

**43. Straßenlauf des VfL Oldenburg am 10.03.2013**  
**Ergebnisliste 10km-Strassenlauf**

| Platz | M/W | Name, Vorname          | JG | Verein                         | Klasse | KP | Zeit  |
|-------|-----|------------------------|----|--------------------------------|--------|----|-------|
| 1     | 1   | Dietrich, Georg        | 70 | LG Braunschweig                | M40    | 1  | 34:45 |
| 2     | 2   | Jantz, Claas           | 85 | LT TV Schwanewede              | M      | 1  | 35:29 |
| 3     | 3   | Trudrung, Waldemar     | 89 | SG akquinet Lemwerder          | M      | 2  | 35:38 |
| 4     | 4   | Freese, Mathias        | 86 | DSC Oldenburg                  | M      | 3  | 38:24 |
| 5     | 5   | Minge, Frank           | 65 | SG akquinet Lemwerder          | M45    | 1  | 38:37 |
| 6     | 6   | Redmers, Christian     | 90 | MTV Aurich                     | M      | 4  | 39:01 |
| 7     | 7   | Piotrowski, Carsten    | 79 | LG Harlingerland               | M30    | 1  | 39:16 |
| 8     | 8   | Depken, Steven         | 84 | Oldenburg                      | M      | 5  | 39:20 |
| 9     | 9   | Karczmarzyk, Manuel    | 72 | Team Laufrausch e.V.           | M40    | 2  | 39:21 |
| 10    | 10  | Kupper, Frank          | 64 | Post SV Buxtehude              | M45    | 2  | 39:45 |
| 11    | 11  | Doodeman, Stephan      | 65 | Team ERDINGER Alkoholfrei      | M45    | 3  | 40:06 |
| 12    | 12  | Pfaff, Jens            | 74 | Team Laufrausch e.V.           | M35    | 1  | 40:17 |
| 13    | 13  | Köhler, Stefan         | 88 | OL Radsportfreunde             | M      | 6  | 40:22 |
| 14    | 14  | Allayarov, Nail        | 91 | btb oldenburg                  | M      | 7  | 40:34 |
| 15    | 15  | witte, jörg            | 70 | jkrunning                      | M40    | 3  | 40:49 |
| 16    | 16  | Senger, Paul           | 96 | SV Wildeshausen                | MJU18  | 1  | 41:05 |
| 17    | 17  | Dierking, Stefan       | 68 | 1. TCO Die Bären               | M45    | 4  | 41:07 |
| 18    | 18  | Rahrt, Detlef          | 69 | STV Barßel                     | M40    | 4  | 41:08 |
| 19    | 19  | Gebhardt, Christian    | 77 | BV Garrel                      | M35    | 2  | 41:21 |
| 20    | 20  | Lambertus, Dietmar     | 63 | Team Laufrausch                | M50    | 1  | 41:31 |
| 21    | 1   | Piotrowski, Dr. Heike  | 82 | LG Harlingerland               | W30    | 1  | 41:36 |
| 22    | 21  | Austermann, Jakob      | 96 | 1. TCO Die Bären               | MJU18  | 2  | 41:37 |
| 23    | 22  | Müller, Markus         | 77 | Team ERDINGER Alkoholfrei      | M35    | 3  | 41:48 |
| 24    | 23  | Schütte, Oliver        | 76 | Oldenburg                      | M35    | 4  | 42:13 |
| 25    | 2   | Kipp, Michelle         | 90 | VfL Oldenburg                  | W      | 1  | 42:22 |
| 26    | 24  | Schulz, Jonas          | 91 | Jena Tusker                    | M      | 8  | 42:26 |
| 27    | 25  | Specht, Tobias         | 77 | Augsburg                       | M35    | 5  | 42:28 |
| 28    | 26  | Freudenberg, Bruno     | 65 | Delmenhorst                    | M45    | 5  | 42:33 |
| 29    | 27  | Geisler, Wilfried      | 62 | 1. TCO                         | M50    | 2  | 42:39 |
| 30    | 28  | Pohland, Ulrich        | 59 | Oldenburger Ruderverein        | M50    | 3  | 42:39 |
| 31    | 29  | Klaassen, Jens         | 83 | WSV Möhlenhörn                 | M30    | 2  | 42:57 |
| 32    | 30  | Fröllje, Karsten       | 72 | Wahnbek                        | M40    | 5  | 43:12 |
| 33    | 3   | Lomax, Jacqueline      | 89 | VfL Oldenburg                  | W      | 2  | 43:25 |
| 34    | 31  | Lenzdorf, Dennis       | 78 | Team ERDINGER/TSG Westerstede  | M35    | 6  | 43:29 |
| 35    | 32  | Schoneboom, Kevin      | 92 | Emder LG                       | M      | 9  | 43:44 |
| 36    | 33  | Oelke, Dirk            | 76 | Oldenburg                      | M35    | 7  | 44:03 |
| 37    | 4   | Erlach, Anja           | 81 | SV Würzburg 05                 | W30    | 2  | 44:06 |
| 38    | 34  | Jeschke, Andreas       | 69 | Oldenburg                      | M40    | 6  | 44:23 |
| 39    | 35  | Eymers, Florian        | 83 | Laufend Fit by Zig Tech / Oldb | M30    | 3  | 44:25 |
