

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

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Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|------------------------|----|-----|---------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 1 | 1394 | Witmershaus, Horst | 68 | DE | SC Weyhe | M40 | 1 | 1:15:25 | 1:15:27 | 0:37:20 | 0:38:04 | 3,35 | 16,78 |
| 2 | 1498 | Lemcke, Stefan | 89 | DE | Tus Stellichte | MHK | 1 | 1:17:35 | 1:17:36 | 0:38:13 | 0:39:22 | 3,41 | 16,31 |
| 3 | 1494 | Glinsmann, Carsten | 74 | DE | SV Eintracht Hepstedt | M35 | 1 | 1:18:46 | 1:18:48 | 0:39:14 | 0:39:31 | 3,44 | 16,07 |
| 4 | 1549 | Krüger, Tim | 87 | DE | SV Werder Bremen | MHK | 2 | 1:20:52 | 1:20:53 | 0:40:05 | 0:40:46 | 3,50 | 15,65 |
| 5 | 1405 | Zackariat, Bernd | 59 | DE | Stader SV | M50 | 1 | 1:21:55 | 1:21:58 | 0:40:49 | 0:41:05 | 3,53 | 15,45 |
| 6 | 1115 | Hübner, Jochen | 71 | DE | VfB Alemannia Pfalzdorf | M35 | 2 | 1:23:14 | 1:23:15 | 0:40:27 | 0:42:46 | 3,57 | 15,21 |
| 7 | 1240 | Nolte, Thomas | 68 | DE | LT Höpkens Ruh Bremen | M40 | 2 | 1:23:52 | 1:23:55 | 0:41:17 | 0:42:35 | 3,59 | 15,09 |
| 8 | 1530 | Kurch, Sebastian | 81 | DE | VFL Z8 Ellerich | MHK | 3 | 1:24:13 | 1:24:16 | 0:41:28 | 0:42:45 | 4,00 | 15,03 |
| 9 | 1523 | Tietje, Michael | 56 | DE | TSV Otterndorf | M50 | 2 | 1:24:21 | 1:24:22 | 0:41:35 | 0:42:45 | 4,00 | 15,00 |
| 10 | 1470 | Brunkhorst, Jörg | 69 | DE | *Nordenham | M40 | 3 | 1:24:32 | 1:24:34 | 0:38:58 | 0:45:33 | 4,00 | 14,97 |
| 11 | 1077 | Gau, Axel | 68 | DE | Victoria Lauenau | M40 | 4 | 1:25:40 | 1:26:05 | 0:43:08 | 0:42:32 | 4,04 | 14,77 |
| 12 | 1234 | Neitemeier, Ralf | 69 | DE | LT TuS Aurich-Ost | M40 | 5 | 1:25:41 | 1:25:43 | 0:42:15 | 0:43:26 | 4,04 | 14,77 |
| 13 | 1566 | Wührmann, Werner | 55 | DE | | M50 | 3 | 1:25:46 | 1:25:50 | 0:41:50 | 0:43:55 | 4,04 | 14,76 |
| 14 | 1070 | Fischer, Thorsten | 59 | DE | LC93 Delmenhorst | M50 | 4 | 1:25:53 | 1:25:57 | 0:42:14 | 0:43:38 | 4,04 | 14,74 |
| 15 | 1230 | Müller, Armin | 60 | DE | - | M45 | 1 | 1:26:11 | 1:26:16 | 0:42:31 | 0:43:40 | 4,05 | 14,68 |
| 16 | 1499 | Velden, Frank | 77 | DE | Fishtown Runners Bremerha | M30 | 1 | 1:26:30 | 1:26:32 | 0:41:51 | 0:44:38 | 4,06 | 14,63 |
| 17 | 1547 | Heidsiek, Matthias | 88 | DE | SV Werder Bremen | MHK | 4 | 1:26:56 | 1:26:58 | 0:43:14 | 0:43:41 | 4,07 | 14,56 |
| 18 | 1127 | Janowsky, Marcus | 79 | DE | Marathon Mülheim | M30 | 2 | 1:27:06 | 1:27:09 | 0:42:48 | 0:44:17 | 4,08 | 14,53 |
| 19 | 1107 | Hetmann, Meik | 60 | DE | Nordwind Runners Wremen | M45 | 2 | 1:27:29 | 1:27:31 | 0:42:18 | 0:45:10 | 4,09 | 14,47 |
| 20 | 1117 | Hupe, Olaf | 65 | DE | TSR Olym.WHV Triathlon | M40 | 6 | 1:28:09 | 1:28:11 | 0:42:25 | 0:45:43 | 4,11 | 14,36 |
| 21 | 1425 | Meincke, Michael | 68 | DE | VFL Oldenburg | M40 | 7 | 1:28:17 | 1:28:19 | 0:42:36 | 0:45:41 | 4,11 | 14,34 |
| 22 | 1431 | Öztürk, Mehmet | 62 | DE | Fishtown Runners Bremerha | M45 | 3 | 1:28:18 | 1:28:23 | 0:44:02 | 0:44:15 | 4,11 | 14,33 |
| 23 | 1492 | Marcks, Jörn | 80 | DE | Marathonclub Walsrode | MHK | 5 | 1:28:19 | 1:28:22 | 0:43:55 | 0:44:23 | 4,11 | 14,33 |
| 24 | 1481 | Dieckmann, Heiko | 70 | DE | TSV Otterndorf | M35 | 3 | 1:28:26 | 1:28:30 | 0:44:03 | 0:44:22 | 4,12 | 14,31 |
| 25 | 1407 | Zielinski, Stephan | 70 | DE | *Ritterhude | M35 | 4 | 1:28:29 | 1:28:32 | 0:43:32 | 0:44:57 | 4,12 | 14,30 |
| 26 | 1102 | Herfurth, Hans-Wilhelm | 53 | DE | Marathonclub Walsrode | M55 | 1 | 1:28:34 | 1:28:36 | 0:43:34 | 0:45:00 | 4,12 | 14,29 |
| 27 | 1322 | Slokker, Ronald | 62 | NL | TSV-Gnarrenburg | M45 | 4 | 1:28:36 | 1:28:38 | 0:43:25 | 0:45:11 | 4,12 | 14,28 |
| 28 | 1261 | Poolke, Oliver | 71 | DE | LG Kreis Verden | M35 | 5 | 1:28:37 | 1:28:56 | 0:44:08 | 0:44:29 | 4,12 | 14,28 |
| 29 | 1255 | Petrak, Christian | 73 | DE | Sofaecke | M35 | 6 | 1:28:38 | 1:28:43 | 0:43:31 | 0:45:06 | 4,12 | 14,28 |
| 30 | 1182 | Langhorst, Thomas | 66 | DE | Marathonclub Bremen | M40 | 8 | 1:28:51 | 1:28:54 | 0:42:29 | 0:46:21 | 4,13 | 14,25 |
| 31 | 1119 | Jacobs, Frank | 77 | DE | RC Lüdenscheid 98 | M30 | 3 | 1:28:51 | 1:28:59 | 0:43:47 | 0:45:04 | 4,13 | 14,24 |
| 32 | 1489 | Knülle, Hermann | 51 | DE | SV Hepstedt/Breddorf | M55 | 2 | 1:28:54 | 1:28:56 | 0:44:05 | 0:44:48 | 4,13 | 14,24 |
| 33 | 1247 | Papst, Enrico | 71 | DE | deichschnecken | M35 | 7 | 1:28:55 | 1:28:55 | 0:43:35 | 0:45:19 | 4,13 | 14,23 |
| 34 | 1018 | Bergmann, Jan | 71 | DE | LG Kreis Verden | M35 | 8 | 1:29:09 | 1:29:11 | 0:44:41 | 0:44:27 | 4,14 | 14,20 |
| 35 | 1433 | Hasenkopf, Peter | 60 | DE | LT-Tus Iserlohn | M45 | 5 | 1:29:24 | 1:29:28 | 0:44:01 | 0:45:23 | 4,14 | 14,16 |
| 36 | 1103 | Herke, Steffen | 71 | DE | TuS Zetel | M35 | 9 | 1:29:28 | 1:29:33 | 0:43:56 | 0:45:31 | 4,15 | 14,14 |
| 37 | 1061 | Eden, Kurt | 58 | DE | Verein TV-Norden | M50 | 5 | 1:29:38 | 1:29:42 | 0:43:56 | 0:45:42 | 4,15 | 14,12 |
| 38 | 1037 | Brandes, Stefan | 66 | DE | *Cuxhaven | M40 | 9 | 1:29:40 | 1:29:44 | 0:44:19 | 0:45:21 | 4,15 | 14,11 |
| 39 | 1146 | Katzer, Kai | 72 | DE | Fishtown Runners Bremerha | M35 | 10 | 1:29:58 | 1:30:08 | 0:44:40 | 0:45:18 | 4,16 | 14,07 |
| 40 | 1252 | Peters, Dettlef | 63 | DE | MTV Brackel | M45 | 6 | 1:30:24 | 1:30:27 | 0:45:02 | 0:45:21 | 4,17 | 14,00 |
| 41 | 1251 | Peters, Andreas | 68 | DE | *Hildesheim | M40 | 10 | 1:30:24 | 1:30:34 | 0:44:57 | 0:45:27 | 4,17 | 14,00 |
| 42 | 1453 | Kuhl, Michael | 61 | DE | RTB-Remscheid Marathon | M45 | 7 | 1:30:28 | 1:30:32 | 0:43:55 | 0:46:33 | 4,17 | 13,99 |
| 43 | 1522 | Müller, Mischa | 74 | DE | Team Fust Lüneburg | M35 | 11 | 1:30:33 | 1:30:41 | 0:44:56 | 0:45:36 | 4,18 | 13,98 |
| 44 | 1385 | Widlitzki, Marcus | 76 | DE | LT Sport-Ziel | M30 | 4 | 1:30:39 | 1:30:42 | 0:45:25 | 0:45:14 | 4,18 | 13,96 |
| 45 | 1090 | Hagelweide, Jörg | 62 | DE | VFL-Wingst | M45 | 8 | 1:30:43 | 1:30:54 | 0:44:38 | 0:46:04 | 4,18 | 13,95 |
| 46 | 1179 | Lange, Peter | 64 | DE | *Delmenhorst | M45 | 9 | 1:30:44 | 1:30:52 | 0:45:14 | 0:45:29 | 4,18 | 13,95 |
| 47 | 1150 | Klöcker, Frank | 65 | DE | TSG 07 Burg Gretesch | M40 | 11 | 1:31:03 | 1:31:11 | 0:47:32 | 0:43:31 | 4,19 | 13,90 |
| 48 | 1009 | Bähr, Dieter | 62 | DE | *Cuxhaven | M45 | 10 | 1:31:32 | 1:31:41 | 0:45:47 | 0:45:45 | 4,20 | 13,83 |
| 49 | 1166 | Krüger, Gerhard | 59 | DE | *Ottersberg | M50 | 6 | 1:31:49 | 1:32:02 | 0:46:01 | 0:45:48 | 4,21 | 13,78 |
| 50 | 1209 | Medina, Frandy | 81 | DO | Restaurant zum Park | MHK | 6 | 1:32:15 | 1:32:48 | 0:45:51 | 0:46:23 | 4,22 | 13,72 |
| 51 | 1080 | Gerken, Timo | 89 | DE | TB Uphusen | MHK | 7 | 1:32:28 | 1:33:02 | 0:45:21 | 0:47:06 | 4,23 | 13,69 |
| 52 | 1376 | Wempen, Thomas | 84 | DE | *Zetel | MHK | 8 | 1:32:38 | 1:33:03 | 0:46:34 | 0:46:03 | 4,23 | 13,66 |
| 53 | 1548 | Cornelius, Stephan | 71 | | *Oldenburg | M35 | 12 | 1:32:39 | 1:32:56 | 0:45:56 | 0:46:43 | 4,24 | 13,66 |

