

3. Citylauf "Lauf in den Mai" in Delmenhorst am 30. April 2005

Ergebnisliste (4 Kilometer ohne Altersklassen-Platzierung !)

4 Kilometer

| Platz Gesamt | Start- Nr. | Zeit | Name | Vorname | m/w | JG | Verein |
|-----------------|---------------|------------|---------------|------------|----------|------|--------------------------|
| 1 | 530 | 0:14:43,57 | Reinert | Andreas | m | 1989 | Weyher Laufftreff |
| 2 | 599 | 0:14:48,71 | Pochrandwiczd | Andreas | m | 1960 | |
| 3 | 557 | 0:15:17,49 | Ruditsch | Andreas | m | 1989 | |
| 4 | 592 | 0:15:43,74 | Hagemann | Thomas | m | 1987 | Fitness Company |
| 5 | 580 | 0:15:44,23 | Feldmann | Manfred | m | 1958 | VTJ Varel |
| 6 | 510 | 0:16:14,92 | Pfeifer | Sascha | m | 1974 | Fitness Company |
| 7 | 517 | 0:16:19,34 | Borchers | Martin | m | 1976 | Fitness Company |
| 8 | 556 | 0:16:23,08 | Paduch | Ronny | m | 1959 | Freier Turner Blumenthal |
| 9 | 573 | 0:16:45,43 | Südel | Dragon | m | 1983 | Hohehorst |
| 10 | 502 | 0:17:08,50 | Büttner | Nico | m | 1990 | Fitness Company |
| 11 | 500 | 0:17:20,61 | Hollmann | Uwe | m | 1959 | Fitness Company |
| 12 | 558 | 0:17:24,41 | Seefeld | Karl-Heinz | m | 1953 | OLG Bramgau |
| 13 | 560 | 0:17:41,70 | Dauelsberg | Björn | m | 1994 | Delmenhorster TV |
| 14 | 563 | 0:17:44,42 | Schieber | Jörg | m | 1989 | LC93 Delmenhorst |
| 15 | 574 | 0:17:58,53 | Bathje | Sascha | m | 1985 | Hohehorst |
| 16 | 570 | 0:18:10,36 | Blank | Mike | m | 1975 | |
| 17 | 505 | 0:18:14,30 | Krägermann | Horst | m | 1954 | Fitness Company |
| 18 | 550 | 0:18:15,74 | Meyer | Janina | <u>w</u> | 1991 | Delmenhorster TV |
| 19 | 576 | 0:18:22,95 | Tepelmann | Werner | m | 1951 | STTV Berne |
| 20 | 528 | 0:18:39,92 | Schmidt | Sarah | <u>w</u> | 1983 | Bremer Judoclub |
| 21 | 579 | 0:18:42,04 | Laudan | Gabriele | <u>w</u> | 1960 | TSV Worpswede |
| 22 | 578 | 0:18:58,93 | Tepelmann | Wilke | m | 1990 | STTV Berne |
| 23 | 571 | 0:19:48,31 | Garbade | Michael | m | 1976 | |
| 24 | 519 | 0:20:32,19 | Höhling | Timo | m | 1975 | Fitness Company |
| 25 | 565 | 0:20:36,75 | Dreyer | Steffen | m | 1992 | SSV Adelheide |
| 26 | 515 | 0:20:39,71 | Gause | Jens | m | 1975 | Fitness Company |
| 27 | 551 | 0:20:44,77 | Nowski | Jana | <u>w</u> | 1993 | Vareler TB |

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|----|-----|------------|-----------|-------------|----------|------|-----------------------|
| 28 | 520 | 0:20:52,62 | Ohlrogge | Britta | <u>w</u> | 1970 | |
| 29 | 596 | 0:20:52,93 | Lieder | Wolfgang | m | 1955 | |
| 30 | 529 | 0:21:01,31 | Nochowicz | Wesna | <u>w</u> | 1968 | |
| 31 | 552 | 0:21:01,66 | Nowski | Birgit | <u>w</u> | 1972 | Vareler TB |
| 32 | 583 | 0:21:20,16 | Wollnitz | Michaela | <u>w</u> | 1967 | |
| 33 | 527 | 0:21:24,78 | Nowack | Andreas | m | 1962 | |
| 34 | 575 | 0:22:10,35 | Kamper | Raphael | m | 1980 | Hohehorst |
| 35 | 554 | 0:22:46,81 | Richter | Petra | <u>w</u> | 1958 | |
| 36 | 532 | 0:23:31,00 | Reinert | Regina | <u>w</u> | 1956 | Weyher Lauftreff |
| 37 | 553 | 0:23:56,19 | Ziesmer | Karl-Günter | m | 1938 | Eintracht Delmenhorst |
| 38 | 522 | 0:25:25,64 | Deters | Isabel | <u>w</u> | 1982 | |
| 39 | 595 | 0:25:25,89 | Stahl | Antje | <u>w</u> | 1982 | DTB |
| 40 | 503 | 0:25:37,67 | Ralle | Simone | <u>w</u> | 1970 | Fitness Company |
| 41 | 591 | 0:28:34,85 | Klapper | Jens | m | 1964 | Fitness Company |
| 42 | 584 | 0:28:35,12 | Klapper | Bjarne | m | 1994 | Fitness Company |

