:19:56	06:58:50
1.241	MHK	864	1083	Helge	Berckemeie	87	Seefahrtsschule Leer	1:06:57	1:11:00	1:18:04	1:09:36	0:56:17	1:16:56	06:58:52
1.242	MHK	865	1091	Jens	Sick	65	JAA Emden	1:04:27	1:08:46	1:20:06	1:10:46	0:57:10	1:18:00	06:59:16

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.243	MJ	139	989	Lennert	Peede	97	Ulricianum Aurich Sek 1	1:06:57	1:08:49	1:19:17	1:08:55	0:55:06	1:20:13	06:59:17
1.244	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	1:20:13	06:59:18
1.245	MHK	866	442	Georg Ihno	Baumann	61	TV Greetsiel	1:04:56	1:08:14	1:18:13	1:10:31	0:57:26	1:20:04	06:59:26
1.246	WHK	208	F219	Marion	Kumler	65	Polizei Aurich / TSV Riepe	1:05:32	1:08:31	1:18:28	1:09:56	0:57:46	1:19:11	06:59:27
1.247	WHK	209	F446	Karin	Tacke	59	B Steinjan Consulting Gr	1:06:26	1:09:43	1:19:50	1:09:57	0:56:11	1:17:29	06:59:39
1.248	MHK	867	1642	Thomas	Schmidt	63	MTV Aurich	1:03:24	1:09:21	1:20:53	1:09:32	0:57:08	1:19:21	06:59:41
1.249	WHK	210	F424	Brigitte	Baumann	63	Emder LG	1:05:23	1:09:07	1:19:04	1:11:51	0:57:34	1:16:55	06:59:57
1.250	WHK	211	F212	Uschi	Klimaschka-	57	Ulricianum Aurich Sek 2	1:05:12	1:09:31	1:19:48	1:10:49	0:56:11	1:18:25	06:59:59
1.251	MHK	868	790	Ernst	Loesing	66	Team ENERCON	1:05:26	1:08:38	1:19:19	1:10:27	0:57:06	1:19:02	07:00:00
1.252	MHK	869	826	Horst	Wienrank	60	SV Dornum	1:02:53	1:10:18	1:18:47	1:10:07	0:59:07	1:18:49	07:00:03
1.253	WHK	212	F626	Imke	Kamann	87	Norden	1:01:29	1:06:45	1:16:30	1:11:57	1:00:13	1:23:14	07:00:12
1.254	WHK	213	F304	Gunda	Heyen	67	LT TuS Aurich-Ost	1:05:11	1:09:31	1:19:48	1:10:49	0:56:28	1:18:25	07:00:15
1.255	WHK	214	F214	Agnes	Wilken	70	Baptisten Firrel	1:05:01	1:10:11	1:18:43	1:10:10	0:57:50	1:18:23	07:00:22
1.256	WHK	215	F100	Hanna	Ottersberg	73	Team Möbel Buss	1:05:01	1:10:12	1:18:44	1:10:10	0:57:50	1:18:23	07:00:23
1.257	MHK	870	1378	Sven	Wiemers	85	MVM mbH-IT Managem	1:10:02	1:11:01	1:17:41	1:07:43	0:56:00	1:18:06	07:00:36
1.258	MHK	871	1523	Jasper	de Buhr	93	IGS Aurich West - Sek2	1:05:18	1:09:07	1:19:42	1:10:54	0:55:27	1:20:21	07:00:51
1.259	WHK	216	F322	Manuela	Tjaden	64	Emder LG	1:04:19	1:10:02	1:19:43	1:11:31	0:57:39	1:17:42	07:00:58
1.260	MHK	872	1107	Helmuth	Brümmer	56	ENOVA	1:05:59	1:08:49	1:20:24	1:09:04	0:55:55	1:20:46	07:00:59
1.261	WHK	217	F73	Helga	Krieger-Het	64	TV Norden	1:03:31	1:09:03	1:21:01	1:10:00	0:57:17	1:20:10	07:01:04
1.262	WHK	218	F266	Silke	Andreessen	78	Ihlow	1:04:01	1:10:37	1:18:39	1:10:41	0:57:15	1:19:56	07:01:12
1.263	MJ	141	857	Alexander	Bretschneid	98	Leinerstift e.V	1:06:31	1:10:42	1:20:03	1:08:55	0:57:16	1:17:53	07:01:21
1.264	WHK	219	F236	Renate	de Buhr	49	Emder LG	1:04:46	1:10:02	1:19:43	1:11:31	0:57:39	1:17:42	07:01:26
1.265	WHK	220	F248	Fenny	Lüür	63	EFG Augustfehn	1:04:17	1:08:58	1:19:21	1:09:06	0:57:58	1:21:44	07:01:27
1.266	WHK	221	F149	Monika	Klefke	51	TSG Hatten-Sandkrug	1:05:12	1:05:51	1:21:43	1:11:00	0:56:22	1:21:26	07:01:37
1.267	MHK	873	891	Bernd	Rehfeldt	45	TSG Hatten-Sandkrug	1:05:13	1:05:50	1:21:43	1:11:00	0:56:22	1:21:27	07:01:37
1.268	MHK	874	547	Volker	Oltmanns	91	Raiffeisenbank Flachsme	1:05:25	1:10:08	1:22:03	1:11:18	0:56:40	1:16:08	07:01:43
1.269	WHK	222	F117	Wibke	Kleen-Holtz	74	Höchte Running	1:03:33	1:08:46	1:20:44	1:10:49	0:59:04	1:18:47	07:01:46
1.270	MHK	875	674	Hans-Joach	Platte	53	Wiesmoor	1:04:25	1:10:31	1:20:17	1:09:36	0:57:52	1:19:19	07:02:02
1.271	MHK	876	1043	Mario	Aden	69	Bohlen & Doyen	1:04:09	1:08:39	1:19:31	1:11:48	0:57:47	1:20:10	07:02:05
1.272	MHK	877	1041	Thomas	Schoone	88		1:05:19	1:09:12	1:17:31	1:10:41	0:57:54	1:21:34	07:02:14
1.273	WHK	223	F411	Marianne	Lay	58	Landwirtschaftskammer	1:04:04	1:11:32	1:18:13	1:11:37	0:58:06	1:18:49	07:02:23
1.274	WHK	224	F365	Hilka	Dirks	75	MTV Wittmund	1:04:13	1:08:28	1:21:02	1:11:00	0:57:17	1:20:28	07:02:31
1.275	WHK	225	F387	Kerstin	Stevens	60	Emder LG	1:04:47	1:10:03	1:19:43	1:11:30	0:57:39	1:19:00	07:02:45
1.276	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	1:23:40	07:03:07
1.277	WHK	226	F303	Cornelia	Bley	67	TUS Horsten	1:05:16	1:09:42	1:20:20	1:10:58	0:57:45	1:19:08	07:03:12
1.278	MHK	878	997	Remmer	Damm	51	Grundschule Ihrhove	1:03:13	1:11:33	1:21:46	1:11:18	0:57:43	1:17:52	07:03:27
1.279	MHK	879	798	Michael	Weber	54	Alex.-v-Humboldt-Schul	1:03:24	1:11:28	1:20:26	1:10:39	0:57:15	1:20:21	07:03:36
1.280	MHK	880	733	Frerich	Campen	71	LT TuS Aurich-Ost	1:04:30	1:09:04	1:20:36	1:10:48	0:57:37	1:21:06	07:03:44
1.281	MHK	881	1278	Harald	Trauernicht	69	LG-Grossefehn/T-GO	1:02:58	1:09:27	1:22:21	1:12:48	0:55:57	1:20:11	07:03:45
1.282	MHK	882	1397	Jürgen	Siefkes	80	Aurich	1:04:00	1:10:18	1:17:58	1:11:25	0:57:47	1:22:16	07:03:47
1.283	MHK	883	921	Dietmar	Schultz	65	Team Deutsche Post	1:02:45	1:08:07	1:22:27	1:11:23	0:57:38	1:21:28	07:03:51
1.284	WHK	227	F373	Irene	Hildebrand	61	TSV Riepe	1:05:31	1:08:38	1:20:58	1:11:03	0:57:33	1:20:06	07:03:51
1.285	MHK	884	1062	Thomas	Kossack	84	Team ENERCON	1:06:26	1:08:06	1:15:35	1:11:54	1:01:18	1:20:41	07:04:02
1.286	MHK	885	835	Jan-Hendrik	Deitenbach	76		1:02:53	1:08:36	1:19:19	1:09:51	1:02:44	1:20:45	07:04:10
1.287	WHK	228	F344	Birgit	Klein	81	Team Laufrausch e.V.	1:05:24	1:10:04	1:20:25	1:10:46	0:57:59	1:19:28	07:04:10
1.288	WJ	34	F657	Neele	Schüßler	97	Ulricianum Aurich Sek 1	1:07:45	1:10:51	1:19:51	1:10:16	0:58:42	1:16:42	07:04:10
1.289	MHK	886	566	Stefan	Meyer	78	Team ENERCON	1:05:36	1:10:13	1:18:52	1:12:11	0:57:39	1:19:37	07:04:10
1.290	WHK	229	F128	Sylke	Albrecht	62	Team Laufrausch e.V.	1:06:28	1:09:34	1:20:00	1:10:02	0:58:40	1:19:25	07:04:11
1.291	MHK	887	925	Werner	Haschenbur	55	BSG Volksbank Jever	1:06:17	1:11:10	1:20:41	1:09:05	0:58:01	1:19:01	07:04:18
1.292	WHK	230	F229	Margret	Kahmann	58	Ubbo-Emmius-Klinik	1:05:07	1:10:48	1:20:04	1:11:08	0:58:06	1:19:33	07:04:48
1.293	MHK	888	445	Lothar	Hildebrandt	68	Emder LG	1:05:51	1:10:20	1:21:06	1:11:32	0:57:22	1:18:54	07:05:08
1.294	WJ	35	F202	Angelika	Picksak	08	TSV Riepe	1:05:35	1:09:25	1:20:58	1:11:23	0:57:45	1:20:06	07:05:14
1.295	WHK	231	F350	Martina	Mannott	69	Krankenhaus Wittmund	1:04:18	1:09:03	1:21:01	1:11:54	0:58:34	1:20:28	07:05:20
1.296	MHK	889	643	Helmut	Tjards	64	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:26	0:53:44	1:19:57	07:05:22

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.297	WHK	232	F69	Bärbel	Neugebaue	65	TV Norden	1:12:51	1:10:35	1:19:05	1:09:03	0:56:14	1:17:48	07:05:40
1.298	MHK	890	990	Helmuth	Höft	59	LT TuS Aurich-Ost	1:07:28	1:11:08	1:21:36	1:11:27	0:53:26	1:20:36	07:05:43
1.299	WHK	233	F352	Nathalie	Zorn	85	BHC Consulting GmbH	1:04:25	1:10:49	1:19:48	1:12:55	0:58:19	1:19:27	07:05:45
1.300	MHK	891	750	Heinrich	Kleen	59	LG Großefehn	1:04:54	1:10:50	1:22:37	1:10:31	0:58:00	1:19:06	07:05:59
1.301	WHK	234	F560	Ursula	Wirgenings	65	MTV Aurich	1:07:32	1:11:14	1:19:24	1:12:34	0:56:52	1:18:29	07:06:07
1.302	WJ	36	F675	Daniela	Meyer	95	Turbine TGG	1:04:19	1:07:28	1:25:19	1:11:29	0:58:14	1:19:25	07:06:17
1.303	MHK	892	1152	Karl	Gossling	46	LG Bunde	1:05:51	1:10:42	1:21:41	1:10:58	0:58:35	1:18:31	07:06:20
1.304	WHK	235	F544	Uta	Seiwald	69	S.V. Concordia Ihrhove	1:02:29	1:08:18	1:22:50	1:09:47	0:57:07	1:25:55	07:06:28
1.305	WHK	236	F441	Insa	Corbach	85	VfB Germania Wiesmoo	1:05:21	1:11:39	1:20:04	1:10:58	0:57:18	1:21:11	07:06:34
