

## Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vormame        | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|----------------------|----|---------------------------|--------|----|-------|
| 1     | 1   | Pollmann, Thomas     | 85 |                           | M30    | 1  | 34:44 |
| 2     | 2   | Ringering, Onno      | 68 | MTV Aurich                | M50    | 1  | 35:07 |
| 3     | 3   | Ibrahim, Mahmud      | 93 | Emder LG                  | MH     | 1  | 36:24 |
| 4     | 4   | Gräfedünkel, Frank   | 70 | LSF Oldenburg             | M45    | 1  | 36:27 |
| 5     | 5   | Smid, Jannes         | 01 | TuS Weener                | MJU18  | 1  | 36:30 |
| 6     | 6   | Koc, Benjamin        | 82 | SC Weyhe Triathlon        | M35    | 1  | 36:37 |
| 7     | 7   | Steenhardt, Stephan  | 97 | LG Teutonia Stapelmoor    | MH     | 2  | 36:38 |
| 8     | 8   | Pottebaum, Mathis    | 81 | 1. TCO Die Bären          | M35    | 2  | 36:44 |
| 9     | 9   | Köhler, Jan-Aiko     | 97 | Emder LG                  | MH     | 3  | 37:09 |
| 10    | 10  | Hommers, Rolf        | 79 | MTV Aurich                | M35    | 3  | 37:13 |
| 11    | 11  | Minge, Frank         | 65 | LG Bremen-Nord            | M50    | 2  | 37:28 |
| 12    | 12  | Tattje, Sven         | 92 | TuS Weene                 | MH     | 4  | 37:33 |
| 13    | 13  | Frerichs, Jamal      | 93 | BV Garrel                 | MH     | 5  | 37:38 |
| 14    | 1   | Stark, Katharina     | 92 | Blau Weiß Lohne           | WH     | 1  | 37:41 |
| 15    | 14  | Sauer, Artur         | 80 | TuS Weene                 | M35    | 4  | 37:50 |
| 16    | 15  | Bergmann, Martin     | 87 | Emder LG                  | M30    | 2  | 38:09 |
| 17    | 16  | Finck, Christian     | 68 |                           | M50    | 3  | 38:27 |
| 18    | 17  | Middelberg, Johannes | 95 |                           | MH     | 6  | 38:30 |
| 19    | 18  | Kruse, Eike          | 94 | Team Laufrausch Oldenburg | MH     | 7  | 38:32 |
| 20    | 19  | Naue, Torsten        | 65 | LG Bremen-Nord            | M50    | 4  | 38:49 |
| 21    | 20  | Schönefeldt, Torsten | 69 | TSG Hatten-Sandkrug       | M45    | 2  | 38:59 |
| 22    | 21  | Busse, Peter         | 65 | Emder LG                  | M50    | 5  | 38:59 |
| 23    | 22  | Freudenberg, Bruno   | 65 | Delmenhorst               | M50    | 6  | 39:19 |
| 24    | 23  | Kupper, Frank        | 64 | Post SV Buxtehude         | M50    | 7  | 39:22 |
| 25    | 24  | Franke, Julian       | 87 | SG Diepholz               | M30    | 3  | 39:34 |
| 26    | 25  | Meenken, Janno       | 94 | DSC Oldenburg             | MH     | 8  | 39:40 |
| 27    | 26  | Freese, Mathias      | 86 | DSC Oldenburg             | M30    | 4  | 39:49 |
| 28    | 27  | Hannawald, Finn      | 00 | 1.TCO                     | MJU20  | 1  | 39:51 |
| 29    | 28  | Post, Simon          | 88 | LSF Oldenburg             | M30    | 5  | 39:58 |
| 30    | 29  | Vollmer, Ralf        | 64 | Osnabrücker TB            | M50    | 8  | 40:02 |
| 31    | 30  | Hößle, Jakob         | 97 | Vareler TB Triathlon      | MH     | 9  | 40:08 |
| 32    | 31  | Eickholt, Matthias   | 86 | Lauftrupp WT Loppersum    | M30    | 6  | 40:14 |
| 33    | 32  | Lind, Kristian       | 85 | TUS Deteren               | M30    | 7  | 40:32 |
| 34    | 33  | Hinders, Lambertus   | 66 | Fortuna Logabirum         | M50    | 9  | 40:33 |
| 35    | 34  | Hake, Patrick        | 89 | TuS BW Lohne Triathlon    | MH     | 10 | 40:34 |
| 36    | 35  | Sinning, Christoph   | 69 | Team Laufrausch Oldenburg | M45    | 3  | 40:51 |
| 37    | 36  | Schleinhege, Lars    | 79 |                           | M35    | 5  | 40:56 |
| 38    | 37  | Helms, Michael       | 69 | LSF Oldenburg             | M45    | 4  | 41:05 |
| 39    | 38  | Raschid, Bauarjan    | 04 | TSG Hatten-Sandkrug       | MJU16  | 1  | 41:11 |
| 40    | 39  | Klingenberg, Thomas  | 71 | TSR Olympia Wilhelmshaven | M45    | 5  | 41:25 |
| 41    | 2   | Steffens, Laura      | 93 | Team Laufrausch Oldenburg | WH     | 2  | 41:37 |
| 42    | 40  | Pohland, Ulrich      | 59 | Oldenburger Ruderverein e | M55    | 1  | 41:44 |
| 43    | 41  | Germer, Korbinian    | 01 | Team Laufraus             | MJU18  | 2  | 41:52 |
| 44    | 42  | Klostermann, Reno    | 89 | Rhauderfehn               | MH     | 11 | 41:57 |
| 45    | 43  | Böcker, Matthias     | 71 | TuS Zetel                 | M45    | 6  | 42:00 |
| 46    | 44  | Stoll, Matthias      | 76 |                           | M40    | 1  | 42:08 |
| 47    | 45  | Sprenger, Matthias   | 81 | OldenburgCityRunners      | M35    | 6  | 42:16 |
| 48    | 3   | Schmelzer, Claudia   | 73 | Osnabrücker TB            | W45    | 1  | 42:17 |
| 49    | 46  | Kampen, Manfred      | 65 | Team Kampen Westoverledin | M50    | 10 | 42:39 |
| 50    | 47  | Schweers, Helge      | 63 | SG akquinet Lemwerder     | M55    | 2  | 42:45 |
