



Ergebnisliste Gesamteinlauf

18. 10 km TEAM-LAUF 2009 des ObjSRgtLw "F"

10 km-Lauf um den "Friesland-Pokal" • am 28. Oktober 2009 in Schortens

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
1	135	Grigat, Holger	1973	VfL Germania Leer	00:34:28	M20	1
2	201	Boukeroucha, Medhi	1968	TSLw 3	00:35:00	M40+	1
3	199	Lucht, Stefan	1980	TSLw 3	00:35:03	M20	2
4	11	Klein, Armin	1970	MarMusikKorps Nordsee	00:35:28	M20	3
5	452	Mäschig, Michael	1977	LG Wilhelmshaven	00:35:30	M20	4
6	177	Seegers, Albert	1982	BFE Oldenburg	00:36:02	M20	5
7	453	Brendel, Sebastian	1992	LG Wilhelmshaven	00:36:07	M20	6
8	346	Bischof, Jürgen	1961	SportS Bw	00:36:23	M40+	2
9	206	Otto, Stefan	1981	TSLw 3	00:36:23	M20	7
10	333	Günther, Jakob	1986	BFE Oldenburg	00:36:24	M20	8
11	222	Vlaardingerbroek, Kurt	1968	LG Ostfriesland	00:37:02	M40+	3
12	175	Ohlenbusch, Falk	1968	VpflA Bw	00:37:23	M40+	4
13	137	Lützkendorf, Christian	1983	2./ObjSRgtLw	00:37:31	M20	9
14	354	Althoff, Maik	1967	SportS Bw	00:37:41	M40+	5
15	454	Hörig, Julien	1994	LG Wilhelmshaven	00:37:43	M20	10
16	425	Wendeling, Stephan	1969	LG Wilhelmshaven	00:37:44	M40+	6
17	190	Weinberg, Dieter	1968	LG - Harlingerland	00:37:49	M40+	7
18	192	Lehsten, Jens	1961	TSLw 3	00:37:50	M40+	8
19	480	Buss, Martin	1992	KGS Wittmund	00:37:51	M20	11
20	455	Horn, Benjamin	1994	LG Wilhelmshaven	00:37:56	M20	12
21	268	Carstensen, Herbert	1957	Team SDBw	00:38:24	M40+	9
22	546	Mahlow, Daniel	1985	3./ObjSRgtLw	00:38:46	M20	13
23	200	Hellmers, Detlef	1963	TSLw 3	00:38:46	M40+	10
24	70	Titze, Jürgen	1963	Team-Luftwaffe-Köln	00:38:53	M40+	11
25	208	Dessi, Sascha	1981	LG Wilhelmshaven	00:38:56	M20	14
26	290	Puse, Hinrich	1964	JG 71 "R"	00:38:57	M40+	12
27	294	Gerken, Heiko	1984	JG 71 "R"	00:38:59	M20	15
28	463	Trebesch, Wolfgang	1957	MTV Aurich	00:39:08	M40+	13
29	202	Solignac, Gerald	1979	TSLw 3	00:39:16	M20	16
30	185	Hamann, Thomas	1964	HFlgWaS Bückeburg	00:39:17	M40+	14
31	451	Wendeling, Erik	1965	LG Wilhelmshaven	00:39:20	M40+	15
32	538	Keller, Karsten	1973	HFlgWaS Bückeburg	00:39:29	M20	17
33	72	Gockel, Dieter	1961	Team-Luftwaffe-Köln	00:39:33	M40+	16
34	62	Siebert-Diering, Manfred	1968	Jeveraner Unternehmer	00:39:35	M40+	17
35	482	Piotrowski, Carsten	1979	KGS Wittmund	00:39:46	M20	18
36	133	Sigl, Holger	1970	Waldloper Aurich	00:39:55	M20	19
37	130	Meyer, Thomas	1969	Waldloper Aurich	00:40:01	M40+	18
38	269	Schmelzer, Tobias	1984	Team SDBw	00:40:28	M20	20
39	131	Langensiepen, Andreas	1970	Waldloper Aurich	00:40:33	M20	21
40	372	Gruhle, Stephan	1965	Team KdoMFüSys	00:40:39	M40+	19
41	293	Höhmman, Volker	1958	JG 71 "R"	00:40:48	M40+	20

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
42	408	Gröschler, Sebastian	1992	MArs WHV Abw.	00:41:01	M20	22
43	367	Leonhardt, Mirko	1980	BFE Oldenburg	00:41:02	M20	23
44	38	Michel, Ronnie	1979	VersInstZ SanMat	00:41:06	M20	24
45	441	Schulz, Manuela	1970	LG Wilhelmshaven	00:41:08	W20	1
46	264	Neubert, Marko	1979	Team SDBw	00:41:09	M20	25
47	122	Möhle, Christian	1967	Team USLw	00:41:11	M40+	21
48	296	Bock, Rolf	1987	JG 71 "R"	00:41:17	M20	26
49	283	De Buhr, Jürgen	1963	JG 71 "R"	00:41:20	M40+	22
50	509	Hödl, Bernd	1972	LogZ Bw	00:41:22	M20	27
51	344	Dirkes, Franz Josef	1959	SportS Bw	00:41:25	M40+	23
52	30	Bulla, Matthias	1964	Polizei/WHV/FRI	00:41:27	M40+	24
53	51	Egidius, Udo	1954	Rettungsdienst Friesland	00:41:36	M40+	25
54	493	Rotte, Uwe	1960	Kdo 4. LwDiv	00:41:41	M40+	26
55	237	Großpietsch, Axel	1954	SB-Ems-Weser	00:41:43	M40+	27
56	545	Jaenke, Domenico	1982	3./ObjSRgtLw	00:41:45	M20	28
57	513	Bednarz, Jürgen	1963	8./ObjSRgtLw	00:41:51	M40+	28
58	431	Lake, Rolf	1950	TuS Zetel	00:41:53	M40+	29
59	225	Grasse, Holger	1965	TuS Zetel	00:42:00	M40+	30
60	549	Schneider, Thomas	1986	3./ObjSRgtLw	00:42:01	M20	29
61	29	Polster, Frank	1974	HFlgWaS Bückeburg	00:42:04	M20	30
