

Teilnehmer- und Ergebnisliste 10. Ultrafriesen-Marathon

Platz	Name, Vorname	Verein	AK	Platz	Runde 1	Runde 2	Runde 3	Runde 4	Runde 5	Runde 6	Runde 7	Ende
				AK	5,35km	10,7km	16,05km	21,4km	26,75km	32,1km	37,45km	42,8km
1	Bleek, Olaf	LG Wilhelmshaven	M45	1	0:26:57	0:53:14	1:20:00	1:46:00	2:13:00	2:40:00	3:07:00	3:33:09
2	Hödl, Bernd	Wilhelmshaven	M40	1	0:28:48	0:58:23	1:28:00	1:59:00	2:30:00	3:06:00	3:44:00	4:19:24
3	Friedrichs, Wolfgang	TV Norden	M45	2	0:31:09	1:02:00	1:32:00	2:02:00	2:39:00	3:13:00	3:48:00	4:21:46
4	Weitkämper, Wolfgang	TEAM Erdinger Alkoholfrei	M50	1	0:31:09	1:02:00	1:36:00	2:07:00	2:42:00	3:14:00	3:49:00	4:24:49
5	Pieprytza, Mike	Ultrafriesen	M40	2	0:31:09	1:02:00	1:34:00	2:05:00	2:39:00	3:31:00	3:50:00	4:30:12
6	Scheffer, Ineke	100 MC / SV Friesland	W50	1	0:33:08	1:08:00	1:43:00	2:19:00	2:54:00	3:29:00	4:04:00	4:39:18
7	Sweers, Ralf	Emder LG	M45	3	0:31:48	1:04:00	1:36:00	2:10:00	2:44:00	3:22:00	4:01:00	4:44:21
8	Britz, Werner	100MC	M65	1	0:38:08	1:17:55	1:58:00	2:40:00	3:22:00	4:06:00	4:51:00	5:40:57
9	Heydenbluth, Horst	Schortens	M70	1	0:38:08	1:17:35	1:58:00	2:40:00	3:22:00	4:07:29	---	---
10	Dams, Frank	Ultrafriesen	M45	4	0:26:57	0:54:22	1:22:00	1:53:00	---	---	---	---
11	Rudolph, Matthias	MTV Jever	M40	3	0:31:48	1:02:00	1:32:00	2:00:00	---	---	---	---
12	Beckmann, Stefanie		WHK	1	0:31:48	1:02:00	1:32:00	2:03:00	---	---	---	---
13	Scheunemann, Frans	SV Friesland	M60	1	0:31:09	1:03:00	1:35:00	2:07:50	---	---	---	---
14	Agricola, Meike	Bockhorn	W50	2	0:33:08	1:06:00	1:39:00	2:13:24	---	---	---	---
15	Agricola, Jens	VTB Varel	M50	2	0:33:08	1:06:00	1:39:00	2:13:24	---	---	---	---