1.306	MHK	893	1238	Dirk	Bossen	66	VHS Laufen	1:09:04	1:11:44	1:20:24	1:11:39	0:56:43	1:17:05	07:06:40
1.307	MHK	894	999	Richard	Nie	63	MTV Ditzum	1:06:26	1:10:34	1:21:08	1:10:42	0:58:41	1:19:32	07:07:04
1.308	WHK	237	F691	Nadia	El Zubi	83	TV Oldersum	1:05:28	1:13:49	1:23:37	1:01:01	0:59:22	1:23:54	07:07:14
1.309	MHK	895	495	Karl-Heinz	Goudschaal	68	TV Norden	0:57:09	1:02:44	1:12:20	1:04:48	1:13:29	1:36:45	07:07:18
1.310	WHK	238	F284	Isabell	Keiser	81	ZAP Wattjes	1:08:50	1:10:24	1:21:35	1:10:24	0:57:21	1:18:43	07:07:19
1.311	MHK	896	1178	Henning	Brandt	77	Ostfriesische Volksbank	1:08:50	1:10:24	1:21:45	1:10:22	0:57:22	1:18:42	07:07:28
1.312	MHK	897	889	Wulf	Graef	48	Rhaude	1:07:41	1:11:44	1:21:44	1:10:17	1:00:47	1:15:36	07:07:51
1.313	MHK	898	1002	Rainer	Hoffmann	67	EDEKA TEAM JEMGU	1:09:54	1:12:09	1:22:06	1:10:19	0:56:18	1:17:29	07:08:18
1.314	MHK	899	911	Herbert	Buss	59	SV Stikerkamp	1:06:04	1:11:50	1:20:54	1:11:35	0:58:24	1:19:55	07:08:45
1.315	MHK	900	828	Berthold	Eilers	74	TSV Riepe	1:05:04	1:11:27	1:19:40	1:12:13	0:57:44	1:22:39	07:08:50
1.316	MHK	901	1102	Ewald	Ennen	61	AOK Niedersachsen	1:06:47	1:10:36	1:21:04	1:11:52	0:58:03	1:20:27	07:08:50
1.317	MHK	902	1623	Harald	Hanken	65		1:09:24	1:08:59	1:16:53	1:10:30	1:00:40	1:22:39	07:09:07
1.318	WHK	239	1000	Christa	Janßen	43	SV Frisia Brinkum	1:04:28	1:09:25	1:20:10	1:13:40	0:59:40	1:21:54	07:09:18
1.319	MHK	903	1469	Fritz	Steinmeier	48	MTV Aurich	1:05:47	1:08:43	1:26:08	1:12:29	0:57:23	1:18:49	07:09:21
1.320	MHK	904	1228	Jochen	Klunder	67	LOOP DOCH SÜLMST	1:06:47	1:10:37	1:21:03	1:12:30	0:58:03	1:20:27	07:09:30
1.321	MHK	905	1160	Dennis	Rosenboom	79	Varel	1:07:23	1:14:43	1:20:59	1:10:29	0:57:45	1:18:22	07:09:44
1.322	WHK	240	F400	Ingrid	Meyer	72	AOK Ostfriesland	1:06:21	1:10:16	1:20:58	1:12:47	0:57:48	1:21:33	07:09:44
1.323	MJ	142	207	Frerichs	Jason	01	TV Norden	1:06:43	1:10:49	1:27:34	1:10:45	0:59:24	1:14:27	07:09:45
1.324	WHK	241	F282	Ina	Doden	72	Völkerball läuft	1:06:07	1:10:16	1:22:44	1:11:22	0:57:48	1:21:33	07:09:52
1.325	MHK	906	1185	Jens	Akkermann	83		1:06:17	1:11:12	1:20:56	1:12:05	0:59:07	1:20:20	07:09:59
1.326	WHK	242	F358	Mirjam	Busse	78	Emder LG	1:06:32	1:10:53	1:20:44	1:11:53	0:59:03	1:20:52	07:10:00
1.327	WHK	243	F456	Nadine	Saathoff	83	Heisfelder Zahnhaus	1:05:06	1:08:23	1:19:40	1:12:24	0:59:15	1:25:14	07:10:04
1.328	WHK	244	F367	Ellen	Buurman	48	IGS Waldschule Egels	1:06:10	1:10:08	1:21:28	1:12:53	0:59:30	1:20:03	07:10:15
1.329	MHK	907	1044	Theo	Baumgarten	68	Lummerland Taxi	1:04:36	1:10:30	1:21:37	1:13:53	0:58:41	1:21:01	07:10:20
1.330	MHK	908	1141	Johann	Boelsen	62	Blau Weiss Filsum	1:08:15	1:11:20	1:20:59	1:12:32	0:59:04	1:18:12	07:10:24
1.331	WHK	245	F693	Sandra	Bruns	76	NW Steuerberatungsge	1:08:23	1:09:08	1:24:48	1:10:03	0:57:28	1:20:33	07:10:26
1.332	WHK	246	F568	Gerlind	Mengers	67	TuRa 07 Westrhauderfe	1:05:55	1:10:52	1:21:37	1:12:32	0:58:29	1:21:17	07:10:44
1.333	WHK	247	F191	Gunvor	Kassmann	81	VOST	1:03:15	1:11:36	1:21:14	1:13:44	0:59:09	1:21:48	07:10:49
1.334	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	1:21:54	07:10:54
1.335	WHK	249	F595	Maren	Riedel	64	C. E. Popken	1:08:07	1:11:31	1:20:23	1:12:00	0:59:01	1:20:26	07:11:32
1.336	MHK	909	852	Onno	Baumann	68	Leinerstift e.V	1:08:29	1:11:42	1:21:10	1:11:41	0:57:51	1:20:39	07:11:33
1.337	WHK	250	F173	Monika	Klock	67	Leinerstift e.V	1:08:28	1:11:43	1:21:11	1:11:41	0:57:51	1:20:40	07:11:37
1.338	WHK	251	F627	Sina	Busboom	88	Uplengen	1:04:58	1:12:43	1:19:56	1:12:41	0:57:59	1:23:37	07:11:56
1.339	WJ	37	F413	Inken	Broer	99	Gymnasium Ulricianum /	1:06:27	1:13:25	1:18:34	1:12:40	0:58:44	1:22:36	07:12:28
1.340	MHK	910	1050	Michael	Koenen	73	Allianz, Weener	1:06:16	1:09:20	1:24:52	1:12:15	0:58:34	1:21:14	07:12:33
1.341	WHK	252	F280	Melanie	Buß	81	VfB Germania wiesmoo	1:06:53	1:10:11	1:22:49	1:12:31	0:58:51	1:21:28	07:12:46
1.342	WHK	253	F320	Gunda	Hallenga	83	Tannenhausen	1:06:35	1:10:49	1:22:42	1:12:26	0:57:31	1:22:43	07:12:48
1.343	WJ	38	F347	Stine	Baller	99	OGV	1:05:46	1:10:04	1:22:55	1:15:18	0:58:48	1:20:02	07:12:54
1.344	MHK	911	342	Holger	Baller	71	OGV	1:05:46	1:10:04	1:22:55	1:15:18	0:58:48	1:20:02	07:12:55
1.345	WHK	254	F354	Birgit	Merker	73	Upleward	1:05:35	1:10:06	1:21:10	1:13:56	0:59:36	1:22:35	07:13:00
1.346	WHK	255	F220	Zinnia	Berckhan	67	Laufftreff Schaffhauserwa	1:07:46	1:12:11	1:21:34	1:11:38	0:58:48	1:21:01	07:13:01
1.347	WHK	256	F573	Anja	Gerdes	83	SV Holtland	1:06:17	1:12:38	1:22:24	1:13:04	0:58:48	1:20:11	07:13:23
1.348	WHK	257	F565	Sabrina	Kruhl	86	Seefahrtsschule Leer	1:06:41	1:11:48	1:21:15	1:13:00	0:59:05	1:21:33	07:13:25
1.349	WHK	258	F275	Franziska	Fleßner	85		1:09:47	1:13:01	1:21:28	1:11:30	0:57:15	1:20:26	07:13:29
1.350	WHK	259	F228	Gertrud	Ehnts-Hinric	65	MTV Wittmund	1:07:26	1:11:47	1:21:57	1:12:20	0:59:10	1:20:48	07:13:31

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.351	WHK	260	F482	Leyla	Ergin	84	BBC Chartering	1:07:38	1:09:19	1:20:11	1:14:13	1:00:02	1:22:11	07:13:36
1.352	WHK	261	F292	Dagmar	Herman	72	Gymnastikgruppe Moor	1:07:29	1:13:46	1:22:52	1:11:10	0:58:22	1:19:55	07:13:37
1.353	MHK	912	745	Günter	Fitzner	48	LT TuS Aurich-Ost	1:07:12	1:12:13	1:22:24	1:12:18	0:58:36	1:20:52	07:13:38
1.354	MHK	913	979	Tobias	Schürmann	88	Seefahrtsschule Leer	1:06:45	1:12:20	1:20:07	1:12:08	1:00:41	1:21:50	07:13:53
1.355	WHK	262	F43	Gudrun	Möhlmann	70	Ostfriesische Volksbank	1:07:23	1:11:30	1:21:47	1:11:33	0:57:23	1:24:23	07:14:00
1.356	MHK	914	1128	Onno	Hinrichs	90	Team Wilts	1:04:14	1:09:10	1:21:26	1:14:56	1:00:05	1:24:18	07:14:12
1.357	MHK	915	1016	Erhard	Meyer	62	Sparkasse Leer Wittmun	1:07:49	1:12:08	1:23:07	1:11:55	0:59:29	1:19:45	07:14:15
1.358	WHK	263	F276	Annelie	Bremer-Bus	60	TuRa 07 Westrhauderfe	1:05:07	1:10:49	1:21:50	1:14:09	0:59:59	1:22:22	07:14:19
1.359	WJ	39	F689	Fenna	Ubben	95	TSV Holtrop Basketball	1:07:58	1:11:00	1:19:07	1:18:09	0:58:09	1:19:54	07:14:20
1.360	MHK	916	928	Ralf	Stocker	47	Aurich	1:02:02	1:08:06	1:29:07	1:14:17	0:57:40	1:23:08	07:14:22
1.361	WHK	264	F454	Daniela	Stöhr	67	OFD Nds. Aurich	1:07:18	1:11:09	1:22:17	1:13:40	0:59:29	1:20:29	07:14:25
1.362	MHK	917	701	Dietrich	Steinke	41	SV Concordia Neermoor	1:04:57	1:12:13	1:23:17	1:14:00	0:59:22	1:20:44	07:14:35
1.363	WHK	265	F264	Geda	Gruben	49	SV Potshausen/ Tura o7	1:05:07	1:10:51	1:21:50	1:14:10	1:00:25	1:22:23	07:14:47
1.364	MHK	918	1549	Gerhard	Ernst	53	fit in die Kiste	1:07:41	1:11:43	1:21:44	1:17:32	1:00:47	1:15:36	07:15:04
1.365	MHK	919	1138	Eike	Cornelius	79	TSV Jahn Carolinensiel	1:08:22	1:11:33	1:21:43	1:12:01	0:59:11	1:22:28	07:15:20
1.366	MHK	920	281	Christian	Ott	77	Alex.-v-Humboldt-Schul	1:06:16	1:11:28	1:22:41	1:11:07	1:00:39	1:23:14	07:15:25
1.367	MHK	921	1265	Friedrich-Ka	Pennig	48	TGG Leer	1:09:05	1:12:17	1:21:44	1:12:56	0:58:01	1:21:52	07:15:57
1.368	MHK	922	650	Werner	Vehnekamp	58	Team Möbel Buss	1:04:49	1:10:28	1:18:43	1:14:16	1:04:06	1:23:37	07:16:02
1.369	MHK	923	1408	Hinrich	Röben	56	LT TuS Aurich-Ost	1:02:57	1:13:16	1:25:19	1:14:30	0:59:40	1:20:24	07:16:08
1.370	WHK	266	F314	Uda	Rieken	67	BV Vorwärts Plaggenbur	1:07:44	1:11:01	1:23:38	1:13:49	0:58:50	1:21:20	07:16:24
1.371	MHK	924	1401	Enno	Wolckenha	38	TC Grün Weiß	1:09:02	1:12:43	1:21:15	1:12:54	0:59:09	1:21:22	07:16:28