62	420	Koch, Michael	1985	9./ObjSRgtLw	00:42:11	M20	31
63	487	Reinelt, Ulrich	1959	LT TuS Emstekerfeld	00:42:15	M40+	31
64	193	Ull, Andreas	1958	TSLw 3	00:42:20	M40+	32
65	310	Wittlif, Anatoli	1987	BwKrhs Westerstede	00:42:24	M20	32
66	128	Schaller, Frank	1961	Waldloper Aurich	00:42:27	M40+	33
67	63	Thomas, Ulf	1972	Jeveraner Unternehmer	00:42:29	M20	33
68	196	Klejdzinski, Sven	1980	TSLw 3	00:42:31	M20	34
69	516	Dreyer, Eddi	1969	LwInstHGrp 21	00:42:36	M40+	34
70	279	Platzek, Marco	1990	HFlgWaS Bückeburg	00:42:41	M20	35
71	194	Olshausen, Thomas	1973	TSLw 3	00:42:46	M20	36
72	353	Eigen, Oliver	1965	SportS Bw	00:42:49	M40+	35
73	465	Gatzke, Sven	1985	1./ObjSRgtLw	00:43:04	M20	37
74	379	Sölken, Hagen	1974	Team KdoMFüSys	00:43:06	M20	38
75	195	Münchow, Torsten	1972	TSLw 3	00:43:14	M20	39
76	154	Weber, Artur	1989	2./ObjSRgtLw	00:43:17	M20	40
77	391	Brandt, Lothar	1966	Ausbwerkst. Weener	00:43:20	M40+	36
78	349	Mertens, Manuela	1982	SportS Bw	00:43:21	W20	2
79	34	Holle, Jörg	1963	HFlgWaS Bückeburg	00:43:23	M40+	37
80	6	Hein, Robert	1987	1./LazRgt 31	00:43:24	M20	41
81	5	Stampnick, Kevin	1986	1./LazRgt 31	00:43:25	M20	42
82	165	Knickmeier, Friedrich-Wilhelm	1950	HFlgWaS Bückeburg	00:43:25	M40+	38
83	36	Dietrich, René	1977	VersInstZ SanMat	00:43:26	M20	43
84	537	Menzel, Jens-Moritz	1988	HFlgWaS Bückeburg	00:43:28	M20	44
85	50	Niebisch, Daniel	1978	Rettungsdienst Friesland	00:43:35	M20	45
86	309	Lumma, Mark	1984	BwKrhs Westerstede	00:43:36	M20	46
87	430	Lasey, Edoe	1989	SanZ Wittmund	00:43:37	M20	47
88	472	Pietruska, Torben	1988	4./ObjSRgtLw	00:43:37	M20	48
89	250	Großheim, Uwe	1961	WBV Nord	00:43:45	M40+	39
90	548	Nitschke, Max	1984	3./ObjSRgtLw	00:43:48	M20	49
91	129	Wulle, Thomas	1963	Waldloper Aurich	00:43:49	M40+	40
92	289	Schmitt, Florian	1985	JG 71 "R"	00:43:50	M20	50
93	20	Heinlein, Michael	1968	MarMusikKorps Nordsee	00:43:50	M40+	41
94	86	Dröge, Jan-Christoph	1989	FlgHStff Jever	00:43:51	M20	51
95	464	Thurmann, Michael	1983	1./ObjSRgtLw	00:43:52	M20	52
96	519	Jürgensen, Kai-Uwe	1961	LwInstHGrp 21	00:43:53	M40+	42
97	478	Kethler, Wolfgang	1965	LogZ Bw	00:43:54	M40+	43
98	442	Hörig, Silvia	1962	LG Wilhelmshaven	00:43:55	W40+	1
99	71	Burkhardt, Frank	1956	Team-Luftwaffe-Köln	00:43:55	M40+	44
100	376	Lange, Martin	1979	Team KdoMFüSys	00:43:56	M20	53

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
101	139	Maier, Valentin	1988	2./ObjSRgtLw	00:43:57	M20	54
102	261	Thomsen, Timo	1988	ZNwG Marine	00:43:58	M20	55
103	8	Schmidt, Martin	1988	1./LazRgt 31	00:43:59	M20	56
104	510	Hansen, Detlef	1972	LogZ Bw	00:44:01	M20	57
105	152	Schmidt, Patrick	1988	2./ObjSRgtLw	00:44:02	M20	58
106	352	Krukow, Hendrik	1990	SportS Bw	00:44:05	M20	59
107	432	Jeske, Jürgen	1960	VfL Oldenburg	00:44:05	M40+	45
108	75	Surbach, Michael	1963	Team-Luftwaffe-Köln	00:44:06	M40+	46
109	153	Scheel, Maik	1988	2./ObjSRgtLw	00:44:07	M20	60
110	189	Bäcker, Rainer	1963	TuS Zetel	00:44:09	M40+	47
111	321	Janßen, Horst	1968	Feuerwehr EFB 4	00:44:12	M40+	48
112	32	Seddig, Jens	1965	Polizei/WHV/FRI	00:44:15	M40+	49
113	373	Hoppe, Rolf	1973	Team KdoMFüSys	00:44:26	M20	61
114	82	Hellmers, Susanne	1966	TV Norden	00:44:28	W40+	2
115	522	Otten, Chris	1991	LwlnsthGrp 21	00:44:32	M20	62
116	146	Schröder, Paul	1990	2./ObjSRgtLw	00:44:33	M20	63
117	4	Geissler, Florian	1985	1./LazRgt 31	00:44:35	M20	64
118	263	Keese, Dieter	1958	Team SDBw	00:44:37	M40+	50
119	384	Oltmanns, Christian	1990	Ausbwerkst. Weener	00:44:39	M20	65
120	308	Thole, Holger	1977	BwKrhs Westerstede	00:44:47	M20	66
121	467	Gasau, Björn	1985	1./ObjSRgtLw	00:44:48	M20	67
122	270	Hurst, Andreas	1970	Team SDBw	00:44:55	M20	68
123	527	Carmesin, Christian	1989	LwlnsthGrp 21	00:44:56	M20	69
124	462	Pellowski, Frank	1979	LogZ Bw	00:44:57	M20	70