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Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|--------------------------|----|-----|--------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 54 | 1280 | Rödde, Ulf | 62 | DE | ASC Marathon Friedberg | M45 | 11 | 1:32:52 | 1:32:56 | 0:46:11 | 0:46:41 | 4,24 | 13,63 |
| 55 | 1072 | Frey, Bernd | 67 | DE | TV Loxstedt | M40 | 12 | 1:33:00 | 1:33:02 | 0:44:08 | 0:48:52 | 4,25 | 13,61 |
| 56 | 1429 | Jansen, Tim | 79 | DE | 1. Flensburger LT | M30 | 5 | 1:33:13 | 1:33:16 | 0:45:50 | 0:47:23 | 4,25 | 13,58 |
| 57 | 1540 | Schliefkowitz, Frank | 68 | DE | | M40 | 13 | 1:33:28 | 1:33:38 | 0:46:53 | 0:46:35 | 4,26 | 13,54 |
| 58 | 1500 | Neumann, Jörg-Dietrich | 66 | DE | Road Runners Bremen | M40 | 14 | 1:33:32 | 1:33:34 | 0:45:02 | 0:48:29 | 4,26 | 13,53 |
| 59 | 1190 | Lindigkeit, Lutz | 73 | DE | LGHNF Hamburg | M35 | 13 | 1:33:43 | 0:00:00 | 0:42:11 | 0:51:31 | 4,27 | 13,51 |
| 60 | 1214 | Meinken, Walter | 49 | DE | TSV Völkersen | M60 | 1 | 1:33:46 | 1:33:51 | 0:45:57 | 0:47:49 | 4,27 | 13,50 |
| 61 | 1442 | Bombien, Bernd | 68 | DE | Marathonclub Walsrode | M40 | 15 | 1:33:47 | 1:33:54 | 0:46:25 | 0:47:22 | 4,27 | 13,49 |
| 62 | 1463 | Blome, David | 81 | DE | *Lilienthal | MHK | 9 | 1:33:53 | 1:34:30 | 0:47:50 | 0:46:03 | 4,27 | 13,48 |
| 63 | 1225 | Montoya Martin, Manuel | 78 | DE | RW Cuxhaven | M30 | 6 | 1:34:23 | 1:34:43 | 0:46:23 | 0:48:00 | 4,28 | 13,41 |
| 64 | 1325 | Spaniol, Malte | 77 | DE | *Hamburg | M30 | 7 | 1:34:29 | 1:34:34 | 0:45:03 | 0:49:25 | 4,29 | 13,39 |
| 65 | 1443 | Willenbrock, Harm-Jürgen | 52 | DE | LG Kreis Verden | M55 | 3 | 1:34:31 | 1:34:38 | 0:45:48 | 0:48:42 | 4,29 | 13,39 |
| 66 | 1444 | Eichwald, Waldemar | 80 | DE | *Nienburg | MHK | 10 | 1:34:34 | 1:34:59 | 0:46:34 | 0:47:59 | 4,29 | 13,38 |
| 67 | 1133 | John, Michael | 69 | DE | *Neustadt am Ruebenberge | M40 | 16 | 1:34:40 | 1:34:54 | 0:47:33 | 0:47:07 | 4,29 | 13,37 |
| 68 | 1176 | Ladwig, Matthias | 78 | DE | RUN FOR FUN | M30 | 8 | 1:34:43 | 1:35:34 | 0:46:48 | 0:47:55 | 4,29 | 13,36 |
| 69 | 1083 | Gottschalk, Thorsten | 62 | DE | *Langen | M45 | 12 | 1:34:48 | 1:34:57 | 0:47:31 | 0:47:17 | 4,30 | 13,35 |
| 70 | 1486 | Kammholz, Uwe | 60 | DE | Aidan 03 | M45 | 13 | 1:34:48 | 1:34:52 | 0:45:54 | 0:48:53 | 4,30 | 13,35 |
| 71 | 1531 | Dock, Klaus | 68 | DE | TSV Wanna | M40 | 17 | 1:34:52 | 1:35:18 | 0:47:41 | 0:47:10 | 4,30 | 13,34 |
| 72 | 1380 | Wessel, Bernd | 56 | DE | VC/LG Nienburg | M50 | 7 | 1:34:54 | 1:35:03 | 0:47:24 | 0:47:29 | 4,30 | 13,34 |
| 73 | 1002 | Ach, Stefan | 63 | DE | SG Platjenwerbe | M45 | 14 | 1:34:55 | 1:34:58 | 0:46:19 | 0:48:36 | 4,30 | 13,33 |
| 74 | 1468 | Kickler, Rune | 90 | DE | TSV Neuenwalde | MJA | 1 | 1:34:56 | 1:35:23 | 0:47:58 | 0:46:57 | 4,30 | 13,33 |
| 75 | 1395 | Wode, Andre | 66 | DE | TSV Schwiegershausen / H | M40 | 18 | 1:34:57 | 1:35:12 | 0:47:30 | 0:47:26 | 4,30 | 13,33 |
| 76 | 1452 | Heinzel, Thomas | 68 | DE | *Delmenhorst | M40 | 19 | 1:35:12 | 1:35:32 | 0:48:07 | 0:47:05 | 4,31 | 13,29 |
| 77 | 1315 | Schwalm, Holger | 69 | DE | LAV Bokel | M40 | 20 | 1:35:13 | 1:35:19 | 0:46:52 | 0:48:21 | 4,31 | 13,29 |
| 78 | 1273 | Rehberg, Dr. Lothar | 50 | DE | *Cuxhaven | M55 | 4 | 1:35:18 | 1:35:21 | 0:47:40 | 0:47:37 | 4,31 | 13,28 |
| 79 | 1020 | Bethge, Achim | 60 | DE | Blau Weiß Buchholz | M45 | 15 | 1:35:20 | 1:35:25 | 0:47:33 | 0:47:46 | 4,31 | 13,28 |
| 80 | 1175 | Ladwig, Holger | 81 | DE | RUN FOR FUN | MHK | 11 | 1:35:22 | 1:36:13 | 0:46:48 | 0:48:33 | 4,31 | 13,27 |
| 81 | 1202 | Mania, Wieslaw | 63 | DE | LT Sport-Ziel | M45 | 16 | 1:35:47 | 1:35:50 | 0:47:59 | 0:47:48 | 4,32 | 13,21 |
| 82 | 1560 | Köppke, Markus | 70 | DE | | M35 | 14 | 1:35:47 | 1:35:55 | 0:46:06 | 0:49:41 | 4,32 | 13,21 |
| 83 | 1436 | Bodenhagen, Frank | 63 | DE | *Loxstedt | M45 | 17 | 1:35:50 | 1:36:30 | 0:47:45 | 0:48:05 | 4,33 | 13,21 |
| 84 | 1539 | Aden, Jürgen | 50 | DE | *Wilhelmshaven | M55 | 5 | 1:35:53 | 1:36:10 | 0:47:08 | 0:48:44 | 4,33 | 13,20 |
| 85 | 1207 | Mauritschat, Denis | 72 | DE | AT Rodenkirchen | M35 | 15 | 1:35:56 | 1:35:56 | 0:48:09 | 0:47:46 | 4,33 | 13,19 |
| 86 | 1100 | Heins, Thomas | 67 | DE | *Debstedt | M40 | 21 | 1:36:00 | 1:36:00 | 0:47:44 | 0:48:15 | 4,33 | 13,18 |
| 87 | 1428 | Engelmann, Kurt | 63 | DE | TSV Sievern | M45 | 18 | 1:36:15 | 1:36:22 | 0:46:51 | 0:49:24 | 4,34 | 13,15 |
| 88 | 1144 | Karstens, Kalle | 56 | DE | KB Altenwalde | M50 | 8 | 1:36:18 | 1:36:28 | 0:46:30 | 0:49:47 | 4,34 | 13,14 |
| 89 | 1287 | Schade, Gerrit | 67 | DE | *Bremerhaven | M40 | 22 | 1:36:24 | 1:36:30 | 0:47:01 | 0:49:22 | 4,34 | 13,13 |
| 90 | 1471 | Goldswear, Karl-Dieter | 68 | DE | TuRa 07 Westrhauderfehn | M40 | 23 | 1:36:25 | 1:36:32 | 0:46:54 | 0:49:31 | 4,34 | 13,13 |
| 91 | 1345 | Titz, Bernd | 64 | DE | CA San Lorenzo | M45 | 19 | 1:36:31 | 1:36:36 | 0:47:52 | 0:48:39 | 4,35 | 13,11 |
| 92 | 1526 | Bartosch, Holger | 65 | DE | | M40 | 24 | 1:36:42 | 1:36:50 | 0:46:49 | 0:49:52 | 4,35 | 13,09 |
| 93 | 1158 | Köhler, Manfred | 54 | DE | *Rastede | M55 | 6 | 1:36:44 | 1:36:49 | 0:47:32 | 0:49:11 | 4,35 | 13,08 |
| 94 | 1024 | Blau, Oliver | 77 | DE | *Bremen | M30 | 9 | 1:36:47 | 1:36:52 | 0:46:35 | 0:50:12 | 4,35 | 13,08 |
| 95 | 1221 | Michele, Fabozzi | 58 | IT | Lc Hansa Stuhr | M50 | 9 | 1:37:00 | 1:37:13 | 0:47:40 | 0:49:19 | 4,36 | 13,05 |
| 96 | 1383 | Wichern, Thomas | 64 | DE | TSV Wehdel | M45 | 20 | 1:37:06 | 1:37:17 | 0:48:17 | 0:48:48 | 4,36 | 13,04 |
| 97 | 1339 | Thomas, Peter | 64 | DE | VTB Triathlon Varel | M45 | 21 | 1:37:22 | 1:37:44 | 0:48:36 | 0:48:45 | 4,37 | 13,00 |
| 98 | 1422 | Mannott, Jörg | 71 | DE | OSC Bremerhaven - Triat | M35 | 16 | 1:37:22 | 1:37:30 | 0:47:13 | 0:50:09 | 4,37 | 13,00 |
| 99 | 1047 | Burmeister, Manfred | 58 | DE | OSC Bremerhaven | M50 | 10 | 1:37:23 | 1:37:35 | 0:48:06 | 0:49:16 | 4,37 | 13,00 |
| 100 | 1410 | Zöllner, Jörg-Peter | 51 | DE | LT Bittermark Dortmund | M55 | 7 | 1:37:31 | 1:37:40 | 0:47:41 | 0:49:50 | 4,37 | 12,98 |
| 101 | 1448 | Dammann, Hauke | 74 | DE | Hase&Igel | M35 | 17 | 1:37:33 | 1:38:07 | 0:50:14 | 0:47:18 | 4,37 | 12,97 |
| 102 | 1552 | Beier, Ingo | 71 | DE | Roadrunners Varrel | M35 | 18 | 1:37:38 | 1:37:41 | 0:46:53 | 0:50:45 | 4,38 | 12,96 |
| 103 | 1199 | Magiera, Taddeus | 57 | DE | LT Sport-Ziel | M50 | 11 | 1:37:43 | 1:37:50 | 0:48:29 | 0:49:13 | 4,38 | 12,95 |
| 104 | 1343 | Tillack, Hans | 59 | DE | KSD-Nord | M50 | 12 | 1:37:50 | 1:38:18 | 0:46:35 | 0:51:15 | 4,38 | 12,94 |
| 105 | 1495 | Cyplik, Sven | 68 | DE | *Cadenberge | M40 | 25 | 1:37:53 | 1:38:03 | 0:48:13 | 0:49:39 | 4,38 | 12,93 |
| 106 | 1060 | Ebert, Markus | 80 | DE | Sofaecke | MHK | 12 | 1:37:54 | 1:37:59 | 0:48:06 | 0:49:47 | 4,38 | 12,93 |

