

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|--------------------------|----|----------------------------|--------|----|-------|
| 1 | 1 | Paetzke, Christoph | 83 | DSC Oldenburg | MHK | 1 | 33:31 |
| 2 | 2 | K?nig, Tammo | 77 | 1.TCO | M30 | 1 | 33:48 |
| 3 | 3 | Schnetger, Patrick | 87 | 1. TCO | MHK | 2 | 35:39 |
| 4 | 4 | Schwengels, Stefan | 69 | TSV Gro?enkneten | M40 | 1 | 35:43 |
| 5 | 5 | Br?ring, Christian | 76 | LT Waldschleicher Lohne | M35 | 1 | 35:57 |
| 6 | 6 | Trudrung, Waldemar | 89 | SG akquinet Lemwerder | MHK | 3 | 36:25 |
| 7 | 7 | Bathke-L?ers, Lars | 70 | Oldenburg | M40 | 2 | 36:35 |
| 8 | 8 | Eichinger, Christian | 89 | SG akquinet Lemwerder | MHK | 4 | 36:56 |
| 9 | 9 | Lubitz, Gerrit | 66 | ATS Buntentor Bremen | M45 | 1 | 37:02 |
| 10 | 10 | Ihle, Norman | 80 | DSC Oldenburg | M30 | 2 | 37:11 |
| 11 | 11 | Weinberg, Dieter | 68 | Jade-Boxring Wilhelmshaven | M40 | 3 | 37:20 |
| 12 | 12 | Willig, J?rg | 67 | LG Bremen-Nord | M40 | 4 | 37:47 |
| 13 | 13 | Neitemeier, Ralf | 69 | MTV Aurich | M40 | 5 | 38:14 |
| 14 | 14 | Hommers, Rolf | 79 | Emden | M30 | 3 | 38:17 |
| 15 | 15 | Kiprotich, Joseph | 86 | SG akquinet Lemwerder | MHK | 5 | 38:22 |
| 16 | 16 | Jansen, Hans-J?rgen | 75 | SV Vrees | M35 | 2 | 38:26 |
| 17 | 17 | Dirksen, Jens | 85 | VFL Germania Leer | MHK | 6 | 38:29 |
| 18 | 18 | Bl?mer, Christian | 81 | Team Laufrausch | M30 | 4 | 38:31 |
| 19 | 19 | Schmidt, Walter | 58 | TuS Bersenbr?ck | M50 | 1 | 38:36 |
| 20 | 20 | Maywald, Bj?rn | 68 | SG Premium Aerotec | M40 | 6 | 38:46 |
| 21 | 21 | Ulbrich, Horst | 55 | LC 93 Delmenhorst | M55 | 1 | 38:49 |
| 22 | 22 | Pistor, Thomas | 70 | tsg hatten-sandkrug | M40 | 7 | 39:02 |
| 23 | 23 | Hinrichs, Heinz-Dieter | 61 | SV Teut. Stapelmoor | M50 | 2 | 39:07 |
| 24 | 24 | Willers, Jens | 90 | Team ERDINGER Alkoholfrei | MHK | 7 | 39:13 |
| 25 | 25 | Kupper, Frank | 64 | Lusaner SC 1980 | M45 | 2 | 39:19 |
| 26 | 26 | Frerichs, Jamal | 93 | BSV B?sel | MJA | 1 | 39:22 |
| 27 | 27 | Ammermann, Karsten | 88 | SG akquinet Lemwerder | MHK | 8 | 39:30 |
| 28 | 28 | Piotrowski, Carsten | 79 | LG Wilhelmshaven | M30 | 5 | 39:33 |
| 29 | 29 | Dierking, Stefan | 68 | 1. TCO Die B?ren | M40 | 8 | 39:41 |
| 30 | 30 | Siebert-Diering, Manfred | 68 | Team Laufrausch e.V. | M40 | 9 | 39:48 |
| 31 | 31 | Schmidt-Dannehl, Markus | 73 | VW Emden KarBau | M35 | 3 | 39:53 |
| 32 | 32 | Langhorst, Thomas | 66 | Marathon-club Bremen | M45 | 3 | 40:01 |
| 33 | 33 | Thurner, Ted | 65 | 1. TCO Die B?ren | M45 | 4 | 40:02 |
| 34 | 34 | Oltmanns, Olli | 75 | Laufftreff Gotham City | M35 | 4 | 40:03 |
| 35 | 35 | Longo, Sharak | 89 | Wilhelmshaven | MHK | 9 | 40:26 |
| 36 | 36 | Henke, Frank | 63 | Heidm?hler FC | M45 | 5 | 40:31 |
| 37 | 37 | Kretschmer, J?rg | 71 | Laufsport Senden | M40 | 10 | 40:46 |
| 38 | 38 | Mondorf, Finn | 84 | Laufftreff Gotham City | MHK | 10 | 40:53 |
| 39 | 39 | Dicke, Frank | 70 | BV Garrel | M40 | 11 | 40:59 |
| 40 | 1 | Piotrowski, Dr. Heike | 82 | LG Wilhelmshaven | WHK | 1 | 41:10 |
| 41 | 40 | Reents, J?rgen | 71 | Team Laufrausch e.V. | M40 | 12 | 41:18 |
| 42 | 41 | Sachau, Kolja | 74 | | M35 | 5 | 41:20 |
| 43 | 42 | Fr?llje, Karsten | 72 | Wahnbek | M35 | 6 | 41:22 |
| 44 | 43 | Stumbries, Malte | 89 | Tus Jaderberg | MHK | 11 | 41:25 |
| 45 | 44 | Rosenboom, J?rgen | 68 | BV Garrel | M40 | 13 | 41:35 |
| 46 | 45 | Bruns, Thorsten | 75 | OLRC | M35 | 7 | 41:36 |
| 47 | 46 | Steenhardt, Wilfried | 66 | SV Teutonia Stapelmoor | M45 | 6 | 41:38 |
| 48 | 47 | Bodenhagen, Frank | 63 | Loxstedt | M45 | 7 | 42:01 |
| 49 | 48 | Gr?ndler, Martin | 65 | Varel | M45 | 8 | 42:03 |
| 50 | 49 | Weinberg, Jan | 95 | Jade-Boxring Wilhelmshaven | MJB | 1 | 42:09 |
| 51 | 50 | Mennenga, Ralf | 76 | Pewsum | M35 | 8 | 42:15 |
| 52 | 51 | Wiese, Ludger | 55 | BV Garrel | M55 | 2 | 42:22 |
| 53 | 2 | Franzen, Insa | 83 | LG TV Bunde | WHK | 2 | 42:25 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|----------------------|----|---------------------------|--------|----|-------|
| 54 | 52 | Backmeyer, Maik | 70 | 1. TCO | M40 | 14 | 42:46 |
| 55 | 53 | Bohn, Dirk | 72 | Oldenburg | M35 | 9 | 42:48 |
| 56 | 54 | G?retzlehner, Jens | 63 | Team Laufrausch e.V. | M45 | 9 | 42:49 |
| 57 | 55 | Bruns, Volker | 71 | Team Laufrausch e.v. | M40 | 15 | 42:51 |
| 58 | 56 | Raschke, Maik | 73 | TuS Zetel | M35 | 10 | 43:06 |
| 59 | 57 | Geisler, Wilfried | 62 | SVE Wildenloh | M45 | 10 | 43:18 |
| 60 | 58 | Hinrichs, Frank | 61 | 1.TCO Die B?ren | M50 | 3 | 43:23 |