125	470	Bruns, Christopher	1987	4./ObjSRgtLw	00:45:01	M20	71
126	148	Nuss, Christof	1989	2./ObjSRgtLw	00:45:03	M20	72
127	407	Seipel, Sascha	1992	MArs WHV Abw.	00:45:06	M20	73
128	235	Schäfer, Thomas	1968	LG Wilhelmshaven	00:45:07	M40+	51
129	267	Kleinert, Andreas	1968	Team SDBw	00:45:09	M40+	52
130	92	Frehse, Stefan	1964	LT Schortens	00:45:10	M40+	53
131	191	Kasig, Patrick	1988	TSR Olympia Triathlon	00:45:10	M20	74
132	203	Wishaupt, Benoit	1978	TSLw 3	00:45:12	M20	75
133	265	Mintken, Udo	1970	Team SDBw	00:45:14	M20	76
134	240	Kravagna, Eike	1959	SB-Ems-Weser	00:45:15	M40+	54
135	121	Hase, Gerd	1961	Team USLw	00:45:16	M40+	55
136	40	Keunecke, Christoph	1988	VersInstZ SanMat	00:45:17	M20	77
137	37	Maric, Toma	1977	VersInstZ SanMat	00:45:18	M20	78
138	338	Bode, Benedikt	1993	HFC Heidmühle	00:45:20	M20	79
139	281	Meyer, Jörg-Gerold	1962	JG 71 "R"	00:45:22	M40+	56
140	252	König, Stefan	1970	WBV Nord	00:45:23	M20	80
141	368	Dankert, Maik	1984	Team KdoMFüSys	00:45:24	M20	81
142	414	Borchers, Jochen	1968	Jobcenter Wilhelmshaven	00:45:26	M40+	57
143	439	Ennen, Dr. Markus	1967	8-9-10 Schortens	00:45:34	M40+	58
144	256	Schmidt, Jürgen	1960	ZNwG Marine	00:45:37	M40+	59
145	217	Poppen, Karsten	1970	NW-Krhs Sanderbusch	00:45:41	M20	82
146	292	Popp, Wilfried	1965	JG 71 "R"	00:45:42	M40+	60
147	179	Armonies, Jürgen	1954	LT Wilhelmshaven	00:45:42	M40+	61
148	127	Schumann, Peter	1959	TuS Zetel	00:45:45	M40+	62
149	449	Krips, Clemens	1950	LG Wilhelmshaven	00:45:46	M40+	63
150	358	Hoffmann, Marcel	1974	LwlnsthRgt 2	00:45:50	M20	83
151	370	Eckhoff, Arno	1959	Team KdoMFüSys	00:45:51	M40+	64
152	286	Janßen, Jens-Marco	1978	JG 71 "R"	00:45:56	M20	84
153	485	Siebert, Hanspeter	1958	LT Schortens	00:45:59	M40+	65
154	533	Krüger, Thomas	1967	III./ObjSRgtLw	00:46:01	M40+	66
155	327	Rüter, Chris	1987	NuTStff LTG 62	00:46:02	M20	85
156	380	Spannbauer, Filip	1980	Team KdoMFüSys	00:46:04	M20	86
157	348	Stegemann, Kerstin	1977	SportS Bw	00:46:06	W20	3
158	387	Plöger, Matthias	1984	Ausbwerkst. Weener	00:46:07	M20	87
159	312	Heisig, Torsten	1983	BwKrhs Westerstede	00:46:10	M20	88

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
160	525	Hemken, Jan	1966	LwlnsthGrp 21	00:46:11	M40+	67
161	216	Klempfner, Thomas	1966	NW-Krhs Sanderbusch	00:46:14	M40+	68
162	504	Steinland, Rocco	1972	LogZ Bw	00:46:16	M20	89
163	539	Ottersberg, Jörg	1970	FlgHStff Jever	00:46:17	M20	90
164	450	Rocker, Rolf	1961	LG Wilhelmshaven	00:46:18	M40+	69
165	114	Otten, Detlef	1962	Einsatzflottille 2	00:46:19	M40+	70
166	466	Papenfuß, Toni	1988	1./ObjSRgtLw	00:46:20	M20	91
167	108	Beeken, Hajo	1961	1./ObjSRgtLw	00:46:22	M40+	71
168	494	Siemens, Marc-Oliver	1971	Kdo 4. LwDiv	00:46:26	M20	92
169	277	Riedmüller, Peter	1962	Team SDBw	00:46:28	M40+	72
170	164	Otten, Hajo	1968	TuS Zetel	00:46:29	M40+	73
171	211	Mast, Dirk	1969	BFD Wilhelmshaven	00:46:31	M40+	74
172	426	Huhn, Thomas	1969	SanZ Wittmund	00:46:32	M40+	75
173	350	Paul, Sebastian	1987	SportS Bw	00:46:33	M20	93
174	91	Fisch, Manfred	1952	LT MTV Jever	00:46:34	M40+	76
175	262	Storck, Stefan	1972	Team SDBw	00:46:35	M20	94
176	469	Körte, Christoph	1990	1./ObjSRgtLw	00:46:37	M20	95
177	340	Janssen, Wilfried	1961	Spark. LeerWittmund	00:46:39	M40+	77
178	471	Marten, Guido	1986	4./ObjSRgtLw	00:46:41	M20	96
179	14	Wies, Christian	1979	MarMusikKorps Nordsee	00:46:44	M20	97
180	253	Hollmann, Dirk	1966	WBV Nord	00:46:50	M40+	78
181	511	Koch, Jürgen	1963	LogZ Bw	00:46:53	M40+	79
182	547	Neick, Steffan	1987	3./ObjSRgtLw	00:46:53	M20	98
183	460	Baluch, Frank	1975	LogZ Bw	00:46:55	M20	99
184	334	Fiedler, Martin	1987	Fernmelder Sengwarden	00:46:57	M20	100
185	291	Jonoleit, Robert	1974	JG 71 "R"	00:46:58	M20	101
186	295	Fortmann, Peter	1966	JG 71 "R"	00:47:01	M40+	80
187	174	Niclaus, Mark	1973	VpflA Bw	00:47:02	M20	102