| 40    | 36  | Franklin, Max          | 64 | ASTON Villa                    | M45    | 6  | 44:26 |
| 41    | 37  | Hustedede, Eilert      | 62 | Team Laufrausch e.V.           | M50    | 4  | 44:38 |
| 42    | 38  | Ehrlich, Heinz         | 61 | Emder LG                       | M50    | 5  | 44:46 |
| 43    | 39  | Thelken, Heinz-Hermann | 62 | STV Barßel                     | M50    | 6  | 44:55 |
| 44    | 40  | Rudolph, Stefan        | 69 | TSV Abbehausen                 | M40    | 7  | 45:00 |
| 45    | 41  | Wichmann, Manfred      | 64 | Die Mühlenblicker              | M45    | 7  | 45:03 |
| 46    | 42  | Mühlhausen, Thomas     | 67 | Büroservice Eichert            | M45    | 8  | 45:07 |
| 47    | 43  | Riedemann, Christian   | 87 | Oldenburg                      | M      | 10 | 45:12 |
| 48    | 44  | Weigelt, Holger        | 67 |                                | M45    | 9  | 45:20 |
| 49    | 45  | Eichholz, Dirk         | 66 | 1.TCO Die Bären                | M45    | 10 | 45:27 |
| 50    | 46  | Theesfeld, Christoph   | 73 | Team Rückenwind                | M40    | 8  | 45:31 |
| 51    | 5   | Muchow, Silvia         | 69 | SG akquinet Lemwerder          | W40    | 1  | 45:44 |
| 52    | 47  | Grabhorn, Matthias     | 68 | DSC Oldenburg                  | M45    | 11 | 45:50 |
| 53    | 48  | Höble, Jakob           | 97 | VTB Triathlon Varel            | MJU18  | 3  | 46:03 |

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| Platz | M/W | Name, Vorname             | JG | Verein                  | Klasse | KP | Zeit  |
|-------|-----|---------------------------|----|-------------------------|--------|----|-------|
| 54    | 49  | Müller, Heinrich          | 59 | ESV Tri-Team            | M50    | 7  | 46:09 |
| 55    | 6   | Böttcher, Paula           | 94 | VfL Oldenburg           | WJU20  | 1  | 46:12 |
| 56    | 50  | Coenen, Tilmann           | 98 | BSV Bösel               | MS     | 1  | 46:13 |
| 57    | 51  | Schnetger, Bernhard       | 56 | LT TUS Petersfehn       | M55    | 1  | 46:17 |
| 58    | 52  | Muchow, Michael           | 66 | Hammelwarder Sprinter   | M45    | 12 | 46:19 |
| 59    | 53  | Hustedede, Ole            | 98 | VfL Oldenburg           | MS     | 2  | 46:21 |
| 60    | 54  | Raadersma, Cord           | 68 | Blau-Weiß Bümmerstede   | M45    | 13 | 46:23 |
| 61    | 55  | Childs, Jörg              | 68 | swb runner              | M45    | 14 | 46:25 |
| 62    | 56  | Benz, Philipp             | 77 | Westerstede             | M35    | 8  | 46:28 |
| 63    | 57  | Ehrentraut, Mathias       | 79 | 1. TCO "Die Bären"      | M30    | 4  | 46:33 |
| 64    | 58  | Meyer-Heemsoth, Volker    | 61 | 1. TCO Die Bären        | M50    | 8  | 46:40 |
| 65    | 59  | Munk, Thomas              | 68 | Westrhauderfehn         | M45    | 15 | 46:42 |
| 66    | 60  | Grüßner, Axel             | 63 | ESV Lingen              | M50    | 9  | 46:53 |
| 67    | 61  | Schütte, Günther          | 53 | TuS Eversten            | M60    | 1  | 46:57 |
| 68    | 62  | Luers, Renke              | 67 | LSF Oldenburg           | M45    | 16 | 47:04 |
| 69    | 7   | Rürup, Rita               | 60 | SV Ofenerdiek           | W50    | 1  | 47:07 |
| 70    | 63  | Fischer, Harald           | 52 | MTV Hohenkirchen        | M60    | 2  | 47:11 |
| 71    | 64  | Lippert, Werner           | 51 | LSF Oldenburg           | M60    | 3  | 47:13 |
| 72    | 65  | Block, Wolfgang           | 73 | LT Ramsloh              | M40    | 9  | 47:16 |
| 73    | 8   | Stoyke, Rita              | 69 | STV Barßel              | W40    | 2  | 47:16 |
| 74    | 66  | Schöndube-Schäfer, Thomas | 68 | LG Wilhelmshaven        | M45    | 17 | 47:27 |
| 75    | 9   | Meining, Stephanie        | 87 | LT TV Schwanewede       | W      | 3  | 47:35 |
| 76    | 67  | Mecklenburg, Michael      | 74 | Aktiv Fitness Edeweicht | M35    | 9  | 47:39 |
| 77    | 68  | Wohlgemuth, Onno          | 67 | griecheoderchinese      | M45    | 18 | 47:54 |
| 78    | 69  | Kuhne, Peter              | 76 | Frankfurt am Main       | M35    | 10 | 47:56 |
| 79    | 70  | Zorn, Nico                | 83 | TTC Oldenburg           | M30    | 5  | 47:58 |