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Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|------------------------|----|-----|--------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 107 | 1109 | Hödl, Bernd | 72 | DE | Wilhelmshaven | M35 | 19 | 1:38:03 | 1:38:09 | 0:47:01 | 0:51:01 | 4,39 | 12,91 |
| 108 | 1135 | Kaminski, Leszek | 56 | DE | BSG Sparkasse Bremen | M50 | 13 | 1:38:31 | 1:38:34 | 0:47:38 | 0:50:53 | 4,40 | 12,85 |
| 109 | 1399 | Wölke, Sebastian | 78 | DE | *Hamburg | M30 | 10 | 1:38:31 | 1:38:39 | 0:49:26 | 0:49:05 | 4,40 | 12,85 |
| 110 | 1412 | Spillner, Joerg | 66 | DE | *Bad Lauterberg | M40 | 26 | 1:38:34 | 1:38:56 | 0:48:44 | 0:49:49 | 4,40 | 12,84 |
| 111 | 1034 | Box, Harald | 60 | DE | Gallier-Bremen | M45 | 22 | 1:38:45 | 1:39:01 | 0:49:25 | 0:49:19 | 4,41 | 12,82 |
| 112 | 1534 | Röben, Oliver | 70 | DE | | M35 | 20 | 1:39:14 | 1:39:23 | 0:47:31 | 0:51:43 | 4,42 | 12,75 |
| 113 | 1409 | Zielke, Rainer | 49 | DE | OSC Bremerhaven - Triat | M60 | 2 | 1:39:24 | 1:39:29 | 0:48:20 | 0:51:04 | 4,43 | 12,73 |
| 114 | 1227 | Mroska, Ulf | 70 | DE | swb Runners | M35 | 21 | 1:39:24 | 1:39:34 | 0:50:04 | 0:49:20 | 4,43 | 12,73 |
| 115 | 1318 | Seip, Oliver H. | 62 | DE | *Griesheim | M45 | 23 | 1:39:28 | 1:39:44 | 0:48:37 | 0:50:51 | 4,43 | 12,72 |
| 116 | 1108 | Himme, Frank | 60 | DE | TV Loxstedt | M45 | 24 | 1:39:36 | 1:40:01 | 0:50:03 | 0:49:33 | 4,43 | 12,71 |
| 117 | 1185 | Lasetzke, Stefan | 62 | DE | *Achim | M45 | 25 | 1:39:38 | 1:40:06 | 0:49:46 | 0:49:52 | 4,43 | 12,70 |
| 118 | 1485 | Ammermann, Jens | 65 | DE | Polizei Bremerhaven | M40 | 27 | 1:39:38 | 1:39:50 | 0:50:03 | 0:49:34 | 4,43 | 12,70 |
| 119 | 1045 | Bunjes, Ingo | 69 | DE | LAV Bokel | M40 | 28 | 1:39:41 | 1:40:04 | 0:48:34 | 0:51:07 | 4,44 | 12,70 |
| 120 | 1510 | Schulze, Oliver | 70 | DE | OS Runner | M35 | 22 | 1:39:46 | 1:40:02 | 0:48:37 | 0:51:08 | 4,44 | 12,69 |
| 121 | 1535 | Aschmutat, Kai | 69 | DE | Bargstedt | M40 | 29 | 1:39:48 | 1:39:57 | 0:49:34 | 0:50:14 | 4,44 | 12,68 |
| 122 | 1031 | Boinowitz, Kai | 67 | DE | Bargstedt | M40 | 30 | 1:39:48 | 1:39:57 | 0:49:34 | 0:50:14 | 4,44 | 12,68 |
| 123 | 1320 | Sempf, Olaf | 69 | DE | TV Grambke Bremen | M40 | 31 | 1:40:03 | 1:40:11 | 0:48:29 | 0:51:34 | 4,45 | 12,65 |
| 124 | 1065 | Engelken, Jens | 62 | DE | TV Loxstedt | M45 | 26 | 1:40:04 | 1:40:09 | 0:50:23 | 0:49:41 | 4,45 | 12,65 |
| 125 | 1438 | Fritzenschaft, Joachim | 54 | DE | TSV Osten | M55 | 8 | 1:40:05 | 1:40:09 | 0:48:32 | 0:51:33 | 4,45 | 12,65 |
| 126 | 1269 | Rahier, Philipp | 81 | DE | *Stuhr | MHK | 13 | 1:40:11 | 1:40:44 | 0:52:27 | 0:47:43 | 4,45 | 12,63 |
| 127 | 1282 | Rohwedder, Karl | 55 | DE | TSV Eintracht Völkrode | M50 | 14 | 1:40:15 | 1:40:20 | 0:47:15 | 0:53:00 | 4,45 | 12,62 |
| 128 | 1078 | Gelpke, Christian | 78 | DE | *Bremerhaven | M30 | 11 | 1:40:18 | 1:40:38 | 0:47:53 | 0:52:25 | 4,45 | 12,62 |
| 129 | 1116 | Huhn, Thomas | 62 | DE | mlt-traben-trarbach | M45 | 27 | 1:40:38 | 1:40:53 | 0:49:58 | 0:50:40 | 4,46 | 12,58 |
| 130 | 191 | Cholewa, Christian | 76 | DE | TVG Drochtersen | M30 | 12 | 1:40:47 | 1:41:01 | 0:49:56 | 0:50:51 | 4,47 | 12,56 |
| 131 | 1545 | Renner, Robby | 78 | DE | Teufelslauf Heiden | M30 | 13 | 1:41:14 | 1:41:42 | 0:51:59 | 0:49:15 | 4,48 | 12,50 |
| 132 | 1046 | Burgmann, Michael | 58 | DE | LC Hansa Stuhr | M50 | 15 | 1:41:25 | 1:41:30 | 0:50:42 | 0:50:43 | 4,48 | 12,48 |
| 133 | 1465 | Schmidt, Tank | 73 | DE | Fleet Feet | M35 | 23 | 1:41:32 | 1:42:09 | 0:50:14 | 0:51:18 | 4,49 | 12,47 |
| 134 | 1484 | Dierßen, Jens | 65 | DE | BTV 1909 Bremerhaven | M40 | 32 | 1:41:39 | 1:41:51 | 0:50:03 | 0:51:35 | 4,49 | 12,45 |
| 135 | 1401 | Wolters, Rolf | 56 | DE | TSV-Emtinghausen | M50 | 16 | 1:41:41 | 1:42:15 | 0:50:41 | 0:50:59 | 4,49 | 12,45 |
| 136 | 1420 | Böde, Eckard | 72 | DE | *Oldenburg | M35 | 24 | 1:41:41 | 1:41:55 | 0:50:49 | 0:50:52 | 4,49 | 12,45 |
| 137 | 1142 | Kappelman, Thomas | 65 | DE | *Oldenburg | M40 | 33 | 1:41:43 | 1:41:54 | 0:49:43 | 0:51:59 | 4,49 | 12,44 |
| 138 | 1025 | Block, Olaf | 68 | DE | *Hannover | M40 | 34 | 1:41:44 | 1:42:08 | 0:50:00 | 0:51:44 | 4,49 | 12,44 |
| 139 | 1289 | Scheibe, Jan | 89 | DE | *Marknesse | MHK | 14 | 1:41:44 | 1:42:36 | 0:50:06 | 0:51:38 | 4,49 | 12,44 |
| 140 | 1291 | Scheibe, Manfred | 58 | DE | *Marknesse | M50 | 17 | 1:41:47 | 1:42:39 | 0:50:06 | 0:51:41 | 4,50 | 12,43 |
| 141 | 1295 | Schleewald, Stephan | 65 | DE | *Stuhr | M40 | 35 | 1:41:53 | 1:42:33 | 0:51:00 | 0:50:53 | 4,50 | 12,42 |
| 142 | 1332 | Stier, Volkmar | 69 | DE | acapo-Team Wilhelmshaven | M40 | 36 | 1:42:02 | 1:42:10 | 0:49:44 | 0:52:18 | 4,50 | 12,40 |
| 143 | 1440 | Dierks, Michael | 64 | DE | ZollSG Cuxhaven | M45 | 28 | 1:42:05 | 1:42:16 | 0:49:47 | 0:52:18 | 4,50 | 12,40 |
| 144 | 1279 | Risch, Oliver | 67 | DE | LT-Sport Ziel | M40 | 37 | 1:42:15 | 1:42:18 | 0:48:13 | 0:54:02 | 4,51 | 12,38 |
| 145 | 1049 | Busekros, Lüder | 59 | DE | SV Hepstedt/Breddorf | M50 | 18 | 1:42:22 | 1:42:38 | 0:50:29 | 0:51:52 | 4,51 | 12,36 |
| 146 | 1010 | Bannies, Holger | 64 | DE | LT TV Schwanewede | M45 | 29 | 1:42:26 | 1:42:54 | 0:53:22 | 0:49:04 | 4,51 | 12,35 |
| 147 | 1483 | Eggerichs, Jürgen | 58 | DE | Altenbruch1 | M50 | 19 | 1:42:29 | 1:42:44 | 0:50:42 | 0:51:47 | 4,52 | 12,35 |
| 148 | 1055 | Diehl, Volker | 64 | DE | LC Hansa Stuhr Tri-Wölfe | M45 | 30 | 1:42:30 | 1:43:11 | 0:50:58 | 0:51:32 | 4,52 | 12,35 |
| 149 | 1099 | Heil, Andreas | 62 | DE | *Cuxhaven | M45 | 31 | 1:42:40 | 1:42:55 | 0:52:27 | 0:50:12 | 4,52 | 12,33 |
| 150 | 1354 | Vaihinger, Hans-Martin | 66 | DE | Iserlohn Kangaroos | M40 | 38 | 1:42:48 | 1:43:00 | 0:53:33 | 0:49:14 | 4,52 | 12,31 |
| 151 | 1088 | Grupe, Roland | 71 | DE | *Ganderkesee | M35 | 25 | 1:42:49 | 1:43:17 | 0:51:12 | 0:51:37 | 4,52 | 12,31 |
| 152 | 1106 | Hessenius, Onno | 62 | DE | TSV Wulsdorf | M45 | 32 | 1:42:53 | 1:43:07 | 0:52:24 | 0:50:29 | 4,53 | 12,30 |
| 153 | 1007 | Babilas, Johannes | 52 | DE | TV Langen | M55 | 9 | 1:43:01 | 1:43:13 | 0:50:51 | 0:52:10 | 4,53 | 12,29 |
| 154 | 1441 | Dahme, Dirk | 70 | DE | LGK Verden | M35 | 26 | 1:43:02 | 1:43:36 | 0:51:08 | 0:51:54 | 4,53 | 12,28 |
| 155 | 1242 | Oestmann, Harald | 58 | DE | TSV Imsum | M50 | 20 | 1:43:09 | 1:43:18 | 0:52:14 | 0:50:55 | 4,53 | 12,27 |
| 156 | 1089 | Günther, Marc | 75 | DE | *Neustadt | M30 | 14 | 1:43:12 | 1:43:31 | 0:52:09 | 0:51:02 | 4,54 | 12,26 |
| 157 | 1459 | Esen, Michael | 63 | DE | *Bremen | M45 | 33 | 1:43:17 | 1:43:58 | 0:51:11 | 0:52:06 | 4,54 | 12,25 |
| 158 | 1167 | Krüger, Michael | 68 | DE | *Bremen | M40 | 39 | 1:43:20 | 1:43:41 | 0:51:22 | 0:51:57 | 4,54 | 12,25 |
| 159 | 1091 | Hagenah, Joachim | 60 | DE | TSV Wehdel | M45 | 34 | 1:43:20 | 1:43:58 | 0:51:34 | 0:51:46 | 4,54 | 12,25 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

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Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|--------------------------|----|-----|-----------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 160 | 1493 | Stanke, Detlef | 54 | DE | TSG Westerstede | M55 | 10 | 1:43:23 | 1:43:29 | 0:51:25 | 0:51:58 | 4,54 | 12,24 |
| 161 | 1434 | Dohrmann, Carsten | 63 | DE | BLT-BTV 1877 Bremen | M45 | 35 | 1:43:26 | 1:43:34 | 0:51:05 | 0:52:21 | 4,54 | 12,24 |
| 162 | 1284 | Rottschaefer, Lars | 76 | DE | SV Rapid | M30 | 15 | 1:43:35 | 1:43:43 | 0:51:26 | 0:52:09 | 4,55 | 12,22 |
| 163 | 1311 | Schröder, Holger | 55 | DE | *Lübeck | M50 | 21 | 1:43:38 | 1:43:59 | 0:50:35 | 0:53:03 | 4,55 | 12,21 |
| 164 | 1286 | Rüger, Jörg Ronald | 66 | DE | *Bremen | M40 | 40 | 1:44:01 | 1:44:12 | 0:51:13 | 0:52:47 | 4,56 | 12,17 |
| 165 | 1509 | Otten, Peter | 62 | DE | www.kuestenmarathon.de | M45 | 36 | 1:44:05 | 1:44:39 | 0:51:28 | 0:52:37 | 4,56 | 12,16 |
| 166 | 1520 | Brandes, Matthias | 68 | DE | | M40 | 41 | 1:44:07 | 1:44:45 | 0:51:53 | 0:52:14 | 4,56 | 12,16 |
| 167 | 1326 | Spitzer, Wolfgang | 51 | DE | *Buxtehude | M55 | 11 | 1:44:07 | 1:44:37 | 0:52:34 | 0:51:33 | 4,56 | 12,15 |
| 168 | 1145 | Kattenbeck, Udo | 66 | DE | Emder LG | M40 | 42 | 1:44:12 | 1:44:55 | 0:50:28 | 0:53:44 | 4,56 | 12,15 |
| 169 | 1143 | Karlsson, Håkan | 70 | SE | *Bremen | M35 | 27 | 1:44:53 | 1:45:24 | 0:52:40 | 0:52:12 | 4,58 | 12,07 |
| 170 | 1525 | Tiedemann, Nils | 75 | DE | *Dresden | M30 | 16 | 1:45:04 | 1:45:20 | 0:49:49 | 0:55:14 | 4,59 | 12,05 |
| 171 | 1331 | Steringer, Josef | 49 | DE | Fishtown Runners Bremerha | M60 | 3 | 1:45:06 | 1:45:25 | 0:51:49 | 0:53:17 | 4,59 | 12,04 |
| 172 | 1265 | Priewe, Thorsten | 68 | DE | Wilhelmshaven | M40 | 43 | 1:45:06 | 1:45:34 | 0:51:37 | 0:53:29 | 4,59 | 12,04 |
| 173 | 1363 | Walde, Jens | 62 | DE | pep fitness anlage delmenhc | M45 | 37 | 1:45:18 | 1:45:24 | 0:50:14 | 0:55:03 | 5,00 | 12,02 |
| 174 | 16 | Eckhoff, Mike | 77 | DE | *Drochtersen | M30 | 17 | 1:45:34 | 1:45:47 | 0:49:56 | 0:55:38 | 5,00 | 11,99 |
| 175 | 1157 | Koehler, Klaus | 62 | DE | DTV 1856 Delmenhorst | M45 | 38 | 1:45:48 | 1:46:08 | 0:53:20 | 0:52:27 | 5,01 | 11,96 |
| 176 | 1101 | Heitfeldt, Ulrich | 57 | DE | LG Hannover | M50 | 22 | 1:45:49 | 1:46:04 | 0:51:31 | 0:54:17 | 5,01 | 11,96 |
| 177 | 1360 | Voss, Michael | 48 | DE | *Neumünster | M60 | 4 | 1:46:03 | 1:46:39 | 0:53:38 | 0:52:25 | 5,02 | 11,93 |
| 178 | 1159 | Köhn, Oliver | 69 | DE | Feuerwehr Nordholz | M40 | 44 | 1:46:13 | 1:46:29 | 0:51:45 | 0:54:28 | 5,02 | 11,92 |
| 179 | 1033 | Böttcher, Jörg | 63 | DE | Out Fit Bremerhaven | M45 | 39 | 1:46:14 | 1:46:16 | 0:51:13 | 0:55:00 | 5,02 | 11,91 |
| 180 | 1121 | Jaghuber, Jürgen | 68 | DE | VfL-Fosite | M40 | 45 | 1:46:19 | 1:46:26 | 0:50:52 | 0:55:27 | 5,02 | 11,90 |
| 181 | 1051 | Cordes, Henry | 55 | DE | VFL Fredenbeck | M50 | 23 | 1:46:24 | 1:46:44 | 0:52:41 | 0:53:43 | 5,03 | 11,90 |
| 182 | 1532 | Dickerson, Christoph | 68 | DE | Fishtown Runners Bremerha | M40 | 46 | 1:46:41 | 1:47:22 | 0:53:36 | 0:53:04 | 5,03 | 11,86 |
| 183 | 1268 | Raffel, Thorben | 77 | DE | SG Airbus Bremen | M30 | 18 | 1:46:41 | 1:47:13 | 0:54:18 | 0:52:23 | 5,03 | 11,86 |
| 184 | 1152 | Krnita, Alexander | 76 | DE | *Osnabrück | M30 | 19 | 1:46:43 | 1:46:58 | 0:53:31 | 0:53:11 | 5,04 | 11,86 |
| 185 | 1427 | Jacobs, German | 69 | DE | *Cuxhaven | M40 | 47 | 1:46:52 | 1:47:03 | 0:50:55 | 0:55:57 | 5,04 | 11,84 |
| 186 | 1245 | Otholt, Gerold | 68 | DE | *Rastede | M40 | 48 | 1:46:58 | 1:47:16 | 0:53:46 | 0:53:11 | 5,04 | 11,83 |
| 187 | 1044 | Brumm, Matthias | 61 | DE | *Cuxhaven | M45 | 40 | 1:47:04 | 1:47:13 | 0:53:02 | 0:54:02 | 5,05 | 11,82 |
| 188 | 1026 | Blume, Sven | 84 | DE | *Bassum | MHK | 15 | 1:47:07 | 1:47:43 | 0:56:03 | 0:51:03 | 5,05 | 11,82 |
| 189 | 1514 | Gundlack, Ralf | 63 | DE | | M45 | 41 | 1:47:44 | 1:48:13 | 0:54:15 | 0:53:28 | 5,06 | 11,75 |
| 190 | 1456 | da Silva Marquez, Pedro | 55 | DE | Parkhaus Runners | M50 | 24 | 1:47:55 | 1:48:32 | 0:54:47 | 0:53:07 | 5,07 | 11,73 |
| 191 | 1149 | Klemm, Oliver | 67 | DE | Paulaner Stammtisch (Die S | M40 | 49 | 1:48:00 | 1:48:15 | 0:52:28 | 0:55:32 | 5,07 | 11,72 |
| 192 | 1008 | Badtke, Michael | 63 | DE | TSG Düderode-Oldenrode | M45 | 42 | 1:48:02 | 1:48:15 | 0:52:30 | 0:55:31 | 5,07 | 11,72 |
| 193 | 1263 | Pott, Thomas | 75 | DE | *Bunderhee | M30 | 20 | 1:48:08 | 1:48:21 | 0:53:52 | 0:54:16 | 5,08 | 11,70 |
| 194 | 1297 | Schmengler, Kai | 68 | DE | *Cuxhaven | M40 | 50 | 1:48:13 | 1:48:30 | 0:51:30 | 0:56:43 | 5,08 | 11,69 |
| 195 | 1074 | Fuchs, Stefan | 66 | DE | LT TV Schwanewede | M40 | 51 | 1:48:16 | 1:48:43 | 0:55:55 | 0:52:21 | 5,08 | 11,69 |
| 196 | 1466 | Schliep, Manfred | 65 | DE | TuS Petersfehn | M40 | 52 | 1:48:28 | 1:48:49 | 0:53:17 | 0:55:10 | 5,09 | 11,67 |
| 197 | 1048 | Burschka, Sven | 86 | DE | *Bremerhaven | MHK | 16 | 1:48:43 | 1:49:16 | 0:52:29 | 0:56:13 | 5,09 | 11,64 |
| 198 | 1503 | Hinners-Tobrägel, Stefan | 63 | DE | LT Waldschleicher Lohne | M45 | 43 | 1:48:50 | 1:49:07 | 0:53:28 | 0:55:21 | 5,10 | 11,63 |
| 199 | 1516 | Halle, Axel | 57 | DE | USV Halle | M50 | 25 | 1:48:51 | 1:49:02 | 0:53:03 | 0:55:47 | 5,10 | 11,63 |
| 200 | 1004 | Agena, Uwe | 61 | DE | TuS Varrel | M45 | 44 | 1:48:51 | 1:49:30 | 0:54:54 | 0:53:56 | 5,10 | 11,63 |
| 201 | 1490 | Schrader, Dietrich | 76 | DE | Colonia Fantastica | M30 | 21 | 1:48:57 | 1:49:47 | 0:56:04 | 0:52:52 | 5,10 | 11,62 |
| 202 | 1087 | Groth, Manfred | 66 | DE | TSV Neuenwalde | M40 | 53 | 1:48:58 | 1:49:23 | 0:52:55 | 0:56:02 | 5,10 | 11,62 |
| 203 | 1555 | Schierenbeck, Holger | 60 | DE | TuS Syke | M45 | 45 | 1:48:58 | 1:49:16 | 0:53:50 | 0:55:08 | 5,10 | 11,61 |
| 204 | 1301 | Schnakenbeck, Andreas | 67 | DE | Munich Airport Runners | M40 | 54 | 1:49:22 | 1:49:37 | 0:56:08 | 0:53:14 | 5,11 | 11,57 |
| 205 | 1391 | Wist-Fischer, Klaas | 69 | DE | *Loxstedt | M40 | 55 | 1:49:23 | 1:49:53 | 0:55:54 | 0:53:29 | 5,11 | 11,57 |
| 206 | 1052 | Crocoll, Andreas | 68 | DE | *Hopsten-Halverde | M40 | 56 | 1:49:30 | 1:50:04 | 0:54:56 | 0:54:33 | 5,11 | 11,56 |
| 207 | 1192 | Linowski, Frank | 64 | DE | *Lilienthal | M45 | 46 | 1:49:34 | 1:50:12 | 0:56:12 | 0:53:22 | 5,12 | 11,55 |
| 208 | 1497 | Pierre, Marcel | 73 | DE | *ZD Helmond | M35 | 28 | 1:49:34 | 1:50:11 | 0:52:59 | 0:56:35 | 5,12 | 11,55 |
| 209 | 1323 | Smid, Frank | 65 | DE | *Hamburg | M40 | 57 | 1:49:35 | 1:49:58 | 0:54:15 | 0:55:19 | 5,12 | 11,55 |
| 210 | 1544 | Schug, Carsten | 64 | DE | | M45 | 47 | 1:49:50 | 1:50:36 | 0:55:15 | 0:54:35 | 5,12 | 11,52 |
| 211 | 1319 | Seitz, Oliver | 72 | DE | TSV Neustadt | M35 | 29 | 1:49:50 | 1:50:05 | 0:55:22 | 0:54:28 | 5,12 | 11,52 |
| 212 | 1226 | Mottinger, Peter | 54 | DE | *Hamburg | M55 | 12 | 1:49:52 | 1:50:20 | 0:55:11 | 0:54:41 | 5,13 | 11,52 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