188	468	Kraus, Hannes	1985	1./ObjSRgtLw	00:47:08	M20	103
189	440	Horn, Jeannette	1970	LG Wilhelmshaven	00:47:10	W20	4
190	178	Sass, Günther	1962	LT Hengstforde	00:47:24	M40+	81
191	429	Boomkamp, Nico	1980	SanZ Wittmund	00:47:28	M20	104
192	326	Lankers, Angelo	1988	NuTStff LTG 62	00:47:30	M20	105
193	341	Olberding, Siegfried	1965	Spark. LeerWittmund	00:47:31	M40+	82
194	143	Heinrichs, Fjodor	1986	2./ObjSRgtLw	00:47:32	M20	106
195	213	Rathkamp, Wolfgang	1966	BFD Wilhelmshaven	00:47:34	M40+	83
196	107	Aden, Daniel	1988	1./ObjSRgtLw	00:47:36	M20	107
197	79	Mundt, Johannes	1990	Team SanStff Schortens	00:47:39	M20	108
198	64	König, Stefan	1970	Jeveraner Unternehmer	00:47:44	M20	109
199	542	Olbrich, Stefan	1976	BwDLZ Schwanewede	00:47:45	M20	110
200	249	Ender, Günter	1966	WBV Nord	00:47:47	M40+	84
201	342	Sieling, Heiko	1961	Spark. LeerWittmund	00:47:54	M40+	85
202	124	Oetken, Johannes	1950	TuS Zetel	00:47:56	M40+	86
203	458	Greis, Heike	1965	Schwarz-Weiß-Oldenburg	00:47:58	W40+	3
204	437	Friedrichs, Jürgen	1971	LogZ Bw	00:48:02	M20	111
205	428	Aue, Thomas	1982	SanZ Wittmund	00:48:05	M20	112
206	371	Fieger, Andreas	1964	Team KdoMFüSys	00:48:07	M40+	87
207	69	Reiners, Lothar	1965	Polizei/WHV/FRI	00:48:09	M40+	88
208	186	Baumann, Marion	1971	TuS Zetel	00:48:11	W20	5
209	382	Vogelsang, Christian	1983	4./ObjSRgtLw	00:48:12	M20	113
210	126	Kohlenberg, Inse	1950	TuS Zetel	00:48:13	W40+	4
211	248	Haake, Friedrich	1940	WBV Nord	00:48:15	M40+	89
212	501	Hoffmann, Hans-Joachim	1948	LT TuS Aurich-Ost	00:48:16	M40+	90
213	89	Fiedler, Tim	1984	SanZ Wittmund	00:48:17	M20	114
214	491	Casper, Helmut	1952	Kdo 4. LwDiv	00:48:18	M40+	91
215	474	Willems, Heye	1953	Fortuna Logabirum	00:48:21	M40+	92
216	7	Nagel, Stephan	1988	1./LazRgt 31	00:48:24	M20	115
217	416	Juds, Stephan	1969	Jobcenter Wilhelmshaven	00:48:27	M40+	93
218	74	Schürheck, Dieter	1966	Team-Luftwaffe-Köln	00:48:27	M40+	94

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
219	375	Krüger, Ulf	1956	Team KdoMFüSys	00:48:31	M40+	95
220	383	Felton, Fabian	1985	4./ObjSRgtLw	00:48:35	M20	116
221	484	Pflanzner, Hans	1954	KGS Wittmund	00:48:37	M40+	96
222	54	Tiemann, Michael	1979	Rettungsdienst Friesland	00:48:40	M20	117
223	330	Drewezeke, Sven	1973	Fernmelder Sengwarden	00:48:41	M20	118
224	31	Gottfried, Volker	1960	Polizei/WHV/FRI	00:48:44	M40+	97
225	475	Wedekin, Stefan	1962	Marineamt OrgM	00:48:45	M40+	98
226	505	Leppich, Peer	1984	LogZ Bw	00:48:46	M20	119
227	500	Meyer, Adolf	1958	TV Norden	00:48:48	M40+	99
228	390	Winterboer, Tim	1993	Ausbwerkst. Weener	00:48:49	M20	120
229	543	Pötsch, Torsten	1977	BwDLZ Schwanewede	00:48:50	M20	121
230	142	Horton, Sebastian	1987	2./ObjSRgtLw	00:48:52	M20	122
231	456	Caspers, Marita	1967	LG Wilhelmshaven	00:48:56	W40+	5
232	18	Weimann, Robert	1981	MarMusikKorps Nordsee	00:48:57	M20	123
233	337	Dirks, Christian	1988	Fernmelder Sengwarden	00:48:59	M20	124
234	3	Hermann, Lars	1977	1./LazRgt 31	00:49:03	M20	125
235	10	Severiens, Gerold	1948	Fortuna Logabirum	00:49:08	M40+	100
236	223	Böhm, Jörg	1965	LT Schortens	00:49:12	M40+	101
237	503	Gieseler, Dieter	1965	LT TuS Aurich-Ost	00:49:13	M40+	102
238	136	Falkena, Trijntje	1982	VfL Germania Leer	00:49:19	W20	6
239	417	Matzke, Susanne	1966	Jobcenter Wilhelmshaven	00:49:21	W40+	6
240	141	Klotzsch, Christian	1986	2./ObjSRgtLw	00:49:22	M20	126
241	104	Kern, Ulrich	1969	1./ObjSRgtLw	00:49:23	M40+	103
242	116	Liebe, Thomas	1969	Einsatzflottille 2	00:49:25	M40+	104
243	322	Veith, Manfred	1956	Feuerwehr EFB 4	00:49:26	M40+	105
244	359	Müller, Martin	1962	LogZ Bw	00:49:27	M40+	106
245	514	Stetzelberg, Jürgen	1951	SB-Ems-Weser	00:49:29	M40+	107
246	155	Burghardt, Denis	1987	2./ObjSRgtLw	00:49:29	M20	127
247	160	Dietrichs, Axel	1964	Fries. Brauhaus zu Jever	00:49:31	M40+	108
