

## Ergebnisliste 10 Km - Lauf

| Platz | M/W | Name, Vorname          | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|------------------------|----|---------------------------|--------|----|-------|
| 1     | 1   | König, Tammo           | 77 | 1. TCO Die Bären          | M40    | 1  | 33:25 |
| 2     | 2   | Ahferam, Bereket       | 90 | Sg akquinet Lemwerder     | MH     | 1  | 34:35 |
| 3     | 3   | Ringering, Onno        | 68 | MTV Aurich                | M45    | 1  | 35:19 |
| 4     | 4   | Steinbrügger, Andreas  | 80 | CLG Gestringen            | M35    | 1  | 35:57 |
| 5     | 5   | Thelmann, Oliver       | 79 | 1 TCO Die Bären           | M35    | 2  | 36:38 |
| 6     | 6   | von Engelmann, Sascha  | 68 | LC Wechloy                | M45    | 2  | 36:45 |
| 7     | 7   | Dorn, Aaron            | 90 | Bremen                    | MH     | 2  | 36:54 |
| 8     | 8   | Niederberger, Carsten  | 79 | 1 TCO Die Bären           | M35    | 3  | 37:18 |
| 9     | 9   | Schneider, Axel        | 61 | LSF Oldenburg             | M55    | 1  | 38:17 |
| 10    | 10  | Cordes, Carsten        | 89 | TuS Eversten              | MH     | 3  | 38:19 |
| 11    | 1   | Böttcher, Paula        | 94 | VfL Oldenburg             | WH     | 1  | 39:35 |
| 12    | 11  | Kruse, Eike            | 94 | Team Laufrausch Oldenburg | MH     | 4  | 39:44 |
| 13    | 12  | Knoll, Gerhard         | 62 | LC Wechloy                | M55    | 2  | 39:45 |
| 14    | 13  | Luhmann, Till          | 64 | Team Laufrausch Oldenburg | M50    | 1  | 40:24 |
| 15    | 14  | Plugge, Nils           | 73 | Team Laufrasch Oldenburg  | M40    | 2  | 40:46 |
| 16    | 15  | Dierkes, Frank         | 63 | Manitowoc Runners Wihelms | M50    | 2  | 41:03 |
| 17    | 16  | Langhorst, Thomas      | 66 | LG Buntentor Roadrunners  | M50    | 3  | 41:24 |
| 18    | 17  | Kerzel, Christian      | 65 | OTEV                      | M50    | 4  | 41:35 |
| 19    | 18  | Bruns, Thorsten        | 75 | GTO Athletic Dept.        | M40    | 3  | 41:42 |
| 20    | 19  | Bruns, Torsten         | 78 | Sg akquinet Lemwerder     | M35    | 4  | 41:46 |
| 21    | 20  | Martschausky, Bastian  | 00 | TuS Eversten -Fußball-    | MJU18  | 1  | 41:58 |
| 22    | 2   | Fürst, Alexandra       | 74 |                           | W40    | 1  | 42:04 |
| 23    | 21  | Teipen, Bernd          | 66 | ESV Tri Team Edewecht     | M50    | 5  | 42:06 |
| 24    | 22  | Tobert, Tobias         | 65 | Team Laufrausch Oldenburg | M50    | 6  | 42:09 |
| 25    | 23  | van Düllen, Carsten    | 73 | Edewecht                  | M40    | 4  | 43:14 |
| 26    | 24  | Kaminski, Leszek       | 56 | BSG Sparkasse Bremen      | M60    | 1  | 43:59 |
| 27    | 25  | Hagedorn, Torben       | 78 |                           | M35    | 5  | 44:27 |
| 28    | 26  | Liedtke, Marco         | 76 | Oldenburg                 | M40    | 5  | 44:39 |
| 29    | 27  | Alex, Ansgar           | 88 |                           | MH     | 5  | 44:49 |
| 30    | 28  | Rudolph, Stefan        | 69 | TSV Abbehausen            | M45    | 3  | 45:03 |
| 31    | 29  | Wichmann, Manfred      | 64 | Die Mühlenblicker         | M50    | 7  | 45:08 |
| 32    | 30  | Muchow, Michael        | 66 | Hammelwarder Sprinter     | M50    | 8  | 45:14 |
| 33    | 31  | Khalaf-Khudaida, Zedan | 94 | LT Oldenburg Süd          | MH     | 6  | 45:35 |
| 34    | 32  | Schnellecke, Uwe       | 62 | LT Oldenburg Süd          | M55    | 3  | 45:35 |
| 35    | 33  | Weniger, Tilman        | 62 | Oldenburger TB            | M55    | 4  | 45:38 |
