

**Teilnehmer- und Ergebnisliste 13. Ultrafriesen-Marathon**

#	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	<b>Sigl, Holger</b>	<b>MTV Aurich</b>	<b>M40</b>	<b>1</b>	<b>0:26:18</b>	<b>0:52:39</b>	<b>1:19:00</b>	<b>1:46:00</b>	<b>2:14:00</b>	<b>2:42:00</b>	<b>3:10:00</b>	<b>3:36:59</b>
2	<b>Deters, Ute</b>	<b>TEAM Erdinger Alkoholfrei</b>	<b>W45</b>	<b>1</b>	<b>0:26:18</b>	<b>0:52:39</b>	<b>1:19:00</b>	<b>1:46:00</b>	<b>2:14:00</b>	<b>2:42:00</b>	<b>3:11:00</b>	<b>3:39:06</b>
3	Griesch, Günter	Deichläufer Bremerhaven	M55	1	0:28:33	0:58:46	1:28:00	1:59:00	2:37:00	3:03:00	3:34:00	4:06:34
4	Groth, Michael	Team Laufrausch e.V.	M40	2	0:29:44	0:59:28	1:30:00	2:01:00	2:31:00	3:02:00	3:35:00	4:06:54
5	Seemann, Tammo		M40	3	0:28:33	0:57:44	1:27:00	1:59:00	2:31:00	3:05:00	3:40:00	4:19:12
5	Köster, Clemens	MTV Aurich	M35	1	0:29:19	1:00:00	1:31:00	2:07:00	2:42:00	3:10:00	3:42:00	4:19:12
7	Baumgarten, Karl Wolfgang	100 Marathon Club	M60	1	0:33:05	1:05:00	1:40:00	2:16:00	2:51:00	3:28:00	4:05:00	4:41:08
8	Andreesen, Andres	Ultrafriesen / 100 MC	M45	1	0:39:30	1:07:00	1:49:00	2:17:00	2:52:00	3:28:00	4:05:00	4:41:42
9	Henne, Hans-Albert		M50	1	0:33:30	1:06:00	1:40:00	2:16:00	2:51:00	3:28:00	4:05:00	4:44:18
10	Weitkämper, Wolfgang	TEAM Erdinger Alkoholfrei	M50	2	0:33:30	1:06:00	1:43:00	2:17:00	2:56:00	3:32:00	4:10:00	4:46:05
11	Ziep, Holger	Mecomeo Triple-Marathon	M40	4	0:33:56	1:09:00	1:43:00	2:16:00	2:52:00	3:28:00	4:11:00	4:57:19
12	Grünebast, Günter	MTV Aurich	M45	2	0:29:19	1:00:00	1:31:00	2:07:00	2:50:00	3:33:00	4:18:00	5:02:20
13	Pieprytza, Mike	Ultrafriesen	M40	5	0:33:05	1:07:00	1:43:00	2:18:00	2:53:00	3:35:00	4:19:00	5:10:03
14	Ehrhardt, Anita				0:26:45	0:53:25	1:21:00	1:51:00	2:19:00	2:49:52	---	---
15	Koern, Matthias	BSG Marinearsenal	M35	2	0:26:18	0:52:39	1:19:00	1:46:00	2:15:08	---	---	---
16	Sigl, Gudrun	MTV Aurich	W35	1	0:34:43	1:10:00	1:50:00	2:28:00	3:09:28	---	---	---
16	Schröder, Sabrina	MTV Aurich	W35	1	0:34:43	1:10:00	1:50:00	2:28:00	3:09:28	---	---	---
18	Voß, Käthe	Emder LG	W55	1	0:34:43	1:11:00	1:50:00	2:30:00	3:13:49	---	---	---
19	Lake, Rolf	TuS Zetel	M60	2	0:29:44	0:59:28	1:30:00	2:01:11	---	---	---	---
20	Hoheisel, Josef	Bockhorn	M65	1	0:29:44	0:59:28	1:32:00	2:04:30	---	---	---	---
20	Bäcker, Rainer	TuS Zetel	M45	3	0:29:44	0:59:28	1:32:00	2:04:30	---	---	---	---
22	Frye, Kyra	Wilhelmshaven	W30	1	0:33:56	1:08:58	---	---	---	---	---	---
23	Bäcker, Tanja	TuS Zetel	W40	1	0:45:03	1:30:07	---	---	---	---	---	---