248	405	Radtko, Christian	1989	MArs WHV Abw.	00:49:33	M20	128
249	226	Penning, Hans-Dieter	1962	Fortuna Logabirum	00:49:36	M40+	109
250	212	Coordes, Frank	1961	BFD Wilhelmshaven	00:49:36	M40+	110
251	496	Marschall, Iris	1966	TV Norden	00:49:37	W40+	7
252	140	Wirtz, Timo	1981	2./ObjSRgtLw	00:49:38	M20	129
253	99	Kügler, Ernst-Enno	1955	Terry-Fox WHV	00:49:39	M40+	111
254	184	Rudolph, Matthias	1969	AOK Jever	00:49:45	M40+	112
255	400	Schulat, Mark	1993	MArs WHV Abw.	00:49:49	M20	130
256	274	Straib, Markus	1976	Team SDBw	00:49:52	M20	131
257	258	Schmidt, Kuno	1977	ZNWG Marine	00:50:04	M20	132
258	319	Saathoff, Christian	1980	Feuerwehr EFB 4	00:50:05	M20	133
259	419	Jöhrens, Gerd	1971	9./ObjSRgtLw	00:50:12	M20	134
260	328	Raabe, Florian	1990	NuTStff LTG 62	00:50:14	M20	135
261	241	Remmers, Gerd	1955	SB-Ems-Weser	00:50:15	M40+	113
262	150	Fritzsche, Nils	1990	2./ObjSRgtLw	00:50:15	M20	136
263	52	Mulka, Christian	1979	Rettungsdienst Friesland	00:50:24	M20	137
264	93	Stenglein, Georg	1960	LogZ Bw	00:50:32	M40+	114
265	434	Krüger, Rainer	1949	8-9-10 Schortens	00:50:33	M40+	115
266	167	Maynicke, Anita	1980	MatDp Wilhelmshaven	00:50:33	W20	7
267	98	Kote, Meike	1974	HFlgWaS Bückeburg	00:50:34	M20	138
268	161	Welzel, Christian	1964	Fries. Brauhaus zu Jever	00:50:35	M40+	116
269	94	Stöckmann, Reinhard	1964	LogZ Bw	00:50:36	M40+	117
270	168	Karsjens, Jens	1970	FlgH Feuerwehr Jever	00:50:36	M20	139
271	88	Reiher, Olaf	1962	FlgHStff Jever	00:50:37	M40+	118
272	247	Brandt, Stephan	1959	WBV Nord	00:50:38	M40+	119
273	67	Schachtschneider, Holger	1965	TV Norden	00:50:51	M40+	120
274	39	Hoffmann, Marcus	1986	VersInstZ SanMat	00:50:51	M20	140
275	298	Freese, Heiko	1990	JG 71 "R"	00:50:56	M20	141
276	302	Grebhardt, Markus	1989	JG 71 "R"	00:50:57	M20	142
277	166	Maynicke, Gerhard	1954	HZA Stralsund	00:50:58	M40+	121

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
278	481	Heyen, Frank	1980	KGS Wittmund	00:51:01	M20	143
279	109	Schroeder, Florian	1990	I./ObjSRgtLw	00:51:03	M20	144
280	329	Meier, Henrik	1987	NuTStff LTG 62	00:51:04	M20	145
281	362	Dirks, Hans-Georg	1952	BSG Volksbank Jever	00:51:05	M40+	122
282	132	Sattler, Wolfgang	1947	Fortuna Logabirum	00:51:07	M40+	123
283	544	Mayerhöfer, Andree	1978	BwDLZ Schwanewede	00:51:08	M20	146
284	176	Hennigs, Liane	1959	LT MTV Jever	00:51:09	W40+	8
285	473	Bockner, Michael	1962	Team BMVg	00:51:13	M40+	124
286	311	Jaufmann, Roman	1986	BwKrhs Westerstede	00:51:14	M20	147
287	550	Triebel, Tim	1990	3./ObjSRgtLw	00:51:15	M20	148
288	540	Walter, Marlies	1955	BwDLZ Schwanewede	00:51:18	W40+	9
289	427	Bröske, Knut	1975	SanZ Wittmund	00:51:20	M20	149
290	402	Sperlich, Daniel	1991	MArs WHV Abw.	00:51:20	M20	150
291	403	Klawon, Daniel	1992	MArs WHV Abw.	00:51:22	M20	151
292	335	Rudnick, Steven	1984	Fernmelder Sengwarden	00:51:27	M20	152
293	78	Salzmann, Vitali	1981	Team SanStff Schortens	00:51:28	M20	153
294	188	Herke, Petra	1970	TuS Zetel	00:51:32	W20	8
295	231	Brader, Sascha	1969	Tettens	00:51:33	M40+	125
296	479	Rasner, Volker	1960	MTV-Wittmund	00:51:41	M40+	126
297	445	Weichbrodt, Heinz-Georg	1933	LG Wilhelmshaven	00:51:43	M40+	127
298	324	Schlegel, Winfried	1944	LT Schortens	00:51:44	M40+	128
299	149	Kadner, Steffen	1988	2./ObjSRgtLw	00:51:45	M20	154
300	83	Ihben, Benjamin	1988	FlgHStff Jever	00:51:48	M20	155
301	60	Titze, Andreas	1969	Jeveraner Unternehmer	00:51:50	M40+	129
302	134	Obermann, Helmut	1946	TuS Oestringen	00:51:51	M40+	130
303	227	Zirkel, Günter	1941	LT MTV Jever	00:51:55	M40+	131
304	245	Seller, Hans-Günther	1960	SB-Ems-Weser	00:51:56	M40+	132
305	497	Hilger, Patricia	1963	TV Norden	00:51:56	W40+	10
306	404	Grimm, Tobias	1991	MArs WHV Abw.	00:51:58	M20	156
307	9	Schmidt, Kerstin	1965	Fortuna Logabirum	00:52:00	W40+	11
308	2	Hein, Axel	1962	1./LazRgt 31	00:52:00	M40+	133