| 61 | 59 | Tanski, Andre | 64 | Blumenthaler SV | M45 | 11 | 43:24 |
| 62 | 60 | Ratz, Sebastian | 83 | SV Ofenerdiek | MHK | 12 | 43:28 |
| 63 | 61 | Sperfeld, Maximilian | 71 | VfL Kloster Oesede | M40 | 16 | 43:32 |
| 64 | 62 | Fangmann, Stefan | 95 | LT Waldschleicher Lohne | MJB | 2 | 43:35 |
| 65 | 63 | Wellmann, Hartwig | 67 | TSV Hengsterholz-Havekost | M40 | 17 | 43:35 |
| 66 | 3 | Lindner, Friederike | 95 | DSC Oldenburg | WJB | 1 | 43:43 |
| 67 | 64 | Onkelbach, Jan | 89 | TuS Ofen | MHK | 13 | 43:44 |
| 68 | 65 | Laabs, Kai-Wolf | 67 | SG Premium AEROTEC Norden | M40 | 18 | 43:49 |
| 69 | 66 | Pr?sang, Martin | 65 | LT Oldenburg S?d | M45 | 12 | 43:50 |
| 70 | 67 | B??rma, Conrad | 72 | Team ERDINGER Alkoholfrei | M35 | 11 | 44:01 |
| 71 | 68 | Reinmold, Heinz | 49 | LaufLabor Oldenburg | M60 | 1 | 44:02 |
| 72 | 69 | Frey, J?rgen | 71 | Team ERDINGER Alkoholfrei | M40 | 19 | 44:03 |
| 73 | 70 | Rimkus, Frank | 68 | TUS Jaderberg | M40 | 20 | 44:03 |
| 74 | 71 | Volkens, Knut | 88 | Peter-Ustinov-Schule Hude | MHK | 14 | 44:07 |
| 75 | 4 | Bronn, Frauke | 89 | TV Bunde | WHK | 3 | 44:11 |
| 76 | 72 | Schmidt, Andreas | 57 | VTB-Lauftreff | M50 | 4 | 44:12 |
| 77 | 73 | Sattler, Manfred | 46 | Oldenburg | M65 | 1 | 44:16 |
| 78 | 74 | Baron, Wladislav | 92 | SG akquinet Lemwerder | MJA | 2 | 44:20 |
| 79 | 75 | Berndt, Thorsten | 65 | SV Phiesewarden | M45 | 13 | 44:21 |
| 80 | 76 | Raschen, Matthias | 71 | Halenhorst | M40 | 21 | 44:39 |
| 81 | 77 | Wingert, Andreas | 90 | Laufftreff TuS Sande | MHK | 15 | 44:46 |
| 82 | 78 | Korzuschnik, Patrick | 95 | VTB Triathlon Varel | MJB | 3 | 44:50 |
| 83 | 79 | Fresemann, Peter | 65 | Edewecht | M45 | 14 | 44:55 |
| 84 | 80 | Splittgerber, Thomas | 61 | S?dmoslesfehn | M50 | 5 | 44:59 |
| 85 | 81 | Gabel, Andreas | 81 | Team Zuglufttier | M30 | 6 | 45:08 |
| 86 | 82 | Raadersma, Cord | 68 | Blau-Wei? B?mmerstede | M40 | 22 | 45:14 |
| 87 | 83 | Sch?tte, G?nther | 53 | TuS Eversten | M55 | 3 | 45:17 |
| 88 | 84 | Reichert, Helmut | 56 | Bremen | M55 | 4 | 45:18 |
| 89 | 85 | Geimer, Willibald | 55 | TSR Olympia Whv | M55 | 5 | 45:19 |
| 90 | 86 | L?ttmann, Olaf | 70 | Bad Zwischenahn | M40 | 23 | 45:21 |
| 91 | 87 | Onnen, Arno | 50 | TuS Augustfehn | M60 | 2 | 45:21 |
| 92 | 88 | Jungbluth, Bernd | 68 | Petersfehn | M40 | 24 | 45:25 |
| 93 | 89 | Uphoff, Gerhard | 71 | VW Emden Karosseriebau | M40 | 25 | 45:28 |
| 94 | 5 | Hinrichs, Britta | 67 | 1.TCO Die B?ren | W40 | 1 | 45:29 |
| 95 | 90 | Gryska, Roland | 75 | Schwarme | M35 | 12 | 45:35 |
| 96 | 91 | Hoping, J?rgen | 65 | Lohne | M45 | 15 | 45:42 |
| 97 | 92 | Lippert, Werner | 51 | Schwarz-Wei? Oldenburg | M60 | 3 | 45:47 |
| 98 | 93 | Peem?ller, Nils | 77 | 1.TCO Die B?ren | M30 | 7 | 45:53 |
| 99 | 94 | Childs, J?rg | 68 | swb runners | M40 | 26 | 45:53 |
| 100 | 95 | Lenzdorf, Dennis | 78 | Team ERDINGER Alkoholfrei | M30 | 8 | 45:55 |
| 101 | 96 | Schieweck, Andreas | 62 | Schenefeld | M45 | 16 | 46:04 |
| 102 | 97 | M?hlhausen, Thomas | 67 | Jaderberg | M40 | 27 | 46:11 |
| 103 | 98 | Gewald, Lars | 77 | Stadt Oldenburg | M30 | 9 | 46:16 |
| 104 | 99 | Gries, S?ren | 63 | Team Laufrausch e.V. | M45 | 17 | 46:17 |
| 105 | 100 | Muchow, Michael | 66 | MU.-POWER Elsfleth | M45 | 18 | 46:21 |
| 106 | 101 | Armonies, J?rgen | 54 | Laufftreff Wilhelmshaven | M55 | 6 | 46:26 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|----------------------|----|-------------------------|--------|----|-------|
| 107 | 102 | Lake, Rolf | 50 | TuS Zetel | M60 | 4 | 46:28 |
| 108 | 103 | Meyer, Andreas | 73 | Friesoythe | M35 | 13 | 46:29 |
| 109 | 104 | Kethler, Wolfgang | 65 | Neustadtg?dens | M45 | 19 | 46:30 |
| 110 | 105 | Ro?kamp, Frank | 59 | FSV Westerstede | M50 | 6 | 46:35 |
| 111 | 106 | Busboom, Wilfried | 71 | Tus Detern | M40 | 28 | 46:36 |
| 112 | 107 | Harms, Andreas | 61 | TuS Ofen | M50 | 7 | 46:40 |
| 113 | 108 | Sch?tte, Heiko | 60 | Hammelwarder Sprinter | M50 | 8 | 46:41 |
| 114 | 6 | Paga, Ulla | 52 | Wilhelmshaven | W55 | 1 | 46:51 |
| 115 | 109 | Rosenh?fel, Erik | 75 | Team Laufrausch e.V. | M35 | 14 | 46:55 |
| 116 | 110 | Rabbels, Christoph | 72 | Team Laufrausch | M35 | 15 | 46:57 |
| 117 | 111 | Hustert, Thomas | 69 | Wiedenbr?cker TV | M40 | 29 | 46:59 |
| 118 | 112 | Rose-Borsum, Nils | 67 | Oldenburg | M40 | 30 | 47:05 |
| 119 | 113 | Schulze, Marcus | 73 | Ganderkesee | M35 | 16 | 47:10 |
| 120 | 114 | Eymers, Florian | 83 | Team Kaiserschote | MHK | 16 | 47:13 |
