

10 km - Gesamtwertung

16. OLB Citylauf Norden - 14. April 2018

Männer

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1854	Heinken Matthias	TV Norden	0:35:24	0:35:24	1	MHK	93	08:53 08:53 08:53 08:43
2	1409	Ibrahim PROF Mahmud	Emder LG	0:35:48	0:35:49	2	MHK	93	08:52 09:03 09:04 08:48
3	1846	Bollmann Tim	TuS Weene	0:35:50	0:35:51	1	M30	87	08:55 09:00 09:04 08:49
4	1710	Steinke Peter	MTV Aurich	0:35:54	0:35:55	1	M45	70	08:55 09:10 09:04 08:44
5	1682	Grigat Holger	MTV Aurich	0:36:11	0:36:12	2	M45	73	09:00 09:07 09:10 08:53
6	1687	Janssen Georg	TuS Weene	0:36:30	0:36:31	2	M30	84	09:00 09:12 09:21 08:55
7	1580	Schmidt Jörn	Tus Weene	0:37:42	0:37:45	3	M30	84	09:16 09:30 09:29 09:25
8	1829	Breuer Benjamin	Emder LG	0:37:57	0:37:58	1	M35	79	09:18 09:31 09:37 09:30
9	1601	Steffens Daniel	TV Norden	0:38:11	0:38:14	4	M30	88	09:17 09:36 09:51 09:26
10	1847	Schulze-Finkenburg Michael	WSP Emden	0:38:12	0:38:15	3	M45	72	09:17 09:34 09:45 09:35
11	1590	Schröder Frank	Emder LG	0:38:32	0:38:34	4	M45	70	09:18 09:40 09:51 09:42
12	1290	Busse Peter	Emder LG	0:38:47	0:38:48	1	M50	65	09:30 09:47 09:52 09:36
13	1394	Henninga Stephan	Raiffeisen-Volksbank Aurich	0:38:54	0:38:57	5	M30	86	09:32 09:45 09:53 09:42
14	1674	De Vries Herbert	Emder LG	0:38:58	0:39:00	5	M45	69	09:34 09:49 09:56 09:38
15	1588	Schoonhofen Edgar	WfbM Aurich-Wittmund	0:39:44	0:39:46	6	M45	71	09:35 09:59 10:05 10:03
16	1851	de Buhr Hajo	TUS Weene	0:40:08	0:40:10	2	M35	81	09:56 10:10 10:18 09:43
17	1442	Klinkenborg jun. Enno	TV Norden	0:40:37	0:40:41	6	M30	84	09:23 10:13 10:47 10:12
18	1468	Lottmann Ralf	EWE Wattloopers	0:40:47	0:40:49	7	M45	71	09:46 10:17 10:27 10:15
19	1849	Schleinhege Lars	RSC Pepenburg	0:41:48	0:41:50	3	M35	79	10:18 10:38 10:35 10:16
20	1609	Stürzl Sebastian	Blödsinn, laufen und mehr	0:41:56	0:42:03	7	M30	86	09:56 10:39 10:51 10:28
21	1573	Schäfer Marco Julian	LG Ostfriesland	0:42:23	0:42:25	3	MHK	92	10:19 10:53 10:49 10:21
22	1745	Zielinski Alfred	Pewsum	0:42:28	0:42:32	8	M45	73	10:01 10:41 11:01 10:44
23	1718	Klüver Bernhard	Emder LG	0:42:31	0:42:34	9	M45	69	10:00 10:45 10:59 10:45
24	1525	Ostermoor Frank	Judo Team Leer VFR Heisfelde	0:42:51	0:42:53	10	M45	71	10:23 10:54 10:57 10:35
25	1694	Krull Gordon	MTV AUrich	0:42:49	0:42:55	11	M45	70	10:25 10:45 10:56 10:41
26	1595	Siebelts Arnd	Bv Südarle	0:43:07	0:43:11	2	M50	67	10:25 10:53 10:57 10:51