| 51    | 48  | Blaschke, Kevin      | 87 | 1.TCO Die Bären           | M30    | 8  | 42:55 |
| 52    | 4   | Fürst, Alexandra     | 74 | 1.TCO die Bären           | W40    | 1  | 43:06 |
| 53    | 49  | Horstmann, Marten    | 90 |                           | MH     | 12 | 43:11 |

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| Platz | M/W | Name, Vormame         | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|-----------------------|----|---------------------------|--------|----|-------|
| 54    | 50  | Hoffmann, Neil        | 01 | SV Brake Lauffeuer        | MJU18  | 3  | 43:11 |
| 55    | 51  | Kuhlmann, Henning     | 90 |                           | MH     | 13 | 43:11 |
| 56    | 52  | Blessen, Wolfgang     | 71 | TuS Ofen                  | M45    | 7  | 43:17 |
| 57    | 53  | Jänicke, Sascha       | 80 | LSF Oldenburg             | M35    | 7  | 43:21 |
| 58    | 54  | Schäfer, Marco Julian | 92 | LG Ostfriesland           | MH     | 14 | 43:24 |
| 59    | 55  | Murdfeld, Niklas      | 01 | 1. TCO die Bären          | MJU18  | 4  | 43:26 |
| 60    | 5   | Timmes, Sabrina       | 80 | TuS Varrel                | W35    | 1  | 43:27 |
| 61    | 56  | Dirks, Andre          | 88 |                           | M30    | 9  | 43:33 |
| 62    | 6   | Zilich, Jana          | 93 | LSF Oldenburg             | WH     | 3  | 43:37 |
| 63    | 57  | Teipen, Bernd         | 66 | SV Hansa Friesoythe Tri-F | M50    | 11 | 43:45 |
| 64    | 58  | Dodenhoff, Stefan     | 86 | HTB Triathlon             | M30    | 10 | 43:48 |
| 65    | 59  | Theiss, Mario         | 67 | TuS Oestringen            | M50    | 12 | 43:56 |
| 66    | 60  | Speckels, Michael     | 89 | TuS Bloherfelde           | MH     | 15 | 44:00 |
| 67    | 61  | Krupp, Patrick        | 82 | OldenburgCityRunners      | M35    | 8  | 44:04 |
| 68    | 62  | Bornholdt, Julius     | 94 | 1. Triathlon Club Oldenbu | MH     | 16 | 44:12 |
| 69    | 63  | Jungbluth, Bernd      | 68 | TUS Petersfehn            | M50    | 13 | 44:15 |
| 70    | 64  | Eichholz, Dirk        | 66 | 1.TCO Die Bären           | M50    | 14 | 44:18 |
| 71    | 65  | Rottler, Christian    | 75 |                           | M40    | 2  | 44:20 |
| 72    | 66  | Bonhaus, Stephan      | 73 | VFL Rastede               | M45    | 8  | 44:27 |
| 73    | 67  | Niehüser, Wilfried    | 72 | Lauftreff Ramsloh         | M45    | 9  | 44:30 |
| 74    | 68  | Ehrentraut, Mathias   | 79 | 1. TCO Die Bären          | M35    | 9  | 44:39 |
| 75    | 69  | Eymers, Florian       | 83 | Goalimpact Ol             | M35    | 10 | 44:42 |
| 76    | 70  | Dittberner, Harald    | 46 | ATS Buntentor Bremen      | M70    | 1  | 44:47 |
| 77    | 71  | Steinmetz, Björn      | 80 |                           | M35    | 11 | 45:04 |
| 78    | 72  | Munk, Thomas          | 68 | Rhauderfehn               | M50    | 15 | 45:19 |
| 79    | 7   | Hoppe, Sylvia         | 63 | Team Laufrausch e.V       | W55    | 1  | 45:21 |
| 80    | 73  | Grundmanns, René      | 71 | Sport-Ziel Marathonteam   | M45    | 10 | 45:25 |
| 81    | 74  | Kampling, Philipp     | 83 | PMC Oldenburg             | M35    | 12 | 45:26 |
| 82    | 8   | Damm, Rebecca         | 83 | Emder LG                  | W35    | 2  | 45:31 |
| 83    | 9   | Flade, Verena         | 88 | Sportschule TAO           | W30    | 1  | 45:31 |
| 84    | 10  | Richter, Manuela      | 75 | Team Erdinger             | W40    | 2  | 45:35 |
| 85    | 75  | Schmidt, Andreas      | 57 | Vareler TB                | M60    | 1  | 45:37 |
| 86    | 76  | Szech, Manuel         | 85 | LP - Racing Team          | M30    | 11 | 45:37 |
| 87    | 77  | Jerke, Maik           | 81 |                           | M35    | 13 | 45:37 |
| 88    | 78  | Buss, Heiko           | 70 | Mtv Hohenkirchen          | M45    | 11 | 45:38 |
| 89    | 79  | Wohlers, Frank        | 69 | ohne                      | M45    | 12 | 45:39 |
| 90    | 80  | Becker, Horst         | 66 | LG Wilhelmshaven          | M50    | 16 | 45:42 |
| 91    | 81  | Rigbers, Andreas      | 72 | TuS Varrel                | M45    | 13 | 45:51 |
| 92    | 11  | Eggert, Bettina       | 69 | Lauftreff Rastede e.V.    | W45    | 2  | 45:51 |
| 93    | 82  | Fuchs, Michael        | 57 | Polizei SV Oldenburg      | M60    | 2  | 45:52 |
| 94    | 83  | Splittgerber, Thomas  | 61 | TuS Eversten              | M55    | 3  | 45:57 |
| 95    | 84  | Busboom, Wilfried     | 71 | Jümmelopers               | M45    | 14 | 46:02 |
| 96    | 12  | Werner, Sandra        | 88 |                           | W30    | 2  | 46:06 |
| 97    | 85  | berghaus, wilfried    | 53 | laufrausch oldenburg      | M65    | 1  | 46:09 |
| 98    | 86  | Flamma, Gustavo       | 65 | 1. TCO Die Bären          | M50    | 17 | 46:11 |
| 99    | 87  | Standke, Ihno         | 02 | KGS Wiesmoor Ossilooers   | MJU18  | 5  | 46:19 |
