

Ergebnis Einlauf >> Halbmarathon (Einzelwertung) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
1.	1.		Wittmershaus, Horst	SC Weyhe	1. M40	1289	01:14:08	01:14:08
2.	2.		Tammen, Marco	SV Teutonia Stapelmoor	1. M35	1257	01:14:26	01:14:27
3.	3.		Lemcke, Stefan	RT TuSV Stellichte	1. M30	1361	01:15:14	01:15:14
4.	4.		Glinsmann, Carsten	SV Eintracht Hepstedt/Bre	2. M35	1076	01:16:24	01:16:24
5.	5.		Brunkhorst, Jörg		2. M40	1044	01:21:24	01:21:24
6.	6.		Römhild, Andreas	OSC Bremerhaven-Triathlon	3. M35	1388	01:22:53	01:22:54
7.	7.		Schnitter, Frank		3. M40	1392	01:22:55	01:22:57
8.	8.		Papst, Enrico		4. M35	1378	01:24:08	01:24:10
9.	9.		Mömkjes, Frank	SC Weyhe	1. M45	1454	01:24:25	01:24:36
10.	10.		Meinert, Detlef		4. M40	1155	01:26:24	01:26:26
11.	11.		Kahlke, Matthias		1. M20	1103	01:26:32	01:26:34
12.	12.		Glasow, Andreas	LT TUS Iserlohn	2. M45	1424	01:26:48	01:26:48
13.	13.		Marcks, Jörn	Marathonclub Walsrode	2. M30	1147	01:26:50	01:26:52
14.	14.		Striewski, Jan	BC Löhne	2. M20	1254	01:27:43	01:27:44
15.	15.		Jansen, Tim	Team ERDINGER alkoholfrei	3. M30	1099	01:27:51	01:27:51
16.	16.		Folkens, Wilfried	Jade-Boxring Wilhelmshaven	3. M45	1062	01:27:50	01:27:52
17.	17.		Beckmann, Niels	Knossos	5. M35	1016	01:28:17	01:28:17
18.	18.		Quednau, Ralf	TSG Leutkirch	4. M45	1197	01:28:24	01:28:28
19.	19.		Ostmeyer, Martin		4. M30	1377	01:28:49	01:28:55
20.	20.		Meincke, Michael	VfL Oldenburg	5. M40	1153	01:29:17	01:29:20
21.	21.		Beisert, Michael	Tätowierbar	6. M40	1444	01:29:31	01:29:39
22.	22.		Tuchtenhagen, Guido		5. M30	1263	01:29:50	01:29:52
23.	23.		Will, Burkhard	Spargelsprinter Burgdorf	5. M45	1287	01:30:24	01:30:26
24.	24.		Wolfart, Torsten		6. M45	1428	01:30:28	01:30:28
25.	25.		Ladwig, Holger	RUN FOR FUN	3. M20	1360	01:29:19	01:30:31
26.	26.		Fuchs, Stefan	LT TV Schwanewede	7. M40	1070	01:30:37	01:30:48
27.	27.		Müller, Mischa		6. M35	1167	01:31:05	01:31:10
28.		1.	Freiwald, Grit	OSC Bremerhaven Triathlon	1. W20	1406	01:31:28	01:31:31
29.	28.		Röhrs, Axel	SV Hepstedt/Breddorf	7. M45	1387	01:31:47	01:31:52
30.	29.		Heins, Dirk	Running Team TSV Otterndorf	8. M45	1337	01:31:23	01:31:55
31.	30.		Frey, Bernd	TV Loxstedt	8. M40	1067	01:31:56	01:31:58
32.	31.		Erdinglig, Mahmut	Jade-Boxring Wilhelmshaven	9. M40	1058	01:31:44	01:32:04
33.	32.		Schreck, André		4. M20	1233	01:31:49	01:32:14
34.	33.		Schneider, Stefan	TUS Frelsdorf 08	9. M45	1228	01:32:13	01:32:17
35.	34.		Box, Harald	Gallier-Bremen	1. M50	1035	01:32:28	01:32:37
36.	35.		Hammann, Cecil		7. M35	1082	01:32:42	01:32:49
37.	36.		Langhorst, Thomas	Marathon Club Bremen	10. M40	1466	01:32:06	01:32:55
38.	37.		Dock, Klaus		11. M40	1317	01:32:55	01:33:04
39.	38.		Ullrich, Rüdiger	LG Kreis Verden	1. M55	1268	01:33:24	01:33:26
40.	39.		Seinsche, Daniel		8. M35	1246	01:33:30	01:33:40
41.	40.		Knobloch, Frank		12. M40	1118	01:33:45	01:33:49
42.	41.		Bujara, Stefan		10. M45	1046	01:32:54	01:33:55
43.	42.		Schultze, Thomas		2. M50	1429	01:33:52	01:34:05
44.	43.		Spaniol, Malte		6. M30	1248	01:33:51	01:34:10
45.	44.		Mügge, Henry	LC Hansa Stuhr /Tri-Wölfe	13. M40	1163	01:34:03	01:34:16
46.	45.		Mannott, Jörg	OSC Bremerhaven-Triathlon	9. M35	1367	01:34:18	01:34:25
47.	46.		Krumdieck, Ralf	1.Nienburger SC	14. M40	1358	01:34:35	01:34:41
48.	47.		Gressus, Michael	VfL Kutenholz	11. M45	1328	01:34:41	01:34:56
49.	48.		Wichern, Thomas	TSV Wehdel	12. M45	1285	01:34:54	01:34:59
50.	49.		Lasetzke, Stefan	Achim	13. M45	1136	01:34:57	01:35:04
