

# 10 km - Gesamtwertung

# 3. Sparkassenlauf Aurich - 18. Juni 2010

## Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-PI	AK	Jahr
1	555	Dietrich Georg	LG Braunschweig	0:31:45	0:31:46	1	M40	1970 07:27 07:24 07:27 07:37
2	679	Mäschig Michael	LG Wilhelmshaven	0:35:02	0:35:02	1	M30	1977 08:10 08:15 08:21 08:24
3	1061	Krawietz Leander	Emder LG	0:36:33	0:36:34	1	M35	1971 08:23 08:48 08:44 08:43
4	585	Folkers Andreas	Ihlow	0:36:38	0:36:39	2	M30	1976 08:30 08:44 08:45 08:43
5	654	Janssen Ingo	*Emden	0:37:22	0:37:23	1	MHK	1985 08:23 08:50 09:07 09:07
6	790	Titze Frank	Friedeburg - TuS Strudden	0:37:58	0:37:59	2	M40	1968 08:47 08:59 09:13 09:05
7	547	Christians Borchard	LG Ostfriesland	0:38:51	0:38:52	1	M50	1958 09:03 09:11 09:19 09:19
8	791	Tobiassen Jan	MTV Aurich Triathlon	0:39:31	0:39:33	3	M40	1970 09:01 09:22 09:32 09:31
9	687	Meyer Thomas	SC Wiesens	0:39:32	0:39:35	4	M40	1969 09:16 09:17 09:24 09:26
10	567	Eickholt Matthias	Emden	0:39:42	0:39:43	2	MHK	1986 09:04 09:30 09:34 09:35
11	746	Schiller Stefan	FC Deutsche Post	0:39:57	0:39:58	3	M30	1976 08:55 09:20 09:48 09:56
12	518	Becker Axel	Emder LG	0:40:17	0:40:20	2	M50	1960 09:30 09:30 09:35 09:32
13	662	Köster Clemens	MTV Aurich Triathlon	0:40:30	0:40:32	2	M35	1973 09:14 09:31 09:45 09:52
14	711	Orth David	TGV Schotten	0:40:44	0:40:46	3	MHK	1987 09:34 09:31 09:40 09:49
15	636	Hommers Rolf	SV Concordia Suurhusen	0:40:50	0:40:52	4	M30	1979 09:42 09:43 09:44 09:28
16	1057	Costen Maximilian	SG Egels Popens	0:41:01	0:41:05	1	MJB	1994 09:27 09:36 09:55 09:57
17	248	Cassoli Jair		0:41:08	0:41:11	5	M30	1977 09:16 09:48 10:12 09:50
18	774	Siemens Marc - Oliver	MTV Aurich Triathlon	0:41:20	0:41:27	3	M35	1971 09:37 09:52 09:54 09:47
19	1052	Meyeraan Harald	Hinte	0:41:26	0:41:30	1	M45	1964 09:34 09:47 09:56 09:59
20	734	Rotte Uwe	*Ihlow	0:41:28	0:41:34	3	M50	1960 09:35 09:42 09:57 09:59
21	807	Wallis Daniel	SC Wiesens	0:41:39	0:41:47	2	MJB	1994 09:35 09:40 09:56 09:59
22	664	Kohles Manfred	TSV Sonnefeld	0:41:56	0:41:58	4	M50	1960 09:48 09:54 10:01 10:05
23	519	Behrends Andre	Crocodiles Ihlow	0:42:02	0:42:03	4	MHK	1990 09:17 10:00 10:24 10:16
24	861	Anward Jens	Ostr. Moosdorf	0:42:13	0:42:21	5	MHK	1988 09:56 10:03 10:06 09:49
25	707	Oldenettel Ingo	FC ST. Pauli-Triathlon	0:42:15	0:42:24	6	M30	1977 09:38 10:15 10:20 09:52
26	725	Recknagel Bernd	Hotel Waldquelle	0:42:28	0:42:31	5	M40	1967 09:47 09:57 10:12 10:26
27	510	Alberts Thomas	Loppersum	0:42:31	0:42:32	6	MHK	1981 10:08 10:04 10:10 09:46
28	941	Müller Jürgen		0:42:30	0:42:34	1	M55	1951 10:01 10:03 10:10 09:59