1.372	MHK	925	1530	Egon	Freeseaman	66	Bünting Tee	1:09:42	1:12:12	1:12:15	1:19:26	1:00:29	1:22:23	07:16:29
1.373	WHK	267	F648	Sandra	Uphoff	82	Großheide	1:07:06	1:11:27	1:23:48	1:11:49	0:58:43	1:23:42	07:16:37
1.374	WHK	268	F141	Elke	Schulte	65	Oldenburg	1:06:38	1:12:26	1:24:22	1:13:03	0:57:59	1:22:17	07:16:49
1.375	MHK	926	984	Hartmut	Garten	50	TuS Glarum	1:07:13	1:11:08	1:23:39	1:12:18	1:00:02	1:22:26	07:16:49
1.376	WJ	40	F465	Anna	Fruhling	99	Gymnasium Ulricianum /	1:10:38	1:13:11	1:19:32	1:11:04	0:59:21	1:23:18	07:17:06
1.377	WHK	269	F372	Dörthe	Trauer	77	Tannenhausen	1:06:35	1:10:49	1:22:42	1:14:17	0:59:56	1:22:46	07:17:08
1.378	MHK	927	206	Johann	Keiser	62	n-cut24	1:09:36	1:15:42	1:06:16	1:16:06	1:03:26	1:26:15	07:17:22
1.379	MHK	928	962	H.Hermann	Reiter	65	SV Stikkelkamp	1:08:06	1:12:13	1:21:38	1:13:26	1:00:22	1:21:52	07:17:40
1.380	WHK	270	F283	Antje	Mannott	55	TSV Jahn Carolinensiel	1:07:34	1:12:04	1:24:28	1:12:44	0:58:51	1:21:59	07:17:42
1.381	MHK	929	1180	Ralf	Janßen	69	REHAU AG & Co	1:07:30	1:10:19	1:23:43	1:13:19	0:59:49	1:23:00	07:17:44
1.382	MHK	930	1187	Florian	Penner	63	FT Spetzerfehn	1:10:56	1:12:58	1:23:10	1:11:48	0:58:42	1:20:19	07:17:54
1.383	WHK	271	F244	Beate	Janssen	69	Klinikum Emden	1:07:06	1:11:27	1:23:47	1:13:15	0:58:42	1:23:42	07:18:03
1.384	MHK	931	1527	Thomas	Janssen	74	Bünting Tee	1:06:47	1:06:29	1:39:09	1:06:41	0:58:22	1:20:37	07:18:07
1.385	WHK	272	F679	Martina	Door	89	Ostfriesische Brandkass	1:06:42	1:12:32	1:24:27	1:11:55	1:00:09	1:22:26	07:18:13
1.386	WHK	273	F577	Claudia	Brandau	63	Stadt Leer	1:06:28	1:12:05	1:23:43	1:13:53	0:59:56	1:22:13	07:18:21
1.387	WHK	274	F139	Yvonne	Adamietz	84	LT Spaß mit Sport	1:09:10	1:10:42	1:21:47	1:13:38	0:58:59	1:24:07	07:18:24
1.388	MJ	143	1543	Carsten	Schuster	94	IGS Aurich West - Sek2	1:09:46	1:12:40	1:17:47	1:16:29	0:57:39	1:24:07	07:18:29
1.389	MHK	932	1273	Gerd	Siebels	53	Fortuna Logabirum	1:06:30	1:11:14	1:23:17	1:14:29	0:59:42	1:23:45	07:19:00
1.390	WHK	275	F397	Regina	Battermann	51	Fehntjer LT	1:06:27	1:12:24	1:22:45	1:13:44	0:59:40	1:24:02	07:19:05
1.391	WHK	276	F384	Britta	Jürgens	65	Krankenhaus Wittmund	1:07:30	1:12:45	1:22:41	1:12:45	1:00:06	1:23:29	07:19:17
1.392	WHK	277	F327	Annika	Janssen	84	SV Blomberg- Neuscho	1:07:32	1:11:57	1:24:27	1:12:43	0:59:08	1:23:36	07:19:25
1.393	WHK	278	F481	Lydia	Bley	59	MTV Aurich / LG Eller	1:06:28	1:10:48	1:22:32	1:15:11	1:02:10	1:22:19	07:19:31
1.394	WHK	279	F313	Henni	Severiens	54	Fortuna Logabirum	1:07:15	1:12:23	1:22:26	1:14:35	1:00:42	1:22:13	07:19:35
1.395	WHK	280	F514	Herma	Braams	56	SC Dunum	1:06:56	1:11:30	1:24:09	1:13:35	1:00:50	1:22:42	07:19:44
1.396	MHK	933	1608	Christian	Heibült	40	SV Holtland	1:10:01	1:12:54	1:25:48	1:16:35	0:58:45	1:15:43	07:19:48
1.397	WHK	281	F386	Angelika	Gerken	67	Krankenhaus Wittmund	1:08:36	1:11:48	1:23:24	1:13:25	0:59:31	1:23:28	07:20:14
1.398	MHK	934	968	Ulrich	Eggers	66	Bootsbau Eggers	1:05:51	1:12:00	1:23:09	1:13:21	1:01:17	1:24:37	07:20:17
1.399	MHK	935	1009	Hermann	Wilts	46	TV Norden	1:06:38	1:12:40	1:23:34	1:14:24	1:00:27	1:22:42	07:20:29
1.400	WHK	282	F440	Anke	Ulferts	70	Heisfelder Zahnhaus	1:06:28	1:11:55	1:21:19	1:14:15	1:01:20	1:25:12	07:20:31
1.401	WHK	283	F535	Elke	Dirksen	66	Krankenhaus Wittmund	1:08:16	1:11:47	1:22:46	1:14:24	1:00:04	1:23:13	07:20:31
1.402	MHK	936	1406	Helmut	Ackmann	54	LT TuS Aurich-Ost	1:06:03	1:11:15	1:26:03	1:13:42	1:01:11	1:22:32	07:20:48
1.403	MHK	937	1023	Menno	Lokers	70	Sparkasse Leer Wittmun	1:10:23	1:13:59	1:24:06	1:12:09	0:58:52	1:21:18	07:20:50
1.404	WHK	284	F226	Sabine	Poppen	70	VW Emden	1:07:32	1:13:13	1:24:12	1:12:47	1:00:16	1:22:54	07:20:56

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.405	WHK	285	F556	Ingrid	Meyer	65	Stadt Emden	1:07:31	1:13:13	1:24:12	1:12:47	1:00:20	1:22:54	07:21:01
1.406	WHK	286	F222	Anne	Dirks	62	TG Wiesmoor	1:07:31	1:11:26	1:22:35	1:14:50	1:01:19	1:23:21	07:21:04
1.407	WHK	287	F394	Jutta	Christoffers	61	TG Wiesmoor	1:07:30	1:11:26	1:22:34	1:14:50	1:01:19	1:23:21	07:21:04
1.408	WHK	288	F240	Helga	Sluiter	63	Nordgeorgsfehn	1:08:30	1:11:46	1:22:52	1:14:45	1:00:08	1:23:12	07:21:14
1.409	WHK	289	F174	Birgit	Olbrich	57	Leinerstift e.V	1:08:08	1:12:26	1:23:27	1:14:11	1:00:02	1:23:01	07:21:17
1.410	WHK	290	F681	Angelika	Kühl-Giese	67	Nur dabei sein!	1:04:17	1:19:51	1:27:06	1:11:26	0:58:29	1:20:16	07:21:27
1.411	WHK	291	F299	Nicola	Rose	72	Emden	1:09:41	1:12:36	1:22:56	1:13:25	1:00:38	1:22:23	07:21:42
1.412	MHK	938	1119	Heio	Albers	46	Harmonic Brass	1:06:27	1:14:03	1:24:07	1:13:24	1:01:17	1:22:24	07:21:44
1.413	MHK	939	1583	Jochen	Albers	69	Harmonic Brass	1:06:27	1:14:04	1:24:08	1:13:25	1:01:19	1:22:25	07:21:50
1.414	WHK	292	F201	Uta	Jabben	60	Lauftreff Schaffhauserwa	1:08:24	1:15:50	1:24:09	1:11:30	0:58:48	1:23:17	07:22:00
1.415	WJ	41	F683	Anne	Ruesink	97	HRS Moormerland	1:11:21	1:11:14	1:22:42	1:14:37	1:00:56	1:21:29	07:22:21
1.416	MHK	940	741	Hans-Jürge	Krems	59	Fortuna Wirdum	1:07:19	1:12:58	1:25:31	1:13:55	1:00:52	1:21:50	07:22:26
1.417	MJ	144	1585	Carsten	Saathoff	95	IGS Aurich West - Sek2	1:09:56	1:12:49	1:26:10	1:14:32	0:54:52	1:24:07	07:22:28
1.418	MHK	941	1198	Carsten	Dubiel	49	Weener	1:17:14	1:15:58	1:20:15	1:11:05	0:57:24	1:20:30	07:22:28
1.419	MHK	942	1336	Friso	Alberts-Tam	72	Fortuna Wirdum	1:07:17	1:12:56	1:25:31	1:13:58	1:00:53	1:21:50	07:22:28
1.420	WHK	293	F321	Madlen	Reinwaldt	71	Fortuna Wirdum	1:07:18	1:12:58	1:25:30	1:13:58	1:00:53	1:21:51	07:22:29
1.421	WHK	294	F315	Regina	Gerken	65	Fortuna Wirdum	1:07:20	1:12:58	1:25:31	1:13:55	1:00:52	1:21:51	07:22:30
1.422	WHK	295	F81	Sabine	Habben	92	Fortuna Wirdum	1:07:18	1:12:59	1:25:30	1:13:58	1:00:52	1:21:50	07:22:30
1.423	WJ	42	F513	Inga	Fischer	94	IGS Aurich West - Sek2	1:07:31	1:12:02	1:23:36	1:14:33	1:00:28	1:24:18	07:22:30
1.424	WHK	296	F393	Karin	Meyer	55	Moormerland	1:06:28	1:12:46	1:22:47	1:15:28	1:00:23	1:24:37	07:22:30
1.425	WHK	297	F515	Beate	van der Ber	77	Boekzetelerfehn	1:08:40	1:12:39	1:22:26	1:13:29	1:00:51	1:24:26	07:22:32
1.426	WHK	298	F343	Tanja	Schiller	79	Kiga Mamis	1:08:40	1:12:39	1:22:25	1:13:30	1:00:51	1:24:26	07:22:33
1.427	WHK	299	F415	Ute	Sich	72	MTV Aurich	1:08:18	1:12:14	1:24:25	1:14:28	0:59:48	1:23:19	07:22:35
1.428	WHK	300	F525	Heidi	Lühr	69	Novapax	1:09:17	1:13:18	1:23:08	1:14:40	1:00:09	1:22:00	07:22:35
1.429	MHK	943	913	Günter	Janssen	43	MTV Aurich Tria	1:10:05	1:17:08	1:24:26	1:11:52	1:00:07	1:19:00	07:22:40
1.430	MHK	944	1369	Timo	Hiersemann	93	obw Emden	1:08:48	1:11:14	1:25:18	1:13:28	1:01:28	1:22:55	07:23:13
1.431	WHK	301	F389	Irmi	Tauer-Entg	63		1:11:36	1:13:03	1:24:05	1:13:05	0:59:23	1:21:58	07:23:13
1.432	MHK	945	1193	David	Calero	89	BBC Chartering	1:09:37	1:14:00	1:19:54	1:13:09	1:03:17	1:23:21	07:23:19
1.433	MHK	946	1630	Heiner	Steenhoff	60	Germania Holterfehn	1:11:12	1:13:23	1:24:50	1:13:44	0:58:59	1:21:15	07:23:26
1.434	MHK	947	993	Thomas	Harms	67	Wildeboer Bauteile Gmb	1:09:15	1:12:26	1:23:06	1:13:04	0:59:38	1:25:56	07:23:27
1.435	MHK	948	1101	Wilfried	Franzen	45	SV Teutonia Stapelmoor	1:08:16	1:11:40	1:24:45	1:15:03	1:00:25	1:23:21	07:23:33
1.436	MHK	949	426	Klaus	Mohnsame	43	VfL Jheringsfehn	1:08:58	1:09:52	1:22:40	1:22:24	0:56:59	1:22:38	07:23:34
