

29. 10 km Fliegerhorstlauf Schortens  
am 11.10.2023 in Schortens

**- Ergebnisliste -**

**10 km Temlauf - Mannschaftswertung Friesland Pokal**

1.	<b>Log Z Bw</b>			<b>3:30:54</b>
	Köster, Clemens	73	39:26	
	Herbe, Stefan	71	39:35	
	Lange, Christoph	85	43:17	
	Herke, Steffen	71	43:40	
	Hansen, Detlef	72	44:56	
2.	<b>Logistikschule der Bundeswehr</b>			<b>3:34:32</b>
	Freudenfeld, Christoph	74	36:31	
	Grabe, Nils	85	40:59	
	Neuhäuser, Felix	92	44:47	
	Folkers, Wilhelm	67	45:51	
	Dirks, Rainer	77	46:24	
3.	<b>Technisches Ausbildungszentrum der Luftwaffe</b>			<b>3:36:25</b>
	Schlomach, Angelo	90	40:26	
	Münchow, Torsten	72	40:49	
	Götting, Peggy	82	43:16	
	Nolte, Jörg	69	45:33	
	Martin, Thomas	69	46:21	
4.	<b>4.ObjSRgtLw</b>			<b>3:38:57</b>
	Haentjes, Kim	90	39:53	
	Wasiljew, Alexander	97	42:44	
	Schulze, Jonas	97	42:50	
	Jaedicke, Anthony	01	44:53	
	Rademacher, Rene	96	48:37	
5.	<b>LG Fliegerhorst Upjever</b>			<b>3:51:30</b>
	Kathmann, Jens	81	43:07	
	Blumentritt, Insa	85	45:14	
	Martens, Peter	76	46:13	
	Urban, Karsten	69	47:30	
	Meyer, Jörg	62	49:26	
6.	<b>KGS Wiesmoor</b>			<b>3:53:20</b>
	Hofer, Franz	09	44:57	
	Riechelmann, Anton	09	45:25	
	Faß, Josefine	09	46:39	
	Siemens, Andy	90	46:45	
	Keiser, Marlon	09	49:34	
7.	<b>WfbM Aurich-Wittmund</b>			<b>3:59:44</b>
	Schoonhofen, Eddi	71	42:21	
	Vlaardingerbroek, Kurt	68	45:10	
	Nghiem, Minh Duc	93	48:40	
	Hammers, Pasquale	00	50:33	
	Juilfs, Kevin	00	53:00	
8.	<b>LogZBw</b>			<b>4:02:41</b>
	Döring, Bianka	73	45:39	
	Janßen, Karsten	89	47:48	
	Becker, Horst	66	47:50	
	Hollmann, Nils	86	49:58	
	Fronhoffs, Christian	81	51:26	

<b>9.</b>	<b>6.ObjSRgtLw</b>			<b>4:19:51</b>
	Wöste, Danny	93	44:35	
	van Dijk, Mika	96	49:20	
	Uzun, Timocin	84	51:38	
	Ehrke, Marvin	00	56:05	
	Boes, Talip	03	58:13	
<b>10.</b>	<b>3.ObjSRgtLw II. Zug</b>			<b>4:22:32</b>
	Cepeusz, Marcel	94	47:43	
	Spiranec, Luka	03	50:31	
	Sosnovy, Andreas	02	52:29	
	Bleim, Leonard	99	53:25	
	Jastrebski, Antoni	02	58:24	
<b>11.</b>	<b>1.ObjSRgtLw</b>			<b>4:26:28</b>
	Waldeck, Stefan	96	53:13	
	Gronholz, Leonhardt	94	53:14	
	Janitz, Everton	98	53:15	
	Hertel, Tobias	97	53:19	
	Strauch, Moritz	00	53:27	
<b>12.</b>	<b>SB Region Nord-West</b>			<b>4:29:14</b>
	Dröge, Ralf	75	50:10	
	Naumann, Andre	85	51:38	
	Gamon, Martin	90	54:32	
	Vogelsang, Jens	85	56:20	
	Scholz, Michael	90	56:34	
<b>13.</b>	<b>Team 5.ObjSRgtLw</b>			<b>4:29:18</b>
	Heimann, Roman	85	46:58	
	Milleck, Stefan	85	49:14	
	Karadag, Cem	00	50:56	
	Kanaan, Jan	88	58:43	
	de Buhr, Lars	96	1:03:27	
<b>14.</b>	<b>Bundeswehr 2.ObjSRgtLw</b>			<b>4:31:41</b>
	Haarmann, Dennis	92	48:17	
	Lambrecht, Florian	94	50:54	
	Tüxen, André	83	53:14	
	Huwald, Dan	94	53:36	
	Bird, Keanu	00	1:05:40	
<b>15.</b>	<b>3.ObjSRgtLw I. Zug</b>			<b>4:34:53</b>
	Margheriti, Cosimo	97	51:19	
	Kreidler, Quentin	04	51:40	
	Jörke, Dustin	03	55:11	
	Bäumer, Yannik	98	55:48	
	Kizmaz, Serhan	02	1:00:55	
<b>16.</b>	<b>3.ObjSRgtLw ID</b>			<b>4:35:34</b>
	Zakrzewski, Steven	83	49:21	
	Peters, Marc-Andre	71	53:21	
	Prochnow, Tino	90	53:56	
	Schoenmakers, Jens	89	55:41	
	Rottwinkel, Marc	85	1:03:15	
<b>17.</b>	<b>KGS Wiesmoor</b>			<b>4:37:52</b>
	Landmann, Tammo	08	50:44	
	Beek, Sönke	07	52:09	
	Al-Zaidi, Yousif	09	54:20	
	Eilts, Carlotta	05	57:25	
	Roßmüller, Mayra	09	1:03:14	
<b>18.</b>	<b>5.ObjSRgtLw</b>			<b>4:39:20</b>
	Janßen, Lars	00	53:52	
	Dirks, Patrick	92	55:28	
	Bruns, Martin	85	55:50	
	Particke, Philipp	92	56:11	

