

## 19. Triathlon "Thülsfelder Talsperre" am 07.08.2016

### Ergebnisliste Volkstriathlon (0,5/20/5)

Platz	M/W	Name	Vorname	JG	Verein	AK	Pl.AK	Zeit	Schwim	Pl.	Rad	Pl.	Lauf	Pl.
1	1	Hinrichs	Jesse	1998	1. TCO Die Bären Oldenburg	mJun	1	00:59:23	00:08:56	1	00:31:39	4	00:18:48	1
2	2	Lembcke	Nicholas	1984	LC Nordhorn	TM30	1	01:00:32	00:09:43	2	00:31:36	3	00:19:13	4
3	3	Siedlitzki	Christian	1965	LAV Verden	TM50	1	01:01:03	00:10:54	3	00:31:06	1	00:19:03	3
4	4	Meemken	Janno	1994	DSC Oldenburg	TM20	1	01:03:25	00:11:18	5	00:32:08	5	00:19:59	6
5	5	Frerichs	Jamal	1993	TuS BW Lohne Triathlon	TM20	2	01:03:31	00:11:00	4	00:33:30	15	00:19:01	2
6	6	Strotmann	Matthias	1974	Haselünner Sportverein	TM40	1	01:03:54	00:13:22	27	00:31:15	2	00:19:17	5
7	7	Müller	Jens Oliver	1981	Harpstedter TB Triathlon	TM35	1	01:06:14	00:12:48	19	00:32:24	7	00:21:02	12
8	8	Deyen	Stefan	1981	TRI Freaks SV Hansa Friesoythe	TM35	2	01:06:40	00:13:33	29	00:32:35	8	00:20:32	10
9	9	Büscher	Torsten	1967	1. TCO Die Bären Oldenburg	TM45	1	01:06:47	00:12:00	10	00:32:22	6	00:22:25	27
10	10	Kallabis	Michael	1969	SuS Darne	TM45	2	01:06:58	00:12:02	11	00:33:09	12	00:21:47	17
11	11	Eickhoff	Eckart	1968	1. Nienburger SC	TM45	3	01:07:41	00:12:13	14	00:33:20	13	00:22:08	24
12	12	Pancratz	Tobias	1985	TRI Freaks SV Hansa Friesoythe	TM30	2	01:08:05	00:12:44	18	00:34:11	22	00:21:10	14
13	13	de Vries	Herbert	1969	Emder LG	TM45	4	01:08:30	00:12:21	16	00:34:01	21	00:22:08	25
14	14	Kankel	Jens	1966	1. TCO Die Bären Oldenburg	TM50	2	01:09:03	00:11:40	7	00:32:36	9	00:24:47	60
15	15	Grund	Ole	1965	1. TCO Die Bären Oldenburg	TM50	3	01:09:19	00:11:44	9	00:34:57	31	00:22:38	31
16	16	Meinert	Detlef	1969	Harpstedter TB Triathlon	TM45	5	01:09:35	01:14:17	38	00:33:47	18	00:21:31	16
17	17	Schluchter	Thommy	1972	Tri Team TuS Engter	TM40	2	01:10:10	00:14:28	41	00:33:35	16	00:22:07	22
18	1	Günthner	Antje	1975	1. TCO Die Bären Oldenburg	TW40	1	01:10:16	00:13:47	33	00:34:22	25	00:22:07	23
19	18	Ellger	Leon	1998	Sportprofil CAG	mJun	2	01:10:17	00:15:21	60	00:34:56	30	00:20:00	7
20	19	Scheele	Christian	1975	1. TCO Die Bären Oldenburg	TM40	3	01:10:33	00:13:04	22	00:33:59	20	00:23:30	43
21	2	Lammers	Kira	1990	1. TCO Die Bären Oldenburg	TW25	1	01:10:36	00:12:03	12	00:36:18	51	00:22:15	26
22	3	von Lehmden	Teresa	1987	TuS BW Lohne Triathlon	TW25	2	01:10:41	00:11:26	6	00:35:40	43	00:23:35	45
23	20	Rüther	Timo	1986	MTV Aurich	TM30	3	01:10:42	00:12:04	13	00:35:59	45	00:22:39	32
24	21	Karweit	Klemens	1990	1. TCO Die Bären Oldenburg	TM25	1	01:10:55	00:12:19	15	00:33:58	19	00:24:38	57
25	22	Glose	Frank	1966	TuS Bersenbrück	TM50	4	01:11:03	00:14:29	42	00:33:39	17	00:22:55	37
