

Teilnehmer- und Ergebnisliste 1. Lauf zur Ostfriesischen Osterlaufserie 2013

#	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	00:27:48	00:55:36	01:23:28	01:51:09	02:19:11	02:46:41	03:14:04	03:41:19
2	Kiene, Michael	100 Marathon Club	M40	2	00:27:48	00:55:56	01:24:05	01:51:16	02:20:51	02:48:43	03:16:40	03:43:27
3	Deters, Ute	Team Erdinger Alkoholfrei	W45	1	00:27:48	00:55:56	01:25:12	01:52:45	02:24:41	02:54:08	03:25:21	03:55:45
4	Wallesch, René	100 Marathon Club	M40	3	00:27:48	00:56:16	01:25:01	01:55:51	02:26:58	03:03:22	03:35:50	04:10:51
5	Groth, Michael	Team Laufrausch e.V.	M40	4	00:30:49	01:02:14	01:32:02	02:02:16	02:32:06	03:04:22	03:38:32	04:11:26
6	Ehlers, Harald	Ultrasfriesen	M50	1	00:30:49	01:02:57	01:36:22	02:10:32	02:42:59	03:13:56	03:44:35	04:16:42
7	Böhm, Wolfgang	TuS Zetel	M40	5	00:30:38	01:01:10	01:32:19	02:03:25	02:38:18	03:11:35	03:48:07	04:23:24
8	Baumgarten, Karl Wolfgang	100 Marathon Club	M60	1	00:30:58	01:02:38	01:36:22	02:10:32	02:44:16	03:18:29	03:53:17	04:26:28
9	Rolfes, Maria	TEA	W55	1	00:31:26	01:02:57	01:36:02	02:08:13	02:42:25	03:16:22	03:53:04	04:26:52
10	Friedrichs, Wolfgang	TV Norden	M45	1	00:30:38	01:02:36	01:33:52	02:05:33	02:38:28	03:12:32	03:47:41	04:27:58
11	Dams, Frank	Ultrasfriesen	M50	2	00:28:49	00:55:56	01:25:01	01:57:34	02:34:53	03:13:03	03:51:21	04:29:43
12	Weitkämper, Wolfgang	100 Marathon Club / TEA	M50	3	00:30:58	01:02:38	01:43:38	02:16:40	02:54:37	03:29:17	04:06:16	04:41:31
13	Henne, Hans-Albert	TSG Nordholz	M55	1	00:30:58	01:02:38	01:36:22	02:10:04	02:44:16	03:21:07	04:00:51	04:45:00
14	Loger, Gerhard	VfL Oldenburg	M50	4	00:30:49	01:02:38	01:36:22	02:10:32	02:44:42	03:19:43	04:01:55	04:48:31
15	Rosieka, Helmut		M65	1	00:32:08	01:05:18	01:41:42	02:16:12	03:03:22	01:41:00	04:24:46	04:59:31
16	Gerdes, Ralf	Team Laufrausch Oldenburg	M50	5	00:32:08	01:08:45	01:46:11	02:22:47	03:01:17	03:42:41	04:26:07	05:11:52
17	Meyer, Adolf	TV Norden	M55	2	00:30:49	01:02:14	01:34:21	02:09:33	02:46:41	03:38:03	---	---
18	Köster, Clemens	MTV Aurich	M40	6	00:27:48	00:55:36	01:25:01	01:55:51	02:26:58	---	---	---
19	Pieprytza, Mike	Ultrasfriesen	M40	7	00:32:08	01:05:18	01:43:36	02:16:50	03:06:34	---	---	---
20	Schumann, Peter	TuS Zetel	M50	6	00:27:50	00:56:16	01:24:43	01:53:45	---	---	---	---
21	Badtke, Irene	LG Wilhelmshaven	W70	1	00:37:31	01:14:14	01:50:46	02:27:27	---	---	---	---
22	Badtke, Gerhard	LG Wilhelmshaven	M75	1	00:37:31	01:14:14	01:50:46	02:27:27	---	---	---	---