| 121 | 115 | Liedtke, Marco | 76 | Oldenburg | M35 | 17 | 47:13 |
| 122 | 116 | von Lienen, Oliver | 81 | Oyten | M30 | 10 | 47:16 |
| 123 | 117 | Schnellecke, Uwe | 62 | Oldenburg | M45 | 20 | 47:20 |
| 124 | 118 | Wohlers, Frank | 69 | Oldenburg | M40 | 31 | 47:22 |
| 125 | 119 | Echelmeyer, Joachim | 63 | Hamburg | M45 | 21 | 47:23 |
| 126 | 120 | Kankel, Jens | 66 | 1. TCO | M45 | 22 | 47:23 |
| 127 | 121 | Wilhelms, Olaf | 72 | Huntewachteln | M35 | 18 | 47:24 |
| 128 | 122 | Doden, Johann | 59 | Emder LG | M50 | 9 | 47:28 |
| 129 | 123 | Alvarez, Jose | 76 | Oldenburg | M35 | 19 | 47:35 |
| 130 | 124 | Kappelman, Thomas | 65 | Landkreis Ammerland | M45 | 23 | 47:37 |
| 131 | 125 | Agricola, Jens | 60 | Bockhorn | M50 | 10 | 47:48 |
| 132 | 126 | Boning, Ralf | 66 | Huntewachteln | M45 | 24 | 47:48 |
| 133 | 127 | Wieting, Jens | 64 | Huntewachteln | M45 | 25 | 47:49 |
| 134 | 128 | Eims, R?diger | 64 | Laufftreff TuS Sande | M45 | 26 | 47:52 |
| 135 | 129 | Schmieke, Steffen | 87 | Heidelberg | MHK | 17 | 47:57 |
| 136 | 130 | Meyerj?rgens, Alfred | 48 | TSG Westerstede | M60 | 5 | 47:57 |
| 137 | 131 | Schlegel, Vitali | 78 | Ludwig Freytag Laufteam | M30 | 11 | 48:02 |
| 138 | 7 | Hoppe, Sylvia | 63 | Blumen Hoppe | W45 | 1 | 48:03 |
| 139 | 132 | Porada, Rupert | 54 | LT.Oldenburg.Sued | M55 | 7 | 48:07 |
| 140 | 8 | Thole, Sonja | 71 | fair-gewinnt e.V. | W40 | 2 | 48:14 |
| 141 | 133 | V?lkel, Reinhard | 62 | Oldenburg | M45 | 27 | 48:15 |
| 142 | 134 | Sch?fer, Thomas | 68 | LG Wilhelmshaven | M40 | 32 | 48:18 |
| 143 | 135 | Stein, Hartmut | 61 | Oldenburg | M50 | 11 | 48:18 |
| 144 | 9 | Adams, Nicole | 70 | Edewecht | W40 | 3 | 48:21 |
| 145 | 136 | Meinerling, Willi | 56 | Laufftreff Cappeln | M55 | 8 | 48:23 |
| 146 | 137 | Fester, Karl-Heinz | 56 | LT Oldenburg S?d | M55 | 9 | 48:26 |
| 147 | 138 | Teuber, Bernd | 65 | Team Laufrausch e.V. | M45 | 28 | 48:27 |
| 148 | 139 | R?sner, Roy | 70 | AT Rodenkirchen | M40 | 33 | 48:33 |
| 149 | 10 | Kortylack, Gisela | 56 | Emder LG | W55 | 2 | 48:34 |
| 150 | 140 | Brandt, Lars | 78 | TSG Hatten-Sandkrug | M30 | 12 | 48:35 |
| 151 | 141 | Schmoltd, Marco R. | 62 | Wiefelstede | M45 | 29 | 48:37 |
| 152 | 142 | Kaper, Eddy | 62 | Premium Aerotec Varel | M45 | 30 | 48:41 |
| 153 | 143 | Fellenberg, Dirk | 84 | Oldenburg | MHK | 18 | 48:44 |
| 154 | 144 | Vry, Ralf | 60 | Fortuna Logabirum | M50 | 12 | 48:45 |
| 155 | 145 | Lamping, Christian | 90 | BSV B?sel | MHK | 19 | 48:46 |
| 156 | 11 | Webersinke, Marlen | 63 | VTB-Laufftreff | W45 | 2 | 48:47 |
| 157 | 146 | Rau, Christoph | 59 | TuS Ofen | M50 | 13 | 48:48 |
| 158 | 147 | Schlegel, Alexander | 73 | Papenburg | M35 | 20 | 48:51 |
| 159 | 148 | Jurczyk, Uwe | 58 | paschas world | M50 | 14 | 48:52 |

41. Stra?enlauf am 13.03.2011 Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|--------------------------|----|-----------------------------|--------|----|-------|
| 160 | 149 | Kruska, Ditmar | 61 | 10 Men Power | M50 | 15 | 48:52 |
| 161 | 150 | Albers, J?rgen | 69 | Leer | M40 | 34 | 48:54 |
| 162 | 151 | Ruhmke, Norbert | 67 | Vollgas | M40 | 35 | 48:55 |
| 163 | 152 | K?hne, Ralf | 67 | TSV Gro?enkneten | M40 | 36 | 48:56 |
| 164 | 153 | Schulte, Norbert | 58 | Schwarz-Wei? Oldenburg | M50 | 16 | 48:57 |
| 165 | 154 | Steidel, Philipp | 92 | Vollgas | MJA | 3 | 48:59 |
| 166 | 12 | Koal, Ingrid | 49 | NLLB Cottbus | W60 | 1 | 49:01 |
| 167 | 13 | Meyer, Monika | 72 | VFL L?ningen | W35 | 1 | 49:14 |
| 168 | 155 | Sch?pker, Egbert | 73 | SV Evenkamp | M35 | 21 | 49:15 |
| 169 | 156 | Schwalm, Torsten | 70 | BSV B?sel | M40 | 37 | 49:17 |
| 170 | 157 | Smidt, Ernst | 40 | Emder LG | M70 | 1 | 49:18 |
| 171 | 158 | Rasche, Ingo | 72 | Oldenburg | M35 | 22 | 49:20 |
| 172 | 14 | Weist, Romy | 81 | Friedrichsfehn | W30 | 1 | 49:21 |
| 173 | 159 | Jacobsen, Preben | 65 | 27749 Delmenhorst | M45 | 31 | 49:26 |
| 174 | 160 | Kleen, Hans-J?rg | 57 | Triathlonteam Nordenham | M50 | 17 | 49:26 |
| 175 | 15 | Bambynek, Lucia | 73 | TSG Hatten-Sandkrug | W35 | 2 | 49:28 |
| 176 | 161 | Chudalla, Carsten | 67 | LT Oldenburg S?d | M40 | 38 | 49:28 |
| 177 | 162 | Krumdiek, Andreas | 71 | Stadt Oldenburg | M40 | 39 | 49:29 |
| 178 | 163 | Janssen, Bernd | 65 | Emder LG | M45 | 32 | 49:31 |
| 179 | 164 | Nestler, Stefan | 67 | Oldenburg | M40 | 40 | 49:31 |
| 180 | 165 | B?sch, Andreas | 58 | SV Eintracht Wildenloh | M50 | 18 | 49:37 |
| 181 | 166 | MARTINS-PETRITZKY, KLAUS | 49 | www.laufendfit.eu | M50 | 19 | 49:37 |