| 80    | 71  | Blenke, Sven              | 83 | Varel                   | M30    | 6  | 47:59 |
| 81    | 72  | Schütte, Manfred          | 57 | SV Friedrichsfehn       | M55    | 2  | 47:59 |
| 82    | 73  | Hillers, Gerd-Uwe         | 60 | TSG Hatten-Sandkrug     | M50    | 10 | 48:00 |
| 83    | 74  | Bohlen, Rainer            | 87 | LG Uplengen             | M      | 11 | 48:01 |
| 84    | 10  | Meier, Sarina             | 93 | SG akquinet Lemwerder   | W      | 4  | 48:01 |
| 85    | 75  | Ellerbeck, Jens           | 82 |                         | M30    | 7  | 48:04 |
| 86    | 76  | Gende, Tobias             | 69 | Team Pirate             | M40    | 10 | 48:10 |
| 87    | 77  | Preißig, Ralf             | 68 | BSG EWE                 | M45    | 19 | 48:12 |
| 88    | 11  | Adams, Nicole             | 70 | Edeweicht               | W40    | 3  | 48:17 |
| 89    | 78  | Grund, Ole                | 65 | 1. TCO "Die Bären"      | M45    | 20 | 48:31 |
| 90    | 12  | Schmidt, Ricarda          | 76 | Oldenburg               | W35    | 1  | 48:32 |
| 91    | 79  | Lamping, Christian        | 90 | BSV Bösel               | M      | 12 | 48:37 |
| 92    | 80  | Stein, Hartmut            | 61 | Oldenburg               | M50    | 11 | 48:38 |
| 93    | 81  | Dobrzinsky, Manfred       | 54 | LT TuS Petersfehn       | M55    | 3  | 48:39 |
| 94    | 82  | Hertzfel, Steffen         | 85 | Werderaner Laufkirschen | M      | 13 | 48:59 |
| 95    | 83  | Steffens, Harald          | 65 | Wüstring                | M45    | 21 | 48:59 |
| 96    | 84  | Runge, Hans-Georg         | 66 |                         | M45    | 22 | 49:05 |
| 97    | 13  | Eisele, Naike             | 93 | LT TV Schwanewede       | W      | 5  | 49:07 |
| 98    | 85  | Köne, Mirko               | 72 | Oldenburg               | M40    | 11 | 49:10 |
| 99    | 86  | Böhlend, Kay              | 65 | Oldenburg               | M45    | 23 | 49:15 |
| 100   | 87  | Bury, Marc                | 77 | VfL Oldenburg           | M35    | 11 | 49:18 |
| 101   | 88  | Ehrhardt, Söntke          | 67 | griecheoderchinese      | M45    | 24 | 49:26 |
| 102   | 89  | Völkel, Reinhard          | 62 | Corpus                  | M50    | 12 | 49:28 |
| 103   | 90  | Vosgerau, Bernd           | 63 | Oldenburg               | M50    | 13 | 49:28 |
| 104   | 91  | Wohlens, Frank            | 69 | Oldenburg               | M40    | 12 | 49:47 |
| 105   | 92  | Sperlich, Ralf            | 70 | Vreschen-Bokel          | M40    | 13 | 49:55 |
| 106   | 93  | Speckmann, Jens           | 71 |                         | M40    | 14 | 50:01 |

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| Platz | M/W | Name, Vorname           | JG | Verein                      | Klasse | KP | Zeit  |
|-------|-----|-------------------------|----|-----------------------------|--------|----|-------|
| 107   | 94  | Schrand, Michael        | 66 | Oldenburg                   | M45    | 25 | 50:12 |
| 108   | 95  | Guhl, Gerd              | 61 | LSF Oldenburg               | M50    | 14 | 50:12 |
| 109   | 96  | Willers, Thomas         | 65 | Team ERDINGER Alkoholfrei   | M45    | 26 | 50:12 |
| 110   | 97  | Hillmann, Jens          | 67 | PSV Oldenburg               | M45    | 27 | 50:21 |
| 111   | 98  | Untiedt, Steffen        | 95 | BSV Bösel                   | MJU20  | 1  | 50:22 |
| 112   | 99  | Boning, Ralf            | 66 | Die Huntewachteln           | M45    | 28 | 50:37 |
| 113   | 100 | Vosteen, Gerd           | 66 | Die Huntewachteln           | M45    | 29 | 50:37 |
| 114   | 101 | Wieting, Jens           | 63 | Die Huntewachteln           | M50    | 15 | 50:38 |
| 115   | 102 | Hetke, Alexander        | 57 | Goldenstedt                 | M55    | 4  | 50:42 |
| 116   | 14  | Krawietz, Miriam        | 77 | Emder LG                    | W35    | 2  | 50:42 |
| 117   | 103 | Husmann, Jens           | 73 | Oldenburg                   | M40    | 15 | 50:46 |
| 118   | 104 | Uter, Normen            | 82 | tecis läuft!                | M30    | 8  | 50:48 |
| 119   | 105 | Uthoff, David           | 70 | PSV-Oldenburg               | M40    | 16 | 50:48 |