| 100   | 88  | Röben, Harry          | 05 | SV Warsingsfehn           | MKJ14  | 1  | 46:21 |
| 101   | 89  | Horoschko, Tobias     | 78 | 1.FC Union Berlin         | M40    | 3  | 46:21 |
| 102   | 13  | Lüers, Silke          | 74 | arnies Laufbande          | W40    | 3  | 46:25 |
| 103   | 90  | Byl, Jens             | 87 |                           | M30    | 12 | 46:27 |
| 104   | 91  | Muchow, Michael       | 66 | Hammelwarder Sprinter     | M50    | 18 | 46:32 |
| 105   | 92  | Wemken, Thomas        | 66 | Oldenburg                 | M50    | 19 | 46:34 |
| 106   | 93  | Alexander, Dieter     | 71 |                           | M45    | 15 | 46:35 |

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| Platz | M/W | Name, Vormame         | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|-----------------------|----|---------------------------|--------|----|-------|
| 107   | 94  | Grasse, Holger        | 65 | TuS Zetel                 | M50    | 20 | 46:41 |
| 108   | 95  | Dietz, Ralf           | 52 | Emder LG                  | M65    | 2  | 46:42 |
| 109   | 96  | Stelljes, Jörn        | 81 | Hitradio Namibia          | M35    | 14 | 46:45 |
| 110   | 97  | Albers, Jens          | 70 |                           | M45    | 16 | 46:51 |
| 111   | 98  | Küller, Stephan       | 68 | TuS Eversten              | M50    | 21 | 46:51 |
| 112   | 99  | Wallrafe, Gerd        | 64 | SV Brake Lauffeuer        | M50    | 22 | 46:59 |
| 113   | 100 | Treinzen, Karl Roland | 85 |                           | M30    | 13 | 47:00 |
| 114   | 14  | Treinzen, Melanie     | 82 |                           | W35    | 3  | 47:01 |
| 115   | 101 | Lemke, Sebastian      | 88 |                           | M30    | 14 | 47:06 |
| 116   | 102 | Pistor, Tjark         | 02 | KGS Wiemoor Ossiloopers   | MJU18  | 6  | 47:11 |
| 117   | 103 | Röben, Holger         | 73 | Fortuna Logabirum         | M45    | 17 | 47:14 |
| 118   | 15  | König, Anna           | 00 | 1. TCO die Bären          | WJU20  | 1  | 47:17 |
| 119   | 16  | Pokern, Sandra        | 76 | SV Brake Lauffeuer        | W40    | 4  | 47:19 |
| 120   | 104 | Schier, Olaf          | 66 |                           | M50    | 23 | 47:26 |
| 121   | 105 | Sakel, Heiko          | 69 | Strassenkrimi             | M45    | 18 | 47:27 |
| 122   | 17  | Schmidt, Ricarda      | 76 |                           | W40    | 5  | 47:31 |
| 123   | 106 | Martschausky, Bastian | 00 | TuS Eversten              | MJU20  | 2  | 47:33 |
| 124   | 107 | Kleen, Jan            | 84 | LSF Oldenburg             | M30    | 15 | 47:43 |
| 125   | 108 | Büsing, Sven          | 81 |                           | M35    | 15 | 47:58 |
| 126   | 109 | Schröder, Jürgen      | 67 | TUS Zetel                 | M50    | 24 | 47:59 |
| 127   | 110 | Park, Harm            | 53 | TuS Weene                 | M65    | 3  | 48:07 |
| 128   | 18  | Post, Eva             | 73 | TSV Riepe                 | W45    | 3  | 48:07 |
| 129   | 111 | Bakenhus, Dirk        | 79 | Oldenburg                 | M35    | 16 | 48:16 |
| 130   | 112 | Fischer, Ronald       | 83 | BTB Oldenburg             | M35    | 17 | 48:24 |
| 131   | 19  | Holzgrabe, Kerstin    | 80 |                           | W35    | 4  | 48:29 |
| 132   | 113 | Sievers, Ole          | 79 | Team Laufrausch Oldenburg | M35    | 18 | 48:31 |
| 133   | 114 | Schlag, Ludger        | 67 | TSG Hatten-Sandkrug       | M50    | 25 | 48:34 |
| 134   | 115 | Klein, Andreas        | 72 | Jokeiturbos               | M45    | 19 | 48:45 |
| 135   | 116 | Owusu, David          | 88 |                           | M30    | 16 | 48:51 |
| 136   | 20  | Knaap, Leigh          | 98 | Injoy                     | WH     | 4  | 48:52 |
| 137   | 117 | Thiel, Jens           | 68 | Jokeiturbos               | M50    | 26 | 48:52 |
| 138   | 118 | Stefan, Finke         | 79 | Laufburschen              | M35    | 19 | 48:53 |
| 139   | 119 | Strauß, Manuel        | 03 | KGS Wiemoor Ossiloopers   | MJU16  | 2  | 49:00 |
| 140   | 120 | Renken, Jonte         | 06 | SFL Bremerhaven           | MKJ14  | 2  | 49:03 |
| 141   | 121 | Grätsch, Sven         | 79 | Oldenburg City Runners    | M35    | 20 | 49:04 |
| 142   | 122 | Agricola, Jens        | 60 | TuS Zetel                 | M55    | 4  | 49:14 |
| 143   | 123 | Everts, Joachim       | 85 |                           | M30    | 17 | 49:21 |
| 144   | 21  | Bruns, Steffi         | 90 | BV Garrel                 | WH     | 5  | 49:23 |
| 145   | 22  | Adams, Nicole         | 70 | aktiv club edeweicht      | W45    | 4  | 49:25 |
| 146   | 23  | Monien, Nina          | 78 | Lauftreff Eversten        | W40    | 6  | 49:33 |
| 147   | 124 | Kreikebohm, Jörg      | 61 | SV Brake Lauffeuer        | M55    | 5  | 49:35 |