27	1754	Janßen Nils		0:43:03	0:43:15	4	MHK	95	10:12 10:41 11:20 10:48
28	1722	Wenholt Frank	TV Norden	0:43:51	0:43:56	12	M45	73	10:50 11:05 11:15 10:40
29	1671	Brau Oliver	TV Norden	0:44:05	0:44:09	13	M45	73	10:48 11:06 11:16 10:53
30	1746	Akkermann Horst	SV Dormum	0:44:07	0:44:12	1	M40	76	10:41 11:12 11:17 10:56
31	1520	Okken Dieter	TV Norden	0:44:09	0:44:15	2	M40	78	10:46 11:06 11:16 10:59
32	1371	Groß Sven	WfbM Aurich-Wittmund	0:44:28	0:44:33	5	MHK	91	10:30 10:58 11:37 11:22
33	1384	Hardy Stephan	Raiffeisen-Volksbank eG,Aurich	0:45:00	0:45:08	14	M45	73	11:06 11:19 11:32 11:02
34	1292	Bussen Otto	Arends und Bussen	0:44:47	0:45:09	15	M45	71	11:24 11:13 11:20 10:48
35	1504	Müller Lothar		0:45:03	0:45:14	1	M55	61	11:27 11:20 11:25 10:49
36	1630	Ulferts Oltmann	SV Holtland	0:45:10	0:45:16	3	M50	64	11:07 11:20 11:32 11:10
37	1368	Grasse Holger	TuS Zetel	0:45:11	0:45:17	4	M50	65	11:08 11:21 11:31 11:11
38	1406	Hoogstraat Benjamin	Intersport Reinhardt	0:45:27	0:45:35	6	MHK	89	11:11 11:32 11:42 11:01
39	1546	Renken Thomas	Die ostfriesischen Waldläufer	0:45:31	0:45:35	16	M45	70	11:08 11:20 11:37 11:24
40	1758	Solaro Gregor	RuV Norderney	0:45:18	0:45:38	7	MHK	95	11:33 11:30 11:21 10:52
40	1759	Kampfer Joon	TuS Norderney	0:45:19	0:45:38	1	MU2	00	11:33 11:30 11:22 10:51
42	1511	Nanninga Jochen	TV Norden	0:45:32	0:45:38	5	M50	67	11:15 11:33 11:35 11:08
43	1308	Dietz Ralf	Emder L G	0:45:33	0:45:39	1	M65	52	11:18 11:34 11:35 11:04
44	1337	Fisser Erwin	TELL BAU GMBH	0:45:34	0:45:41	4	M35	82	10:52 11:15 11:52 11:33
45	1459	Laakmann Thomas		0:45:38	0:45:52	8	M30	84	11:05 11:31 11:47 11:13
46	1612	Tamminga Holger	TV Norden	0:45:48	0:45:59	17	M45	69	11:32 11:28 11:27 11:18
47	1432	Jöbges Maximilian	Waldweg Lopers Westermoordorf	0:45:58	0:46:03	1	MU1	02	11:23 11:54 11:43 10:57
48	1517	Nowaczyk Josef	SportSpaß	0:46:02	0:46:04	1	M60	57	11:13 11:43 11:40 11:24
49	1760	Busboom Wilfried	Fortuna Logabirum	0:45:56	0:46:07	18	M45	71	11:32 11:47 11:36 11:00
50	1508	Müller Thorsten	Herzkinder OstFriesland e.V.	0:46:01	0:46:08	19	M45	72	11:37 11:39 11:28 11:16
51	1840	Meyer Timo	MTV Aurich	0:46:01	0:46:14	5	M35	80	11:38 11:33 11:30 11:19
52	1498	Meyeraan Harald		0:46:22	0:46:35	6	M50	64	11:14 11:41 11:50 11:36
53	1618	Tjarks Eduard	LG Ostfriesland	0:46:42	0:46:47	2	M60	54	11:43 12:10 11:36 11:12