gedruckt 05.04.2009 14:34:27

Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|--------------------------|----|-----|----------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 213 | 1473 | Hornstein, Thomas | 63 | DE | SV Hepstedt/Breddorf | M45 | 48 | 1:49:59 | 1:50:15 | 0:49:09 | 1:00:50 | 5,13 | 11,51 |
| 214 | 1491 | Federmann, Georg | 53 | DE | *Bassum | M55 | 13 | 1:50:10 | 1:50:22 | 0:53:39 | 0:56:30 | 5,13 | 11,49 |
| 215 | 1168 | Kuball, Carsten | 74 | DE | *Otterndorf | M35 | 30 | 1:50:19 | 1:51:09 | 0:56:28 | 0:53:50 | 5,14 | 11,47 |
| 216 | 1213 | Meineke, Axel | 61 | DE | TSV Brunsbrock | M45 | 49 | 1:50:41 | 1:51:28 | 0:55:14 | 0:55:27 | 5,15 | 11,43 |
| 217 | 1334 | Strauch, Andreas | 71 | DE | *Hamburg | M35 | 31 | 1:50:42 | 1:50:54 | 0:54:45 | 0:55:57 | 5,15 | 11,43 |
| 218 | 1012 | Bauer, Rolf | 68 | DE | TuS Ditzumerverlaat | M40 | 58 | 1:50:44 | 1:51:12 | 0:54:43 | 0:56:00 | 5,15 | 11,43 |
| 219 | 1003 | Adler, Heiko | 65 | DE | *Bremen | M40 | 59 | 1:50:47 | 1:51:18 | 0:56:40 | 0:54:06 | 5,15 | 11,42 |
| 220 | 1148 | Kessler, Peter | 59 | DE | *Bremen | M50 | 26 | 1:50:48 | 1:51:19 | 0:56:41 | 0:54:07 | 5,15 | 11,42 |
| 221 | 1402 | Wooßmann, Frank | 69 | DE | *Osterholz-Scharmbeck | M40 | 60 | 1:50:49 | 0:00:00 | 0:57:38 | 0:53:11 | 5,15 | 11,42 |
| 222 | 1430 | Schneider, Thomas | 72 | DE | 1. Flensburger LT | M35 | 32 | 1:51:02 | 1:51:18 | 0:53:47 | 0:57:14 | 5,16 | 11,40 |
| 223 | 1015 | Beeh, Marc | 69 | DE | *Bad Vilbel | M40 | 61 | 1:51:05 | 1:51:28 | 0:56:50 | 0:54:14 | 5,16 | 11,39 |
| 224 | 1278 | Reysen, Maik | 70 | DE | Out Fit Bremerhaven | M35 | 33 | 1:51:07 | 1:51:09 | 0:53:04 | 0:58:03 | 5,16 | 11,39 |
| 225 | 1423 | Reinecke, Michael | 77 | DE | *Cuxhaven | M30 | 22 | 1:51:07 | 1:51:44 | 0:56:57 | 0:54:10 | 5,16 | 11,39 |
| 226 | 1508 | Neumann, Jan | 77 | DE | *Schiffdorf-Spaden | M30 | 23 | 1:51:09 | 1:51:22 | 0:53:47 | 0:57:21 | 5,16 | 11,39 |
| 227 | 1457 | schramm, christian | 45 | DE | Wardenburger Turnverein | M60 | 5 | 1:51:19 | 1:51:39 | 0:54:08 | 0:57:11 | 5,17 | 11,37 |
| 228 | 1211 | Meier, Frank-Thomas | 73 | DE | Barmbek-Runners | M35 | 34 | 1:51:21 | 1:51:37 | 0:52:54 | 0:58:27 | 5,17 | 11,37 |
| 229 | 1206 | Mauritschat, André | 69 | DE | AT Rodenkirchen | M40 | 62 | 1:51:21 | 1:51:28 | 0:52:17 | 0:59:04 | 5,17 | 11,37 |
| 230 | 1267 | Radnitz, Jörg | 53 | DE | Sportfreunde Sahlenburg | M55 | 14 | 1:51:30 | 1:51:39 | 0:53:04 | 0:58:26 | 5,17 | 11,35 |
| 231 | 1366 | Walz, Marc | 71 | DE | *Hannover | M35 | 35 | 1:51:33 | 1:51:37 | 0:51:55 | 0:59:38 | 5,17 | 11,35 |
| 232 | 1181 | Langer, Dr. Hans Herbert | 51 | DE | TK - Tobende Körper | M55 | 15 | 1:51:35 | 1:51:42 | 0:56:22 | 0:55:12 | 5,17 | 11,34 |
| 233 | 1112 | Holick-Kuhlmann, Arne | 74 | DE | *Linsengericht | M35 | 36 | 1:51:37 | 1:52:21 | 0:54:27 | 0:57:10 | 5,18 | 11,34 |
| 234 | 1019 | Bergner, Sascha | 79 | DE | *Neu-Eichenberg | M30 | 24 | 1:51:42 | 1:52:19 | 0:56:02 | 0:55:39 | 5,18 | 11,33 |
| 235 | 1357 | Völlmecke, Kai | 69 | DE | *Cuxhaven | M40 | 63 | 1:51:55 | 1:52:35 | 0:55:08 | 0:56:47 | 5,18 | 11,31 |
| 236 | 1219 | Meyer, Christian | 78 | DE | TuS Apelem | M30 | 25 | 1:51:57 | 1:52:11 | 0:56:26 | 0:55:30 | 5,18 | 11,30 |
| 237 | 1223 | Möller, Tobias | 78 | DE | TuS Apelem | M30 | 26 | 1:51:58 | 1:52:12 | 0:56:26 | 0:55:31 | 5,18 | 11,30 |
| 238 | 1349 | Trump, Manfred | 55 | DE | *Jork | M50 | 27 | 1:52:06 | 1:52:29 | 0:55:43 | 0:56:22 | 5,19 | 11,29 |
| 239 | 1241 | Ochs, Dr. Guntram | 63 | DE | *Münster | M45 | 50 | 1:52:08 | 1:52:28 | 0:56:15 | 0:55:52 | 5,19 | 11,29 |
| 240 | 1559 | Schiffke, Gerhard | 55 | DE | Laufakademie Bremen | M50 | 28 | 1:52:10 | 1:52:16 | 0:52:17 | 0:59:52 | 5,19 | 11,28 |
| 241 | 1556 | Deppe, Jörg | 60 | DE | *Ritterhude | M45 | 51 | 1:52:12 | 1:52:39 | 0:55:56 | 0:56:15 | 5,19 | 11,28 |
| 242 | 1417 | Runge, Detlef | 68 | DE | MTV SCHWERINGEN | M40 | 64 | 1:52:14 | 1:52:33 | 0:54:55 | 0:57:18 | 5,19 | 11,28 |
| 243 | 1183 | Langley, Simon Raymond | 84 | DE | *Stutensee | MHK | 17 | 1:52:26 | 1:53:14 | 0:57:13 | 0:55:12 | 5,20 | 11,26 |
| 244 | 1364 | Walter, Heiko | 67 | DE | *Cuxhaven | M40 | 65 | 1:52:27 | 1:52:33 | 0:54:15 | 0:58:12 | 5,20 | 11,25 |
| 245 | 1507 | Gadella Ahmed, Omar | 62 | DE | Sonntagsläufer | M45 | 52 | 1:52:33 | 1:52:34 | 0:53:52 | 0:58:40 | 5,20 | 11,25 |
| 246 | 1557 | Plump, Jürgen | 66 | DE | *Ritterhude | M40 | 66 | 1:53:00 | 1:53:27 | 0:56:09 | 0:56:50 | 5,21 | 11,20 |
| 247 | 1300 | Schmiege, Dirk | 64 | DE | LT TV Schwanewede | M45 | 53 | 1:53:05 | 1:53:31 | 0:55:56 | 0:57:08 | 5,22 | 11,19 |
| 248 | 1340 | Tiedemann, Andreas | 75 | DE | *Cuxhaven | M30 | 27 | 1:53:09 | 1:53:38 | 0:55:11 | 0:57:58 | 5,22 | 11,18 |
| 249 | 1038 | Braun, Bernhard | 65 | DE | Tauchclub Cuxhaven e.V. | M40 | 67 | 1:53:22 | 1:54:02 | 0:56:06 | 0:57:16 | 5,22 | 11,16 |
| 250 | 1161 | Köster, Bodo | 60 | DE | *Bremerhaven | M45 | 54 | 1:53:23 | 1:53:38 | 0:55:19 | 0:58:03 | 5,23 | 11,16 |
| 251 | 1022 | Bink, Mario | 73 | DE | Run for Outfit Bremerhaven | M35 | 37 | 1:53:38 | 1:53:42 | 0:48:40 | 1:04:57 | 5,23 | 11,14 |
| 252 | 1180 | Langenbach, Tim | 92 | DE | TV Loxstedt | MJB | 1 | 1:53:40 | 1:54:03 | 0:56:23 | 0:57:16 | 5,23 | 11,13 |
| 253 | 1519 | Witte, Jens | 64 | DE | Lübbecker Berglöwen | M45 | 55 | 1:53:55 | 1:54:43 | 0:54:23 | 0:59:32 | 5,24 | 11,11 |
| 254 | 1419 | Schimkatis, Marcel | 83 | DE | *Bargstedt | MHK | 18 | 1:53:58 | 1:54:36 | 0:58:49 | 0:55:09 | 5,24 | 11,10 |
| 255 | 1542 | Menzel, Frank | 68 | DE | *Bremen | M40 | 68 | 1:53:59 | 1:54:12 | 0:55:28 | 0:58:31 | 5,24 | 11,10 |
| 256 | 1389 | Wille, Carsten | 63 | DE | Lokomotive Duhnen | M45 | 56 | 1:54:00 | 1:54:36 | 0:57:17 | 0:56:43 | 5,24 | 11,10 |
| 257 | 1386 | Wiese, Michael | 62 | DE | *Hardeggen/Gladebeck | M45 | 57 | 1:54:03 | 1:54:44 | 0:56:06 | 0:57:56 | 5,24 | 11,10 |
| 258 | 1458 | Kosch, Thomas | 77 | DE | *Bremervörde | M30 | 28 | 1:54:07 | 1:54:30 | 0:55:46 | 0:58:21 | 5,25 | 11,09 |
| 259 | 1397 | Woitack, Sören | 87 | DE | Westwind-Sailingteam | MHK | 19 | 1:54:19 | 1:54:41 | 0:52:36 | 1:01:43 | 5,25 | 11,07 |
| 260 | 1220 | Meyer, Thomas | 68 | DE | Laufgruppe Grasberg | M40 | 69 | 1:54:20 | 1:54:27 | 0:54:46 | 0:59:33 | 5,25 | 11,07 |
| 261 | 1271 | Rathkamp, Wolfgang | 66 | DE | BFD Wilhelmshaven | M40 | 70 | 1:54:26 | 1:54:54 | 0:56:07 | 0:58:18 | 5,25 | 11,06 |
| 262 | 1200 | Mahlberg, Joachim | 64 | DE | *Bremen | M45 | 58 | 1:54:50 | 1:55:15 | 0:57:02 | 0:57:47 | 5,27 | 11,02 |
| 263 | 1541 | Hadeler, Bernd | 67 | DE | TSV Mehedorf | M40 | 71 | 1:54:50 | 1:55:38 | 0:58:37 | 0:56:13 | 5,27 | 11,02 |
| 264 | 1066 | Eyler, Peter | 45 | DE | GHB Hamburg | M60 | 6 | 1:54:58 | 1:55:38 | 0:58:19 | 0:56:38 | 5,27 | 11,01 |
| 265 | 1455 | Heinig, Markus | 69 | DE | Unternehmensverband Cuxh | M40 | 72 | 1:55:05 | 1:55:44 | 0:57:35 | 0:57:30 | 5,27 | 11,00 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