29	590	Friesenborg Jens	Cafe Einstein Emden	0:42:35	0:42:44	6	M40	1970 10:16 10:00 10:03 09:50
30	0	unbekannt DY0BW4S		0:42:37	0:42:45	7	MHK	10:05 10:02 10:08 10:04
31	860	Anward Karl-Heinz	Ostr. Moosdorf	0:42:37	0:42:45	2	M55	1952 10:04 10:03 10:08 10:04
32	594	Gastmann Stefan	*Emden	0:42:44	0:42:49	7	M30	1977 09:53 10:16 10:11 10:12
33	1079	Haake Ingo	AOK - Die Gesundheitskasse	0:42:48	0:42:52	7	M40	1969 09:51 10:08 10:19 10:15
34	732	Romanowski Arnold	Laufgemeinschaft Ostfriesland	0:42:53	0:42:55	1	M60	1946 09:59 10:03 10:14 10:20
35	783	Stöter Andreas	EWE Wattloopers	0:42:58	0:43:07	8	M40	1968 10:00 10:07 10:19 10:14
36	659	Klöver Günther	EWE Wattloopers	0:42:59	0:43:08	8	MHK	1983 09:58 10:08 10:20 10:14
37	1021	Redmers Christian	Textilreinigung Redmers	0:43:12	0:43:13	9	MHK	1990 10:02 10:00 10:27 10:16
38	905	Meenken Janno	Textilreinigung Redmers	0:43:12	0:43:13	3	MJB	1994 10:02 09:59 10:26 10:17
39	538	Büürma Conrad	Team Erdinger Alkoholfrei	0:43:12	0:43:18	4	M35	1972 10:04 10:06 10:15 10:20
40	583	Flagmeyer Jörg	Cafe Einstein Emden	0:43:13	0:43:22	8	M30	1978 10:17 10:00 10:14 10:17
41	620	Hellhund Kai	Cafe Einstein Emden	0:43:14	0:43:23	9	M30	1976 10:16 10:01 10:27 10:04
42	534	Bohlen Wolfgang	*Aurich	0:43:19	0:43:37	5	M35	1971 10:10 10:07 10:13 10:25
43	630	Hinrichs Enno	LG Großefehn	0:43:39	0:43:46	2	M45	1961 09:56 10:20 10:37 10:34
44	743	Schäfer Walter	SG Holzheim	0:43:52	0:43:55	2	M60	1946 10:06 10:17 10:33 10:39
45	614	Harms Meinhard	TSV Riepe	0:43:54	0:43:57	3	M60	1950 10:12 10:28 10:23 10:36
46	559	Dirksen Claus	Lg-Ostfriesland	0:43:58	0:44:02	5	M50	1956 10:09 10:30 10:33 10:30
47	650	Janssen Andre	*Aurich	0:44:07	0:44:14	4	MJB	1993 10:04 10:24 10:53 10:25
48	693	Müller Frank	Sparkasse	0:44:06	0:44:17	6	M35	1972 10:16 10:27 10:23 10:34
48	1601	Müller Gerold		0:44:07	0:44:17	3	M55	1953 10:16 10:27 10:23 10:34
50	1058	Kruse Friedhelm	LG Ostfriesland	0:44:18	0:44:22	6	M50	1956 10:23 10:31 10:31 10:31
51	1049	Ludwig Helmut	LG Ostfriesland	0:44:47	0:44:48	7	M50	1958 10:10 10:29 10:51 11:00
52	709	Ommen Bernhard	Störtebeker Loopers TVM	0:44:44	0:44:50	9	M40	1970 10:11 10:34 10:40 11:01
53	531	Börchers Bernd	*Aurich	0:44:56	0:45:04	3	M45	1964 10:28 10:39 10:40 10:41
54	741	Schäfer Marco Julian	Moorlage	0:44:49	0:45:06	1	MJA	1992 10:45 10:42 10:36 10:22
55	586	Fortmann Peter	*Aurich	0:45:23	0:45:38	10	M40	1966 10:19 10:42 10:54 10:59
56	803	Von Kentzinsky Roland	TG Wiesmoor	0:45:38	0:45:42	4	M60	1948 10:35 10:50 10:50 10:53
57	525	Berghaus Jens	Realschule Aurich	0:45:41	0:45:45	8	M50	1959 10:26 10:41 10:55 11:09