51.	50.		Sprie-Hans, Joachim	Jade-Boxring Wilhelmshave	3. M50	1250	01:35:03	01:35:23
52.	51.		Meiners, Olaf	SC Weyhe	15. M40	1411	01:35:22	01:35:24
53.	52.		Wersien, Sven	TSV Midlum	10. M35	1283	01:35:21	01:35:25
54.	53.		Beyer, Matthias	TG 48 Schweinfurt	5. M20	1306	01:35:25	01:35:25
55.	54.		Herfurth, Hans Wilhelm	Marathon Club Walsrode	2. M55	1340	01:35:27	01:35:33
56.	55.		Bulle, Axel	96 Stammtisch Herzblut	16. M40	1047	01:35:37	01:35:43
57.	56.		Hödl, Bernd	Wilhelmshaven	11. M35	1089	01:35:43	01:35:46
58.	57.		Löw, Mario	Vorwärts Nedden	12. M35	1365	01:35:11	01:35:54
59.	58.		Greuzer, Thomas	TSV Mellrichstadt	6. M20	1441	01:35:43	01:36:03
60.	59.		Freese, Benjamin	Team Laufrausch	7. M20	1064	01:36:05	01:36:12
61.	60.		Freese, Stephan	Team Laufrausch e.V.	7. M30	1065	01:36:05	01:36:12
62.	61.		Pießnack, Remo	HSU Hamburg	8. M20	1191	01:35:52	01:36:19
63.	62.		Wagner, Kai	ATS Buntentor Bremen	13. M35	1273	01:36:32	01:36:35
64.	63.		Cyplik, Sven		17. M40	1055	01:36:02	01:36:50
65.		2.	Leistner, Dana	Rot-Weiss Cuxhaven	1. W40	1001	01:36:56	01:37:00
66.	64.		Ach, Stefan	SG Platjenwerbe	14. M45	1003	01:37:07	01:37:11
67.	65.		Eckardt, Tobias		14. M35	1398	01:37:07	01:37:14
68.	66.		Gwiasda, Nils		9. M20	1081	01:37:12	01:37:16
69.	67.		Schade, Gerrit		18. M40	1218	01:37:12	01:37:16
70.	68.		Wessel, Jan	VC Nienburg	10. M20	1284	01:37:26	01:37:41
71.		3.	Welp, Angela	LC Hansa Stuhr	1. W50	1281	01:37:42	01:37:52
72.	69.		Rohwedder, Karl	TSV Eintracht Völknerode	3. M55	1210	01:37:59	01:38:02
73.	70.		Crocoll, Andreas		19. M40	1054	01:37:16	01:38:04
74.	71.		Böde, Eckard		15. M35	1028	01:37:36	01:38:06
75.	72.		Mroska, Ulf	swb runners	20. M40	1162	01:37:40	01:38:08
76.	73.		Köster, André		11. M20	1356	01:38:06	01:38:12
77.	74.		Kaminski, Leszek	BSG Sparkasse Bremen	4. M50	1106	01:38:08	01:38:12
78.	75.		Freundenberg, Bruno		15. M45	1325	01:38:05	01:38:14
79.		4.	Ehlers, Sandra	SC Weyhe	1. W30	1453	01:37:48	01:38:15
80.	76.		Silje, Georg	Lauffreunde Osterholz	16. M45	1397	01:37:28	01:38:17
81.	77.		Mauritschat GSNr04100936, Denis	AT Rodenkirchen	16. M35	1149	01:37:59	01:38:19
82.	78.		Krath, Wilhelm	FC Viktoria Schlich 1911 e.V.	21. M40	1128	01:38:14	01:38:24
83.	79.		Pannhorst, Ingo	Polizei Cuxhaven	17. M45	1379	01:38:24	01:38:44
84.	80.		Striewski, Gerhard		4. M55	1253	01:38:31	01:38:47
85.	81.		Hagelweide, Jörg	VfL-Wingst	18. M45	1331	01:38:42	01:38:50

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
86.		5.	Mantel, Angela		2. W30	1146	01:38:41	01:38:50
87.	82.		Ladwig, Matthias	Run for Fun	8. M30	1133	01:37:43	01:38:55
88.	83.		Bink, Mario		17. M35	1023	01:38:11	01:38:56
89.	84.		Burschka, Sven		12. M20	1049	01:38:03	01:38:56
90.	85.		Montoya Martin, Manuel	Rot-Weiss Cuxhaven	9. M30	1002	01:38:34	01:38:59
91.	86.		Kandsorra, Thomas	FRoSTA AG	19. M45	1351	01:38:50	01:39:01
92.	87.		Krämer, Marcel	swb runners	18. M35	1447	01:38:35	01:39:03
93.	88.		Brotke, Torsten	TSV Otterndorf	10. M30	1313	01:38:33	01:39:06
94.	89.		Ebonfon, Pierre	DB Autozug	19. M35	1455	01:39:37	01:39:50
95.	90.		Heins, Thomas	Debstedt	22. M40	1338	01:39:46	01:39:54
96.	91.		Heller, Andreas	Haarmoden Heller	20. M45	1086	01:39:54	01:39:58
97.	92.		Pfeiffer, Jörg	VC-Nienburg	21. M45	1189	01:39:58	01:40:01
98.	93.		Barbato, Michael	Elan	22. M45	1012	01:40:01	01:40:01
99.	94.		Himme, Frank	TV Loxstedt	5. M50	1462	01:39:21	01:40:02
100.	95.		Gärtner, Thomas		23. M45	1072	01:40:08	01:40:13
101.	96.		Engelken, Jens	TV Loxstedt	24. M45	1320	01:40:08	01:40:21
