

10 km - NLV + BLV Meisterschaften

10. OLB Citylauf Norden - 14. April 2012

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	91	Kuhlen Andreas	LG Braunschweig	0:31:07	0:31:07	1	MHK	83	07:53 07:49 07:55 07:28
2	93	Meier Karsten	LG Braunschweig	0:31:11	0:31:12	1	MU23	91	07:52 07:49 07:56 07:33
3	365	Schwarzenbach Dirk	TSV Kirchdorf	0:31:16	0:31:17	1	M30	81	07:52 07:49 07:55 07:38
4	90	Diettrich Georg	LG Braunschweig	0:32:11	0:32:11	1	M40	70	07:55 07:59 08:09 08:08
5	316	Hüpel Marius	OTB Osnabrück	0:32:31	0:32:31	2	MU23	91	07:56 08:10 08:23 08:01
6	62	Leunig Stefan	Eintracht Hildesheim	0:32:35	0:32:35	2	MHK	86	08:06 08:19 08:19 07:49
7	313	Lindner Markus	Post SV Uelzen	0:32:37	0:32:38	3	MHK	87	08:04 08:20 08:19 07:52
8	361	Menzel Rene	TSV Kirchdorf	0:32:39	0:32:39	3	MU23	92	08:06 08:18 08:19 07:53
9	362	Pingpank Markus	TSV Kirchdorf	0:32:41	0:32:41	1	M45	64	08:06 08:19 08:19 07:55
10	135	Harwardt Valentin	VfL Wolfsburg	0:32:41	0:32:42	1	M35	77	07:57 08:18 08:29 07:55
11	115	Paetzke Christoph	DSC Oldenburg	0:32:47	0:32:49	4	MHK	83	08:05 08:19 08:19 08:03
12	357	Lang Steffen	TSV Kirchdorf	0:32:53	0:32:55	5	MHK	83	08:06 08:18 08:20 08:08
13	256	Wolzen Gerd	VfL Germania Leer	0:32:56	0:32:57	6	MHK	83	08:05 08:19 08:19 08:11
14	21	Groenhagen Achim	LG Harlingerland	0:32:57	0:32:58	2	M40	68	08:05 08:19 08:22 08:11
15	309	Jäkel Kersten	Post SV Uelzen	0:33:18	0:33:19	7	MHK	84	08:07 08:20 08:29 08:20
16	345	Skalecki Marian	LG Buntentor Roadrunners	0:33:27	0:33:31	8	MHK	87	08:14 08:25 08:38 08:09
17	63	Thielen Nils	Eintracht Hildesheim	0:33:30	0:33:32	4	MU23	91	08:21 08:30 08:27 08:11
18	228	Grünhagen Kilian	LG UnterlüßFaßbergOldendorf	0:33:32	0:33:33	1	MU20	94	08:30 08:30 08:28 08:02
19	344	Skalecki Marcel	LG Buntentor Roadrunners	0:33:33	0:33:36	2	MU20	94	08:31 08:21 08:36 08:04
20	261	Cirkel Jasper	LG Göttingen	0:33:44	0:33:45	5	MU23	89	08:07 08:26 08:46 08:24
21	126	Mahr Christoph	LG Bremen-Nord	0:33:45	0:33:47	6	MU23	89	08:16 08:25 08:38 08:25
22	250	Grigat Holger	VfL Germania Leer	0:33:56	0:33:57	2	M35	73	08:07 08:30 08:49 08:29
23	385	Colsmann Frank	TSV Kirchdorf	0:33:57	0:34:00	2	M45	66	08:19 08:32 08:40 08:24
24	315	Wilshusen Matthias	LC BlueLiner	0:34:01	0:34:02	3	M40	70	08:21 08:31 08:41 08:27
25	341	Müller Ingo	LG Buntentor Roadrunners	0:34:07	0:34:10	2	M30	78	08:33 08:30 08:42 08:21
26	287	Heitmann Torsten	Lüneburger-SV	0:34:13	0:34:16	9	MHK	86	08:23 08:40 08:51 08:18
27	377	Sebrantke Oliver	LC Hansa Stuhr	0:34:19	0:34:20	3	M35	76	08:16 08:41 08:50 08:31
28	167	Hörig Julien	LG Wilhelmshaven	0:34:26	0:34:28	3	MU20	94	08:30 08:39 08:45 08:30
29	139	Reckemeier Nils	LG Wennigsen	0:34:27	0:34:28	4	MU20	94	08:27 08:40 08:54 08:24
30	45	Janssen Ingo	Emder LG	0:34:32	0:34:32	10	MHK	85	08:21 08:35 08:53 08:41
31	27	Jäger René	Garbsener SC	0:34:33	0:34:35	3	M30	82	08:06 08:18 09:53 08:15
32	252	Waschkau Jan	VfL Germania Leer	0:34:45	0:34:47	4	M35	77	08:32 08:35 08:54 08:42
33	136	Appel Mirko	VfL Wolfsburg	0:34:46	0:34:49	5	M35	76	08:20 08:31 08:58 08:57
34	174	Igelbrink Hans Peter	TV Georgsmarienhütte	0:34:51	0:34:53	3	M45	63	08:29 08:47 08:57 08:36
35	7	Ruminski Thomas	SVE Hiddestorf	0:34:59	0:34:59	1	M50	60	08:41 08:49 08:53 08:34
36	288	Bullinger Benjamin	Lüneburger-SV	0:35:08	0:35:12	11	MHK	88	08:24 08:56 09:10 08:36
37	251	Fleißner Hermann	VfL Germania Leer	0:35:16	0:35:18	6	M35	74	08:48 08:58 08:56 08:33
38	61	Wilcke Heiko	Eintracht Hildesheim	0:35:17	0:35:19	4	M30	78	08:42 08:51 09:00 08:42
39	144	Eichinger Christian	SG akquinet Lemwerder	0:35:18	0:35:19	7	MU23	89	08:17 08:47 09:18 08:55
