

34. Int. Volkslauf Rund um die Thülsfelder Talsperre

Ergebnisliste Altersklassenwertung 5 km Lauf

| Platz | Name | Jahrg. | Verein | Zeit |
|----------------|-----------------------|--------|----------------------------------|-----------|
| W10 | | | | |
| 1. | Ilgner, Lena | 2001 | SV Ofenerdiek | 0:26:56,1 |
| 2. | Drüding, Marlen | 2001 | TV Cloppenburg | 0:29:58,5 |
| W12 | | | | |
| 1. | Bramlage, Sina | 1999 | Team Schraubhären | 0:28:18,6 |
| W13 | | | | |
| 1. | Ilgner, Julia | 1998 | SV Ofenerdiek | 0:24:12,5 |
| 2. | Ferneding, Meike | 1998 | BV Garrel | 0:25:56,0 |
| W14 | | | | |
| 1. | Menke, Lena | 1997 | BV Garrel | 0:21:16,9 |
| W.Jgd.B | | | | |
| 1. | Gerdes, Christina | 1995 | BV Garrel | 0:20:21,9 |
| 2. | Westendorf, Anna | 1994 | SuK Garthe | 0:21:39,6 |
| Frauen | | | | |
| 1. | Buchmann, Jun | 1982 | Bassum | 0:25:01,3 |
| 2. | Holtvogt, Kerstin | 1988 | SV Nikolausdorf | 0:29:38,0 |
| 3. | Siemers, Andrea | 1991 | TV Cloppenburg II Handball | 0:31:32,3 |
| 4. | Baus, Christina | 1987 | Caritas Verein Altenoythe in Bew | 0:48:44,2 |
| W35 | | | | |
| 1. | Macke, Tanja | 1973 | Caritas Verein Altenoythe in Bew | 1:11:35,2 |
| W40 | | | | |
| 1. | Plate, Vera | 1971 | Friesoythe | 0:25:44,2 |
| 2. | Ilgner, Tina | 1968 | SV Ofenerdiek | 0:26:56,7 |
| 3. | Bramlage, Beate | 1971 | Team Schraubhären | 0:32:01,5 |
| 4. | Deitersen, Silvia | 1968 | Ruhrpottschabracken | 0:33:42,6 |
| 5. | Jex, Angelika | 1967 | Team Schraubhären Visbek | 0:35:12,7 |
| 6. | Dürr, Silke | 1971 | Ruhrpottschabracken | 0:37:30,4 |
| 7. | Ahlrep, Svantje | 1970 | Caritas Verein Altenoythe in Bew | 1:11:38,2 |
| 8. | Schuhmacher, Brigitte | 1970 | Caritas Verein Altenoythe in Bew | 1:11:40,6 |
| W45 | | | | |
| 1. | Nienaber, Rita | 1962 | Garrel | 0:26:09,2 |
| 2. | Runden, Wilma | 1962 | SV Petersdorf | 0:30:15,1 |
| 3. | Schäfer, Hedwig | 1962 | BV Garrel | 0:30:57,0 |
| 4. | Kaulbars, Martina | 1964 | Ruhrpottschabracken | 0:33:59,2 |
| 5. | Raikowski, Monika | 1962 | Caritas Verein Altenoythe in Bew | 1:11:08,5 |
| W50 | | | | |
| 1. | Moormann, Rita | 1957 | Caritas Verein Altenoythe in Bew | 0:48:44,9 |
| W55 | | | | |

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|----|----------------|------|---------------|-----------|
| 1. | Krex, Rita | 1954 | SV Ofenerdiek | 0:30:32,8 |
| 2. | Vainumäe, Reet | 1954 | SV Ofenerdiek | 0:32:18,5 |

M08

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|----|--------------|------|-----------|-----------|
| 1. | Drüding, Max | 2003 | SV Bethen | 0:27:12,5 |
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M12

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|----|---------------------|------|--------------|-----------|
| 1. | Pohl, Dustin | 1999 | VfL Lönigen | 0:19:56,7 |
| 2. | Bremersmann, Daniel | 1999 | SV Molbergen | 0:20:23,9 |