102.	97.		Bode, Karl		13. M20	1027	01:40:41	01:41:07
103.	98.		Bramlage, Dirk	Stadtwerke Delmenhorst	23. M40	1037	01:40:54	01:41:10
104.	99.		Brandt, Manfred	TSV Mehedorf e. V.	6. M50	1039	01:40:34	01:41:19
105.	100.		Weber, Andre	Lauffreunde Osterholz	20. M35	1274	01:40:28	01:41:24
106.	101.		Dammann, Hauke	Hase & Igel	21. M35	1316	01:40:53	01:41:30
107.	102.		Huhn, Thomas	mlt traben-trarbach	25. M45	1094	01:41:32	01:41:50
108.	103.		Lemke, Peter	SC Balje	7. M50	1363	01:41:05	01:42:01
109.	104.		Reinecke, Micahel		11. M30	1204	01:41:19	01:42:05
110.	105.		Vaihinger, Hans-Martin	Iserlohn Kangaroos	24. M40	1269	01:41:42	01:42:06
111.	106.		Kappellmann, Thomas	Landkreis Ammerland	26. M45	1108	01:41:53	01:42:07
112.		6.	Polley, Petra	LG Kreis Verden	1. W45	1192	01:41:08	01:42:13
113.	107.		Kickler, Rune	TSV Neuenwalde	14. M20	1112	01:42:03	01:42:34
114.	108.		Jessulat, Maik	Plum Deutschland	25. M40	1347	01:42:29	01:42:37
115.	109.		Kleiner, Oliver	REV Bremerhaven	26. M40	1353	01:42:38	01:42:43
116.	110.		Schmengler, Kai		27. M40	1225	01:42:05	01:42:45
117.	111.		Müller, Christian	TSV Kirchlinteln	8. M50	1371	01:42:07	01:42:48
118.	112.		Wittor, Rainer	TV Jahn Bad Driburg	9. M50	1290	01:42:28	01:42:49
119.	113.		Oestmann, Harald	TSV Imsum	10. M50	1177	01:42:27	01:42:56
120.	114.		Heil, Andreas		27. M45	1336	01:42:48	01:43:08
121.	115.		Klemm, Oliver	Paulaner Seelöwen	28. M40	1354	01:42:48	01:43:08
122.	116.		Wooßmann, Frank	Lauffreunde Osterholz	29. M40	1293	01:42:24	01:43:19
123.	117.		Großmann, Marian		15. M20	1079	01:42:58	01:43:22
124.	118.		Fabozzi, Michele		11. M50	1322	01:42:31	01:43:25
125.	119.		Bardenhagen, Heinz	LG Kreis-Nord-Stade	12. M50	1451	01:43:03	01:43:30
126.	120.		Schröder, Holger	Ernestinenschule Lübeck	5. M55	1235	01:43:33	01:43:35
127.		7.	Beck, Janina	SV Werder Bremen	3. W30	1301	01:43:09	01:43:41
128.	121.		Esen, Michael		28. M45	1321	01:42:56	01:43:44
129.	122.		Pahlke, Thomas	Fischtown Runners Bremerhaven	22. M35	1422	01:43:27	01:43:49
130.	123.		Jürgens, Kai		30. M40	1349	01:43:44	01:43:51
131.	124.		Wallentowitz, Lars	TSV Wehden	23. M35	1458	01:43:44	01:43:52
132.	125.		Schwarz, Bernd	LG Rhüden/Harz	31. M40	1242	01:43:52	01:43:57
133.	126.		Panke, Benjamin		12. M30	1183	01:43:19	01:44:04
134.	127.		Rüger, Ronald		32. M40	1214	01:43:46	01:44:05
135.		8.	Reinecke, Annika		4. W30	1203	01:43:20	01:44:06
136.	128.		Runge, Detlef	MTV Schwerigen	33. M40	1452	01:43:58	01:44:06
137.	129.		Nauy, Siegfried		16. M20	1171	01:43:32	01:44:08
138.	130.		Köhn, Oliver	MFG 3 Fliegerhorstfeuerwehr	34. M40	1121	01:43:41	01:44:11
139.	131.		Oliva, Daniele		17. M20	1179	01:43:11	01:44:20
140.	132.		Kacholdt, Helmut		1. M60	1102	01:44:18	01:44:39
141.		9.	Schulze, Kerstin	Lauffreunde-Osterholz	2. W40	1239	01:44:11	01:44:57
142.	133.		Brumm, Matthias	Sportfreunde Sahlenburg	29. M45	1043	01:45:06	01:45:14
143.	134.		Schneider, Thomas	1. Flensburger LT	24. M35	1391	01:45:10	01:45:16
144.	135.		Stegen, Dirk	TSV Wehdel	30. M45	1436	01:44:41	01:45:31
145.	136.		Mauritschat, André	AT Rodenkirchen	35. M40	1148	01:45:24	01:45:34
146.	137.		Kobel, Michael	Sachsen	13. M30	1431	01:44:47	01:45:36
147.	138.		Boinowitz, Kai		36. M40	1310	01:45:15	01:45:37
148.	139.		Aschmutat, Kai	Bargstedt	37. M40	1010	01:45:15	01:45:37
149.	140.		Heckmann, Dominik		14. M30	1084	01:45:34	01:46:12
150.	141.		Burmeister, Manfred	OSC Bremerhaven	13. M50	1048	01:45:55	01:46:21
