

Community Run Norderney -5.9.2026

Ergebnisliste MW

Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
4.4km Lauf							
120	Ahlers, Johannes	M 20		21:10	00:00	20:55	21:10
390	Albrecht, Christoph	M 45	Post SV Nürnberg	19:36	00:00	19:32	19:36
643	Behrens, Fine	W 20		27:31	00:00	27:13	27:31
36	Beyer, Marcel	M 35		25:57	00:00	25:19	25:57
51	Block, Joschka	M 35		20:14	00:00	20:06	20:14
49	Bremm, Gian	M 35	TuS Norderney	20:38	00:00	20:25	20:38
14	Budzik, Jens	M 40		25:57	00:00	25:19	25:57
286	Christians, Anna	W 30		33:14	00:00	32:55	33:14
507	Cieplik, Freddie	MSB	Hannover 96 Triathlon	21:28	00:00	21:25	21:28
318	Cremer, Leonie	W 20		24:51	00:00	24:30	24:51
720	Demmer, Henri	MJB		21:24	00:00	21:15	21:24
618	Denkler, Tjerk	MJA	1. TCO Die Bären Oldenburg	19:06	00:00	18:57	19:06
628	Diehl, Annika	W 30		32:18	00:00	32:06	32:18
1904	Finke, Markus	M 60	AWG Club	32:29	00:00	31:31	32:29
699	Fliege, Stefan	M 55		24:34	00:00	24:26	24:34
7145	Fortmeier, Imke	W 20		26:32	00:00	26:17	26:32
675	Frahm, Burkhard	M 55		24:29	00:00	24:17	24:29
505	Franz, Bennett	MSC	1. TC Oldenburg " die Bären "	20:02	00:00	19:58	20:02
871	Freitag, Wiebke	W 20		24:39	00:00	24:30	24:39
154	Fulfs, Juliane	W 55	TV Norden	27:36	00:00	27:19	27:36
441	Furler, Chris	M 35		28:23	00:00	28:08	28:23
656	Gerdes, Christine	W 45	Post SV Nürnberg	25:02	00:00	24:55	25:02
512	Gerdes, Clara	WSB	Post SV Nürnberg	25:24	00:00	25:17	25:24
616	Gerdes, Hendrik	MSA	Post SV Nürnberg	20:24	00:00	20:21	20:24
350	Geserick, Olaf	M 55	!TCO die Bären	18:41	00:00	18:38	18:41
71	Gödiker, Marcel	M 30	SV Flechum	24:47	00:00	24:33	24:47
188	Gollnau, Nicole	W 45	TSG Concordia Schönkirchen	27:47	00:00	27:38	27:47
74	Gottschalk, Ellis	W 50	TUS FREYA Friedewalde	30:14	00:00	29:45	30:14
334	Götze, Pauline	WJA	1. TC Oldenburg Die Bären	23:01	00:00	22:51	23:01
314	Graffmann, Lea	W 20		26:09	00:00	25:43	26:09
1966	Grün, Jörg	M 60	Greenfit Aschaffenburg	31:45	00:00	31:40	31:45
751	Haase, Karsten	M 40	Ernstings family	28:49	00:00	28:13	28:49
2	Hagenah, Dominik	M 40	TuS Oestringen	20:58	00:00	20:31	20:58
195	Halang, Katrin	W 45	LC Hansa Stuhr Tri-Wölfe	28:29	00:00	28:15	28:29
297	Heiden, Svea	W 25		26:34	00:00	26:22	26:34
164	Hennig, Tanja	W 55	TSG Concordia Schönkirchen	33:19	00:00	33:09	33:19
181	Herbold, Kristin	W 45	#	24:41	00:00	24:27	24:41
367	Herbold, Tobias	M 50	Tri Team Steinfurt	22:17	00:00	22:03	22:17
359	Herse, Andy	M 55	TriSpeed Marienfeld	21:47	00:00	21:38	21:47
279	Hesse, Kristina	W 30	TuS Norderney	24:48	00:00	24:35	24:48
448	Hillebrand, Roman	M 20		19:50	00:00	19:24	19:50
2013	Horn, Luisa	WSA		28:30	00:00	28:26	28:30
93	Jost, Jonathan	M 30	Steuerbüro Jost	34:29	00:00	34:18	34:29