40	37	Eickholt Matthias	Emder LG	0:35:15	0:35:20	12	MHK	86	08:37 08:52 09:00 08:44
41	258	Ringering Onno	VfL Germania Leer	0:35:21	0:35:24	4	M40	68	08:52 08:57 08:52 08:38
42	183	Naue Torsten	LG Bremen-Nord	0:35:29	0:35:29	4	M45	65	08:34 09:01 09:00 08:53
43	254	Dirksen Jens	VfL Germania Leer	0:35:28	0:35:31	13	MHK	85	08:51 08:54 08:58 08:45
44	354	Finn Matthias	TSV Kirchdorf	0:35:32	0:35:35	5	M45	67	08:44 08:57 09:02 08:48
45	138	Schlüter Lars	VfL Wolfsburg	0:35:51	0:35:54	7	M35	75	08:39 09:01 09:15 08:53
46	123	Klas Bernd	TuS Haren	0:35:52	0:35:55	5	M30	82	08:42 09:08 09:11 08:50
47	122	Wessels Torsten	TuS Haren	0:36:03	0:36:06	14	MHK	86	08:44 09:05 09:12 09:00
48	259	Steinke Peter	VfL Germania Leer	0:36:04	0:36:07	5	M40	70	08:47 08:58 09:09 09:09
49	280	Lauterschlag Dennis	Lüneburger-SV	0:36:06	0:36:10	15	MHK	85	08:41 09:14 09:17 08:53
50	255	Brinkmann Max	VfL Germania Leer	0:36:17	0:36:18	16	MHK	88	08:30 09:28 09:35 08:42
51	318	Behrendt Christian	OTB Osnabrück	0:36:16	0:36:20	6	M30	82	09:00 09:04 09:15 08:56
52	8	Bantelmann Martin	RSV Seelze	0:36:21	0:36:23	6	M45	64	08:48 09:14 09:16 09:01
53	142	Seiler Julius Leon	LG Wennigsen	0:36:21	0:36:24	5	MU20	94	09:00 09:19 09:21 08:39
54	286	Schütt Jannik	Lüneburger-SV	0:36:22	0:36:26	8	MU23	91	08:52 09:15 09:21 08:52
55	339	Lubitz Gerrit	LG Buntentor Roadrunners	0:36:25	0:36:29	7	M45	66	08:54 09:12 09:21 08:56
56	312	Meyer Christoph	Post SV Uelzen	0:36:29	0:36:32	8	M35	75	08:37 09:10 09:25 09:15
57	367	Tepelmann Moritz	TSV Kirchdorf	0:36:31	0:36:33	6	MU20	95	08:42 09:15 09:26 09:06
58	140	Meinken Roberto	LG Wennigsen	0:36:30	0:36:33	7	MU20	94	08:58 09:19 09:22 08:49
59	176	Wiesenmüller DR Jens	TV Georgsmarienhütte	0:36:29	0:36:35	8	M45	65	09:01 09:11 09:15 09:00
60	121	Gerdelmann Frank	TuS Haren	0:36:34	0:36:36	9	M35	75	08:54 09:11 09:25 09:03
61	375	Zacharias Ralf	MTV Soltau	0:36:44	0:36:47	9	M45	66	08:53 09:11 09:25 09:14
62	33	Schneider Axel	SG SW Oldenburg	0:36:53	0:36:53	2	M50	61	09:03 09:22 09:24 09:02

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	214	Thiede Matthias	LC BlueLiner	0:36:53	0:36:55	10	M35	76	09:00 09:19 09:23 09:10
64	272	Ickert Oliver	TV Georgsmarienhütte	0:36:56	0:37:00	10	M45	67	08:52 09:18 09:30 09:14
65	113	Weinberg Dieter	LG Harlingerland	0:37:04	0:37:06	6	M40	68	09:05 09:27 09:29 09:02
66	335	Kettler Stefan	LG Buntentor Roadrunners	0:37:03	0:37:06	11	M45	67	09:03 09:28 09:26 09:04
67	13	Langensiepen Jannis	LG Harlingerland	0:37:05	0:37:08	8	MU20	94	09:00 09:19 09:31 09:14
68	159	Birkhölzer Matthias	SV Brake	0:37:06	0:37:08	12	M45	66	09:00 09:20 09:29 09:15
69	96	Bornemann Justus	TuS Weener	0:37:13	0:37:15	9	MU20	95	08:56 09:26 09:34 09:15
70	141	Amtsfeld Jonas	LG Wennigsen	0:37:14	0:37:17	10	MU20	93	09:05 09:29 09:34 09:05
71	371	Koch Sebastian	VfL Lingen	0:37:17	0:37:19	11	MU20	94	08:48 09:32 09:40 09:16
72	224	Vlaardingerbroek Kurt	LG Ostfriesland	0:37:18	0:37:22	7	M40	68	09:12 09:22 09:32 09:11
73	364	Reeh Henrik	TSV Kirchdorf	0:37:23	0:37:24	12	MU20	95	08:49 09:32 09:42 09:19
74	257	Taube Ralf	VfL Germania Leer	0:37:22	0:37:26	8	M40	69	08:53 09:27 09:38 09:22
75	253	Oppenborn Stefan	VfL Germania Leer	0:37:22	0:37:26	7	M30	78	09:18 09:21 09:27 09:14
76	125	Hasch Matthias	TuS Haren	0:37:28	0:37:31	11	M35	76	09:14 09:20 09:34 09:18
77	158	Bartels Ronny	SV Brake	0:37:29	0:37:31	9	MU23	90	08:54 09:21 09:41 09:32
78	143	Kiprotich Joseph	SG akquinet Lemwerder	0:37:30	0:37:32	17	MHK	86	08:57 09:30 09:45 09:17
79	43	Krawietz Leander	Emder LG	0:37:29	0:37:34	9	M40	71	09:11 09:35 09:37 09:05