54	1856	Sandomier Stefan	FF-Ihlowerfehn	0:46:32	0:46:49	6	M35	83	11:42 11:36 11:45 11:28
55	1853	Alberts Thomas	Laufrupp Loppersum	0:47:09	0:47:13	0	M	18	11:47 12:00 12:00 11:20
56	1530	Petersen Lars	Team Wilts	0:47:16	0:47:20	9	M30	85	11:41 12:08 12:00 11:25
57	1257	Alts Holger	Vffl Berumbur	0:47:18	0:47:24	7	M50	64	11:20 11:49 12:06 12:01
58	1561	Rückert Ton	Scopias	0:47:21	0:47:32	3	M60	54	11:56 12:04 12:00 11:19
59	1303	De Wall Michael	MTV Aurich	0:47:24	0:47:36	20	M45	69	11:53 11:52 11:55 11:43
60	1620	Tönnes Jörg		0:47:41	0:47:47	3	M40	74	11:39 12:09 12:08 11:43
61	1755	Grunow Jan		0:47:30	0:47:48	4	M40	75	11:48 11:53 12:03 11:45
62	1413	Iken Christian	WfbM Aurich-Wittmund	0:47:50	0:47:52	8	MHK	95	10:25 12:21 12:38 12:25

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16. OLB Citylauf Norden - 14. April 2018

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
63	1488	Melzer Carsten	Emder LG	0:47:49	0:47:57	21	M45	69	11:49 12:04 12:07 11:48
64	1412	Ihnken Ingo	Wiesmoor	0:47:53	0:48:01	5	M40	78	11:38 11:58 12:14 12:01
65	1652	Willms Johann	IG Woquard	0:48:12	0:48:17	4	M60	56	11:47 12:09 12:11 12:04
66	1845	Habben Bernd	SV Wybelsum	0:48:21	0:48:31	2	M55	60	11:54 11:58 12:12 12:15
67	1272	Blenk Michael	BVO Emden	0:48:54	0:49:06	8	M50	66	12:30 12:09 12:20 11:53
68	1372	Groß Tim	WfbM Aurich-Wittmund	0:49:03	0:49:07	9	MHK	97	11:28 12:15 13:05 12:15
69	1463	Lindner Steffen	WfbM Aurich-Wittmund	0:49:20	0:49:24	10	MHK	96	10:50 12:35 13:40 12:12
70	1850	Immoor Folkert	Lukasläufer Walle	0:49:20	0:49:28	22	M45	70	11:43 12:16 12:55 12:24
71	1675	Fähmel Björn	Störtebeker Loopers TVM	0:49:25	0:49:30	7	M35	81	12:05 12:26 12:34 12:19
72	1660	Wrigge Heiko		0:49:23	0:49:37	9	M50	67	12:22 12:31 12:25 12:04
73	1312	Doden Alfred	LT TuS Holtriem	0:49:29	0:49:38	5	M60	58	11:55 12:32 12:35 12:25
74	1437	Kathe Jens		0:49:26	0:49:45	11	MHK	89	12:23 12:14 12:38 12:09
75	1717	Rosendahl Sönke		0:49:42	0:49:45	12	MHK	97	10:45 13:35 13:10 12:11
76	1376	Gutgesell Carsten	Dr. Becker Klinik Norddeich	0:49:36	0:49:47	23	M45	72	12:33 12:21 12:35 12:06
77	1643	Welz Eckhard	Niedersachsen Ports	0:49:48	0:49:55	10	M50	64	11:46 12:35 12:56 12:29
78	1642	Welling Torsten	MTV Wittmund	0:49:47	0:49:58	11	M50	64	12:28 12:29 12:32 12:16
79	1852	Hagen Wolfgang	Lauffreff Schafhausen Wald	0:50:09	0:50:14	12	M50	67	11:45 12:35 12:59 12:48