1.437	WHK	302	F247	Nina	Schmidt	77	Ev.-luth. Kindergarten F	1:09:19	1:12:09	1:24:47	1:14:41	0:59:42	1:23:06	07:23:47
1.438	MJ	145	725	Holger	Weber	94	SV Stern Schwerinsdorf	1:08:15	1:13:13	1:23:08	1:13:09	0:59:10	1:26:53	07:23:50
1.439	WJ	43	F155	Katja	Roofs	95	NIGE	1:05:50	1:09:55	1:22:26	1:16:14	1:02:22	1:27:23	07:24:12
1.440	MHK	950	1202	Ismail	Pohl	88	DUIS IMMOBILIEN	1:06:18	1:09:32	1:25:16	1:15:16	1:00:10	1:27:40	07:24:15
1.441	WHK	303	F543	Marion	Davids	62	Emder LG	1:08:16	1:12:18	1:24:17	1:14:59	1:00:56	1:23:39	07:24:26
1.442	WHK	304	F338	Wilhelmine	Boekholder	48	Emder LG	1:08:15	1:12:18	1:24:18	1:14:59	1:00:56	1:23:39	07:24:27
1.443	MHK	951	1250	Swen	Ewald	78	Seefahrtsschule Leer	1:08:08	1:14:43	1:23:20	1:16:54	0:59:27	1:22:00	07:24:35
1.444	MHK	952	1432	Derk	Mansholt	48	MTV Wittmund	1:05:58	1:14:21	1:24:36	1:13:27	1:00:12	1:26:00	07:24:36
1.445	WHK	305	F673	Angelika	Schmidt	61	Greta-Schoon-Schule	1:08:51	1:13:04	1:23:24	1:12:48	1:00:31	1:25:56	07:24:37
1.446	MHK	953	1154	Werner	Weers	52	Sparkasse Leer Wittmun	1:08:09	1:13:45	1:24:53	1:14:45	1:00:09	1:23:16	07:25:00
1.447	MJ	146	1637	Onke	Bretzler	97		1:11:41	1:11:58	1:19:15	1:13:05	1:00:02	1:28:59	07:25:03
1.448	MHK	954	786	Jens	Hüttinga	68	n-cut 24	1:09:35	1:15:17	1:24:16	1:06:17	1:03:26	1:26:14	07:25:08
1.449	WHK	306	F199	Fenna	Wester	54	Weener	1:09:51	1:15:23	1:26:34	1:12:52	0:58:47	1:21:50	07:25:19
1.450	MHK	955	416	Jens	Boelmann	67	Emden	1:09:28	1:12:40	1:23:50	1:15:56	1:00:42	1:22:52	07:25:30
1.451	WJ	44	F294	Bent	Nanke	11	NIGE	1:08:17	1:08:11	1:25:38	1:15:33	1:01:53	1:26:01	07:25:36
1.452	WHK	307	F193	Kerstin	Janssen	86	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03	1:01:23	1:23:08	07:25:40
1.453	WHK	308	F189	Maren	Rieken	85	B-Plast 2000	1:09:34	1:13:04	1:23:27	1:15:03	1:01:23	1:23:07	07:25:40
1.454	WHK	309	F452	Gertrud	Farwer	58		1:08:09	1:12:46	1:24:05	1:15:28	1:00:35	1:24:37	07:25:42
1.455	WHK	310	F376	Alexandra	Wolter	74	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:44	1:01:37	1:22:01	07:25:51
1.456	WHK	311	F391	Bianca	Petrolino	72	MTV Aurich	1:09:22	1:12:45	1:25:19	1:14:44	1:01:37	1:22:01	07:25:52
1.457	MJ	147	1093	Arne	Engel	02	LG GroBefehn	1:06:35	1:12:00	1:23:23	1:20:17	0:59:20	1:24:16	07:25:53
1.458	MHK	956	1192	Torben	Cord	85	BBC Chartering	1:11:33	1:13:21	1:27:29	0:59:38	1:03:16	1:30:39	07:25:59

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.459	WHK	312	F254	Gundula	Wulff	65	WfBM BBB Aurich Witt	1:09:48	1:15:23	1:26:35	1:13:01	0:59:24	1:21:50	07:26:03
1.460	WHK	313	F438	Petra	Baumgarten	70	Lummerland Taxi	1:09:07	1:12:25	1:25:28	1:14:26	1:00:59	1:23:42	07:26:09
1.461	MHK	957	1092	Focko	Penon	71	Ulricianum Aurich Sek 1	1:05:56	1:10:15	1:21:57	1:12:32	1:08:23	1:27:06	07:26:11
1.462	MHK	958	1071	Mario	Kampers	73	Kdo SES Ostfriesland	1:08:27	1:14:58	1:25:03	1:14:49	1:00:32	1:22:37	07:26:30
1.463	WHK	314	F429	Elisabeth	Tel	69	RVB Aurich/Uplengen	1:08:42	1:13:38	1:26:31	1:14:05	0:59:46	1:23:55	07:26:40
1.464	MHK	959	574	Sven	Groß	91	WfBM BBB Aurich Witt	0:58:59	1:14:06	1:23:33	1:29:01	0:53:16	1:27:50	07:26:46
1.465	WHK	315	F464	Sandra	Vesperman	85	Team ENERCON	1:13:24	1:10:02	1:26:20	1:23:43	0:57:25	1:16:01	07:26:58
1.466	MJ	148	871	Franz	van Hetting	96	IGS Waldschule Egels	1:09:15	1:14:41	1:24:23	1:17:29	1:05:04	1:16:17	07:27:11
1.467	MHK	960	1161	Hans-Herm	Schoorman	83	Team Timmel	1:09:06	1:13:21	1:25:25	1:14:23	1:00:58	1:23:58	07:27:14
1.468	MHK	961	1015	Kai	Walther	77	Team Timmel	1:09:06	1:13:20	1:25:25	1:14:24	1:01:00	1:23:56	07:27:14
1.469	MHK	962	1461	Erwin	Koops	72	Sparkasse Leer Wittmun	1:10:25	1:14:01	1:25:06	1:14:19	1:00:43	1:22:58	07:27:35
1.470	MHK	963	1619	Lothar	Wenninga	72	Greta-Schoon-Schule	1:12:01	1:15:06	1:27:43	1:11:28	0:59:10	1:22:12	07:27:43
1.471	WHK	316	F335	Ilona	Eden	69	FCSO	1:07:48	1:14:10	1:24:59	1:14:51	1:02:08	1:23:48	07:27:46
1.472	WJ	45	F684	Nicole	Rohlf	98	HRS Moorerland	1:15:50	1:12:02	1:22:44	1:14:39	1:01:02	1:22:01	07:28:21
1.473	MJ	149	1484	Tobias	Bley	94	GeTek	1:09:57	1:12:32	1:24:21	1:12:25	0:59:58	1:29:07	07:28:22
1.474	MJ	150	917	Henrik	Jacobsen	97	Schule Moorerland	1:06:54	1:12:28	1:22:46	1:13:40	1:05:19	1:27:15	07:28:25
1.475	WHK	317	F643	Gerda	Möhlmann	65	Sparkasse Aurich-Nord	1:08:23	1:13:13	1:25:13	1:15:53	1:01:33	1:24:09	07:28:25
1.476	MHK	964	1149	Michael	Stockfisch	67	TUS Collinghorst	1:09:32	1:13:31	1:24:48	1:15:17	1:02:02	1:23:15	07:28:28
1.477	WHK	318	F197	Talea	Lüpkes	93	Ubbo-Emmius-Klinik	1:08:16	1:12:39	1:28:24	1:15:24	0:59:44	1:24:15	07:28:44
1.478	WHK	319	F552	Elke	Meiners	50	TuRa 07 Westrauderfe	1:08:00	1:13:10	1:23:55	1:16:34	1:02:37	1:24:27	07:28:45
1.479	WHK	320	F82	Sonka	Willms	92	KBV Driest-Weg Dunum-	1:08:19	1:12:40	1:28:24	1:15:24	0:59:44	1:24:15	07:28:49
1.480	WHK	321	F364	Meike	Helmers	73	mitzeit Intensivpflege Zul	1:12:08	1:13:20	1:23:20	1:14:11	1:01:46	1:24:02	07:28:50
1.481	WHK	322	F382	Steffi	Heinrichsdo	79	Ostfriesische Volksbank	1:09:21	1:13:48	1:23:54	1:15:13	1:00:20	1:26:10	07:28:50
1.482	MJ	151	1511	Benjamin	Knöller	96	Alex.-v-Humboldt-Schul	1:04:54	1:12:14	1:29:02	1:18:10	0:52:48	1:31:43	07:28:53
1.483	WJ	46	F297	Anna-Lena	Ubben	95	Borromäus Hospital Lee	1:08:59	1:14:35	1:26:06	1:16:51	1:00:20	1:22:13	07:29:06
1.484	MHK	965	947	Holger	Dickhöfer	72	Enno Onnecken	1:07:00	1:15:32	1:28:34	1:12:38	1:01:02	1:24:29	07:29:18
1.485	WHK	323	F409	Karin	Hillbrands	75	Klinge / Weener Energi	1:08:59	1:13:34	1:24:52	1:16:21	1:01:46	1:23:45	07:29:19
1.486	MHK	966	595	Hermann	Haun	73	Hartmann Group	1:10:02	1:13:14	1:24:01	1:16:55	1:00:41	1:24:25	07:29:21
1.487	WHK	324	F485	Sylvia	Schlink	72	romme club	1:08:31	1:14:28	1:24:15	1:17:09	1:00:13	1:24:48	07:29:25
1.488	MHK	967	1464	Gerhard	Hommers	54	LT SV Ems Jemgum	1:08:56	1:15:15	1:25:40	1:15:09	1:00:56	1:23:45	07:29:43
1.489	WHK	325	F451	Martina	Janßen	92	SVO Wi sünd Holtriem	1:06:44	1:14:37	1:25:07	1:17:08	1:02:01	1:24:06	07:29:45
1.490	WHK	326	F307	Thea	Fauerbach	63	SVO Wi sünd Holtriem	1:06:47	1:14:39	1:25:12	1:17:08	1:02:00	1:24:06	07:29:54
1.491	MHK	968	1089	Ralf	Siemens	64	Hartmann Group	1:06:32	1:12:45	1:23:17	1:18:01	1:04:56	1:24:24	07:29:57
1.492	WHK	327	F359	Kerstin	Akkermann	70	Sparkasse Leer Wittmun	1:09:35	1:13:21	1:26:09	1:14:51	1:02:08	1:24:13	07:30:19
1.493	WHK	328	F701	Marie	Ubben	57	EDEKA	1:11:22	1:14:44	1:25:21	1:15:44	1:01:07	1:22:24	07:30:45
1.494	WHK	329	F478	Claudia	Wostratzky	74	Heisfelder Zahnhaus	1:11:00	1:15:38	1:25:26	1:15:25	0:59:15	1:24:26	07:31:13
1.495	WHK	330	F309	Laura	Köhler	92	Seefahrtsschule Leer	1:13:12	1:13:55	1:25:52	1:14:07	0:59:25	1:24:42	07:31:15
1.496	WHK	331	F286	Kerstin	Schömig	68	Grundschule Hinte	1:10:03	1:14:17	1:24:53	1:14:57	1:02:04	1:25:00	07:31:16
1.497	MHK	969	811	Gerd	Peeken	73	TuS Esens	1:10:53	1:13:24	1:25:43	1:16:24	1:00:29	1:24:24	07:31:19
1.498	WJ	47	F618	Laura	Erdmann	95	Ulricianum Aurich Sek2 -	1:09:37	1:14:22	1:26:14	1:13:16	1:00:38	1:27:38	07:31:47
1.499	MHK	970	12	Stefan	Schewiola	66	LT TuS Aurich-Ost	1:07:23	1:12:14	1:27:21	1:16:39	1:01:15	1:27:01	07:31:55
1.500	WHK	332	F274	Lisa	Hanken	92	RVB Aurich/Uplengen	1:09:24	1:16:16	1:26:21	1:16:33	1:00:39	1:22:40	07:31:56
1.501	MHK	971	1211	Gerd	Saathoff	65	Blau Weiss Filsum	1:11:40	1:13:25	1:27:08	1:13:52	1:01:35	1:24:48	07:32:31