	Czulkowski, Marcel	94	57:59	
<b>19.</b>	<b>TuS Zetel</b>			<b>4:40:10</b>
	Baumann, Marion	71	48:47	
	Böcker, Matthias	71	52:15	
	Kubisz, Nicole	88	52:16	
	Brachthäuser, Joachim	73	58:37	
	Oetken, Johannes	50	1:08:15	
<b>20.</b>	<b>7.ObjSRgtLw</b>			<b>4:47:31</b>
	Matke, Chris	96	55:06	
	Pohling, Marvin	96	55:06	
	Otto, Frederik	96	56:21	
	Bies, Daniel	91	1:00:20	
	Weiser, Sven	96	1:00:38	
<b>21.</b>	<b>MTV Hohenkirchen</b>			<b>4:47:55</b>
	Riedel, Sascha	74	49:12	
	Höner, Franz	74	51:56	
	Dietrich, Katrin	75	1:02:03	
	Buß, Sylwia	76	1:02:05	
	Bartels, Ernst	55	1:02:39	
<b>22.</b>	<b>Stab I.ObjSRgtLw</b>			<b>4:51:35</b>
	Thomalla, Kai	83	49:46	
	Haus, Merlin	93	51:33	
	Köhrich, Jonas	94	58:34	
	Lalk, Pierre	91	1:03:03	
	Wachowski, Florian	91	1:08:39	
<b>23.</b>	<b>LogZBw</b>			<b>4:57:36</b>
	Djuren, Tido	90	52:41	
	Gartner, Lina	90	53:40	
	Reuß, Valentin	90	1:00:12	
	Swoch, Sven	72	1:01:00	
	Otten, Andreas	73	1:10:03	
<b>24.</b>	<b>SB Region Nord-West</b>			<b>4:58:07</b>
	Uken, Sönke	98	57:48	
	Kretschmer, Mario	75	58:55	
	Haufe, Tobias	79	59:30	
	Schön, Ina	85	1:00:34	
	Schiff, Christoph	93	1:01:20	
<b>25.</b>	<b>3.ObjSRgtLw I. Zug</b>			<b>5:23:56</b>
	Juranek, Lennard	94	1:01:34	
	Walther, Kevin	90	1:04:39	
	Büyükcuzun, Candas	94	1:04:39	
	Winter, Mika	03	1:06:32	
	Rapke, Leon	99	1:06:32	
<b>26.</b>	<b>Stab II.ObjSRgtLw</b>			<b>5:43:45</b>
	Kohnen, Tim	91	47:54	
	Müller, Rebecca	95	55:27	
	Bühler, Leon	95	1:01:39	
	Seibel, Maik	02	1:22:48	
	Schutta, Stephanie	84	1:35:57	
<b>27.</b>	<b>ObjSRgtlw 7.</b>			<b>5:44:15</b>
	Ommen, Jens	90	51:32	
	David, Nils	90	1:06:04	
	Schabow, Paul	90	1:11:17	
	Schmidt, Christian	90	1:15:37	
	Ketzer, Daniel	90	1:19:45	
<b>28.</b>	<b>3.ObjSRgtLw I. Zug</b>			<b>5:53:04</b>
	Schulz, Nico	03	1:09:11	
	Hübscher, Paul-Robert	97	1:10:57	
	Thaden, Jan	95	1:10:58	

	Schulte, Kevin	91	1:10:58	
	Döring, Jan	94	1:11:00	
<b>29.</b>	<b>Stab ObjSRgtLw</b>			<b>5:53:28</b>
	Zielinski, Artur	74	1:06:26	
	Gerdes, Stefan	70	1:11:45	
	Holthusen, Tobias	82	1:11:45	
	Brandenburg, Thorben	90	1:11:46	
	Held, Mark	88	1:11:46	
<b>30.</b>	<b>7.ObjSRgtLw</b>			<b>5:56:45</b>
	Ehnts-Hinrichs, Gertrud	65	1:02:18	
	Stössel, Maximilian	95	1:13:30	
	Wahl, Stefan	82	1:13:33	
	Schmitt, Niklas	00	1:13:34	
	Kerkhoff, Andy	96	1:13:50	
<b>31.</b>	<b>3.ObjSRgtLw ID</b>			<b>6:08:16</b>
	Knoop, Tim	91	1:09:38	
	Bode, Philip	86	1:09:39	
	Witt, Tobias	92	1:09:44	
	Apostel, Jörg	77	1:17:46	
	Baal, Jan	00	1:21:29	