80	1346	Frerichs Dennis	WfbM Aurich-Wittmund	0:50:14	0:50:18	13	MHK	93	11:44 13:02 12:54 12:32
81	1575	Schenke Winfried	TV Norden	0:50:19	0:50:25	1	M70	48	12:15 12:49 12:47 12:26
82	1606	Strupp Manfred	TV Norden	0:50:18	0:50:27	2	M70	45	12:30 12:48 12:37 12:22
83	1465	Löloff Andreas	TV Norden	0:50:18	0:50:37	6	M60	57	12:20 12:49 12:39 12:28
84	1741	Demandt Jan		0:50:34	0:50:47	10	M30	84	12:53 13:01 12:44 11:54
85	1735	Held Enno		0:50:52	0:51:04	6	M40	74	12:44 13:04 12:45 12:17
86	1340	Fluß Bernd	WfbM Aurich-Wittmund	0:51:01	0:51:04	24	M45	73	11:38 12:43 13:08 13:30
87	1332	Extra Jochen	TUS Norderney e.V.	0:50:58	0:51:07	3	M55	59	12:59 12:51 12:45 12:22
88	1524	Ostendorf Dennis	FC Rastede	0:51:05	0:51:13	8	M35	82	11:55 12:51 13:11 13:06
89	1330	Erdwiens Hermann	LG Ostfriesland	0:51:20	0:51:29	25	M45	70	12:32 13:01 13:07 12:38
90	1844	Räth Sebastian		0:51:27	0:51:31	26	M45	71	12:49 13:54 13:30 11:12
91	1831	Buehren Hendrik		0:51:39	0:51:46	9	M35	80	12:19 13:08 13:21 12:49
92	1424	Janssen Jannik	WfbM Aurich-Wittmund	0:51:43	0:51:47	14	MHK	97	10:51 12:37 14:46 13:27
93	1492	Meyer Adolf	TV Norden	0:51:42	0:51:50	7	M60	58	12:31 13:00 13:10 13:00
94	1584	Schönsee Rainer		0:51:30	0:51:54	10	M35	81	13:17 12:47 12:49 12:35
95	1547	Rentschler Reinhard	Dr. Becker Klinik Norddeich	0:51:40	0:51:55	8	M60	56	12:44 13:05 13:09 12:40
96	1627	Ubben Ehlke	MTV Aurich	0:51:47	0:52:02	4	M55	62	12:53 13:07 13:00 12:45
97	1591	Schultz Heinz	Herr	0:51:54	0:52:06	2	M65	49	13:05 13:02 12:59 12:46
98	1637	Voß Friedrich	Niedersachsen Ports	0:51:57	0:52:08	5	M55	61	12:25 12:45 13:17 13:28
99	1634	Vennen Rolf Dieter	LT TuRa 07 Westrhauderfehn	0:52:19	0:52:29	6	M55	62	13:06 13:11 13:07 12:53
100	1444	Knop Thomas	Jade Hochschule	0:52:15	0:52:29	13	M50	67	13:00 13:15 13:06 12:53
101	1254	Alberts-Tammena Friso	Fortuna Wirdum	0:52:14	0:52:29	27	M45	72	13:01 13:11 13:07 12:53
102	1569	Sauerbrey Jann	TUS Norderney e.V.	0:52:32	0:52:41	14	M50	67	13:08 13:05 13:17 13:00
103	1744	Grebe Jonas		0:52:29	0:52:47	15	MHK	95	13:28 13:36 13:02 12:22
104	1658	Wolf Helmuth	Fa.Werkkunst Wolf	0:52:49	0:53:06	3	M65	51	13:13 13:33 13:22 12:40
105	1589	Schrader Willi	LG Theater Essen	0:53:00	0:53:06	3	M70	44	12:59 13:21 13:25 13:13
106	1705	Saathoff Steffen	Störtebeker Loopers TVM	0:53:00	0:53:08	16	MHK	89	12:30 13:34 13:36 13:18