1.502	MJ	152	490	Graf	Glamann-S	00	TV Norden	1:13:47	1:20:24	1:33:05	1:03:16	0:45:59	1:36:02	07:32:34
1.503	WHK	333	F249	Gisela	Sap	55	Klinikum Leer	1:08:31	1:13:30	1:26:23	1:16:50	1:02:45	1:24:41	07:32:43
1.504	MHK	972	963	Martin	Schiemann-	55	LT TuS Aurich-Ost	1:07:34	1:12:13	1:26:43	1:18:08	1:02:58	1:25:15	07:32:54
1.505	WHK	334	F489	Andrea	Meyerjürge	72	Bad zwischenahn	1:10:29	1:14:55	1:26:31	1:15:58	1:01:06	1:24:39	07:33:41
1.506	WJ	48	F379	Svea-Marie	Linnemann-	96	NIGE	1:09:22	1:12:56	1:25:51	1:15:52	1:03:32	1:26:15	07:33:50
1.507	WHK	335	F677	Ines	Rosenkranz	85	Alex.-v-Humboldt-Schul	1:11:19	1:14:22	1:30:14	1:16:04	1:02:05	1:19:56	07:34:02
1.508	WHK	336	F279	Judith	Otten	84	ZGO	1:13:40	1:15:37	1:25:26	1:13:34	1:00:55	1:24:49	07:34:04
1.509	MHK	973	1356	Henri	Hüls	68	obw Emden	1:10:35	1:14:15	1:25:50	1:15:29	1:00:56	1:27:03	07:34:09
1.510	WJ	49	F703	Wiebke	Störig	00	Gymnasium Ulricianum /	1:12:37	1:18:46	1:26:35	1:11:32	0:57:18	1:27:20	07:34:10
1.511	MHK	974	1566	Christoph	Bockhöfer	66	Rechtsanwälte Dr. Fenn	1:08:15	1:13:28	1:28:07	1:18:49	1:00:56	1:24:34	07:34:12
1.512	WHK	337	F555	Martina	Meyer	80	Rudnick mode und woh	1:09:31	1:13:43	1:27:07	1:16:44	1:02:44	1:24:30	07:34:20

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.513	MHK	975	1528	Lars	Ammerman	72	Bünting Tee	1:10:52	1:13:56	1:27:19	1:16:24	1:01:07	1:24:42	07:34:22
1.514	WHK	338	F427	Marlies	Witte	60	LT Spaß mit Sport	1:09:43	1:15:20	1:25:35	1:17:07	1:01:08	1:25:48	07:34:42
1.515	WHK	339	F323	Wilma	Janßen	74		1:16:13	0:57:08	1:31:24	1:18:47	1:04:11	1:27:10	07:34:56
1.516	WHK	340	F410	Susanne	Brink	69	n-cut24	1:09:36	1:15:16	1:24:16	1:16:05	1:03:26	1:26:15	07:34:57
1.517	WHK	341	F130	Claudia	Korpilla	66	ZGO	1:13:40	1:15:34	1:25:27	1:13:47	1:02:39	1:24:14	07:35:23
1.518	MHK	976	972	Heinz	Oelscher	54	Bürgerverein Filsum	1:09:45	1:17:16	1:22:28	1:19:40	1:01:44	1:24:29	07:35:24
1.519	WHK	342	F649	Hilde	Onken	59	Stadtwerke Leer AöR	1:10:40	1:15:14	1:25:43	1:17:25	1:02:41	1:23:39	07:35:25
1.520	WHK	343	F281	Insa	Jelden	92	Stadt Leer	1:08:42	1:13:54	1:26:46	1:17:12	1:02:46	1:26:07	07:35:29
1.521	MHK	977	1428	Klaus	Freese	69	LT TuS Aurich-Ost	1:07:35	1:14:02	1:22:47	1:16:45	1:04:59	1:29:39	07:35:49
1.522	WJ	50	F631	Vanessa	Freese	97	LT TuS Aurich-Ost	1:07:34	1:14:01	1:22:47	1:16:45	1:04:59	1:29:42	07:35:50
1.523	WHK	344	F225	Nina	Müller	87	Klinikum Leer	1:11:05	1:16:22	1:27:08	1:14:16	1:01:15	1:25:50	07:35:58
1.524	MHK	978	1165	Uwe	Caspers	71	Team ENERCON	1:13:20	1:13:33	1:24:29	1:19:29	1:01:59	1:23:32	07:36:24
1.525	MHK	979	1529	Werner	Homölle	64	Bünting Tee	1:10:52	1:13:56	1:27:22	1:16:25	1:03:08	1:24:46	07:36:32
1.526	WJ	51	F621	Michelle	Riebschläg	96	Ulricianum Aurich Sek2 -	1:09:32	1:14:20	1:26:13	1:16:05	1:02:45	1:27:39	07:36:36
1.527	WHK	345	F296	Silvia	Saathoff	70	Ubbo-Emmius-Klinik	1:09:32	1:13:15	1:26:08	1:17:26	1:03:06	1:27:06	07:36:36
1.528	MHK	980	803	Jens	Kaiser	72	Enno Onnecken	1:14:56	1:19:36	1:30:14	1:11:47	0:58:11	1:22:05	07:36:52
1.529	MHK	981	1269	Ralf	Tholen	85	Seefahrtsschule Leer	1:08:23	1:14:25	1:25:16	1:16:41	1:02:22	1:29:54	07:37:03
1.530	WHK	346	F558	Insa	Seiwald	68	Stadt Leer	1:09:43	1:15:19	1:27:13	1:16:42	1:02:07	1:25:55	07:37:04
1.531	WJ	52	F261	Verena	Weber	94	Klinikum Leer	1:09:21	1:15:17	1:26:16	1:17:37	1:03:40	1:25:03	07:37:17
1.532	MHK	982	1073	Johann	Wiltfang	56	Ostfriesische Volksbank	1:12:58	1:13:32	1:28:47	1:15:33	1:01:18	1:25:38	07:37:48
1.533	MHK	983	1322	Sascha	Leuchtman	80	Lebenshilfe Leer e.V.	1:06:44	1:10:56	1:27:13	1:24:19	1:02:45	1:25:49	07:37:48
1.534	WJ	53	F470	Rieke	Seifert	99	Gymnasium Ulricianum A	1:12:08	1:15:36	1:30:04	1:14:31	1:01:54	1:23:35	07:37:50
1.535	MJ	153	897	Keno	Buse	94	WfBM BBB Aurich Witt	1:30:46	1:41:05	1:18:23	1:03:56	0:50:05	1:13:37	07:37:54
1.536	WJ	54	F641	Cato	Stoffer	98	Ulricianum Aurich Sek 1	1:12:10	1:15:39	1:30:05	1:14:31	1:01:54	1:23:35	07:37:55
1.537	MJ	154	898	Klaas	Wollmann	94	WfBM BBB Aurich Witt	1:30:48	1:41:06	1:18:22	1:03:55	0:50:06	1:13:37	07:37:56
1.538	WHK	347	F406	Sylke	Rose	71	Ostfriesische Volksbank	1:12:51	1:13:45	1:28:47	1:15:31	1:01:18	1:26:03	07:38:18
1.539	WHK	348	F396	Roswitha	Südhoff	64	Ostfriesische Volksbank	1:12:50	1:13:45	1:28:48	1:15:31	1:01:19	1:26:03	07:38:18
1.540	WHK	349	F334	Anke	Fahnster	89	VfB Germania Wiesmoo	1:05:20	1:15:18	1:29:49	1:20:27	1:01:37	1:25:50	07:38:24
1.541	WJ	55	F578	Lisa	Gießenberg	94	IGS Aurich West	1:08:19	1:16:25	1:23:52	1:22:00	1:05:15	1:22:57	07:38:51
1.542	WHK	350	F601	Kerstin	Dorenbusch	75	obw Emden	1:11:59	1:15:47	1:25:50	1:16:22	1:01:52	1:27:05	07:38:58
1.543	WHK	351	F188	Petra	Wochnik	64	Marathonprojekt Darmst	1:08:43	1:13:57	1:24:31	1:19:09	1:07:33	1:25:36	07:39:31
1.544	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	1:26:53	07:39:42
1.545	MHK	984	992	Arne	Böhme	85	Seefahrtsschule Leer	1:14:04	1:15:45	1:31:59	1:16:37	1:00:36	1:20:44	07:39:46
1.546	MHK	985	1081	Harmannus	Hilbrands	58	de Heizungsloopers	1:14:22	1:16:34	1:27:19	1:14:59	1:01:04	1:25:38	07:39:59
1.547	WHK	352	F308	Silvia	Geiken	71	BV Victorbur	1:10:26	1:16:02	1:27:21	1:17:13	1:03:10	1:25:54	07:40:09
1.548	WHK	353	F630	Sarah	Körber	93	IGS Aurich West	1:15:20	1:15:30	1:27:19	1:15:51	1:01:51	1:24:25	07:40:18
1.549	MHK	986	1085	Anton	Gruben	42	SV Potshausen	1:08:36	1:18:33	1:25:53	1:18:02	1:04:33	1:24:47	07:40:26
1.550	MHK	987	942	Peter	Koritke	51	VfB Uplengen	1:12:32	1:15:20	1:27:53	1:17:07	1:02:04	1:25:41	07:40:40
1.551	WHK	354	F561	Petra	Freese	69	Emder LG	1:10:04	1:15:13	1:26:15	1:18:13	1:04:08	1:26:47	07:40:43
1.552	WHK	355	F269	Jutta	Sap	61	Klinikum Leer	1:10:55	1:16:27	1:27:17	1:16:12	1:04:11	1:25:49	07:40:54
1.553	MHK	988	1078	Matthias	Sap	52	Klinikum Leer	1:11:06	1:16:27	1:27:19	1:16:11	1:04:12	1:25:50	07:41:07
1.554	WHK	356	F342	Ilona	Kerker	70	Emder LG	1:12:21	1:14:26	1:26:08	1:17:32	1:03:56	1:26:44	07:41:09
1.555	MHK	989	1182	Sönke	Veenljer	81	ENOVA	1:06:24	1:11:15	1:31:22	1:22:22	1:02:41	1:27:04	07:41:11
1.556	MHK	990	974	Dieter	Dirks	65	SVO Wi sünd Holtriem	1:15:01	1:16:49	1:31:15	1:04:00	1:06:31	1:27:38	07:41:16
1.557	WHK	357	F461	Johanne	Dieken-Wall	66	LG Ostfriesland	1:11:35	1:16:03	1:27:21	1:17:14	1:03:11	1:25:54	07:41:21
1.558	WHK	358	F432	Ute	Weber	66	Nortmoor	1:12:22	1:14:38	1:29:34	1:16:26	1:01:55	1:26:44	07:41:42
1.559	MHK	991	1181	Helmut	Beek	56	VW Emden	1:09:24	1:15:37	1:29:21	1:19:00	1:03:07	1:25:32	07:42:04
1.560	WHK	359	F377	Bianca	Ottersberg	91	LG GroBefehn	1:09:08	1:15:48	1:25:26	1:17:38	1:03:42	1:30:27	07:42:11
1.561	WHK	360	F370	Maike	Hinrichs	90	LG GroBefehn	1:09:08	1:15:48	1:25:26	1:17:39	1:03:41	1:30:27	07:42:12
1.562	MHK	992	1280	Gerald	Frühling	70	MTV Aurich	1:11:20	1:15:20	1:27:29	1:17:43	1:04:40	1:25:48	07:42:22
1.563	WHK	361	F407	Astrid	Müller-Esch	73	Grundschule Am Otter	1:11:23	1:16:12	1:29:49	1:16:52	1:01:33	1:26:39	07:42:31
1.564	MHK	993	1110	Franz	Janshen	64	TUS Ditzumerverlaat	1:09:04	1:14:38	1:28:51	1:17:52	1:03:36	1:28:29	07:42:31
1.565	WHK	362	F399	Edda	Buß	53	Pewsum	1:09:13	1:15:50	1:28:17	1:17:24	1:03:52	1:28:13	07:42:51
1.566	WHK	363	F217	Bettina	Peters	75	Ruderverein Leer e. V.	1:09:42	1:14:47	1:25:32	1:16:58	1:07:23	1:28:29	07:42:53