| 148   | 125 | Ehlers, Christian     | 79 |                           | M35    | 21 | 49:41 |
| 149   | 126 | Meyer, Albert         | 62 | TuS Bloherfelde           | M55    | 6  | 49:41 |
| 150   | 127 | Steindorff, Oliver    | 66 | SV Brake Lauffeuer        | M50    | 27 | 49:42 |
| 151   | 128 | Dannebaum, Wilfried   | 65 | JVA Oldenburg             | M50    | 28 | 49:43 |
| 152   | 129 | von Rahden, Uwe       | 64 | Team Laufrausch           | M50    | 29 | 49:43 |
| 153   | 130 | Wolf, Jakob           | 03 | KGS Wiemoor Ossiloopers   | MJU16  | 3  | 49:44 |
| 154   | 131 | Heinemann, Niels      | 61 | BTB Oldenburg             | M55    | 7  | 49:46 |
| 155   | 132 | Hensel, Michael       | 71 |                           | M45    | 20 | 49:46 |
| 156   | 133 | Braulik, Alexander    | 86 |                           | M30    | 18 | 49:48 |
| 157   | 134 | Kappelmann, Thomas    | 65 | TuS Eversten              | M50    | 30 | 49:53 |
| 158   | 24  | Steffen, Claudia      | 68 | LSF Oldenburg             | W50    | 1  | 49:58 |
| 159   | 135 | Tobias, Neuke         | 80 | Laufburschen              | M35    | 22 | 50:03 |

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| Platz | M/W | Name, Vormame          | JG | Verein                    | Klasse | KP | Zeit  |
|-------|-----|------------------------|----|---------------------------|--------|----|-------|
| 160   | 25  | Wehming, Claudia       | 78 | Stadt Oldenburg           | W40    | 7  | 50:09 |
| 161   | 26  | Kuck, Vanessa          | 83 |                           | W35    | 5  | 50:12 |
| 162   | 136 | Welzel, Jörg           | 67 | Delmenhorst               | M50    | 31 | 50:12 |
| 163   | 137 | Steffens, Jannes       | 86 | FC Loquard                | M30    | 19 | 50:14 |
| 164   | 138 | Zelmanski, Ingo        | 69 | Barßel                    | M45    | 21 | 50:20 |
| 165   | 139 | Hommers, Gretus        | 50 | Emder LG                  | M65    | 4  | 50:21 |
| 166   | 140 | ter Haseborg, Bodo     | 80 | TV Apen                   | M35    | 23 | 50:24 |
| 167   | 27  | Kläner, Sonja          | 72 | LSF Oldenburg             | W45    | 5  | 50:26 |
| 168   | 141 | Chamier, Uwe           | 60 |                           | M55    | 8  | 50:29 |
| 169   | 28  | Röben, Melanie         | 73 | Fortuna Logabirum         | W45    | 6  | 50:31 |
| 170   | 142 | Couto, Mário           | 61 |                           | M55    | 9  | 50:32 |
| 171   | 143 | Schürmann, Gordian     | 63 | Oldenburg City Runners    | M55    | 10 | 50:41 |
| 172   | 144 | Ertem, Ismet           | 73 |                           | M45    | 22 | 50:47 |
| 173   | 145 | Wienberg, Felix        | 98 |                           | MH     | 17 | 50:51 |
| 174   | 29  | Hausfeld, Kathrin      | 79 | TeambeVegt.de             | W35    | 6  | 50:51 |
| 175   | 30  | Praeger, Antje         | 67 | 1.TCO Die Bären           | W50    | 2  | 50:54 |
| 176   | 146 | Hausfeld, Christian    | 73 | Laufen macht frei         | M45    | 23 | 51:01 |
| 177   | 147 | Böseler, Jürgen        | 60 | TuS Ofen                  | M55    | 11 | 51:05 |
| 178   | 148 | Welz, Eckhard          | 64 | GSV-Oldenburg             | M50    | 32 | 51:07 |
| 179   | 149 | Imkeit, Kevin          | 89 | TuS Bloherfelde           | MH     | 18 | 51:10 |
| 180   | 150 | Popken-Wolf, Andre     | 75 | M-Town Flunkys            | M40    | 4  | 51:14 |
| 181   | 151 | Fielers, Michael       | 64 | SV Friedrichsfehn         | M50    | 33 | 51:17 |
| 182   | 152 | Gallo, Stephan         | 73 | Schmuddelecke Donnerschwe | M45    | 24 | 51:19 |
| 183   | 153 | Lippert, Werner        | 51 | LSF Oldenburg             | M65    | 5  | 51:22 |
| 184   | 154 | Iwtschenko, Yury       | 76 | OldenburgCityRunners      | M40    | 5  | 51:32 |
| 185   | 155 | Lohmeyer, Jörg         | 67 | TuS Eversten              | M50    | 34 | 51:36 |
| 186   | 156 | Schottes, Christoph    | 60 |                           | M55    | 12 | 51:37 |
| 187   | 31  | Dinh, Lan              | 81 |                           | W35    | 7  | 51:38 |
| 188   | 157 | Lienland, Franz-Josef  | 47 | LSF Oldenburg             | M70    | 2  | 51:39 |
| 189   | 158 | Fuchs, Gerlach         | 53 | Lauftreff TuS Eversten    | M65    | 6  | 51:41 |
| 190   | 159 | Eggert, Holger         | 67 | Hamburg Running e.V.      | M50    | 35 | 51:46 |
| 191   | 160 | Sudbrink, Thomas       | 73 | SG akquinet Lemwerder     | M45    | 25 | 51:50 |
| 192   | 161 | Ludwig, Reinhard       | 50 | TUS Wahnbek               | M65    | 7  | 51:50 |
| 193   | 162 | Justinek, Christoph    | 84 |                           | M30    | 20 | 51:52 |
| 194   | 163 | Kwast, Dietrich        | 85 |                           | M30    | 21 | 51:54 |
| 195   | 32  | Schöndube, Jeannette   | 70 | LG Wilhelmshaven          | W45    | 7  | 51:56 |
| 196   | 164 | Bakker, Ralf           | 67 | Hornbach                  | M50    | 36 | 52:00 |
