



Ergebnisliste Master-/Mistress-Wertung

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	201	Boukeroucha, Medhi	1968	TSLw 3	00:35:00	M40+	1
2	346	Bischof, Jürgen	1961	SportS Bw	00:36:23	M40+	2
3	222	Vlaardingerbroek, Kurt	1968	LG Ostfriesland	00:37:02	M40+	3
4	175	Ohlenbusch, Falk	1968	VpflA Bw	00:37:23	M40+	4
5	354	Althoff, Maik	1967	SportS Bw	00:37:41	M40+	5
6	425	Wendeling, Stephan	1969	LG Wilhelmshaven	00:37:44	M40+	6
7	190	Weinberg, Dieter	1968	LG - Harlingerland	00:37:49	M40+	7
8	192	Lehsten, Jens	1961	TSLw 3	00:37:50	M40+	8
9	268	Carstensen, Herbert	1957	Team SDBw	00:38:24	M40+	9
10	200	Hellmers, Detlef	1963	TSLw 3	00:38:46	M40+	10
11	70	Titze, Jürgen	1963	Team-Luftwaffe-Köln	00:38:53	M40+	11
12	290	Puse, Hinrich	1964	JG 71 "R"	00:38:57	M40+	12
13	463	Trebesch, Wolfgang	1957	MTV Aurich	00:39:08	M40+	13
14	185	Hamann, Thomas	1964	HFlgWaS Bückeburg	00:39:17	M40+	14
15	451	Wendeling, Erik	1965	LG Wilhelmshaven	00:39:20	M40+	15
16	72	Gockel, Dieter	1961	Team-Luftwaffe-Köln	00:39:33	M40+	16
17	62	Siebert-Diering, Manfred	1968	Jeveraner Unternehmer	00:39:35	M40+	17
18	130	Meyer, Thomas	1969	Waldloper Aurich	00:40:01	M40+	18
19	372	Gruhle, Stephan	1965	Team KdoMFüSys	00:40:39	M40+	19
20	293	Höhmman, Volker	1958	JG 71 "R"	00:40:48	M40+	20
21	122	Möhle, Christian	1967	Team USLw	00:41:11	M40+	21
22	283	De Buhr, Jürgen	1963	JG 71 "R"	00:41:20	M40+	22
23	344	Dirkes, Franz Josef	1959	SportS Bw	00:41:25	M40+	23
24	30	Bulla, Matthias	1964	Polizei/MHV/FRI	00:41:27	M40+	24
25	51	Egidius, Udo	1954	Rettungsdienst Friesland	00:41:36	M40+	25
26	493	Rotte, Uwe	1960	Kdo 4. LwDiv	00:41:41	M40+	26
27	237	Großpietsch, Axel	1954	SB-Ems-Weser	00:41:43	M40+	27
28	513	Bednarz, Jürgen	1963	8./ObjSRgtLw	00:41:51	M40+	28
29	431	Lake, Rolf	1950	TuS Zetel	00:41:53	M40+	29
30	225	Grasse, Holger	1965	TuS Zetel	00:42:00	M40+	30
31	487	Reinelt, Ulrich	1959	LT TuS Emstekerfeld	00:42:15	M40+	31
32	193	Ull, Andreas	1958	TSLw 3	00:42:20	M40+	32
33	128	Schaller, Frank	1961	Waldloper Aurich	00:42:27	M40+	33
34	516	Dreyer, Eddi	1969	LwinsthGrp 21	00:42:36	M40+	34
35	353	Eigen, Oliver	1965	SportS Bw	00:42:49	M40+	35
36	391	Brandt, Lothar	1966	Ausbwerkst. Weener	00:43:20	M40+	36
37	34	Holle, Jörg	1963	HFlgWaS Bückeburg	00:43:23	M40+	37
38	165	Knickmeier, Friedrich-Wilhelm	1950	HFlgWaS Bückeburg	00:43:25	M40+	38
39	250	Großheim, Uwe	1961	WBV Nord	00:43:45	M40+	39
40	129	Wulle, Thomas	1963	Waldloper Aurich	00:43:49	M40+	40