326	Kampfer, Jette Katharina	W 20	TuS Norderney Triathlon	22:29	00:00	22:15	22:29
231	Kirchmann, Michael	M 60	Hildesheim	28:27	00:00	28:07	28:27
57	Koppe, Malte	M 35		24:44	00:00	24:06	24:44
70	Kowalski, Matthias	M 30	Duisburger Schwimmverein 1898 e. V.	17:07	00:00	17:01	17:07
215	Kroening, Ralf	M 60	LG Emsdetten Tri-Team	26:14	00:00	25:40	26:14
52	Lammers, Jan	M 35	Emder Ruderverein	23:03	00:00	22:56	23:03
179	Lange, Sonja	W 50	Team 21	24:08	00:00	23:55	24:08
668	Lange, Talitha	W 35		28:14	00:00	28:14	28:14
833	Lanwert, Samuel	MJun		19:53	00:00	19:50	19:53

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
75	Leser, Max	M 30		20:41	00:00	20:36	20:41
210	Lilje, Thorsten	M 60	TUS Hermannsburg	22:00	00:00	21:45	22:00
830	Lühns, Gerrit	M 20	TUS Norderney	19:42	00:00	19:26	19:42
216	Mammel, Hans Jörg	M 60		26:03	00:00	25:47	26:03
282	Meyer, Carolin	W 30		27:17	00:00	27:10	27:17
418	Meyer, Malin	W 40	MTV Braunschweig	20:58	00:00	20:49	20:58
408	Meyer, Theresa	W 25		25:00	00:00	24:50	25:00
338	Mühlens, Harold	M 55		23:07	00:00	23:01	23:07
311	Müller, Annika	W 20	1. TCO Die Bären	22:37	00:00	22:29	22:37
218	Müller, Dieter	M 60	TC Backnang	31:42	00:00	31:26	31:42
906	Niehüser, Wilfried	M 50	LT Ramsloh / EAT	27:01	00:00	26:33	27:01
640	Olszewski, Monika	W 55		27:48	00:00	27:36	27:48
258	Petermann, Lisa	W 35	Tri-Speed Marienfeld	21:31	00:00	21:23	21:31
197	Peters, Kerstin	W 45	TV Hude	25:56	00:00	25:43	25:56
324	Ratering, Rike	W 20		25:24	00:00	24:57	25:24
113	Rosenthal, Markus	M 25	DLRG Oerlinghausen	21:46	00:00	21:43	21:46
412	Schädler, Susan	W 65	Schwimmverein Hesel	27:14	00:00	26:52	27:14
387	Schaepe, Peter	M 50		22:13	00:00	22:02	22:13
413	Schmitt, Verena	W 30	VFL Bad Zwischenahn	34:45	00:00	34:33	34:45
435	Schneider, Markus	M 55	Marathon Soest	29:17	00:00	29:07	29:17
401	Schönherr, Marc	M 45		25:58	00:00	25:19	25:58
307	Schönhoff, Daniela	W 45	Bayanihan Cyclists	30:09	00:00	29:18	30:09
232	Schreiber, Jörg	M 60	meravis Sports Team	18:31	00:00	18:29	18:31
454	Schwarze, Dennis	M 50	TRIMADELUX	24:17	00:00	24:14	24:17
92	Sitzmann, Jonas	M 30	Fischbees Hamburg	17:00	00:00	16:56	17:00
996	Sitzmann, Josse	M 25		20:33	00:00	20:26	20:33
469	Sitzmann, Kaja	W 20		24:09	00:00	23:53	24:09
239	Sondermann, Arnd	M 60	ASCD	25:23	00:00	25:10	25:23
322	Sondermann, Neele	W 20		25:23	00:00	25:10	25:23
175	Stanzel, Andrea	W 50	Team obw	27:02	00:00	26:34	27:02
691	Steffens, Margarete	W 65		29:30	00:00	29:20	29:30
110	Steffens, Till	M 25		26:35	00:00	26:23	26:35
377	Stock, Mario	M 50		30:57	00:00	30:41	30:57
168	Stock, Melanie	W 55		32:36	00:00	32:19	32:36
156	Streich, Stefanie	W 55		29:14	00:00	28:28	29:14
226	Struß, Dirk	M 60	Profihobbysportler	19:44	00:00	19:37	19:44
434	Tamminga, Holger	M 55	Tammes on tour	28:01	00:00	27:51	28:01