151.		10.	Kolhoff, Jacqueline	Die Raketenfrau	5. W30	1122	01:45:54	01:46:22
152.	142.		Jagdhuber, Jürgen	VfL Fosite Helgoland	38. M40	1097	01:45:56	01:46:23
153.	143.		Beyer, Frank	LT TV Schwanewede	25. M35	1305	01:46:27	01:46:39
154.	144.		Erjawetz, Alexander	Malermeister Alex	39. M40	1059	01:46:21	01:46:41
155.	145.		Meyer, Wolfgang	Absatz Claus	31. M45	1159	01:46:21	01:46:41
156.	146.		Poppe, Andreas	TSV Wehden	15. M30	1416	01:46:45	01:46:51
157.	147.		Otten, Peter	TV Langen	32. M45	1414	01:46:11	01:46:52
158.		11.	Braumann, Nina		6. W30	1312	01:47:30	01:47:38
159.	148.		Blau, Oliver		16. M30	1307	01:47:33	01:47:41
160.		12.	Kirschke, Carmen		3. W40	1114	01:47:24	01:47:54
161.	149.		Wellmann, Thomas	LT TUS Iserlohn	14. M50	1425	01:47:35	01:47:59
162.	150.		Zalewski, Roland	Fun & Run Wildeshausen	33. M45	1295	01:47:53	01:48:12
163.	151.		Raub, Sebastian		18. M20	1457	01:48:08	01:48:22
164.	152.		Gerhardt, Jens		40. M40	1073	01:47:55	01:48:23
165.	153.		Meineke, Axel	TSV Brunsbrock	34. M45	1154	01:47:51	01:48:35
166.	154.		Tiedemann, Günter	TSV Hollen	2. M60	1260	01:47:54	01:48:40
167.	155.		Beeh, Marc	radio harmony.fm	41. M40	1302	01:48:23	01:48:48
168.		13.	Melchin, Viola	Fischtown Runners	1. W35	1157	01:48:56	01:48:56
169.	156.		Beyerle, Helmut		3. M60	1020	01:48:57	01:49:03
170.	157.		Schierenbeck, Holger	TUS Syke	15. M50	1465	01:48:44	01:49:04

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Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
171.		14.	Uhde, Britta	Uni Triathlößen Bremen	4. W40	1399	01:48:36	01:49:05
172.	158.		Weber, H.-P.	SG Hillerse	4. M60	1275	01:48:11	01:49:06
173.	159.		Makel, Tjark		19. M20	1440	01:48:55	01:49:15
174.	160.		Gholami, Akbar		1. MJB	1075	01:48:25	01:49:19
175.	161.		Prehn, Andreas	natural born runners	26. M35	1194	01:48:23	01:49:19
176.	162.		Beger, Jörn	LAV Bokel	27. M35	1418	01:49:12	01:49:23
177.		15.	Mangels, Wiebke	LAV Bokel	2. W20	1145	01:49:12	01:49:24
178.	163.		Ahrens, Henning		17. M30	1004	01:49:22	01:49:28
179.	164.		Weber, Olaf	Laufend besser Bremerhaven	35. M45	1276	01:48:50	01:49:34
180.	165.		Murken, Michael		42. M40	1170	01:49:02	01:49:46
181.	166.		Eichentopf, Benno		16. M50	1319	01:49:54	01:50:06
182.	167.		Jeschke, Andreas		43. M40	1100	01:50:04	01:50:25
183.	168.		Köster-Huß, Bernd		44. M40	1125	01:50:21	01:50:33
184.	169.		Schulte, Oliver	Lauftherapie-Stützpunkt-Sauerland	45. M40	1237	01:50:03	01:50:46
185.		16.	Iffländer, Edda		5. W40	1344	01:49:53	01:50:47
186.	170.		Wlodosch, Markus		28. M35	1435	01:50:40	01:50:51
187.	171.		Roskosch, Damian	LC Hansa Stuhr Tri-Wölfe	17. M50	1211	01:50:11	01:51:01
188.	172.		Lebek, Sebastian		29. M35	1460	01:50:11	01:51:02
189.	173.		von Hirschhausen, Gori		30. M35	1443	01:50:57	01:51:08
190.	174.		Blumenthal, Frank	Neukrug	36. M45	1026	01:50:41	01:51:11
191.	175.		Arendt, Wolfgang	LT TV Schwanewede	37. M45	1007	01:51:12	01:51:23
192.	176.		Puschnus, Thomas	TSV Odishheim	38. M45	1196	01:50:34	01:51:25
193.	177.		Lühns, Wolfgang	FRoSTA AG	39. M45	1410	01:50:34	01:51:29
194.	178.		Jacobs, German		46. M40	1346	01:51:16	01:51:31
195.		17.	Laudan, Gabriele	TSV Worpsswede	2. W50	1137	01:51:16	01:51:31
196.	179.		Stinger, Josef	Fishtown Runners	5. M60	1251	01:51:25	01:51:48
197.	180.		Glade, Joachim	Offshore	40. M45	1222	01:50:59	01:51:49
198.	181.		Oerzen, Jörn		20. M20	1176	01:51:22	01:52:04
199.	182.		Bohne, Stefan	TUS Dorum	47. M40	1309	01:51:47	01:52:04
200.		18.	Bruns, Anja	BSG Sparkasse Bremen	7. W30	1045	01:51:44	01:52:08