10 Kilometer

| Platz Gesamt | Platz AK | Start- Nr. | Zeit | Name | Vorname | m/w | JG | Verein |
|-----------------|-------------|---------------|------------|--------------|----------|-----|------|-----------------------------|
| 1 | 1 | 198 | 0:31:40,75 | Borychowski | Mariusz | m | 1972 | |
| 2 | 1 | 189 | 0:33:16,51 | Oude-Aost | Jan | m | 1979 | SV Werder Bremen |
| 3 | 1 | 178 | 0:34:20,66 | Krage | Jens-Uwe | m | 1965 | LG Bremen Nord |
| 4 | 2 | 54 | 0:34:58,37 | Farr | Nico | m | 1981 | LG Osnabrück |
| 5 | 3 | 100 | 0:35:16,65 | Lux | Volker | m | 1978 | Eintracht Delmenhorst |
| 6 | 1 | 191 | 0:37:05,38 | Gode | Heiko | m | 1953 | ATS Buntentor |
| 7 | 1 | 192 | 0:37:42,96 | Schubert | Sven | m | 1969 | Feuerwehr Delmenhorst |
| 8 | 1 | 176 | 0:37:56,70 | Lange | Thomas | m | 1960 | Roadrunners Buntentor |
| 9 | 2 | 150 | 0:38:08,58 | Fenske | Rolf | m | 1956 | LG Road RunnersHB/Buntentor |
| 10 | 2 | 6 | 0:38:59,88 | Meyer | Dieter | m | 1963 | LC 93 Delmenhorst |
| 11 | 2 | 190 | 0:39:04,98 | Eberhard | Jürgen | m | 1966 | SV Werder Bremen |
| 12 | 3 | 106 | 0:39:09,68 | Schmidt | Jörg | m | 1957 | Bremen 1860 |
| 13 | 3 | 138 | 0:39:15,57 | Göretzlehner | Jens | m | 1963 | Team Laufrausch Oldenburg |
| 14 | 3 | 171 | 0:39:40,59 | Wittkuhn | Michael | m | 1967 | TuS Klein Meckelsen |