| 36    | 3   | Flade, Verena          | 88 | Sportschule TAO           | WH     | 2  | 45:41 |
| 37    | 4   | Adams, Nicole          | 70 | aktiv club edewecht       | W45    | 1  | 46:03 |
| 38    | 5   | Lüers, Silke           | 74 | arnies laufbande          | W40    | 2  | 46:08 |
| 39    | 34  | Renken, Michael        | 69 | SFL Bremerhaven           | M45    | 4  | 46:14 |
| 40    | 35  | Bakenhus, Dirk         | 79 | Oldenburg                 | M35    | 6  | 46:29 |
| 41    | 36  | Wragge, Carsten        | 60 | Heller Wahnsinn           | M55    | 5  | 46:32 |
| 42    | 37  | Jehle, Frank           | 66 | Lauftreff Rastede         | M50    | 9  | 46:33 |
| 43    | 38  | Schmidt, Andreas       | 57 | Vareler TB                | M60    | 2  | 46:33 |
| 44    | 39  | Erbe, Michael          | 91 | Steinbacher SV            | MH     | 7  | 46:46 |
| 45    | 40  | Böckmann, Reinhold     | 53 | ESV Tri-Team Edewecht     | M60    | 3  | 46:52 |
| 46    | 41  | Dierkes, Christian     | 90 | Manitowoc Runners Wihelms | MH     | 8  | 46:57 |
| 47    | 6   | Pokern, Sandra         | 76 | SV Brake Lauffeuer        | W40    | 3  | 47:03 |
| 48    | 7   | Held, Ulrike           | 58 | Vareler TB                | W55    | 1  | 47:10 |
| 49    | 42  | Berghaus, Wilfried     | 53 | Team Laufrausch           | M60    | 4  | 47:14 |
| 50    | 43  | Bury, Marc             | 77 | Rastede                   | M40    | 6  | 47:20 |
| 51    | 44  | Haake, Franz           | 60 | Bad Zwischenahn           | M55    | 6  | 47:21 |
| 52    | 45  | Rettberg, Michael      | 51 | TuS Jaderberg             | M65    | 1  | 47:31 |
| 53    | 46  | Schumann, Ingo         | 64 | Vareler TB                | M50    | 10 | 47:32 |

## Ergebnisliste 10 Km - Lauf

| Platz | M/W | Name, Vormame           | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|-------------------------|----|---------------------------|--------|----|-------|
| 54    | 47  | Kühn, Matthias          | 59 | LT Oldenburg Süd          | M55    | 7  | 47:34 |
| 55    | 48  | Schroeder, Torben       | 81 | Fliegerfreunde Conneforde | M35    | 7  | 47:42 |
| 56    | 49  | Onnen, Arno             | 50 | TuS Augustfehn            | M65    | 2  | 47:52 |
| 57    | 50  | Abdalkarem, Hanefa      | 72 | TuS Jaderberg             | M45    | 5  | 47:52 |
| 58    | 8   | Göden, Ina              | 67 | Lauftreff Rastede e. V.   | W50    | 1  | 47:55 |
| 59    | 51  | Meyer, Jochen           | 68 |                           | M45    | 6  | 48:07 |
| 60    | 52  | Bölts, Gerd             | 59 | ---                       | M55    | 8  | 48:11 |
| 61    | 53  | Bleiker, Detlef         | 53 | LC 93 Delmenhorst         | M60    | 5  | 48:33 |
| 62    | 54  | Bohnen, Tim             | 02 | SG Cleverns-Sandel        | MJU16  | 1  | 48:41 |
| 63    | 55  | Schnetger, Bernhard     | 56 | LT TuS Petersfehn         | M60    | 6  | 48:57 |
| 64    | 9   | Schmidt, Sabrina        | 79 | Rastede                   | W35    | 1  | 49:03 |
| 65    | 56  | Tischendorf, Axel       | 55 | TuS Eversten              | M60    | 7  | 49:11 |
| 66    | 10  | Lambertus, Tomke        | 93 | Oldenburg                 | WH     | 3  | 49:15 |
| 67    | 57  | Alsen, Jens             | 70 | Oldenburger Radsportfreun | M45    | 7  | 49:16 |
| 68    | 58  | Thomas, Holger          | 67 | SVOfenerdiek              | M50    | 11 | 49:17 |
| 69    | 59  | Welz, Eckhard           | 64 | GSV-Oldenburg             | M50    | 12 | 49:20 |
| 70    | 60  | Hibbeler, Stephan       | 71 | Bad Zwischenahn           | M45    | 8  | 49:22 |