201.	183.		Busekros, Lüder	SV Eintracht Hepstedt/Bre	18. M50	1050	01:51:59	01:52:16
202.	184.		Reschke, Thomas		31. M35	1386	01:52:12	01:52:19
203.		19.	Bührke, Claudia	LG Celle-Land	3. W50	1449	01:51:50	01:52:20
204.	185.		Bechmann, Ralf		41. M45	1015	01:52:12	01:52:21
205.		20.	Nikolova, Svetla	LT Wischlingen Dortmund	3. W20	1421	01:51:25	01:52:22
206.		21.	Extra-Harms, Eva	Sonntagsläufer	4. W50	1060	01:51:21	01:52:26
207.	186.		Lüdecke, Ralf	TusV Bützflth	19. M50	1143	01:51:20	01:52:26
208.	187.		Villoslada Vegas, Raul	Madrid	18. M30	1270	01:52:00	01:52:35
209.	188.		Kosch, Thomas		19. M30	1355	01:51:43	01:52:36
210.	189.		Kopmeier, Lars	Lehrter S.V.	48. M40	1123	01:52:35	01:52:44
211.	190.		Woitack, Sören	Betriebssportgem. SSK	21. M20	1291	01:52:19	01:52:48
212.	191.		Henke, Martin	Tus Alfstedt	42. M45	1408	01:51:57	01:52:49
213.	192.		Koenig, Burkhard	LG Hannover-Braunschweig	43. M45	1119	01:52:02	01:52:51
214.	193.		Sanio, Martin	LG Hannover-Braunschweig	49. M40	1216	01:52:03	01:52:51
215.	194.		Wiggers, Hugo	BSG Sparkasse Bremen	44. M45	1286	01:52:30	01:53:20
216.	195.		Hanuschek, Andreas	TSV Wallhöfen	50. M40	1299	01:52:22	01:53:21
217.	196.		Koester, Bodo		20. M50	1120	01:53:25	01:53:31
218.		22.	Mista, Aneta		8. W30	1160	01:53:18	01:53:39
219.	197.		Tielitz, Andreas		21. M50	1261	01:52:15	01:53:41
220.	198.		Scheschonka, Lothar	Sporttaucher Bremerhaven	45. M45	1390	01:52:32	01:53:43
221.	199.		Harms, Thomas		46. M45	1334	01:53:18	01:53:48
222.	200.		Radtke, Bernd		1. SC	1384	01:53:17	01:53:48
223.	201.		Tucholski, Stephan		22. M20	1434	01:53:21	01:53:53
224.	202.		Göhmann, Lars	Otterndorf	32. M35	1407	01:53:44	01:54:09
225.	203.		Freerichs, Reinhard	Lauffreunde Osterholz	6. M55	1438	01:53:41	01:54:28
226.	204.		Frerichs, Ralf	Lauffreunde Osterholz	51. M40	1066	01:53:40	01:54:28
227.	205.		Funke-Franke, Peter		22. M50	1071	01:54:22	01:54:33
228.	206.		Brunke, Ralf		47. M45	1314	01:54:20	01:54:36
229.	207.		Artner, Christoph	Hannover 96 Triathlon	23. M20	1009	01:54:09	01:54:38
230.	208.		Weisser, Lutz		52. M40	1280	01:54:35	01:55:00
231.	209.		Sandt, Björn		48. M45	1419	01:53:59	01:55:10
232.	210.		Rost, Thomas	LG Altenstadt	49. M45	1427	01:54:40	01:55:16
233.	211.		müller, uwe	tus alfstedt	53. M40	1372	01:54:31	01:55:25
234.	212.		Ebeling, Eric	Team Ebeling	20. M30	1464	01:54:31	01:55:25
235.		23.	Meinhardt, Monika	Bäcker Meier Helgoland	5. W50	1369	01:54:47	01:55:32
236.		24.	Meier, Natalia		6. W50	1459	01:55:20	01:55:36
237.	213.		Böhm, Wolfgang		23. M50	1030	01:55:24	01:55:40
238.	214.		Böttcher, Jörg		50. M45	1034	01:55:08	01:55:44
239.	215.		Rasmussen, Hans	Kerteminde motions klub	1. M65	1199	01:54:56	01:55:45
240.	216.		Appeldorn, Reiner	F4B E.V. Bremen	51. M45	1417	01:55:20	01:55:48
241.	217.		Bokelmann, Ole	TSV Wallhöfen	54. M40	1031	01:54:50	01:55:49
242.	218.		Hoffmann, Thomas		52. M45	1090	01:55:05	01:55:50
243.	219.		Pach, Hans		7. M55	1182	01:55:49	01:56:00
244.		25.	Stock, Katja		4. W20	1252	01:55:51	01:56:02
245.		26.	Lemke, Annette	SC Balje	7. W50	1362	01:55:09	01:56:05
246.	220.		Scholz, Hans-Georg		8. M55	1231	01:55:35	01:56:25
247.	221.		Friemelt, Dettel	Sleepwalker Wingst	55. M40	1069	01:56:10	01:56:33
248.	222.		Blume, Sven	derFigurCoach.com	24. M20	1308	01:55:56	01:56:40
249.		27.	Weber, Sabine	Laufend besser Bremerhaven	6. W40	1277	01:55:57	01:56:40
250.	223.		Rode, Thorsten		53. M45	1208	01:56:54	01:56:59
251.		28.	Schröder, Marita	TSV Otterndorf	2. W35	1394	01:56:46	01:57:00