| 197   | 33  | Raschid, Juliana       | 02 | TSG Hatten-Sandkrug       | WJU18  | 1  | 52:03 |
| 198   | 165 | Endlich, Herbert       | 64 | Team Strackerjan 32       | M50    | 37 | 52:04 |
| 199   | 34  | Keindorff, Philine     | 90 | Lauftrupp WT Loppersum    | WH     | 6  | 52:04 |
| 200   | 166 | Schlepppegrell, Ulrich | 57 | Team Laufrausch Oldenburg | M60    | 3  | 52:06 |
| 201   | 167 | Parduhn, Sven          | 75 | Tv Apen                   | M40    | 6  | 52:09 |
| 202   | 168 | Marco, Feierabend      | 84 |                           | M30    | 22 | 52:10 |
| 203   | 169 | Bergen, Ulrich         | 53 | LT Westerstede            | M65    | 8  | 52:15 |
| 204   | 170 | Möhlmann, Andreas      | 63 | LT TuS Petersfehn         | M55    | 13 | 52:21 |
| 205   | 171 | Wahner, Alexander      | 73 | SG akquinet Lemwerder     | M45    | 26 | 52:27 |
| 206   | 172 | Metag, Thomas          | 63 | TuS Varrel                | M55    | 14 | 52:29 |
| 207   | 35  | Metag, Claudia         | 70 | TuS Varrel                | W45    | 8  | 52:30 |
| 208   | 173 | Fellendorf, Heiko      | 66 | SG akquinet Lemwerder     | M50    | 38 | 52:43 |
| 209   | 174 | Jelschen, Udo          | 58 | TSG Westerstede           | M60    | 4  | 52:48 |
| 210   | 36  | Bohlmann, Petra        | 59 | SV Ofenerdiek             | W55    | 2  | 53:01 |
| 211   | 175 | Geertsma, Egbert       | 61 |                           | M55    | 15 | 53:03 |
| 212   | 176 | Köne, Mirko            | 72 |                           | M45    | 27 | 53:06 |



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|-------|-----|-----------------------|----|-----------------------------|--------|----|-------|
| 213   | 177 | Kruse, Timo           | 81 | TSG Westerstede             | M35    | 24 | 53:07 |
| 214   | 178 | Wessels, Janfried     | 52 | FSV Trotzdem                | M65    | 9  | 53:08 |
| 215   | 179 | Franz, Dieter         | 61 | Roadrunner Elisabethfehn    | M55    | 16 | 53:11 |
| 216   | 37  | Pfaffenroth, Ricarda  | 81 | TSG Westerstede             | W35    | 8  | 53:18 |
| 217   | 180 | Büsing, Dirk          | 62 | SV Brake Lauffeuer          | M55    | 17 | 53:24 |
| 218   | 181 | Hanau, Stefan         | 73 | Öffentliche Versicherung    | M45    | 28 | 53:24 |
| 219   | 38  | Betten, Susanne       | 72 | OldenburgCityRunners        | W45    | 9  | 53:24 |
| 220   | 182 | Schütte, Simon        | 85 |                             | M30    | 23 | 53:31 |
| 221   | 183 | Harms, Joachim        | 61 | traba Team                  | M55    | 18 | 53:33 |
| 222   | 184 | Dierks, Ben           | 01 | SV Brake Lauffeuer          | MJU18  | 7  | 53:39 |
| 223   | 39  | Leo, Nicola           | 78 | Tus Zetel                   | W40    | 8  | 53:40 |
| 224   | 185 | Plock, Janno          | 06 | KGS Wiemoor Ossiloopers     | MKJ14  | 3  | 53:41 |
| 225   | 186 | Essig, Jens           | 61 | TUS Rostrup                 | M55    | 19 | 53:43 |
| 226   | 187 | Renken, Thies         | 01 | SFL Bremerhaven             | MJU18  | 8  | 53:45 |
| 227   | 40  | Scheepker, Anja       | 71 | VTB Varel                   | W45    | 10 | 53:46 |
| 228   | 188 | Bolting, Jörg         | 72 |                             | M45    | 29 | 53:50 |
| 229   | 189 | Nolte, Michael        | 66 | LT TuS Petersfehn           | M50    | 39 | 53:52 |
| 230   | 190 | Thal, Dominik         | 81 | Saufen macht lexy           | M35    | 25 | 53:53 |
| 231   | 191 | Krumwiede, Marc       | 70 | TuS Eversten                | M45    | 30 | 53:56 |
| 232   | 192 | Völkel, Reinhard      | 62 | Corpus Studio Oldenburg     | M55    | 20 | 53:58 |
| 233   | 193 | Vosgerau, Bernd       | 63 |                             | M55    | 21 | 53:58 |
| 234   | 194 | Freitag, Michael      | 71 | LSF Oldenburg               | M45    | 31 | 54:01 |
| 235   | 195 | Heimhold, Joachim     | 55 | LT Oldenburg Süd            | M60    | 5  | 54:03 |
| 236   | 196 | Jaroslaw, Bruns       | 76 |                             | M40    | 7  | 54:05 |
| 237   | 41  | Lobemeyer, Heike      | 57 | SV Brake Lauffeuer          | W60    | 1  | 54:05 |
| 238   | 197 | Obeloer, Marc         | 74 | SG Rotation Gütersloh       | M40    | 8  | 54:05 |
| 239   | 198 | Becker, Torsten       | 66 | Wir geben alles!            | M50    | 40 | 54:05 |
| 240   | 199 | Schlicht, Harald      | 68 |                             | M50    | 41 | 54:09 |
| 241   | 42  | Hollander, Joana      | 89 | INTAX...laufende Begeistete | WH     | 7  | 54:16 |
| 242   | 200 | Knop, Thomas          | 67 | Jade Hochschule             | M50    | 42 | 54:19 |
| 243   | 201 | Bonhaus, Leonard      | 04 | VfL Rastede                 | MJU16  | 4  | 54:25 |
| 244   | 202 | Blumenberg, Jörg      | 72 | Laufteam Blocker            | M45    | 32 | 54:40 |
| 245   | 203 | Schütte, Manfred      | 57 | SV Friedrichsfehn           | M60    | 6  | 54:42 |
