

10 km - Gesamtwertung

9. OLB Citylauf Norden - 16. April 2011

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1814	Immega Stephan	LG Harlingerland	0:31:47	0:31:48	1	MHK	84	07:44 07:58 08:08 07:55
2	1636	Eckstein Klaus	LC Nordhorn	0:34:22	0:34:24	1	M40	67	08:37 08:38 08:36 08:29
3	1687	Folkers Andreas		0:36:42	0:36:43	1	M35	76	08:51 09:14 09:25 09:09
4	1617	Dirksen Jens	VFL Germania Leer	0:37:06	0:37:08	2	MHK	85	08:50 09:19 09:33 09:23
5	1514	Behrens Frank	SSV Gristede	0:37:18	0:37:19	2	M40	69	08:51 09:18 09:40 09:28
6	1646	Eickholt Matthias	Emder LG	0:37:23	0:37:24	3	MHK	86	08:49 09:25 09:39 09:29
7	2405	Klaue Roland		0:38:13	0:38:15	3	M40	71	08:54 09:35 10:05 09:38
8	1599	Diekmann Bernd	BSG Sparkasse Bremen	0:38:15	0:38:17	2	M35	72	09:19 09:34 09:43 09:39
9	2404	Redmers Christian	Textilreinigung Redmers	0:38:18	0:38:20	4	MHK	90	09:13 09:39 09:44 09:41
10	2192	Tuitjer Berthold	Emder LG	0:38:20	0:38:23	4	M40	69	09:16 09:34 09:44 09:44
11	1918	Langensiepen Jannis	LT TuS Aurich-Ost	0:38:56	0:39:03	1	MJB	94	09:54 09:48 09:47 09:26
12	1525	Beye Christopher	TV Norden	0:39:05	0:39:06	5	MHK	91	09:39 09:56 09:59 09:29
13	1909	Kurch Sebastian	VfL 28 Ellrich	0:39:13	0:39:15	1	M30	81	08:58 09:55 10:22 09:57
14	1896	Köster Clemens	MTV Aurich Triathlon	0:39:13	0:39:17	3	M35	73	09:18 10:00 10:07 09:47
15	2141	Schwerin Heiko	Dr.Becker Physio Gym	0:39:32	0:39:34	2	M30	81	09:08 09:52 10:19 10:12
16	1484	Akkermann Michael	SV Jennelt-Uttum	0:39:38	0:39:42	5	M40	70	09:26 10:00 10:17 09:54
17	1489	Alts Holger	Vffl Berumbur	0:39:55	0:39:56	1	M45	64	09:30 10:06 10:15 10:02
18	2116	Schmidt-Dannehl Markus	VW Emden Karosseriebau	0:40:00	0:40:03	4	M35	73	09:29 09:59 10:19 10:12
19	2251	Wilts Martin	LG Ostfriesland	0:40:03	0:40:06	5	M35	72	09:36 10:08 10:16 10:02
20	1834	Janssen Heinz-Dieter	VW Emden Karosseriebau	0:40:04	0:40:07	6	M40	71	10:04 10:08 10:07 09:44
21	2384	Puse Hinrich	LT BSC Burhufe	0:40:10	0:40:14	2	M45	64	09:37 09:57 10:21 10:14
22	1797	Hoffmann Karl-Heinz	Team Laufrausch e.V.	0:40:20	0:40:23	1	M50	58	09:45 10:13 10:18 10:02
23	1846	Janssen Till		0:40:24	0:40:35	1	MSc	96	10:04 10:14 10:20 09:45
24	2402	Seidel Norbert		0:40:35	0:40:39	7	M40	70	10:08 10:16 10:19 09:50
25	2146	Siebelts Arnd	Physical-Esens	0:40:43	0:40:45	8	M40	67	09:30 10:11 10:32 10:29
26	2055	Regina Michael	TSV Krofdorf-Gleiberg	0:40:56	0:40:58	2	M50	61	09:53 10:15 10:27 10:20
27	2093	Schaefer Manuel	Einzelgänger	0:41:13	0:41:16	6	MHK	82	09:36 10:19 10:47 10:31
28	1507	Becker Axel	Emder-LG	0:41:17	0:41:20	3	M50	60	10:04 10:26 10:34 10:11
29	2258	Wurps Jan		0:41:15	0:41:25	7	MHK	82	10:09 10:18 10:36 10:10
30	2001	Nitz Hans-Jürgen	Niedersachsen Ports	0:41:22	0:41:27	9	M40	70	09:50 10:14 10:46 10:29
31	2389	Thies Martin	TuS Norderney	0:41:35	0:41:39	3	M45	66	10:08 10:21 10:34 10:30
32	2396	Meenken Janno	Crocodiles Ihlow	0:41:58	0:42:00	2	MJB	94	09:43 10:22 10:44 11:08
33	1527	Beyer Uwe	TuS Norderney	0:41:57	0:42:01	10	M40	68	10:09 10:21 10:45 10:40
34	1749	Hallmann Hermann	Emder-LG	0:41:59	0:42:05	4	M45	62	10:14 10:32 10:45 10:27
35	2376	Flagmeia Jörg	Café Einstein	0:42:05	0:42:09	3	M30	78	10:16 10:48 10:44 10:16
36	1850	Janßen Gerriet	MTV Aurich Triathlon	0:42:23	0:42:27	11	M40	70	09:56 10:33 11:06 10:46
37	1602	Dietz Ralf	emder lg	0:42:35	0:42:39	1	M55	52	10:10 10:38 10:51 10:54
38	1601	Diergardt Björn	Turbo-Schnecken Lüdenscheid	0:42:39	0:42:42	12	M40	69	10:13 10:43 10:57 10:45
39	1821	Jacobs Stefan	BBB Wfbm Aurich-Wittmund	0:42:27	0:42:46	8	MHK	90	11:15 10:57 10:01 10:13
40	0	unbekannt DK2883C		0:42:46	0:42:49	9	MHK		10:28 10:48 10:52 10:35
41	1961	Meyer Thomas	LT TuS Aurich Ost	0:42:57	0:43:04	13	M40	69	10:51 10:46 10:41 10:37
42	2413	Hartema Richard	MTV Ditzum	0:43:01	0:43:06	14	M40	68	10:04 10:36 11:13 11:07
43	2230	Wenholt Frank		0:43:08	0:43:11	6	M35	73	10:15 10:51 11:07 10:54
44	2257	Wulle Thomas	LT TuS Aurich-Ost	0:43:14	0:43:21	5	M45	63	10:51 10:47 10:49 10:45