309	44	Bremer, Kevin	1992	LT MTV Jever	00:52:05	M20	157
310	101	Lünemann, Insa	1958	8-9-10 Schortens	00:52:06	W40+	12
311	42	Brink, Heinz	1953	Landkreis Friesland	00:52:09	M40+	134
312	347	Schäkel, Norbert	1960	SportS Bw	00:52:11	M40+	135
313	345	Boberg, Rudolf	1958	SportS Bw	00:52:12	M40+	136
314	357	Müller, Hans-Jürgen	1952	LwlnsthRgt 2	00:52:13	M40+	137
315	323	Toben, Ralf	1971	Feuerwehr EFB 4	00:52:14	M20	158
316	96	Zech, Andre	1964	LogZ Bw	00:52:15	M40+	138
317	56	Jabben, Berndt	1967	Jeveraner Unternehmer	00:52:23	M40+	139
318	528	Jüttner, Martin	1985	LwlnsthGrp 21	00:52:24	M20	159
319	214	Pfabe, Rudolf	1937	NW-Krhs Sanderbusch	00:52:34	M40+	140
320	461	Müller, René	1980	LogZ Bw	00:52:38	M20	160
321	435	Garten, Dr. Hartmut	1950	8-9-10 Schortens	00:52:39	M40+	141
322	517	Danielzik, Carsten	1974	LwlnsthGrp 21	00:52:40	M20	161
323	418	Kolb, Friederike	1979	Jobcenter Wilhelmshaven	00:52:41	W20	9
324	169	Lübben, Jessica	1967	VpflA Bw	00:52:41	W40+	13
325	180	Seebeck, Peter	1955	LT Wilhelmshaven	00:52:44	M40+	142
326	551	Gerken, Helge	1970	Stab ObjSRgtLw „F“	00:52:46	M20	162
327	339	Lück, Marion	1976	Spark. LeerWittmund	00:52:46	W20	10
328	210	Bleek, Olaf	1967	BFD Wilhelmshaven	00:52:51	M40+	143
329	488	Tjardes, Johannes-Günther	1958	LT Schortens	00:52:52	M40+	144
330	105	Pauls, Oliver	1977	I./ObjSRgtLw	00:52:54	M20	163
331	273	Rick, Kurt Willi	1957	Team SDBw	00:52:56	M40+	145
332	483	Wolter, Stephanie	1966	KGS Wittmund	00:52:57	W40+	14
333	229	Kolb, Karl	1947	Wilhelmshaven	00:52:59	M40+	146
334	325	Wolff, Thorsten	1974	NuTStff LTG 62	00:53:00	M20	164
335	280	Schäfer, Karl-Heinz	1958	JG 71 "R"	00:53:13	M40+	147
336	182	Karnau, Harald	1939	LT Wilhelmshaven	00:53:18	M40+	148

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
337	246	Wiemken, Thorsten	1967	SB-Ems-Weser	00:53:19	M40+	149
338	343	Eden, Gerhard	1948	Spark. LeerWittmund	00:53:22	M40+	150
339	181	Gringel, Dirk	1947	LT Wilhelmshaven	00:53:26	M40+	151
340	183	Strangmann, Hans-Gerd	1952	LT Wilhelmshaven	00:53:28	M40+	152
341	112	Weiland, Klaus	1959	Einsatzflottille 2	00:53:30	M40+	153
342	24	Vollmer, Hendrik	1982	MarMusikKorps Nordsee	00:53:39	M20	165
343	394	Lehmann, Matthias	1989	MArs WHV Abw.	00:53:40	M20	166
344	421	Schwabe, Thomas	1982	9./ObjSRgtLw	00:53:46	M20	167
345	120	Haufe, Horst-Dieter	1950	Einsatzflottille 2	00:53:58	M40+	154
346	297	Emken, Chris-Kevin	1991	JG 71 "R"	00:54:07	M20	168
347	398	Renken, Tobias	1990	MArs WHV Abw.	00:54:21	M20	169
348	520	Brader, Thiemo	1989	LwlnsthGrp 21	00:54:23	M20	170
349	111	Winkes, Keno	1990	I./ObjSRgtLw	00:54:23	M20	171
350	476	Schmeer, Ulrich	1975	Marineamt OrgM	00:54:24	M20	172
351	238	Heinemann, Thomas	1965	SB-Ems-Weser	00:54:26	M40+	155
352	399	Acker, Robert	1994	MArs WHV Abw.	00:54:37	M20	173
353	85	Süßen, Christian	1987	FlgHStff Jever	00:54:38	M20	174
354	272	Becker, Venke	1967	LT BSC-Burhufe	00:54:43	W40+	15
355	364	Schadewald, Martin	1969	BSG Volksbank Jever	00:54:46	M40+	156
356	447	Kramer, Harald	1946	LG Wilhelmshaven	00:54:48	M40+	157
357	356	Jacobsen, Ralf	1963	LwlnsthRgt 2	00:54:50	M40+	158
358	386	Müller, Sebastian	1988	Ausbwerkst. Weener	00:54:51	M20	175
359	438	Gethmann, Uwe	1962	8-9-10 Schortens	00:54:56	M40+	159
360	27	Juilfs, Günther	1963	Polizei/WHV/FRI	00:55:01	M40+	160
361	239	Kramer, Karsten	1952	SB-Ems-Weser	00:55:06	M40+	161
362	220	Grimm, Manfred	1960	NW-Krhs Sanderbusch	00:55:10	M40+	162
363	172	Koch, Helmut	1960	VpflA Bw	00:55:12	M40+	163
364	443	Badtke, Irene	1941	LG Wilhelmshaven	00:55:13	W40+	16
365	389	Tröster, Carsten	1991	Ausbwerkst. Weener	00:55:14	M20	176
366	303	Krug, Vinzent	1990	JG 71 "R"	00:55:15	M20	177
367	306	Janßen, Helmut	1957	JG 71 "R"	00:55:16	M40+	164
368	301	Graw, Sebastian	1991	JG 71 "R"	00:55:17	M20	178