252.	224.		Tetzlaff, Kai-Uwe		56. M40	1259	01:56:51	01:57:02
253.		29.	Knebel, Heidrun		7. W40	1116	01:56:50	01:57:05
254.		30.	Holz, Alex	Hase & Igel	3. W35	1343	01:56:32	01:57:06
255.	225.		Schaefer, Heiko	SF Sahlenburg	57. M40	1219	01:57:05	01:57:07

Ergebnis Einlauf >> Halbmarathon (Einzelwertung) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
256.	226.		Kernicke, Matthias	fahrschule-kernicke.eu	24. M50	1110	01:56:32	01:57:08
257.	227.		Kapetan, Jure	TAD Pharma GmbH	21. M30	1352	01:56:42	01:57:09
258.	228.		Zyzik, Gunna	P2-Lauftreff	58. M40	1298	01:56:58	01:57:17
259.	229.		Witten, Günther	TuS Tarmstedt	6. M60	1288	01:57:01	01:57:24
260.	230.		Otten, Jens		59. M40	1180	01:56:36	01:57:29
261.	231.		Büse, Hans-Jürgen	HSG Schwanewede	9. M55	1426	01:57:38	01:58:11
262.	232.		Jochens, Nicolas	ASS WING CHUN Wilhelmshaven	33. M35	1101	01:57:14	01:58:15
263.	233.		Röhling, Frank	Niklas Laufkumpels	34. M35	1209	01:57:14	01:58:16
264.	234.		Zielke, Frank	ITSM Consulting	60. M40	1403	01:58:00	01:58:22
265.	235.		Bardell, Oliver	Kleine Paradiese	61. M40	1013	01:57:55	01:58:26
266.	236.		Castano Caeiro, Raul		25. M20	1053	01:57:21	01:58:29
267.	237.		Münn, Enrico		22. M30	1168	01:57:33	01:58:30
268.		31.	Münn, Irina		5. W20	1373	01:57:32	01:58:30
269.	238.		Groth, Manfred	TSV Neuenwalde	62. M40	1330	01:58:07	01:58:31
270.		32.	Groth, Heike	TSV Neuenwalde	8. W40	1329	01:58:08	01:58:31
271.	239.		Ludwig, Fred	Laufend besser	54. M45	1144	01:57:48	01:58:32
272.		33.	Krogh, Annette	Mejdal GIK Motion	8. W50	1433	01:57:59	01:58:37
273.	240.		Krimmert, Ditmar		25. M50	1129	01:58:25	01:58:38
274.	241.		Schaaf, Jürgen		26. M50	1217	01:58:25	01:58:38
275.		34.	Preuß, Viola	Schiedders-Run	9. W50	1195	01:58:20	01:58:47
276.		35.	Becker, Susanne		4. W35	1423	01:58:17	01:58:53
277.	242.		Mank, Peter		10. M55	1439	01:58:14	01:58:55
278.	243.		Linkiewicz, Holger		55. M45	1141	01:58:40	01:59:06
279.	244.		Ohnesorge, Tim		23. M30	1178	01:58:05	01:59:13
280.	245.		Bongardt, Thorsten		24. M30	1033	01:58:56	01:59:15
281.		36.	Suhr, Ines	TV Loxstedt	5. W35	1256	01:59:04	01:59:45
282.	246.		Jacobi, Michael	Laufakademie Bremen	63. M40	1345	01:59:28	01:59:46
283.	247.		Bührke, Heinrich	LG Celle-Land	27. M50	1450	01:59:16	01:59:54
284.		37.	Ladwig, Beate	RUN FOR FUN	1. W55	1132	01:59:40	02:00:02
285.		38.	Rammonat, Petra		2. W45	1385	01:59:09	02:00:05
286.	248.		Mahler, Jens	BC Bremerhaven	28. M50	1366	01:59:09	02:00:11
287.		39.	Kück-Schlöbohm, Monika	Köhlen	9. W40	1359	02:00:15	02:00:41
288.		40.	Nepras, Lenka		6. W35	1445	02:00:51	02:00:55
289.	249.		Narloch, Peter	LT Höpkens Ruh	56. M45	1375	02:00:30	02:01:07
290.		41.	Ehlers, Britta		10. W40	1318	02:00:30	02:01:07
291.	250.		Trump, Manfred		11. M55	1262	02:00:43	02:01:17
292.		42.	Böhm, Ellen		10. W50	1029	02:01:05	02:01:20
293.	251.		Köster, Jürgen		57. M45	1357	02:01:10	02:01:20
294.		43.	Meffert, Gisela	Weyher Lauftreff	1. W60	1150	02:00:18	02:01:22
295.	252.		Hausmann, Malte	Knosso.de	26. M20	1083	02:00:51	02:01:31
296.	253.		Noll, Hans		29. M50	1175	02:00:42	02:01:43
297.		44.	Schwengler, Barbara	Planet-Marathon.de Nürnberg	3. W45	1243	02:01:17	02:01:50
298.	254.		Schröder, Claus	LG Kreis Verden	64. M40	1393	02:01:14	02:01:54
299.		45.	Nitz, Anke	Duinger SC	11. W40	1173	02:01:14	02:01:58
300.	255.		Bosse, Bernd		58. M45	1311	02:01:24	02:02:00
301.	256.		Bellusci, Vincenzo A.	CazzoDuro	65. M40	1304	02:01:11	02:02:04