| 71    | 11  | Trukatis, Carmen        | 72 | arnies Laufbande          | W45    | 2  | 49:23 |
| 72    | 12  | Webersinke, Marlen      | 63 | Vareler TB                | W50    | 2  | 49:28 |
| 73    | 61  | de Buhr, Johann         | 51 | VfL Oldenburg             | M65    | 3  | 49:35 |
| 74    | 13  | Wehming, Claudia        | 78 | Stadt Oldenburg           | W35    | 2  | 49:43 |
| 75    | 62  | Frerichs, Friedhelm     | 61 | LSF Oldenburg             | M55    | 9  | 49:51 |
| 76    | 63  | Modigell, Thomas        | 69 |                           | M45    | 9  | 50:17 |
| 77    | 64  | Schroeder, Peter        | 54 |                           | M60    | 8  | 50:29 |
| 78    | 65  | Eiting, Klaus           | 64 | ESV Tri-Team Edeweicht    | M50    | 13 | 50:29 |
| 79    | 66  | Fellendorf, Heiko       | 66 | Sg akquinet Lemwerder     | M50    | 14 | 50:37 |
| 80    | 67  | Rings, Peter            | 50 | LSF Oldenburg             | M65    | 4  | 50:40 |
| 81    | 68  | Thieben, Andreas        | 63 | Barßel                    | M50    | 15 | 50:44 |
| 82    | 14  | Eyhusen, Melanie        | 75 | Arnies Laufbande          | W40    | 4  | 50:54 |
| 83    | 69  | Frense, Horst           | 41 | VfL Oldenburg             | M75    | 1  | 50:58 |
| 84    | 15  | Dill, Andrea            | 70 | Arnies Laufbande          | W45    | 3  | 50:59 |
| 85    | 70  | Poppe, Michael          | 71 | Ovelgönne                 | M45    | 10 | 51:17 |
| 86    | 71  | Wilke, Rainer           | 46 | Team Laufrausch           | M70    | 1  | 51:23 |
| 87    | 72  | Hein, Heiko             | 57 | Rastede                   | M60    | 9  | 51:27 |
| 88    | 73  | Kohl, Jürgen            | 67 | Ski Club Wangerland "Die  | M50    | 16 | 51:36 |
| 89    | 16  | Aslan, Sarah            | 79 | Lauftreff Rastede         | W35    | 3  | 52:01 |
| 90    | 74  | Sievers, Werner         | 49 | Oldenburg                 | M65    | 5  | 52:07 |
| 91    | 17  | Brüggemann, Katja       | 73 | arnies laufbande          | W40    | 5  | 52:09 |
| 92    | 75  | Harms, Hermann Karl     | 40 | VfL Oldenburg             | M75    | 2  | 52:18 |
| 93    | 18  | Freudenberg, Gesa       | 82 | Ihlowerfehn               | W35    | 4  | 52:22 |
| 94    | 76  | Strangmann, Dirk        | 70 |                           | M45    | 11 | 52:22 |
| 95    | 77  | Lienland, Franz-Josef   | 47 | LSF Oldenburg             | M70    | 2  | 52:31 |
| 96    | 78  | Kieckhäfer, Jörg        | 63 | SV Petersdorf             | M50    | 17 | 52:34 |
| 97    | 79  | Thelken, Heinz-Hermann  | 62 | Mitläufer                 | M55    | 10 | 52:40 |
| 98    | 80  | Plazikowski, Andreas    | 51 | STV Barßel                | M65    | 6  | 52:40 |
| 99    | 19  | Rost-Brasholz, Gabriele | 46 | Lg-Bremen Nord            | W70    | 1  | 52:44 |
| 100   | 20  | Gunther, Mientje        | 93 | Oldenburg                 | WH     | 4  | 52:51 |
| 101   | 81  | Kula, Oliver            | 71 | Brake                     | M45    | 12 | 53:08 |
| 102   | 82  | Khalaf-Halo, Maraan     | 00 | LT Oldenburg Süd          | MJU18  | 2  | 53:26 |
| 103   | 83  | Trahe, Sven             | 78 | SG aquinet Lemwerder      | M35    | 8  | 53:35 |
| 104   | 84  | Gerdes, Thomas          | 61 | Squash Club Oldenburg     | M55    | 11 | 53:41 |
| 105   | 85  | Kremp, Franz            | 79 | Familie Behrens           | M35    | 9  | 53:53 |
| 106   | 86  | Hark, Thomas            | 65 | SVE Wiefelstede           | M50    | 18 | 54:05 |

## Ergebnisliste 10 Km - Lauf

| Platz | M/W | Name, Vorname          | JG | Verein                    | Klasse | KP | Zeit    |
