

Platz	Name, Vorname	AK	Verein	10 KM	5 KM	Summe	Geschlecht
1	Hasselbach, Alexander	M30	BV Garrel	33:36:00	16:41:00	50:17:00	M
2	Hildebrand, Benno	M35	Bonn	35:10:00	17:20:00	52:30:00	M
3	Bellmann, Leif	MJU20	TuS Ofen	37:06:00	17:56:00	55:02:00	M
4	Rosenau, Piet	MJU18	TuS Ofen	37:47:00	18:11:00	55:58:00	M
5	Sündermann, Henning	M35	LF SFN Vechta	37:49:00	18:58:00	56:47:00	M
6	Michels, Martin	M45	Braunschweiger Laufclub	37:58:00	19:09:00	57:07:00	M
7	Kessing, Thomas	M30	BVGarrel	40:44:00	20:09:00	60:53:00	M
8	Morasch, Alexander	M40	BV Garrel	40:56:00	20:21:00	61:17:00	M
9	Bohmann, Ralf	M45	BV Garrel	41:43:00	20:28:00	62:11:00	M
10	Ueltzen, Hendrik	M35	Bremen	42:16:00	21:15:00	63:31:00	M
11	Kramer, Reiner	M50	BV Garrel	41:49:00	23:13:00	65:02:00	M
12	Menkens, Udo	M55	Team Lieken	43:04:00	21:59:00	65:03:00	M
13	Pancratz, Tobias	M35	SV Hansa Friesoythe Tri-Freak	45:16:00	22:08:00	67:24:00	M
14	Niemöller, Edgar	M55	TuS Ofen	45:06:00	22:57:00	68:03:00	M
15	Hülskamp, Christoph	M50	SV Molbergen	46:16:00	23:09:00	69:25:00	M
16	Kühling, Sascha	M35	BV Garrel	46:18:00	24:19:00	70:37:00	M
17	Zachewitz, Ludger	M50	ERDINGER Active TEAM	51:50:00	26:00:00	77:50:00	M
18	Thater, Ralf	M60	LSF Oldenburg	53:58:00	28:48:00	82:46:00	M
19	Lienland, Franz-Josef	M75	LSF Oldenburg	57:51:00	29:30:00	87:21:00	M
20	Tarasiewicz, Michal	M30	Friesoythe	58:19:00	31:07:00	89:26:00	M
1	Gerdes, Christina	WH	SCC Berlin	41:03:00	17:52:00	58:55:00	W
2	Rosenboom, Luzie	WH	BV Garrel	41:02:00	23:12:00	64:14:00	W
3	Wessels, Elke	W45	1. TCO Die Bären	49:28:00	23:41:00	73:09:00	W
4	Schroback, Cordula	W40	Team Lidl	49:22:00	24:48:00	74:10:00	W
5	Schwerter, Lea	WH	BV Garrel	50:27:00	26:12:00	76:39:00	W
6	Röder, Sabine	W40	Wilhelmshaven	50:47:00	26:01:00	76:48:00	W
7	Stamer, Andrea Isabelle	W55	ise GmbH	53:32:00	25:32:00	79:04:00	W
8	Plate, Vera	W50	Braunschweiger Laufclub	53:18:00	26:52:00	80:10:00	W
9	Pietrucha, Gerda	W70	Wildeshausen	57:26:00	29:23:00	86:49:00	W
10	Raker, Kerstin	W45	BV Garrel	58:21:00	30:56:00	89:17:00	W