| 182 | 167 | Ukena, Marcel | 89 | Bar?el | MHK | 20 | 49:37 |
| 183 | 168 | Coenen, Tillmann | 98 | BSV B?sel | MS | 1 | 49:38 |
| 184 | 16 | Baumann, Marion | 71 | TUS Zetel | W40 | 4 | 49:40 |
| 185 | 169 | Hermes, Heinz | 55 | ohne | M55 | 10 | 49:42 |
| 186 | 170 | Pfaff, Jens | 74 | Oldenburg | M35 | 23 | 49:43 |
| 187 | 171 | Pankoke, Jens | 67 | Go Club Oldenburg | M40 | 41 | 49:43 |
| 188 | 172 | Schonvogel, Heiko | 62 | VTB-Lauftreff | M45 | 33 | 49:48 |
| 189 | 173 | Berghaus, Jens | 59 | LT Tus Aurich - Ost | M50 | 20 | 49:49 |
| 190 | 17 | Herke, Petra | 70 | TuS Zetel | W40 | 5 | 49:55 |
| 191 | 174 | Bauser, R?diger | 73 | Wardenburger Sommerlauf | M35 | 24 | 49:57 |
| 192 | 18 | Mehrtens, Birte | 82 | TuS Eversten | WHK | 4 | 49:59 |
| 193 | 19 | Schulz, Evelyn | 57 | Emder LG | W50 | 1 | 49:59 |
| 194 | 175 | Erdwiens, Hermann | 70 | Moorhusen | M40 | 42 | 50:01 |
| 195 | 176 | Klopp, Rainer | 62 | Hammelwarder Sprinter | M45 | 34 | 50:03 |
| 196 | 177 | Drieling, Torsten | 68 | Oldenburg | M40 | 43 | 50:06 |
| 197 | 178 | Weber, Roman | 80 | Oldenburg | M30 | 13 | 50:11 |
| 198 | 179 | Ohlig, J?rg | 63 | Premium Aerotec GmbH | M45 | 35 | 50:17 |
| 199 | 180 | Weinitschke, Uwe | 59 | LT Oldenburg S?d | M50 | 21 | 50:19 |
| 200 | 181 | Wienken, Heinrich | 65 | BV Garrel | M45 | 36 | 50:19 |
| 201 | 182 | Steindorff, Oliver | 66 | SV Brake Lauffeuer | M45 | 37 | 50:29 |
| 202 | 183 | Kracht, Lars | 93 | 1. TCO Die B?rem | MJA | 4 | 50:31 |
| 203 | 184 | Reents, Gerriet | 72 | Oldenburger Radsportfreunde | M35 | 25 | 50:35 |
| 204 | 185 | Theune, Frank | 63 | ESV Tri Team Edeweicht | M45 | 38 | 50:37 |
| 205 | 186 | Goetz, Hagen | 68 | fair-gewinnt e.V. | M40 | 44 | 50:40 |
| 206 | 187 | Heuwagen, Andreas | 74 | Oldenburg | M35 | 26 | 50:40 |
| 207 | 188 | Kredel, Mario | 65 | Kirchweyhe | M45 | 39 | 50:42 |
| 208 | 189 | Gronow, Thilo | 69 | Team Herbart | M40 | 45 | 50:43 |
| 209 | 190 | Fle?ner, Werner | 74 | VW Emden Karosseriebau | M35 | 27 | 50:50 |
| 210 | 191 | N?renberg, G?nter | 57 | Oldenburg | M50 | 22 | 50:51 |
| 211 | 192 | Forbrig, Timo | 66 | Stadt Oldenburg | M45 | 40 | 50:55 |
| 212 | 193 | Janssen, Eddi | 70 | HSV | M40 | 46 | 50:57 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|--------------------------|----|----------------------------|--------|----|-------|
| 213 | 194 | Murra, Lars | 72 | HSV | M35 | 28 | 50:57 |
| 214 | 195 | Marzfeld, Ulf | 63 | Hammelwarder Sprinter | M45 | 41 | 51:12 |
| 215 | 196 | Hetke, Alexander | 57 | Goldenstedt | M50 | 23 | 51:17 |
| 216 | 197 | Hahler, Martin | 88 | Ludwig Freytag Laufteam | MHK | 21 | 51:30 |
| 217 | 20 | B?ttcher, Paula | 94 | TSV Gro?enkneten | WJB | 2 | 51:30 |
| 218 | 198 | Fellenberg, Nils | 83 | Hamburg | MHK | 22 | 51:31 |
| 219 | 199 | Helms, Torsten | 63 | Team Laufrausch | M45 | 42 | 51:34 |
| 220 | 200 | Harms, Peter | 59 | SG Premium Aerotec | M50 | 24 | 51:40 |
| 221 | 21 | Dietel, Mona | 90 | SG akquinet Lemwerder | WHK | 5 | 51:43 |
| 222 | 201 | van Rhee, J?rg | 70 | Edewecht | M40 | 47 | 51:43 |
| 223 | 22 | Weinberg, Rita | 67 | Jade-Boxring Wilhelmshaven | W40 | 6 | 51:43 |
| 224 | 23 | Witt, Ingrid | 54 | Tus Eversten | W55 | 3 | 51:43 |
| 225 | 24 | Dietel, Malena | 91 | SG akquinet Lemwerder | WHK | 6 | 51:44 |
| 226 | 202 | H??le, J?rg | 60 | Varel | M50 | 25 | 51:49 |
| 227 | 203 | Zeis, Matthias | 70 | Laufteam Br?ggen | M40 | 48 | 51:49 |
| 228 | 204 | v.H?fen, Uwe | 63 | VTB-Lauftreff | M45 | 43 | 51:54 |
| 229 | 205 | Oldenettel, Andreas | 61 | Lauftreff TuS Sande | M50 | 26 | 51:56 |
| 230 | 206 | K?ster, Marco | 72 | Heidkamp | M35 | 29 | 52:02 |
| 231 | 207 | Kernicke, Matthias | 58 | Fahrschule-Kernicke.eu | M50 | 27 | 52:05 |
| 232 | 25 | Kroner-Beike, Sandra | 77 | Zetel | W30 | 2 | 52:05 |
| 233 | 26 | von Lienen, Sonja | 78 | Oyten | W30 | 3 | 52:06 |
| 234 | 27 | rost-brasholz, gabriele | 46 | Ig-bremen nord | W65 | 1 | 52:07 |
| 235 | 28 | Eroms, Marie | 97 | SV Brake Lauffeuer | WS | 1 | 52:11 |
| 236 | 208 | Jan?en, Ingo | 67 | Ludwig Freytag Laufteam | M40 | 49 | 52:14 |
| 237 | 29 | Huchtkemper, Henrike | 96 | Oldenburg | WS | 2 | 52:19 |
| 238 | 209 | Hoffmann, Frank | 64 | SV Ofenerdiek | M45 | 44 | 52:22 |
| 239 | 210 | B?hm, J?rg | 65 | Schortens | M45 | 45 | 52:23 |
| 240 | 30 | Koopmann, Irmgard | 62 | TuS Eversten | W45 | 3 | 52:24 |
| 241 | 211 | Hanf, Lars | 82 | Bremen | MHK | 23 | 52:26 |
| 242 | 31 | Wernet, Kerstin | 53 | SG Platjenwerbe | W55 | 4 | 52:31 |
| 243 | 212 | Hahler, Markus | 91 | Ludwig Freytag Laufteam | MHK | 24 | 52:32 |
