

### Teilnehmer- und Ergebnisliste 9. Ultrafriesenmarathon

		Verein	AK	Start- nummer	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	Pieprytza, Claudia	TuS Zetel	W35	1712	0:38:45	1:21:25	2:05:15	2:53:03	---	---	---	---
2	Dams, Frank	Ultrafriesen	M45	1963	0:31:18	1:00:50	1:29:28	1:57:47	2:28:36	3:00:29	3:33:18	4:07:40
3	Hansmann, Ulrich	LT Schneewittchen	M55	1969	0:33:50	1:08:04	1:40:48	2:13:35	2:48:00	3:24:38	4:03:57	4:43:19
4	Scheffer, Ineke	SV Friesland (NL)	W50	1984	0:33:50	1:08:04	1:40:48	2:13:35	2:48:00	3:23:32	3:59:05	4:34:45
5	Loger, Gerhard	VfL Oldenburg	M50	1941	0:31:25	1:03:02	1:34:14	2:06:08	2:28:51	---	---	---
6	Sweers, Ralf	Emder LG	M45	1994	0:31:10	1:02:07	1:33:34	2:04:42	2:36:47	3:11:01	3:49:28	4:29:22
7	Andreesen, Andres	MTV Wittmund	M45	1975	0:34:10	1:10:10	1:45:51	2:21:26	2:58:01	3:33:38	4:09:23	4:46:56
8	Sigl, Holger	MTV Aurich	M40	1985	0:25:26	0:51:10	1:17:17	1:43:09	2:10:26	2:37:08	3:05:00	3:32:11
9	Hödl, Bernd	Wilhelmshaven	M35	1972	0:30:15	0:58:22	1:29:00	2:05:55	2:46:00	3:31:04	4:15:06	4:54:54
10	Riggers, Holger	Deichläufer Bremerhaven	M55	1982	0:29:36	0:58:35	1:28:14	1:57:50	2:27:39	2:57:27	3:26:54	3:56:11
11	Grünebast, Günter	MTV Aurich	M45	1986	0:29:36	0:55:10	1:29:00	1:59:20	2:31:09	3:06:55	3:46:40	4:24:54
12	Rudolph, Matthias	MTV Jever	M40	1988	0:32:04	1:03:16	1:34:34	2:05:28	2:42:04	---	---	---
13	Wittkopf, Roger	Ultrafriesen	M30	1978	0:31:25	1:02:14	1:32:16	2:04:16	---	---	---	---
14	Rosieka, Helmut	100 Marathon Club	M60	1977	0:30:15	1:00:50	1:31:19	2:02:35	2:35:20	3:10:46	3:46:27	4:21:43
15	Zitzen, Bernd	LT Schneewittchen	M55	1987	0:38:45	1:18:37	1:59:20	2:42:35	3:25:00	4:13:40	5:05:24	5:52:02
16	Schrage, Olaf	TuS Zetel	M40	1974	0:34:12	1:09:22	1:43:28	2:16:47	2:51:44	3:27:30	---	---
17	Griesch, Günter	Deichläufer Bremerhaven	M55	1983	0:29:36	0:58:35	1:28:14	1:57:50	2:28:06	2:57:27	3:28:09	3:56:33
18	Vajen, Heino	Lauffreunde Osterholz	M45	1992	0:29:36	0:59:52	1:28:22	1:57:23	2:25:22	2:53:56	3:23:07	3:51:05
19	Marschall, Patricia	LT Schneewittchen	W35	1971	0:38:45	1:21:25	2:05:15	2:45:01	3:31:58	4:25:33	5:22:29	6:15:12
20	Hoheisel, Josef	TV Bockhorn	M65	1981	0:30:00	1:00:00	1:31:13	2:00:57	---	---	---	---
21	Friedrichs, Wolfgang	TV Norden	M45	1989	0:34:10	1:10:10	1:45:51	2:21:26	2:58:01	3:33:38	4:09:23	4:46:56
22	Töben, Rüdiger		M40	1976	0:34:10	---	---	---	---	---	---	---
23	Meyer, Adolf	TV Norden	M50	1990	0:29:36	0:59:10	1:28:30	1:58:54	2:31:09	3:06:13	3:44:38	4:26:23
24	Slaaf, Sjoerd	100 Marathon Club	M55	1993	0:28:40	0:58:13	1:28:30	1:59:29	2:32:22	3:04:54	3:38:01	4:10:58
25	Reinders, Uwe	Elternverein krebskranker Kinder	M45	1980	0:30:00	1:00:00	1:30:38	2:00:54	---	---	---	---
26	Egidius, Udo	BV Ruttel	M55	1979	0:29:36	0:55:45	1:24:18	1:51:50	---	---	---	---
27	Scheunemann, Frans	SV Friesland (NL)	M60	1934	0:32:17	1:05:45	1:40:35	2:12:51	---	---	---	---
28	Behrens, Heike	SSV Gristede	W35	1973	0:31:25	1:05:09	1:40:35	2:16:23	2:52:17	3:33:33	---	---