409	Terstiege, Frank	M 65		36:20	00:00	36:02	36:20
637	Titze-Düchting, Carolin	W 50	SV Blau-Weiß Bochum	29:44	00:00	29:17	29:44
636	Titze, Christoph	M 50	SV Blau-Weiß Bochum	29:45	00:00	29:09	29:45
602	Titze, Jakob	MSA	SV Blau-Weiß Bochum	24:00	00:00	23:28	24:00
629	Vögler, Bärbel	W 55		27:40	00:00	27:37	27:40
209	von Steuber, Hans Christian	M 60	Team Laufrausch	22:15	00:00	22:12	22:15
335	Wempen, Anna	WJA	TEAM Westerstede	21:50	00:00	21:40	21:50
615	Wempen, Finn	MSA	TEAM Westerstede	24:23	00:00	24:14	24:23
384	Wempen, Holger	M 50	TEAM Westerstede	24:27	00:00	24:10	24:27
35	Wendland, Lennart	M 35		25:57	00:00	25:17	25:57
309	Wichmann, Jana	W 20		26:38	00:00	26:25	26:38
826	Wiemer, Jan	M 20		18:12	00:00	18:08	18:12
672	Wildenau, Marlene	W 35		26:41	00:00	26:13	26:41
525	Wirtz, Franziska	WSA		26:11	00:00	25:45	26:11
230	Zerwer, Hartmut	M 60	FF Nenndorf	27:38	00:00	27:20	27:38

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
8.8km Lauf							
50003	50003, N.N.			23:54	23:35	47:04	47:29
265	Abromeit, Henrike	W 35		27:17	26:56	53:25	54:13
869	Ahlert, Joline	W 20		23:29	23:58	47:16	47:27
918	Arnold, Kai	M 45		23:45	24:07	47:30	47:53
782	Ascheberg, Markus	M 30		19:36	18:35	38:05	38:12
130	Backer, Keno	M 20	VfB Münkeboe	26:42	23:11	49:10	49:54
858	Bahr, Clarissa	W 30		26:16	26:31	52:34	52:47
766	Bahr, Dustin	M 35		23:34	23:21	46:43	46:56
3	Barth, John	M 40		17:14	17:48	34:58	35:03
321	Baumholt, Mette	W 20		26:48	25:52	52:14	52:40
760	Beckmann, Julian	M 40	Pütown Endurance	22:22	21:51	43:32	44:14
290	Beust, Helena	W 25		26:05	25:30	51:19	51:36
385	Beutner, Stephan	M 50	Asc Ahlen	24:05	24:50	48:31	48:55
893	Beyer, Uwe	M 55	TuS Norderney	21:05	21:40	42:40	42:45
386	Biermann, Ingo	M 50	DLRG Oerlinghausen	26:28	25:39	51:47	52:07
832	Binder, Leon	M 20		20:14	22:00	42:11	42:15
85	Birkmann, Tobias	M 30		24:29	23:12	47:08	47:42
102	Blome, Tim	M 25	DLRG Oerlinghausen	23:33	24:10	47:22	47:44
346	Bohlken, Bernd	M 55		25:57	23:42	49:00	49:40
294	Bohlken, Jasmin	W 25		28:20	26:07	53:45	54:27
132	Brederlow, Thorbe	M 20		19:14	18:04	36:56	37:18
299	Brinkmann, Marisa	W 25	SV Weyhe-Triathlon	22:12	20:50	42:46	43:02
310	Brockhoff, Lucie	W 20		24:56	24:41	49:24	49:37
793	Bronder, Nils	M 30	VFL Wolfsburg	19:19	20:26	39:12	39:46
768	Bronsema, Viktor	M 35	KCO - Kite Club Ostfriesland	23:23	20:38	43:36	44:01
1811	Brueseke, Andreas	M 55	TV Hohne	20:15	19:58	40:08	40:14
800	Bruhns, Harmannus	M 30	Luv Up Jemgum	28:11	26:50	54:31	55:02
807	Buddinger, Maximilian	M 25	Max & Moritz	23:35	21:26	44:01	45:02
213	Carls, Christoph	M 60	TV Norden	21:40	21:05	42:35	42:45
296	Christians, Lena	W 25		28:50	29:28	57:59	58:18
870	Consilvio, Anna	W 20		23:14	23:27	46:18	46:42