80	52	Klus-Brauner Michael	Emder LG	0:37:34	0:37:39	10	M40	71	09:02 09:28 09:37 09:26
81	137	Krenz Alexander	VfL Wolfsburg	0:37:39	0:37:41	18	MHK	87	09:00 09:22 09:55 09:20
82	273	Kuklinski Fabian	LG Hannover	0:37:37	0:37:42	13	MU20	94	09:16 09:35 09:31 09:14
83	216	Ludwig Reinhard	LG Ostfriesland	0:37:40	0:37:42	3	M50	59	09:11 09:23 09:40 09:24
84	166	Stephan Jonathan	LG Wilhelmshaven	0:37:43	0:37:46	14	MU20	95	09:48 09:35 09:29 08:50
85	17	Lambertus Dietmar	Team Laufrausch	0:37:41	0:37:46	13	M45	63	09:12 09:34 09:37 09:17
86	332	Deters Henning	LG Buntentor Roadrunners	0:37:46	0:37:51	8	M30	82	09:40 09:41 09:27 08:57
87	164	Schattmann Achim	TriAs Hildesheim	0:37:52	0:37:54	4	M50	59	09:12 09:33 09:47 09:19
88	329	Kramme Thomas	LC BlueLiner	0:37:52	0:37:55	11	M40	71	09:14 09:39 09:41 09:16
89	11	Hinrichs Heinz Dieter	SV Teutonia Stapelmoor	0:37:56	0:37:56	5	M50	61	09:13 09:36 09:43 09:21
90	58	Gronau Igor	LC BlueLiner	0:38:03	0:38:07	12	M40	71	09:20 09:42 09:48 09:11
91	343	Schreck Andre	LG Buntentor Roadrunners	0:38:05	0:38:09	19	MHK	85	09:41 09:41 09:27 09:15
92	356	Koschoreck Fabian	TSV Kirchdorf	0:38:17	0:38:18	15	MU20	93	08:43 09:42 10:02 09:47
93	162	Grabowsky Klaus	SC Spelle Venhaus	0:38:29	0:38:30	1	M55	53	09:31 09:43 09:46 09:28
94	296	Jänicke Sascha	SG SW Oldenburg	0:38:33	0:38:38	9	M30	80	09:27 09:39 09:54 09:32
95	336	Kollhoff Jonas	LG Buntentor Roadrunners	0:38:37	0:38:42	20	MHK	87	09:29 09:30 09:57 09:40
96	340	Memering Bernhard	LG Buntentor Roadrunners	0:38:44	0:38:44	2	M55	56	09:32 09:43 09:55 09:32
97	179	Hold Jürgen	LG Kreis Verden	0:38:52	0:38:54	1	M60	52	09:40 09:54 09:49 09:27
98	199	Kisch Johannes	Fortuna Logabirum	0:38:50	0:38:55	14	M45	66	09:29 09:43 09:57 09:39
99	237	Frankenberg Richard	TV Georgsmarienhütte	0:38:51	0:38:57	13	M40	68	09:33 09:43 09:58 09:36
100	376	Fahrenheit Philipp	LC Hansa Stuhr	0:38:59	0:39:01	10	MU23	91	09:11 09:46 10:10 09:51
101	366	Seibert Andreas	TSV Kirchdorf	0:39:04	0:39:05	6	M50	58	09:31 09:59 10:00 09:33
102	337	Langhorst Thomas	LG Buntentor Roadrunners	0:39:03	0:39:06	15	M45	66	09:15 09:45 10:09 09:52
103	239	Bausch Michael	VfL Lönigen	0:39:07	0:39:09	7	M50	58	09:31 09:43 09:58 09:54
104	359	Lutz Wolfgang	TSV Kirchdorf	0:39:08	0:39:09	2	M60	49	09:44 09:52 09:54 09:37
105	244	Trautmann Luca	TV Metjendorf	0:39:05	0:39:09	16	MU20	94	09:19 09:49 10:04 09:53
106	112	Wolf Marko	MTV Aurich	0:39:10	0:39:16	12	M35	76	09:35 09:49 09:59 09:45
107	86	Oslislok Nils	SV Innerstetal	0:39:12	0:39:16	21	MHK	86	09:39 09:55 10:14 09:21
108	161	Alves Holger	TSV Großenkneten	0:39:11	0:39:16	8	M50	58	09:33 09:51 09:58 09:47
109	338	Leesing Michael	LG Buntentor Roadrunners	0:39:12	0:39:17	10	M30	81	09:44 09:55 09:57 09:36
110	221	Ibeling Fred	LG Ostfriesland	0:39:12	0:39:17	16	M45	66	09:31 09:51 10:01 09:47
111	175	Pohl Martin	TV Georgsmarienhütte	0:39:13	0:39:18	17	M45	64	09:33 09:48 10:03 09:47
112	51	Aeilts Andreas	Emder LG	0:39:16	0:39:20	18	M45	65	09:19 09:47 10:08 10:00
113	219	Tjarks Eduard	LG Ostfriesland	0:39:28	0:39:30	3	M55	54	09:41 09:54 09:55 09:57
114	78	Trense Michael	LG Kreis Verden	0:39:34	0:39:34	9	M50	61	09:34 09:53 10:06 10:00
115	97	Onken Mark	TuS Weener	0:39:36	0:39:39	17	MU20	96	09:18 10:03 10:10 10:03
116	234	Leimkühler Jürgen	TV Georgsmarienhütte	0:39:40	0:39:45	19	M45	65	09:43 09:57 10:10 09:49
117	120	Gerdemann Dirk	TuS Haren	0:39:50	0:39:51	11	M30	79	09:20 10:14 10:19 09:56
118	387	Mietens Ulf	LG Braunschweig	0:39:50	0:39:53	20	M45	66	09:40 09:56 10:18 09:55