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.567	WHK	364	F445	Christa	Steinjan	61	B Steinjan Consulting Gr	1:12:32	1:16:35	1:26:52	1:16:28	1:02:21	1:28:14	07:43:04
1.568	MHK	994	1489	Helmut	Sprang, Dr.	45	Lions Club Uplengen	1:11:36	1:13:41	1:33:05	1:12:59	0:59:50	1:31:58	07:43:11
1.569	WHK	365	F430	Vera	Soeken	82	Raiffeisenbank eG, Moor	1:13:44	1:15:58	1:28:17	1:15:58	1:03:11	1:26:15	07:43:27
1.570	WJ	57	F611	Anna	Eirich	94	MVM mbH	1:13:56	1:18:36	1:26:46	1:17:31	1:02:32	1:24:17	07:43:40
1.571	WHK	366	F345	Heidi	Meyer	70	EWE Wattloopers	1:10:52	1:16:02	1:25:49	1:16:02	1:04:47	1:30:10	07:43:45
1.572	WJ	58	F698	Lara	Schultz	99	FCSO	1:13:22	1:16:42	1:29:27	1:19:40	1:03:20	1:21:30	07:44:04
1.573	WHK	367	F258	Anke	Verwold	73		1:16:37	1:18:31	1:28:33	1:17:13	1:00:34	1:22:37	07:44:07
1.574	WHK	368	F371	Monika	Sandelman	57	Kirche läuft Wilhelmshav	1:10:04	1:15:07	1:27:21	1:18:30	1:04:41	1:28:48	07:44:33
1.575	MHK	995	1493	Reinhard	Wodak	50	Perior	1:10:33	1:17:51	1:25:49	1:17:36	1:06:45	1:26:41	07:45:18
1.576	WHK	369	F448	Thea	Baumann	58	Tischlerei Baumann	1:12:20	1:17:11	1:29:50	1:18:22	1:02:39	1:24:59	07:45:24
1.577	MHK	996	1362	Walter	Smid	52	obw Emden	1:12:40	1:17:52	1:31:01	1:15:28	1:01:47	1:27:01	07:45:50
1.578	WHK	370	F433	Frauke	Dannen	70	Fortuna Logabirum	1:12:18	1:17:12	1:30:33	1:18:21	1:02:40	1:24:48	07:45:55
1.579	WJ	59	F672	Ina	Müller	00	Gymnasium Ulricianum /	1:12:37	1:18:45	1:26:35	1:17:06	1:03:53	1:27:21	07:46:18
1.580	MHK	997	1293	Rainer	Brahms	72	Scharff / Trauco	1:12:01	1:17:38	1:30:17	1:17:29	1:02:36	1:26:39	07:46:43
1.581	MHK	998	735	Wolfgang	Sattler	47	Fortuna Logabirum	1:16:03	1:19:00	1:30:11	1:21:48	0:59:41	1:20:03	07:46:49
1.582	MJ	155	1299	Philip	Schick	98	MTV Hohenkirchen	1:13:34	1:15:52	1:28:14	1:19:00	1:03:48	1:28:02	07:48:32
1.583	WJ	60	F656	Anna	Langensiep	99	Gymnasium Ulricianum /	1:12:39	1:18:46	1:26:35	1:17:05	1:06:38	1:27:20	07:49:04
1.584	WHK	371	F333	Helga	Middelborg	52	LT SV Ems Jemgum	1:10:32	1:16:15	1:29:05	1:19:15	1:04:44	1:29:23	07:49:17
1.585	WHK	372	F341	Matina	Reske	75	Wildeboer Bauteile Gmb	1:13:37	1:17:19	1:28:11	1:14:47	1:06:17	1:29:08	07:49:21
1.586	MHK	999	760	Michael	Jarcke	55	Team Möbel Buss	1:14:39	1:18:20	1:29:57	1:16:57	1:02:35	1:27:02	07:49:32
1.587	MHK	1.000	1033	Hinrich	Möhlmann	53	LT TuS Aurich-Ost	1:13:58	1:15:32	1:30:27	1:19:53	1:02:41	1:27:11	07:49:44
1.588	WHK	373	F541	Kathrin	Wellendorf	85	Larisca	1:14:34	1:15:44	1:27:15	1:17:52	1:04:07	1:30:32	07:50:06
1.589	WHK	374	F246	Gudrun	Damm	73	Klinikum Emden	1:11:31	1:10:37	1:33:05	1:21:15	1:04:55	1:28:47	07:50:13
1.590	MHK	1.001	1140	Dennis	Frerichs	93	WfBM BBB Aurich Witt	1:07:42	1:15:29	1:24:08	1:30:26	1:05:24	1:27:54	07:51:05
1.591	WHK	375	F505	Anna-Christ	Habben	77	TUS Leerhufe/Hovel	1:12:33	1:17:03	1:31:48	1:15:59	1:03:22	1:30:21	07:51:10
1.592	WHK	376	F160	Herta	Meyer	49	TV Norden	1:12:50	1:15:58	1:28:34	1:19:39	1:04:37	1:29:34	07:51:13
1.593	WHK	377	F85	Christiane	Zepig	80	Krankenhaus Wittmund	1:09:15	1:14:31	1:25:30	1:23:00	1:07:31	1:31:35	07:51:24
1.594	WHK	378	F216	Britta	Seeberg	63	Gymnasium Ulricianum /	1:10:47	1:17:14	1:27:08	1:24:37	1:03:23	1:28:19	07:51:30
1.595	WHK	379	F420	Marion	Czerniakow	67	Heseler Dauerläufer	1:12:42	1:18:00	1:29:24	1:19:05	1:04:24	1:27:55	07:51:31
1.596	WHK	380	F497	Regina	Dubiel	58	Weener	1:18:19	1:20:44	1:28:15	1:17:05	1:01:48	1:25:40	07:51:55
1.597	WHK	381	F72	Maja	Dirks	93	Fortuna Logabirum	1:07:59	1:14:46	1:30:21	1:20:19	1:08:28	1:30:07	07:52:02
1.598	MHK	1.002	853	Marcel	Bloem	92	Leinerstift e.V	1:11:40	1:19:33	1:32:58	1:18:51	1:02:53	1:26:55	07:52:51
1.599	MHK	1.003	959	Thomas	Kröger	66	BV Friesland Neu-Ekels	1:14:10	1:18:20	1:29:39	1:18:27	1:04:24	1:28:04	07:53:06
1.600	WHK	382	F363	Christine	Ehmen	78	Realschule Esens	1:11:10	1:18:32	1:27:32	1:19:45	1:04:34	1:32:15	07:53:51
1.601	MHK	1.004	1186	Wolfgang	Girts	52	SV Stern Schwerinsdorf	1:12:54	1:18:32	1:31:09	1:19:46	1:03:41	1:28:13	07:54:18
1.602	MHK	1.005	1150	Joachim	Piela	51	IGS Aurich West	1:13:10	1:17:53	1:33:31	1:19:07	1:03:23	1:27:12	07:54:18
1.603	WHK	383	F368	Karin	Fellensiek	66	BV Vöwärts-Plaggenbu	1:12:26	1:16:06	1:30:01	1:19:47	1:05:32	1:30:27	07:54:22
1.604	MHK	1.006	1388	Ludwig	Sinning	63	Kreuzfahrten Sinning LE	1:14:15	1:17:30	1:30:16	1:18:45	1:03:16	1:30:19	07:54:23
1.605	WHK	384	F477	Angelika	Wendt	62	Emder LG	1:13:43	1:16:54	1:27:50	1:20:30	1:05:45	1:29:45	07:54:29
1.606	WHK	385	F598	Renate	Blom-Weert	63	obw Emden	1:12:13	1:17:48	1:30:04	1:18:55	1:06:11	1:29:32	07:54:45
1.607	MHK	1.007	1183	Habbe	Buß	48	LG GroBefehn	1:12:54	1:15:51	1:27:04	1:20:36	1:05:55	1:32:23	07:54:47
1.608	WHK	386	F533	Susanne	Grebener	64	Laufftreff Pewsum	1:13:32	1:18:36	1:29:13	1:20:10	1:04:00	1:29:44	07:55:16
1.609	MJ	156	1593	Mirco	Feldmann	99	SV GroBefehn	1:07:19	1:24:33	1:29:00	1:18:37	1:05:35	1:30:17	07:55:22
1.610	WHK	387	F635	Gisela	Lindemann	50	TuRa 07 Westrhauderfe	1:11:19	1:18:19	1:30:17	1:21:55	1:04:58	1:28:40	07:55:31
1.611	WHK	388	F426	Dorathe	Lüpkes	62	Laufftreff Schaffhauserwa	1:12:12	1:17:35	1:32:09	1:20:21	1:04:41	1:28:43	07:55:44
1.612	WHK	389	F255	Sigrid	Arends	69	Störtebeker Loopers TV	1:14:37	1:19:32	1:30:06	1:18:39	1:05:13	1:27:53	07:56:01
1.613	WHK	390	F479	Freya	Homeyer	88	Seefahrtsschule Leer	1:21:28	1:15:17	1:30:48	1:18:41	1:00:55	1:28:55	07:56:05
1.614	WHK	391	F471	Heike	Schmidt	70	Emder LG	1:13:43	1:17:33	1:29:35	1:20:37	1:04:52	1:29:45	07:56:08
1.615	WHK	392	F285	Antje	Feige	62	LG GroBefehn	1:14:39	1:18:12	1:30:02	1:18:56	1:04:34	1:30:18	07:56:43
1.616	MHK	1.008	1532	Marten	Groeneveld	85	Bünting Tee	1:07:49	1:13:05	1:27:22	1:20:12	1:10:57	1:37:21	07:56:49
1.617	MHK	1.009	1080	Benjamin	Jürrens	86	Klinikum Emden	1:11:39	1:16:00	1:32:30	1:19:31	1:07:32	1:29:36	07:56:51
1.618	WHK	393	F469	Gitta	Seifert	67	Plaggenburg	1:13:18	1:18:55	1:30:37	1:20:17	1:04:38	1:29:16	07:57:02
1.619	WJ	61	F414	Anna-Lena	Goldenstein	94	NIGE	1:18:34	1:17:52	1:32:26	1:20:04	1:02:00	1:26:10	07:57:09
1.620	WJ	62	F682	Maren	Böke	98	HRS Moormerland	1:15:50	1:18:37	1:32:04	1:24:37	1:00:40	1:25:34	07:57:24

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gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.621	MJ	157	866	Leon	Pansegrau	99	IGS Waldschule Egels	1:13:52	1:16:45	1:33:39	1:17:10	1:05:18	1:31:14	07:58:01
1.622	MHK	1.010	1121	Grato	Nipshagen	58	LT Schaffhauser Wald	1:15:23	1:19:23	1:28:43	1:19:07	1:04:19	1:31:16	07:58:13
1.623	WHK	394	F493	Heidi	Köhler	69	Gemeinde Hinte	1:13:27	1:19:15	1:31:11	1:21:37	1:03:52	1:29:22	07:58:46
1.624	MHK	1.011	1247	Heinrich	van Lengen	40	LG Großefehn	1:14:39	1:18:38	1:29:26	1:20:01	1:05:54	1:30:19	07:58:59
1.625	WHK	395	F671	Rosemarie	Giese	56	Werdum	1:13:44	1:21:23	1:31:42	1:20:03	1:05:03	1:27:50	07:59:47
1.626	WHK	396	F654	Doris	Gerjets	67	AOK - Die Gesundheitsk	1:15:58	1:17:01	1:32:36	1:18:02	1:04:33	1:31:43	07:59:54
1.627	MHK	1.012	1120	Focko	Janssen	49	IGS Aurich West	1:13:50	1:18:11	1:29:39	1:22:27	1:05:45	1:30:27	08:00:21
1.628	WJ	63	F434	Heike	Akkermann	94	Raiffeisenbank eG, Moor	1:14:02	1:17:31	1:31:43	1:20:33	1:05:58	1:30:35	08:00:25
1.629	WHK	397	F383	Saskia	Koning	93	Töben & Partner	1:12:53	1:15:45	1:30:56	1:21:24	1:08:25	1:31:04	08:00:30
1.630	WHK	398	F504	Andrea	Foorden	65	Team ENERCON	1:12:41	1:18:34	1:30:31	1:23:38	1:05:24	1:30:45	08:01:35