4	Daboul, Hussam	M 40		23:19	21:38	44:20	44:57
754	Dahlmann, Timo	M 40		22:02	21:53	43:32	43:56
924	de Buhr, Volker	M 45		25:50	26:35	51:55	52:25
228	Defort, Ralf	M 60	MTV Aurich	28:18	24:57	52:28	53:15
764	Degen, Christian	M 40	TuS Norderney	19:22	19:04	38:16	38:26
818	Delkeskamp, Malte	M 25		17:54	18:30	36:20	36:25
270	Demes, Anna	W 30		22:23	22:40	44:44	45:03
834	Depken, Ulrike	W 60	1.TC Oldenburg die Bären	27:26	27:43	54:51	55:09
129	Detmers, Derk	M 20	VfB Münkeboe	26:42	23:13	49:09	49:56
922	Deymann, Christian	M 45		22:58	23:36	46:20	46:34
284	Dittmer, Greta Marieke	W 30		21:34	21:23	42:40	42:57
115	Dorenbusch, Nils	M 25	TUS Norderney	21:06	19:08	39:43	40:15
773	Döring, Justus	M 35		22:00	20:51	42:15	42:52
201	Eden, Kurt	M 65	TV Norden	24:17	23:58	48:00	48:15
16	Eichhorn, Henning	M 40		24:16	24:02	47:47	48:18
825	Enke, Janik	M 20		18:04	19:09	36:49	37:14
316	Federhen, Anna	W 20	1. TC Oldenburg, die Bären	19:45	19:58	39:35	39:43
42	Ferdinand, Markus	M 65		30:08	31:58	1:01:46	1:02:06
69	Fiek, Lennart	M 30		26:23	26:21	52:29	52:45
44	Flathmann, Finn	M 20	-	18:15	18:27	36:22	36:43
165	Frericks, Silke	W 55		29:55	28:01	57:34	57:56

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
919	Freudenhammer, Markus	M 45		19:16	18:51	37:58	38:08
3993	Fröhlich, Marvin	M 30		20:08	21:37	41:22	41:46
235	Gerdesmeyer, Ulrich	M 60	RV Kirchlinde	23:54	22:57	46:42	46:52
876	Giesler, Bernd	M 65	Helmstedter SV	23:31	23:09	46:36	46:40
118	Glietz, Jan Lucas	M 20	DLRG Oerlinghausen	21:23	24:52	46:12	46:16
847	Glinka, Jacqueline	W 35		20:09	21:22	41:28	41:31
794	Goldberg, Jan Michael	M 30		19:28	19:43	39:10	39:12
926	Goltsch, Tillmann	M 45	PV Triathlon TG Witten	16:56	16:05	32:57	33:02
752	Götten, Michael	M 40	SV Teuto Riesenbeck	22:20	21:54	43:33	44:15
73	Gottschalk, Niclas	M 50	TUS Freya Friedewalde	27:40	29:32	56:43	57:13
796	Graf, Andreas	M 30		20:07	19:38	39:07	39:46
938	Graf, Annemarie	W 30	OSC Löbau	25:48	23:36	48:44	49:25
786	Graf, Christoph	M 30	Osc Löbau	23:41	22:56	45:59	46:38
301	Graver, Imke	W 25	Norder TV	28:45	28:47	57:16	57:33
223	Grehn, Daniel	M 45	Dabudi-Lampenrennen	22:45	27:36	50:17	50:22
779	Griese, Henning	M 35		21:17	21:27	42:37	42:44
824	Haas, Cedric	M 20		23:16	21:52	44:37	45:08
275	Hachmeister, Charlotte	W 30	Reitverein Milte-Sassenberg	25:31	24:29	49:24	50:01
62	Hahne, Jens	M 35		25:30	26:23	51:32	51:54
365	Hammermann, Daniel	M 55		31:02	28:41	59:10	59:44
99	Hamsen, Jannik	M 25	DLRG Oerlinghausen	21:30	21:04	42:14	42:35
289	Hamsen, Leonie	W 25	DLRG Oerlinghausen	27:42	28:34	55:56	56:17
810	Hangen, Immo	M 25		19:54	22:04	41:30	41:59
759	Hanke, Christian	M 40		23:07	22:23	45:11	45:30
100	Hankewitz, Florian	M 25	TV Ochsenfurt	18:52	17:32	35:13	36:25