119	275	Harrison Philip	LG Hannover	0:39:57	0:40:02	18	MU20	95	09:46 10:19 10:13 09:38
120	350	Achtzehn Dirk	LG Braunschweig	0:39:58	0:40:02	21	M45	63	09:39 10:04 10:10 10:03
121	291	Trebesch Wolfgang	MTV Aurich	0:40:01	0:40:04	4	M55	57	09:38 10:03 10:18 10:00
122	220	Menken Wilfried	LG Ostfriesland	0:39:59	0:40:05	13	M35	76	09:53 10:13 10:12 09:39
123	231	Böhl Ole	LG UnterlüßFaßbergOldendorf	0:40:05	0:40:06	19	MU20	93	09:49 10:19 10:14 09:42
124	358	Lorenz Bernhard	TSV Kirchdorf	0:40:07	0:40:08	10	M50	58	09:34 10:07 10:22 10:01

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	30	Kunkel Jan Malte	SG SW Oldenburg	0:40:05	0:40:09	20	MU20	94	09:27 10:08 10:43 09:45
126	298	Diekmann Carsten	LG Ostfriesland	0:40:08	0:40:13	11	MU23	91	09:46 10:03 10:29 09:48
127	71	Ulferts Andreas	TuS Ofen	0:40:10	0:40:13	22	M45	66	09:22 10:02 10:30 10:15
128	133	Scholz Kersten	TuS Ofen	0:40:23	0:40:25	12	MU23	90	09:29 10:16 10:25 10:11
129	54	Röper Hans	LG Celle-Land	0:40:19	0:40:28	5	M55	55	09:50 10:04 10:22 10:02
130	197	Koenen Niklas	Fortuna Logabirum	0:40:34	0:40:38	21	MU20	95	09:21 10:18 10:53 10:01
131	35	Jürrens Harry	Emder LG	0:40:36	0:40:39	6	M55	57	09:45 10:17 10:22 10:10
132	23	Markworth Oliver	SV Germania Helstorf	0:40:36	0:40:40	14	M40	69	09:40 10:12 10:44 09:59
133	222	Christians Borchard	LG Ostfriesland	0:40:35	0:40:40	11	M50	58	09:37 10:06 10:31 10:20
134	196	Kisch Wenzel	Fortuna Logabirum	0:40:40	0:40:44	22	MU20	96	09:35 10:16 10:45 10:03
135	160	Eilers Dirk	SV Brake	0:40:38	0:40:46	12	M50	61	09:52 10:17 10:33 09:55
136	223	Ludwigs Hanno	LG Ostfriesland	0:40:41	0:40:47	23	M45	67	10:02 10:12 10:19 10:07
137	155	Kathmann Aloys	TuS Norderney	0:40:48	0:40:50	7	M55	53	09:55 10:13 10:25 10:13
138	230	Freudenthal Lukas	LG UnterlüßFaßbergOldendorf	0:40:48	0:40:50	23	MU20	96	09:49 10:20 10:29 10:09
139	72	Flottemesch Andreas	TuS Ofen	0:40:46	0:40:50	13	M50	62	09:47 10:17 10:32 10:09
140	55	Köllner Eckhard	LG Celle-Land	0:40:50	0:40:57	8	M55	54	09:51 10:14 10:31 10:12
141	75	Onkelbach Jan	TuS Ofen	0:40:59	0:41:04	13	MU23	89	10:03 10:11 10:33 10:10
142	153	Lühmann Michael	SG akquinet Lemwerder	0:41:02	0:41:08	15	M40	70	09:40 10:27 10:34 10:19
143	213	Ommen Wessel	SV Holtland	0:41:11	0:41:15	24	MU20	93	09:28 10:17 10:48 10:37
144	352	Chirkov Sergiy	LG Braunschweig	0:41:15	0:41:16	9	M55	57	10:08 10:28 10:35 10:02
145	173	Beyer Uwe	TuS Norderney	0:41:24	0:41:27	16	M40	68	09:59 10:21 10:44 10:19
146	360	Maletzka Reinald	TSV Kirchdorf	0:41:21	0:41:29	10	M55	57	10:04 10:32 10:32 10:12
147	77	Raabe Lukas	TuS Ofen	0:41:33	0:41:38	14	MU23	90	10:12 10:49 10:31 09:59
148	299	Oremek Robert	LG Ostfriesland	0:41:37	0:41:43	24	M45	65	10:15 10:27 10:38 10:16
149	331	Albertsen Hans-Heinrich	LG Buntentor Roadrunners	0:41:43	0:41:46	14	M50	58	10:05 10:36 10:42 10:18
150	210	Michael Hans-Joachim	TV Georgsmarienhütte	0:41:45	0:41:47	1	M65	45	09:54 10:26 10:50 10:33
151	56	Müller Detlef	LG Celle-Land	0:41:55	0:42:01	11	M55	55	10:10 10:37 10:41 10:25
152	289	Kröger Jan- Florian	Lüneburger-SV	0:42:02	0:42:06	15	MU23	90	10:08 10:33 10:35 10:45
153	334	Kaiser-Keller Ralf	LG Buntentor Roadrunners	0:42:12	0:42:15	15	M50	58	09:58 10:46 10:54 10:34
154	100	Masemann Johann	LG Nienburg	0:42:13	0:42:19	3	M60	52	10:11 10:38 10:47 10:36
155	355	Kersten Thomas	TSV Kirchdorf	0:42:23	0:42:30	16	M50	58	10:21 10:45 10:47 10:28
156	42	Dietz Ralf	Emder LG	0:42:27	0:42:32	4	M60	52	10:34 10:40 10:43 10:28
157	31	Reinmold Heinz	SG SW Oldenburg	0:42:44	0:42:46	5	M60	49	10:11 10:47 11:04 10:41
158	373	Kötz Harald	SV Union Salzgitter	0:42:52	0:42:58	2	M65	46	10:30 10:53 10:55 10:32