41	20	Heinlein, Michael	1968	MarMusikKorps Nordsee	00:43:50	M40+	41

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
42	519	Jürgensen, Kai-Uwe	1961	LwInstHGrp 21	00:43:53	M40+	42
43	478	Kethler, Wolfgang	1965	LogZ Bw	00:43:54	M40+	43
44	442	Hörig, Silvia	1962	LG Wilhelmshaven	00:43:55	W40+	1
45	71	Burkhardt, Frank	1956	Team-Luftwaffe-Köln	00:43:55	M40+	44
46	432	Jeske, Jürgen	1960	VfL Oldenburg	00:44:05	M40+	45
47	75	Surbach, Michael	1963	Team-Luftwaffe-Köln	00:44:06	M40+	46
48	189	Bäcker, Rainer	1963	TuS Zetel	00:44:09	M40+	47
49	321	Janßen, Horst	1968	Feuerwehr EFB 4	00:44:12	M40+	48
50	32	Seddig, Jens	1965	Polizei/WHV/FRI	00:44:15	M40+	49
51	82	Hellmers, Susanne	1966	TV Norden	00:44:28	W40+	2
52	263	Keese, Dieter	1958	Team SDBw	00:44:37	M40+	50
53	235	Schäfer, Thomas	1968	LG Wilhelmshaven	00:45:07	M40+	51
54	267	Kleinert, Andreas	1968	Team SDBw	00:45:09	M40+	52
55	92	Frehse, Stefan	1964	LT Schortens	00:45:10	M40+	53
56	240	Kravagna, Eike	1959	SB-Ems-Weser	00:45:15	M40+	54
57	121	Hase, Gerd	1961	Team USLw	00:45:16	M40+	55
58	281	Meyer, Jörg-Gerold	1962	JG 71 "R"	00:45:22	M40+	56
59	414	Borchers, Jochen	1968	Jobcenter Wilhelmshaven	00:45:26	M40+	57
60	439	Ennen, Dr. Markus	1967	8-9-10 Schortens	00:45:34	M40+	58
61	256	Schmidt, Jürgen	1960	ZNwG Marine	00:45:37	M40+	59
62	292	Popp, Wilfried	1965	JG 71 "R"	00:45:42	M40+	60
63	179	Armonies, Jürgen	1954	LT Wilhelmshaven	00:45:42	M40+	61
64	127	Schumann, Peter	1959	TuS Zetel	00:45:45	M40+	62
65	449	Krips, Clemens	1950	LG Wilhelmshaven	00:45:46	M40+	63
66	370	Eckhoff, Arno	1959	Team KdoMFüSys	00:45:51	M40+	64
67	485	Siebert, Hanspeter	1958	LT Schortens	00:45:59	M40+	65
68	533	Krüger, Thomas	1967	III./ObjSRgtLw	00:46:01	M40+	66
69	525	Hemken, Jan	1966	LwInstHGrp 21	00:46:11	M40+	67
70	216	Klemptner, Thomas	1966	NW-Krhs Sanderbusch	00:46:14	M40+	68
71	450	Rocker, Rolf	1961	LG Wilhelmshaven	00:46:18	M40+	69
72	114	Otten, Detlef	1962	Einsatzflottille 2	00:46:19	M40+	70
73	108	Beeken, Hajo	1961	I./ObjSRgtLw	00:46:22	M40+	71
74	277	Riedmüller, Peter	1962	Team SDBw	00:46:28	M40+	72
75	164	Otten, Hajo	1968	TuS Zetel	00:46:29	M40+	73
76	211	Mast, Dirk	1969	BFD Wilhelmshaven	00:46:31	M40+	74
77	426	Huhn, Thomas	1969	SanZ Wittmund	00:46:32	M40+	75
78	91	Fisch, Manfred	1952	LT MTV Jever	00:46:34	M40+	76
79	340	Janssen, Wilfried	1961	Spark. LeerWittmund	00:46:39	M40+	77
80	253	Hollmann, Dirk	1966	WBV Nord	00:46:50	M40+	78
81	511	Koch, Jürgen	1963	LogZ Bw	00:46:53	M40+	79
82	295	Fortmann, Peter	1966	JG 71 "R"	00:47:01	M40+	80
