

Männer

Startnr	Name	Verein/*Ort	Gesamt	Brutto	Runden
1570	Basse Christian	SKN Hardlopers	0:42:01	0:42:03	14:02 14:20 13:38
2422	Berndt Rolf-Dieter		0:50:25	0:50:33	16:48 16:58 16:37
1651	De Boer Thomas		0:33:52	0:33:54	11:20 11:24 11:07
1698	Evers Gero	SV Komet Walle	0:37:17	0:37:19	12:13 12:50 12:13
1805	Hartmann Ingo	TV Norden	0:38:40	0:38:42	13:04 13:08 12:26
1856	Horst Klostermann	TV Norden	0:37:57	0:37:59	12:19 12:50 12:46
2435	Ihnen Heiner	Butterfly	0:39:55	0:40:00	14:13 13:10 12:32
1921	Köller Paul-Dieter	de Optimisten	0:45:08	0:45:15	14:41 15:26 15:01
1975	Lühns Wilhelm	SSV Süderneuland	0:36:30	0:36:30	11:59 12:15 12:15
2077	Pfaff Andreas		0:33:52	0:33:54	11:19 11:23 11:09
2339	Riegler Dieter	Butterfly	0:45:39	0:45:44	15:15 15:24 14:59
2148	Schindler Rainer		0:39:26	0:39:27	12:56 13:20 13:09
2184	Schwarz Wolfgang	SV Komet Walle	0:35:24	0:35:25	11:53 11:53 11:37
2191	Siebener Heinz Jürgen	TG 1856 mülheim	0:49:14	0:49:15	15:43 16:34 16:56
2227	Thiemann Bernd		0:34:05	0:34:05	11:07 11:30 11:26