159	119	Luttermann Timo	TuS Haren	0:42:55	0:42:58	25	MU20	95	10:05 10:25 11:13 11:10
160	80	Göbber Hans-Hermann	LG Nienburg	0:42:49	0:42:58	6	M60	49	10:25 10:40 10:54 10:49
161	76	Raabe Volker	TuS Ofen	0:43:05	0:43:08	7	M60	52	10:39 10:53 11:01 10:31
162	374	Siems Peter	SV Union Salzgitter	0:43:24	0:43:28	8	M60	51	10:57 11:05 11:00 10:21
163	46	Peters Carsten	Emder LG	0:43:27	0:43:31	17	M50	61	10:28 10:55 11:07 10:56
164	184	Wirtjes Edzard	Fortuna Logabirum	0:43:30	0:43:35	18	M50	58	10:44 10:57 10:59 10:48
165	146	Baron Wladislav	SG akquinet Lemwerder	0:43:46	0:43:51	16	MU23	92	09:27 11:12 11:49 11:16
166	205	Berghaus Wilfried	Fortuna Logabirum	0:43:45	0:43:51	12	M55	53	10:45 11:05 11:10 10:45
167	81	Bürgel Günter	LG Nienburg	0:43:50	0:43:56	9	M60	51	10:29 11:01 11:20 10:59
168	363	Renenius Fokko	TSV Kirchdorf	0:43:54	0:43:59	10	M60	48	10:30 10:57 11:21 11:03
169	178	Schmidt Karl-Heinz	VfL Lingen	0:44:05	0:44:06	3	M65	45	10:43 11:06 11:18 10:57
170	87	Krolkowski Siegfried	SV Kirchboitzen	0:44:02	0:44:09	4	M65	45	11:04 11:05 11:07 10:45
171	149	Winkler Horst	SG akquinet Lemwerder	0:44:05	0:44:09	11	M60	50	10:49 11:08 11:11 10:55
172	293	Buß Hinrich	SV Ochtersum	0:44:07	0:44:12	13	M55	54	10:29 11:04 11:09 11:23
173	368	Wille Veit	TSV Kirchdorf	0:44:06	0:44:13	12	M60	52	10:40 11:08 11:16 11:00
174	276	Niehoff Tobias	LG Hannover	0:44:09	0:44:14	26	MU20	96	09:57 10:54 11:49 11:29
175	346	Stehmeier Heiko	LG Buntentor Roadrunners	0:44:18	0:44:22	19	M50	62	10:27 11:14 11:26 11:09
176	195	Dirks Moritz	Fortuna Logabirum	0:44:20	0:44:24	27	MU20	96	10:04 11:21 11:14 11:39
177	217	Ludwig Helmut	LG Ostfriesland	0:44:45	0:44:49	20	M50	58	10:55 11:14 11:21 11:13
178	101	Jeske Jürgen	VfL Oldenburg	0:44:49	0:44:54	21	M50	60	11:07 11:19 11:24 10:57
179	82	Krössel Erich	LG Nienburg	0:44:55	0:45:02	13	M60	49	10:43 11:20 11:34 11:16
180	6	Lühmann Dirk	Blau-Weiss Buchholz	0:45:00	0:45:09	22	M50	60	10:58 11:20 11:30 11:11
181	245	Conde Fidalgo Maximilian C	TSG Hatten - Sandkrug	0:45:24	0:45:27	28	MU20	96	10:03 11:38 12:02 11:39
182	25	Schardt Michael	SG SW Oldenburg	0:45:45	0:45:49	14	M55	54	11:09 11:25 11:36 11:34
183	57	Liedke Horst	LG Celle-Land	0:45:47	0:45:55	15	M55	57	10:54 11:30 11:49 11:32
184	105	De Buhr Johann	VfL Oldenburg	0:45:51	0:45:56	14	M60	51	11:09 11:44 11:47 11:10
185	150	Ziegler Stefan	SG akquinet Lemwerder	0:45:52	0:45:57	23	M50	62	11:05 11:44 11:49 11:12
186	218	Romanowski Arnold	LG Ostfriesland	0:45:56	0:46:00	5	M65	46	11:09 11:33 11:54 11:19

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten			
187	201	Vry Ralf	Fortuna Logabirum	0:46:05	0:46:14	24	M50	60	11:29	11:40	11:39	11:15
188	226	Wallerowitz Ewald	LG Ostfriesland	0:46:15	0:46:21	25	M45	65	10:51	11:40	12:00	11:43
189	110	Frense Horst	VFL Oldenburg	0:46:24	0:46:28	1	M70	41	11:26	11:50	11:54	11:12
190	323	Goslar Sven	Hannover 96	0:46:26	0:46:31	17	M40	71	09:07	12:15	13:16	11:46
191	264	Borufka Klaus	LG Salzgitter	0:46:35	0:46:39	6	M65	47	11:07	11:47	12:00	11:40
192	102	Damke Detmar	VFL Oldenburg	0:46:35	0:46:43	16	M55	54	11:28	11:51	11:49	11:26
193	172	Lippert Werner	SG SW Oldenburg	0:46:39	0:46:44	15	M60	51	11:04	11:45	12:08	11:40
194	246	Möller Heiner	TSG Hatten - Sandkrug	0:46:46	0:46:51	18	M40	69	11:00	12:00	12:11	11:34
195	68	Ollech Günter	Eintracht Hildesheim	0:47:01	0:47:10	7	M65	47	11:22	11:50	11:56	11:52
196	177	Remling Ludwig	VfL Lingen	0:47:25	0:47:27	2	M70	42	11:40	12:12	12:04	11:27
197	16	Wilke Rainer	Team Laufrausch	0:47:23	0:47:32	8	M65	46	11:20	11:56	12:15	11:51