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Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|--------------------------|----|-----|-----------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 266 | 1208 | Mbiwe, Marcus | 68 | DE | SV Werder Bremen | M40 | 73 | 1:55:13 | 1:55:32 | 0:54:15 | 1:00:58 | 5,28 | 10,98 |
| 267 | 1351 | Uhl, Thomas | 64 | DE | *Buxtehude | M45 | 59 | 1:55:17 | 1:55:57 | 0:56:44 | 0:58:32 | 5,28 | 10,98 |
| 268 | 1056 | Petry, Dr. Arnold | 54 | DE | *Stuhr | M55 | 16 | 1:55:19 | 1:55:50 | 0:55:15 | 1:00:03 | 5,28 | 10,98 |
| 269 | 1445 | Nadler, Norbert | 79 | DE | *Bremen | M30 | 29 | 1:55:23 | 1:56:11 | 0:57:47 | 0:57:36 | 5,28 | 10,97 |
| 270 | 1302 | Schnakenberg, Jörg | 70 | DE | *Bremen | M35 | 38 | 1:55:28 | 1:55:36 | 0:57:47 | 0:57:41 | 5,28 | 10,96 |
| 271 | 1128 | Jansen, Peter | 39 | DE | TSV Osten | M70 | 1 | 1:55:43 | 1:56:18 | 0:58:38 | 0:57:05 | 5,29 | 10,94 |
| 272 | 1359 | von Deesten, Andreas | 68 | DE | *Wanna | M40 | 74 | 1:55:59 | 1:56:14 | 0:56:12 | 0:59:47 | 5,30 | 10,91 |
| 273 | 1404 | Zacher, Klaus | 65 | DE | *Stade | M40 | 75 | 1:56:06 | 1:56:19 | 0:56:12 | 0:59:54 | 5,30 | 10,90 |
| 274 | 1079 | Generalski, Klaus-Dieter | 57 | DE | Sahlenburger Sportfreunde | M50 | 29 | 1:56:08 | 1:56:50 | 0:58:08 | 0:57:59 | 5,30 | 10,90 |
| 275 | 1276 | Reisige, Peter | 71 | DE | *Dörpen | M35 | 39 | 1:56:12 | 1:56:42 | 0:57:04 | 0:59:08 | 5,31 | 10,89 |
| 276 | 1053 | Czarnetzki, Markus | 65 | DE | *Otterndorf | M40 | 76 | 1:56:19 | 1:57:00 | 0:58:02 | 0:58:17 | 5,31 | 10,88 |
| 277 | 1111 | Hoff, Rüdiger | 61 | DE | *Otterndorf | M45 | 60 | 1:56:19 | 1:57:00 | 0:58:03 | 0:58:16 | 5,31 | 10,88 |
| 278 | 1154 | Knorr, Thomas | 63 | DE | TAD Pharma | M45 | 61 | 1:56:23 | 1:56:42 | 0:58:28 | 0:57:55 | 5,31 | 10,87 |
| 279 | 1379 | Wersien, Sven | 74 | DE | TSV Midlum | M35 | 40 | 1:56:37 | 1:56:51 | 1:00:15 | 0:56:22 | 5,32 | 10,85 |
| 280 | 1165 | Krippner, Jan-Florian | 77 | DE | Feuerwehr Neustadt a. Rbg | M30 | 30 | 1:56:37 | 1:56:58 | 0:56:37 | 1:00:00 | 5,32 | 10,85 |
| 281 | 1543 | Hoffmann, Georg | 49 | DE | *Bremen | M60 | 7 | 1:56:40 | 1:56:53 | 0:57:09 | 0:59:31 | 5,32 | 10,85 |
| 282 | 1151 | Klotz, Wilfried | 50 | DE | LV Stommeln | M55 | 17 | 1:57:08 | 1:57:15 | 0:57:48 | 0:59:19 | 5,33 | 10,81 |
| 283 | 1147 | Kernicke, Matthias | 58 | DE | fahrschule-kernicke.eu | M50 | 30 | 1:57:13 | 1:57:57 | 0:58:13 | 0:59:00 | 5,33 | 10,80 |
| 284 | 1361 | Wachlinger, Jörg | 62 | DE | *Neu-Eichenberg | M45 | 62 | 1:57:13 | 1:57:48 | 0:59:46 | 0:57:26 | 5,33 | 10,80 |
| 285 | 1369 | Waschke, Rolf | 58 | DE | MTV Immensen | M50 | 31 | 1:57:16 | 1:57:41 | 0:57:38 | 0:59:38 | 5,34 | 10,79 |
| 286 | 1469 | Behrens, Torsten | 62 | DE | *Oldenburg | M45 | 63 | 1:57:17 | 1:57:51 | 0:57:23 | 0:59:54 | 5,34 | 10,79 |
| 287 | 1132 | Jessulat, Maik | 66 | DE | Plum Deutschland GmbH | M40 | 77 | 1:57:17 | 1:57:45 | 1:00:53 | 0:56:24 | 5,34 | 10,79 |
| 288 | 1017 | Behrens, Wilfried | 53 | DE | TSG Nordholz | M55 | 18 | 1:57:21 | 1:57:28 | 0:55:39 | 1:01:41 | 5,34 | 10,79 |
| 289 | 1564 | Jerol, Peter | 58 | DE | | M50 | 32 | 1:57:34 | 1:57:43 | 0:57:39 | 0:59:55 | 5,34 | 10,76 |
| 290 | 1129 | Janßen, Jens | 70 | DE | Hemmelsberg | M35 | 41 | 1:57:37 | 1:58:10 | 0:56:55 | 1:00:41 | 5,35 | 10,76 |
| 291 | 1064 | Eggers, Ulrich | 54 | DE | MTV Bispingen | M55 | 19 | 1:57:46 | 1:58:31 | 0:59:14 | 0:58:32 | 5,35 | 10,75 |
| 292 | 1138 | Kandsorra, Thomas | 62 | DE | Fishtown Runners Bremerha | M45 | 64 | 1:57:50 | 1:58:14 | 0:59:40 | 0:58:10 | 5,35 | 10,74 |
| 293 | 1327 | Stahnke, Oliver | 74 | DE | TuS Nartum Lauftreff | M35 | 42 | 1:57:52 | 1:58:27 | 1:00:57 | 0:56:54 | 5,35 | 10,74 |
| 294 | 1403 | Wooßmann, Kai | 94 | DE | *Osterholz-Scharmbeck | M< | 1 | 1:57:58 | 1:58:19 | 1:00:05 | 0:57:52 | 5,36 | 10,73 |
| 295 | 1124 | Janoschek, Guido | 66 | DE | Impress GmbH | M40 | 78 | 1:58:02 | 1:58:30 | 0:55:37 | 1:02:24 | 5,36 | 10,72 |
| 296 | 1016 | Beger, Jörn | 71 | DE | LAV Bokel | M35 | 43 | 1:58:12 | 1:58:36 | 0:58:53 | 0:59:19 | 5,36 | 10,71 |
| 297 | 1293 | Schierloh, Gerd | 66 | DE | Lauftreff Bruchhausen-Vilse | M40 | 79 | 1:58:21 | 1:58:57 | 0:57:44 | 1:00:36 | 5,37 | 10,69 |
| 298 | 1411 | Zyzik, Gunna | 70 | DE | P2-Lauftreff | M35 | 44 | 1:58:37 | 1:58:56 | 0:58:37 | 0:59:59 | 5,37 | 10,67 |
| 299 | 1478 | Otten, Jens | 67 | DE | Spaden | M40 | 80 | 1:58:44 | 1:59:24 | 0:59:27 | 0:59:16 | 5,38 | 10,66 |
| 300 | 1233 | Müller, Wolfgang | 70 | DE | *Hemmoor | M35 | 45 | 1:58:49 | 1:59:07 | 0:58:27 | 1:00:22 | 5,38 | 10,65 |
| 301 | 1281 | Rode, Thorsten | 63 | DE | *Bremerhaven | M45 | 65 | 1:59:03 | 1:59:20 | 0:55:19 | 1:03:43 | 5,39 | 10,63 |
| 302 | 1408 | Zielke, Frank | 70 | DE | *Zeven | M35 | 46 | 1:59:06 | 1:59:29 | 0:57:41 | 1:01:24 | 5,39 | 10,63 |
| 303 | 1014 | Bechmann, Ralf | 65 | DE | *Bremen | M40 | 81 | 1:59:07 | 1:59:42 | 0:59:48 | 0:59:18 | 5,39 | 10,63 |
| 304 | 1502 | Reichel, Jörg | 65 | DE | Wildeshauser Lauftreff | M40 | 82 | 1:59:17 | 1:59:39 | 1:00:11 | 0:59:06 | 5,39 | 10,61 |
| 305 | 1193 | Ludwig, Fred | 65 | DE | *Bremerhaven | M40 | 83 | 1:59:29 | 2:00:06 | 0:57:00 | 1:02:29 | 5,40 | 10,59 |
| 306 | 1030 | Böhm, Wolfgang | 57 | DE | *Cuxhaven | M50 | 33 | 1:59:33 | 1:59:54 | 1:00:24 | 0:59:09 | 5,40 | 10,59 |
| 307 | 1305 | Scholz, Hans-Georg | 54 | DE | *Bremerhaven | M55 | 20 | 1:59:42 | 2:00:28 | 1:01:27 | 0:58:15 | 5,40 | 10,57 |
| 308 | 1160 | Korsch, Christian | 43 | DE | LTTraben-Trarbach (Mosel) | M65 | 1 | 1:59:53 | 2:00:08 | 0:59:27 | 1:00:25 | 5,41 | 10,56 |
| 309 | 1264 | Prehn, Andreas | 74 | DE | natural born runners | M35 | 47 | 1:59:55 | 2:00:28 | 0:59:52 | 1:00:03 | 5,41 | 10,55 |
| 310 | 1347 | Totz, Pascal | 88 | DE | Fahrschulteam Abbi Totz | MHK | 20 | 1:59:58 | 2:00:25 | 1:00:08 | 0:59:50 | 5,41 | 10,55 |
| 311 | 1197 | Luley, Volker | 39 | DE | Ginnheimer LT. | M70 | 2 | 2:00:11 | 2:00:59 | 0:59:27 | 1:00:44 | 5,42 | 10,53 |
| 312 | 1418 | Schimkatis, Michael | 72 | DE | *Helvesiek | M35 | 48 | 2:00:12 | 2:00:50 | 0:58:49 | 1:01:22 | 5,42 | 10,53 |
| 313 | 1073 | Frey, Wolfgang | 65 | DE | Freiwillige Feuerwehr Bülka | M40 | 84 | 2:00:28 | 2:00:45 | 0:57:06 | 1:03:21 | 5,43 | 10,51 |
| 314 | 1097 | Harvey, Ian | 51 | GB | *Bremen | M55 | 21 | 2:00:48 | 2:01:35 | 0:59:58 | 1:00:50 | 5,44 | 10,48 |
| 315 | 1314 | Schübel, Martin | 67 | DE | only for fun | M40 | 85 | 2:01:01 | 2:01:11 | 0:58:17 | 1:02:43 | 5,44 | 10,46 |
| 316 | 1450 | Jacobi, Michael | 67 | DE | Laufakademie Bremen | M40 | 86 | 2:01:01 | 2:01:18 | 0:59:01 | 1:02:00 | 5,44 | 10,46 |
| 317 | 1071 | Frauenpreiß, Jörn | 64 | DE | Stadtsparkasse Cuxhaven | M45 | 66 | 2:01:21 | 2:02:00 | 0:57:53 | 1:03:27 | 5,45 | 10,43 |
| 318 | 1308 | Schrade, Ronald | 82 | DE | *Bremerhaven | MHK | 21 | 2:01:22 | 2:01:52 | 0:58:42 | 1:02:39 | 5,45 | 10,43 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