107	1450	Kramer Dirk	Aurident	0:53:01	0:53:19	15	M50	66	13:45 13:30 13:16 12:28
108	1523	Ortmann Dirk	TuS Norderney	0:53:11	0:53:21	16	M50	65	13:14 13:27 13:23 13:06
109	1572	Schäfer Hilko	TV Norden	0:53:25	0:53:35	11	M30	87	13:09 13:18 13:28 13:29
110	1533	Petersohn Nils		0:53:26	0:53:39	28	M45	69	13:23 13:33 13:25 13:05
111	1274	Böttcher Kjell		0:53:26	0:53:50	7	M40	74	13:32 13:37 13:24 12:52
112	1598	Sporre Harm	TuS Pewsum	0:53:30	0:53:51	4	M65	52	13:50 13:44 13:20 12:35
113	1570	Saueressig Jann	Towerrunning Germany	0:53:48	0:54:00	29	M45	70	13:18 13:54 13:32 13:02
114	1279	Bretzler DR Uwe	Arends und Bussen	0:53:41	0:54:03	17	M50	66	13:44 13:22 13:18 13:16
115	1389	Haupt Werner	Waldweg Lopers Westermooroord	0:53:58	0:54:05	7	M55	62	12:34 13:33 13:51 13:59
116	1321	Duhm Hannes		0:54:00	0:54:14	12	M30	86	13:05 13:07 13:58 13:48
117	1278	Bretschneider Alexander		0:54:25	0:54:33	17	MHK	98	12:12 14:47 13:59 13:24
118	1273	Blum Harald	TV Norden	0:54:20	0:54:37	18	M50	66	13:26 13:35 13:50 13:28
118	1657	Wölfel Andreas	TV Norden	0:54:20	0:54:37	11	M35	81	13:26 13:35 13:49 13:28
120	1747	Rödenbeek Egbert		0:54:34	0:54:51	19	M50	68	13:47 13:46 13:49 13:10
121	1827	Remmers Günter	Marathon Mülheim	0:54:41	0:54:51	5	M65	49	13:34 13:47 13:51 13:27
122	1667	Backer Keno	OLB Ostfriesland	0:54:41	0:54:57	18	MHK	89	13:41 13:53 14:07 12:59
123	1708	Schuirmann Hendrik	OLB Ostfriesland	0:54:40	0:54:57	19	MHK	89	13:40 14:01 13:58 12:59
124	1377	Gutzmann Manni	TuS Norderney	0:54:46	0:55:09	6	M65	50	13:56 13:58 13:36 13:15

10 km - Gesamtwertung

16. OLB Citylauf Norden - 14. April 2018

Männer

Platz	Startnr	Name	Verein/*Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
125	1639	Wattjes Sascha		0:54:50	0:55:10	12	M35	81	13:44 13:41 13:55 13:29
126	1400	Hoang Michael Minh	UGN Kl. 8a	0:55:03	0:55:13	1	MU1	03	13:55 12:50 13:42 14:35
127	1266	Begitt Kurt	SV Dornum	0:55:09	0:55:20	4	M70	47	13:13 13:52 14:02 14:01
128	1402	Hollwege Ralf	VffL Berumbur	0:55:07	0:55:20	8	M55	62	13:19 13:26 14:03 14:17
129	1626	Tuxhorn Björn		0:55:09	0:55:23	8	M40	74	13:24 13:44 14:05 13:54
130	1669	Behrends Alexander	OLB Ostfriesland	0:55:15	0:55:32	20	MHK	89	13:41 14:01 14:00 13:32
131	1540	Rantzen Jürren	TV Norden	0:55:39	0:55:58	9	M55	61	13:47 13:49 14:07 13:54