26	23	Unland	Ralf	1964	Tri Team TuS Engter	TM50	5	01:11:24	00:12:23	17	00:34:39	26	00:24:22	52
27	24	Gerdelmann	Dirk	1979	TuS Haren Leichathletik	TM35	3	01:11:31	00:13:34	30	00:36:37	57	00:21:20	15
28	25	Wegener	Timo	1985	RSC Papenburg	TM30	4	01:11:38	00:15:02	55	00:33:21	14	00:23:15	41
29	26	Schulan	Anatolij	1979		TM35	4	01:12:38	00:13:39	31	00:36:54	68	00:22:05	21
30	27	Casser	Matthis	1998	VfL Lönigen	mJun	3	01:12:41	00:11:41	8	00:36:07	47	00:24:53	61
31	28	Deters	Jens	1971	TuS BW Lohne Triathlon	TM45	6	01:12:42	00:17:26	96	00:32:42	10	00:22:34	29
32	29	Broekmann	Manuel-Ralf	1989	SG Akquinet Lemwerder	TM25	2	01:13:08	00:18:01	104	00:35:07	35	00:20:00	8
33	30	Timmer	Stephan	1986		TM30	5	01:14:01	00:15:56	71	00:35:11	36	00:22:54	36
34	31	Frerichs	Manfred	1958	Emder LG	TM55	1	01:14:03	00:16:05	75	00:34:21	24	00:23:37	47

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Platz	M/W	Name	Vorname	JG	Verein	AK	Pl.AK	Zeit	Schwim	Pl.	Rad	Pl.	Lauf	Pl.
35	32	Hanekamp	Dirk	2000	Sparta Werlte	mJA	1	01:14:14	00:14:20	40	00:35:22	38	00:24:32	55
36	33	Hanekamp	Klaus	1969	Sparta Werlte	TM45	7	01:14:32	00:15:52	70	00:35:36	41	00:23:04	38
37	34	Reiffers	Jan	1966	GVAV Triathlon Groningen	TM50	6	01:14:48	00:14:44	46	00:36:55	70	00:23:09	39
38	35	Peters	Jürgen	1969	Haselünner Sportverein	TM45	8	01:15:02	00:13:18	25	00:34:55	29	00:25:49	74
39	4	Dammann	Dörte	1972	Tri Lizards	TW40	2	01:15:02	00:14:06	34	00:37:17	79	00:23:39	49
40	36	Richard	Rembert	1965	VfL Lönigen	TM50	7	01:15:05	00:17:39	99	00:35:28	39	00:21:58	18
41	37	Wijnhoven	Bert	1960	Haselünner Sportverein	TM55	2	01:15:07	00:15:50	69	00:34:19	23	00:24:58	63
42	5	Löffler	Heike	1986	1. TCO Die Bären Oldenburg	TW30	1	01:15:11	00:12:51	20	00:39:11	118	00:23:09	40
43	38	Quatmann	Frank	1975	TSV Eintracht Hittfeld	TM40	4	01:15:25	00:14:11	35	00:36:08	48	00:25:06	65
44	39	Siemer	Linus	1995		TM20	3	01:15:32	00:12:51	21	00:36:57	72	00:25:44	72
45	6	Peters	Anne	1975		TW40	3	01:15:46	00:14:15	37	00:35:21	37	00:26:10	88
46	40	Boße	Martin	1963	TuS Bersenbrück	TM50	8	01:15:47	00:15:40	65	00:35:39	42	00:24:28	54
47	41	Brüning	Tom	1998	Copernicus Gymnasium	mJun	4	01:15:52	00:16:43	86	00:36:33	55	00:22:36	30
48	42	Witte	Daniel	1986	LT Spaß mit Sport, Leer	TM30	6	01:15:55	00:15:57	72	00:36:22	52	00:23:36	46
49	43	Toepfer	Karsten	1968	Quakenbrück	TM45	9	01:16:00	00:13:09	23	00:36:42	61	00:26:09	87
50	44	Moormann	Julius	2000	Copernicus Gymnasium	mJA	2	01:16:01	00:18:31	122	00:37:05	77	00:20:25	9
51	7	Büscher	Susanne	1967	1. TCO Die Bären Oldenburg	TW45	1	01:16:11	00:13:13	24	00:35:01	34	00:26:57	106