30	Haring, David	M 35		23:04	23:04	45:41	46:09
341	Harms, Gerold	M 55	TV Norden	25:28	25:10	50:22	50:39
884	Hartmann, Andreas	M 60	Base Open Water	27:59	26:37	53:59	54:36
313	Hartmann, Marit	W 20		30:29	31:12	1:01:29	1:01:41
269	Hecher, Julia	W 30		27:50	29:16	56:51	57:06
200	Hedenkamp, Bernd	M 65	TV Hude	26:50	26:08	52:32	52:58
180	Heiden, Claudia	W 50	LT Freya Friedewalde	28:16	28:18	56:07	56:34
147	Heidsiek, Heike	W 60	LT Freya Friedewalde	28:37	26:26	54:35	55:03
787	Heinken, Matthias	M 30	MTV Aurich	15:50	16:04	31:51	31:55
862	Heinsohn, Janna Line	W 25		25:24	24:34	49:28	49:59
843	Heitmann, Antje	W 40	LAV Verden	21:26	21:19	42:40	42:46
4711	Hempel, Florian	M 45	TriHop Lautstark	32:37	32:48	1:04:35	1:05:25
211	Herrlich, Liliane	W 25	SV Bremen 10	23:34	23:21	46:44	46:56
376	Heskamp, Jan	M 50	Erdinger Active Team	28:05	28:19	55:44	56:24
428	Heuer, Anna	W 40	TB Hamburg Eilbeck	21:24	22:28	43:43	43:53
755	Heuer, David	M 40	Gipfelkurs	21:24	22:30	43:45	43:55
878	Hinrichs, Gerhard	M 65	MTV Aurich	21:51	20:40	42:08	42:32
692	Hinz, Jonas Kristian	M 25		24:11	23:02	46:53	47:14
909	Hoch, Christian	M 50	VfB Oldenburg	25:22	24:15	49:07	49:38
789	Hoffmann, Tobias	M 30		21:11	22:46	43:44	43:58
863	Hoin, Sarah	W 25		21:04	19:37	40:10	40:42
914	Holtel, Ralf	M 50	Erdinger Active Team	23:47	22:53	46:07	46:41
355	Holwitt, Jochen	M 55	DLRG Oerlinghausen	22:01	21:29	43:13	43:31
255	Hölzen, Lea	W 35		20:25	20:44	40:44	41:10
34	Hölzen, Martin	M 35		20:25	20:22	40:21	40:47
440	Hubert, Krischan	M 35	TuS Norderney	22:15	23:36	45:41	45:51
260	Hugot, Anneli	W 35		25:17	23:30	48:19	48:47
816	Hunke, Merlin	M 25	Wasser + Freizeit Münster e.V.	16:17	17:31	33:45	33:48
364	Hüske, Torsten	M 55	MTV Aurich	23:59	23:51	47:21	47:50

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
880	Igelbrink, Hans Peter	M 60	TV Georgsmarienhütte	20:07	19:27	39:28	39:35
151	Igelbrink, Karin	W 55	TV Georgsmarienhütte	28:56	27:51	56:02	56:48
803	Ihnken, Nils	M 25		20:04	19:55	39:36	40:00
119	Iken, Klaas	M 20		18:59	18:05	36:39	37:04
811	Iwan, Jannis	M 40		19:22	19:00	38:14	38:22
196	Jacobs, Antje	W 45	LSF Oldenburg	27:11	26:16	52:47	53:27
250	Jacobs, Nadine	W 40	LSF Oldenburg	27:10	26:16	52:46	53:27
362	Janssen, Alwin	M 55	Lauftreff Schaffhauser Wald	22:37	20:42	42:50	43:19
325	Janssen, Annika	W 20		27:32	26:33	53:21	54:05
998	Jathe, Jonas	M 30	Cycling Bats Bielefeld	19:22	19:43	38:54	39:05
449	Jekel, Linus	M 20		21:25	22:29	43:44	43:54
772	Josephs, Julian	M 35	TSR Olympia Wilhelmshaven	22:49	22:36	44:47	45:25
148	Kadri, Susanne	W 60	DLC Aachen	26:22	26:32	52:13	52:54
375	Kaleja, Eric	M 50		23:29	21:57	44:51	45:26
88	Kammler, Sven	M 30		26:25	27:41	53:49	54:06