gedruckt 05.04.2009 14:34:27

Männer

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|---------------------|----|-----|----------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 319 | 1140 | Kapetan, Jure | 79 | DE | TAD Pharma | M30 | 31 | 2:01:29 | 2:01:59 | 0:56:50 | 1:04:38 | 5,46 | 10,42 |
| 320 | 1288 | Schaefer, Heiko | 69 | DE | *Cuxhaven | M40 | 87 | 2:01:52 | 2:02:40 | 1:02:34 | 0:59:17 | 5,47 | 10,39 |
| 321 | 1561 | Gissel, Hanke | 55 | DE | TSV Elmlohe-Marschkamp | M50 | 34 | 2:01:52 | 2:02:22 | 0:59:40 | 1:02:11 | 5,47 | 10,39 |
| 322 | 1414 | Heyer, Michael | 83 | DE | Buxtehude | MHK | 22 | 2:02:11 | 2:02:59 | 1:02:20 | 0:59:51 | 5,48 | 10,36 |
| 323 | 1126 | Janowski, Michael | 59 | DE | LG Albatros Kiel | M50 | 35 | 2:02:18 | 2:02:37 | 0:57:48 | 1:04:30 | 5,48 | 10,35 |
| 324 | 1309 | Schreiber, Martin | 69 | DE | Run for Outfit Bremerhaven | M40 | 88 | 2:02:20 | 2:02:22 | 0:57:25 | 1:04:55 | 5,48 | 10,35 |
| 325 | 1460 | Antons, Johann | 47 | DE | Sv-Glinde-Kornbeck | M60 | 8 | 2:02:25 | 2:02:50 | 1:00:06 | 1:02:18 | 5,48 | 10,34 |
| 326 | 1196 | Lüken, Frank | 68 | DE | *Leer | M40 | 89 | 2:03:08 | 2:03:42 | 1:01:17 | 1:01:50 | 5,50 | 10,28 |
| 327 | 1365 | Walther, Michael | 75 | DE | *Bremen | M30 | 32 | 2:03:08 | 2:03:54 | 1:00:09 | 1:02:58 | 5,50 | 10,28 |
| 328 | 1104 | Hesse, Frank | 63 | DE | LG Kreis Verden | M45 | 67 | 2:03:21 | 2:03:57 | 1:01:18 | 1:02:03 | 5,51 | 10,26 |
| 329 | 1392 | Witten, Günther | 49 | DE | TuS Tarmstedt | M60 | 9 | 2:03:28 | 2:03:38 | 1:00:41 | 1:02:47 | 5,51 | 10,25 |
| 330 | 1461 | Ziemer, Udo | 62 | DE | *Cuxhaven | M45 | 68 | 2:03:32 | 2:04:23 | 0:59:02 | 1:04:30 | 5,51 | 10,25 |
| 331 | 1292 | Schenck, Frank | 68 | DE | *Bremen | M40 | 90 | 2:03:43 | 2:03:53 | 1:04:14 | 0:59:29 | 5,52 | 10,23 |
| 332 | 1524 | Bernhardt, Rolf | 61 | DE | TSV Wanna | M45 | 69 | 2:03:53 | 2:04:36 | 0:59:23 | 1:04:29 | 5,52 | 10,22 |
| 333 | 1259 | Plonski, Thomas | 53 | DE | Laufftreff Buxtehude | M55 | 22 | 2:04:14 | 2:04:47 | 1:01:37 | 1:02:36 | 5,53 | 10,19 |
| 334 | 1432 | Roß, Heiko | 65 | DE | ATS Cuxhaven | M40 | 91 | 2:04:15 | 2:04:59 | 1:01:46 | 1:02:28 | 5,53 | 10,19 |
| 335 | 1063 | Eggers, Björn | 73 | DE | *Hamburg | M35 | 49 | 2:04:15 | 2:04:32 | 1:01:24 | 1:02:51 | 5,53 | 10,19 |
| 336 | 1040 | Brinkmann, Sven | 74 | DE | VfL Fredenbeck | M35 | 50 | 2:04:35 | 2:05:19 | 1:01:45 | 1:02:50 | 5,54 | 10,16 |
| 337 | 1231 | Müller, Jörg | 72 | DE | VFL Fredenbeck | M35 | 51 | 2:04:36 | 2:05:19 | 1:01:45 | 1:02:50 | 5,54 | 10,16 |
| 338 | 1537 | Cordes, Jörg | 60 | DE | Krutwichte | M45 | 70 | 2:04:39 | 2:05:09 | 1:00:31 | 1:04:07 | 5,55 | 10,15 |
| 339 | 1352 | Umland, Manfred | 51 | DE | TSG Nordholz | M55 | 23 | 2:05:12 | 2:05:20 | 0:57:32 | 1:07:39 | 5,56 | 10,11 |
| 340 | 1173 | Küver, Thorsten | 68 | DE | LCF e.V. | M40 | 92 | 2:05:26 | 2:05:53 | 1:00:53 | 1:04:32 | 5,57 | 10,09 |
| 341 | 1487 | Narloch, Peter | 65 | DE | LT Höpkens Ruh | M40 | 93 | 2:05:30 | 2:06:09 | 1:02:11 | 1:03:19 | 5,57 | 10,08 |
| 342 | 1373 | Weisser, Lutz | 66 | DE | *Langen | M40 | 94 | 2:05:50 | 2:06:15 | 0:56:53 | 1:08:56 | 5,58 | 10,06 |
| 343 | 1350 | Tzschoppe, Harald | 65 | DE | TuS Varrel | M40 | 95 | 2:05:52 | 2:06:34 | 1:02:52 | 1:03:00 | 5,58 | 10,05 |
| 344 | 1355 | van Anken, Dieter | 53 | DE | *Barnstorf | M55 | 24 | 2:06:11 | 2:06:52 | 1:03:32 | 1:02:38 | 5,59 | 10,03 |
| 345 | 1169 | Kück, Heinz | 55 | DE | TSV Bremervörde | M50 | 36 | 2:06:15 | 2:06:34 | 1:00:04 | 1:06:11 | 5,59 | 10,02 |
| 346 | 1195 | Luft, Aron | 78 | DE | *Oldenburg | M30 | 33 | 2:06:34 | 2:06:43 | 1:03:12 | 1:03:22 | 6,00 | 10,00 |
| 347 | 1496 | Böhme, Stephan | 66 | DE | *Cuxhaven | M40 | 96 | 2:06:51 | 2:07:38 | 1:03:20 | 1:03:30 | 6,01 | 9,98 |
| 348 | 1388 | Wilcken, Roland | 86 | DE | *Kassel | MHK | 23 | 2:06:53 | 2:07:13 | 0:59:16 | 1:07:37 | 6,01 | 9,97 |
| 349 | 1338 | Theuring, Olaf | 59 | DE | Polizei Bremerhaven | M50 | 37 | 2:07:23 | 2:08:09 | 1:02:52 | 1:04:31 | 6,02 | 9,94 |
| 350 | 1435 | Claus, Markus | 67 | DE | *Bad Münder | M40 | 97 | 2:07:38 | 2:08:05 | 1:02:24 | 1:05:14 | 6,03 | 9,92 |
| 351 | 1110 | Höfelmeier, Richard | 53 | DE | TAD Pharma | M55 | 25 | 2:09:31 | 2:10:24 | 1:03:27 | 1:06:04 | 6,08 | 9,77 |
| 352 | 1512 | Seidlitz, Nils | 77 | DE | | M30 | 34 | 2:10:04 | 2:10:42 | 1:03:29 | 1:06:34 | 6,10 | 9,73 |
| 353 | 1275 | Reif, Falko | 84 | DE | *Cuxhaven | MHK | 24 | 2:10:36 | 2:11:08 | 1:05:00 | 1:05:35 | 6,11 | 9,69 |
| 354 | 1529 | Köster, Jürgen | 61 | DE | *Cuxhaven | M45 | 71 | 2:10:57 | 2:11:46 | 1:02:24 | 1:08:33 | 6,13 | 9,66 |
| 355 | 1084 | Gräber, Bernd | 49 | DE | *Stade | M60 | 10 | 2:11:03 | 2:11:45 | 1:03:05 | 1:07:57 | 6,13 | 9,66 |
| 356 | 1554 | Paul, Michael | 65 | DE | TSV Lamstedt | M40 | 98 | 2:11:54 | 2:12:26 | 1:04:16 | 1:07:37 | 6,15 | 9,59 |
| 357 | 1346 | Totz, Abbi | 62 | DE | Fahrschulteam Abbi Totz | M45 | 72 | 2:12:04 | 2:12:29 | 1:02:38 | 1:09:26 | 6,16 | 9,58 |
| 358 | 1137 | Kamphake, Bernd | 86 | DE | *Steinfeld | MHK | 25 | 2:12:10 | 2:12:27 | 0:56:23 | 1:15:47 | 6,16 | 9,58 |
| 359 | 1439 | Maethner, Jens | 71 | DE | *Bremen | M35 | 52 | 2:12:19 | 2:12:43 | 0:59:50 | 1:12:29 | 6,16 | 9,56 |
| 360 | 1191 | Linkiewicz, Holger | 65 | DE | *Langen | M40 | 99 | 2:12:51 | 2:13:21 | 1:07:25 | 1:05:25 | 6,18 | 9,53 |
| 361 | 1312 | Schröder, Marcus | 69 | DE | *Harsefeld | M40 | 100 | 2:13:26 | 2:13:32 | 0:58:00 | 1:15:25 | 6,20 | 9,49 |
| 362 | 1528 | Krauß, Thomas | 61 | DE | *Bremerhaven | M45 | 73 | 2:13:43 | 2:14:38 | 1:05:20 | 1:08:23 | 6,20 | 9,46 |
| 363 | 1041 | Broich, Karl | 56 | DE | MTV Hersedorf | M50 | 38 | 2:13:44 | 2:14:33 | 1:09:14 | 1:04:29 | 6,20 | 9,46 |
| 364 | 1551 | Juchems, Hartmut | 55 | DE | *Selingenstadt | M50 | 39 | 2:13:46 | 2:14:20 | 1:03:07 | 1:10:38 | 6,21 | 9,46 |
| 365 | 1467 | Noll, Hans | 60 | DE | *bremerhaven | M45 | 74 | 2:14:32 | 2:15:15 | 1:08:11 | 1:06:21 | 6,23 | 9,41 |
| 366 | 1353 | Umlandt, Ralph | 54 | DE | *Bexhövede | M55 | 26 | 2:14:33 | 2:15:15 | 1:08:11 | 1:06:21 | 6,23 | 9,41 |
| 367 | 1272 | Rau, Manfred | 66 | DE | TSV Tri Ottobrunn | M40 | 101 | 2:15:01 | 2:15:50 | 1:04:53 | 1:10:07 | 6,24 | 9,37 |
| 368 | 1188 | Liedtke, Marcel | 80 | DE | *Köln | MHK | 26 | 2:15:35 | 2:16:20 | 1:06:57 | 1:08:38 | 6,26 | 9,33 |
| 369 | 1130 | Janßen, Lars | 77 | DE | Caféte Cuxhaven Norderste | M30 | 35 | 2:17:02 | 2:17:40 | 1:03:28 | 1:13:33 | 6,30 | 9,24 |
| 370 | 1205 | Martens, Lars | 63 | DE | *Hamburg | M45 | 75 | 2:17:05 | 2:17:23 | 1:06:46 | 1:10:19 | 6,30 | 9,23 |
| 371 | 1306 | Scholz, Robert | 38 | DE | ATS Cuxhaven | M70 | 3 | 2:17:58 | 2:18:35 | 1:07:44 | 1:10:14 | 6,32 | 9,17 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