58	1028	Strümpel Andy	Autohaus Tekken	0:46:04	0:46:09	7	M35	1972 10:53 10:48 11:01 10:54
59	742	Schäfer Thomas	LG Wilhelmshaven	0:46:07	0:46:12	11	M40	1968 10:42 11:00 11:12 10:36
60	681	Meinema Alle-Jan	*Moordorf	0:46:05	0:46:14	4	M45	1961 10:58 11:05 11:01 10:24
61	528	Bleeker Rolf	SV Georgsheil	0:46:01	0:46:14	5	M45	1961 11:00 11:04 11:01 10:24
62	533	Bohlen Rainer	LG Uplengen	0:46:09	0:46:15	10	MHK	1987 10:47 11:04 11:12 10:43

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## 3. Sparkassenlauf Aurich - 18. Juni 2010

## Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-PI	AK	Jahr					
63	797	Treinius Martin	Schortens	0:46:07	0:46:18	8	M35	1974	10:10	11:07	11:27	11:14	
64	800	Ulrichs Theo	*Ogenbargen	0:46:30	0:46:33	5	M60	1950	10:34	10:54	11:18	11:22	
65	639	Hummerich Ludwig	Emder LG	0:46:13	0:46:33	9	M50	1960	11:03	11:10	10:59	10:22	
66	613	Harms Johann	LT TuS Aurich-Ost	0:46:26	0:46:39	10	M50	1957	10:53	11:08	11:03	10:52	
67	822	Winter Heinrich	LT TUS Aurich-Ost	0:46:44	0:46:52	11	M50	1957	10:53	11:02	11:12	11:06	
68	1056	Sanders Daniel	LG Großefehn	0:46:40	0:46:57	10	M30	1979	10:44	11:11	11:12	11:00	
69	615	Harms Okko	Gymnasium Ulicianum Aurich	0:46:46	0:46:58	5	MJB	1994	10:54	11:06	11:06	11:08	
70	697	Neblich Norman	Physio á Mare	0:46:45	0:47:09	2	MJA	1992	10:38	10:51	11:13	11:36	
71	656	Janßen Dieter	L G - Glave Gruppe	0:47:03	0:47:10	12	M40	1966	10:49	11:08	11:13	11:24	
72	688	Meyerhoff Helmut	LG-Ostfriesland	0:47:07	0:47:12	6	M45	1962	10:52	11:08	11:19	11:16	
73	674	Leeling Frank	Emder LG	0:47:09	0:47:15	13	M40	1968	10:46	11:07	11:21	11:21	
74	513	Bartels Björn	Team www.runnersmap.info	0:47:10	0:47:17	11	MHK	1989	10:48	11:07	11:19	11:24	
75	1064	Fäuders Enno	KGS Hage-Norden	0:47:30	0:47:35	14	M40	1966	11:04	11:24	11:26	11:11	
76	821	Winkler Gerd	Königswartha SV	0:47:33	0:47:37	7	M45	1962	10:50	11:25	11:29	11:29	
77	780	Stadlander Koos	Aquilo Winschoten	0:47:35	0:47:38	8	M45	1962	10:55	11:11	11:17	11:42	
78	1053	Schoon Reiner	LG Großefehn	0:47:33	0:47:40	9	M45	1964	10:44	11:21	11:27	11:40	
79	1059	Bülscher Fritz	LG Glave Gruppe	0:47:35	0:47:42	4	M55	1954	11:08	11:14	11:18	11:19	
80	968	Wunder Uwe	Berumbur	0:47:39	0:47:45	15	M40	1967	10:54	11:21	11:30	11:22	
81	748	Schmeding Jörg	Druckerei Meyer GmbH	0:47:40	0:47:46	16	M40	1966	11:10	11:29	11:17	11:12	
82	607	Günsel Lutz	Druckerei Meyer GmbH	0:47:40	0:47:46	17	M40	1969	11:10	11:28	11:17	11:13	
83	698	Neeland Jörg	Aurich	0:47:44	0:47:49	10	M45	1965	11:03	11:19	11:21	11:29	
84	666	Kortylack Michael	Emder LG	0:47:44	0:47:54	6	M60	1948	10:57	11:17	11:27	11:32	