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|----|----|-----|------------|--------------|---------------|----------|------|--------------------------------|
| 15 | 2 | 180 | 0:40:13,99 | Hellbusch | Hanjo | m | 1974 | TSV Großenkneten |
| 16 | 4 | 195 | 0:40:18,95 | Dr. Neumann | Jörg-Dietrich | m | 1966 | Roadrunners Buntentor |
| 17 | 1 | 104 | 0:40:35,95 | Becker | Joachim | m | 1950 | LC 93 Delmenhorst |
| 18 | 5 | 119 | 0:41:26,28 | Blauhut | Ralf | m | 1969 | LC 93 Delmenhorst |
| 19 | 6 | 193 | 0:41:31,09 | Renner | Frank | m | 1966 | TuS Eversten Oldenburg |
| 20 | 4 | 144 | 0:43:05,10 | Diekmann | Edo | m | 1959 | Hundsmühler TV |
| 21 | 4 | 141 | 0:43:14,49 | Freiberg | Michael | m | 1962 | |
| 22 | 3 | 30 | 0:43:20,40 | Stobbe | Josef | m | 1971 | |
| 23 | 1 | 172 | 0:43:21,18 | Petereit | Kurt | m | 1938 | LG Bremen Nord |
| 24 | 5 | 169 | 0:43:21,43 | Zimmermann | Ulrich | m | 1959 | TuS Varrel |
| 25 | 4 | 196 | 0:43:29,50 | Oetken | Jan-Dierk | m | 1974 | Wassersportverein Wildeshausen |
| 26 | 2 | 197 | 0:43:58,57 | Kern | Herbert | m | 1953 | Tuwas Wildeshausen |
| 27 | 5 | 168 | 0:44:02,84 | Schmidtke | Rudi | m | 1963 | TSG Hatten-Sandkrug |
| 28 | 7 | 21 | 0:44:20,78 | Hinke | Gunnar | m | 1968 | |
| 29 | 6 | 122 | 0:44:29,52 | Klose | Robert | m | 1963 | |
| 30 | 8 | 96 | 0:44:38,53 | Hesse | Gerd | m | 1966 | |
| 31 | 9 | 116 | 0:44:48,80 | Niemöller | Edgar | m | 1969 | TuS Ofen |
| 32 | 7 | 101 | 0:44:56,10 | von Rahden | Uwe | m | 1964 | LT Ganderkesee |
| 33 | 4 | 29 | 0:45:02,42 | Grall | Benjamin | m | 1977 | |
| 34 | 1 | 109 | 0:45:05,30 | Goncz | Ingrid | <u>w</u> | 1965 | SV Lemwerder |
| 35 | 8 | 166 | 0:45:13,57 | Haake | Jörg-Michael | m | 1963 | ATS Buntentor |
| 36 | 9 | 20 | 0:45:23,84 | Blazetta | Oliver | m | 1964 | |
| 37 | 2 | 110 | 0:45:28,98 | Pelka | Andrea | <u>w</u> | 1961 | LC 93 Delmenhorst |
| 38 | 10 | 173 | 0:45:45,38 | Herdler | KLaus | m | 1965 | ATS Buntentor |
| 39 | 3 | 46 | 0:45:52,03 | Precht | Wolfgang | m | 1955 | Rennschnecken Delmenhorst |
| 40 | 2 | 117 | 0:46:07,31 | Blauhut | Rolf | m | 1940 | LC 93 Delmenhorst |
| 41 | 6 | 177 | 0:46:14,86 | Lindenthal | Wolfgang | m | 1957 | LC 93 Delmenhorst |
| 42 | 11 | 167 | 0:46:21,17 | Römelt | Martin | m | 1964 | |
| 43 | 1 | 164 | 0:46:49,31 | Dreyer | Thorben | m | 1989 | SSV Adelheide |
| 44 | 3 | 149 | 0:46:54,67 | Onoris | Vasilios | m | 1937 | Eintracht Delmenhorst |
| 45 | 4 | 103 | 0:46:55,74 | Schaffarzyk | Ernst | m | 1952 | Delmenhorster TV |
| 46 | 7 | 129 | 0:46:59,15 | Schierenbeck | Holger | m | 1960 | TuS Syke |
| 47 | 1 | 159 | 0:47:07,95 | Fehlberg | Jutta | <u>w</u> | 1945 | LC 93 Delmenhorst |
| 48 | 1 | 194 | 0:47:19,25 | Fiedler | Karla | <u>w</u> | 1960 | DJK Bösel |

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|----|----|-----|------------|------------|--------------|----------|------|-------------------------------|
| 49 | 5 | 151 | 0:47:21,45 | Wagner | Kai | m | 1974 | LT Sport Ziel |
| 50 | 5 | 188 | 0:47:44,63 | Leippi | Robert | m | 1984 | Hohehorst |
| 51 | 6 | 84 | 0:47:58,82 | Uphoff | Joerg | m | 1976 | |
| 52 | 12 | 53 | 0:47:59,94 | Schmidt | Peter | m | 1961 | |
| 53 | 13 | 142 | 0:48:21,61 | Kiel | Stefan | m | 1962 | |
| 54 | 2 | 102 | 0:48:24,76 | Hübner | Manfred | m | 1948 | |
| 55 | 6 | 136 | 0:48:37,90 | Rüttgardt | Claus-Dieter | m | 1971 | |
| 56 | 10 | 131 | 0:48:39,13 | Witte | Andreas | m | 1968 | |
| 57 | 5 | 51 | 0:49:26,09 | Reinert | Harry | m | 1954 | Weyher Lauftreff |
| 58 | 11 | 123 | 0:49:41,29 | Ahrens | Frank | m | 1968 | |
| 59 | 7 | 134 | 0:50:25,15 | Lippitz | Clemens | m | 1972 | |
| 60 | 1 | 160 | 0:50:30,39 | Büntjes | Steffen | m | 1986 | |
| 61 | 14 | 37 | 0:50:34,71 | Philipps | Jürgen | m | 1962 | |
| 62 | 1 | 155 | 0:50:42,32 | Kamp | Anke | <u>w</u> | 1970 | |
| 63 | 15 | 24 | 0:50:44,73 | Dubiel | Michael | m | 1963 | |
| 64 | 8 | 13 | 0:50:45,83 | Othersen | Joachim | m | 1958 | |
| 65 | 2 | 105 | 0:50:53,36 | Schmidt | Heike | <u>w</u> | 1959 | Bremen 1860 |
| 66 | 9 | 170 | 0:50:53,87 | Ziewitz | Harald | m | 1957 | LC 93 Delmenhorst |
| 67 | 8 | 133 | 0:50:54,94 | Heinzel | Thorsten | m | 1971 | |
| 68 | 1 | 31 | 0:50:55,15 | Berg | Hans-Jürgen | m | 1945 | |
| 69 | 16 | 124 | 0:51:07,64 | Arnold | Lutz | m | 1962 | |
| 70 | 17 | 130 | 0:51:12,36 | Diers | Ralf | m | 1965 | |
| 71 | 18 | 182 | 0:51:14,37 | Kauf | Thomas | m | 1964 | |
| 72 | 12 | 83 | 0:51:16,56 | Rustler | Frank | m | 1967 | |
| 73 | 19 | 126 | 0:51:24,27 | Grashorn | Karsten | m | 1961 | 5./PzArtLehrBtl 325 |
| 74 | 20 | 174 | 0:52:00,15 | Haverland | Jens | m | 1965 | ATS Buntentor |
| 75 | 21 | 97 | 0:52:12,49 | Koehler | Klaus | m | 1962 | |
| 76 | 1 | 143 | 0:52:30,15 | Nowski | Marcel | m | 1995 | Vareler TB |
| 77 | 1 | 70 | 0:52:32,85 | Firschau | Alfred | m | 1935 | Eintracht Delmenhorst |
| 78 | 2 | 153 | 0:52:40,34 | Glöckner | Paul-Wilhelm | m | 1943 | Reservisten Kameradschaft DEL |
| 79 | 4 | 154 | 0:52:40,77 | Fuchs | Helmut | m | 1940 | VfL Oldenburg |
| 80 | 22 | 140 | 0:52:43,21 | Schwarz | Joachim | m | 1965 | |
| 81 | 3 | 179 | 0:53:38,87 | Kauß | Gernot | m | 1947 | AOK LT Ganderkesee |
| 82 | 3 | 4 | 0:53:50,48 | Austermann | Bettina | <u>w</u> | 1962 | TV Jahn Delmenhorst |