83	178	Sass, Günther	1962	LT Hengstforde	00:47:24	M40+	81
84	341	Olberding, Siegfried	1965	Spark. LeerWittmund	00:47:31	M40+	82
85	213	Rathkamp, Wolfgang	1966	BFD Wilhelmshaven	00:47:34	M40+	83
86	249	Ender, Günter	1966	WBV Nord	00:47:47	M40+	84
87	342	Sieling, Heiko	1961	Spark. LeerWittmund	00:47:54	M40+	85
88	124	Oetken, Johannes	1950	TuS Zetel	00:47:56	M40+	86
89	458	Greis, Heike	1965	Schwarz-Weiß-Oldenburg	00:47:58	W40+	3
90	371	Fieger, Andreas	1964	Team KdoMFüSys	00:48:07	M40+	87
91	69	Reiners, Lothar	1965	Polizei/WHV/FRI	00:48:09	M40+	88
92	126	Kohlenberg, Inse	1950	TuS Zetel	00:48:13	W40+	4
93	248	Haake, Friedrich	1940	WBV Nord	00:48:15	M40+	89
94	501	Hoffmann, Hans-Joachim	1948	LT TuS Aurich-Ost	00:48:16	M40+	90
95	491	Casper, Helmut	1952	Kdo 4. LwDiv	00:48:18	M40+	91
96	474	Willems, Heye	1953	Fortuna Logabirum	00:48:21	M40+	92
97	416	Juds, Stephan	1969	Jobcenter Wilhelmshaven	00:48:27	M40+	93
98	74	Schürheck, Dieter	1966	Team-Luftwaffe-Köln	00:48:27	M40+	94
99	375	Krüger, Ulf	1956	Team KdoMFüSys	00:48:31	M40+	95
100	484	Pflanzer, Hans	1954	KGS Wittmund	00:48:37	M40+	96

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
101	31	Gottfried, Volker	1960	Polizei/WHV/FRI	00:48:44	M40+	97
102	475	Wedekin, Stefan	1962	Marineamt OrgM	00:48:45	M40+	98
103	500	Meyer, Adolf	1958	TV Norden	00:48:48	M40+	99
104	456	Caspers, Marita	1967	LG Wilhelmshaven	00:48:56	W40+	5
105	10	Severiens, Gerold	1948	Fortuna Logabirum	00:49:08	M40+	100
106	223	Böhm, Jörg	1965	LT Schortens	00:49:12	M40+	101
107	503	Gieseler, Dieter	1965	LT TuS Aurich-Ost	00:49:13	M40+	102
108	417	Matzke, Susanne	1966	Jobcenter Wilhelmshaven	00:49:21	W40+	6
109	104	Kern, Ulrich	1969	I./ObjSRgtLw	00:49:23	M40+	103
110	116	Liebe, Thomas	1969	Einsatzflottille 2	00:49:25	M40+	104
111	322	Veith, Manfred	1956	Feuerwehr EFB 4	00:49:26	M40+	105
112	359	Müller, Martin	1962	LogZ Bw	00:49:27	M40+	106
113	514	Stetzelberg, Jürgen	1951	SB-Ems-Weser	00:49:29	M40+	107
114	160	Dietrichs, Axel	1964	Fries. Brauhaus zu Jever	00:49:31	M40+	108
115	226	Penning, Hans-Dieter	1962	Fortuna Logabirum	00:49:36	M40+	109
116	212	Coordes, Frank	1961	BFD Wilhelmshaven	00:49:36	M40+	110
117	496	Marschall, Iris	1966	TV Norden	00:49:37	W40+	7
118	99	Kügler, Ernst-Enno	1955	Terry-Fox WHV	00:49:39	M40+	111
119	184	Rudolph, Matthias	1969	AOK Jever	00:49:45	M40+	112
120	241	Remmers, Gerd	1955	SB-Ems-Weser	00:50:15	M40+	113
121	93	Stenglein, Georg	1960	LogZ Bw	00:50:32	M40+	114