45	1480	Aden Hans-Dieter		0:43:22	0:43:25	4	M50	58	10:12 10:56 11:16 10:57
46	1563	Buss Albrecht	LG-TV Bunde	0:43:19	0:43:25	5	M50	57	10:05 10:46 11:13 11:13
47	1970	Mollaie Nader	BUTTERFLY	0:43:25	0:43:28	6	M50	60	10:03 11:03 11:14 11:04
48	2318	Kirschke Rolf	Enercon GmbH	0:43:26	0:43:33	6	M45	65	10:22 10:59 11:05 10:59
49	2409	Soeken Klaas	Timmel	0:43:37	0:43:43	10	MHK	91	10:34 10:37 11:06 11:18
50	1811	Hubert Jelko		0:43:40	0:43:46	11	MHK	86	10:05 10:38 11:28 11:27
51	1642	Eesmann Jan	Emder LG	0:43:54	0:44:00	7	M50	61	10:09 10:55 11:25 11:23
52	2114	Schmidt Ludwig	Pflegezentrum- Esens	0:43:59	0:44:01	7	M45	64	10:11 11:00 11:24 11:23
53	1575	Daniel Michael	Emder LG	0:43:54	0:44:03	8	M50	59	10:56 11:02 11:02 10:52
54	2202	Uphoff Gerhard	VW Emden Karosseriebau	0:43:46	0:44:07	15	M40	71	10:43 10:57 11:03 11:01
55	0	unbekannt DG5CE7E		0:43:59	0:44:09	12	MHK		10:17 10:59 11:20 11:22
56	1815	Immer Adrian	Norder Ruderclub	0:44:17	0:44:30	3	MJB	95	11:01 10:55 11:08 11:11
57	2060	Richter- Alten Hendrik	Norder Ruderclub	0:44:19	0:44:31	1	MJA	93	10:20 10:46 11:38 11:33
58	2169	Strehlau Eckehard	wüstenrunner	0:44:24	0:44:31	1	M60	47	10:33 11:09 11:22 11:19
59	1582	De Groot Hartwig	BUTTERFLY	0:44:25	0:44:31	16	M40	68	10:33 10:56 11:24 11:31
60	1619	Dittrich Jörg	SC Itzehoe	0:44:27	0:44:38	8	M45	64	10:45 11:11 11:18 11:12
61	1490	Amft Marcus		0:44:33	0:44:43	7	M35	73	10:53 11:09 11:23 11:06
62	1925	Löloff Andreas	TV Norden	0:44:27	0:44:44	9	M50	57	10:47 11:07 11:34 10:58

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9. OLB Citylauf Norden - 16. April 2011

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	1867	Kaminski-Kontio Bernd	TV Norden	0:44:43	0:44:46	2	M55	56	10:35 11:07 11:32 11:27
64	2382	Meinen Gerold	LT BSC Burhafe	0:44:46	0:44:51	9	M45	63	10:42 11:15 11:27 11:21
65	2395	Park Harm	TUS Weene	0:44:54	0:45:02	3	M55	53	11:08 11:17 11:19 11:09
66	1870	Kattenbeck Udo	Emder LG	0:44:56	0:45:05	10	M45	66	10:56 11:14 11:27 11:18
67	2143	Schwitters Bernhard	TV Marienhaf	0:45:06	0:45:08	4	M55	54	11:14 11:17 11:23 11:10
68	1744	Haake Ingo	VffL Berumbur	0:45:03	0:45:13	17	M40	69	10:48 11:14 11:34 11:26
69	2398	Wallerowitz Ewald	LG Ostfriesland	0:45:10	0:45:21	11	M45	65	10:48 11:20 11:32 11:28
70	1777	Hellmers Ralf	TV Norden	0:45:16	0:45:26	12	M45	65	10:54 11:08 11:38 11:35
71	1715	Glamann-Schulzek Graf	TV Norden	0:45:15	0:45:26	13	M45	65	10:41 11:18 11:39 11:35
72	0	unbekannt DG5KC0V		0:45:26	0:45:31	13	MHK		10:29 11:14 11:42 11:59
73	1898	Kramer Stefan	Emder LG	0:45:18	0:45:31	18	M40	68	11:27 11:29 11:21 10:59
74	2391	Nissen Frank		0:45:23	0:45:34	10	M50	61	11:04 11:29 11:44 11:05
75	1620	Doden Alfred	LT TuS Holtriem	0:45:26	0:45:35	11	M50	58	10:48 11:19 11:52 11:27
76	2197	Ulferts Oltmann	Holtland	0:45:25	0:45:35	14	M45	64	11:00 11:20 11:39 11:25
77	1708	Gerdes Olaf	TSV Riepe	0:45:30	0:45:43	8	M35	72	10:56 11:39 11:42 11:11
78	1804	Honczech Michael	TSV Riepe	0:45:29	0:45:44	19	M40	71	10:50 11:25 11:40 11:33
79	1742	Grundmann Werner		0:45:33	0:45:44	5	M55	52	11:10 11:22 11:32 11:28
80	1725	Grasse Holger	TuS Zetel	0:45:46	0:45:51	15	M45	65	10:42 11:18 12:09 11:35
81	1526	Beye Thomas		0:45:55	0:46:00	16	M45	63	10:59 11:40 11:50 11:25
82	2126	Scholle Peter		0:45:55	0:46:01	17	M45	66	11:09 11:29 11:45 11:30
83	2000	Nikoleit Andreas	TUS Eintracht Hinte	0:45:54	0:46:05	6	M55	56	11:03 11:29 11:44 11:37
84	1522	Berghaus Jens	LT TuS Aurich - Ost	0:45:57	0:46:07	12	M50	59	10:50 11:22 11:53 11:50
85	1965	Mihm Thomas	SG Chattengau	0:46:00	0:46:09	13	M50	61	10:56 11:31 12:00 11:31
86	1621	Doden Johann	Emder LG	0:46:17	0:46:25	14	M50	59	11:07 11:41 11:50 11:37
87	1964	Meyerhoff Lothar	TV Marienhaf	0:46:08	0:46:26	15	M50	61	11:06 11:39 11:49 11:33
88	2383	Roosmann Andre	Realschule Marienhaf	0:46:30	0:46:35	2	MSc	96	10:57 11:36 11:54 12:01
89	2127	Scholtalbers Hendrik	LT Spass-mit-Sport	0:46:16	0:46:38	16	M50	59	11:10 11:31 11:59 11:34