| 120   | 15  | Weichert, Anna-Lena     | 90 | SG akquinet Lemwerder       | W      | 6  | 50:48 |
| 121   | 106 | Siekmann, Gunnar        | 67 | Team Laufrausch             | M45    | 30 | 50:50 |
| 122   | 16  | Karczmarzyk, Christiane | 74 | Team Laufrausch e.V.        | W35    | 3  | 50:51 |
| 123   | 107 | Janßen, Stefan          | 70 | Varel                       | M40    | 17 | 50:54 |
| 124   | 17  | Diercks, Ingemarie      | 55 | SV Ofenerdiek               | W55    | 1  | 51:02 |
| 125   | 108 | Möhlenbrock, Peter      | 71 | VfB Oldenburg               | M40    | 18 | 51:04 |
| 126   | 18  | Albers, Lena            | 86 | Oldenburg                   | W      | 7  | 51:05 |
| 127   | 19  | Rückbrod, Andrea        | 64 | TV Norden                   | W45    | 1  | 51:08 |
| 128   | 109 | Gillerke, Andreas       | 70 | Feuerwehr Falkenburg        | M40    | 19 | 51:21 |
| 129   | 20  | Schenk, Sabine          | 69 | LSF Oldenburg               | W40    | 4  | 51:22 |
| 130   | 110 | Kramer, Volker          | 71 | SV Friedrichsfehn           | M40    | 20 | 51:27 |
| 131   | 111 | Erdwiens, Hermann       | 70 | LG Ostfriesland             | M40    | 21 | 51:28 |
| 132   | 112 | Porada, Rupert          | 54 | LT Oldenburg Süd            | M55    | 5  | 51:40 |
| 133   | 113 | Ludwig, Reinhard        | 50 | TuS Wahnbeek                | M60    | 4  | 51:43 |
| 134   | 114 | Rösner, Roy             | 70 | AT Rodenkirchen             | M40    | 22 | 51:46 |
| 135   | 21  | Baumann, Marion         | 71 | TuS Zetel                   | W40    | 5  | 51:58 |
| 136   | 115 | Brinkwirth, Christian   | 89 | Team ERDINGER Alkoholfrei   | M      | 14 | 52:15 |
| 137   | 116 | Kernicke, Matthias      | 58 | fahrschule-kernicke.eu      | M55    | 6  | 52:16 |
| 138   | 117 | Schreich, Thomas        | 62 | Mädchenbasketball Oldenburg | M50    | 16 | 52:18 |
| 139   | 118 | Janssen, Bernd          | 65 | Emder LG                    | M45    | 31 | 52:27 |
| 140   | 119 | Tölke, Jürgen           | 66 | Oldenburg                   | M45    | 32 | 52:33 |
| 141   | 120 | Münster, Helmut         | 56 | Team ERDINGER Alkoholfrei   | M55    | 7  | 52:41 |
| 142   | 121 | Mohrmann, Wolfgang      | 57 | Laufftreff Süd              | M55    | 8  | 52:44 |
| 143   | 122 | Schliep, Sascha         | 72 | SASTEC                      | M40    | 23 | 52:45 |
| 144   | 123 | Brychcy, KLaus          | 63 | LT Oldenburg Süd            | M50    | 17 | 52:51 |
| 145   | 124 | Ziep, Holger            | 70 | Die Huntewachteln           | M40    | 24 | 52:55 |
| 146   | 22  | Plate, Vera             | 71 | laufend besser              | W40    | 6  | 53:02 |
| 147   | 125 | Wittje, Heiko           | 63 | 1. TCO Die Bären            | M50    | 18 | 53:11 |
| 148   | 126 | Pottberg, Jann-Thies    | 85 | Team Laufrausch e. V.       | M      | 15 | 53:12 |
| 149   | 23  | Jegust, Heidi           | 65 | Delmenhorst                 | W45    | 2  | 53:13 |
| 150   | 24  | Neefe, Heide            | 58 | LSF Oldenburg               | W55    | 2  | 53:17 |
| 151   | 127 | Jehle, Frank            | 66 | DLRG OG Wiefelstede         | M45    | 33 | 53:19 |
| 152   | 128 | König, Rolf             | 46 | LT TuS Petersfehn           | M65    | 1  | 53:19 |
| 153   | 25  | Uilderks, Andrea        | 75 | TuS Zetel                   | W35    | 4  | 53:22 |
| 154   | 129 | Bösch, Andreas          | 58 | SVE Wildenloh               | M55    | 9  | 53:25 |
| 155   | 130 | Taetz, Reinhard         | 42 | LT Oldenburg Süd            | M70    | 1  | 53:25 |
| 156   | 131 | Messer, Florian         | 70 | Oldenburg                   | M40    | 25 | 53:27 |
| 157   | 132 | Möllmeier, Laurenz      | 52 | Ofenerfeld                  | M60    | 5  | 53:30 |
| 158   | 133 | Hößle, Jörg             | 60 | VTB Triathlon Varel         | M50    | 19 | 53:36 |
| 159   | 134 | Wiechmann, Andreas      | 57 | Laufftreff Ganderkese       | M55    | 10 | 53:39 |

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|-------|-----|--------------------------|----|--------------------------------|--------|----|-------|
| 160   | 135 | Hinrichs, Ingo           | 72 | KSG Lo-Han                     | M40    | 26 | 53:41 |