| 244 | 213 | Taetz, Reinhard | 42 | LT Oldenburg-S?d | M65 | 2 | 52:33 |
| 245 | 214 | Lienland, franz-josef | 47 | | M60 | 6 | 52:35 |
| 246 | 215 | Pille, Detlef | 67 | BSG EWE TEL | M40 | 50 | 52:36 |
| 247 | 32 | Steffen, Claudia | 68 | Schwarz-Wei? Oldenburg | W40 | 7 | 52:37 |
| 248 | 216 | M?llmeier, Laurenz | 52 | Ofenerfeld | M55 | 11 | 52:39 |
| 249 | 33 | Bruns, Anja | 76 | BSG Sparkasse Bremen | W35 | 3 | 52:43 |
| 250 | 217 | Schachtschneider, Jonath | 87 | Schwarz-Wei? Oldenburg | MS | 2 | 52:43 |
| 251 | 218 | Schl?ter, Christoph | 66 | Edewecht | M45 | 46 | 52:44 |
| 252 | 219 | Wallies, Wolfgang | 46 | Oldenburg | M65 | 3 | 52:45 |
| 253 | 220 | Wessels, Janfried | 52 | FSV Trotzdem | M55 | 12 | 52:51 |
| 254 | 221 | Weist, Enno | 76 | Friedrichsfehn | M35 | 30 | 52:58 |
| 255 | 222 | Gloystein, Jens | 69 | SV Brake Lauffeuer | M40 | 51 | 53:01 |
| 256 | 223 | Carolus, Uwe | 54 | SV Ofenerdiek | M55 | 13 | 53:03 |
| 257 | 224 | B?sing, Dirk | 62 | SV Brake Lauffeuer | M45 | 47 | 53:04 |
| 258 | 225 | Rosenkranz, Tim | 88 | Schwarz-Wei? Oldenburg | MHK | 25 | 53:05 |
| 259 | 34 | KI?ner, Sonja | 72 | Schwarz-Wei? Oldenburg | W35 | 4 | 53:06 |
| 260 | 226 | Barghorn, Jochen | 68 | Hammelwarder Sprinter | M40 | 52 | 53:07 |
| 261 | 227 | M?nkewarf, Heiko | 67 | VTB-Lauftreff | M40 | 53 | 53:08 |
| 262 | 228 | Ripke, Torsten | 69 | | M40 | 54 | 53:13 |
| 263 | 229 | Steffens, Harald | 65 | Hude | M45 | 48 | 53:14 |
| 264 | 230 | Berg, Roman | 80 | Schwarz-Wei? Oldenburg | M30 | 14 | 53:16 |
| 265 | 231 | Riesenberg, Nils | 78 | Schwarz-Wei? Oldenburg | M30 | 15 | 53:17 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|------------------------|----|--------------------------------|--------|----|-------|
| 266 | 232 | Schwarze, Olaf | 67 | TSG Hatten-Sandkrug | M40 | 55 | 53:24 |
| 267 | 233 | W?ste, Christoph | 75 | | M35 | 31 | 53:27 |
| 268 | 234 | Vosteen, Gerd | 66 | Huntewachteln | M45 | 49 | 53:31 |
| 269 | 35 | Ilgner, Julia | 98 | SV Ofenerdiek | WS | 3 | 53:33 |
| 270 | 36 | Gehrmann, Heike | 68 | Oldenburg | W40 | 8 | 53:34 |
| 271 | 37 | Otten, Gunda | 58 | TuS Eversten | W50 | 2 | 53:40 |
| 272 | 235 | Hesse, Mike | 54 | Schwarz-Wei? Oldenburg | M55 | 14 | 53:41 |
| 273 | 236 | Chamier, Uwe | 60 | Oldenburg | M50 | 28 | 53:42 |
| 274 | 237 | Alberts, Henk | 96 | 5w - Bad Zwischenahn | MS | 3 | 53:53 |
| 275 | 38 | Abu Ajamieh, Traute | 45 | TK Jahn Sarstedt | W65 | 2 | 53:55 |
| 276 | 238 | Welter, Christian | 73 | SG Premium Aerotec | M35 | 32 | 53:59 |
| 277 | 239 | Krex, Wolfgang | 51 | SV Ofenerdiek | M60 | 7 | 54:00 |
| 278 | 240 | Sommer, Tim | 76 | Oldenburg | M35 | 33 | 54:01 |
| 279 | 241 | Roshop, Dieter | 40 | Tennisclub Oldenburg S?d | M70 | 2 | 54:02 |
| 280 | 39 | Wilken, Anja | 70 | Neufirrel | W40 | 9 | 54:06 |
| 281 | 242 | Hanken, Harald | 65 | Ludwig Freytag Laufteam | M45 | 50 | 54:09 |
| 282 | 243 | Enstipp, Frank | 62 | SV Ofenerdiek | M45 | 51 | 54:13 |
| 283 | 244 | Horn, Michael | 63 | TuS Ofen | M45 | 52 | 54:14 |
| 284 | 245 | Schleppegrell, Ulrich | 57 | Team Laufrausch e.V. | M50 | 29 | 54:15 |
| 285 | 40 | Alberts, Meike | 66 | 5w - Bad Zwischenahn | W45 | 4 | 54:17 |
| 286 | 246 | Ruhmke, Detlef | 67 | Vollgas | M40 | 56 | 54:20 |
| 287 | 247 | von Kampen, Herbert | 43 | SV Friedrichsfehn | M65 | 4 | 54:21 |
| 288 | 41 | Isernhinke, Sandra | 70 | 5w - Bad Zwischenahn | W40 | 10 | 54:22 |
| 289 | 248 | Catalucci, Gino | 53 | StTV Berne | M55 | 15 | 54:24 |
| 290 | 42 | Conrad, Susanne | 83 | Wilhelmshaven | WHK | 7 | 54:30 |
| 291 | 249 | Thiemann, Aloysius | 52 | Oldenburg | M55 | 16 | 54:32 |
| 292 | 43 | Hochwald, Susanne | 67 | Oldenburg | W40 | 11 | 54:33 |
| 293 | 250 | Beckmann, Rainer | 65 | Quakenbr?ck | M45 | 53 | 54:39 |
| 294 | 251 | Jan?en, Frank | 69 | Oldenburg | M40 | 57 | 54:43 |
| 295 | 252 | Tobias, Tobert | 65 | Team Laufrausch | M45 | 54 | 54:43 |
| 296 | 253 | Hayungs, R?diger | 55 | SC Hinkender Hase | M55 | 17 | 54:51 |
| 297 | 254 | Sprung, Thomas | 71 | Team ERDINGER Alkoholfrei | M40 | 58 | 54:54 |
| 298 | 44 | Plate, Vera | 71 | BBS Friesoythe | W40 | 12 | 55:01 |
| 299 | 255 | Hegeler, Peter | 66 | LT KV - Kannst vergessen | M45 | 55 | 55:02 |
| 300 | 256 | Hoppe, Thomas | 67 | Wildeshausen | M40 | 59 | 55:06 |
| 301 | 257 | Brandes, Uwe | 59 | BBS Haarentor | M50 | 30 | 55:07 |
| 302 | 258 | Weigelt, Adolf | 39 | LG Bremen-Nord | M70 | 3 | 55:08 |
| 303 | 45 | Gr?njes, Meike | 64 | Schenefeld | W45 | 5 | 55:09 |