122	434	Krüger, Rainer	1949	8-9-10 Schortens	00:50:33	M40+	115
123	161	Welzel, Christian	1964	Fries. Brauhaus zu Jever	00:50:35	M40+	116
124	94	Stöckmann, Reinhard	1964	LogZ Bw	00:50:36	M40+	117
125	88	Reiher, Olaf	1962	FlgHStff Jever	00:50:37	M40+	118
126	247	Brandt, Stephan	1959	WBV Nord	00:50:38	M40+	119
127	67	Schachtschneider, Holger	1965	TV Norden	00:50:51	M40+	120
128	166	Maynicke, Gerhard	1954	HZA Stralsund	00:50:58	M40+	121
129	362	Dirks, Hans-Georg	1952	BSG Volksbank Jever	00:51:05	M40+	122
130	132	Sattler, Wolfgang	1947	Fortuna Logabirum	00:51:07	M40+	123
131	176	Hennigs, Liane	1959	LT MTV Jever	00:51:09	W40+	8
132	473	Bockner, Michael	1962	Team BMVg	00:51:13	M40+	124
133	540	Walter, Marlies	1955	BwDLZ Schwanewede	00:51:18	W40+	9
134	231	Brader, Sascha	1969	Tettens	00:51:33	M40+	125
135	479	Rasner, Volker	1960	MTV-Wittmund	00:51:41	M40+	126
136	445	Weichbrodt, Heinz-Georg	1933	LG Wilhelmshaven	00:51:43	M40+	127
137	324	Schlegel, Winfried	1944	LT Schortens	00:51:44	M40+	128
138	60	Titze, Andreas	1969	Jeveraner Unternehmer	00:51:50	M40+	129
139	134	Obermann, Helmut	1946	TuS Oestringen	00:51:51	M40+	130
140	227	Zirkel, Günter	1941	LT MTV Jever	00:51:55	M40+	131
141	245	Seller, Hans-Günther	1960	SB-Ems-Weser	00:51:56	M40+	132
142	497	Hilger, Patricia	1963	TV Norden	00:51:56	W40+	10
143	9	Schmidt, Kerstin	1965	Fortuna Logabirum	00:52:00	W40+	11
144	2	Hein, Axel	1962	1./LazRgt 31	00:52:00	M40+	133
145	101	Lünemann, Insa	1958	8-9-10 Schortens	00:52:06	W40+	12
146	42	Brink, Heinz	1953	Landkreis Friesland	00:52:09	M40+	134
147	347	Schäkel, Norbert	1960	SportS Bw	00:52:11	M40+	135
148	345	Boberg, Rudolf	1958	SportS Bw	00:52:12	M40+	136
149	357	Müller, Hans-Jürgen	1952	LwInstHrgt 2	00:52:13	M40+	137
150	96	Zech, Andre	1964	LogZ Bw	00:52:15	M40+	138
151	56	Jabben, Berndt	1967	Jeveraner Unternehmer	00:52:23	M40+	139
152	214	Pfabe, Rudolf	1937	NW-Krhs Sanderbusch	00:52:34	M40+	140
153	435	Garten, Dr. Hartmut	1950	8-9-10 Schortens	00:52:39	M40+	141
154	169	Lübben, Jessica	1967	VpflA Bw	00:52:41	W40+	13
155	180	Seebeck, Peter	1955	LT Wilhelmshaven	00:52:44	M40+	142
156	210	Bleek, Olaf	1967	BFD Wilhelmshaven	00:52:51	M40+	143
157	488	Tjardes, Johannes-Günther	1958	LT Schortens	00:52:52	M40+	144
158	273	Rick, Kurt Willi	1957	Team SDBw	00:52:56	M40+	145
159	483	Wolter, Stephanie	1966	KGS Wittmund	00:52:57	W40+	14

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
160	229	Kolb, Karl	1947	Wilhelmshaven	00:52:59	M40+	146