369	22	Terhardt, Tobias	1980	MarMusikKorps Nordsee	00:55:17	M20	179
370	21	Büker, Michael	1989	MarMusikKorps Nordsee	00:55:18	M20	180
371	100	Heydenbluth, Horst	1939	ADFC OG - Schortens	00:55:19	M40+	165
372	243	Störmer, Karl-Hermann	1944	SB-Ems-Weser	00:55:25	M40+	166
373	413	Schimkus, Siegfried	1938	SB-Ems-Weser	00:55:27	M40+	167
374	215	Vohlken, Frank	1967	NW-Krhs Sanderbusch	00:55:29	M40+	168
375	530	Gathemann, Daniel	1988	Team NWO	00:55:31	M20	181
376	115	Decker, Stephan	1965	Einsatzflottille 2	00:55:32	M40+	169
377	233	Schlütemann, Sonja	1972	Jever	00:55:33	W20	11
378	518	Klein, Karlheinz	1956	LwlnsthGrp 21	00:55:35	M40+	170
379	232	Groh, Klaus	1965	Jever	00:55:45	M40+	171
380	288	Willms, Bastian	1985	JG 71 "R"	00:55:47	M20	182
381	393	Koring, Hauke	1989	MArs WHV Abw.	00:55:50	M20	183
382	498	Lindemann, Paul	1939	TV Norden	00:55:52	M40+	172
383	162	Struß, Andreas	1969	Fries. Brauhaus zu Jever	00:55:53	M40+	173
384	300	Gent, Michel	1991	JG 71 "R"	00:55:53	M20	184
385	84	Knaak, Sebastian	1988	FlgHStff Jever	00:55:54	M20	185
386	16	Wolf, Christian	1978	MarMusikKorps Nordsee	00:55:56	M20	186
387	59	Ristau, Frank	1969	Jeveraner Unternehmer	00:55:58	M40+	174
388	415	Coordes, Kirsten	1969	Jobcenter Wilhelmshaven	00:56:00	W40+	17
389	209	Bremer, Karin	1952	BFD Wilhelmshaven	00:56:01	W40+	18
390	23	Spickermann, Max	1988	MarMusikKorps Nordsee	00:56:04	M20	187
391	492	Franke, Rainer	1962	Kdo 4. LwDiv	00:56:07	M40+	175
392	529	Wichards, Marc	1970	Team NWO	00:56:16	M20	188
393	284	Menzel, Dirk	1975	JG 71 "R"	00:56:16	M20	189
394	499	Schewiola, Axel	1938	TV Norden	00:56:18	M40+	176
395	423	Jonat, Oliver	1986	9./ObjSRgtLw	00:56:19	M20	190

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
396	187	Döring-Schulte, Anette	1959	TuS Zetel	00:56:23	W40+	19
397	365	Staak, Marek	1974	BSG Volksbank Jever	00:56:27	M20	191
398	406	Koring, Henrik	1989	MArs WHV Abw.	00:56:28	M20	192
399	363	Mager, Hilke	1961	BSG Volksbank Jever	00:56:34	W40+	20
400	526	Stemmermann, Rudolf	1963	LwlnsthGrp 21	00:56:35	M40+	177
401	81	Schoolmann, Thorsten	1988	Team SanStff Schortens	00:56:36	M20	193
402	422	Güse, Nicole	1980	9./ObjSRgtLw	00:56:45	W20	12
403	236	Bonkowske, Christian	1972	SB-Ems-Weser	00:56:48	M20	194
404	97	Janßen, Dieter	1972	LogZ Bw	00:56:54	M20	195
405	392	Remmers, Janis	1990	MArs WHV Abw.	00:56:57	M20	196
406	320	Dierks, Michael	1973	Feuerwehr EFB 4	00:57:22	M20	197
407	46	Redenius, Timo	1980	Rettungsdienst Friesland	00:57:26	M20	198
408	15	Sturmhöfel, Thorsten	1978	MarMusikKorps Nordsee	00:57:37	M20	199
409	57	Wagner, Theodor	1948	Jeveraner Unternehmer	00:57:43	M40+	178
410	502	Thedinga, Hinrich	1955	LT TuS Aurich-Ost	00:57:47	M40+	179
411	144	Stephan, Marcel	1984	2./ObjSRgtLw	00:57:49	M20	200
412	266	Henze, Brunhilde	1955	LT Wilhelmshaven	00:57:50	W40+	21
413	138	Hempel, Nando	1987	2./ObjSRgtLw	00:57:50	M20	201
414	448	Henze, Friedhelm	1952	LG Wilhelmshaven	00:57:51	M40+	180
415	305	Rzondza, Rene	1989	JG 71 "R"	00:58:22	M20	202
416	378	Schindler, Andreas	1960	Team KdoMFüSys	00:58:27	M40+	181
417	257	Paul, Dieter	1956	ZNWG Marine	00:58:36	M40+	182
418	260	Frerichs, Klaus-Dieter	1952	Terry-Fox WHV	00:58:36	M40+	183
419	68	Trännapp, Alfred	1941	TV Norden	00:58:46	M40+	184
420	106	Zielke, Karsten	1964	1./ObjSRgtLw	00:58:49	M40+	185
421	536	Machinek, Fabian	1990	HFlgWaS Bückeburg	00:58:55	M20	203
422	397	Hackbarth, Michel	1991	MArs WHV Abw.	00:58:59	M20	204
423	396	Payns, Marcel	1990	MArs WHV Abw.	00:59:00	M20	205
424	158	Aden, Dirk	1972	Fries. Brauhaus zu Jever	00:59:02	M20	206
425	198	Bruck, Marco	1980	TSLw 3	00:59:10	M20	207
426	197	Steinecke, Steve	1980	TSLw 3	00:59:11	M20	208
427	395	Bogusch, Philipp	1988	MArs WHV Abw.	00:59:16	M20	209
428	117	Hofbeck, Alexander	1973	Einsatzflottille 2	00:59:31	M20	210