90	2135	Schultz Heinz	VFR Heisfelde	0:46:22	0:46:38	2	M60	49	11:12 11:42 11:54 11:33
91	1542	Bongiorno Max	Norder Ruderclub	0:46:31	0:46:43	4	MJB	94	11:02 11:26 11:53 12:08
92	2058	Remmers Guenter	Marathon-Mülheim	0:46:33	0:46:43	3	M60	49	11:36 11:49 11:47 11:20
93	1733	Grimm Uwe	VffL Berumbur	0:46:38	0:46:47	20	M40	69	11:14 11:44 11:59 11:40
94	1759	Harms Johann	LT TuS Aurich-Ost	0:46:39	0:46:49	17	M50	57	11:10 11:43 12:02 11:42
95	2075	Rotte Uwe	Fishtown Runners Ihlow	0:46:42	0:46:55	18	M50	60	11:03 11:39 12:03 11:56
96	1940	Mauson Peter		0:46:44	0:46:56	4	M60	49	11:08 11:41 12:01 11:53
96	1816	Ingenhoven Kai		0:46:37	0:46:56	18	M45	64	11:14 11:36 11:57 11:49
98	2198	Ulmann Theo		0:46:44	0:46:56	19	M50	60	11:07 11:41 12:01 11:53
99	1845	Janssen Stefan	KGS Hage	0:46:44	0:46:56	4	M30	78	11:08 11:41 12:16 11:38
100	1830	Janssen Dieter	LG Glave-Gruppe	0:46:52	0:46:56	19	M45	66	10:54 11:54 12:08 11:55
101	1889	Kölber Richard	TV Norden	0:46:45	0:47:00	20	M45	66	11:27 11:51 11:47 11:38
102	2156	Sörensen Marc	SV Wallinghausen	0:47:03	0:47:08	5	M30	81	10:55 11:44 12:16 12:07
103	1997	Niehuisen Erwin	KBV Nenndorf	0:47:03	0:47:16	9	M35	74	11:03 11:50 12:14 11:54
104	2158	Sporré Jürgen	Borussia Mönchengladbach	0:47:09	0:47:16	7	M55	55	11:20 11:54 12:03 11:51
105	2088	Sass Günther	LG Hengstforde	0:47:07	0:47:17	21	M45	62	10:56 11:59 12:12 11:58
106	2359	Ebel Carsten		0:47:14	0:47:19	22	M45	66	10:54 11:42 12:23 12:13
107	1473	Abbas Steffen	VW Emden Karosseriebau	0:46:59	0:47:19	14	MHK	85	11:37 11:49 11:59 11:32
107	1609	Dirks Benjamin	VW Emden Karosseriebau	0:46:57	0:47:19	14	MHK	86	11:35 11:50 11:59 11:32
109	1848	Janßen Andreas	schwimmverein hesel	0:47:02	0:47:27	21	M40	67	11:08 11:36 12:06 12:11
110	2377	Halsband Erhard		0:47:22	0:47:29	5	M60	47	11:06 11:52 12:24 11:59
111	2171	Strupp Manfred	TV Norden	0:47:14	0:47:29	1	M65	45	11:39 11:48 11:59 11:47
112	2228	Welz Eckhard	Niedersachsen Ports	0:47:27	0:47:31	23	M45	64	10:58 12:01 12:22 12:04
113	2174	Taaks Michael	TV Moormerland	0:47:22	0:47:32	6	M30	78	11:00 11:45 12:18 12:18
114	2215	Voss Friedrich	Niedersachsen Ports	0:47:25	0:47:32	20	M50	61	11:08 11:44 12:12 12:20
115	1497	Barkhoff Johann	Fortuna Wirdum	0:47:15	0:47:32	8	M55	56	11:16 11:45 12:08 12:05
116	1895	Kößler Hans-Joachim	RSV Schwalbe Oelde	0:47:25	0:47:33	21	M50	59	10:52 11:42 12:19 12:31
117	1776	Hellmers Manfred	TRAUCO Gruppe	0:47:16	0:47:35	22	M40	67	10:56 11:43 12:13 12:23
118	1559	Bueskens Phillip	TUS Norderney	0:47:35	0:47:39	3	MSc	97	14:49 16:11 00:00 00:00
119	1562	Busboom Wilfried	Tus Detern	0:47:40	0:47:51	23	M40	71	11:28 12:06 12:15 11:50
120	2066	Rößing Hermann	BBB Wfbm Aurich-Wittmund	0:47:48	0:47:58	24	M45	65	11:17 12:05 12:23 12:01
121	0	unbekannt HR67B61		0:47:50	0:47:58	16	MHK		11:19 12:05 12:23 12:01
122	1904	Krull Gordon	MTV Aurich Triathlon	0:47:45	0:48:01	24	M40	70	11:25 12:00 12:25 11:55
123	1645	Eiben Eibo	SC Dunum	0:47:53	0:48:05	2	M65	43	11:57 12:00 12:09 11:45
124	2044	Pluta Marc	Leinerstift e.V.	0:47:52	0:48:06	4	MSc	97	11:44 11:54 12:12 12:00

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	1694	Friedrichs Wolfgang	TV Norden	0:47:50	0:48:07	25	M45	64	11:30 11:55 12:20 12:03
126	1721	Goes Gebhard	TV Norden	0:47:50	0:48:07	26	M45	64	11:31 11:54 12:20 12:04
127	1616	Dirks Stefan	Norder Ruderclub	0:47:56	0:48:08	25	M40	68	11:45 11:45 12:08 12:16
128	1632	Drosten Jürgen	Fortuna Wirdum	0:47:55	0:48:12	22	M50	60	11:18 11:57 12:23 12:15
129	1663	Extra Jochen	TUS Norderney eV	0:48:07	0:48:16	23	M50	59	12:03 12:31 12:03 11:29
130	2120	Schneider Andreas		0:47:56	0:48:16	24	M50	61	12:03 12:14 12:13 11:24
131	1492	Arends Stefan		0:48:11	0:48:17	26	M40	70	11:24 12:04 12:24 12:18
132	1600	Dieling Malte	TUS Victorbur	0:48:07	0:48:21	17	MHK	89	12:03 12:35 11:39 11:49
133	2264	Bätje Lars	LG Garrels	0:47:56	0:48:25	10	M35	73	11:38 11:54 12:12 12:10
134	1702	Garrelts Bernd	SC Wiesens	0:48:05	0:48:29	11	M35	76	11:38 12:11 12:21 11:54
