

Teilnehmer- und Ergebnisliste des 15. 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	0:26:09	0:52:10	1:18:40	1:45:50	2:13:41	2:41:13	3:09:15	3:37:52
2	Hagenah, Michael	Borussia MG/Cuxhaven	M45	1	0:29:38	0:59:40	1:30:25	1:59:30	2:29:10	2:56:58	3:23:50	3:48:23
3	Groth, Michael	Team Laufrausch e.V.	M40	2	0:29:38	0:59:40	1:30:25	1:59:30	2:29:10	2:59:00	3:28:51	3:57:02
3	Siebert-Diering, Manfred	Team Laufrausch e.V.	M45	2	0:29:38	0:59:40	1:30:25	1:59:30	2:29:10	2:59:00	3:29:07	3:57:02
3	Braje, Thomas		M45	2	0:29:38	0:59:40	1:30:25	1:59:30	2:29:10	2:59:05	3:29:07	3:57:02
6	de Vries, Bennie		M45	4	0:29:38	1:00:00	1:29:37	1:59:30	2:28:53	2:58:06	3:27:40	3:59:30
7	Spanier, Volker	KathLaufjugendArnstadt	M50	1	0:28:36	0:57:11	1:26:05	1:55:12	2:27:00	2:57:50	3:29:36	4:02:37
8	Böhm, Wolfgang	TuS Zetel	M40	3	0:28:36	0:57:11	1:26:05	1:55:12	2:27:00	2:57:50	3:30:29	4:03:01
9	Loger, Gerhard	VfL Oldenburg	M50	2	0:30:18	1:01:24	1:32:43	2:03:25	2:34:30	3:05:16	3:36:45	4:07:49
10	Wunderlich, Reinhard	Artic Fit	M65	1	0:31:59	1:01:45	1:32:30	2:02:45	2:37:04	3:08:31	3:42:46	4:16:39
11	Kleinat, Michael	Kingdom of Sports	M30	1	0:33:10	1:04:05	1:36:56	2:09:04	2:41:10	3:13:50	3:46:43	4:21:15
12	Henne, Hans-Albert	TSG Nordholz	M55	1	0:32:10	1:03:40	1:35:35	2:07:29	2:40:45	3:14:20	3:49:20	4:25:25
13	Hennigs, Liane	Jever	W50	1	0:31:59	1:05:04	1:39:30	2:13:55	2:48:59	3:22:30	3:56:50	4:30:04
14	Spieker, Johann	100 Marathon Club	M70	1	0:32:09	1:04:40	1:41:15	2:14:45	2:48:59	3:23:05	???	4:30:49
15	Rosieka, Helmut	100 Marathon Club	M65	2	0:32:03	1:01:36	1:35:20	2:07:29	2:42:22	3:15:59	3:56:10	4:31:59
16	Kieselbach, Wolfgang	100 Marathon Club	M60	1	0:33:10	1:04:05	1:36:56	2:13:25	2:47:30	3:22:25	3:59:15	4:35:41
17	Rolfes, Maria	LT Waldschleicher Lohne / 100MC / TEA	W55	1	0:32:31	1:06:45	1:41:15	2:17:30	2:55:58	3:31:17	4:07:02	4:42:59
18	Andreesen, Andres	Ultrafriesen / 100 MC	M45	5	0:33:10	1:01:45	1:41:45	2:18:00	2:52:35	3:28:40	4:08:30	4:45:35
19	Sweers, Ralf	Emder LG	M50	3	0:33:10	1:01:45	1:42:35	2:17:30	2:54:58	3:34:35	4:14:15	4:53:50
19	Schilz, Katrin		W40	1	0:33:10	1:01:45	1:42:35	2:17:30	2:54:58	3:34:35	4:14:35	4:53:50
21	Ziep, Holger	Team Triple-Marathon	M40	4	0:32:05	1:03:40	1:35:35	2:08:05	2:45:03	3:25:50	4:08:30	4:54:42
22	Meyer, Hans-Joachim	100 Marathon Club	M70	2	0:36:30	1:13:40	1:52:32	2:32:35	3:15:10	3:59:15	4:46:40	5:36:38
23	Eichner, Sigrid	100 Marathon Club	W70	1	0:38:40	1:21:07	2:03:50	2:50:08	3:38:58	4:29:45	5:20:13	6:10:45
24	Sigl, Gudrun	MTV Aurich	W40	2	0:31:31	1:03:15	1:34:55	2:06:30	---	---	---	---
25	Schöndube, Jeannette	Ultrafriesen	W40	3	0:31:47	1:01:45	1:38:59	2:11:50	---	---	---	---
26	Pieprytza, Mike	Ultrafriesen	M40	5	0:33:10	1:07:35	1:41:40	2:18:50	---	---	---	---
27	Engberts, Kai		MHK	1	0:33:10	1:19:50	2:11:56	---	---	---	---	---