| 161   | 26  | Dill, Andrea             | 70 |                                | W40    | 7  | 53:43 |
| 162   | 136 | de Boer, Gerold          | 61 | Griecheoderchinese             | M50    | 20 | 53:49 |
| 163   | 137 | Endlich, Herbert         | 64 | Oldenburg                      | M45    | 34 | 53:52 |
| 164   | 138 | Lienland, Franz-Josef    | 47 | LSF Oldenburg                  | M65    | 2  | 53:54 |
| 165   | 139 | Robben, Michael          | 90 |                                | M      | 16 | 53:57 |
| 166   | 140 | Rehbein, Sascha          | 82 | tecis läuft!                   | M30    | 9  | 54:01 |
| 167   | 141 | Stöhr, Benjamin          | 85 | Laufftreff Gotham City         | M      | 17 | 54:03 |
| 168   | 27  | Isernhinke, Sandra       | 70 | BTB Oldenburg                  | W40    | 8  | 54:05 |
| 169   | 142 | Drischmann, Sönke        | 63 | Hamburg                        | M50    | 21 | 54:09 |
| 170   | 28  | Hohenhaus, Astrid        | 68 | Hamburg                        | W45    | 3  | 54:09 |
| 171   | 143 | Knobloch, Ralf           | 61 | LT Oldenburg Süd               | M50    | 22 | 54:10 |
| 172   | 29  | Janssen, Kristin         | 93 | Emder LG                       | W      | 8  | 54:11 |
| 173   | 144 | Stöver, Matthias         | 64 | Sandkrug                       | M45    | 35 | 54:11 |
| 174   | 30  | Decker, Mareike          | 79 | Run for fun                    | W30    | 3  | 54:13 |
| 175   | 31  | Mandok, Petra            | 74 | Run for fun                    | W35    | 5  | 54:13 |
| 176   | 145 | Sevimli, Agit            | 89 | SG akquinet Lemwerder          | M      | 18 | 54:15 |
| 177   | 146 | Walther, Michael         | 75 | Team ERDINGER Alkoholfrei      | M35    | 12 | 54:19 |
| 178   | 147 | Borchers, Torben         | 76 | Team Laufrausch e.V.           | M35    | 13 | 54:34 |
| 179   | 148 | Bornhorst, Reinhold      | 56 | Oldenburg                      | M55    | 11 | 54:36 |
| 180   | 32  | Witt, Ingrid             | 54 | L.T.Oldenburg -Süd             | W55    | 3  | 54:39 |
| 181   | 149 | Knoop, Andreas           | 71 | Oldenburg                      | M40    | 27 | 54:56 |
| 182   | 150 | Noss, Klaus              | 71 |                                | M40    | 28 | 54:57 |
| 183   | 151 | Leptien, Meik            | 74 | Delmenhorst                    | M35    | 14 | 55:02 |
| 184   | 152 | May, Michael             | 66 | TUS Eversten                   | M45    | 36 | 55:05 |
| 185   | 153 | Sprung, Thomas           | 71 | Team ERDINGER Alkoholfrei      | M40    | 29 | 55:06 |
| 186   | 154 | Häusler, Claus           | 70 | Team ERDINGER Alkoholfrei      | M40    | 30 | 55:08 |
| 187   | 155 | Rosenkranz, Tim          | 88 | Gemeinnützige Werkstätten/LSFM |        | 19 | 55:13 |
| 188   | 33  | Ahlers, Mareike          | 85 | Leer                           | W      | 9  | 55:23 |
| 189   | 156 | Hadeler, Uwe             | 62 | SV Friedrichsfehn              | M50    | 23 | 55:25 |
| 190   | 34  | Lause, Ingrid            | 62 | Team Laufrausch e. V.          | W50    | 2  | 55:29 |
| 191   | 35  | Dananic, Barbara         | 81 | Varel                          | W30    | 4  | 55:33 |
| 192   | 157 | Wilhelms, Olaf           | 72 | Die Huntewachteln              | M40    | 31 | 55:35 |
| 193   | 158 | Schierhold, Hajo         | 68 | Die Huntewachteln              | M45    | 37 | 55:36 |
| 194   | 159 | Fischer, Ronald          | 83 | Bürgerfelder Turnerbund        | M30    | 10 | 55:37 |
| 195   | 160 | Weinitschke, Uwe         | 59 | LT Oldenburg Süd               | M50    | 24 | 55:38 |
| 196   | 161 | Brosam, Markus           | 79 | Gemeinnützige Werkstätten/LSFM | M30    | 11 | 55:39 |
| 197   | 36  | Bornhorst, Ute           | 70 | Edewecht                       | W40    | 9  | 55:40 |
| 198   | 162 | Knipl, Uwe               | 77 | Emden                          | M35    | 15 | 55:46 |
| 199   | 37  | Pusch, Sabine            | 60 | BTB Oldenburg                  | W50    | 3  | 55:51 |
| 200   | 38  | Vossig, Tatjana          | 67 | 1. TCO Die Bären               | W45    | 4  | 55:53 |
| 201   | 163 | Streekmann, Niels        | 78 | Leer                           | M35    | 16 | 55:57 |