gedruckt 05.04.2009 14:34:27

Männer

| Platz | Startnr. | Name | JG | NAT | Verein*Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|---------------------|----|-----|--------------------------|-----|-------|---------|---------|----------|----------|--------|------|
| 372 | 1229 | Mueller, Roland | 61 | US | Firma Impress | M45 | 76 | 2:19:38 | 2:19:46 | 1:02:58 | 1:16:40 | 6,37 | 9,06 |
| 373 | 1567 | Nipper, Jens | 80 | DE | | MHK | 27 | 2:19:46 | 2:20:30 | 1:02:26 | 1:17:20 | 6,38 | 9,05 |
| 374 | 1316 | Seedorf, Reinhard | 47 | DE | Impress/ TV Langen | M60 | 11 | 2:20:47 | 2:21:00 | 1:06:29 | 1:14:17 | 6,40 | 8,99 |
| 375 | 1011 | Bargfeld, Uwe | 40 | DE | *Cuxhaven | M65 | 2 | 2:20:51 | 2:21:11 | 1:07:19 | 1:13:32 | 6,41 | 8,99 |
| 376 | 1075 | Gahl, Lothar | 57 | DE | TSV Otterndorf | M50 | 40 | 2:21:14 | 2:22:06 | 1:08:18 | 1:12:56 | 6,42 | 8,96 |
| 377 | 1082 | Goerke, Sebastian | 92 | DE | *Langen | MJB | 2 | 2:25:00 | 2:25:11 | 1:14:21 | 1:10:39 | 6,52 | 8,73 |
| 378 | 1171 | Kuhn, Christian | 65 | DE | *Hamburg | M40 | 102 | 2:25:14 | 2:25:30 | 1:03:29 | 1:21:44 | 6,53 | 8,71 |
| 379 | 1335 | Stüve, Dennis | 85 | DE | D-S-Dienstleistung | MHK | 28 | 2:25:16 | 2:25:36 | 1:10:57 | 1:14:18 | 6,53 | 8,71 |
| 380 | 1406 | Zech, Arno | 35 | DE | TuS Eversten | M70 | 4 | 2:25:44 | 2:25:53 | 1:08:35 | 1:17:08 | 6,55 | 8,68 |
| 381 | 1212 | Meierhoff, Michael | 69 | DE | *Hamburg | M40 | 103 | 2:26:48 | 2:27:19 | 1:12:26 | 1:14:21 | 6,58 | 8,62 |
| 382 | 1415 | Brand, Willy | 35 | DE | *Cuxhaven | M70 | 5 | 2:31:47 | 2:31:53 | 1:13:11 | 1:18:35 | 7,12 | 8,34 |
| 383 | 72 | Kohl, Heinz Helmuth | 47 | DE | DuV Team Erdinger | M60 | 12 | 2:39:10 | 2:39:43 | 1:15:36 | 1:23:34 | 7,33 | 7,95 |
| 384 | 1368 | Warrings, Uwe | 51 | DE | TSV Neuenkirchen | M55 | 27 | 2:41:23 | 2:42:13 | 1:21:34 | 1:19:49 | 7,39 | 7,84 |
| 385 | 1256 | Peus, Katja | 75 | DE | *Cuxhaven | M30 | 36 | 2:48:29 | 2:48:43 | 1:19:18 | 1:29:11 | 7,59 | 7,51 |
| 386 | 1172 | Küster, Sven | 66 | DE | Wohnstätten Cuxhaven EG. | M40 | 104 | 3:34:24 | 0:00:00 | 2:26:58 | 1:07:25 | 10,10 | 5,90 |

3. Sparkassen City Marathon Cuxhaven

Gesamtliste Halbmarathon

5. April 2009

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Frauen

| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|-------------------------|----|-----|------------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 1 | 1204 | Mantel, Angela | 77 | DE | *Hemmoor | W30 | 1 | 1:31:03 | 1:31:13 | 0:44:38 | 0:46:24 | 4,19 | 13,90 |
| 2 | 1474 | Leistner, Dana | 69 | DE | Rot-Weiss Cuxhaven | W40 | 1 | 1:35:09 | 1:35:16 | 0:46:39 | 0:48:30 | 4,31 | 13,30 |
| 3 | 1400 | Wolschendorf, Wiebke | 63 | DE | Silvesterlauf-Trier e.V. | W45 | 1 | 1:36:27 | 1:36:31 | 0:46:53 | 0:49:33 | 4,34 | 13,12 |
| 4 | 1374 | Welp, Angela | 60 | DE | LC Hansa Stuhr | W45 | 2 | 1:37:14 | 1:37:22 | 0:47:43 | 0:49:30 | 4,37 | 13,02 |
| 5 | 1114 | Howland, Christina | 66 | GB | *Felixstowe, Suffolk IP11 9D | W40 | 2 | 1:37:17 | 1:37:30 | 0:48:48 | 0:48:29 | 4,37 | 13,01 |
| 6 | 1464 | Grewe, Birgit | 70 | DE | TSV Neuenwalde | W35 | 1 | 1:39:17 | 1:39:41 | 0:48:56 | 0:50:20 | 4,42 | 12,75 |
| 7 | 1260 | Polley, Petra | 63 | DE | LG Kreis Verden | W45 | 3 | 1:43:10 | 1:43:44 | 0:51:07 | 0:52:03 | 4,53 | 12,27 |
| 8 | 1096 | Hartwig, Angelika | 56 | DE | *Bremen | W50 | 1 | 1:44:32 | 1:44:38 | 0:51:16 | 0:53:15 | 4,57 | 12,11 |
| 9 | 1032 | Bösmann, Anke | 65 | DE | *Bremen | W40 | 3 | 1:45:06 | 1:45:24 | 0:51:30 | 0:53:35 | 4,59 | 12,04 |
| 10 | 1215 | Meiszies, Andrea | 63 | DE | TSV Völkersen | W45 | 4 | 1:47:18 | 1:47:32 | 0:51:00 | 0:56:17 | 5,05 | 11,80 |
| 11 | 1482 | Majorczyk, Miriam | 76 | DE | TV Datteln 09 | W30 | 2 | 1:47:52 | 1:48:10 | 0:54:31 | 0:53:20 | 5,07 | 11,73 |
| 12 | 1558 | Schneider, Selma | 47 | DE | LC-Hansa-Stuhr | W60 | 1 | 1:48:28 | 1:48:34 | 0:53:11 | 0:55:16 | 5,09 | 11,67 |
| 13 | 1321 | Siemers, Nicole | 77 | DE | BSG Sparkasse Bremen | W30 | 3 | 1:48:30 | 1:48:44 | 0:53:42 | 0:54:48 | 5,09 | 11,66 |
| 14 | 1086 | Groth, Heike | 66 | DE | TSV Neuenwalde | W40 | 4 | 1:48:57 | 1:49:22 | 0:52:56 | 0:56:01 | 5,10 | 11,62 |
| 15 | 1372 | Wegner, Christina | 81 | DE | Fishtown Runners Bremerha | WHK | 1 | 1:49:14 | 1:49:33 | 0:51:57 | 0:57:17 | 5,11 | 11,59 |
| 16 | 1203 | Mansfeld, Kerstin | 79 | DE | TV Grohn | W30 | 4 | 1:49:15 | 1:49:37 | 0:53:43 | 0:55:32 | 5,11 | 11,58 |
| 17 | 1253 | Petersen, Dagmar | 61 | DE | Fishtown Runners Bremerha | W45 | 5 | 1:49:30 | 1:49:48 | 0:53:38 | 0:55:51 | 5,11 | 11,56 |
| 18 | 1118 | Iffländer, Edda | 70 | DE | Brinkum | W35 | 2 | 1:49:47 | 1:50:02 | 0:53:58 | 0:55:48 | 5,12 | 11,53 |
| 19 | 1506 | Lühning, Gisela | 59 | DE | LG Kreis Verden | W50 | 2 | 1:50:05 | 1:50:22 | 0:54:12 | 0:55:53 | 5,13 | 11,50 |
| 20 | 1122 | Jährling, Anja | 66 | DE | Fitness Factory | W40 | 5 | 1:51:07 | 1:51:20 | 0:54:55 | 0:56:12 | 5,16 | 11,39 |
| 21 | 1424 | Reinecke, Annika | 78 | DE | *Cuxhaven | W30 | 5 | 1:51:08 | 1:51:45 | 0:56:49 | 0:54:19 | 5,16 | 11,39 |
| 22 | 1563 | Warnecke-Jerol, Margret | 61 | DE | *Hamburg | W45 | 6 | 1:51:28 | 1:51:34 | 0:53:28 | 0:58:00 | 5,17 | 11,35 |
| 23 | 1216 | Melchin, Viola | 71 | DE | Fishtown Runners Bremerha | W35 | 3 | 1:51:39 | 1:52:20 | 0:54:09 | 0:57:30 | 5,18 | 11,34 |
| 24 | 1307 | Scholze, Sabine | 64 | DE | *Nörten-Hardenberg | W45 | 7 | 1:51:41 | 1:52:19 | 0:56:02 | 0:55:39 | 5,18 | 11,33 |
| 25 | 1344 | Tillmann, Frauke | 83 | DE | HRS Moormerland | WHK | 2 | 1:52:07 | 1:52:37 | 0:55:28 | 0:56:38 | 5,19 | 11,29 |
| 26 | 1329 | Stephani, Annika | 92 | DE | mIt-traben-trarbach | WJB | 1 | 1:52:33 | 1:52:48 | 0:54:55 | 0:57:37 | 5,20 | 11,25 |
| 27 | 1186 | Lemke, Christa | 63 | DE | Bremerhaven | W45 | 8 | 1:52:51 | 1:53:02 | 0:55:01 | 0:57:49 | 5,21 | 11,22 |
| 28 | 1480 | Dombrowski, Heidrun | 64 | DE | LG Kreis Verden | W45 | 9 | 1:53:18 | 1:53:35 | 0:55:18 | 0:57:59 | 5,22 | 11,17 |
| 29 | 1228 | Mück, Heike | 87 | DE | *Cuxhaven | WHK | 3 | 1:53:44 | 1:53:59 | 0:56:05 | 0:57:39 | 5,24 | 11,13 |
| 30 | 1462 | Meinhardt, Monika | 56 | DE | Bäcker Meier Helgoland | W50 | 3 | 1:55:16 | 1:55:38 | 0:55:57 | 0:59:19 | 5,28 | 10,98 |
| 31 | 1236 | Nienaber, Christina | 71 | DE | Laufakademie Bremen | W35 | 4 | 1:55:22 | 1:55:30 | 0:57:47 | 0:57:35 | 5,28 | 10,97 |
| 32 | 1336 | Suhr, Ines | 74 | DE | TV Loxstedt | W35 | 5 | 1:55:24 | 1:55:34 | 0:56:56 | 0:58:27 | 5,28 | 10,97 |
| 33 | 1416 | Freitag, Karin | 59 | DE | MTV SCHWERINGEN | W50 | 4 | 1:55:28 | 1:55:48 | 0:55:44 | 0:59:44 | 5,28 | 10,96 |
| 34 | 1447 | Ottens, Alex | 75 | DE | Hase&Igel | W30 | 6 | 1:55:31 | 1:56:06 | 0:57:00 | 0:58:31 | 5,29 | 10,96 |
| 35 | 1141 | Kapetan, Violetta | 79 | DE | TAD Pharma | W30 | 7 | 1:55:53 | 1:56:23 | 0:55:41 | 1:00:11 | 5,30 | 10,92 |
| 36 | 1162 | Kramer, Karin | 65 | DE | Team ERDINGER Alkohol | W40 | 6 | 1:55:56 | 1:56:15 | 0:55:21 | 1:00:35 | 5,30 | 10,92 |
| 37 | 1317 | Seegers, Ute | 72 | DE | *Dorum | W35 | 6 | 1:55:57 | 1:56:24 | 0:59:08 | 0:56:49 | 5,30 | 10,91 |
| 38 | 1370 | Wawrzyniak, Ina | 80 | DE | *Langen | WHK | 4 | 1:56:10 | 1:56:25 | 0:57:11 | 0:58:59 | 5,30 | 10,89 |
| 39 | 1479 | Geßner, Rita | 46 | DE | LG Kreis Verden | W60 | 2 | 1:57:23 | 1:57:40 | 0:56:42 | 1:00:41 | 5,34 | 10,78 |
| 40 | 1235 | Ney, Berit | 70 | DE | TuSV Bützflöth | W35 | 7 | 1:57:26 | 1:57:46 | 0:56:56 | 1:00:30 | 5,34 | 10,78 |
| 41 | 1250 | Peter, Meike | 77 | DE | TV Loxstedt | W30 | 8 | 1:57:50 | 1:58:13 | 0:59:40 | 0:58:10 | 5,35 | 10,74 |
| 42 | 1511 | Glissmann, Wilma | 85 | DE | | WHK | 5 | 1:58:05 | 1:58:17 | 0:57:30 | 1:00:35 | 5,36 | 10,72 |
| 43 | 1201 | Mangels, Wiebke | 82 | DE | LAV Bokel | WHK | 6 | 1:58:12 | 1:58:36 | 0:58:53 | 0:59:19 | 5,36 | 10,71 |
| 44 | 1210 | Meffert, Gisela | 46 | DE | *Weyhe | W60 | 3 | 1:58:31 | 1:59:16 | 0:59:17 | 0:59:14 | 5,37 | 10,68 |
| 45 | 1362 | Wagner, Gerlind | 67 | DE | Sonntagsläufer | W40 | 7 | 1:59:20 | 2:00:02 | 0:59:42 | 0:59:38 | 5,39 | 10,61 |
| 46 | 1139 | Kanzelmeyer-Nell, Enja | 63 | DE | Sonntagsläufer | W45 | 10 | 1:59:26 | 2:00:07 | 0:59:41 | 0:59:44 | 5,40 | 10,60 |
| 47 | 1562 | Kallauch, Heike | 65 | DE | WJ Bremerhaven | W40 | 8 | 2:00:08 | 2:01:06 | 0:59:57 | 1:00:11 | 5,42 | 10,53 |
| 48 | 1330 | Stephani-Huhn, Andrea | 67 | DE | mIt-traben-trarbach | W40 | 9 | 2:00:24 | 2:00:39 | 0:59:03 | 1:01:21 | 5,42 | 10,51 |
| 49 | 1238 | Noetzel, Karin | 66 | DE | FLIB Bremen e.V. | W40 | 10 | 2:01:00 | 2:01:28 | 1:00:03 | 1:00:56 | 5,44 | 10,46 |
| 50 | 1426 | Schröder, Marita | 74 | DE | TSV Otterndorf | W35 | 8 | 2:01:18 | 2:01:28 | 0:58:45 | 1:02:32 | 5,45 | 10,43 |
| 51 | 1413 | Uhrinova, Jana | 84 | SK | Buxtehude | WHK | 7 | 2:01:57 | 2:02:45 | 1:02:18 | 0:59:38 | 5,47 | 10,38 |
| 52 | 1393 | Witten, Marita | 52 | DE | TuS Tarmstedt | W55 | 1 | 2:03:28 | 2:03:39 | 1:00:40 | 1:02:47 | 5,51 | 10,25 |
| 53 | 1123 | Jakubowska, Malgorzata | 74 | DE | *Hamburg | W35 | 9 | 2:03:41 | 2:04:29 | 1:01:59 | 1:01:41 | 5,52 | 10,23 |