85	799	Ubben Bernd	ubben-haus laufteam	0:47:42	0:47:58	12	M50	1959	11:07	11:12	11:28	11:24	
86	233	Kruse Bernd	SV Stiekelkamp	0:48:10	0:48:15	18	M40	1967	10:53	11:13	11:40	11:51	
87	890	Graalfs Frederic	OHV Aurich	0:48:11	0:48:22	1	MSchA	1995	10:55	11:25	11:20	12:01	
88	932	Maibaum Lars		0:48:09	0:48:26	9	M35	1971	11:15	11:13	11:29	11:30	
89	561	Doden Johann	Emder Lauf Gemeinschaft	0:48:18	0:48:28	13	M50	1959	11:07	11:28	11:36	11:39	
90	587	Friedrich Wolfgang	Leinerstift e.V.	0:48:27	0:48:31	11	M45	1963	11:02	11:23	11:33	12:01	
91	817	Willms Johann	LG Poldersiel	0:48:26	0:48:34	14	M50	1956	11:31	11:34	11:26	11:14	
92	241	Pretl Tim	Wi sünd Holtriem	0:48:39	0:48:52	11	M30	1978	11:33	11:26	11:21	11:30	
93	240	Jakobs Günter	Wi sünd Holtriem	0:48:39	0:48:53	19	M40	1968	11:33	11:27	11:21	11:29	
94	242	Schmidtke Bernd	Wi sünd Holtriem	0:48:39	0:48:53	15	M50	1959	11:33	11:27	11:20	11:30	
95	506	Ackmann Heiko	LG Ostfriesland	0:48:49	0:48:58	20	M40	1966	11:27	11:33	11:38	11:33	
96	677	Luppa Mario	*Jever	0:48:46	0:48:58	21	M40	1968	11:13	11:36	11:50	11:40	
97	626	Heyen Uwe	LG Großefehn	0:48:53	0:48:58	16	M50	1960	11:11	11:34	11:44	11:51	
98	844	Müller Tilko		0:48:50	0:49:05	12	MHK	1987	10:42	11:31	12:03	12:06	
99	753	Schmidt Hartmut	tbd Radsportteam	0:48:56	0:49:06	12	M45	1962	11:02	11:32	11:47	12:02	
100	692	Mühlenbrock Ewald	Druckerei Meyer GmbH	0:48:55	0:49:12	22	M40	1966	11:34	11:26	11:24	11:35	
101	723	Prikker Weert-Peter	Fortuna Logabirum	0:49:04	0:49:12	17	M50	1959	11:39	11:50	11:39	11:18	
102	1063	Harberts Lothar	TG Wiesmoor	0:49:05	0:49:15	10	M35	1974	11:33	11:51	11:45	11:18	
103	611	Hanssen Heyo	SC WIESENS	0:49:11	0:49:20	13	M45	1961	10:51	10:56	12:08	12:44	
104	733	Rother Gerhard	*Moormerland	0:49:06	0:49:21	11	M35	1975	11:02	11:32	12:01	11:55	
105	246	Saliger Heiner	Emder LG	0:49:23	0:49:26	12	M30	1976	11:23	11:39	11:54	11:51	
106	786	Tammen Kai	Fortuna Veenhusen	0:49:12	0:49:28	14	M45	1963	11:12	11:35	11:57	11:52	
107	0	Müller Marcel	NIGE	0:49:12	0:49:28	13	MHK	1987	11:12	11:36	11:57	11:53	
108	521	Behrends Nico	Laufftreff LG Großefehn	0:49:34	0:49:35	1	MSchB	1997	11:10	11:56	11:54	12:18	
109	724	Puschke Jörg	AOK Niedersachsen	0:49:25	0:49:41	23	M40	1970	11:16	11:37	11:57	12:02	
110	634	Hoffmann Hans-Joachim	LT TuS Aurich-Ost	0:49:39	0:49:56	7	M60	1948	11:43	11:50	11:47	11:43	
111	739	Schacha Dirk	*Westoverledingen	0:50:02	0:50:13	12	M35	1971	11:17	11:50	12:17	12:05	
112	1055	Harms Joachim	LG Großefehn	0:50:10	0:50:18	15	M45	1961	10:57	11:55	12:26	12:33	
113	580	Fengkohl Frank	Fortuna Wirdum	0:50:15	0:50:23	18	M50	1960	11:35	11:52	12:10	11:54	