| 202   | 164 | Stöver, Thomas           | 82 | TSV WACHTEL                    | M30    | 12 | 56:05 |
| 203   | 165 | Hilmer, Uwe              | 57 | LT TuS Petersfehn              | M55    | 12 | 56:07 |
| 204   | 166 | Nannen, Okko             | 80 | Oldenburg                      | M30    | 13 | 56:14 |
| 205   | 167 | Wulfekuhl, Georg         | 46 | TSG Hatten-Sandkrug            | M65    | 3  | 56:14 |
| 206   | 168 | Blömer, Klemens          | 48 |                                | M65    | 4  | 56:16 |
| 207   | 169 | MARTINS-PETRITZKY, KLAUS | 50 | SANDKRUG                       | M50    | 25 | 56:25 |
| 208   | 170 | Kolbe, Patrick           | 75 | Trend Hair                     | M35    | 17 | 56:27 |
| 209   | 39  | Weber, Stephanie         | 76 | Edewecht                       | W35    | 6  | 56:34 |
| 210   | 40  | Zalesky, Silke           | 75 | Oldenburg                      | W35    | 7  | 56:41 |
| 211   | 171 | Eims, Rüdiger            | 64 | Laufftreff Sande               | M45    | 38 | 56:45 |
| 212   | 172 | Battel, Rainer           | 63 | Oldenburger-Steuerrechts-Insti | M50    | 26 | 56:46 |

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| Platz | M/W | Name, Vorname           | JG | Verein                           | Klasse | KP | Zeit    |
|-------|-----|-------------------------|----|----------------------------------|--------|----|---------|
| 213   | 173 | Rohlf, Holger           | 73 | Laufftreff Sande                 | M40    | 32 | 56:46   |
| 214   | 41  | Stein, Sabine           | 66 | LSF Oldenburg                    | W45    | 5  | 56:47   |
| 215   | 174 | Kratz, Gerhard          | 52 | VTB Laufftreff Varel             | M60    | 6  | 56:52   |
| 216   | 42  | Minhoff, Astrid         | 60 | ohne                             | W50    | 4  | 57:16   |
| 217   | 175 | Wessel, Frank           | 75 | Bruns Pflanzen Bad Zwischenahn   | M35    | 18 | 57:18   |
| 218   | 43  | Köster, Maike           | 86 | Oldenburg                        | W      | 10 | 57:21   |
| 219   | 176 | Robben, Michael         | 90 | Oldenburg                        | M      | 20 | 57:27   |
| 220   | 44  | Wagner, Jessica         | 98 | BSV Bösel                        | WS     | 1  | 57:29   |
| 221   | 177 | Mennenga, André         | 61 | Emden LG                         | M50    | 27 | 57:38   |
| 222   | 45  | Weber, Birgit           | 58 | Emden LG                         | W55    | 4  | 57:39   |
| 223   | 178 | Goetz, Thorsten         | 76 | Bundeswehrkrankenhaus Westerbork | M35    | 19 | 57:48   |
| 224   | 179 | Kapuschat, Rolf         | 50 | TuS Rotenburg                    | M60    | 7  | 57:52   |
| 225   | 46  | Handt, Annabel          | 97 | BSV Bösel                        | WJU18  | 1  | 57:56   |
| 226   | 47  | Klockgether, Heike      | 61 | SV Brake                         | W50    | 5  | 57:56   |
| 227   | 180 | Schwalm, Torsten        | 70 | BSV Bösel                        | M40    | 33 | 57:57   |
| 228   | 181 | Tinnemann, Guido        | 62 | VFR Nienburg                     | M50    | 28 | 58:11   |
| 229   | 182 | Bormann, Ralf           | 70 | 26389                            | M40    | 34 | 58:15   |
| 230   | 183 | Delicat, Erwin          | 51 | TSV Bassum                       | M60    | 8  | 58:17   |
| 231   | 184 | Beckmann, Franz         | 57 | BV Garrel                        | M55    | 13 | 58:18   |
| 232   | 185 | Hoppe, Ralf             | 66 | Hundsmühler TV                   | M45    | 39 | 58:26   |
| 233   | 186 | Wilhelmi, Dieter        | 66 | Bielefeld                        | M45    | 40 | 58:29   |
| 234   | 48  | Grebe, Sandra           | 74 | Oldenburg                        | W35    | 8  | 58:31   |
| 235   | 49  | Hangen, Tomma           | 70 | Team Laufrausch                  | W40    | 10 | 58:31   |
| 236   | 187 | Lüers, Dirk             | 64 | SV Brake Lauffeuer               | M45    | 41 | 58:42   |
| 237   | 188 | Meenen, Olaf            | 69 | LzO                              | M40    | 35 | 58:43   |
| 238   | 189 | Gerken, Matthias        | 72 | Team Laufrausch e.V.             | M40    | 36 | 58:45   |