111	Kampfer, Joon	M 25		21:28	21:01	42:10	42:30
8	Kampfer, Kris	M 40		22:29	22:44	45:06	45:13
703	Kampshoff, Jörg	M 50	Bayanihan Cyclists	30:09	29:38	58:56	59:47
22	Kanthak, Marcel	M 40		23:36	21:57	44:46	45:34
285	Keck, Anne	W 30	Hof Hogelücht	28:04	26:27	54:14	54:31
86	Keck, Tammo	M 30	Hof Hogelücht	20:06	20:16	40:17	40:23
373	Kettwig, Martin	M 50		31:31	31:51	1:02:27	1:03:22
46	Kindler, Benedikt	M 35	Ostfriesland Athletik	21:39	20:32	41:58	42:12
276	Kindler, Rena	W 30	Ostfriesland Athletik	30:08	29:09	59:02	59:18
240	Kisch, Johannes	M 60	Fortuna Logabirum Ostfriesland	24:05	21:24	44:37	45:29
138	Klarhorst, Lasse	M Jun	DLRG Oerlinghausen	18:55	19:53	38:45	38:49
631	Knop, Andreas	M 60	Bundeswehr Wilhelmsahven	32:05	31:58	1:03:40	1:04:03
227	Köchy, Martin	M 60	Bobteam Lamme	26:54	26:11	52:55	53:06
262	Korb, Ann-Kathrin	W 35		24:14	24:09	48:03	48:23
827	Kössinger, Simon	M 20	1. TCO Die Bären	23:15	21:56	44:40	45:12
896	Kreisel, Götz	M 55	Krefelder Kanu Klub	20:23	19:48	40:03	40:12
272	Lambers, Ann-Christin	W 30		26:53	27:03	53:40	53:56
308	Lambers, Marica	W 25		26:53	25:58	52:35	52:51
619	Lange, Felix	MSA	Walddörfer SV	23:22	25:51	49:02	49:14
380	Lange, Tim	M 50		23:21	25:44	48:52	49:06
56	Lau, Felix	M 35		19:20	18:44	37:49	38:05
776	Lau, Sascha	M 35	VfB Oldenburg	25:22	24:02	48:53	49:24
823	Laukötter, Claas	M 20		22:17	19:44	41:27	42:02
845	Lemkemeyer, Mara	W 30		29:36	27:24	55:13	57:01
812	Lengerhuis, Jan	M 25	TuS Norderney	23:37	21:58	45:04	45:35
394	Lieke, Normen	M 45		30:23	30:19	1:00:16	1:00:43
857	Looden, Greta	W 30		21:35	21:43	42:54	43:18
778	Lüssing, Steffen	M 35	Treeathlon Bremen	17:47	18:47	36:32	36:35
905	Mähr, Jan-Christian	M 50	Wangerooger Sportgemeinschaft	28:19	25:03	52:31	53:22
928	Mähr, Sven	M 45	Wangerooger SG	28:19	25:03	52:30	53:22
81	Malguth, Marc	M 30		22:50	21:24	43:44	44:15
305	Martin, Kaija	W 25		27:13	26:40	53:25	53:54
136	Martin, Kimi	M 20		26:47	25:41	51:59	52:29
155	Martin, Martina	W 55		27:13	26:41	53:25	53:54
877	Meiling, Harald	M 65	DARC Norderney	26:37	24:56	50:56	51:34
354	Meinking, Michael	M 55	Freya Friedewalde	28:54	28:18	56:43	57:13
767	Menkhaus, Hendrik	M 30	Sportfreunde Oesede	21:13	20:11	40:52	41:24
374	Meyer, Cedric	M 50		30:41	30:27	1:00:32	1:01:09
366	Meyerhoff, Andre	M 55	TV Norden	19:42	19:15	38:49	38:57

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
101	Meyrhoff, Sven	M 25	TV Norden	20:25	19:45	39:55	40:10
433	Mihm, Thomas	M 65	TV Norden	28:46	28:22	56:48	57:08
399	Müller, Michael	M 45	TSV Friesenstolz Riepe	25:10	23:55	48:29	49:05
331	Neumann, Arina	W Jun		23:59	25:16	49:04	49:15
426	Neumann, Deike	W 45	Kann Mutt Löppt	28:45	28:47	57:13	57:32
937	Niederig, Lorenz	M 25		16:17	16:54	33:07	33:12