52	45	Lüken	Aloys	1972	BV Garrel	TM40	5	01:16:12	00:16:18	79	00:37:11	78	00:22:43	34
53	46	Szech	Manuel	1985	LP-Racing Team	TM30	7	01:16:20	00:14:44	47	00:32:57	11	00:28:39	129
54	47	Hause	Philip	1974		TM40	6	01:16:21	00:16:21	80	00:37:20	80	00:22:40	33
55	48	Sauer	Artur	1980	TuS Weene	TM35	5	01:16:25	00:15:34	62	00:38:04	91	00:22:47	35
56	49	Schulte	Frank	1977	TuS Emstekerfeld	TM35	6	01:16:37	00:16:49	88	00:37:49	90	00:21:59	19
57	50	Gerdas	Christoph	1965	WSF Neptun Köln-Mülheim	TM50	9	01:16:59	00:15:30	61	00:36:17	50	00:25:12	66
58	51	Heymann	Tobias	1989	Cool Runnings	TM25	3	01:17:04	00:13:20	26	00:36:29	53	00:27:15	112
59	52	Horn	Janpeter	1965	Team Laufrausch e.V.	TM50	10	01:17:07	00:14:34	45	00:36:42	62	00:25:51	75
60	53	Körner	Andreas	1966	Hammelwarder Strandfreunde	TM50	11	01:17:18	00:14:55	52	00:36:37	58	00:25:46	73
61	54	van der Wall	Kai	1983	SV Stikelkamp	TM30	8	01:17:26	00:15:36	63	00:34:53	28	00:26:57	107
62	55	Gödiker	Magnus	1974		TM40	7	01:17:41	00:19:59	155	00:36:58	73	00:20:44	11
63	56	Grüter	André	1988		TM25	4	01:17:53	00:15:06	56	00:36:29	54	00:26:18	90
64	57	Ferneding	Jan-Bernd	1986	LT Waldschleicher Lohne	TM30	9	01:17:55	00:15:44	66	00:36:37	59	00:25:34	70
65	58	Reents	Carsten	1969	Blexer TB	TM45	10	01:17:56	00:15:46	68	00:36:14	49	00:25:56	80
66	59	Hempel	Dennis	1989		TM25	5	01:18:12	00:14:56	53	00:37:01	74	00:26:15	89
67	60	Stegemann	Reinhard	1962		TM50	12	01:18:19	00:14:13	36	00:34:47	27	00:29:19	143
68	61	Görke	Marcell	1976	Harpstedter TB Triathlon	TM40	8	01:18:28	00:17:56	102	00:36:54	69	00:23:38	48
69	62	Brunsen	Jens	1974		TM40	9	01:18:31	00:16:01	74	00:34:58	32	00:27:32	117
70	63	Seiffert	Maximilian	1979	Oldenburger Schwimmverein	TM35	7	01:18:36	00:14:33	44	00:36:52	67	00:27:11	109

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71	64	Middelkamp	Stefan	1986		TM30	10	01:18:48	00:18:09	110	00:38:12	93	00:22:27	28
72	65	Gerber	Ronald	1961	Uni Triathlöwen Bremen	TM55	3	01:18:53	00:14:47	48	00:35:00	33	00:29:06	138
73	66	Möhlenkamp	Frank	1968	SuS Darne	TM45	11	01:19:36	00:14:57	54	00:36:36	56	00:28:03	123
74	67	Panwitz	Aaron	1999		mJA	3	01:19:38	00:18:39	127	00:37:41	88	00:23:18	42
75	8	Falkena	Trijntje	1982	MTV Aurich	TW30	2	01:19:44	00:14:51	50	00:37:22	81	00:27:31	115
76	68	Hanekamp	Christian	1964	Sparta Werlte	TM50	13	01:19:47	00:17:29	97	00:37:34	84	00:24:44	58
77	9	Friesenborg	Monika	1969	Emder LG	TW45	2	01:19:49	00:16:42	85	00:36:49	66	00:26:18	91
78	69	Engl	Herbert	1957	LT Tura 07 Westrhauderfehn	TM55	4	01:19:58	00:17:14	91	00:35:59	46	00:26:45	102
79	70	Berghoff	Timo	1984	SV Lähden	TM30	11	01:20:03	00:18:24	117	00:38:09	92	00:23:30	44