| 239   | 50  | Albus, Nina             | 96 | Wildeshausen                     | WJU18  | 2  | 58:48   |
| 240   | 190 | Ripke, Torsten          | 69 | BTB Oldenburg                    | M40    | 37 | 58:56   |
| 241   | 51  | Borchers, Kerstin       | 66 | GESTRA Flowserve                 | W45    | 6  | 58:57   |
| 242   | 191 | Jacobsen, Preben        | 65 | GESTRA Flowserve                 | M45    | 42 | 58:57   |
| 243   | 52  | Tapken, Christina       | 86 | Oldenburg                        | W      | 11 | 59:01   |
| 244   | 192 | Afken, Thomas           | 66 | Haskamp Metallbau                | M45    | 43 | 59:03   |
| 245   | 193 | Gravel, Manfred         | 62 | TuRa 07 Westrhauderfehn          | M50    | 29 | 59:07   |
| 246   | 194 | Siefken, Stefan         | 68 | WTV Laufftreff                   | M45    | 44 | 59:18   |
| 247   | 53  | Gerdas, Anke            | 69 | TuRa 07 Westrhauderfehn          | W40    | 11 | 59:35   |
| 248   | 54  | Kramer, Marion          | 67 | Tura 07 Westrhauderfehn          | W45    | 7  | 59:35   |
| 249   | 55  | Richter, Andrea         | 65 | BTB                              | W45    | 8  | 59:38   |
| 250   | 195 | Richter, Frank          | 60 | griecheoderchinese               | M50    | 30 | 59:38   |
| 251   | 196 | Celary, Krystian        | 81 | Gemeinnützige Werkstätten/LSFM   | M30    | 14 | 59:41   |
| 252   | 197 | Hecklinger, Hubertus    | 75 | Gemeinnützige Werkstätten/LSFM   | M35    | 20 | 59:41   |
| 253   | 198 | Deeke, Martin           | 75 | TEAM Martin <sup>2</sup>         | M35    | 21 | 59:44   |
| 254   | 56  | Krenke, Ilka            | 75 | Weyher Laufftreff                | W35    | 9  | 59:53   |
| 255   | 57  | von döllen, nicole      | 76 | harpstedter tb triathlon         | W35    | 10 | 59:55   |
| 256   | 58  | Weyrich, Anne           | 79 |                                  | W30    | 5  | 59:55   |
| 257   | 199 | Krause Haskamp, Mathias | 80 | Edewecht                         | M30    | 15 | 1:00:09 |
| 258   | 200 | Bloß, Alexander         | 70 | Edewecht                         | M40    | 38 | 1:00:11 |
| 259   | 201 | Mansholt, Alexander     | 92 | Oldenburg                        | M      | 21 | 1:00:11 |
| 260   | 59  | Heine, Birgit           | 72 | Vareler Turnerbund e.V. Lauftr   | W40    | 12 | 1:00:14 |
| 261   | 60  | Welp, Ruth              | 71 | aktiv fitness club Edewecht      | W40    | 13 | 1:00:49 |
| 262   | 202 | Punke, Rainer           | 53 | Laufftreff Süd                   | M60    | 9  | 1:01:11 |
| 263   | 61  | Hellwig, Evelyn         | 74 | Oldenburg - GVO                  | W35    | 11 | 1:01:14 |
| 264   | 203 | Meinen, Wilhelm         | 41 | LG Ostfriesland                  | M70    | 2  | 1:01:18 |
| 265   | 62  | Schieweck, Marlies      | 97 | BW96                             | WJU18  | 3  | 1:01:30 |

**43. Straßenlauf des VfL Oldenburg am 10.03.2013**  
**Ergebnisliste 10km-Strassenlauf**

| Platz | M/W | Name, Vorname           | JG | Verein                          | Klasse | KP | Zeit    |
|-------|-----|-------------------------|----|---------------------------------|--------|----|---------|
| 266   | 63  | Grönjes, Meike          | 64 | BW96                            | W45    | 9  | 1:01:41 |
| 267   | 204 | Rehme, Hans-Jürgen      | 46 | Bad Zwischenahn                 | M65    | 5  | 1:02:04 |
| 268   | 205 | Pelzer, Patrick         | 66 | BTB Oldenburg                   | M45    | 45 | 1:02:05 |
| 269   | 206 | von Bronk, Dietmar      | 41 | WTV Lauftreff                   | M70    | 3  | 1:02:30 |
| 270   | 207 | Schulze, Ralf           | 59 | Aurich                          | M50    | 31 | 1:02:36 |
| 271   | 64  | Bitter, Hanna           | 46 | WTV Lauftreff                   | W65    | 1  | 1:02:37 |
| 272   | 208 | Fangmann, Heiner        | 44 | Oldenburg                       | M65    | 6  | 1:02:40 |
| 273   | 65  | Weinitschke, Leia       | 86 | Oldenburg                       | W      | 12 | 1:02:41 |
| 274   | 209 | Heidkämper, Lars        | 84 | Oldenburg                       | M      | 22 | 1:03:12 |
| 275   | 210 | Kauß, Gernot            | 47 | Lauftreff-Ganderkesee           | M65    | 7  | 1:03:14 |