135	1589	Degener Peter	Marathon Mülheim	0:48:24	0:48:34	9	M55	52	12:21 12:42 11:54 11:25
136	2199	Ulrichs Theo		0:48:36	0:48:42	6	M60	50	11:25 12:15 12:34 12:21
137	2166	Stern Thomas	SZ Wiesbaden	0:48:34	0:48:43	27	M40	70	11:34 12:28 12:43 11:47
138	1950	Meyer Adolf	TV Norden	0:48:29	0:48:44	25	M50	58	11:29 12:11 12:21 12:27
139	1731	Grigat Uwe		0:48:40	0:48:46	28	M40	68	10:37 12:10 12:55 12:57
140	1706	Gerbers Steffen	TUS Aurich Ost	0:48:33	0:48:49	18	MHK	86	12:08 12:15 12:20 11:49
141	2180	Thiele Oliver	Wirdumer TV	0:48:48	0:48:52	29	M40	71	11:03 11:36 12:07 14:01
142	2016	Oostinga Dirk		0:48:45	0:48:54	27	M45	62	11:29 12:22 12:32 12:20
143	1505	Baumgart Uwe	Raiffeisenbank eG Moormerland	0:48:42	0:48:58	19	MHK	86	12:07 12:15 12:20 11:58
144	1631	Drosdowski Peter	BGRCl	0:48:52	0:48:59	26	M50	57	11:44 12:20 12:28 12:18
145	2401	Smidt Ernst	Emden LG	0:48:56	0:49:04	1	M70	40	12:18 12:18 12:19 12:00
146	1973	Müller Hartmut	Niedersachsen Ports	0:48:59	0:49:05	28	M45	63	11:16 12:29 12:42 12:31
147	1656	Engelmann Wolter		0:49:04	0:49:11	3	M65	46	11:55 12:08 12:43 12:16
148	1855	Johnen Joshua	Norder Ruderclub	0:49:06	0:49:18	5	MJB	95	10:59 12:29 13:04 12:32
149	1509	Becker Markus		0:49:11	0:49:18	12	M35	72	12:26 12:42 12:41 11:21
150	1711	Gerken Theelko	Norder Ruderclub	0:49:17	0:49:28	2	MJA	93	11:18 12:11 13:09 12:37
151	2144	Seeger Martin	Norder Ruderclub	0:49:18	0:49:32	20	MHK	89	13:45 12:43 11:44 11:05
152	1586	Decker Albert	BUTTERFLY	0:49:31	0:49:37	29	M45	65	11:32 12:35 12:52 12:31
153	1885	Koehle Olaf		0:49:29	0:49:44	7	M30	77	12:09 12:48 12:33 11:57
154	1597	Dettmer Thorsten	Leinerstift e.V.	0:49:24	0:49:49	30	M45	65	12:24 12:23 12:34 12:02
155	1820	Jacobs Klaas-Steffen	LG Badewanne	0:49:22	0:49:49	10	M55	56	12:21 12:22 12:29 12:09
156	1594	Densow Detlef	LT TuS Aurich-Ost	0:49:43	0:49:53	31	M45	65	12:09 12:22 12:39 12:31
157	2417	Grimm Thomas	VFFL Berumbur	0:49:47	0:49:58	27	M50	61	11:53 12:33 12:45 12:34
158	1476	Achterberg Günter	ev.-krebskranke-Kinder	0:49:36	0:50:00	32	M45	66	12:37 12:31 12:27 12:00
159	1796	Hoffmann Hans-Joachim	LT TuS Aurich-Ost	0:49:48	0:50:05	7	M60	48	12:05 12:41 12:48 12:13
160	1483	Ahrends Ole	BBB Wfbm Aurich-Wittmund	0:49:43	0:50:09	21	MHK	90	13:11 12:19 11:59 12:12
161	1752	Hansen Christian	MTV Aurich	0:49:49	0:50:09	33	M45	62	12:02 12:39 12:52 12:14
162	2047	Poppen Helmut	RVB Fresena eG	0:49:49	0:50:13	8	M60	50	12:39 12:38 12:35 11:56
163	2421	Ubben Bernd		0:49:59	0:50:13	28	M50	59	11:56 12:20 12:56 12:46
164	2089	Sauerbrey Jann	TUS Norderney eV	0:50:11	0:50:21	30	M40	67	12:03 12:31 12:57 12:39
165	2033	Peters Jörg	Nortmoor	0:50:05	0:50:26	34	M45	66	12:13 12:38 12:47 12:25
166	1817	Ippen Andreas	Doepke Kurzschluss Teams	0:50:20	0:50:26	31	M40	68	11:23 12:40 13:10 13:06
167	2210	Vennen Rolf	EWE-Wattloopers			35	M45	62	11:55 12:31 12:56 12:54
168	1874	Klinkenberg Enno	TV Norden	0:50:18	0:50:32	9	M60	49	11:52 12:37 12:50 12:57
169	2209	Vaupel Uwe	Die Spaltmaßdesigner	0:50:19	0:50:32	36	M45	62	11:56 12:31 12:57 12:54
170	1584	De Wall Michael	MTV Aurich Tria.	0:50:24	0:50:38	32	M40	69	12:20 12:41 12:45 12:37
171	1988	Nanninga Jochen	TV Norden	0:50:43	0:50:57	33	M40	67	11:22 12:30 13:56 12:54
172	2378	Janssen Bernd	Emder LG	0:50:51	0:50:59	37	M45	65	11:58 12:24 13:34 12:53
173	1942	Meijer Alex	SV Veendam	0:50:55	0:50:59	34	M40	70	11:52 13:04 13:08 12:50
174	2067	Rößing Tammo	BBB Wfbm Aurich-Wittmund	0:50:35	0:51:00	22	MHK	90	13:11 12:07 12:48 12:28
175	0	unbekannt DW5MTNV		0:50:56	0:51:00	23	MHK		11:52 26:12 00:00 00:00
176	1676	Fischer Helmut	TV Marienhaf	0:50:52	0:51:11	38	M45	64	12:49 13:02 12:47 12:13
177	1854	Willms Johann	LG Poldersiel	0:51:05	0:51:14	11	M55	56	12:11 12:54 12:57 13:02
178	2006	Okken Jochen	TV-Norden	0:51:01	0:51:22	39	M45	63	12:45 13:04 12:47 12:24
179	1914	Lamche Henning	LG Premium Aerotec	0:51:14	0:51:23	24	MHK	83	12:26 13:22 13:36 11:48