80	10	Brockmeier	Anna	1994		TW20	1	01:20:06	00:13:46	32	00:38:46	104	00:27:34	118
81	71	Asbrede	Sebastian	1983		TM30	12	01:20:14	00:13:30	28	00:39:50	129	00:26:54	105
82	72	Stoll	Matthias	1976	TuS Emstekerfeld	TM40	10	01:20:23	00:18:37	125	00:39:42	127	00:22:04	20
83	11	Trukatis	Carmen	1972	Arnie's Triathlonbande	TW40	4	01:20:31	00:15:20	59	00:38:49	105	00:26:22	93
84	73	Varnhorn	Eike-Sebastian	1985		TM30	13	01:20:31	00:17:20	94	00:38:35	100	00:24:36	56
85	74	ter Haseborg	Bodo	1980	TV Apen	TM35	8	01:20:56	00:14:31	43	00:38:24	96	00:28:01	122
86	75	Essig	Jens	1961	TSG Westerstede	TM55	5	01:21:20	00:18:18	114	00:37:04	76	00:25:58	81
87	76	Steinhoff	Michael	1968		TM45	12	01:21:29	00:19:09	139	00:35:31	40	00:26:49	103
88	77	Westermann	Norbert	1998	Copernicus Gymnasium	mJun	5	01:21:30	00:18:38	126	00:36:47	65	00:26:05	83
89	78	Rüther	Janis	1988		TM25	6	01:21:30	00:19:12	141	00:41:11	152	00:21:07	13
90	12	Göden	Ina	1967	Laufftreff Rastede	TW45	3	01:21:32	00:17:24	95	00:38:16	94	00:25:52	76
91	13	Parulewski	Nicole	1976		TW40	5	01:21:35	00:18:30	121	00:38:44	102	00:24:21	51
92	14	Wittek	Claudia	1969	MTV Aurich	TW45	4	01:21:44	00:16:36	84	00:38:32	99	00:26:36	99
93	79	de Wall	Michael	1969	MTV Aurich	TM45	13	01:21:45	00:14:54	51	00:39:51	130	00:27:00	108
94	80	Munk	Thomas	1968	Rhauderfehn	TM45	14	01:22:06	00:19:14	143	00:37:40	87	00:25:12	67
95	81	Revermann	Tobias	1972	Damme	TM40	11	01:22:14	00:18:06	107	00:39:23	123	00:24:45	59
96	82	Paul	Hannes	1993	SV Hansa Friesoythe Tri-Freaks	TM20	4	01:22:27	00:15:14	58	00:38:44	103	00:28:29	128
97	83	Wilkens	Bernd	1965	Triathlon Club Bremen	TM50	14	01:22:36	00:16:25	81	00:37:02	75	00:29:09	139
98	15	Meyerhoff	Jana	1999	TV Norden	wJA	1	01:22:38	00:15:07	57	00:38:21	95	00:29:10	141
99	84	Mühlena	Harold	1967		TM45	15	01:22:38	00:17:45	101	00:38:50	106	00:26:03	82
100	85	Rolfes	Hanno	1989		TM25	7	01:22:45	00:19:21	146	00:39:02	113	00:24:22	53
101	16	Wijnhoven	Janneke	1971	Haselünner Sportverein	TW45	5	01:22:49	00:17:59	103	00:35:55	44	00:28:55	135
102	17	Lohmann	Kerstin	1988		TW25	3	01:22:54	00:16:11	77	00:40:48	143	00:25:55	78
103	18	Werner	Tasja	1982	TuS Emstekerfeld	TW30	3	01:23:02	00:16:45	87	00:40:22	139	00:25:55	79
104	86	Heyens	Hans	1955		TM60	1	01:23:04	00:16:10	76	00:39:42	128	00:27:12	110
105	19	Aßmus	Sonka	1982	RG Sprinter Emden	TW30	4	01:23:25	00:16:31	83	00:37:39	86	00:29:15	142
106	20	Korte	Kathrin	1981		TW35	1	01:23:26	00:19:24	148	00:38:59	109	00:25:03	64

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Platz	M/W	Name	Vorname	JG	Verein	AK	Pl.AK	Zeit	Schwim	Pl.	Rad	Pl.	Lauf	Pl.