| 246   | 204 | Meyer, Hartmut        | 66 | Nord / LB                   | M50    | 43 | 54:43 |
| 247   | 43  | Lenz, Mariana Valerie | 89 |                             | WH     | 8  | 55:03 |
| 248   | 205 | Poppe, Michael        | 71 |                             | M45    | 33 | 55:10 |
| 249   | 206 | Vogelsang, Elmar      | 62 | TSG Westerstede             | M55    | 22 | 55:12 |
| 250   | 207 | Kasemir, Lukas        | 88 |                             | M30    | 24 | 55:14 |
| 251   | 44  | Becker, Sibylle       | 76 | TSG Hatten-Sandkrug         | W40    | 9  | 55:14 |
| 252   | 208 | Rotermund, Jan        | 86 |                             | M30    | 25 | 55:26 |
| 253   | 209 | Bösch, Andreas        | 58 | SVE Wildenloh               | M60    | 7  | 55:26 |
| 254   | 45  | Lienland, Jette       | 03 | Schwiedenbrück              | WJU16  | 1  | 55:29 |
| 255   | 210 | Ogiewa, Horst-Dieter  | 53 | LSF Oldenburg               | M65    | 10 | 55:29 |
| 256   | 211 | Hasenpusch, Thorben   | 95 |                             | MH     | 19 | 55:31 |
| 257   | 212 | Sievers, Werner       | 49 | Oldenburg                   | M65    | 11 | 55:32 |
| 258   | 213 | Munderloh, Wyatt      | 87 |                             | M30    | 26 | 55:32 |
| 259   | 214 | Böhme, Frank          | 61 | SV Brake Lauffeuer          | M55    | 23 | 55:36 |
| 260   | 215 | Plazikowski, Andreas  | 51 | Team Laufrausch             | M65    | 12 | 55:40 |
| 261   | 216 | Berg, Roman           | 80 |                             | M35    | 26 | 55:42 |
| 262   | 217 | Brunken, Joost        | 88 | Puetjepack                  | M30    | 27 | 55:45 |
| 263   | 218 | Vry, Oliver           | 76 | Saufen macht lexy           | M40    | 9  | 55:45 |
| 264   | 219 | Möller, Andreas       | 79 |                             | M35    | 27 | 55:51 |
| 265   | 220 | Munk, Mathias         | 89 | EWE TEL GmbH                | MH     | 20 | 55:55 |

## Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vormame          | JG | Verein                    | Klasse | KP | Zeit    |
|-------|-----|------------------------|----|---------------------------|--------|----|---------|
| 266   | 221 | Tschochohei, Heiner    | 77 |                           | M40    | 10 | 56:08   |
| 267   | 46  | Lachmann, Antje        | 64 | LSF Oldenburg             | W50    | 3  | 56:09   |
| 268   | 222 | Buß, David             | 03 | KGS Wiemoor Ossiloopers   | MJU16  | 5  | 56:12   |
| 269   | 47  | Wallenfels, Sophie     | 97 |                           | WH     | 9  | 56:31   |
| 270   | 223 | Gerdes, Thomas         | 61 | SC Oldenburg              | M55    | 24 | 56:39   |
| 271   | 48  | Hofer, Nicole          | 78 | KGS Wiemoor Ossiloopers   | W40    | 10 | 56:46   |
| 272   | 224 | Dobrunz, Uwe           | 65 | Oldenburg                 | M50    | 44 | 56:50   |
| 273   | 49  | schibille, regina      | 90 | lauftreff zetel           | WH     | 10 | 56:54   |
| 274   | 50  | Glaser, Kirstin        | 77 | Lauftreff Ge(h)zeiten     | W40    | 11 | 56:54   |
| 275   | 225 | Gold, Mario            | 71 |                           | M45    | 34 | 57:00   |
| 276   | 226 | Hucke-van Deest, Ralf  | 62 | Spinning                  | M55    | 25 | 57:03   |
| 277   | 51  | Jäger, Kirsten         | 73 | Öffentliche Versicherung  | W45    | 11 | 57:10   |
| 278   | 227 | Oetken, Johannes       | 50 | TuS Zetel                 | M65    | 13 | 57:11   |
| 279   | 228 | Bohlsen, Steven        | 86 | Lauftreff Uplengen        | M30    | 28 | 57:13   |
| 280   | 229 | Zacher, Thomas         | 64 |                           | M50    | 45 | 57:15   |
| 281   | 230 | Wallhoff, Frank        | 71 |                           | M45    | 35 | 57:15   |
| 282   | 231 | Schönwälder, Jürgen    | 63 |                           | M55    | 26 | 57:22   |
| 283   | 52  | Pattipeiluhu, Asmara   | 90 | 1. TCO die Bären          | WH     | 11 | 57:26   |
| 284   | 53  | Sauer, Klara           | 03 | FC Ohmstede               | WJU16  | 2  | 57:35   |
| 285   | 54  | Stahmer, Anna-Lena     | 96 | EWE TEL GmbH              | WH     | 12 | 57:38   |
| 286   | 55  | Niederberger, Stefanie | 84 |                           | W30    | 3  | 57:39   |
| 287   | 232 | Gröger, Hauke          | 82 |                           | M35    | 28 | 57:40   |
| 288   | 56  | Reents, Konstanze      | 75 | SG SV FriedrichsfehnTus P | W40    | 12 | 57:42   |
| 289   | 57  | Byl, Sarah             | 89 |                           | WH     | 13 | 57:43   |
| 290   | 58  | Herwig, Ingrid         | 47 | Garbsener SC              | W70    | 1  | 57:44   |
| 291   | 59  | Mierwaldt, Sandra      | 91 |                           | WH     | 14 | 57:52   |
| 292   | 233 | Koch, Sebastian        | 84 |                           | M30    | 29 | 58:19   |