302.	257.		Bellusci, Giacomo	Spiridon Castrovillari	7. M60	1303	02:01:11	02:02:05
303.	258.		Müller, Manfred	jogmap-Bremen läuft	59. M45	1166	02:01:16	02:02:06
304.	259.		Naruga, Frank		60. M45	1413	02:01:41	02:02:20
305.	260.		Rüsch, Dirk		61. M45	1215	02:01:52	02:02:31
306.	261.		Zierner, Udo		62. M45	1297	02:01:52	02:02:32
307.		46.	Noetzel, Karin	FLIB e.V. Bremen	12. W40	1174	02:02:09	02:02:38
308.		47.	Kampmann, Gabriele		2. W55	1350	02:02:59	02:03:26
309.	262.		Pietrzyk, Alfred		63. M45	1382	02:04:01	02:04:08
310.	263.		Meierhoff, Michael	Triabolos Hamburg e.V.	66. M40	1152	02:03:59	02:04:20
311.		48.	Biermann, Claudia	LT Wischlingen Dortmund	4. W45	1022	02:03:24	02:04:24
312.	264.		Antons, Johann	SV Glinde-Kornbeck	8. M60	1404	02:03:33	02:04:25
313.		49.	Hamcke, Inge		11. W50	1332	02:04:25	02:04:40
314.		50.	Landgraf, Andrea		7. W35	1135	02:03:58	02:04:41
315.		51.	Ney, Berit	TuSV Bützfleth	13. W40	1172	02:04:01	02:05:05
316.		52.	Moos, Jennifer		9. W30	1370	02:04:48	02:05:46
317.	265.		Lammerich, Peter	Cux-Deichrenner	9. M60	1134	02:05:32	02:06:19
318.	266.		Blome, David	Fleet Feet	27. M20	1025	02:05:25	02:06:30
319.	267.		Pierre, Diesel	Fleet Feet	35. M35	1190	02:05:25	02:06:30
320.	268.		Egert, Rocket	Fleet Feet	25. M30	1057	02:05:26	02:06:30
321.	269.		Abert, Alwin	TUS alstedt	10. M60	1463	02:06:27	02:07:20
322.	270.		neumann, Werner	Deutsche Bank	12. M55	1376	02:07:20	02:07:56
323.	271.		Paul, Michael	TSV Lamstedt	64. M45	1420	02:07:59	02:08:17
324.		53.	Heyer, Anke	Lohmann Animal Health	8. W35	1341	02:07:26	02:08:17
325.		54.	Huhn, Barbara	Blumenhaus Huhn	9. W35	1093	02:08:07	02:08:24
326.	272.		Schünemann, Thorsten	Blumenhaus Huhn	67. M40	1395	02:08:08	02:08:24
327.	273.		Stronczyk, Volker	LLG HERZKASPER	30. M50	1255	02:07:59	02:08:24
328.	274.		Rademacher, Arne	www.volkslauf-gifhorn.de	68. M40	1383	02:07:28	02:08:26
329.		55.	Braukmeier, Renate	LC BlueLiner	3. W55	1040	02:07:19	02:08:26
330.		56.	Schrieber, Jessica	WOHNSTAETTEN CUXHAVEN EG	6. W20	1234	02:07:27	02:08:28
331.	275.		Küster, Sven	WOHNSTAETTEN CUXHAVEN EG	69. M40	1131	02:07:28	02:08:28
332.		57.	Lenzlinger, Amanda		14. W40	1140	02:07:42	02:08:44
333.	276.		Scharke, Gerrit		70. M40	1220	02:07:42	02:08:45
334.	277.		Müller, Jörg	Team Volksbank Geest eG	36. M35	1165	02:09:09	02:09:23
335.	278.		Brinkmann, Sven	VfL Fredenbeck	37. M35	1042	02:09:10	02:09:23
336.	279.		Köster, Stefan	Thyssen Krupp Krause	65. M45	1124	02:09:11	02:10:02
337.	280.		Klawe, Joe		28. M20	1409	02:10:06	02:10:18
338.	281.		Benndorf, Jörg	VSV 77 Borna	26. M30	1432	02:10:01	02:10:50
339.		58.	Kowalewski, Andrea	VSV 77 Borna	10. W35	1430	02:10:03	02:10:50
340.	282.		Braedikow, Andreas	VfB Gorspen-Vahlsen	71. M40	1446	02:10:52	02:11:18

Ergebnis Einlauf >> Halbmarathon (Einzelwertung) <<

Rang	M	W	Name	Verein	AK	SN#	Netto-Zeit	Zeit
341.	283.		Hußmann, Marcus		72. M40	1096	02:10:46	02:11:39
342.	284.		Uphoff, Uwe		38. M35	1400	02:10:55	02:11:56
343.		59.	Weydandt, Ursula	FLIB-Bremen	2. W60	1402	02:12:04	02:12:37
344.		60.	Alpers, Simone		10. W30	1300	02:12:33	02:13:20
345.		61.	Rademacher, Petra		5. W45	1198	02:13:16	02:13:29
346.		62.	Hashagen, Meiken		6. W45	1335	02:12:43	02:13:37
347.		63.	Kramer-Gröhl, Ute		7. W45	1127	02:13:12	02:13:40
348.	285.		Seeger, Sven		73. M40	1244	02:12:36	02:13:46
349.	286.		Goerke, Sebastian		1. MJA	1077	02:13:38	02:13:55
350.	287.		Burmeister, Günther	Otterndorf	1. M70	1461	02:14:29	02:14:38
351.	288.		Teichmann, Kurt	team roth malermeister	13. M55	1258	02:14:21	02:15:13