107	87	Diekmann	Chris	1999	Copernicus Gymnasium	mJA	4	01:23:40	00:18:07	108	00:41:45	159	00:23:48	50
108	21	Schleper	Carolin	1998	Copernicus Gymnasium	wJun	1	01:23:42	00:18:25	118	00:39:11	119	00:26:06	85
109	88	Winter	Markus	1977		TM35	9	01:23:46	00:19:01	135	00:38:24	97	00:26:21	92
110	89	Degenhardt	Dennis	1975	LT Gnadenlos	TM40	12	01:24:11	00:18:56	133	00:39:21	121	00:25:54	77
111	22	Tchorz	Christiane	1979	Harpstedter TB Triathlon	TW35	2	01:24:21	00:16:00	73	00:40:00	137	00:28:21	126
112	90	Paul	Michael	1960	SV Hansa Friesoythe Tri-Freaks	TM55	6	01:24:25	00:18:40	128	00:39:22	122	00:26:23	94
113	91	Meinert	Arwed Paul	1998	Harpstedter TB Triathlon	mJun	6	01:24:27	00:19:16	144	00:36:45	64	00:28:26	127
114	92	Wasserthal	Heiko	1954	Bardenflether TB	TM60	2	01:24:29	00:19:04	138	00:37:48	89	00:27:37	120
115	93	Ettinger	Max	1983		TM30	14	01:24:32	00:20:55	167	00:37:32	83	00:26:05	84
116	94	Raker	Volker	1973		TM40	13	01:24:45	00:18:08	109	00:39:24	124	00:27:13	111
117	95	Alexander	Dieter	1971		TM45	16	01:24:49	00:15:38	64	00:43:37	173	00:25:34	71
118	96	Jürgens	Volker	1985		TM30	15	01:24:50	00:19:40	151	00:37:36	85	00:27:34	119
119	23	Brüggemann	Katja	1993	Arnie's Triathlonbande	TW40	6	01:24:53	00:14:50	49	00:41:53	161	00:28:10	125
120	97	Wilke	Roland	1982	TV Cloppenburg	TM30	16	01:24:57	00:19:11	140	00:39:09	116	00:26:37	100
121	98	Scholz	Sascha	1978	TV Cloppenburg	TM35	10	01:24:57	00:19:13	142	00:39:05	114	00:26:39	101
122	99	Korn	Mik	1964	TS Hoykenkamp	TM50	15	01:25:11	00:18:19	116	00:36:40	60	00:30:12	153
123	24	Hacke	Friederike	1993	Hase-Team	TW20	2	01:25:18	00:14:19	39	00:41:34	157	00:29:25	145
124	100	Ostermann	Felix	1998	Copernicus Gymnasium	mJun	7	01:25:24	00:19:20	145	00:39:56	133	00:26:08	86
125	25	Aslan	Sarah	1979	Laufftreff Rastede	TW35	3	01:25:49	00:18:25	119	00:40:53	144	00:26:31	97
126	101	Jehle	Frank	1966	Laufftreff Rastede	TM50	16	01:25:49	00:20:59	168	00:39:27	125	00:25:23	69
127	102	Sextro	Markus	1984	VfL Oythe	TM30	17	01:25:55	00:18:32	123	00:40:58	146	00:26:25	96
128	26	Stoyke	Rita	1969	STV Barßel	TW45	6	01:25:57	00:19:02	136	00:42:00	164	00:24:55	62
129	103	Busse	Bernd	1970	Timmy-Team	TM45	17	01:26:01	00:19:43	153	00:39:54	132	00:26:24	95
130	104	Hacke	Andreas	1960	Hase-Team	TM55	7	01:26:03	00:18:36	124	00:39:56	134	00:27:31	116