198	351	Buchholtz Rolf	LG Braunschweig	0:47:47	0:47:51	3	M70	41	11:46	12:04	12:10	11:45
199	202	Fleißner Jörg	Fortuna Logabirum	0:47:46	0:47:54	25	M50	60	11:32	12:07	12:14	11:52
200	263	Aschenbrenner Erich	TV Meppen	0:47:55	0:47:59	4	M70	42	11:29	11:58	12:19	12:07
201	69	Ritter Siegfried	Eintracht Hildesheim	0:48:22	0:48:30	9	M65	38	11:57	12:20	12:25	11:40
202	32	Bamberger Michael	SG SW Oldenburg	0:48:46	0:48:51	16	M60	52	11:47	12:17	12:29	12:11
203	372	Dauzou Michael	SV Union Salzgitter	0:48:57	0:49:03	10	M65	44	12:00	12:28	12:36	11:52
204	227	Schlonski Walter	SC Melle 03	0:49:19	0:49:21	11	M65	45	12:02	12:26	12:33	12:16
205	147	Eichinger Helmut	SG akquinet Lemwerder	0:49:23	0:49:27	26	M50	61	11:31	12:44	12:59	12:09
206	108	Sprick Wilhelm	VFL Oldenburg	0:49:26	0:49:31	5	M70	42	12:07	12:43	12:37	11:57
207	104	Skutella Franz	VFL Oldenburg	0:49:30	0:49:36	17	M55	53	12:06	12:32	12:41	12:09
208	198	Lücht Matthias	Fortuna Logabirum	0:49:48	0:49:54	19	M40	68	11:20	12:30	13:04	12:53
208	200	Anscheit Peter	Fortuna Logabirum	0:49:48	0:49:54	26	M45	65	11:19	12:17	12:54	13:16
210	182	Winter Heinz	TV Georgsmarienhütte	0:50:39	0:50:45	1	M75	36	12:00	12:55	13:13	12:30
211	208	Von Preuyss Bodo	Fortuna Logabirum	0:51:35	0:51:45	6	M70	39	13:00	13:02	12:57	12:35
212	103	Behrens Hans-Hermann	VFL Oldenburg	0:52:41	0:52:48	18	M55	55	12:32	13:09	13:31	13:27
213	265	Vogt Wilhelm	LG Lüneburg Stadt und Land	0:52:48	0:52:54	2	M75	35	12:35	13:18	13:33	13:21
214	67	Hauenschild Wilfried	Eintracht Hildesheim	0:52:51	0:52:55	12	M65	47	12:34	13:15	13:40	13:21
215	278	Ebeling Rudolf	Post-SV Holzminden	0:53:20	0:53:25	7	M70	39	13:10	13:28	13:27	13:14
216	206	Penning Hartmut	Fortuna Logabirum	0:54:15	0:54:25	17	M60	51	13:01	13:23	13:45	14:05
217	381	Sleur Hans Wilhelm	Fortuna Logabirum	0:54:26	0:54:36	13	M65	43	13:43	13:47	13:37	13:17
218	169	Weichbrodt Heinz-Georg	LG Wilhelmshaven	0:55:30	0:55:33	3	M75	33	13:18	14:09	14:09	13:52
219	109	Sager Bernhard	VFL Oldenburg	0:56:56	0:57:01	8	M70	41	13:48	14:52	14:29	13:45
220	20	Steinke Dietrich	SV Concordia Neermoor	0:59:21	0:59:30	9	M70	41	14:08	15:07	15:18	14:47
221	277	Bettermann Edgar	Post-SV Holzminden	1:01:23	1:01:32	4	M75	36	15:13	15:27	15:34	15:07
222	279	Schwager Ralf	Post-SV Holzminden	1:04:15	1:04:22	10	M70	41	13:29	15:11	17:35	17:59

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	128	Jürrens Inga	LG Harlingerland	0:36:50	0:36:52	1	W30	82	09:11 09:15 09:21 09:02
2	311	Boe- Lange Martina	Post SV Uelzen	0:37:06	0:37:06	1	W40	70	09:08 09:24 09:24 09:08
3	84	Krinke Nicole	LG Nienburg	0:37:33	0:37:34	2	W30	78	09:01 09:29 09:33 09:28
4	59	Supritz Fiona	VfL Lingen	0:38:29	0:38:30	1	WU20	93	09:16 09:48 09:54 09:30
5	349	Bechtloff Mareike	LG Buntentor Roadrunners	0:38:33	0:38:35	1	WHK	90	09:35 09:48 09:47 09:22
6	327	Friedrich Katrin	Hannover 96	0:38:48	0:38:49	2	W40	69	09:24 09:45 09:55 09:42
7	248	Gerdes Christina	BV Garrel	0:38:54	0:38:56	2	WU20	95	09:40 09:54 09:52 09:27
8	262	Ricard Coline	LG Göttingen	0:38:56	0:38:58	2	WHK	86	09:26 09:55 09:57 09:36
9	14	Hoogestraat Sonja	LG Harlingerland	0:39:01	0:39:04	1	W35	76	09:39 09:55 09:52 09:35
10	321	Queren Stefanie	OTB Osnabrück	0:39:06	0:39:08	3	W30	78	09:30 09:53 10:04 09:37
11	297	Hodapp Dorothee	SG SW Oldenburg	0:39:11	0:39:14	3	WHK	83	09:30 09:53 10:03 09:44
12	18	Wemken Jana Ah Yung	LG Harlingerland	0:39:20	0:39:23	4	WHK	85	09:44 10:01 10:00 09:34
13	328	Radtke Franziska	Hannover 96	0:39:30	0:39:32	5	WHK	84	09:45 09:58 00:00 00:00
14	60	Piotrowski DR Heike	LG Harlingerland	0:39:44	0:39:48	4	W30	82	09:43 10:01 10:10 09:49