114	1031	Janowski Michael	www.praxiswelten.com	0:50:26	0:50:32	24	M40	1966	11:56	11:57	12:05	11:39	
115	1039	Rasner Volker	MTV Wittmund	0:50:35	0:50:41	19	M50	1960	11:51	12:00	12:10	11:56	
116	814	Wilken Dr. Joachim	Ubbo-Emmius-Klinik Aurich	0:50:23	0:50:41	13	M35	1972	11:48	11:51	11:54	11:56	
117	596	Gerdes Michael	LG Großefehn	0:50:32	0:50:44	14	M35	1972	11:46	11:52	12:05	12:03	
118	901	Büscher Tammo	Uricianum Aurich	0:50:38	0:51:00	6	MJB	1994	11:31	11:46	12:15	12:15	
119	973	Grübner Tim	Sparkasse Aurich-Norden	0:50:48	0:51:04	15	M35	1975	11:47	12:09	12:13	12:01	
120	900	Büscher Johann		0:50:45	0:51:06	25	M40	1968	11:31	11:46	12:15	12:22	
121	808	Walther Kai	SuS Timmel	0:51:13	0:51:27	13	M30	1977	11:46	12:16	12:24	12:06	
122	514	Bartels Gert	Team www.runnersmap.info	0:51:26	0:51:33	20	M50	1959	11:35	12:05	12:31	12:33	
123	633	Hippen Johann	*Aurich	0:51:32	0:51:44	26	M40	1967	11:18	12:08	13:04	12:28	
124	812	Welling Torsten	*Wittmund	0:51:45	0:51:51	16	M45	1964	11:50	12:09	12:29	12:41	

# 10 km - Gesamtwertung

# 3. Sparkassenlauf Aurich - 18. Juni 2010

## Männer

Platz	Startnr	Name	Verein*/Ort	Netto	Brutto	AK-Pl	AK	Jahr					
125	940	Eilts Holger	WSV Harle	0:51:43	0:51:55	14	MHK	1986	11:35	11:40	13:11	12:38	
126	651	Janssen Günter	MTV Aurich TRIA	0:51:42	0:51:56	1	M65	1943	11:54	12:16	12:20	12:23	
127	801	Van der Berg Axel	*Moorerland	0:51:51	0:52:07	16	M35	1973	11:50	12:15	12:33	12:35	
128	756	Schmidt Robert	*Aurich	0:53:13	0:53:23	7	MJB	1993	12:01	13:08	12:53	12:26	
129	804	Von Preyss Bodo	Faultierfreunde	0:53:16	0:53:25	1	M70	1939	12:37	12:37	12:38	12:37	
130	1065	Janßen Siegfried		0:53:10	0:53:26	15	MHK		12:15	12:45	12:35	12:47	
131	795	Trauernicht Harald	Cellagon T-Go	0:53:07	0:53:29	27	M40	1969	12:13	12:35	12:41	12:48	
132	562	Doden Meinhard	SV-Georgsheil	0:53:30	0:53:43	17	M45	1962	12:15	12:53	12:45	12:53	
133	811	Welke Andreas	Emder LG	0:53:40	0:53:57	21	M50	1957	12:42	12:44	12:42	12:33	
134	244	Hagen Gerhard		0:54:00	0:54:18	18	M45	1961	12:18	12:48	12:57	13:12	
135	1602	Sahbaz Faruk		0:54:38	0:54:51	19	M45	1963	12:06	12:34	13:21	13:48	
136	760	Schön Thomas	DLRG LEER	0:54:34	0:54:57	20	M45	1965	12:37	12:59	13:05	13:03	
137	959	Dürlich David	Optik zentrum Aurich	0:53:35	0:55:14	16	MHK	1981	12:49	12:42	12:55	12:29	
138	616	Harms Thomas	BV Lütje Holt	0:55:03	0:55:24	28	M40	1967	12:47	13:04	13:05	13:19	
139	658	Kleen Heinrich	LG Großefehn	0:55:28	0:55:50	22	M50	1958	12:41	13:01	13:22	13:30	
140	560	Dirksen Ralf	Emder LG	0:55:44	0:56:15	21	M45	1963	13:06	13:04	13:26	13:14	