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Gesamtliste Halbmarathon

5. April 2009

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| Platz | Startnr. | Name | JG | NAT | Verein*/Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|-------------------------------|----|-----|----------------------------|-----|-------|---------|---------|----------|----------|--------|-------|
| 54 | 1170 | Kuhberg, Sarah | 79 | DE | *Leuven | W30 | 9 | 2:03:42 | 2:03:52 | 1:04:14 | 0:59:28 | 5,52 | 10,23 |
| 55 | 1113 | Holst, Ilka | 61 | DE | *Stade | W45 | 11 | 2:03:48 | 2:04:22 | 1:01:37 | 1:02:11 | 5,52 | 10,22 |
| 56 | 1396 | Wöhl, Eileen | 83 | DE | *Heiligenstadt | WHK | 8 | 2:04:10 | 2:04:18 | 0:59:24 | 1:04:45 | 5,53 | 10,19 |
| 57 | 1039 | Brinkmann, Heike | 73 | DE | SSV Gristede | W35 | 10 | 2:04:19 | 2:04:49 | 0:59:47 | 1:04:32 | 5,54 | 10,18 |
| 58 | 1421 | Matthäi, Silke | 65 | DE | *Köhlen | W40 | 11 | 2:04:27 | 2:04:56 | 1:00:00 | 1:04:26 | 5,54 | 10,17 |
| 59 | 1013 | Bauermann, Manja | 78 | DE | *Cuxhaven | W30 | 10 | 2:04:34 | 2:05:21 | 1:00:14 | 1:04:20 | 5,54 | 10,16 |
| 60 | 1536 | Krutwig-Cordes, Karin | 56 | DE | Krutwichte | W50 | 5 | 2:04:39 | 2:05:09 | 1:00:34 | 1:04:05 | 5,55 | 10,15 |
| 61 | 1446 | Wahle-Horstmeyer, Elke | 60 | DE | LG Kreis Nord-Stade | W45 | 12 | 2:04:56 | 2:05:38 | 1:01:04 | 1:03:52 | 5,55 | 10,13 |
| 62 | 1174 | Ladwig, Beate | 54 | DE | RUN FOR FUN | W55 | 2 | 2:05:19 | 2:05:41 | 0:59:35 | 1:05:44 | 5,56 | 10,10 |
| 63 | 1488 | Ehlers, Britta | 67 | DE | Team Hohwisch | W40 | 12 | 2:05:29 | 2:06:08 | 1:02:10 | 1:03:18 | 5,57 | 10,09 |
| 64 | 1081 | Godehart, Gabriele | 59 | DE | Lauftreff Buxtehude | W50 | 6 | 2:05:44 | 2:06:17 | 1:01:38 | 1:04:06 | 5,58 | 10,07 |
| 65 | 1328 | Steinberg-Groenhof, Ruth | 80 | DE | *Schortens | WHK | 9 | 2:05:59 | 2:06:18 | 1:02:44 | 1:03:14 | 5,58 | 10,05 |
| 66 | 1356 | van Anken, Petra | 68 | DE | *Bremen | W40 | 13 | 2:06:11 | 2:06:52 | 1:03:33 | 1:02:38 | 5,59 | 10,03 |
| 67 | 1029 | Böhm, Ellen | 59 | DE | *Cuxhaven | W50 | 7 | 2:06:11 | 2:06:33 | 1:00:51 | 1:05:20 | 5,59 | 10,03 |
| 68 | 1398 | Wojtowicz, Brunhilde | 58 | DE | SG Beverstedt | W50 | 8 | 2:06:20 | 2:06:33 | 1:02:26 | 1:03:54 | 5,59 | 10,02 |
| 69 | 1518 | Töppich, Renate | 67 | DE | | W40 | 14 | 2:06:24 | 0:00:00 | 1:02:50 | 1:03:33 | 6,00 | 10,01 |
| 70 | 1449 | Kück - Schlöbhorn, Monika | 69 | DE | *Köhlen | W40 | 15 | 2:06:28 | 2:06:58 | 1:00:00 | 1:06:27 | 6,00 | 10,01 |
| 71 | 1050 | Cernicky, Julika | 77 | DE | *Oldenburg | W30 | 11 | 2:06:34 | 2:06:43 | 1:03:12 | 1:03:22 | 6,00 | 10,00 |
| 72 | 1092 | Hamcke, Inge | 59 | DE | TSV Wanna | W50 | 9 | 2:06:38 | 2:06:59 | 1:00:51 | 1:05:47 | 6,00 | 9,99 |
| 73 | 1136 | Kampe, Tanja | 77 | DE | Nordseehaklinik II St. Pet | W30 | 12 | 2:06:53 | 2:06:58 | 1:01:47 | 1:05:06 | 6,01 | 9,97 |
| 74 | 1533 | Haase, John-Pierre | 86 | DE | | WHK | 10 | 2:07:16 | 2:07:39 | 0:57:20 | 1:09:55 | 6,02 | 9,95 |
| 75 | 1028 | Bohlender, Elisabeth | 55 | DE | *Oldenburg | W50 | 10 | 2:07:17 | 2:07:53 | 1:01:22 | 1:05:55 | 6,02 | 9,94 |
| 76 | 1550 | Preusser, Gisela | 56 | DE | *Weyhe | W50 | 11 | 2:07:25 | 2:07:58 | 1:03:05 | 1:04:19 | 6,02 | 9,93 |
| 77 | 1472 | Hornstein, Kerstin | 65 | DE | SV Hepstedt/Breddorf | W40 | 16 | 2:07:54 | 2:08:27 | 1:00:16 | 1:07:37 | 6,04 | 9,90 |
| 78 | 1296 | Schlesselmann, Sandra | 77 | DE | TSV Mehedorf | W30 | 13 | 2:08:54 | 2:09:16 | 1:00:34 | 1:08:19 | 6,07 | 9,82 |
| 79 | 1054 | Diehl, Ute | 67 | DE | *Stuhr | W40 | 17 | 2:09:25 | 2:10:07 | 1:02:52 | 1:06:32 | 6,08 | 9,78 |
| 80 | 1565 | Lecke, Simone | 72 | | TSV Otterndorf | W35 | 11 | 2:10:21 | 2:10:54 | 1:03:42 | 1:06:38 | 6,11 | 9,71 |
| 81 | 1184 | Lasetzke, Jessica | 91 | DE | *Achim | WJA | 1 | 2:11:09 | 2:11:37 | 1:03:13 | 1:07:56 | 6,13 | 9,65 |
| 82 | 1163 | Kramer-Gröhl, Ute | 63 | DE | *Bremerhaven | W45 | 13 | 2:11:26 | 2:11:58 | 1:03:18 | 1:08:08 | 6,14 | 9,63 |
| 83 | 1390 | Winter, Astrid | 65 | DE | *Göttingen | W40 | 18 | 2:11:32 | 2:12:08 | 1:04:12 | 1:07:20 | 6,14 | 9,62 |
| 84 | 1283 | Rösemeier, Angela | 62 | DE | *Stadthagen | W45 | 14 | 2:11:50 | 2:12:12 | 1:05:44 | 1:06:05 | 6,15 | 9,60 |
| 85 | 1153 | Knebel, Heidrun | 70 | DE | *Buxtehude | W35 | 12 | 2:12:07 | 2:12:46 | 1:03:50 | 1:08:16 | 6,16 | 9,58 |
| 86 | 1451 | Dopp, Hedwig | 56 | DE | LT Wardenburger TV | W50 | 12 | 2:12:13 | 2:12:24 | 1:05:39 | 1:06:34 | 6,16 | 9,57 |
| 87 | 1504 | Rawe, Ilka | 67 | DE | *Finnentrop | W40 | 19 | 2:13:15 | 2:13:27 | 1:06:50 | 1:06:25 | 6,19 | 9,50 |
| 88 | 1437 | kellers, martina | 68 | DE | tv loxstedt | W40 | 20 | 2:13:18 | 2:13:44 | 1:07:05 | 1:06:13 | 6,19 | 9,49 |
| 89 | 1310 | Schrieber, Jessica | 85 | DE | Wohnstätten Cuxhaven EG | WHK | 11 | 2:13:40 | 2:14:31 | 1:06:15 | 1:07:24 | 6,20 | 9,47 |
| 90 | 1027 | Bock, Christina | 45 | DE | *Hude | W60 | 4 | 2:15:23 | 2:16:08 | 1:06:57 | 1:08:25 | 6,25 | 9,35 |
| 91 | 1285 | Rücker, Jennifer | 81 | DE | TV Loxstedt | WHK | 12 | 2:16:06 | 2:16:31 | 1:07:37 | 1:08:29 | 6,27 | 9,30 |
| 92 | 1248 | Peper, Barbara | 66 | DE | TV Loxstedt | W40 | 21 | 2:16:06 | 2:16:31 | 1:07:37 | 1:08:29 | 6,27 | 9,30 |
| 93 | 1381 | Weydandt, Ursula | 48 | DE | FLIB Bremen e.V. | W60 | 5 | 2:16:33 | 2:17:19 | 1:07:19 | 1:09:13 | 6,28 | 9,27 |
| 94 | 1105 | Hessenius, Andrea | 64 | DE | *Langen | W45 | 15 | 2:17:20 | 2:18:05 | 1:06:56 | 1:10:24 | 6,31 | 9,22 |
| 95 | 1546 | Merke, Annegret | 46 | DE | BTV Bremen | W60 | 6 | 2:18:54 | 2:19:01 | 1:06:57 | 1:11:57 | 6,35 | 9,11 |
| 96 | 1521 | Becker, Susanne | 75 | DE | | W30 | 14 | 2:19:30 | 2:20:05 | 1:02:43 | 1:16:47 | 6,37 | 9,07 |
| 97 | 1454 | Beck-Janke, Petra | 57 | DE | *Bremerhaven | W50 | 13 | 2:19:46 | 2:20:29 | 1:09:12 | 1:10:34 | 6,38 | 9,06 |
| 98 | 1515 | Harjes, Silke | 62 | DE | *Langen | W45 | 16 | 2:20:21 | 2:21:04 | 1:09:12 | 1:11:08 | 6,39 | 9,02 |
| 99 | 1244 | Oswald, Daniela | 58 | DE | Die Sonntagsläufer | W50 | 14 | 2:21:20 | 2:22:01 | 1:05:22 | 1:15:57 | 6,42 | 8,95 |
| 100 | 1358 | Vollmers, Gitta | 69 | DE | SV Düdenbüttel | W40 | 22 | 2:21:41 | 2:22:01 | 1:05:52 | 1:15:49 | 6,43 | 8,93 |
| 101 | 1384 | Widhalm, Kerstin | 69 | DE | FLIB Bremen e.V. | W40 | 23 | 2:25:23 | 2:26:08 | 1:10:32 | 1:14:50 | 6,54 | 8,71 |
| 102 | 1249 | Pesch, Ursula | 52 | DE | Frauenlauf-Initiative | W55 | 3 | 2:25:23 | 2:26:08 | 1:10:32 | 1:14:51 | 6,54 | 8,71 |
| 103 | 1246 | Ottner, Susanne | 66 | DE | PV Triathlon Witten | W40 | 24 | 2:25:55 | 2:26:40 | 1:12:20 | 1:13:35 | 6,55 | 8,67 |
| 104 | 1005 | Alexiou-Hasselberg, Christina | 65 | DE | PV Triathlon Witten | W40 | 25 | 2:26:12 | 2:26:56 | 1:12:31 | 1:13:40 | 6,56 | 8,66 |
| 105 | 1277 | Rewers, Heike | 59 | DE | PV Triathlon Witten | W50 | 15 | 2:26:12 | 2:26:56 | 1:13:16 | 1:12:55 | 6,56 | 8,66 |
| 106 | 1224 | Mönks, Helga | 46 | DE | PV Triathlon Witten | W60 | 7 | 2:26:12 | 2:26:57 | 1:13:16 | 1:12:56 | 6,56 | 8,66 |

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Gesamtliste Halbmarathon

5. April 2009

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| Platz | Startnr. | Name | JG | NAT | Verein*Ort | AK | AK-Pl | Endzeit | Brutto | 1. Runde | 2. Runde | Min/km | km/h |
|-------|----------|-----------------------|----|-----|-------------------------|-----|-------|---------|---------|----------|----------|--------|------|
| 107 | 1164 | Krampen-Lülf, Susanne | 60 | DE | PV Triathlon Witten | W45 | 17 | 2:26:13 | 2:26:57 | 1:12:21 | 1:13:51 | 6,56 | 8,66 |
| 108 | 1258 | Pieprzyta, Claudia | 72 | DE | Team ERDINGER Alkohol | W35 | 13 | 2:26:15 | 2:26:48 | 1:10:31 | 1:15:43 | 6,56 | 8,65 |
| 109 | 1538 | Metzner, Natascha | 77 | DE | | W30 | 15 | 2:27:17 | 2:27:54 | 1:09:57 | 1:17:20 | 6,59 | 8,59 |
| 110 | 1290 | Scheibe, Karin | 58 | DE | *Marknesse | W50 | 16 | 2:27:19 | 2:27:54 | 1:10:52 | 1:16:26 | 6,59 | 8,59 |
| 111 | 1156 | Koch, Sonja | 69 | DE | *Herten | W40 | 26 | 2:27:32 | 2:28:04 | 1:10:28 | 1:17:03 | 7,00 | 8,58 |
| 112 | 1069 | Fehlberg, Tanja | 69 | DE | *Delmenhorst | W40 | 27 | 2:28:53 | 2:29:41 | 1:10:32 | 1:18:21 | 7,03 | 8,50 |
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