15	53	Quednau Natalia	LG Celle-Land	0:39:48	0:39:51	2	W35	74	09:39 10:01 10:11 09:56
16	10	Klostermann Waltraud	TV Norden	0:39:56	0:39:58	1	W50	60	09:45 10:00 10:13 09:56
17	5	Welling Catrin	TriAs Hildesheim	0:40:05	0:40:07	5	W30	80	09:34 10:11 10:21 09:57
18	320	Kulgemeyer Christin	OTB Osnabrück	0:40:20	0:40:22	6	W30	78	09:31 10:29 10:25 09:54
19	388	Evers Kerstin	LG Papenburg / Aschendorf	0:40:32	0:40:33	3	W35	77	09:48 10:15 10:27 10:00
20	9	Weber-Badili Rachida	LG Peiner Land	0:40:35	0:40:35	1	W45	66	10:01 10:10 10:21 10:02
21	209	Vedder Elke	SV Germania Twist	0:40:40	0:40:41	2	W45	67	09:45 10:13 10:31 10:09
22	181	Fangmann Janna	LG Göttingen	0:40:42	0:40:44	6	WHK	90	09:54 10:15 10:24 10:08
23	74	Harms Neele	TuS Ofen	0:40:45	0:40:46	3	WU20	96	09:46 10:13 10:42 10:03
24	180	Fichtner Frauuke	LG Kreis Verden	0:40:59	0:41:01	4	W35	75	10:07 10:21 10:25 10:04
25	319	Karsch Jutta	OTB Osnabrück	0:41:02	0:41:03	2	W50	61	09:51 10:21 10:33 10:16
26	116	Hochwald Anne	DSC Oldenburg	0:41:59	0:41:59	4	WU20	95	09:43 10:37 11:01 10:36
27	22	Raufer Christiane	SV Germania Helstorf	0:42:22	0:42:26	7	W30	80	10:32 10:38 10:47 10:24
28	15	Günthner Antje	Team Laufrausch	0:42:22	0:42:26	5	W35	75	10:33 10:38 10:45 10:24
29	283	Trenkel Marie	Lüneburger-SV	0:42:29	0:42:33	5	WU20	93	10:04 10:41 10:55 10:47
30	232	Tewes Geertje	LG Unterlüß/Faßberg/Oldendorf	0:42:38	0:42:39	3	W45	65	10:04 10:46 11:10 10:36
31	347	Peters Annike	LG Buntentor Roadrunners	0:42:52	0:42:53	7	WHK	88	10:15 10:52 11:00 10:43
32	65	Urbanke Neele	Eintracht Hildesheim	0:43:07	0:43:07	6	WU20	96	10:49 10:50 10:53 10:33
33	235	Barfknecht Tomke	LG Harlingerland	0:43:24	0:43:27	8	WHK	85	09:44 10:25 12:45 10:29
34	348	Schulz Marleena	LG Buntentor Roadrunners	0:43:29	0:43:31	9	WHK	88	10:07 11:19 11:18 10:44
35	64	Tietge Katja	Eintracht Hildesheim	0:43:43	0:43:44	7	WU20	95	11:05 11:18 10:59 10:20
36	370	Menzel Anja	TSV Kirchdorf	0:43:41	0:43:44	4	W45	65	10:44 10:56 11:10 10:48
37	66	Joseph Laura	Eintracht Hildesheim	0:43:56	0:43:56	8	WU20	95	10:50 10:59 11:16 10:49
38	238	Beyer Antonia	VfL Lönigen	0:43:55	0:43:58	5	W45	66	10:29 10:59 11:19 11:07
39	187	Janssen Michaela	Fortuna Logabirum	0:43:57	0:44:00	6	W35	74	10:45 11:06 11:13 10:51
40	242	Gössling Tanja	VfL Lönigen	0:44:01	0:44:09	7	W35	73	10:41 11:05 11:17 10:56
41	118	Lindner Friederike	DSC Oldenburg	0:44:10	0:44:13	9	WU20	95	10:33 11:15 11:27 10:54
42	325	Schröder Annett	Hannover 96	0:44:21	0:44:23	3	W40	69	10:21 11:12 11:34 11:13
43	83	Haake Karin	LG Nienburg	0:44:20	0:44:24	6	W45	64	10:46 11:11 11:17 11:05
44	170	Hörig Silvia	LG Wilhelmshaven	0:44:30	0:44:34	3	W50	62	10:55 11:18 11:21 10:54
45	383	Schauer Wenke	LG Buntentor Roadrunners	0:44:35	0:44:36	10	WHK	85	10:31 11:17 11:35 11:11
46	203	Kannegießer Magret	Fortuna Logabirum	0:44:46	0:44:52	4	W40	72	10:50 11:24 11:29 11:01
47	117	Bischoff Madeleine	DSC Oldenburg	0:45:02	0:45:05	10	WU20	93	10:44 11:25 11:38 11:13
48	294	Horst Hannelore	TV Georgsmarienhütte	0:45:05	0:45:07	1	W60	49	11:04 11:13 11:28 11:19
49	154	Harmeling Marita	SV Quitt Ankum	0:45:22	0:45:30	1	W55	55	10:50 11:23 11:40 11:28
50	369	Asche Angelika	TSV Kirchdorf	0:45:30	0:45:34	2	W60	52	11:03 11:32 11:40 11:14
51	24	Pilney Bettina	SV Ems Jemgum	0:46:06	0:46:11	4	W50	62	11:02 11:43 11:54 11:26
52	212	Duin Julia	SV Holtland	0:46:12	0:46:15	11	WU20	95	10:57 11:19 11:45 12:09
53	189	Eyhusen Melanie	Fortuna Logabirum	0:46:15	0:46:22	8	W35	75	11:21 11:46 11:51 11:16
54	79	Reemts Ramona	LG Harlingerland	0:46:34	0:46:37	11	WHK	84	10:47 11:45 12:10 11:50