161	280	Schäfer, Karl-Heinz	1958	JG 71 "R"	00:53:13	M40+	147
162	182	Karnau, Harald	1939	LT Wilhelmshaven	00:53:18	M40+	148
163	246	Wiemken, Thorsten	1967	SB-Ems-Weser	00:53:19	M40+	149
164	343	Eden, Gerhard	1948	Spark. LeerWittmund	00:53:22	M40+	150
165	181	Gringel, Dirk	1947	LT Wilhelmshaven	00:53:26	M40+	151
166	183	Strangmann, Hans-Gerd	1952	LT Wilhelmshaven	00:53:28	M40+	152
167	112	Weiland, Klaus	1959	Einsatzflottille 2	00:53:30	M40+	153
168	120	Haufe, Horst-Dieter	1950	Einsatzflottille 2	00:53:58	M40+	154
169	238	Heinemann, Thomas	1965	SB-Ems-Weser	00:54:26	M40+	155
170	272	Becker, Venke	1967	LT BSC-Burhafe	00:54:43	W40+	15
171	364	Schadewald, Martin	1969	BSG Volksbank Jever	00:54:46	M40+	156
172	447	Kramer, Harald	1946	LG Wilhelmshaven	00:54:48	M40+	157
173	356	Jacobsen, Ralf	1963	LwInstH Rgt 2	00:54:50	M40+	158
174	438	Gethmann, Uwe	1962	8-9-10 Schortens	00:54:56	M40+	159
175	27	Juilfs, Günther	1963	Polizei/WHV/FRI	00:55:01	M40+	160
176	239	Kramer, Karsten	1952	SB-Ems-Weser	00:55:06	M40+	161
177	220	Grimm, Manfred	1960	NW-Krhs Sanderbusch	00:55:10	M40+	162
178	172	Koch, Helmut	1960	VpflA Bw	00:55:12	M40+	163
179	443	Badtke, Irene	1941	LG Wilhelmshaven	00:55:13	W40+	16
180	306	Janßen, Helmut	1957	JG 71 "R"	00:55:16	M40+	164
181	100	Heydenbluth, Horst	1939	ADFC OG - Schortens	00:55:19	M40+	165
182	243	Störmer, Karl-Hermann	1944	SB-Ems-Weser	00:55:25	M40+	166
183	413	Schimkus, Siegfried	1938	SB-Ems-Weser	00:55:27	M40+	167
184	215	Vohlken, Frank	1967	NW-Krhs Sanderbusch	00:55:29	M40+	168
185	115	Decker, Stephan	1965	Einsatzflottille 2	00:55:32	M40+	169
186	518	Klein, Karlheinz	1956	LwInstH Grp 21	00:55:35	M40+	170
187	232	Groh, Klaus	1965	Jever	00:55:45	M40+	171
188	498	Lindemann, Paul	1939	TV Norden	00:55:52	M40+	172
189	162	Struß, Andreas	1969	Fries. Brauhaus zu Jever	00:55:53	M40+	173
190	59	Ristau, Frank	1969	Jeveraner Unternehmer	00:55:58	M40+	174
191	415	Coordes, Kirsten	1969	Jobcenter Wilhelmshaven	00:56:00	W40+	17
192	209	Bremer, Karin	1952	BFD Wilhelmshaven	00:56:01	W40+	18
193	492	Franke, Rainer	1962	Kdo 4. LwDiv	00:56:07	M40+	175
194	499	Schewiola, Axel	1938	TV Norden	00:56:18	M40+	176
195	187	Döring-Schulte, Anette	1959	TuS Zetel	00:56:23	W40+	19
196	363	Mager, Hilke	1961	BSG Volksbank Jever	00:56:34	W40+	20
197	526	Stemmermann, Rudolf	1963	LwInstH Grp 21	00:56:35	M40+	177
198	57	Wagner, Theodor	1948	Jeveraner Unternehmer	00:57:43	M40+	178
199	502	Thedinga, Hinrich	1955	LT TuS Aurich-Ost	00:57:47	M40+	179