1.631	MHK	1.013	1131	Werner	Ihlow	45	TV Norden	1:12:51	1:19:34	1:30:09	1:20:10	1:08:46	1:30:29	08:02:01
1.632	WHK	399	F195	Anke	Meier	73	Ubbo-Emmius-Klinik	1:16:11	1:22:07	1:34:45	1:03:16	1:09:03	1:36:44	08:02:08
1.633	WHK	400	F385	Sabrina	Mengel	93	Wasserfreunde Völlen-	1:12:54	1:15:45	1:30:55	1:23:09	1:08:21	1:31:04	08:02:10
1.634	WHK	401	F402	Martina	Wellendorf-	69	Klinikum Emden	1:18:26	1:21:00	1:33:52	1:22:17	1:05:59	1:20:41	08:02:17
1.635	MHK	1.014	1139	Dieter	Sandelman	53	Kirche läuft Wilhelmshav	1:12:55	1:20:00	1:32:33	1:20:14	1:05:12	1:31:22	08:02:18
1.636	WJ	64	F472	Oriana	Köhler	94	IGS Aurich West	1:17:38	1:18:18	1:34:17	1:19:41	1:04:48	1:27:41	08:02:26
1.637	WJ	65	F670	Sine	Omar	95	IGS Aurich West - Sek2	1:17:40	1:18:24	1:34:18	1:19:40	1:04:48	1:27:42	08:02:34
1.638	WHK	402	F416	Elke	Richter-Jan	61	TUS Horsten	1:15:45	1:21:52	1:32:10	1:21:09	1:05:17	1:27:06	08:03:22
1.639	WHK	403	F392	Theresia	Jansen	71	ELV Elektronik AG	1:16:03	1:19:00	1:31:47	1:21:49	1:05:08	1:29:40	08:03:31
1.640	WHK	404	F312	Sonja	Strasser	71	GW Firrel	1:14:27	1:19:55	1:31:27	1:20:25	1:06:02	1:32:24	08:04:42
1.641	MHK	1.015	1295	Christian	Kuhlmann	66	Autopark Schunke	1:13:50	1:21:13	1:29:05	1:18:41	1:03:32	1:38:27	08:04:51
1.642	MHK	1.016	1196	Folkmar	Lüpkes	60	Laufftreff Schaffhauserwa	1:15:51	1:20:31	1:35:26	1:20:03	1:04:40	1:28:43	08:05:17
1.643	WHK	405	F148	Margit	Klinkenborg	52	TV Norden	1:15:14	1:19:45	1:32:36	1:20:52	1:06:24	1:30:35	08:05:29
1.644	WHK	406	F418	Silke	Barth	72	SVO Wi sünd Holtriem	1:16:05	1:19:08	1:33:38	1:21:28	1:04:59	1:30:33	08:05:54
1.645	WHK	407	F412	Corinna	Schild	64	Freunde der kleinen All	1:15:19	1:20:24	1:32:31	1:20:53	1:06:11	1:30:43	08:06:03
1.646	MHK	1.017	1146	Jens	Engeldinger	90		1:17:52	1:23:22	1:26:55	1:21:45	1:03:41	1:32:28	08:06:05
1.647	WHK	408	F537	Petra	Rogge	67	SV Freie Lunge Bentstr	1:19:17	1:17:40	1:31:08	1:21:56	1:05:31	1:30:45	08:06:18
1.648	WJ	66	F484	Kyra	Biller	97	TG Wiesmoor	1:19:07	1:19:45	1:30:54	1:16:43	1:04:49	1:35:20	08:06:41
1.649	WJ	67	F536	Rena	Grüßing	98	SV Bentstreek	1:12:03	1:21:19	1:32:23	1:25:14	1:05:26	1:30:21	08:06:48
1.650	WJ	68	F486	Svenja	Harms	97		1:19:07	1:19:45	1:30:54	1:17:27	1:04:50	1:35:21	08:07:26
1.651	WHK	409	F500	Anja	Werth	67	TSV Holtrop Basketball	1:17:10	1:22:38	1:33:49	1:20:20	1:04:44	1:29:18	08:08:00
1.652	WJ	69	F530	Katharina	Kuhlmann	12	IGS Aurich West - Sek2	1:13:50	1:19:24	1:32:41	1:18:17	1:06:19	1:38:27	08:09:00
1.653	WHK	410	F439	Daniela	Rother	75	Schöne Reisen	1:13:47	1:23:04	1:33:02	1:21:53	1:06:15	1:31:00	08:09:02
1.654	WHK	411	F326	Daniela	Buss	72		1:16:20	1:22:20	1:35:20	1:21:14	1:05:38	1:28:13	08:09:09
1.655	WHK	412	F667	Sandra	Baumann	83	Bünting Tee	1:15:35	1:20:08	1:34:21	1:21:40	1:06:59	1:31:32	08:10:17
1.656	WHK	413	F674	Heidi	Stöter	63	SV- Stern Schwerinsdorf	1:15:35	1:20:09	1:34:21	1:21:41	1:06:58	1:31:32	08:10:18
1.657	WHK	414	F487	Doris	Ulfers-Bran	57	Stadt Leer	1:16:24	1:20:21	1:32:59	1:21:43	1:08:03	1:31:27	08:11:00
1.658	WHK	415	F166	Petra	Palma	65	TUS Leerhufe	1:15:12	1:23:14	1:35:59	1:22:10	1:03:49	1:31:09	08:11:36
1.659	WHK	416	F646	Petra	Niemeyer	69	Rhauderfehn	1:18:23	1:23:02	1:34:01	1:20:37	1:05:34	1:30:18	08:11:57
1.660	WHK	417	F428	Bettina	Lixfeld-Soz	67	Reederei Buss	1:17:25	1:20:45	1:33:18	1:20:40	1:07:02	1:32:55	08:12:08
1.661	WHK	418	F380	Insa	Bross-Ansc	72	Klinikum Leer	1:15:25	1:22:52	1:34:20	1:22:24	1:06:08	1:31:19	08:12:29
1.662	WHK	419	F442	Anne-Kathri	Stege	81	Team ENERCON	1:15:41	1:20:26	1:31:38	1:23:58	1:08:12	1:33:08	08:13:06
1.663	MHK	1.018	859	Matthias	Palma	90	Leinerstift e.V	1:16:23	1:23:11	1:36:00	1:23:03	1:03:40	1:30:59	08:13:19
1.664	WHK	420	F473	Doris	Heyen	68	MTV Aurich	1:15:05	1:20:57	1:33:28	1:23:46	1:08:03	1:31:59	08:13:21
1.665	WHK	421	F447	Nicole	Grünert	76	Borromäus Hospital Lee	1:16:19	1:23:52	1:33:13	1:21:46	1:06:17	1:32:28	08:13:58
1.666	MHK	1.019	1476	Klaas	Niemeyer-S	71	Rhauderfehn	1:18:38	1:23:03	1:34:02	1:20:37	1:06:23	1:31:15	08:13:59
1.667	WHK	422	F21	Silke	Grabhorn	93	Seefahrtsschule Leer	1:19:10	1:17:27	1:32:30	1:21:41	1:08:49	1:34:26	08:14:05
1.668	WHK	423	F223	Haike	Heuer	66	Ubbo-Emmius-Klinik	1:18:16	1:16:49	1:31:59	1:21:34	1:09:05	1:36:35	08:14:20
1.669	MJ	158	1304	Oliver	Vitsios	94	IGS Aurich West - Sek2	1:23:13	1:21:02	1:31:19	1:21:05	1:07:31	1:30:18	08:14:30
1.670	WHK	424	F131	Ilona	Beyen	63	Team Möbel Buss	1:16:59	1:22:39	1:33:49	1:21:55	1:07:33	1:31:37	08:14:33
1.671	WHK	425	F260	Heike	Brahms	70	WfbM BBB Aurich Witt	1:20:44	1:25:01	1:35:18	1:20:14	1:04:04	1:29:13	08:14:37
1.672	WHK	426	F453	Angelika	Dendzik	92	TSV Germania Holterf	1:18:22	1:20:26	1:34:30	1:21:11	1:05:31	1:34:41	08:14:43
1.673	MHK	1.020	1382	Bastian	Folkerts	93	SUS Timmel	1:14:12	1:20:31	1:38:09	1:19:12	1:06:51	1:37:08	08:16:04
1.674	WHK	427	F475	Sabine	Kleinau	67	EDEKA TEAM JEMGU	1:13:23	1:20:00	1:33:30	1:24:05	1:09:37	1:36:02	08:16:38

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Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.675	MHK	1.021	1499	Faruk	Sahbaz	63	Sparkasse Aurich-Nord	1:18:57	1:23:26	1:35:01	1:22:12	1:06:43	1:30:25	08:16:46
1.676	WJ	70	F640	Jacqueline	Gerdas	00	Gymnasium Ulricianum /	1:18:21	1:16:49	1:31:50	1:20:43	1:11:59	1:37:09	08:16:53
1.677	WHK	428	F563	Barbara	Leeling	65	Emder LG	1:20:52	1:21:11	1:35:01	1:21:38	1:05:26	1:33:02	08:17:12
1.678	WHK	429	F435	Ulrike	Richter	59	MTV Wittmund	1:17:23	1:22:44	1:37:05	1:21:53	1:07:26	1:31:08	08:17:43
1.679	MHK	1.022	765	Axel	Schewiola	38	TV Norden	1:18:05	1:22:09	1:34:01	1:25:36	1:06:44	1:31:10	08:17:48
1.680	WHK	430	F480	Daniela	Heyenga	89	Volksbank Westrhauder	1:16:29	1:21:06	1:34:31	1:22:21	1:06:13	1:37:24	08:18:07
1.681	MHK	1.023	854	Tobias	Salomo	93	Leinerstift e.V	1:16:02	1:22:23	1:36:50	1:24:44	1:08:38	1:30:34	08:19:13
1.682	WJ	71	F262	Annika	Junker	99		1:16:59	1:24:42	1:39:41	1:23:23	1:05:00	1:30:14	08:20:02
1.683	MHK	1.024	802	Jürgen	Junker	71		1:17:01	1:24:42	1:39:43	1:23:24	1:05:00	1:30:17	08:20:10
1.684	WHK	431	F443	Heidy	van Schar	58	Vfl Uplengen	1:15:40	1:22:55	1:39:06	1:23:54	1:07:42	1:31:59	08:21:18
1.685	MHK	1.025	1111	Günther	Saathoff	46	TSV Hesel	1:18:28	1:23:59	1:35:01	1:24:27	1:08:04	1:32:14	08:22:17
1.686	WHK	432	F305	Heike	Becker	64		1:16:13	1:23:17	1:35:39	1:23:43	1:08:25	1:35:12	08:22:32
1.687	MJ	159	1087	Benny	Pilgram	94	JHS Nortmoor	1:20:32	1:24:18	1:35:55	1:24:11	1:03:24	1:34:20	08:22:42
1.688	WHK	433	F455	Bettina	Ackermann	64	Emder LG	1:18:15	1:22:30	1:35:48	1:22:05	1:09:03	1:34:59	08:22:43
1.689	MHK	1.026	1001	Dieter	Sandrock	47	LG TV Bunde	1:17:12	1:23:37	1:33:39	1:26:19	1:09:31	1:32:55	08:23:15
1.690	MHK	1.027	1003	Erich	Pruin	64	Lebenshilfe Leer e.V.	1:18:38	1:21:59	1:36:32	1:25:16	1:06:45	1:34:06	08:23:19
1.691	WHK	434	F483	Sigrid	Paschen	60	MTV Wittmund	1:17:25	1:23:12	1:35:51	1:22:34	1:07:46	1:37:09	08:24:01
1.692	WHK	435	F290	Christina	Göhn	87	Ubbo-Emmius-Klinik	1:18:16	1:22:01	1:35:44	1:23:44	1:09:00	1:36:35	08:25:22
1.693	MHK	1.028	1309	Heinz	Palm	48	VHS Laufen	1:14:41	1:25:16	1:38:00	1:24:41	1:08:58	1:33:47	08:25:26
1.694	MJ	160	863	Dennis	Memenga	00	IGS Waldschule Egels	1:20:40	1:03:03	1:47:26	1:27:24	1:09:09	1:37:53	08:25:38