131	105	Koch	Dennis	1978		TM35	11	01:26:06	00:18:57	134	00:37:22	82	00:29:47	147
132	106	Facklam	Horst	1955	Wirdum	TM60	3	01:26:18	00:18:16	113	00:39:19	120	00:28:43	130
133	27	Schmitz	Dagmar	1966	TSG Hatten-Sandkrug	TW50	1	01:26:40	00:16:54	89	00:40:59	147	00:28:47	133
134	28	Teuber	Martina	1974		TW40	7	01:26:50	00:16:57	90	00:39:06	115	00:30:47	162
135	107	Niemöller	Steffen	1995		TM20	5	01:26:54	00:19:22	147	00:41:00	148	00:26:32	98
136	108	Meißler	Frank	1973	SCR Langholt	TM40	14	01:27:06	00:20:13	158	00:36:56	71	00:29:57	150
137	109	Südkamp	Sven	1976		TM40	15	01:27:41	00:18:29	120	00:40:13	138	00:28:59	136
138	110	Rumpf	Holger	1964	VfL Lingen	TM50	17	01:27:43	00:21:51	177	00:39:01	111	00:26:51	104
139	111	Kruse	Maik	1984		TM30	18	01:27:57	00:15:44	67	00:41:27	155	00:30:46	161
140	112	Öing	Volker	1970	SV Lengerich-Handrup	TM45	18	01:28:02	00:18:03	106	00:38:29	98	00:31:30	171
141	113	Meyer	Bernd	1965	Das Ziel ist im Weg	TM50	18	01:28:11	00:21:55	178	00:38:59	110	00:27:17	113
142	114	König	Friedhelm	1971	Laufftreff Ramsloh	TM45	19	01:28:24	00:20:59	169	00:38:42	101	00:28:43	131

## 19. Triathlon "Thülsfelder Talsperre" am 07.08.2016

### Ergebnisliste Volkstriathlon (0,5/20/5)

Platz	M/W	Name	Vorname	JG	Verein	AK	Pl.AK	Zeit	Schwim	Pl.	Rad	Pl.	Lauf	Pl.
143	115	Willenborg	Sönke	1991		TM25	8	01:28:29	00:20:50	163	00:39:57	136	00:27:42	121
144	29	Behrens	Heike	1973	SSV Gristede	TW40	8	01:28:59	00:18:18	115	00:39:51	131	00:30:50	164
145	116	Kramer	Thorsten	1975	BW Ramsloh	TM40	16	01:29:07	00:21:15	171	00:42:40	168	00:25:12	68
146	30	Hopster	Sonja	1967	SV Hollenstede	TW45	7	01:29:26	00:16:26	82	00:42:38	167	00:30:22	154
147	117	Grotelüschen	Werner	1946		TM70	1	01:29:27	00:20:54	166	00:39:10	117	00:29:23	144
148	31	Vollstaedt	Tanja	1974		TW40	9	01:29:36	00:17:33	98	00:40:42	142	00:31:21	170
149	118	Raeker	Axel	1967		TM45	20	01:29:55	00:20:05	157	00:40:41	141	00:29:09	140
150	119	Oltmanns	Peter	1970	DJK Bösel	TM45	21	01:29:58	00:20:51	164	00:38:58	108	00:30:09	152
151	120	Fortmann	Ulrich	1966	Oldenburger Schwimmverein	TM50	19	01:30:31	00:16:16	78	00:43:41	174	00:30:34	156
152	32	Wallasch	Marina	1966	1. TCO Die Bären Oldenburg	TW50	2	01:30:44	00:17:15	92	00:41:53	162	00:31:36	172
153	121	Vollstaedt	Rene	1965		TM50	20	01:30:46	00:21:08	170	00:38:55	107	00:30:43	160
154	33	Steinhoff	Conny	1974		TW40	10	01:30:55	00:19:38	150	00:41:51	160	00:29:26	146