180	2097	Scheepker Alfred	TV Norden	0:50:50	0:51:25	12	M55	54	12:21 12:29 13:02 12:56
181	1743	Guhl Sebastian	TV-Norden	0:51:22	0:51:27	13	M35	72	11:28 12:55 13:29 13:28
182	1798	Hollwege Ralf	Vffl Berumbur	0:51:23	0:51:34	40	M45	62	11:53 12:33 13:06 13:50
183	1884	Koch Ralf		0:51:36	0:52:05	35	M40	70	12:14 12:45 13:16 13:20
184	1760	Harms Okko	Gymnasium Ulricianum Aurich	0:51:55	0:52:05	6	MJB	94	11:12 13:01 14:20 13:21
185	2130	Schoolmann Johann	Team Oppler	0:51:38	0:52:06	8	M30	81	12:37 13:04 13:10 12:46
186	1533	Blumhoff Frank	Pearl Jam	0:51:39	0:52:06	9	M30	77	12:39 13:03 13:10 12:46

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
187	2092	Saueressig DR Jann	Thai-Box-Team Norden	0:52:00	0:52:16	36	M40	70	12:52 13:15 13:12 12:40
188	1536	Bölle Dieter	Lg Fix und fertig	0:52:19	0:52:36	41	M45	65	12:35 13:01 12:57 13:45
189	2282	Göbul Alexander		0:52:33	0:52:55	29	M50	61	12:24 13:13 13:44 13:10
190	1931	Ludwigs Joachim	Stadt Emden	0:52:51	0:53:09	37	M40	69	12:46 13:28 13:28 13:06
191	1585	De Wall Stefan		0:52:40	0:53:10	10	M30	81	13:29 12:52 13:24 12:53
192	2329	Adden Habbo		0:52:55	0:53:11	25	MHK	86	13:38 14:29 11:38 13:08
193	2414	Lindena Reenard	BV Canhusen	0:52:52	0:53:14	10	M60	49	13:00 13:21 13:22 13:08
194	2010	Oldendorf Günther	TV Norden	0:53:00	0:53:15	42	M45	62	12:15 13:30 13:55 13:19
195	2317	Fänders Enno	KGS Hage	0:52:53	0:53:18	43	M45	66	12:44 13:27 13:31 13:09
196	2095	Scharf Bente		0:52:57	0:53:24	26	MHK	91	13:26 13:28 13:23 12:39
197	1866	Kamann Friedhelm		0:53:02	0:53:26	13	M55	56	12:45 13:10 13:37 13:29
198	1703	Geiken Dieter	LT TuS Aurich-Ost	0:53:16	0:53:31	44	M45	64	12:51 13:23 13:36 13:26
199	2098	Scheepker Jochen	Conerus-Schule	0:53:18	0:53:37	3	MJA	92	11:08 12:47 13:34 15:47
200	1996	Nickel Karl-heinz	heimatverein domum/westerbur	0:53:38	0:53:41	11	M60	48	12:42 13:33 13:54 13:28
201	1788	Hilpert Frank		0:53:24	0:53:49	38	M40	67	13:07 13:38 13:22 13:15
202	1977	Müller Jörg	KBV-Utarp	0:53:39	0:53:52	39	M40	70	12:49 13:39 14:04 13:05
203	2361	Pollmann Gundolf		0:53:48	0:53:56	40	M40	68	12:16 13:26 14:04 14:01
204	1989	Neeland Jörg	Aurich	0:53:44	0:54:03	45	M45	65	12:20 13:55 13:57 13:30
205	2245	Willers Gerold		0:53:53	0:54:09	46	M45	66	13:31 13:39 13:33 13:08
206	1583	De Vries Dirk	AOK Norden	0:54:18	0:54:31	30	M50	58	13:24 13:41 13:48 13:24
207	2403	Schröter Werner	Hockey-Club Moormerland	0:54:18	0:54:41	4	M65	43	13:24 13:26 13:53 13:34
208	1634	Ebel Rainer	LT TuS Aurich - Ost	0:54:31	0:54:47	47	M45	62	12:27 13:33 14:07 14:22
209	1809	Horn Rainer	Feuerwehr Vockenhausen	0:54:35	0:54:56	11	M30	80	13:40 14:02 13:52 12:59
210	2328	Wagner Richard	Kanalratten LT Team Ihlow	0:54:41	0:55:00	31	M50	58	12:45 13:40 14:08 14:06
211	2191	Tröster Karl-Heinz	TV Norden	0:54:48	0:55:09	14	M55	52	13:04 13:32 14:04 14:07
212	2232	Wessels Helmut	Niedersachsen Ports	0:54:41	0:55:12	48	M45	65	15:14 13:08 13:29 12:49
213	1569	Cobus Stefan	Leinerstift e.V.	0:54:57	0:55:22	27	MHK	90	13:12 13:50 14:22 13:32
214	2227	Welke Andreas	Emder LG	0:54:59	0:55:24	32	M50	57	13:58 14:00 13:54 13:05
215	2070	Roschkowski Nico	Leinerstift e.V.	0:55:01	0:55:29	5	MSc	97	14:37 13:52 13:38 12:53
216	2247	Willms Jakobus	Tus Aurich-Ost	0:55:29	0:55:35	2	M70	40	12:58 13:42 14:17 14:31
217	1737	Groß Sven	BBB Wfbm Aurich-Wittmund	0:55:14	0:55:36	28	MHK	91	13:05 14:01 14:15 13:51
218	1481	Ahrend Horst	BBB Wfbm Aurich-Wittmund	0:55:17	0:55:38	14	M35	73	13:06 14:02 14:15 13:53
219	2012	Oltmanns Handrik	BBB Wfbm Aurich-Wittmund	0:55:35	0:55:40	29	MHK	91	11:52 14:19 15:07 14:15
220	1774	Heine Michael	Team Erdinger Alkoholfrei	0:55:35	0:55:52	12	M60	47	13:30 14:11 14:09 13:44
221	2168	Stocker Ralf	Aurich	0:55:32	0:55:54	13	M60	47	12:42 13:37 14:28 14:43
222	1922	Lindemann Paul	TV Norden	0:55:38	0:56:03	3	M70	39	12:58 14:02 14:19 14:18
223	1938	Manos Eric		0:55:59	0:56:25	14	M60	51	14:16 14:01 14:06 13:35
224	1932	Lübben Joachim		0:56:03	0:56:30	41	M40	69	15:13 14:18 13:37 12:54
