

<u>AK- Platz</u>	<u>Name, Vorname</u>	<u>Verein oder Ort</u>	<u>Geburts jahr</u>	<u>Gesamt zeit</u>	<u>Erste Hälfte</u>	<u>Zweite Hälfte</u>	<u>Gesamt platz</u>
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### 5 km Lauf der Frauen

#### 40 - 44

1	Sieveke-Hollmann, Jutta	Lohne	61	<b>00:27:28</b>	00:13:15	00:14:13	<b>5</b>
2	Kramer, Ulla	Lauftreff Kroge	59	<b>00:34:50</b>	00:16:33	00:18:17	<b>10</b>
3	Köhler, Sigrun	Wedemark	59	<b>00:36:08</b>	00:17:22	00:18:46	<b>11</b>

#### 35 - 39

1	Pohl, Ariane	Damme	67	<b>00:28:18</b>	00:13:36	00:14:42	<b>7</b>
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#### 30 - 34

1	Möhlmann, Claudia	Kiel	SH 71	<b>00:31:05</b>	00:15:22	00:15:43	<b>8</b>
2	Haskamp, Beatrix	Lauftreff Kroge	68	<b>00:34:39</b>	00:16:32	00:18:07	<b>9</b>

#### 21 - 29

1	Blumberg, Nicole	Wetschen	77	<b>00:23:41</b>	00:11:22	00:12:19	<b>1</b>
2	Lau, Anneke	Tri Frogs Gellersen	78	<b>00:26:48</b>	00:13:00	00:13:48	<b>3</b>
3	Hunt, Christy	Lüneburg	80	<b>00:27:17</b>	00:13:03	00:14:14	<b>4</b>
4	Kohorst, Elvira	Mühlen	78	<b>00:28:09</b>	00:14:25	00:13:44	<b>6</b>

#### 13

1	Christensen, Pia	SG Diepholz	89	<b>00:25:49</b>	00:12:35	00:13:14	<b>2</b>
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### 5 km Lauf der Männer

#### 50 - 54

1	Hogebach, Clemens	Arminia Rechterfeld	48	<b>00:21:12</b>	00:10:23	00:10:49	<b>2</b>
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#### 45 - 49

1	Christensen, Ole	SG Diepholz	53	<b>00:24:13</b>	00:11:35	00:12:38	<b>5</b>
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#### 40 - 44

1	Gerken, Franz-Josef	Siedlergemeinschaft Voßberg	60	<b>00:28:45</b>	00:13:35	00:15:10	<b>6</b>
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#### 35 - 39

1	Pohl, Ulrich	OSC Damme	66	<b>00:18:11</b>	00:09:00	00:09:11	<b>1</b>
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#### 17/18

1	Zerhusen, Adrian	TuS BW Lohne	85	<b>00:22:10</b>	00:11:13	00:10:57	<b>3</b>
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#### 15/16

1	Steinkamp, Ulrich	Lohne	87	<b>00:23:16</b>	00:11:40	00:11:36	<b>4</b>
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