200	266	Henze, Brunhilde	1955	LT Wilhelmshaven	00:57:50	W40+	21
201	448	Henze, Friedhelm	1952	LG Wilhelmshaven	00:57:51	M40+	180
202	378	Schindler, Andreas	1960	Team KdoMFüSys	00:58:27	M40+	181
203	257	Paul, Dieter	1956	ZNwG Marine	00:58:36	M40+	182
204	260	Frerichs, Klaus-Dieter	1952	Terry-Fox WHV	00:58:36	M40+	183
205	68	Trännapp, Alfred	1941	TV Norden	00:58:46	M40+	184
206	106	Zielke, Karsten	1964	I./ObjSRgtLw	00:58:49	M40+	185
207	230	Schudy, Rudolf	1947	Wilhelmshaven	00:59:32	M40+	186
208	41	Rieken, Ewald	1945	Landkreis Friesland	01:00:17	M40+	187
209	433	Herget, Richard	1931	8-9-10 Schortens	01:00:27	M40+	188
210	446	Bormann, Robert	1944	LG Wilhelmshaven	01:00:37	M40+	189
211	315	Heuvel, Thomas	1960	FlgHStff Jever	01:00:39	M40+	190
212	65	Tjaden, Heinz-Jürgen	1949	TV Norden	01:00:41	M40+	191
213	275	Grube, Anja	1956	FlgHStff Jever	01:00:51	W40+	22
214	495	Alberts, Heimo	1955	Schortens	01:00:52	M40+	192
215	66	Tjaden, Efi	1952	TV Norden	01:01:01	W40+	23
216	33	Erdmann, Reinhold	1941	VfB-Oldenburg	01:01:03	M40+	193
217	444	Badtke, Gerhard	1934	LG Wilhelmshaven	01:01:04	M40+	194
218	244	Seier, Friedhelm	1952	SB-Ems-Weser	01:01:49	M40+	195

Rg.	StNr.	Name, Vorname	Jg.	Verein	Zeit	Klasse	Pl.
219	436	Link, Doris	1962	8-9-10 Schortens	01:02:08	W40+	24
220	541	Warwas, Dietmar	1960	BwDLZ Schwanewede	01:02:22	M40+	196
221	381	Dürschinger, Astrid	1960	MatDp Wilhelmshaven	01:02:47	W40+	25
222	369	Dürschinger, Karlheinz	1960	Team KdoMFüSys	01:02:48	M40+	197
223	535	Rinklake, Marita	1944	Terry-Fox WHV	01:03:19	W40+	26
224	17	Mültner, Hansi	1962	MarMusikKorps Nordsee	01:03:22	M40+	198
225	377	Muche, Michael	1968	Team KdoMFüSys	01:04:01	M40+	199
226	534	Schumacher, Reiner	1957	MarUstgKdo	01:04:03	M40+	200
227	307	Schmidt, Gunnar	1960	BwKrhs Westerstede	01:04:20	M40+	201
228	477	Döring, Kurt	1938	LT Schortens	01:04:54	M40+	202
229	156	Schiebuhr, Sabine	1949	Landkreis Friesland	01:05:07	W40+	27
230	317	Meentzen, Britta	1969	LT MTV Jever	01:05:09	W40+	28
231	163	Nommensen, Jens	1962	Fries. Brauhaus zu Jever	01:05:13	M40+	203
232	251	Thimm, Wilhelm	1946	WBV Nord	01:06:44	M40+	204
233	374	Kothe, Frank	1962	Team KdoMFüSys	01:08:03	M40+	205
234	366	Walter, Birgit	1957	BSG Volksbank Jever	01:08:05	W40+	29
235	102	Schäfer, Birgit	1969	Wilhelmshaven	01:10:23	W40+	30
236	318	Hemken, Daniela	1967	LT Schortens	01:11:26	W40+	31
237	424	Albers, Marianne	1968	LT Schortens	01:11:27	W40+	32
238	26	Krzenzissa, Pamela	1967	MarMusikKorps Nordsee	01:15:52	W40+	33