M13

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|----|--------------------|------|--------------------|-----------|
| 1. | Gehling, Luca | 1998 | VfL Lönigen | 0:23:15,8 |
| 2. | Westerhoff, Moritz | 1998 | DJK Bösel | 0:25:13,3 |
| 3. | Böhme, Nick | 1998 | DJK Bösel | 0:25:14,7 |
| 4. | Dürr, Maximilian | 1998 | Bleib geschmeidich | 0:25:36,5 |
| 5. | Eilers, Malte | 1998 | | 0:28:00,4 |

M14

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|----|------------------|------|--------------------|-----------|
| 1. | Zentgraf, Mattis | 1997 | Bleib geschmeidich | 0:25:14,2 |
| 2. | Homann, Nikita | 1997 | Bleib geschmeidich | 0:25:24,8 |

M.Jgd.B

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|----|--------------------|------|------------|-----------|
| 1. | Olberding, Patrick | 1994 | TUS Engter | 0:19:54,4 |
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M.Jgd.A

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|----|---------------|------|-----------|-----------|
| 1. | Bruns, Markus | 1993 | BSV Bösel | 0:22:40,3 |
|----|---------------|------|-----------|-----------|

Männer

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|----|---------------------|------|----------------------------------|-----------|
| 1. | Wenzel, David | 1989 | VfL Oldenburg | 0:19:15,7 |
| 2. | Podruschin, Nikolai | 1987 | Cloppenburg | 0:23:50,1 |
| 3. | Thesken, Thorsten | 1985 | Caritas Verein Altenoythe in Bew | 0:31:14,8 |

M35

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|----|---------------|------|-----------|-----------|
| 1. | Bohmann, Ralf | 1975 | BV Garrel | 0:19:24,8 |
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M40

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|----|------------------|------|----------------------------------|-----------|
| 1. | Klein, Armin | 1970 | LG Wilhelmshaven | 0:17:30,1 |
| 2. | Block, Matthias | 1971 | FSC Hamstrup | 0:25:30,0 |
| 3. | Tännert, Steffen | 1969 | Langwedel | 0:32:24,1 |
| 4. | Niekisch, Ralf | 1968 | Caritas Verein Altenoythe in Bew | 0:48:45,3 |
| 5. | Bokel, Bernd | 1969 | Caritas Verein Altenoythe in Bew | 0:59:49,6 |

M45

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|----|----------------------|------|---------------------|-----------|
| 1. | Kupper, Frank | 1964 | Lusaner SC 1980 | 0:18:47,7 |
| 2. | Ilgner, Forrest | 1966 | SV Ofenerdiek | 0:24:13,0 |
| 3. | Kowski, Jürgen | 1963 | Großenkneten | 0:26:20,8 |
| 4. | Deitersen, Ralph | 1964 | Ruhrpottschabracken | 0:28:42,2 |
| 5. | Koopmeiners, Dietmar | 1962 | BV Garrel | 0:29:59,4 |
| 6. | Kaulbars, Detlef | 1963 | Ruhrpottschabracken | 0:34:27,5 |

M50

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|----|---------------|------|----------------------|-----------|
| 1. | Bäker, Günter | 1959 | LT Feuerwehr Lastrup | 0:30:29,7 |
| 2. | Bothe, Ludger | 1961 | | 0:32:19,9 |

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|----|--------------|------|----------------------------------|-----------|
| 3. | Henken, Hans | 1960 | Caritas Verein Altenoythe in Bew | 1:11:36,6 |
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M55

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|----|--------------------|------|--------------------|-----------|
| 1. | Schardt, Michael | 1954 | SW Oldenburg | 0:22:59,0 |
| 2. | Hemken, Uwe | 1952 | LT Bad Zwischenahn | 0:27:48,1 |
| 3. | Pottberg, Heinrich | 1953 | Emder LG | 0:29:41,0 |

M60

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|----|----------------|------|---------------|-----------|
| 1. | Krex, Wolfgang | 1951 | SV Ofenerdiek | 0:24:17,2 |
|----|----------------|------|---------------|-----------|

M65

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|----|------------------|------|---------------|-----------|
| 1. | Pottgether, Hans | 1946 | SV Ofenerdiek | 0:28:23,6 |
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Anzahl: 64