141	782	Stocker Ralf	*Aurich	0:56:18	0:56:27	8	M60	1947	12:25	13:14	13:51	14:07	
142	956	Heidenbluth Horst	ADFC OG Schortens	0:57:29	0:57:50	1	M80	1930	13:41	13:25	13:47	13:22	
143	249	Habben Bernd	SV Wybelsum	0:57:40	0:57:55	23	M50	1960	12:25	13:09	14:09	15:03	
144	965	Quitkat Daniel		0:57:40	0:57:58	14	M30	1979	12:57	13:16	13:49	14:36	
145	552	Deecken Werner	*Aurich	0:58:28	0:58:50	5	M55	1951	12:59	14:06	14:08	14:17	
146	600	Göhler Christoph	Aurich	0:58:34	0:58:55	2	M70	1939	13:10	13:58	14:09	14:16	
147	755	Schmidt Jochen	LT TuS Aurich-Ost	0:58:58	0:59:21	29	M40	1966	13:42	14:00	13:58	14:18	
148	565	Eiben Peter	Ruderverein ARGO Aurich	0:59:11	0:59:34	17	MHK	1987	13:43	13:58	14:17	14:10	
149	854	Janssen Heinrich	MTV Tria	0:59:41	0:59:56	1	M75	1934	14:00	14:03	14:11	14:22	
150	972	Müller Magnus	VfL Ockenhausen	1:06:32	1:06:43	2	M65	1941	15:41	15:44	15:48	16:09	
151	728	Rehbock Wifried	RSC-Papenburg	1:06:59	1:07:20	22	M45	1964	15:30	15:53	16:01	16:11	

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# 3. Sparkassenlauf Aurich - 18. Juni 2010

## Frauen

Platz	Startnr	Name	Verein/*Ort	Netto	Brutto	AK-Pl	AK	Jahr					
1	250	Jürrens Inga		0:37:34	0:37:36	1	WHK	1982	08:46	08:52	08:55	09:00	
2	657	Kanditt Katja	Mönchengladbacher LG	0:40:13	0:40:15	1	W30	1977	09:19	09:29	09:35	09:44	
3	577	Evers Kerstin	BSG Sparkasse Emsland	0:41:59	0:42:02	2	W30	1977	09:45	10:01	10:06	09:58	
4	247	Romberg Petra	MTV Aurich Triathlon	0:42:02	0:42:06	1	W40	1970	09:43	09:52	10:13	10:03	
5	605	Günsel Christina	Druckerei Meyer GmbH	0:42:37	0:42:39	2	W40	1970	09:56	10:13	10:11	10:03	
6	524	Benkendorf Nicole	LT TuS Aurich-Ost	0:43:27	0:43:30	3	W30	1980	10:03	10:13	10:22	10:28	
7	637	Horn Jeannette	LG Wilhelmshaven	0:46:52	0:46:56	3	W40	1970	10:46	10:56	11:12	11:21	
8	517	Baumann Marion	TUS Zetel	0:48:01	0:48:04	1	W35	1971	11:02	11:17	11:32	11:38	
9	759	Schön Roswitha	DLRG LEER	0:48:05	0:48:27	4	W40	1969	11:04	11:10	11:37	11:37	
10	952	Glanzer Elfriede	Wi sund Holtriem	0:48:57	0:49:00	1	W45	1961	11:18	11:40	11:48	11:42	
11	967	Dirks Julia	LG Wilhelmshaven	0:48:52	0:49:12	4	W30	1976	11:42	11:52	11:34	11:07	
12	785	Süßen Sonja	LT Tus Aurich-Ost	0:49:57	0:50:03	5	W30	1978	11:38	11:50	11:56	11:58	
13	610	Hanssen Anke	SC WIESENS	0:50:06	0:50:18	1	WJA	1991	11:36	12:02	12:15	11:37	
14	1077	Löschen Veronique	Bundeswehr Leer	0:50:04	0:50:24	6	W30	1980	11:46	11:59	12:03	11:31	
15	663	Kohlenberg Inse	TuS Zetel	0:50:42	0:50:45	1	W60	1950	11:54	11:59	12:10	11:57	
16	794	Trauernicht Anne	Pfiffikus WST	0:50:32	0:50:47	5	W40	1969	11:45	11:57	12:09	12:04	