936	Niedrig, Andreas	M 55		19:52	19:34	39:20	39:27
353	Niemeier, Frank	M 55	Tri.-Köche-Team	30:09	29:33	59:13	59:43
329	Oppenborn, Eeske	W Jun		24:00	25:16	49:05	49:16
332	Ortmann, Leonie	W Jun	TuS Norderney	22:24	24:34	46:56	46:59
67	Pallenberg, Nils	M 35		25:21	24:26	49:21	49:47
432	Park, Alina	W 20	Drei gewinnt	23:50	23:14	46:29	47:04
328	Peters, Laura	W 20		26:41	23:16	49:14	49:57
921	Plavenieks, Helge	M 45	SV Dornum	20:08	19:54	39:52	40:03
187	Plumeyer, Daniela	W 45	MTV - Aurich Triathlon	24:57	23:48	48:01	48:46
370	Plumeyer, Lars	M 50	Ems- Jade Kanu Aurich	20:33	19:41	40:08	40:14
846	Preuß, Tim	M 40		20:13	20:01	39:48	40:14
801	Reelfs, Aike	M 25		21:07	19:08	39:43	40:15
323	Rehkamp, Lore	W 20	TSG Burg Gresetesch	24:43	25:36	50:10	50:20
59	Requate, Daniel	M 35	DLRG Oerlinghausen	23:47	22:43	46:09	46:31
903	Röckmann, Michael	M 55	N3 Training; SV Hansa Friesoythe	19:45	19:09	38:49	38:55
287	Rosenthal, Alina	W 25	DLRG Oerlinghausen	26:40	26:50	53:10	53:31
58	Rothkugel, Sven	M 35		22:49	22:14	44:46	45:04
763	Ruholl, Marcel	M 40	consenso	20:02	20:29	40:23	40:31
167	Sachtleber, Kai	W 55	1. TCO Die Bären	21:12	21:30	42:35	42:43
780	Sartorius, Moritz	M 35		23:40	23:26	46:51	47:06
854	Schädlich, Ruth	W 30	SV Neptun Emden	20:24	19:53	40:04	40:18
411	Schafflik, Martha	W 25		25:51	24:31	49:43	50:22
814	Schäl, Hermann	M 25		18:54	18:19	36:53	37:13
900	Schell, Andreas	M 55	TSV Fischbach	18:52	19:12	37:59	38:04
831	Schell, Yannis	M 20		18:44	18:04	36:45	36:49
220	Schimetzek, Jörg	M 60		26:25	24:59	51:01	51:25
391	Schimpf, Daniel	M 45		19:37	19:35	39:03	39:12
15	Schlattmann, Roland	M 40		25:29	23:17	48:14	48:47
39	Schleisiek, Sönke	M 35		25:08	23:24	48:15	48:32
882	Schlichting, Jens	M 60	MTV Aurich	29:47	28:40	57:41	58:28
397	Schlied, Wolfgang	M 45		25:10	26:00	50:55	51:10
781	Schmidt, Hendrik	M 35		21:58	23:34	45:11	45:32
281	Schneider, Corinna	W 30		33:12	32:13	1:04:44	1:05:26
851	Schneider, Vanessa	W 30	TriClub Wuppertal	21:56	22:21	44:08	44:18
438	Schreiber, Ulf	M 45	Praxis für Physiotherapie	23:36	20:51	43:42	44:27
27	Schröer, Martin	M 60	Lauftreff Lüdinghausen	23:27	24:33	47:49	48:01
828	Schumacher, Lukas	M 20		18:58	18:44	37:23	37:43
264	Schütte, Lisa	W 35		26:02	25:00	50:27	51:02
248	Schwarte, Anke	W 40		27:15	27:25	54:13	54:41
444	Schwarte, Philipp	M 35		24:40	24:23	48:10	49:04
17	Schymczyk, Nikolas	M 35	TUS Norderney	20:15	21:45	41:51	42:01
798	Seikowski, Maurice	M 30		23:35	21:27	44:01	45:02
446	Semsek, Felix	M 30	Schorle statt Iso	27:34	24:21	51:21	51:55
788	Serhan, Belal	M 30	TSR Olympia Wilhelmshaven	21:33	21:53	43:08	43:27
997	Sitzmann, Marlin	W 20	1. TC Oldenburg "Die Bären"	19:24	20:00	39:16	39:24
995	Sitzmann, Melanie	W 55	1. TC Oldenburg "Die Bären"	22:41	23:44	46:17	46:25