Frauen

Startnr	Name	Verein*/Ort	Gesamt	Brutto	Runden
1548	Ahrends Gisela		0:40:49	0:40:56	13:38 13:45 13:25
1563	Backer Heike	SSV	0:41:51	0:41:57	14:03 14:04 13:44
1593	Bley Inge		0:46:46	0:46:57	15:48 15:25 15:31
1595	Blonn Annegret		0:40:21	0:40:30	13:57 13:35 12:49
1608	Bracklo Lydia	SSV	0:41:51	0:41:57	14:03 14:04 13:44
2338	Bruling Kerstin	Butterfly	0:43:01	0:43:07	14:22 14:37 14:01
1615	Brumm Henny	TV Norden	0:40:37	0:40:45	13:37 13:35 13:24
1621	Büttner Anja	SV Amisia Wolthusen e. V.	0:42:23	0:42:32	14:13 14:13 13:57
1634	Christians Rixte	Health Angels	0:35:27	0:35:29	11:53 11:53 11:41
1647	Davids Lisa		0:42:43	0:42:47	14:02 14:29 14:11
1668	Dirks Carina		0:42:42	0:42:47	14:06 14:25 14:10
2436	Eilers Elke	Butterfly	0:43:00	0:43:06	14:25 14:41 13:53
1700	Evers Nicole		0:37:05	0:37:07	12:58 12:24 11:43
1705	Fechner Adelheid	SV Komet Walle	0:39:40	0:39:41	12:55 13:25 13:19
2483	Feldmann Griet	Grundschule Sunderneuland 3a	0:49:35	0:49:38	16:37 16:56 16:00
2401	Feldmann Tanja		0:43:27	0:43:36	14:44 14:27 14:15
1735	Geiken Gabriele		0:46:59	0:47:02	15:28 16:01 15:29
1745	Gerken Andrea		0:42:42	0:42:48	14:05 14:25 14:11
1748	Gerlach Ute		0:46:56	0:47:07	15:57 15:42 15:15
1752	Gloger Giesela	TV Norden	0:41:18	0:41:18	13:53 13:48 13:35
1753	Gminder Martina	Health Angels	0:38:16	0:38:18	12:36 12:59 12:41
1760	Goldenstein Angela	SSV	0:43:18	0:43:25	14:15 14:43 14:18
1761	Goliasch Petra		0:42:49	0:43:00	14:51 14:08 13:49
1782	Haan Viola	Health Angels	0:42:14	0:42:16	13:46 14:16 14:11
1789	Hahn Ines	TV Norden	0:36:59	0:36:59	11:56 12:33 12:29
2341	Hähnel Jenny	Butterfly	0:42:57	0:43:03	14:28 14:39 13:50
1796	Harms Annegret	de Optimisten	0:41:28	0:41:35	14:01 13:49 13:37
1833	Hinrichs Heidi	TV Marienhaf	0:36:05	0:36:06	12:13 12:05 11:47
2334	Höher Elke	Butterfly	0:49:56	0:50:03	16:40 17:05 16:11
1840	Höppner Anke	de Optimisten	0:41:24	0:41:30	14:01 13:49 13:33
1863	Immens Elke	Drs.Reichel/Bommer	0:40:02	0:40:06	13:37 13:27 12:57
2337	Janssen Hella	Butterfly	0:41:23	0:41:29	13:53 13:46 13:44
1881	Janssen Rita	SV Komet Walle	0:37:26	0:37:26	12:32 12:37 12:16
2433	Karowski Sina	Butterfly	0:43:00	0:43:05	14:28 14:40 13:51
1908	Klinkenborg Insa	TV Norden	0:39:59	0:40:04	13:45 13:46 12:27
1945	Kutscher Brigitte	Health Angels	0:39:40	0:39:43	13:15 13:24 13:01
1946	Kutting-Bruns Regina	TV Norden	0:38:52	0:38:53	13:05 13:08 12:38
1974	Lücht Elke	SV Komet Walle	0:37:17	0:37:19	12:13 12:50 12:13
1977	Manninga Sonja	Health Angels	0:39:48	0:39:51	13:15 13:25 13:08
1996	Meyer Lotte	TV Norden	0:44:58	0:44:58	14:31 15:36 14:50
1998	Meyer Romy	TV Norden	0:44:57	0:44:58	14:31 15:35 14:50
2006	Müer Astrid	Turnverein Marienhaf	0:40:11	0:40:14	13:23 13:34 13:13
2008	Müller DR Heike		0:39:31	0:39:33	13:23 13:16 12:52
2482	Müller-Feldmann Heike	Süderneulander Sv	0:49:35	0:49:38	16:37 16:57 16:00
2044	Ommen Martha	TV Marienhaf	0:41:32	0:41:36	13:59 13:55 13:37
2046	Oostinga Heike		0:42:47	0:42:57	14:17 14:15 14:14
2068	Peters Gisela	TV Norden	0:38:45	0:38:46	12:51 13:08 12:45
2438	Petry Klara	TV Norden	0:40:06	0:40:07	13:30 13:37 12:58
2421	Pleger Elisabeth		0:46:59	0:47:07	15:44 15:59 15:16
2087	Pree Edith		0:40:11	0:40:15	13:25 13:36 13:09
2091	Raddau Cornelia		0:45:40	0:45:44	14:38 15:53 15:07
2340	Riegler Hannelore	Butterfly	0:45:39	0:45:44	15:15 15:24 14:59
2109	Rinderhagen Ilona		0:40:02	0:40:06	13:45 13:20 12:57
2110	Rinderhagen Sieglinde	TV Marienhaf	0:41:32	0:41:36	13:59 13:55 13:37
2113	Roberts DR Ursula		0:43:23	0:43:28	14:48 14:27 14:07
2124	Saathoff Hilke	Health Angels	0:39:28	0:39:31	13:04 13:16 13:07
2133	Saueressig Gerda		0:41:00	0:41:09	13:56 13:44 13:19
2138	Schäfer Andrea	Drs.Reichel/Bommer/Schultz	0:46:55	0:46:59	15:27 16:00 15:28
2145	Scheepker Uda	RVB Fresena eG	0:39:29	0:39:32	13:15 13:21 12:52
2434	Schneider Anika	Butterfly	0:43:02	0:43:08	14:27 14:40 13:53
2162	Schneider Gisela	TV Norden	0:40:03	0:40:05	13:30 13:36 12:57
2179	Schultz DR Roswitha	Dr.Reichel/Bommer/Schultz	0:40:41	0:40:46	13:48 13:45 13:07

Frauen

Startnr	Name	Verein/*Ort	Gesamt	Brutto	Runden
2183	Schwarz Karin	SV Komet Walle	0:45:32	0:45:35	15:20 15:23 14:49
2336	Tjarden Monika	Butterfly	0:41:24	0:41:30	13:52 13:46 13:45
2251	Vaak Bärbel		0:42:37	0:42:39	14:07 14:24 14:05
2437	Waldeck Christiane	Butterfly	0:42:57	0:43:03	14:27 14:41 13:49
2304	Wirgenings Ursula	SV Komet Walle	0:36:38	0:36:39	12:04 12:14 12:19
2319	Zorn Gundula		0:38:41	0:38:43	12:58 13:02 12:40