352.		64.	Silje, Claudia	Lauffreunde Osterholz	8. W45	1396	02:14:30	02:15:29
353.		65.	Wooßmann, Sandra	Lauffreunde Osterholz	11. W35	1294	02:14:31	02:15:30
354.		66.	Holst, Ilka		9. W45	1342	02:14:43	02:15:48
355.	289.		Schnibbe, Olaf		74. M40	1229	02:15:11	02:16:10
356.		67.	Braukmeier, Sabrina	SC DHfK	7. W20	1041	02:15:31	02:16:38
357.	290.		Fink, Alexander		75. M40	1323	02:15:35	02:16:44
358.		68.	Guting, Claudia	LT Wischlingen Dortmund	15. W40	1080	02:16:45	02:17:45
359.	291.		Peters, Fritz		11. M60	1381	02:17:59	02:18:06
360.		69.	Sohn, Melanie		11. W30	1247	02:17:09	02:18:06
361.	292.		Prang, Matthias		39. M35	1193	02:17:10	02:18:07
362.		70.	Kalthoff, Simone	Lt. Wischlingen	16. W40	1105	02:17:38	02:18:36
363.	293.		Henke, Helmut	LT Wischlingen Dortmund	2. M65	1087	02:18:24	02:19:22
364.		71.	Kuch, Ulrike		4. W55	1130	02:18:40	02:19:29
365.		72.	Rauba, Monika	TSV Lamstedt	12. W50	1201	02:19:17	02:19:33
366.		73.	Möller, Slavica		17. W40	1456	02:19:17	02:19:33
367.		74.	Kowalski, Ulrike	LT Wischlingen Dortmund	10. W45	1126	02:18:45	02:19:41
368.		75.	Cokluk, Hicran	FRoSTA AG	18. W40	1315	02:20:12	02:20:20
369.		76.	Pelz, Ute		19. W40	1380	02:20:20	02:21:11
370.	294.		Greiff, Martin		66. M45	1078	02:21:22	02:22:16
371.		77.	Pauke, Andrea	LT Wischlingen Dortmund	11. W45	1186	02:22:45	02:23:46
372.		78.	Rewers, Heike	Wehr und zurück....	13. W50	1207	02:23:24	02:24:30
373.	295.		Grundmann, Lars	LLG HERZKASPER	76. M40	1333	02:23:51	02:24:49
374.		79.	Alexiou-Hasselberg, Christina	Wehr und zurück...	12. W45	1006	02:25:59	02:27:06
375.		80.	Ottner, Susanne	Wehr und zurück	20. W40	1181	02:25:59	02:27:06
376.		81.	Mönks, Helga	Wehr und zurück...	3. W60	1161	02:26:01	02:27:06
377.		82.	Wegmann, Anke	Wehr und zurück...	13. W45	1279	02:26:00	02:27:06
378.		83.	Losch, Ina	Wehr und zurück	14. W50	1142	02:25:59	02:27:06
379.	296.		Faßbinder, Peter	FaBa	12. M60	1061	02:26:18	02:27:20
380.		84.	Bendig, Daria	LT Wischlingen Dortmund	12. W35	1019	02:26:22	02:27:21
381.		85.	Hoffmann, Ute	LT Wischlingen Dortmund	14. W45	1091	02:27:33	02:28:29
382.		86.	Papadopoulou, Athanasia	LT Wischlingen	15. W50	1184	02:28:04	02:29:03
383.		87.	Levo, Marisa	LT Wischlingen Dortmund	21. W40	59	02:28:06	02:29:03
384.	297.		Schunck, Thomas		67. M45	1240	02:27:59	02:29:08
385.	298.		Frauenpreiß, Jörn	Betriebssportgem. SSK	68. M45	1063	02:27:58	02:29:08
386.	299.		Leisner, Siegfried	LT Alstertal	3. M65	1437	02:28:12	02:29:20
387.		88.	Knigge, Inka		8. W20	1117	02:29:05	02:30:00
388.		89.	Belchhaus, Bettina		22. W40	1018	02:30:17	02:31:06
389.	300.		GAhl, Lothar	TSV Otterndorf	31. M50	1326	02:30:17	02:31:19
390.		90.	Uhrmacher, Monika	LT Wischlingen Dortmund	5. W55	1265	02:31:31	02:32:29
391.		91.	Scheibe, Karin		16. W50	1389	02:34:46	02:35:38
392.		92.	Daun, Franziska		9. W20	1442	02:35:16	02:35:59
393.	301.		Brand, Willy		1. M75	1038	02:35:38	02:36:02
394.	302.		Uhtenwoldt, Ralf	LLG HERZKASPER	77. M40	1267	02:35:27	02:36:27
395.	303.		Uhtenwoldt, Ole	LLG HERZKASPER	2. MJB	1266	02:35:29	02:36:29
396.		93.	Rasmussen, Jane	Kerteminda motions klub	6. W55	1200	02:35:52	02:36:41
397.		94.	Roskosch, Nadine	LC Hansa Stuhr Tri-Wölfe	1. WJA	1212	02:37:28	02:37:55
398.		95.	Babic, Maria	FaBa	7. W55	1011	02:40:53	02:41:55
399.		96.	Henne, Dr. Silvia	TSG Nordholz	15. W45	1339	02:43:17	02:43:52
400.		97.	Peus, Katja		13. W35	1188	02:55:25	02:56:33
401.	304.		Kirchner, Harald	TV Langen	2. M75	1448	02:55:39	02:56:34