225	2224	Weege Thomas	Feuerwehr Norden	0:56:20	0:56:39	12	M30	81	13:39 13:54 14:14 14:32
226	1534	Böhm Erich	KBV Nenndorf	0:56:35	0:56:48	15	M60	47	14:08 14:19 14:21 13:46
227	2374	Pohlenz Frank	MSV Aurich	0:56:27	0:56:56	33	M50	57	15:03 14:22 13:55 13:06
228	1987	Nannen Enno	TV Norden	0:56:40	0:57:05	16	M60	47	13:43 13:51 14:31 14:34
229	1707	Gerdas Focko	Norder Ruderclub	0:56:56	0:57:10	30	MHK	86	13:45 13:55 14:32 14:42
230	2460	Trauernicht Harald	Cellagan T-God	0:56:50	0:57:13	42	M40	69	13:46 13:59 14:27 14:37
231	1958	Meyer Mario	VffL Berumbur	0:57:10	0:57:19	43	M40	70	13:06 14:25 14:59 14:39
232	2119	Schneckener Wilfried		0:57:13	0:57:30	5	M65	42	13:30 14:28 14:43 14:30
233	2313	Waalkens Manfred		0:57:12	0:57:32	17	M60	51	13:56 14:14 14:35 14:26
234	1517	Beninga Hauke	Norder Ruderclub	0:57:20	0:57:34	31	MHK	90	13:45 13:55 14:33 15:06
235	1785	Hildebrand Hermann	TSV Riepe	0:57:13	0:57:41	34	M50	59	14:22 14:20 14:41 13:49
236	1903	Kröger Thomas	BV Friesland Neu-Ekels	0:57:27	0:57:45	49	M45	66	14:22 14:42 14:35 13:46
237	2167	Stickamp Andreas	LG Drope	0:57:27	0:57:53	50	M45	66	13:50 14:13 14:35 14:47
238	1907	Kuhl Otto	Wassersportverein Emden	0:57:36	0:57:57	51	M45	65	14:06 14:41 14:47 14:00
239	2390	Watermeyer Stephan	Sportivo Emden	0:57:53	0:58:11	52	M45	62	12:33 14:02 15:32 15:45
240	1610	Dirks Bernd	Sv Ochtersum	0:58:02	0:58:29	6	MSc	96	14:38 14:54 14:33 13:56
241	2325	Habben Bernd	SV Wybelsum	0:58:20	0:58:33	35	M50	60	12:39 13:39 15:19 16:42
242	2339	Meins Peter	OLB Küste	0:58:23	0:58:33	36	M50	61	14:08 14:42 14:50 14:40
243	2014	Onken Andreas	Aurich	0:58:09	0:58:34	13	M30	78	13:26 14:34 15:08 14:59
244	1920	Lentz Joachim		0:58:05	0:58:35	44	M40	68	13:58 13:57 14:25 15:44
245	1665	Falkenberg Helmut	TV Norden	0:58:29	0:58:41	53	M45	65	13:18 14:38 15:24 15:08
246	1479	Ackermann Timo	KBV So geid good Ostermarsch	0:58:41	0:58:42	1	MSc	98	14:40 15:21 14:49 13:49
247	1908	Kuhlmann Christian		0:58:20	0:58:46	54	M45	66	13:27 14:29 15:12 15:11
248	2250	Wilts Hermann	TV Norden	0:58:35	0:59:01	6	M65	46	13:44 14:12 15:12 15:26

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Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-Pl	AK	Jahr	Rundenzeiten
249	2327	Krull Werner	Kanalratten Ihlow	0:58:58	0:59:19	55	M45	66	14:56 14:42 14:56 14:23
250	2380	Stojanovic Peter	Traba-Team	0:58:59	0:59:25	14	M30	77	14:19 14:47 15:05 14:46
251	1486	Albers Jochen	Harmonic Brass München	0:59:09	0:59:31	45	M40	69	14:42 14:55 15:03 14:29
252	1485	Albers Heio	Harmonic Brass München	0:59:09	0:59:31	7	M65	46	14:41 14:55 15:03 14:29
253	1861	Junker Dieter	EWE-Wattloopers	0:59:18	0:59:35	37	M50	57	14:54 14:53 14:58 14:32
254	1971	Motz Heinz-Georg		0:59:47	0:59:57	56	M45	62	12:37 14:52 16:22 15:55
255	1847	Janssen Tobias	BBB Wfbm Aurich-Wittmund	0:59:45	1:00:09	32	MHK	91	13:47 15:03 15:49 15:04
256	2393	Meinen Wilhelm	LG Ostfriesland	1:00:01	1:00:17	4	M70	41	14:52 14:59 15:11 14:56
257	1960	Meyer Stefan	Lg Fix und fertig	1:00:02	1:00:19	46	M40	71	14:31 15:08 15:56 14:26
258	1808	Horn Ingo	Feuerwehr Vockenhausen	1:00:01	1:00:23	15	M30	77	13:49 15:04 15:47 15:19
259	2315	Niessen Stefan		1:00:14	1:00:33	15	M35	74	14:22 14:49 15:21 15:40
260	2333	Reinecke Erik		1:00:13	1:00:33	16	M35	73	14:23 14:49 15:21 15:39
261	1761	Harms Thimo		1:00:07	1:00:33	33	MHK	85	13:56 14:49 15:48 15:32
262	2178	Thiele Andreas	Doepke Kurzschluss Teams	1:00:35	1:00:57	57	M45	63	14:19 15:07 15:37 15:30
263	1924	Löhndorf Alexander		1:00:41	1:01:03	58	M45	64	14:11 15:43 15:57 14:49
264	1598	Diehl Peter	Leinerstift e.V.	1:01:36	1:02:05	16	M30	77	15:16 15:39 15:39 15:00
265	2074	Roß Manfred	entfällt	1:01:56	1:02:21	18	M60	51	14:26 15:07 15:55 16:27
266	2117	Schnabel Bernhard	EWE-Wattloopers	1:02:10	1:02:27	19	M60	47	15:09 15:50 15:51 15:19
267	1574	Dahl Felix	Norder Ruderclub	1:02:41	1:02:55	34	MHK	91	14:02 15:50 16:41 16:07