| 304 | 259 | Dallmann, Lars | 72 | Team ERDINGER Alkoholfrei | M35 | 34 | 55:10 |
| 305 | 46 | Jan?en, Juliane | 83 | Oldenburg | WHK | 8 | 55:11 |
| 306 | 47 | Schwarz, Heike | 56 | Verein zur F?rderung des Freiz | W55 | 5 | 55:15 |
| 307 | 260 | Wallentin, Franz | 46 | Tri-Team-Edewecht | M65 | 5 | 55:15 |
| 308 | 261 | Albes, Rainer | 51 | ?ffentliche Versicherungen Old | M60 | 8 | 55:19 |
| 309 | 262 | Gerken, Matthias | 72 | Team Laufrausch e.V. | M35 | 35 | 55:19 |
| 310 | 48 | Kreikebohm, Anna | 89 | Tus Wahnbek | WHK | 9 | 55:19 |
| 311 | 49 | Jeismann, Janine | 91 | Tus Wahnbek | WHK | 10 | 55:20 |
| 312 | 263 | Dirksen, Ralf | 63 | Emder LG | M45 | 56 | 55:25 |
| 313 | 264 | Dackweiler, Achim | 67 | LT KV - Kannst vergessen | M40 | 60 | 55:30 |
| 314 | 265 | Fontana, Walter | 56 | OLdenburg | M55 | 18 | 55:33 |
| 315 | 50 | Janssen, Kristin | 93 | Emder Lg | WJA | 1 | 55:34 |
| 316 | 51 | Haar, Heike | 65 | Hammelwarder Sprinter | W45 | 6 | 55:39 |
| 317 | 52 | Khabibrakmanova, Guzel | 80 | SV Ofenerdiek | W30 | 4 | 55:46 |
| 318 | 53 | Ilgner, Lena | 01 | SV Ofenerdiek | WS | 4 | 55:50 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|-------------------------|----|---------------------|--------|----|-------|
| 319 | 266 | Ilgner, Forrest | 66 | SV Ofenerdiek | M45 | 57 | 55:52 |
| 320 | 267 | Rehme, Hans-J?rgen | 46 | Bad Zwischenahn | M65 | 6 | 55:57 |
| 321 | 268 | Wulfekuhl, Georg | 46 | TSG Hatten-Sandkrug | M65 | 7 | 56:01 |
| 322 | 269 | Warns, Hajo | 59 | Oberlethe | M50 | 31 | 56:03 |
| 323 | 270 | Meier, Rolf | 60 | meinsportplatz.de | M50 | 32 | 56:12 |
| 324 | 54 | Dierking, Sandra | 69 | 1. TCO Die B?ren | | 1 | 56:13 |
| 325 | 271 | Weichbrodt, Heinz-Georg | 33 | LG WHV | M75 | 1 | 56:18 |
| 326 | 272 | Schierhold, Hajo | 68 | Huntewachteln | M40 | 61 | 56:19 |
| 327 | 273 | Seeberg, Christian | 68 | LLBRIG3.1 | M40 | 62 | 56:28 |
| 328 | 55 | Meister, Marianne | 73 | VfL Rastede | W35 | 5 | 56:29 |
| 329 | 56 | Kircher, Christina | 72 | VfL Rastede | W35 | 6 | 56:30 |
| 330 | 274 | T?rker, Heinz | 53 | SV Brake Lauffeuer | M55 | 19 | 56:31 |
| 331 | 275 | Thieben, Andreas | 63 | Bar?el | M45 | 58 | 56:35 |
| 332 | 57 | Dill, Andrea | 70 | LT TuS Petersfehn | W40 | 13 | 56:36 |
| 333 | 276 | Leitner, Hubert | 58 | | M50 | 33 | 56:36 |
| 334 | 277 | Kabacinski, Michael | 52 | Oldenburg | M55 | 20 | 56:36 |
| 335 | 278 | Albers, Clemens | 71 | eko-ILS Logistics | M40 | 63 | 56:38 |
| 336 | 279 | Pohl, G?nter | 58 | SVE Wiefelstede | M50 | 34 | 56:38 |
| 337 | 280 | Lepthien, Aaron | 99 | VfL Oldenburg | MS | 4 | 56:39 |
| 338 | 58 | Behrens, Petra | 65 | Bockhorn | W45 | 7 | 56:40 |
| 339 | 281 | Lepthien, Norbert | 66 | ohne | M45 | 59 | 56:42 |
| 340 | 59 | Schreich, Elke | 62 | MBO Oldenburg | W45 | 8 | 56:42 |
| 341 | 60 | Koch, Andrea | 69 | SV Brake Lauffeuer | W40 | 14 | 56:43 |
| 342 | 282 | M?hlmann, Kai | 76 | SV Brake Lauffeuer | M35 | 36 | 56:43 |
| 343 | 283 | Schreich, Thomas | 62 | MBO Oldenburg | M45 | 60 | 56:43 |
| 344 | 61 | Jegust, Heidi | 65 | Delmenhorst | W45 | 9 | 56:55 |
| 345 | 284 | L?ers, Dirk | 64 | SV Brake Lauffeuer | M45 | 61 | 56:56 |
| 346 | 285 | Kalka, G?nter | 48 | Oldenburger TB | M60 | 9 | 57:02 |
| 347 | 62 | Klose, Gudrun | 66 | Berlin | W45 | 10 | 57:05 |
| 348 | 63 | Richter, Gabi | 59 | Tus-Bothel | W50 | 3 | 57:07 |
| 349 | 286 | Bohlen, Heinrich | 47 | Schortens | M60 | 10 | 57:08 |
| 350 | 64 | Kraudelt, Andrea | 72 | Hundsm?hlen | W35 | 7 | 57:08 |
| 351 | 65 | Uilderks, Andrea | 75 | TUS Zetel | W35 | 8 | 57:12 |
| 352 | 287 | Langkr?r, Ingo | 61 | SF W?sting | M50 | 35 | 57:15 |
| 353 | 66 | Engelbarts, Foline | 49 | Emder LG | W60 | 2 | 57:20 |
| 354 | 67 | Bernert, Sigrid | 52 | Lt-Oldenburg-Sued | W55 | 6 | 57:21 |
| 355 | 288 | Brinker, Thomas | 63 | | M45 | 62 | 57:22 |
| 356 | 289 | Klausmeyer, Stefan | 63 | Friedrichsfehn | M45 | 63 | 57:24 |
| 357 | 68 | Quiet-Beldyk, Petra | 67 | Stadt Oldenburg | W40 | 15 | 57:24 |
| 358 | 290 | Weinrich, Axel | 52 | Wardenburg | M55 | 21 | 57:25 |
| 359 | 291 | Lanfer, Julian | 95 | BSV B?sel | MJB | 4 | 57:27 |
| 360 | 292 | G?rgens, Florian | 76 | Oldenburg | M35 | 37 | 57:30 |
| 361 | 69 | Hansch, Monika | 63 | Movthep Delmenhorst | W45 | 11 | 57:39 |
| 362 | 70 | Splittgerber, Barbara | 63 | S?dmoslesfehn | W45 | 12 | 57:40 |
| 363 | 293 | Surek, Michael | 55 | Oldenburg | M55 | 22 | 57:55 |
| 364 | 294 | Thomas, Wolfgang | 61 | Rastede | M50 | 36 | 57:57 |
| 365 | 71 | Reil, Karin | 63 | Howiek | W45 | 13 | 57:59 |