| 293   | 60  | Schiek, Manuela        | 78 | Laufen gegen Leiden       | W40    | 13 | 58:25   |
| 294   | 61  | Jeschar, Wiebke        | 87 |                           | W30    | 4  | 58:32   |
| 295   | 62  | Oetken, Michaela       | 74 | Aktiv Fitness Club edewec | W40    | 14 | 58:32   |
| 296   | 63  | Mettenbrink, Sarah     | 94 | EWE TEL GmbH              | WH     | 15 | 58:33   |
| 297   | 234 | Detjen, Peter          | 62 | ESV Tri-Team Edeweicht    | M55    | 27 | 58:36   |
| 298   | 235 | Siekmann, Gunnar       | 67 | Team Laufrausch e.V.      | M50    | 46 | 58:41   |
| 299   | 64  | Steinbach, Sabine      | 71 | Lauf Maus                 | W45    | 12 | 58:47   |
| 300   | 65  | Joosten, Katja         | 82 | Vareler TB                | W35    | 9  | 58:51   |
| 301   | 236 | Joosten, Marco         | 76 | Vareler TB                | M40    | 11 | 58:51   |
| 302   | 237 | Dierks, Eyk            | 04 | SV Brake Lauffeuer        | MJU16  | 6  | 58:59   |
| 303   | 238 | Knitter, Heiko         | 74 | Bremerhaven               | M40    | 12 | 59:05   |
| 304   | 239 | Marek, Markus          | 65 | SV Brake Lauffeuer        | M50    | 47 | 59:20   |
| 305   | 66  | Fecht, Tina            | 83 | Laufschurken              | W35    | 10 | 59:24   |
| 306   | 67  | Ottjes, Tomma          | 88 | ETL Singapur              | W30    | 5  | 59:25   |
| 307   | 68  | Gertjegerdes, Dunja    | 86 | GV Weser-Ems e.V.         | W30    | 6  | 59:26   |
| 308   | 69  | Maibaum, Anne          | 76 |                           | W40    | 15 | 59:31   |
| 309   | 70  | Buch, Vanessa          | 83 | Schmuddelecke Donnerschwe | W35    | 11 | 59:38   |
| 310   | 71  | Weckwarth, Natalie     | 85 |                           | W30    | 7  | 59:39   |
| 311   | 72  | Niemann, Anna          | 90 | Lauftreff TuS Eversten    | WH     | 16 | 59:50   |
| 312   | 240 | Carstensen, Helge      | 68 | Oldenburg City Runners    | M50    | 48 | 59:55   |
| 313   | 73  | Herrmann, Silke        | 70 | TuS Eversten              | W45    | 13 | 1:00:03 |
| 314   | 74  | Sengül, Nadine         | 81 | OldenburgCityRunners      | W35    | 12 | 1:00:03 |
| 315   | 75  | Braun, Anne-Christin   | 87 | OldenburgCityRunners      | W30    | 8  | 1:00:05 |
| 316   | 76  | Jordan, Kristina       | 80 | RSC Oldenburg             | W35    | 13 | 1:00:22 |
| 317   | 241 | Erichsen, Sven         | 67 | Lauftreff Ganderkesee     | M50    | 49 | 1:00:25 |
| 318   | 77  | Ahlers, Selina         | 85 | Lauftreff Ganderkesee     | W30    | 9  | 1:00:27 |

## Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vormame             | JG | Verein                    | Klasse | KP | Zeit    |
|-------|-----|---------------------------|----|---------------------------|--------|----|---------|
| 319   | 242 | Taetz, Reinhard           | 42 | LT OL Süd                 | M75    | 1  | 1:00:31 |
| 320   | 243 | Röttgers, Jan             | 70 | Keine falsche Bewegung    | M45    | 36 | 1:00:33 |
| 321   | 78  | Kraudelt, Andrea          | 72 | Hundsmühler TV            | W45    | 14 | 1:00:56 |
| 322   | 79  | Schuette, Maja            | 73 | OldenburgCityRunners      | W45    | 15 | 1:01:10 |
| 323   | 80  | Krüger, Sabrina           | 80 | Oldenburg City Runners    | W35    | 14 | 1:01:11 |
| 324   | 244 | Hinz, Uwe                 | 62 | SG akquinet               | M55    | 28 | 1:01:12 |
| 325   | 245 | Kraul, Matthias           | 73 | SSV Neuenburg             | M45    | 37 | 1:01:21 |
| 326   | 246 | Scheumer, Jürgen          | 57 | LG Wilhelmshaven          | M60    | 8  | 1:01:32 |
| 327   | 247 | Ilgner, Forrest           | 66 | SV Ofenerdiek             | M50    | 50 | 1:01:32 |
| 328   | 248 | Meijer, Henk              | 47 | S.V. Friesland            | M70    | 3  | 1:01:46 |
| 329   | 81  | Brunken, Anna             | 85 | Team Erdinger Alkoholfrei | W30    | 10 | 1:01:48 |
| 330   | 82  | Schiller, Heidi           | 57 | HTV Hundsmühlen           | W60    | 2  | 1:02:01 |
| 331   | 249 | Dölling, Alexander        | 94 | EWE TEL GmbH              | MH     | 21 | 1:02:26 |
| 332   | 83  | Raeder, Anja              | 79 |                           | W35    | 15 | 1:02:27 |
| 333   | 84  | Kwiatkowski, Julia        | 83 | FG Oldenburger Pferdespor | W35    | 16 | 1:02:34 |
| 334   | 85  | Brokmann-Nooren, Christia | 57 | Team UNltd                | W60    | 3  | 1:02:36 |
| 335   | 86  | Broers, Daniela           | 86 | SV Holtland               | W30    | 11 | 1:02:36 |
| 336   | 87  | Kröger, Hannah            | 94 |                           | WH     | 17 | 1:02:39 |
| 337   | 250 | Kröger, Theo              | 58 | OMV Oldenburger Marathonv | M60    | 9  | 1:02:40 |
| 338   | 251 | Albes, Rainer             | 51 | Öffentliche Versicherung  | M65    | 14 | 1:03:04 |
| 339   | 252 | Keil, Michael             | 72 | EWE TEL GmbH              | M45    | 38 | 1:03:17 |