132	1427	Janssen Thorsten		0:55:51	0:56:10	30	M45	71	13:34 14:02 14:15 13:59
133	1725	Geisler Norbert		0:56:07	0:56:23	31	M45	69	13:47 14:03 14:17 13:58
134	794	Unbekannt Chip DG2T46A		0:56:08	0:56:23	1	M20		13:48 14:03 14:17 13:58
135	1420	Janssen Detlef	Osaka Sport Center Emden	0:56:22	0:56:42	20	M50	67	13:49 14:11 14:23 13:57
136	1507	Müller Renke	UGN, Kl. 7e	0:56:40	0:56:56	2	MU1	04	13:53 14:18 14:34 13:53
137	1474	Luther Simon	DLRG Emden	0:56:39	0:56:57	13	M35	79	13:29 13:46 14:44 14:38
138	1421	Janssen Fabian	WfbM Aurich-Wittmund	0:56:48	0:57:00	21	MHK	97	14:08 14:38 14:45 13:15
139	1699	Müller Jörg	TV Norden	0:56:47	0:57:03	32	M45	70	13:54 14:18 14:34 14:00
140	1443	Klinkenborg Sen. Enno	TV Norden	0:57:00	0:57:09	7	M65	49	14:11 14:19 14:22 14:08
141	1532	Petersen Thomas		0:57:39	0:57:57	33	M45	71	13:47 14:04 14:41 15:06
142	1255	Albrecht Carsten	SV Hage Volleyball	0:58:13	0:58:31	21	M50	67	14:04 14:43 15:09 14:17
143	1707	Schichting Jens	OLB Ostfriesland	0:58:27	0:58:43	22	M50	64	13:41 14:41 15:07 14:56
144	1475	Magunia Dirk		0:58:33	0:58:48	13	M30	84	14:07 14:40 14:49 14:56
145	1495	Meyer Mario	VffL Berumbur	0:58:37	0:58:50	34	M45	70	14:05 14:52 15:00 14:38
146	1435	Kamann Friedhelm		0:58:49	0:59:09	9	M60	56	14:29 14:34 15:00 14:45
147	1824	Bobzin Pierre		0:58:53	0:59:14	23	M50	65	15:02 14:43 14:49 14:18
148	1403	Holzappel Lutz	TV Norden	0:58:57	0:59:14	10	M60	58	14:13 14:42 15:07 14:53
149	1516	Niehuisen Erwin	KBV Nenndorf	0:59:04	0:59:27	9	M40	74	14:57 14:59 14:55 14:11
150	1551	Riemann Holger	Arends und Bussen	0:59:06	0:59:28	22	MHK	95	14:25 14:49 14:58 14:53
151	1464	Löffler Thomas		0:59:18	0:59:39	10	M55	62	14:54 15:02 14:50 14:31
152	1621	Trauernicht Jens	Doepke Laufteam	0:59:41	0:59:56	11	M55	63	14:01 14:52 15:19 15:28
153	1512	Neemann Bastian	Intersport Reinhardt	1:01:33	1:01:55	14	M30	84	15:46 15:24 15:22 15:00
154	1487	Meins Sebastian	Intersport Reinhardt	1:07:58	1:08:14	14	M35	79	15:08 17:10 17:45 17:55
155	1433	Kaawar Bilal		1:08:00	1:08:16	15	M35	80	15:09 17:09 17:44 17:56

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16. OLB Citylauf Norden - 14. April 2018

Frauen

Platz	Startnr	Name	Verein*/Ort	Gesamt	Brutto	AK-PI	AK	Jahr	Rundenzeiten
1	1709	Schwarz Tanja	MTV Aurich	0:38:58	0:38:59	1	W40	77	09:34 09:51 09:53 09:39
2	1834	Valder Sarah	Brunert - Der Kölner Laufladen	0:39:28	0:39:29	1	WHK	93	09:33 09:50 09:56 10:07