7	Soerries, Peter	M 40		20:03	18:55	38:43	38:59
750	Sohns, Volker	M 40		25:23	24:23	49:16	49:46

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Startnr.	Name	AK	Verein	R1	R2	Netto	Brutto
339	Stabrey, Robert	M 55		25:13	24:28	49:01	49:42
274	Steffens, Laura	W 30	Team Laufrausch Oldenburg	20:24	19:53	40:04	40:18
133	Strömer, Keno	M 20	VfB Münkeboe	27:31	26:35	53:19	54:06
76	Suntken, Julian	M 30		23:01	23:35	46:23	46:36
437	Szwagiel, Tomasz	M 50	TV Norden	28:45	28:47	57:14	57:33
400	Tebben, Christian	M 45	Aktivita	23:20	23:27	46:24	46:48
2201	Thamm, Mechthild	W 55		31:25	33:14	1:04:36	1:04:40
874	Trebesch, Wolfgang	M 65	MTV Aurich	25:04	22:50	47:05	47:54
382	Trebsdorf, Thorsten	M 50	TuS Norderney - Triathlon	26:11	25:16	51:07	51:27
234	Ufkes, Frank	M 60	MTV Aurich Triathlon	23:06	21:53	44:36	44:59
105	Ufkes, Tammo	M 25		21:42	22:42	44:02	44:25
114	Ufkes, Thilo	M 25	MTV Aurich	19:14	19:33	38:26	38:48
183	Visser, Ivonne	W 45	TuS Norderney	27:56	28:57	56:21	56:53
841	Völkering, Hannah	W 45		22:46	21:26	43:50	44:13
861	von Bloh, Lisa Marie	W 30		23:33	24:16	47:37	47:49
813	Voß, Julius	M 25		23:16	23:26	46:22	46:43
357	Wacker, Frank	M 55	Blau-Weiß Dörpen	25:31	24:03	49:02	49:34
422	Walser, Silke	W 60	Max-Trio	26:03	25:59	51:44	52:02
915	Wehking, Roland Ronja	M 50	1. TC Oldenburg die Bären	19:32	19:47	39:12	39:20
901	Wehmeyer, Joachim	M 55	ASK München Süd	23:44	24:12	47:49	47:57
369	Wenning, Edna	W 50	LG Emsdetten Tri-Team	25:21	25:25	50:25	50:47
122	Wenninghoff, Lars	M 20		24:06	22:12	45:46	46:19
48	Wessels, Eike	M 35		23:13	23:21	46:08	46:35
256	Wessels, Heike	W 35		25:18	25:00	49:51	50:18
79	Westerman, Jannes	M 30		24:47	21:41	45:46	46:28
241	Westermann, Rike	W 40		20:23	19:47	40:03	40:10
96	Wichmann, Mattis	M 25		22:44	21:26	43:28	44:10
999	Wiese, Eyleen			19:29	18:58	38:16	38:28
885	Wiesenmüller, Jens	M 60	TV Lengerich	20:09	19:58	40:02	40:07
72	Wildenau, Kevin	M 30		22:58	23:19	45:49	46:18
300	Willms, Laura	W 25		29:13	27:53	56:30	57:07
140	Wirtz, Joshua	MJun		19:41	18:36	37:52	38:17
142	Wirtz, Jonathan	MJA		19:55	21:25	40:57	41:21
398	Wirtz, Pascal	M 45		26:11	22:07	47:52	48:18
91	Wittenbrink, Christian	M 35		22:18	21:37	43:52	43:56
97	Wittenbrink, Dana	W 25		19:29	20:01	39:26	39:30
7219	Wittenbrink, Judith	W 35		22:18	21:36	43:50	43:55
95	Wittenbrink, Michael	M 30		18:21	19:19	37:36	37:40
98	Wittenbrink, Stefan	M 25		16:57	17:16	34:10	34:14
881	Wittje, Heiko	M 60	1. TC Oldenburg "Die Bären"	27:12	24:53	51:20	52:06
273	Wölke, Janina	W 30		27:50	29:17	56:52	57:07
90	Wolken, Tjark	M 30		26:23	26:22	52:31	52:45
916	Zieker, Enrico	M 50	MTV Aurich	20:56	20:54	41:43	41:51
414	Zöller, Nadine	W 55		27:37	26:20	53:11	53:57