| 340   | 88  | Paradies, Corina          | 71 | OldenburgCityRunners      | W45    | 16 | 1:03:18 |
| 341   | 253 | Behrens, Marc Oliver      | 70 | Oldenburg City Runners    | M45    | 39 | 1:03:20 |
| 342   | 254 | Battel, Rainer            | 63 | Oldenburg                 | M55    | 29 | 1:03:35 |
| 343   | 255 | Backermann, Tom           | 63 | Spinning                  | M55    | 30 | 1:03:35 |
| 344   | 89  | Gille, Wiebke             | 87 |                           | W30    | 12 | 1:03:47 |
| 345   | 90  | Meinen, Marina            | 74 | KGS Wiemoor Ossilooopers  | W40    | 16 | 1:03:53 |
| 346   | 91  | Stiemert, Aileen          | 82 | Lauftreff (Geh)zeiten     | W35    | 17 | 1:03:53 |
| 347   | 92  | Brandt, Kirsten           | 77 |                           | W40    | 17 | 1:03:57 |
| 348   | 256 | Röben, Michael            | 89 |                           | MH     | 22 | 1:04:17 |
| 349   | 93  | Borgmann, Kirsten         | 92 |                           | WH     | 18 | 1:04:17 |
| 350   | 94  | Radziwill, Jennifer       | 92 |                           | WH     | 19 | 1:04:19 |
| 351   | 95  | Budde, Kaija              | 06 | SV Brake Lauffeuer        | WKJ14  | 1  | 1:04:30 |
| 352   | 257 | Rupprecht, Sascha         | 75 | Jokeiturbos               | M40    | 13 | 1:04:33 |
| 353   | 96  | Heinemann, Tanja          | 77 | OldenburgCityRunners      | W40    | 18 | 1:04:38 |
| 354   | 258 | Pohl, Günter              | 58 | Wiefelstede               | M60    | 10 | 1:04:39 |
| 355   | 259 | Osewald, Bernhard         | 65 | Oldenburg                 | M50    | 51 | 1:04:48 |
| 356   | 97  | Lemke, Christiane         | 89 |                           | WH     | 20 | 1:04:51 |
| 357   | 260 | Wollermann, Gerd          | 51 |                           | M65    | 15 | 1:05:17 |
| 358   | 98  | Bruns, Sarah              | 80 | SG akquinet Lemwerder     | W35    | 18 | 1:05:17 |
| 359   | 99  | Sorgenfrei, Bettina       | 62 | Hundsmühler TV            | W55    | 3  | 1:05:24 |
| 360   | 261 | Lanfermann, Manfred       | 57 | LSF Oldenburg             | M60    | 11 | 1:05:32 |
| 361   | 100 | Müller, Mareike           | 67 | Wir geben alles!          | W50    | 4  | 1:05:32 |
| 362   | 101 | Wall, Svenja              | 92 |                           | WH     | 21 | 1:06:02 |
| 363   | 262 | Gerdes, Alexander         | 89 |                           | MH     | 23 | 1:06:02 |
| 364   | 102 | Behrens, Margret          | 63 | SG akquinet Lemwerder     | W55    | 4  | 1:06:43 |
| 365   | 103 | Ledda, Bettina            | 84 | M-town flunkys            | W30    | 13 | 1:06:54 |
| 366   | 104 | Gerdes, Ann-Kathrin       | 04 | TUS Zetel                 | WJU16  | 3  | 1:07:36 |
| 367   | 105 | Müller, Christina         | 87 | TuS Eintracht Hinte       | W30    | 14 | 1:07:41 |
| 368   | 263 | Neumann, Mario            | 78 |                           | M40    | 14 | 1:07:58 |
| 369   | 106 | Dierks, Sabine            | 67 | SV Brake Lauffeuer        | W50    | 5  | 1:09:22 |
| 370   | 107 | Sinnig, Sabine            | 60 | WSSV                      | W55    | 5  | 1:09:32 |
| 371   | 264 | Bohlen, Hans-Günther      | 48 | LT Bad Zwischenahn        | M70    | 4  | 1:10:17 |

## Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname      | JG | Verein                   | Klasse | KP | Zeit    |
|-------|-----|--------------------|----|--------------------------|--------|----|---------|
| 372   | 108 | Walter, Damaris    | 82 | TSG Hatten-Sandkrug      | W35    | 19 | 1:11:01 |
| 373   | 265 | Möller, Heiner     | 69 | TSG Hatten-Sandkrug      | M45    | 40 | 1:11:02 |
| 374   | 109 | Middelberg, Renate | 60 |                          | W55    | 6  | 1:11:05 |
| 375   | 110 | Vainumäe, Reet     | 54 | SV Ofenerdiek            | W60    | 4  | 1:11:09 |
| 376   | 111 | Antons, Ulrike     | 84 |                          | W30    | 15 | 1:11:54 |
| 377   | 266 | Kauß, Gernot       | 47 | Lauftreff Ganderkesee    | M70    | 5  | 1:11:55 |
| 378   | 267 | Poppen, Arne       | 05 | KGS Wiemoor Ossilooopers | MKJ14  | 4  | 1:12:08 |
| 379   | 268 | Weigelt, Adolf     | 38 |                          | M80    | 1  | 1:12:37 |
| 380   | 112 | Heres, Tineke      | 47 | Zuidwolde                | W70    | 2  | 1:12:43 |
| 381   | 269 | Flessner, Cord     | 68 | Bremen                   | M50    | 52 | 1:14:37 |
| 382   | 113 | Willerts, Elfriede | 36 | LG Wilhelmshaven         | W80    | 1  | 1:16:27 |
| 383   | 114 | Hinz, Gunda        | 58 | SG akquinet              | W60    | 5  | 1:16:35 |
| 384   | 115 | Weichert, Doris    | 61 | Sg akquinet Lemwerder    | W55    | 7  | 1:16:35 |
| 385   | 270 | Müller, Magnus     | 41 | Vfl Ockenhausen          | M75    | 2  | 1:24:55 |
| 386   | 271 | Vandree, Reinhard  | 54 | WSSV                     | M60    | 12 | 1:34:39 |