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| 83 | 10 | 147 | 0:53:51,08 | Rohde | Günter | m | 1959 | Eintracht Delmenhorst |
| 84 | 5 | 146 | 0:54:30,53 | Breuer | Wolfgang | m | 1940 | Eintracht Delmenhorst |
| 85 | 23 | 40 | 0:54:31,45 | Ehrenberg | Thomas | m | 1965 | |
| 86 | 4 | 165 | 0:55:05,28 | Voigt | Edith | <u>w</u> | 1962 | Lebenshilfe |
| 87 | 7 | 95 | 0:55:13,44 | Helbig | Christian | m | 1976 | |
| 88 | 5 | 28 | 0:56:10,58 | Schmidt | Marita | <u>w</u> | 1965 | Zwergenaufstand Göttingen |
| 89 | 8 | 186 | 0:56:34,60 | Jürgens | Marion | m | 1982 | Hohehorst |
| 90 | 9 | 199 | 0:56:52,14 | Saß | Anfreas | m | 1974 | |
| 91 | 11 | 50 | 0:56:55,58 | Breden | Rainer | m | 1959 | Rennschnecken Delmenhorst |
| 92 | 12 | 49 | 0:56:55,78 | Obst-Kruse | Jürgen | m | 1959 | Rennschnecken Delmenhorst |
| 93 | 24 | 137 | 0:57:08,65 | Rogmans | Michael | m | 1962 | |
| 94 | 13 | 135 | 0:57:38,88 | Lübbering | Wolfgang | m | 1958 | |
| 95 | 10 | 185 | 0:57:47,47 | Schulz | Daniel | m | 1973 | Hohehorst |
| 96 | 1 | 157 | 0:58:06,76 | Koczessa | Kathrin | <u>w</u> | 1977 | Team Oberhavel e.V. |
| 97 | 2 | 161 | 0:59:25,01 | Eggers | Anke | <u>w</u> | 1970 | |
| 98 | 1 | 152 | 0:59:27,24 | Eickhorst | Kati | <u>w</u> | 1932 | LG Bremen Nord |
| 99 | 6 | 156 | 0:59:32,27 | Blank | Kerstin | <u>w</u> | 1965 | |
| 100 | 25 | 184 | 1:03:29,43 | Freude | Peter | m | 1965 | Hohehorst |
| 101 | 3 | 114 | 1:04:09,49 | Krude-Moeller | Marion | <u>w</u> | 1966 | |
| 102 | 26 | 128 | 1:04:09,83 | Möller | Hubert | m | 1965 | |
| 103 | 1 | 163 | 1:04:12,68 | Schnurr | Nico | m | 1993 | |
| 104 | 27 | 162 | 1:04:12,88 | Schnurr | Norbert | m | 1963 | |
| 105 | 7 | 41 | 1:06:59,14 | Pingel | Sabine | <u>w</u> | 1964 | Rennschnecken Delmenhorst |

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