55	156	Leinen Petra	TuS Norderney	0:46:42	0:46:51	5	W50	60	11:34 11:47 11:53 11:27
56	300	Brandewie Lea	BV Garrel	0:46:52	0:46:54	12	WU20	96	10:48 12:14 12:06 11:43
57	114	Rürup Rita	SV Ofenerdiek	0:46:50	0:46:56	6	W50	60	11:22 11:57 11:57 11:32
58	157	Muchow Silvia	SV Brake	0:46:59	0:47:07	5	W40	69	11:34 11:50 12:00 11:34
59	241	Schulte Rita	VfL Lönigen	0:47:30	0:47:38	7	W50	62	11:46 11:59 12:08 11:35
60	284	Schwark Annika	Lüneburger-SV	0:47:32	0:47:38	13	WU20	94	11:16 12:09 12:12 11:53
61	134	Haumann Katrin	LG Nienburg	0:47:34	0:47:41	7	W45	67	11:43 12:05 12:04 11:40
62	73	Harms Swantje	TuS Ofen	0:47:52	0:47:55	14	WU20	93	11:16 12:08 12:24 12:03

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten			
63	240	Bekmann Hildegard	VfL Lönigen	0:47:54	0:48:03	8	W50	61	11:32	11:58	12:20	12:02
64	236	Streich Stefanie	TV Georgsmarienhütte	0:48:10	0:48:13	6	W40	68	11:33	12:10	12:18	12:08
65	314	Wiepcke Mareen	Lüneburger-SV	0:48:09	0:48:16	12	WHK	88	11:42	12:02	12:16	12:07
66	50	Schulz Evelyn	Emder LG	0:48:26	0:48:32	2	W55	57	11:40	12:08	12:26	12:10
67	308	Lanfer Julia	LG Osnabrück	0:48:33	0:48:36	15	WU20	93	11:01	12:24	12:44	12:23
68	19	Steinke Hilde	SV Concordia Neermoor	0:48:45	0:48:48	1	W65	45	11:41	12:12	12:28	12:23
69	282	Neben Diana	Lüneburger-SV	0:48:45	0:48:51	16	WU20	93	11:27	12:24	12:47	12:05
70	48	Ringena Marion	Emder LG	0:49:05	0:49:10	9	W50	59	11:44	12:23	12:38	12:18
71	127	Albrecht Daniela	LC BlueLiner	0:49:14	0:49:20	8	W30	78	11:30	12:41	12:50	12:12
72	40	Krawietz Miriam	Emder LG	0:49:14	0:49:21	9	W35	77	12:00	12:23	12:38	12:12
73	49	Kortylack Gisela	Emder LG	0:49:16	0:49:22	3	W55	56	12:01	12:24	12:37	12:13
74	185	Dirks Heike	Fortuna Logabirum	0:49:28	0:49:37	8	W45	63	12:37	12:29	12:22	11:59
75	193	De Buhr Herta	Fortuna Logabirum	0:49:51	0:49:59	10	W50	60	12:24	12:41	12:40	12:05
76	194	Schädler Susan	Fortuna Logabirum	0:49:51	0:50:00	11	W50	59	12:45	12:31	12:29	12:06
77	243	Kuper Kerstin	VfL Lönigen	0:49:59	0:50:08	7	W40	72	11:52	12:34	13:09	12:23
78	307	Krone Wiebke	LG Osnabrück	0:50:06	0:50:09	17	WU20	95	11:26	12:34	13:15	12:49
79	266	Roßdeutscher Daniela	LG Lüneburg Stadt und Land	0:50:04	0:50:10	9	W30	79	12:28	12:41	12:46	12:08
80	190	Schmidt Kerstin	Fortuna Logabirum	0:51:06	0:51:15	9	W45	65	13:01	13:02	12:48	12:14
81	268	Stehr DR Dorit	LG Lüneburg Stadt und Land	0:51:17	0:51:25	12	W50	58	12:26	13:02	13:09	12:39
82	269	Goldbeck Margitta	LG Lüneburg Stadt und Land	0:52:24	0:52:32	13	W50	58	12:46	13:15	13:22	13:00
83	188	De Buhr Miriam	Fortuna Logabirum	0:53:08	0:53:16	18	WU20	96	13:18	13:36	13:34	12:38
84	192	Fleißner Elke	Fortuna Logabirum	0:53:07	0:53:16	10	W45	64	13:01	13:24	13:32	13:08
85	384	Brinkmann Frieda	Fortuna Logabirum	0:53:44	0:53:52	14	W50	60	13:18	13:36	13:34	13:15
86	270	Ott-Müller Ingrid	LG Lüneburg Stadt und Land	0:54:50	0:54:57	4	W55	54	13:02	13:52	14:04	13:51
87	38	Schneider Christine	Emder LG	0:54:52	0:54:59	3	W60	48	13:42	13:50	13:46	13:34
88	271	Wiener Bärbel	LG Lüneburg Stadt und Land	0:55:06	0:55:14	2	W65	40	13:31	13:57	13:51	13:46
89	233	Rattay Reintraut	LG Peiner Land	0:55:19	0:55:22	3	W65	43	12:44	13:47	14:23	14:23
90	378	Rabenberg Dora	TV Bunde	0:55:34	0:55:41	4	W60	52	13:25	14:08	14:05	13:54
91	47	Engelbarts Foline	Emder LG	0:57:25	0:57:31	5	W60	49	13:49	14:26	14:44	14:25
92	29	Herwig Ingrid	Garbsener SC	0:57:34	0:57:41	4	W65	47	13:54	14:20	14:43	14:35
93	186	Dirks Maja	Fortuna Logabirum	0:58:06	0:58:16	19	WU20	93	15:13	14:43	14:15	13:54
94	171	Willerts Elfriede	LG Wilhelmshaven	1:01:24	1:01:33	5	W65	36	15:18	15:23	15:35	15:07