3	1344	Franzen Insa	LG TV Bunde	0:42:28	0:42:30	1	W35	83	10:10 10:32 10:50 10:55
4	1265	Becker Anne	SV Enge-Sande	0:43:02	0:43:04	2	WHK	89	10:03 10:45 11:26 10:46
5	1419	Janssen Claudia	TV Norden	0:43:16	0:43:18	2	W35	80	10:28 10:54 11:02 10:51
6	1534	Peterssen Meemke		0:45:13	0:45:15	3	WHK	97	11:05 11:26 11:34 11:08
7	1742	Peterssen Nele	Iutertport Reinhardt	0:45:20	0:45:21	4	WHK	97	10:51 11:36 11:37 11:15
8	1855	Hans Ann-Katrin	LG Wilhelmshaven	0:46:07	0:46:10	5	WHK	89	11:21 11:48 11:44 11:13
9	1506	Müller Maren	Herzkinder OstFriesland e.V.	0:47:43	0:47:51	1	W45	73	11:41 12:05 12:08 11:48
10	1326	Ender Imke	WfbM Aurich-Wittmund	0:47:47	0:47:51	2	W40	75	11:38 12:10 12:09 11:48
11	1611	Süßen Sonja	LG Ostfriesland	0:47:58	0:48:06	3	W40	78	11:42 12:05 12:10 12:01
12	1736	Bilak Miran	TC-blau-gelb	0:48:43	0:49:04	1	WU1	01	14:50 11:47 11:11 10:54
13	1656	Wittek Claudia	MTV Aurich	0:49:05	0:49:16	2	W45	69	12:12 12:22 12:24 12:06
14	1757	Solaro Katrin	RUFV Norderney	0:49:33	0:49:52	1	W50	64	12:23 12:27 12:29 12:13
15	1364	Goos Anja	Emder LG	0:50:14	0:50:21	3	W45	72	12:09 12:41 12:56 12:26
16	1730	Jansen Anne		0:51:43	0:51:57	6	WHK	98	12:53 13:01 12:50 12:58
17	0	Roeden Saskia	Hockey Club Moormerland	0:52:11	0:52:15	7	WHK	94	12:14 13:19 13:25 13:12
18	1571	Saueressig Svenja		0:52:05	0:52:24	4	W40	78	13:47 13:05 12:44 12:28
19	1509	Münzel Hanna	pulsschlag	0:52:42	0:53:00	8	WHK	95	13:18 13:23 13:24 12:35
20	1536	Poppen Sandra	VfFL Berumbur	0:52:51	0:53:04	1	W30	85	13:20 13:24 13:05 13:01
21	1830	Räth Antje	NTV-Norden	0:53:22	0:53:27	5	W40	74	12:50 13:53 13:31 13:06
22	1673	De Vries Doris	Emder LG	0:53:20	0:53:30	4	W45	72	13:11 13:28 13:29 13:11
23	1449	Kortylack Gisela	Emder LG	0:53:22	0:53:32	1	W60	56	13:13 13:36 13:26 13:06
24	1715	Müller Maïke	Dr. Becker Klinik Norddeich	0:53:26	0:53:38	5	W45	69	13:23 13:33 13:25 13:04
25	1503	Müller Gabi	Norder TV	0:54:00	0:54:12	1	W55	61	13:09 13:39 13:38 13:33
26	1753	Schimmelpfenig Claudia	Welt & Frieden	0:54:34	0:54:51	6	W45	69	13:47 13:46 13:49 13:10
27	1452	Kramme Marion	TV Norden	0:55:01	0:55:09	2	W60	55	13:14 13:51 14:00 13:55
28	1489	Melzer Martina	Emder LG	0:55:26	0:55:37	7	W45	71	13:49 13:55 13:58 13:43
29	1594	Seegers Nicole	Die ostfriesischen Waldläufer	0:55:53	0:56:00	6	W40	74	13:37 14:10 14:08 13:57