| 366 | 295 | Bohlen, Hans-G?nther | 48 | LT Bad Zwischenahn | M60 | 11 | 58:05 |
| 367 | 296 | Wittje, Heiko | 63 | Oldenburg | M45 | 64 | 58:06 |
| 368 | 72 | Stahmer, Sylvia | 66 | TuS Ofen | W45 | 14 | 58:08 |
| 369 | 73 | czzerwinski, beate | 76 | Petersfehn | W35 | 9 | 58:09 |
| 370 | 297 | Hucke-van Deest, Ralf | 62 | Oldenburg | M45 | 65 | 58:12 |
| 371 | 298 | Witte, G?nter | 34 | 1. TCO | M75 | 2 | 58:18 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|-----------------------|----|----------------------------|--------|----|---------|
| 372 | 74 | Borchers, Kerstin | 66 | 28307 Bremen | W45 | 15 | 58:21 |
| 373 | 75 | Hecker, Hannelotte | 74 | Oldenburg | W35 | 10 | 58:22 |
| 374 | 299 | Bley, Ernst | 58 | TuS Horsten | M50 | 37 | 58:23 |
| 375 | 76 | oetken, michaela | 74 | Petersfehn | W35 | 11 | 58:28 |
| 376 | 300 | Arnold, Mathias | 63 | LT Oldenburg-S?d | M45 | 66 | 58:34 |
| 377 | 77 | Sonneborn, Silke | 68 | LT Oldenburg S?d | W40 | 16 | 58:34 |
| 378 | 78 | Ilgner, Tina | 68 | SV Ofenerdiek | W40 | 17 | 58:35 |
| 379 | 79 | Baur, Ursula | 58 | Schwarz-Wei? Oldenburg | W50 | 4 | 58:36 |
| 380 | 80 | Beerscht, Dagmar | 60 | Hamburg | W50 | 5 | 58:50 |
| 381 | 81 | Br?ggemann, Katja | 73 | Oldenburg | W35 | 12 | 58:54 |
| 382 | 301 | Wolter, Hendrik | 77 | Oldenburg | M30 | 16 | 59:01 |
| 383 | 302 | Langkr?r, Holger | 64 | SF W?sting | M45 | 67 | 59:03 |
| 384 | 82 | Bley, Cornelia | 67 | TuS Horsten | W40 | 18 | 59:04 |
| 385 | 83 | Martens, Gesa | 66 | LT oldenburg sued | W45 | 16 | 59:05 |
| 386 | 84 | Wetzel, Stefanie | 68 | TuS Eversten | W40 | 19 | 59:08 |
| 387 | 303 | Ziep, Holger | 70 | Huntewachteln | M40 | 64 | 59:12 |
| 388 | 85 | Kaper, Ulrike | 67 | Team Fury | W40 | 20 | 59:13 |
| 389 | 304 | Fels, Dieter | 54 | Cafe Kunstwerk Hechthausen | M55 | 23 | 59:14 |
| 390 | 305 | Gerdson, Volker | 66 | LT KV - Kannst vergessen | M45 | 68 | 59:14 |
| 391 | 86 | Nachtigall, Petra | 84 | Team Fury | WHK | 11 | 59:14 |
| 392 | 306 | Pelzer, Patrick | 66 | BTB Oldenburg | M45 | 69 | 59:18 |
| 393 | 87 | Flottesmesch, Sabine | 65 | TuS Ofen | W45 | 17 | 59:21 |
| 394 | 88 | Hiljegerdes, Daja | 81 | Westerstede | W30 | 5 | 59:37 |
| 395 | 307 | Lammers, Dirk | 67 | eko-ILS | M40 | 65 | 59:44 |
| 396 | 308 | Backer, Arno | 54 | Schwarz-Wei? Oldenburg | M55 | 24 | 59:52 |
| 397 | 89 | Anscheit, Mareike | 97 | Fortuna Logabirum | WS | 5 | 1:00:02 |
| 398 | 90 | de Buhr, Miriam | 96 | Fortuna Logabirum | WS | 6 | 1:00:03 |
| 399 | 91 | Stabbert, Rebecca | 81 | Oldenburg | W30 | 6 | 1:00:04 |
| 400 | 92 | Sorgenfrei, Bettina | 62 | Wardenburg | W45 | 18 | 1:00:07 |
| 401 | 93 | Zeis, Andrea | 70 | Laufteam Br?ggen | | 2 | 1:00:07 |
| 402 | 309 | Blauhut, Rolf | 40 | Delmenhorst | M70 | 4 | 1:00:09 |
| 403 | 94 | von D?llen, Nicole | 76 | Harpstedt | W35 | 13 | 1:00:10 |
| 404 | 95 | Peters, Iris | 70 | Oldenburg | W40 | 21 | 1:00:11 |
| 405 | 310 | Deharde, Andre | 62 | Butteldorfer Laufjungs | M45 | 70 | 1:00:12 |
| 406 | 311 | Adamietz Dr., Andreas | 59 | VTB Triathlon Varel | M50 | 38 | 1:00:12 |
| 407 | 96 | ?nal, Banu | 80 | VTB-Lauftreff | W30 | 7 | 1:00:16 |
| 408 | 97 | Katmann, Saskia | 76 | Oldenburg | W35 | 14 | 1:00:21 |
| 409 | 98 | Watzel, Doreen | 74 | Oldenburg | W35 | 15 | 1:00:21 |
| 410 | 99 | Gloystein, Beate | 69 | SV Brake Lauffeuer | W40 | 22 | 1:00:45 |
| 411 | 312 | Herzog, Bernd | 57 | SV Brake Lauffeuer | M50 | 39 | 1:00:47 |
| 412 | 100 | Schmidt, Helga | 61 | VTB-Lauftreff | W50 | 6 | 1:00:48 |
| 413 | 313 | Lameyer, Hartmut | 59 | LT Wardenburg | M50 | 40 | 1:00:49 |
| 414 | 314 | Pape, Bodo, von | 40 | Team Herbart | M70 | 5 | 1:00:50 |
| 415 | 101 | Weiss, Martina | 63 | Oldenburg | W45 | 19 | 1:01:00 |
| 416 | 102 | R?temann, Insa | 66 | Oldenburg | W45 | 20 | 1:01:01 |
| 417 | 315 | Leptien, Meik | 74 | Delmenhorst | M35 | 38 | 1:01:04 |
| 418 | 316 | Martin, Norbert | 57 | Hammelwarder Sprinter | M50 | 41 | 1:01:23 |
| 419 | 317 | Battel, Rainer | 63 | Oberfinanzdirektion | M45 | 71 | 1:01:37 |
| 420 | 103 | Heinen, Nadja | 78 | Schlickschleicher | W30 | 8 | 1:01:39 |
| 421 | 104 | Meinjohans, Dagmar | 59 | VTB-Lauftreff | W50 | 7 | 1:01:40 |
| 422 | 105 | Kruhl, Claudia | 72 | Edewecht | W35 | 16 | 1:01:41 |
| 423 | 318 | Untiedt, Steffen | 95 | BSV B?sel | MJB | 5 | 1:01:43 |
| 424 | 319 | Conrad, Christoph | 85 | VfB Oldenburg | MHK | 26 | 1:01:47 |

41. Stra?enlauf am 13.03.2011

Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|-----------------------|----|--------------------------------|--------|----|---------|
| 425 | 320 | R?mer, Dominik | 85 | VfB Oldenburg | MHK | 27 | 1:01:47 |
| 426 | 321 | Bletz, Matthias | 83 | Gruppenzwang | MHK | 28 | 1:01:52 |
| 427 | 322 | Meinen, Wilhelm | 41 | LG Ostfriesland | M70 | 6 | 1:02:00 |
| 428 | 323 | Schulze, Ralf | 59 | Aurich | M50 | 42 | 1:02:00 |
| 429 | 106 | Schmieke, Meike | 56 | ?ffentliche Versicherungen Old | W55 | 7 | 1:02:10 |
| 430 | 107 | Oeltermann, Sabine | 59 | Oldenburg | W50 | 8 | 1:02:20 |
| 431 | 324 | Reil, Wolfgang | 61 | Howiek | M50 | 43 | 1:02:25 |
| 432 | 325 | K?pker, Heinz | 43 | Ofen | M65 | 8 | 1:02:35 |
| 433 | 326 | Zech, Arno | 35 | TuS Eversten | M75 | 3 | 1:02:41 |
| 434 | 108 | Scheer, Sarah | 83 | LC Hansa Stuhr TriW?lfe | WHK | 12 | 1:02:45 |
| 435 | 109 | Pflanzer, Angelika | 57 | Heidm?hler FC | W50 | 9 | 1:02:51 |
| 436 | 110 | Dierks, Sabine | 67 | SV Brake Lauffeuer | W40 | 23 | 1:02:51 |
| 437 | 111 | Eickelkamp, Anne | 85 | Oldenburg | WHK | 13 | 1:02:57 |
| 438 | 112 | Willerts, Elfriede | 36 | LG Wilhelmshaven | W75 | 1 | 1:03:00 |
| 439 | 113 | Auffarth, Gunda | 65 | Ofen | W45 | 21 | 1:03:01 |
| 440 | 327 | Anneken, Manfred | 61 | Oldenburg | M50 | 44 | 1:03:06 |
| 441 | 328 | Horstmann, Claus | 61 | SV Brake Lauffeuer | M50 | 45 | 1:03:13 |
| 442 | 114 | Green, Andrea | 70 | Oldenburg | W40 | 24 | 1:03:15 |
| 443 | 329 | Frerichs, Hartwig | 59 | TuS Augustfehn | M50 | 46 | 1:03:20 |
| 444 | 115 | H?pken, Gunda | 60 | SVE Wiefelstede | W50 | 10 | 1:03:34 |
| 445 | 116 | Faas, Franziska | 95 | SV Ofenerdiek | WJB | 3 | 1:03:49 |
| 446 | 117 | Bock, Christina | 45 | TV Hude | W65 | 3 | 1:04:02 |
| 447 | 330 | Wallmeier, Andreas | 62 | SV Ofenerdiek | M45 | 72 | 1:04:08 |
| 448 | 118 | Wallmeier, Charlotta | 95 | SV Ofenerdiek | WJB | 4 | 1:04:09 |
| 449 | 331 | Weisensee, Manfred | 59 | | M50 | 47 | 1:04:19 |
| 450 | 332 | Kau?, Gernot | 47 | Laufftreff Ganderkese | M60 | 12 | 1:04:21 |
| 451 | 119 | Steindorff, Anja | 66 | SV Brake Lauffeuer | W45 | 22 | 1:04:21 |
| 452 | 120 | Lehners, Carola | 69 | Rastede | W40 | 25 | 1:04:40 |
| 453 | 121 | Meyer, B?rbel | 48 | SV Friedrichsfehn | W60 | 3 | 1:04:43 |
| 454 | 333 | Grotel?schen, Eckhard | 43 | Oldenburg | M65 | 9 | 1:04:45 |
| 455 | 334 | Erdmann, Reinhold | 41 | VfB Oldenburg | M70 | 7 | 1:04:55 |
| 456 | 335 | Plant?r, Uwe | 70 | Die Schlickschleicher | M40 | 66 | 1:05:47 |
| 457 | 122 | Krex, Rita | 54 | SV Ofenerdiek | W55 | 8 | 1:05:50 |
| 458 | 336 | Addiks, Joachim | 60 | SV Brake Lauffeuer | M50 | 48 | 1:05:58 |
| 459 | 123 | Klefer, Renate | 54 | TuS Augustfehn | W55 | 9 | 1:05:59 |
| 460 | 337 | Gerdes, Frank | 56 | Team Laufrausch e.V. | M55 | 25 | 1:06:10 |
| 461 | 338 | Eitel, Andreas | 64 | Team Laufrausch e.V. | M45 | 73 | 1:06:12 |
| 462 | 124 | M?ller, Anne | 52 | TuS Augustfehn | W55 | 10 | 1:06:21 |
| 463 | 125 | Vehring, Anke | 74 | | W35 | 17 | 1:06:36 |
| 464 | 339 | Punke, Rainer | 53 | LT OI.S?d | M55 | 26 | 1:06:46 |
| 465 | 126 | Chlibec, Kirsten | 65 | VTB-Laufftreff | W45 | 23 | 1:06:49 |
| 466 | 127 | Br?hmer, Christine | 64 | Team Vosswinkel | W45 | 24 | 1:07:04 |
| 467 | 340 | Meseberg, Uwe | 41 | LG Bremen-Nord | M70 | 8 | 1:07:12 |
| 468 | 128 | Wiese, Erika | 43 | SV Brake Lauffeuer | W65 | 4 | 1:07:49 |
| 469 | 129 | Meyer, Dagmar | 64 | SV Brake Lauffeuer | W45 | 25 | 1:07:50 |
| 470 | 341 | K?ssner, Werner | 49 | Laufftreff Ganderkese | M60 | 13 | 1:08:17 |
| 471 | 342 | Podein, Peter | 67 | Jever | M40 | 67 | 1:08:30 |
| 472 | 130 | Richter-Jan?en, Elke | 61 | 8-9-10 Schortens | W50 | 11 | 1:09:09 |
| 473 | 343 | Freese, Lutz | 61 | Laufftreff jogger@imail.de | M50 | 49 | 1:10:03 |
| 474 | 131 | Schr?der, Heide | 46 | VTB-Laufftreff | W65 | 5 | 1:10:17 |
| 475 | 132 | Schaefer, Susanne | 62 | VTB-Laufftreff | W45 | 26 | 1:10:18 |
| 476 | 133 | Praetorius, Sabine | 70 | Hatten | W40 | 26 | 1:11:17 |
| 477 | 344 | Teipen, G?nther | 65 | Hamburger SV | M45 | 74 | 1:11:45 |

41. Stra?enlauf am 13.03.2011
Ergebnisliste 10km-Strassenlauf

| Platz | M/W | Name, Vorname | JG | Verein | Klasse | KP | Zeit |
|-------|-----|-------------------|----|-----------------------|--------|----|---------|
| 478 | 134 | Niem?ller, Marina | 74 | TuS Ofen | W35 | 18 | 1:13:34 |
| 479 | 135 | von Kampen, Ursel | 48 | SV Friedrichsfehn | W60 | 4 | 1:13:34 |
| 480 | 136 | Henning, Anke | 68 | SG akquinet Lemwerder | W40 | 27 | 1:14:05 |
| 481 | 345 | Neumann, Martin | 66 | LG BREMEN NORD | M45 | 75 | 1:14:07 |