17	653	Janssen Imke	MTV Aurich	0:50:51	0:50:58	7	W30	1976	11:42	12:02	12:12	12:17	
18	720	Poppe Dr. Sabine	Holtroper Dwarsooper	0:51:17	0:51:33	2	W45	1965	11:47	12:13	12:23	12:13	
19	598	Gerken Regina	Fortuna Wirdum	0:51:58	0:52:06	3	W45	1965	11:50	12:14	12:35	12:34	
20	665	Kohles Maria	TSV Sonnefeld	0:53:19	0:53:30	4	W45	1963	12:32	12:37	12:42	12:39	
21	962	Rademacher Gudrun		0:53:29	0:53:47	2	W35	1974	12:43	12:45	12:35	12:28	
22	695	Müller Petra	Realschule Aurich	0:54:38	0:54:40	5	W45	1964	12:33	12:58	13:04	13:18	
23	1054	Agena-Schoon Thea	LG Großefehn	0:54:44	0:54:56	6	W45	1962	12:56	12:58	12:54	12:59	
24	706	Olbrich Birgit	Leinerstift e.V.	0:54:49	0:55:00	1	W50	1957	12:47	13:00	13:06	13:06	
25	1062	Loers Monika	TG Wiesmoor	0:55:00	0:55:09	3	W35	1975	12:48	13:04	13:01	13:12	
26	758	Schömig Kerstin	Grundschule Hinte	0:55:31	0:55:42	6	W40	1968	12:52	12:57	13:19	13:19	
27	608	Hallenga Gunda	Therapiehuus Tannenhausen	0:56:18	0:56:37	2	WHK	1983	13:18	13:23	13:18	13:15	
28	649	Janke-Neeland Susanne	Aurich	0:57:55	0:58:13	7	W45	1963	13:18	13:23	13:31	14:39	
29	1076	Dirks Anne	TG Wiesmoor	0:58:38	0:58:55	8	W45	1962	13:49	13:58	13:55	13:51	
30	523	Behrens Elke	Ruderverein ARGO Aurich	0:59:11	0:59:34	4	W35	1972	13:43	13:58	14:17	14:10	
31	691	Mühlenbrock Antje	Druckerei Meyer GmbH	0:59:39	0:59:56	1	WSchA	1996	12:53	14:18	14:38	14:54	
32	623	Henninga Inga	KGS Großefehn	0:59:53	0:59:57	1	WSchB	1998	13:06	14:56	14:58	14:10	
33	770	Seger Insa-Antje	*Emden	0:59:47	0:59:58	5	W35	1973	14:09	14:14	14:13	13:49	
34	668	Krüsman Dina	SV Großefehn	0:59:54	0:59:58	2	WSchB	1997	13:04	14:55	14:58	14:11	
35	685	Meyer Ingrid	*Emden	1:00:23	1:00:34	9	W45	1965	14:12	14:13	14:13	14:24	
36	930	Stegelman Astrid		1:00:20	1:00:38	2	W60	1948	14:25	14:12	14:13	14:07	
37	1078	Klinkenborg Silvia	LG TV Bunde	1:01:04	1:01:24	7	W40	1970	14:12	14:13	14:31	14:55	
38	578	Fangmann Andrea	RuB GmbH	1:01:14	1:01:34	3	WHK	1983	13:59	14:15	14:41	15:09	
39	793	Trauer Dörthe	*Aurich	1:01:19	1:01:38	8	W30	1977	13:42	14:12	15:08	15:12	
40	673	Leeling Barbara	Emder LG	1:03:05	1:03:19	10	W45	1965	13:43	15:03	15:29	15:49	
41	520	Behrends Maren	*Leer	1:03:20	1:03:40	9	W30	1977	14:12	14:21	15:25	16:09	
42	708	OldermannA Helga	*Aurich	1:04:42	1:04:44	3	W60	1950	14:52	15:26	15:39	15:32	
43	757	Schmitt Hans	Ruderverein ARGO Aurich	1:04:22	1:04:45	1	W65	1942	14:18	15:15	15:57	15:46	
44	592	Garrelts Anke	Therapiehuus Tannenhausen	1:06:29	1:06:49	10	W30	1979	15:30	15:41	15:47	16:06	
45	689	Meyring Lisa	RSC-Papenburg	1:07:00	1:07:20	11	W45	1965	15:30	15:53	16:00	16:11	