1.695	MHK	1.029	1190	Kerli	Hermann	48	SC Collhusen	1:19:42	1:22:47	1:35:22	1:24:54	1:08:36	1:35:41	08:27:04
1.696	MHK	1.030	1153	Martin	Schürmann	60	Poseidon Leer	1:16:55	1:24:57	1:36:31	1:24:35	1:08:53	1:35:11	08:27:04
1.697	MHK	1.031	1595	Wolfgang	Schmidtke	53	Loga	1:18:45	1:23:09	1:30:29	1:26:47	1:09:14	1:38:37	08:27:04
1.698	WHK	436	F652	Ingeborg	Bruns	62	Neuburg	1:16:56	1:22:10	1:43:36	1:25:10	1:08:27	1:31:31	08:27:52
1.699	MHK	1.032	1124	Helge	Wilken	61	LG Ostfriesland	1:13:14	1:22:24	1:36:40	1:31:58	1:09:43	1:35:07	08:29:09
1.700	WHK	437	F460	Brigitte	Adam	57	TuS Weener	1:19:27	1:24:56	1:36:30	1:23:56	1:09:25	1:35:07	08:29:24
1.701	WHK	438	F495	Anne Kea	van Rossu	90		1:18:21	1:25:16	1:36:59	1:25:52	1:08:48	1:34:37	08:29:55
1.702	MHK	1.033	1352	Burghardt	Zirpins	57	obw Emden	1:15:54	1:22:16	1:38:24	1:28:28	1:06:59	1:38:38	08:30:40
1.703	WHK	439	F466	Esther	Gembruch	60	Timmel	1:18:06	1:23:09	1:36:57	1:26:48	1:10:32	1:35:13	08:30:47
1.704	WHK	440	F421	Irene	Jäger	80	Team ENERCON	1:20:32	1:26:04	1:34:53	1:23:48	1:09:30	1:36:42	08:31:30
1.705	WHK	441	F165	Lisa-Marie	Sönnecken	92	Klinikum Leer	1:16:51	1:23:16	1:42:43	1:26:26	1:09:09	1:33:28	08:31:55
1.706	MHK	1.034	1612	Jannik	Klemme	93	IGS Aurich West - Sek2	1:30:45	1:41:07	1:35:34	1:30:13	1:02:11	1:13:37	08:33:30
1.707	WHK	442	F510	Henrike	Pollmann	93	IGS Aurich West	1:20:22	1:24:49	1:37:02	1:26:27	1:08:24	1:36:42	08:33:47
1.708	MHK	1.035	1563	Lothar	Habben	67	BV Vorwärts Plaggenbur	1:16:23	1:29:08	1:37:04	1:26:38	1:09:20	1:35:20	08:33:55
1.709	WHK	443	F492	Erika	Ahrends	67	TRAUCO Gruppe	1:20:50	1:24:38	1:37:19	1:22:20	1:10:15	1:38:42	08:34:07
1.710	MHK	1.036	766	Wilhelm	Bolhuis	43	TV Norden	1:21:37	1:25:17	1:35:05	1:23:29	1:09:20	1:39:54	08:34:45
1.711	WHK	444	F636	Ute	Heuer	61	SV Leybucht	1:18:16	1:20:52	1:37:30	1:26:59	1:11:57	1:39:14	08:34:51
1.712	MHK	1.037	1312	Ralf	Karbach	74	VHS Laufen	1:19:28	1:25:49	1:38:29	1:27:18	1:09:37	1:34:10	08:34:54
1.713	WHK	445	F608	Tanja	Veenljer	73	VHS Laufen	1:19:29	1:25:49	1:38:29	1:27:18	1:09:38	1:34:10	08:34:55
1.714	WHK	446	F164	Ute	Krone	91	Klinikum Leer	1:24:43	1:30:11	1:39:37	1:24:19	1:05:24	1:33:29	08:37:45
1.715	WHK	447	F532	Lisa	Harms	70	Fa.Ruma Leer/ Großwo	1:19:43	1:24:02	1:37:21	1:27:28	1:10:51	1:38:20	08:37:48
1.716	MHK	1.038	1368	Sascha	Hellmann	86	obw Emden	1:16:17	1:24:53	1:42:23	1:24:53	1:06:15	1:43:41	08:38:24
1.717	WJ	72	F381	Lulienne	Keller	11	NIGE II	1:19:39	1:22:38	1:37:29	1:28:25	1:11:47	1:38:29	08:38:31
1.718	MHK	1.039	1318	Christian	Uphoff	90	Lebenshilfe Leer e.V.	1:15:00	1:41:44	1:36:08	1:24:20	1:03:32	1:37:59	08:38:45
1.719	WJ	73	F405	Hanna	Kassas	95	NIGE II	1:19:41	1:24:10	1:37:29	1:28:15	1:11:48	1:37:40	08:39:07
1.720	WHK	448	F588	Carolina	Draht	63	MTV Aurich	1:19:57	1:24:58	1:39:06	1:27:35	1:11:16	1:36:29	08:39:23
1.721	MHK	1.040	1170	Hans Georg	Richter	44	Kloster	1:18:31	1:23:47	1:39:50	1:26:42	1:12:25	1:38:43	08:40:00
1.722	WJ	74	F277	Rieke	Uken	94	IGS Aurich West	1:23:58	1:26:36	1:43:07	1:21:48	1:08:52	1:38:18	08:42:41
1.723	MHK	1.041	1291	Günther	Rühling	44	LT TuS Aurich-Ost	1:20:47	1:23:56	1:39:00	1:31:00	1:10:44	1:37:31	08:43:01
1.724	WJ	75	F180	Janine	Memenga	97	IGS Waldschule Egels	1:25:22	1:25:18	1:37:40	1:27:29	1:09:10	1:38:00	08:43:01
1.725	WHK	449	F665	Susanne	Behrends	83	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28	1:10:56	1:37:21	08:43:09
1.726	WHK	450	F450	Sabine	Kröger	69	NW Steuerberatungsge	1:20:48	1:25:50	1:39:22	1:29:20	1:11:03	1:36:45	08:43:10
1.727	MHK	1.042	1201	Sören	Schmalwas	64	Bünting Tee	1:20:49	1:25:50	1:39:23	1:29:21	1:11:03	1:36:45	08:43:14
1.728	WHK	451	F662	Effi	Hagen	82	Bünting Tee	1:21:27	1:25:46	1:39:09	1:28:28	1:10:57	1:37:29	08:43:18

Endstand nach der 6. Etappe

gedruckt 10.05.2013 21:11:32

Gesamt

Platz	Alterskl.	AK_Platz	Startnr	Vorname	Name	JG	Verein	Lauf1	Lauf2	Lauf3	Lauf4	Lauf5	Lauf6	Endzeit
1.729	WHK	452	F462	Eske	Mennenga	74	Moormerland	1:19:56	1:26:48	1:39:36	1:31:44	1:09:55	1:36:05	08:44:07
1.730	MJ	161	1554	Ocko	Janssen	94	IGS Aurich West - Sek2	1:26:59	1:27:11	1:53:52	1:30:13	1:17:31	1:09:21	08:45:09
1.731	MHK	1.043	1479	Manfred	Vogel	55	Kurt sien trupp	1:19:43	1:25:10	1:42:42	1:28:43	1:11:14	1:37:55	08:45:29
1.732	WHK	453	F494	Gerti	van Rossu	60	Lebenshilfe Leer e.V.	1:20:18	1:25:14	1:42:58	1:28:06	1:13:44	1:39:03	08:49:25
1.733	WJ	76	F425	Jana	Geuken	94	IGS Aurich West - Sek2	1:23:12	1:27:06	1:38:03	1:28:29	1:15:27	1:37:15	08:49:34
1.734	WHK	454	F129	Insa	Meinen	55	Team Möbel Buss	1:21:20	1:26:48	1:41:26	1:29:02	1:12:04	1:39:00	08:49:43
1.735	MHK	1.044	763	Andreas	Meinen	54	Team Möbel Buss	1:21:20	1:26:49	1:41:26	1:29:03	1:12:03	1:39:01	08:49:44
1.736	WHK	455	F519	Frauke	Ubben	68	TSV Holtrop Basketball	1:21:29	1:29:05	1:41:34	1:29:57	1:11:05	1:38:27	08:51:38
1.737	WHK	456	F436	Fenna	Pollmann	62	SV Stern Schwerinsdorf	1:19:33	1:29:20	1:43:18	1:30:13	1:11:57	1:40:13	08:54:35
1.738	WHK	457	F474	Linda	Janssen-W	62	SV Stern Schwerinsdorf	1:19:54	1:29:50	1:43:18	1:29:21	1:11:57	1:40:13	08:54:36
1.739	WHK	458	F271	Astrid	Ringering	76	Kindergarten Neermoor	1:24:50	1:28:51	1:44:29	1:28:48	1:11:09	1:45:55	09:04:05
1.740	MHK	1.045	2222	Werner	Müller	49	Fortuna Logabirum	1:25:13	1:27:24	1:42:40	1:31:36	1:14:07	1:43:24	09:04:26
1.741	MHK	1.046	1292	Andreas	Schulze	71	Scharff / Trauco	1:24:12	1:26:34	1:42:01	1:34:03	1:14:53	1:43:25	09:05:11
1.742	WHK	459	F498	Elke	Frühling	60	DRK KiGa Am Wassert	1:23:40	1:26:24	1:42:58	1:30:31	1:16:11	1:46:11	09:05:58
1.743	WHK	460	F507	Conny	Jäschke	73	mitzeit Intensivpflege zu	1:21:10	1:25:00	1:44:35	1:33:19	1:18:21	1:46:01	09:08:30
1.744	MHK	1.047	1606	Gerd	Claassen	45	LG Ostfriesland	1:23:17	1:29:40	1:44:09	1:37:10	1:15:20	1:45:23	09:15:01
1.745	MJ	162	867	Malte	Niestrat	98	IGS Waldschule Egels	1:28:33	1:27:05	1:44:22	1:34:24	1:22:35	1:40:06	09:17:08
1.746	MHK	1.048	1126	Heinz	Engels	76	Wiesmoor	1:26:28	1:31:21	1:45:22	1:33:04	1:16:19	1:45:41	09:18:19
1.747	WHK	461	F137	Heike	Kleen	77	Team Möbel Buss	1:26:29	1:31:21	1:45:24	1:33:03	1:16:20	1:45:41	09:18:21
1.748	MHK	1.049	1213	Tole	Krull	58	KBV Liekut Hand Langef	1:28:33	1:35:49	1:24:10	1:39:52	1:21:33	1:52:00	09:22:00
1.749	WHK	462	F311	Ina	Wagner	92	Borromäus Hospital Lee	1:25:27	1:34:00	1:44:23	1:34:54	1:17:32	1:47:00	09:23:18
1.750	WHK	463	F637	Margret	Coordes	63	Backemoor	1:25:12	1:33:42	1:47:37	1:33:58	1:17:32	1:45:56	09:23:58
1.751	MHK	1.050	527	Johann	Tjaden	52	Störtebeker Loopers TV	1:21:33	1:31:33	1:44:34	1:38:17	1:17:32	1:51:41	09:25:13
1.752	WJ	77	F268	Julia	Schnitzius	95	JHS Nortmoor	1:20:44	1:26:23	1:49:32	1:38:04	1:30:29	1:45:00	09:30:14
1.753	MHK	1.051	1569	Heinrich	Janssen	34	MTV Aurich Tria	1:31:52	1:34:30	1:50:53	1:36:49	1:17:10	1:47:46	09:39:01
1.754	WJ	78	F622	Ina	Ewerth	94	IGS Aurich West - Sek2	1:28:34	1:35:45	1:50:59	1:39:53	1:21:33	1:52:01	09:48:47
1.755	WHK	464	F496	Angelika	Weißschäd	70	VOST	1:33:41	1:41:48	1:52:55	1:42:10	1:24:18	1:54:53	10:09:48
1.756	MHK	1.052	1164	Johnny	Visser	53	SV Norderney	1:35:53	1:45:24	2:02:44	1:49:21	1:29:25	2:02:53	10:45:43
1.757	WJ	79	F511	Annika	Seifert	95	IGS Aurich West - Sek2	1:39:07	1:38:43	2:10:10	1:50:19	1:28:04	2:01:47	10:48:13
1.758	MHK	1.053	1176	Joachim	Janssen	66	de Heizungsloopers	1:46:40	1:55:12	2:15:06	1:58:19	1:33:01	2:13:06	11:41:27