155	34	Purk	Carolin	1998	Copernicus Gymnasium	wJun	2	01:31:04	00:17:16	93	00:45:40	188	00:28:08	124
156	35	Fortmann	Franziska	1985	TuS BW Lohne Triathlon	TW30	5	01:31:50	00:18:01	105	00:41:44	158	00:32:05	174
157	122	Schaber	Thorsten	1966	OsterMen	TM50	21	01:32:15	00:18:46	131	00:39:01	112	00:34:28	180
158	123	Ihnen	Tido	1980		TM35	12	01:32:17	00:19:40	152	00:41:25	154	00:31:12	169
159	124	Holznapel	Lothar	1961	OTSV Preußisch Oldendorf	TM55	8	01:32:53	00:21:23	176	00:40:53	145	00:30:37	157
160	36	Krampe	Marie	1998		wJun	3	01:33:09	00:18:11	112	00:44:34	178	00:30:24	155
161	125	Willenborg	Andreas	1967		TM45	22	01:33:24	00:21:15	172	00:41:28	156	00:30:41	159
162	37	Peters	Karin	1975	Haselünner Sportverein	TW40	11	01:33:33	00:20:48	162	00:41:56	163	00:30:49	163
163	126	Bahlmann	Bernd	1965		TM50	22	01:33:48	00:20:02	156	00:42:49	169	00:30:57	165
164	38	Weiß	Andrea	1970		TW45	8	01:33:57	00:18:43	129	00:45:26	184	00:29:48	149
165	39	Zerhusen	Gudrun	1972		TW40	12	01:33:57	00:18:43	130	00:45:27	186	00:29:47	148
166	127	Diekmann	Edo	1959		TM55	9	01:34:09	00:19:02	137	00:39:56	135	00:35:11	183
167	128	von Lehmden	Frank	1969	Blau Weiß Lohne	TM45	23	01:34:23	00:21:21	175	00:41:11	153	00:31:51	173
168	129	Knüppel	Horst	1942	Elisabethfehn	TM70	2	01:35:02	00:20:47	161	00:39:39	126	00:34:36	181
169	130	Hemmen	Andreas	1969	Haselünner Sportverein	TM45	24	01:35:08	00:23:24	188	00:42:51	170	00:28:53	134
170	131	Meyer	Philipp	1986		TM30	19	01:35:10	00:23:40	189	00:40:23	140	00:31:07	167
171	40	Klein	Birgit	1981	Team Laufrausch e.V.	TW35	4	01:35:21	00:21:17	173	00:43:26	172	00:30:38	158
172	132	Brüning	Oliver	1967		TM45	25	01:35:22	00:21:19	174	00:36:44	63	00:37:19	187
173	133	Galeotti	Oliver	1970	Team Erdinger Alkoholfrei	TM45	26	01:35:22	00:23:05	185	00:41:10	151	00:31:07	168
174	41	Hobben	Nicole	1979	SF Littel	TW35	5	01:35:22	00:23:11	186	00:41:05	150	00:31:06	166
175	134	Hirschmann	Martin	1965	DLRG Cloppenburg	TM50	23	01:35:30	00:22:20	181	00:44:05	176	00:29:05	137
176	42	Gronewold	Anke	1980		TW35	6	01:35:49	00:19:55	154	00:41:00	149	00:34:54	182
177	135	Sinning	Ludwig	1963	Kreuzfahrten Sinning Leer	TM50	24	01:35:50	00:20:21	159	00:43:02	171	00:32:27	176
178	43	Ostermann	Ina	1998	Copernicus Gymnasium	wJun	4	01:36:08	00:18:09	111	00:45:10	182	00:32:49	177