30	1726	Perez Sendelbach Elisabeth		0:56:07	0:56:23	8	W45	69	13:47 14:03 14:18 13:58
31	1823	Dietzel Susanne		0:56:42	0:56:59	2	W50	68	13:58 14:19 14:29 13:54
32	1654	Wirgenings Ursula	MTV Aurich /TEA	0:56:53	0:57:08	3	W50	65	13:40 14:14 14:31 14:27
33	1541	Rass Claudia	Intersport Reinhardt	0:57:28	0:57:32	2	W30	87	12:37 14:41 15:13 14:55
34	1431	Jibben Nantke	LT TuS Holtriem	0:57:32	0:57:50	2	WU1	01	14:06 14:39 14:27 14:18
35	1327	Engelbarts Foline	Emder LG	0:57:43	0:57:52	1	W65	49	14:05 14:27 14:40 14:30
36	1305	Depetro Anna-Maria		0:58:03	0:58:17	3	W30	84	13:20 14:45 15:35 14:21
37	1579	Schmidt Dorothee	LSF Oldenburg	0:58:39	0:58:50	2	W55	60	14:11 14:50 14:57 14:39
38	1568	Saathoff Vanessa	Bodyinform	0:58:42	0:59:02	4	W30	84	15:01 14:56 14:40 14:02
39	1335	Fischer Elina		0:58:59	0:59:14	9	WHK	97	13:58 14:50 15:31 14:39
40	1729	Riedeling Nicole		0:58:57	0:59:17	3	W35	82	15:02 14:55 14:41 14:17
41	1515	Niehuisen Daje	KBV Nenndorf	0:59:03	0:59:26	1	WU1	04	14:57 14:58 14:55 14:10
42	1596	Siefken Sandra	nie ohne lächeln laufen...	0:59:51	1:00:10	7	W40	78	13:45 15:04 15:33 15:28
43	1619	Todt Juliane		1:00:43	1:01:06	8	W40	77	14:47 15:12 15:31 15:11
44	1734	Held Bettina		1:00:56	1:01:15	9	W40	75	14:58 15:17 15:12 15:27
45	1733	Wrobel Jana	FC Deutsche Post	1:01:34	1:01:55	10	WHK	98	15:46 15:24 15:22 15:00
46	1277	Brade Leah-Celine	WfbM Aurich-Wittmund	1:02:11	1:02:24	1	WU2	99	15:48 15:51 15:47 14:44
47	1328	Ennen Maïke	Intersport Reinhardt	1:02:49	1:03:12	10	W40	78	15:25 15:41 15:53 15:50
48	1283	Brüling Maren	SV Arle	1:03:15	1:03:35	4	W35	83	15:15 15:37 16:05 16:17
49	1441	Klinkenberg Margit	TV Norden	1:03:22	1:03:37	2	W65	52	15:35 15:51 16:03 15:52
50	1631	Uphoff Thea		1:04:05	1:04:27	9	W45	71	15:46 15:44 16:22 16:12
51	1531	Petersen Marieanne	LT Spaß mit Sport	1:04:22	1:04:29	3	W60	54	15:55 16:21 16:12 15:52
52	1655	Witte Marlies	LT Spaß mit Sport	1:04:22	1:04:29	3	W55	60	15:54 16:21 16:12 15:53
53	1397	Hinrichs Alina	WfbM Aurich_Wittmund	1:13:19	1:13:32	11	WHK	98	15:54 17:54 19:34 19:56
54	1399	Hinrichs Karen		1:13:17	1:13:32	12	WHK	98	15:52 17:54 19:34 19:56
55	1635	Venske Sabrina		1:13:30	1:13:52	13	WHK	96	17:24 18:24 19:29 18:12
56	1607	Stucke Claudia	DRG Aurich	1:13:30	1:13:52	4	W50	67	17:24 18:24 19:28 18:14
57	1466	Lohmann Yvonne		1:16:22	1:16:45	11	W40	77	18:22 18:50 19:17 19:53