268	2236	Wiards Helmut	Pro Alternativen A20	1:02:54	1:03:15	59	M45	66	14:10 15:20 16:29 16:54
269	2102	Schiemann-Lillie Martin	LT TuS Aurich-Ost	1:03:00	1:03:17	15	M55	55	13:49 15:42 16:29 16:58
270	2105	Schlecht Michael	BBB Wfbm Aurich-Wittmund	1:03:07	1:03:30	35	MHK	89	14:28 15:33 16:57 16:07
271	1652	Engeldinger Jens	BBB Wfbm Aurich-Wittmund	1:04:31	1:04:51	36	MHK	90	14:14 16:20 17:37 16:19
272	1653	Engelhardt Hendrik	Keine	1:05:33	1:05:37	17	M30	80	11:35 12:45 13:42 27:30
273	2240	Wienekamp Jens	BBB Wfbm Aurich-Wittmund	1:05:25	1:05:48	37	MHK	91	13:53 16:14 18:55 16:21
274	2362	Hüll Stefan		1:05:50	1:05:59	38	MHK	82	15:45 16:45 16:20 16:59
275	1912	Lachmann Thorsten	Wfbm Aurich-Wittmund	1:05:47	1:06:09	39	MHK	91	13:54 16:06 18:27 17:19
276	2085	Salomo Tobias	Leinerstift e.V.	1:07:11	1:07:41	4	MJA	93	15:18 16:54 17:29 17:28
276	2201	Uphoff Christian	Leinerstift e.V.	1:07:13	1:07:41	40	MHK	90	15:20 16:54 17:29 17:29

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Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1859	Jürrens Inga	Emder LG	0:38:05	0:38:08	1	WHK	82	09:11 09:39 09:41 09:32
2	1690	Franzen Insa	LG TV Bunde	0:41:21	0:41:26	2	WHK	83	10:04 10:28 10:31 10:16
3	1882	Klostermann Waltraud	TV Norden	0:41:36	0:41:39	1	W50	60	10:07 10:30 10:36 10:22
4	1520	Benkendorf Nicole	LT TuS Aurich-Ost	0:42:34	0:42:38	1	W30	80	10:50 10:51 10:36 10:16
5	1496	Banke Helga	Marathon Mülheim	0:43:32	0:43:40	1	W40	69	10:31 10:48 11:05 11:06
6	1841	Janssen Michaela	Fortuna Logabirum	0:44:01	0:44:08	1	W35	74	11:02 11:00 11:08 10:49
7	2387	Hoppe Claudia		0:45:17	0:45:27	2	W35	74	10:50 11:33 11:32 11:19
8	1812	Hubert Katharina	Emder LG	0:45:32	0:45:38	3	WHK	82	10:58 11:14 11:37 11:42
9	1498	Barsuhn Gunda	BUTTERFLY	0:45:41	0:45:53	2	W40	67	11:08 11:34 11:36 11:22
10	1735	Gronewold Elke	BUTTERFLY	0:46:28	0:46:39	3	W40	67	11:08 11:39 11:56 11:44
11	1591	Dekker Anja	Fishtown Runners Ihlow	0:46:42	0:46:55	4	W40	71	11:04 11:39 12:04 11:54
12	1611	Dirks Christiane	Dr.Becker Physio Gym	0:46:56	0:47:29	5	W40	68	11:25 11:35 12:05 11:49
13	1913	Lagerwerf Henriette	SV Veendam	0:48:18	0:48:21	6	W40	70	11:10 11:45 13:14 12:07
14	2253	Wittek Claudia	MTV Aurich Tria.	0:49:12	0:49:24	7	W40	69	11:39 12:15 12:33 12:43
15	2148	Siefkens Elke	Emder LG	0:49:19	0:49:27	8	W40	69	12:05 12:28 12:30 12:14
16	1851	Janßen-Frerichs Herma	Lauftreff Schafhauser Wald	0:49:37	0:49:49	1	W45	64	11:57 12:30 12:43 12:25
17	2309	Zinta-Mennenga Birgit	Dr. Stellamanns + mein Papa	0:49:32	0:49:50	2	W45	66	12:44 12:30 12:24 11:52
18	1664	Falkena Trijntje	MTV Aurich Tria	0:49:38	0:49:52	4	WHK	82	11:37 12:16 12:51 12:52
19	2400	Janssen Ellee	Fortuna Logabirum	0:49:36	0:49:56	3	W35	73	12:14 12:35 12:38 12:08
20	1657	Entgelmeier Binia-Laureen	Gymnasium Ulricianum Aurich	0:49:44	0:49:57	1	WJA	93	11:19 12:20 12:59 13:05
21	2207	Van Heijningen Arjanne	SV Veendam	0:50:12	0:50:16	9	W40	67	11:51 12:48 12:48 12:44
22	2173	Süßen Sonja	LT TuS Aurich-Ost	0:50:10	0:50:21	2	W30	78	12:03 12:42 12:53 12:31
23	2113	Schmidt Kerstin	Fortuna Logabirum	0:50:04	0:50:23	3	W45	65	12:16 12:38 12:43 12:25
24	1836	Janssen Ilka	LG Ostfriesland	0:51:30	0:51:43	2	WJA	92	12:03 12:40 13:28 13:18
25	1696	Friesenborg Monika	Emder LG	0:51:29	0:51:44	10	W40	69	12:21 12:54 13:13 13:00
26	1772	Heien Elisabeth	LT Schafhauser Wald	0:51:40	0:51:52	2	W50	58	12:04 12:44 13:22 13:28
27	1550	Brinkmann Heike	EWE-Wattloopers	0:51:59	0:52:17	4	W35	73	12:34 13:05 13:20 12:58
28	1541	Bonar Lena	BBB Wfbm Aurich-Wittmund	0:51:55	0:52:20	5	WHK	88	12:57 12:49 13:32 12:35
29	2032	Peters Janneke		0:52:02	0:52:20	3	W30	77	12:46 13:05 13:17 12:53
30	1801	Hommers Gaby	LT SV Ems Jemgum	0:52:32	0:52:49	4	W45	62	12:32 13:07 13:23 13:28
31	2379	Janssen Kristin	Emder LG	0:52:48	0:52:55	3	WJA	93	12:25 13:24 13:37 13:21
32	2069	Rooft Martina	LT TuS Aurich-Ost	0:52:51	0:53:05	4	W30	78	12:51 13:23 13:35 13:00
33	1704	Geiken Marion	LT TuS Aurich-Ost	0:52:50	0:53:05	5	W45	66	12:51 13:22 13:35 13:00
