

Teilnehmer- und Ergebnisliste des 14. Ultrafriesen-Marathons

#	Name, Vorname	Verein	AK	Platz	Runde 1 5,35km	Runde 2 10,7km	Runde 3 16,05km	Runde 4 21,4km	Runde 5 26,75km	Runde 6 32,1km	Runde 7 37,45km	Ende 42,8km
1	Sigl, Holger	MTV Aurich	M40	1	0:26:20	0:52:27	1:19:31	1:45:57	2:13:09	2:40:08	3:07:39	3:34:45
1	Köster, Clemens	MTV Aurich	M40	1	0:26:20	0:52:27	1:19:31	1:45:57	2:13:09	2:40:08	3:07:39	3:34:45
1	Weerts, Ernst	Lauftreff Café Einstein Emden	M30	1	0:26:20	0:52:27	1:19:31	1:45:57	2:13:09	2:40:08	3:07:39	3:34:45
4	Körn, Matthias	BSG Marinearsenal W'haven	M35	1	0:26:20	0:52:27	1:19:43	1:45:57	2:14:30	2:46:32	3:21:53	3:57:02
5	Böhm, Wolfgang	TuS Zetel	M40	3	0:29:37	0:58:11	1:27:19	1:55:58	2:28:20	2:56:59	3:28:24	4:00:10
6	Scheper, Thorsten	Laufabteilung Langförden / DUV	M45	1	0:33:11	1:01:13	1:28:33	1:55:44	2:23:37	2:55:50	3:23:07	4:03:46
7	Griesch, Günter	Deichläufer Bremerhaven	M55	1	0:29:22	0:58:11	1:30:04	2:01:06	2:32:41	3:03:30	3:34:28	4:03:56
8	Loger, Gerhard	VfL Oldenburg	M50	1	0:30:15	1:01:10	1:31:51	2:02:29	2:33:09	3:04:12	3:35:47	4:09:27
9	Grünebast, Günter	MTV Aurich	M45	2	0:27:07	0:55:10	1:23:59	1:53:20	2:23:37	2:55:50	3:33:20	4:11:24
10	Hödl, Bernd	Metalhead	M40	4	0:28:48	0:57:39	1:26:59	1:57:04	2:28:59	3:02:30	3:38:10	4:17:23
11	Friedrichs, Wolfgang	TV Norden	M45	3	0:32:04	1:05:10	1:38:15	2:12:34	2:46:32	3:19:50	3:54:43	4:29:00
12	Baumgarten, Karl Wolfgang	100 Marathon Club	M60	1	0:32:04	1:04:11	1:38:15	2:12:34	2:46:32	3:22:12	3:56:01	4:29:25
13	Andreesen, Andres		M45	3	0:32:27	1:06:30	1:41:08	2:16:45	2:52:59	3:29:00	4:00:10	4:32:23
14	Cölsmann, Andreas	VTB Triathlon Varel	M40	5	0:28:02	0:57:09	1:27:19	1:58:24	2:32:36	3:10:39	3:54:05	4:37:32
15	Hennigs, Liane	Jever	W50	1	0:32:27	1:05:29	1:41:08	2:18:05	2:55:15	3:30:00	4:04:40	4:41:50
16	Ehlers, Harald		M50	2	0:32:27	1:05:10	1:38:15	2:12:34	2:46:32	3:22:12	4:10:10	4:49:13
17	Sweers, Ralf	Emder LG	M50	3	0:32:27	1:06:30	1:41:08	2:16:45	2:52:59	3:30:55	4:12:27	4:57:48
18	Weitkämper, Wolfgang	100 Marathon Club / TEA	M50	4	0:32:27	1:05:29	1:44:27	2:20:44	3:01:34	3:38:10	4:20:08	5:01:20
19	Badtke, Irene	LG Wilhelmshaven	W70	1	0:38:00	1:15:00	1:58:00	2:42:00	3:26:00	4:10:00	4:56:00	5:29:48
20	Britz, Werner	100 MC	M65	1	0:40:37	1:19:00	1:56:00	2:39:00	3:23:00	4:13:00	5:06:00	5:58:33
21	Neuhaus, Stefan	:-)	M45	4	0:46:48	1:36:10	2:27:32	3:19:30	---	---	---	---
21	Hinrichs, Anke	MVKK Wiefelstede	W50	2	0:46:48	1:36:10	2:27:32	3:19:30	---	---	---	---
23	Frye, Kyra	LG Wilhelmshaven	W30	1	0:33:47	1:09:58	1:49:43	---	---	---	---	---