|-------|-----|------------------------|----|---------------------------|--------|----|---------|
| 107   | 87  | Milbratz, Ralf         | 72 | TUS Ofen                  | M45    | 13 | 54:35   |
| 108   | 21  | Bremer, Wiebke         | 85 | Wilhelmshaven             | W30    | 1  | 54:46   |
| 109   | 22  | Damaschke, Irmgard     | 53 | Delmenhorst               | W60    | 1  | 54:49   |
| 110   | 88  | Eichstädt, Norbert     | 53 | LT Oldenburg Süd          | M60    | 10 | 54:52   |
| 111   | 89  | Bornhorst, Reinhold    | 56 | Oldenburg                 | M60    | 11 | 55:25   |
| 112   | 90  | Kernicke, Matthias     | 58 | LaufenderFahrlehrer.de    | M55    | 12 | 55:29   |
| 113   | 23  | Schröter, Ursula       | 57 | Oldenburg                 | W60    | 2  | 55:29   |
| 114   | 91  | Janßen, Stefan         | 71 | Runners Point             | M45    | 14 | 55:32   |
| 115   | 24  | Andres, Eva            | 62 |                           | W55    | 2  | 55:46   |
| 116   | 92  | Beinke, Darian         | 08 |                           | MKU10  | 1  | 56:21   |
| 117   | 93  | Oetjen, Egon           | 66 | TSG Burhave               | M50    | 19 | 56:22   |
| 118   | 25  | Vredenberg-Fastje, Kim | 81 | SVE Wiefelstede           | W35    | 5  | 56:34   |
| 119   | 94  | Winkler, Gunnar        | 58 | Kindersolidarität e.V.    | M55    | 13 | 57:06   |
| 120   | 26  | Lau, Ilka              | 87 | Laufende Läuse            | W30    | 2  | 57:10   |
| 121   | 27  | Herzog, Kathrin        | 70 | Wardenburg                | W45    | 4  | 57:11   |
| 122   | 95  | Hache, Heinz           | 43 | Westerstede               | M70    | 3  | 57:29   |
| 123   | 96  | Möllmeier, Laurenz     | 52 | Ofenerfeld                | M65    | 7  | 58:10   |
| 124   | 28  | Tjarks, Stephanie      | 69 | Vareler TB                | W45    | 5  | 58:18   |
| 125   | 29  | Schmidt, Helga         | 61 | Vareler TB                | W55    | 3  | 58:18   |
| 126   | 97  | Holfeld, Eike          | 85 |                           | M30    | 1  | 58:36   |
| 127   | 30  | Holfeld, Sandra        | 84 |                           | W30    | 3  | 58:55   |
| 128   | 98  | Westera, Werner        | 46 | Lauftreff Rastede         | M70    | 4  | 59:04   |
| 129   | 31  | Kalzendorf, Christine  | 65 | LT Oldenburg Süd          | W50    | 3  | 59:09   |
| 130   | 99  | Völkers, Helmut        | 48 | SVE Wiefelstede           | M65    | 8  | 59:10   |
| 131   | 32  | Weiss, Martina         | 63 | Oldenburg Süd             | W50    | 4  | 59:14   |
| 132   | 33  | Schiek, Manuela        | 78 | Laufen gegen Leiden       | W35    | 6  | 59:27   |
| 133   | 100 | Balzer, Frank          | 66 | Laufen gegen Leiden       | M50    | 20 | 59:28   |
| 134   | 101 | Große, Bernward        | 47 | BTB Oldenburg             | M70    | 5  | 1:01:19 |
| 135   | 102 | Neumann, Mario         | 78 |                           | M35    | 10 | 1:01:34 |
| 136   | 103 | Osewald, Bernhard      | 65 | Oldenburg                 | M50    | 21 | 1:03:28 |
| 137   | 104 | Tischendorf, Markus    | 70 |                           | M45    | 15 | 1:05:14 |
| 138   | 34  | Bruns, Sarah           | 80 | Sg akquinet Lemwerder     | W35    | 7  | 1:05:25 |
| 139   | 105 | Thomalla, Michael      | 61 | TCT                       | M55    | 14 | 1:05:26 |
| 140   | 35  | Müller, Sara           | 89 | ...kataplönk.de - Datente | WH     | 5  | 1:07:02 |
| 141   | 106 | Kauß, Gernot           | 47 | Lauftreff Ganderkesee     | M70    | 6  | 1:07:36 |
| 142   | 107 | Schütte, Jost          | 41 | VfL Oldenburg             | M75    | 3  | 1:09:41 |