| 276   | 66  | Höpken, Gunda           | 60 | SVE Wiefelstede                 | W50    | 6  | 1:03:22 |
| 277   | 211 | Pape, Bodo, von         | 40 | Team Herbart                    | M70    | 4  | 1:03:25 |
| 278   | 212 | Rakow, Helge            | 72 | VTB Lauftreff Varel             | M40    | 39 | 1:03:34 |
| 279   | 213 | Bohlen, Hans-Günther    | 48 | LT Bad Zwischenahn              | M65    | 8  | 1:03:37 |
| 280   | 214 | Hollwege, Maik          | 74 | Gemeinnützige Werkstätten/LS    | M35    | 22 | 1:03:51 |
| 281   | 215 | Lameyer, Hartmut        | 59 | WTV Wardenburg                  | M50    | 32 | 1:04:11 |
| 282   | 67  | Sinnig, Sabine          | 60 | Wilhelmshaven                   | W50    | 7  | 1:04:15 |
| 283   | 216 | Weichbrodt, Heinz-Georg | 33 | LG Wilhelmshaven                | M80    | 1  | 1:04:17 |
| 284   | 68  | Niedanowski, Sabine     | 59 | Oer-Erkenschwick                | W50    | 8  | 1:04:19 |
| 285   | 217 | Heinrich, Dennis        | 85 | Kickers Wahnbek                 | M      | 23 | 1:04:21 |
| 286   | 218 | Hoppe, Andreas          | 64 | Hundsmühler TV                  | M45    | 46 | 1:04:48 |
| 287   | 69  | Heinemeyer, Ulrike      | 88 | Team ERDINGER Alkoholfrei       | W      | 13 | 1:05:00 |
| 288   | 70  | Sundermann, Dörte       | 74 | Wiefelstede                     | W35    | 12 | 1:05:03 |
| 289   | 219 | Kuiper, Helmut          | 57 | Lauftreff-Norden                | M55    | 14 | 1:05:11 |
| 290   | 71  | Wolf, Iris              | 55 | WTV Lauftreff                   | W55    | 5  | 1:05:12 |
| 291   | 220 | Köster, Detlef          | 68 | FC Rastede                      | M45    | 47 | 1:05:49 |
| 292   | 221 | Heindl, Robert          | 64 | oldenburg                       | M45    | 48 | 1:06:29 |
| 293   | 222 | Binnewies, Sven         | 79 |                                 | M30    | 16 | 1:06:32 |
| 294   | 223 | Teipen, Günther         | 65 | Hamburger SV                    | M45    | 49 | 1:06:33 |
| 295   | 72  | Meyer, Baerbel          | 48 | SV Friedrichsfehn               | W65    | 2  | 1:07:11 |
| 296   | 224 | Maaß, Keno              | 95 | Emder Laufgemeinschaft          | MJU20  | 2  | 1:07:32 |
| 297   | 73  | Schultze, Kathrin       | 82 | BSG Marinearsenal Wilhelmshaven | M30    | 6  | 1:07:36 |
| 298   | 225 | Küpker, Heinz           | 43 | Ofen                            | M70    | 5  | 1:07:49 |
| 299   | 226 | Maaß, Peter             | 64 | CVJM Emden                      | M45    | 50 | 1:08:15 |
| 300   | 74  | Vieth, Sandra           | 88 | Oldenburg                       | W      | 14 | 1:09:41 |
| 301   | 75  | Gloystein, Beate        | 69 | SV Brake Lauffeuer              | W40    | 14 | 1:10:04 |
| 302   | 76  | Neubacher, Katrin       | 87 | SV Brake                        | W      | 15 | 1:10:04 |
| 303   | 227 | Robben, Matthias        | 82 |                                 | M30    | 17 | 1:10:05 |
| 304   | 77  | Lucke, Wiebke           | 79 | Oldenburger Hunte-Runners       | W30    | 7  | 1:10:38 |
| 305   | 228 | Lucke, Mario            | 78 | Oldenburger Hunte-Runners       | M35    | 23 | 1:10:39 |
| 306   | 78  | Meyer, Dagmar           | 64 | SV Brake Lauffeuer              | W45    | 10 | 1:11:36 |
| 307   | 229 | Bormann, Robert         | 44 | LG Wilhelmshaven                | M65    | 9  | 1:11:47 |
| 308   | 230 | erdmann, reinhold       | 41 | vfb oldenburg                   | M70    | 6  | 1:11:54 |
| 309   | 79  | Tamling, Bärbel         | 61 | Edewecht                        | W50    | 9  | 1:12:24 |
| 310   | 231 | Müller, Magnus          | 41 | VfL Ockenhausen                 | M70    | 7  | 1:12:34 |
| 311   | 80  | Niehuis, Maren          | 68 | Oldenburg                       | W45    | 11 | 1:14:54 |
| 312   | 232 | Tjaden, Heinz-Jürgen    | 49 | Lauftreff-Norden                | M60    | 10 | 1:16:50 |
| 313   | 81  | Schadowske, Christina   | 87 | Edewecht                        | W      | 16 | 1:17:35 |
| 314   | 82  | Mohrmann, Rebecca       | 83 | Harkebrügge                     | W30    | 8  | 1:17:37 |
| 315   | 83  | Kahlen, Anke            | 64 | Edewecht                        | W45    | 12 | 1:17:39 |