429	230	Schudy, Rudolf	1947	Wilhelmshaven	00:59:32	M40+	186
430	95	Conrads, Michael	1970	LogZ Bw	00:59:45	M20	211
431	103	Schneider, Olaf	1973	WBK I Küste	01:00:05	M20	212
432	19	Tamm, Burkhard	1985	MarMusikKorps Nordsee	01:00:09	M20	213
433	351	Fontolan, Simon	1987	SportS Bw	01:00:13	M20	214
434	41	Rieken, Ewald	1945	Landkreis Friesland	01:00:17	M40+	187
435	47	Koepke, Carsten	1976	Rettungsdienst Friesland	01:00:21	M20	215
436	433	Herget, Richard	1931	8-9-10 Schortens	01:00:27	M40+	188
437	25	Paplowski, Matthias	1980	MarMusikKorps Nordsee	01:00:29	M20	216
438	446	Bormann, Robert	1944	LG Wilhelmshaven	01:00:37	M40+	189
439	80	Höhl, Christian	1987	Team SanStff Schortens	01:00:38	M20	217
440	315	Heuvel, Thomas	1960	FlgHStff Jever	01:00:39	M40+	190
441	65	Tjaden, Heinz-Jürgen	1949	TV Norden	01:00:41	M40+	191
442	275	Grube, Anja	1956	FlgHStff Jever	01:00:51	W40+	22
443	495	Alberts, Heimo	1955	Schortens	01:00:52	M40+	192
444	77	Gemke, Kora	1986	Team SanStff Schortens	01:00:53	W20	13
445	304	Meyer, Jöran	1990	JG 71 "R"	01:00:55	M20	218
446	66	Tjaden, Efi	1952	TV Norden	01:01:01	W40+	23
447	33	Erdmann, Reinhold	1941	VfB-Oldenburg	01:01:03	M40+	193
448	444	Badtke, Gerhard	1934	LG Wilhelmshaven	01:01:04	M40+	194
449	113	Harms, Jens	1983	Einsatzflottille 2	01:01:44	M20	219
450	259	Schröder, Markus	1982	ZNWG Marine	01:01:45	M20	220
451	244	Seier, Friedhelm	1952	SB-Ems-Weser	01:01:49	M40+	195
452	118	Zimmermann, Andre	1984	Einsatzflottille 2	01:01:51	M20	221
453	87	Ahlrichs, Patrick	1990	FlgHStff Jever	01:01:53	M20	222
454	48	Bonow, Ann-Kathrin	1982	Rettungsdienst Friesland	01:01:59	W20	14

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
455	436	Link, Doris	1962	8-9-10 Schortens	01:02:08	W40+	24
456	125	Boysen, Martin	1971	Team USLw	01:02:21	M20	223
457	541	Warwas, Dietmar	1960	BwDLZ Schwanewede	01:02:22	M40+	196
458	381	Dürschinger, Astrid	1960	MatDp Wilhelmshaven	01:02:47	W40+	25
459	369	Dürschinger, Karlheinz	1960	Team KdoMFüSys	01:02:48	M40+	197
460	55	Löscher, Arnold	1975	Rettungsdienst Friesland	01:03:09	M20	224
461	409	Eden, Henning	1992	MArs WHV Abw.	01:03:17	M20	225
462	535	Rinklake, Marita	1944	Terry-Fox WHV	01:03:19	W40+	26
463	17	Mültner, Hansi	1962	MarMusikKorps Nordsee	01:03:22	M40+	198
464	336	Olthoff, Richard	1990	Fernmelder Sengwarden	01:03:28	M20	226
465	411	Meier-Bruns, Sebastian	1990	MArs WHV Abw.	01:04:00	M20	227
466	377	Muche, Michael	1968	Team KdoMFüSys	01:04:01	M40+	199
467	534	Schumacher, Reiner	1957	MarUstgKdo	01:04:03	M40+	200
468	242	Steinkamp, Kai	1974	SB-Ems-Weser	01:04:04	M20	228
469	314	Paul, Nina	1983	BwKrhs Westerstede	01:04:19	W20	15
470	307	Schmidt, Gunnar	1960	BwKrhs Westerstede	01:04:20	M40+	201
471	477	Döring, Kurt	1938	LT Schortens	01:04:54	M40+	202
472	156	Schiebuhr, Sabine	1949	Landkreis Friesland	01:05:07	W40+	27
473	317	Meentzen, Britta	1969	LT MTV Jever	01:05:09	W40+	28
474	163	Nommensen, Jens	1962	Fries. Brauhaus zu Jever	01:05:13	M40+	203
475	523	Dreyer, Sören	1992	LwlnsthGrp 21	01:05:26	M20	229
476	521	Leising, Lena	1990	LwlnsthGrp 21	01:06:22	W20	16
477	251	Thimm, Wilhelm	1946	WBV Nord	01:06:44	M40+	204
478	374	Kothe, Frank	1962	Team KdoMFüSys	01:08:03	M40+	205
479	366	Walter, Birgit	1957	BSG Volksbank Jever	01:08:05	W40+	29
480	207	Lüdecke-Bernthäusl, Nicole	1989	TSLw 3	01:08:22	W20	17
481	410	Rible, Arne	1991	MArs WHV Abw.	01:09:23	M20	230
482	316	Schindel, Ronja	1977	Wilhelmshaven	01:10:23	W20	18
483	102	Schäfer, Birgit	1969	Wilhelmshaven	01:10:23	W40+	30
484	13	Schulz, Heiko	1978	MarMusikKorps Nordsee	01:10:58	M20	231
485	318	Hemken, Daniela	1967	LT Schortens	01:11:26	W40+	31
486	424	Albers, Marianne	1968	LT Schortens	01:11:27	W40+	32
487	412	Dosdall, Gina	1993	MArs WHV Abw.	01:14:17	W20	19
488	26	Krzenzissa, Pamela	1967	MarMusikKorps Nordsee	01:15:52	W40+	33