34	1683	Fleißner Elke	Fortuna Logabirum	0:52:54	0:53:17	6	W45	64	13:00 13:14 13:24 13:16
35	2364	Schneider Christine	Emder LG	0:53:36	0:53:44	1	W60	48	13:20 13:33 13:31 13:11
36	1579	De Buhr Herta	Fortuna Logabirum	0:53:42	0:54:06	3	W50	60	13:23 13:26 13:28 13:24
37	2170	Strehlau Lisa	wüstenrunner	0:54:07	0:54:14	7	W45	63	13:10 13:31 13:51 13:34
38	1564	Buss Tanja		0:54:18	0:54:33	6	WHK	82	12:39 13:37 14:17 13:43
39	2397	Meenken Mareike	Crocodiles Ihlow	0:54:26	0:54:56	8	W45	62	12:52 13:30 13:59 14:04
40	1613	Dirks Heike	LT Spaß mit Sport	0:54:58	0:55:20	9	W45	63	13:44 13:46 13:49 13:38
41	1681	Fisser Gisela	Stadtwerke Norden	0:55:29	0:55:43	10	W45	65	13:11 14:07 14:14 13:55
42	1667	Feenders Johanne	Norder Ruderclub	0:55:17	0:55:45	1	WSc	96	13:57 13:53 13:49 13:38
43	1773	Heine Christl	Team Erdinger Alkoholfrei	0:55:45	0:55:51	2	W60	48	13:40 14:10 14:10 13:44
44	2392	Seiger-Schulten Annette		0:56:54	0:57:06	4	W50	61	13:06 14:09 14:43 14:55
45	1765	Hasbargen-Regina Inka	TSV Krofdorf-Gleiberg	0:57:01	0:57:13	11	W40	68	13:51 14:10 14:34 14:25
46	2118	Schneckener Beate		0:57:12	0:57:30	1	W55	55	13:29 14:28 14:43 14:30
47	1651	Engelbarts Foline	Emder LG	0:57:37	0:57:46	3	W60	49	13:24 14:23 14:53 14:56
48	1863	Junker Imke	EWE-Wattloopers	0:58:04	0:58:21	7	WHK	87	14:54 14:53 14:58 13:18
49	1872	Kitlas-Dieling Martha	vfb Muenkeboe	0:58:15	0:58:32	5	W50	59	14:24 14:41 14:36 14:33
50	1822	Janke-Neeland Susanne	Aurich	0:58:07	0:58:33	11	W45	63	13:56 14:40 14:50 14:39
51	2340	Taddigs Meike	OLB Küste	0:58:22	0:58:33	12	W45	64	14:08 14:42 14:50 14:40
52	2124	Schömiß Kerstin	Grundschule Hinte	0:58:11	0:58:40	12	W40	68	13:58 14:37 14:50 14:45
53	1531	Bijl Eva	Norder Ruderclub	0:58:19	0:58:47	2	WSc	96	14:07 14:43 14:38 14:50
54	2152	Sigl Gudrun	MTV Aurich / LG Ellernfeld	0:58:50	0:59:14	5	W35	73	13:50 14:46 15:09 15:04
55	2132	Schröder Sabrina	MTV Aurich	0:58:50	0:59:14	5	W30	77	13:50 14:43 15:10 15:06
56	1756	Harken Rößing Wilma	BBB Wfbm Aurich-Wittmund	0:58:57	0:59:21	13	W45	65	14:09 14:59 14:58 14:49
57	2068	Rohlf's Ronja	SVO Wi sünd Holtriem	0:59:04	0:59:30	3	WSc	97	14:39 14:54 14:47 14:42
58	2029	Petermeier Petra		0:59:37	1:00:07	13	W40	69	14:50 15:16 15:21 14:09
59	2410	Battermann Regina	Fentjer Lauftreff	0:59:51	1:00:12	4	W60	51	14:31 15:02 15:03 15:12
60	1493	Bahlßen Alke	Norder Ruderclub	1:00:05	1:00:18	4	WJA	92	14:16 15:20 15:34 14:54
61	1877	Klinkenborg Margit	TV Norden	0:59:54	1:00:22	2	W55	52	14:31 15:04 15:24 14:53
62	1736	Gronewold Jana	TV Norden	1:00:30	1:00:38	1	WJB	95	12:28 13:27 19:55 14:39

10 km - Gesamtwertung

9. OLB Citylauf Norden - 16. April 2011

Frauen

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten			
63	1633	Drüke Petra	TV Norden	1:00:49	1:01:18	6	W50	59	14:50	15:01	15:17	15:39
64	2190	Trauer Dörthe		1:02:28	1:02:55	6	W30	77	14:03	15:18	16:30	16:35
65	1555	Brose Alexandra		1:02:58	1:03:04	6	W35	73	15:17	15:54	16:22	15:23
66	1823	Jannsen Ingrid	BBB Wfbm Aurich-Wittmund	1:03:55	1:04:20	14	W40	68	14:09	16:38	17:23	15:44
67	1824	Jannsen Julia	BBB Wfbm Aurich-Wittmund	1:05:05	1:05:30	8	WHK	91	14:10	16:37	16:44	17:32
68	2363	Weers Imke		1:05:51	1:05:59	9	WHK	86	15:46	16:44	16:20	16:59
69	1921	Lewicki Alexandra		1:05:58	1:06:18	10	WHK	83	15:30	16:36	17:12	16:38
70	1758	Harms Hilke	IGS Aurich-West	1:05:53	1:06:18	4	WSc	97	14:39	16:33	18:14	16:25
71	2399	Dieken-Wallerowitz Johanne	LG Ostfriesland	1:06:19	1:06:32	14	W45	66	15:59	16:29	17:11	16:39
72	2407	Sanwald Hanna		1:06:30	1:06:51	15	W45	62	15:22	16:35	17:33	16:58
73	1826	Janssen Bärbel	TV Norden	1:07:13	1:07:41	1	W70	38	15:46	16:40	17:22	17:24
74	1666	Fangmann Andrea	Aurich	1:09:07	1:09:32	11	WHK	83	15:47	17:25	17:42	18:11
75	2262	Zöhner Anja		1:09:20	1:09:32	16	W45	63	15:51	17:35	17:54	17:59
76	1879	Klötting Bianca		1:12:14	1:12:38	15	W40	70	16:44	18:30	18:31	18:27
77	1532	Birkhahn Thea maria		1:13:43	1:14:11	17	W45	66	17:09	18:25	19:07	19:00