

# AOK Läufercup 2013-2014

## Ergebnis Männer

| Platz | Punkte | Vorname      | Name        | Verein oder Ort             | GJ   | Lauf                             | Lauf | Lauf       | Lauf                                 | Lauf | Lauf | Lauf                       | Lauf       | Lauf | Lauf | Lauf       |
|-------|--------|--------------|-------------|-----------------------------|------|----------------------------------|------|------------|--------------------------------------|------|------|----------------------------|------------|------|------|------------|
|       |        |              |             |                             |      | I                                | I    | I          | I                                    | II   | II   | II                         | II         | III  | III  | III        |
|       |        |              |             |                             |      | Platz Punkte Lohne 21,1 Lohne 10 |      |            | Platz Punkte Visbek 21,1 Visbek 10,6 |      |      | Platz Punkte Langenberg 10 |            |      |      |            |
| 1     | 180    | Christian    | Broering    | TuS BW Lohne Leichtathletik | 1976 | 1                                | 30   | 01:15:05   |                                      |      |      |                            |            |      |      |            |
| 2     | 178    | Tobias       | Penski      | TuS BW Lohne Triathlon      | 1982 | 2                                | 29   | 01:21:02   |                                      | 1    | 30   |                            | 00:37:48   |      |      |            |
| 3     | 178    | Manfred      | Ochsenfahrt | TV Dinklage                 | 1961 | 1                                | 30   |            | 00:39:02                             | (3)  | (28) |                            | (00:40:56) | 2    | 29   | 00:39:43   |
| 4     | 174    | Christian    | Oelke       | Lohne                       | 1972 |                                  |      |            |                                      | 1    | 30   | 01:26:15                   |            | 1    | 30   | 00:38:05   |
| 5     | 169    | Benedikt     | Hintze      | SV BW Langförden            | 1981 | 3                                | 28   | 01:28:05   |                                      | (4)  | (27) |                            | (00:42:20) | 3    | 28   | 00:41:17   |
| 6     | 167    | HermannJosef | Fangmann    | Lohne                       | 1965 | (4)                              | (27) | (01:32:01) |                                      | 2    | 29   | 01:32:40                   |            |      |      |            |
| 7     | 161    | Dieter       | Ochsenfahrt | Dinklage                    | 1964 | (6)                              | (25) | (01:35:01) |                                      | (8)  | (23) |                            | (00:44:40) | 6    | 25   | 00:43:09   |
| 8     | 157    | Kai          | Brakhage    | Vechta                      | 1968 |                                  |      |            |                                      | 6    | 25   |                            | 00:43:48   | 5    | 26   | 00:42:38   |
| 9     | 151    | Jürgen       | Hoping      | Lohne                       | 1965 | 4                                | 27   |            | 00:42:05                             |      |      |                            |            | 7    | 24   | 00:43:21   |
| 10    | 149    | Jens         | Deters      | LT Waldschleicher Lohne     | 1971 |                                  |      |            |                                      | 3    | 28   | 01:42:16                   |            | 11   | 20   | 00:48:18   |
| 11    | 148    | Maik         | Escherhaus  | SV Handorf-Langenberg       | 1978 | 5                                | 26   |            | 00:46:02                             |      |      |                            |            | 10   | 21   | 00:47:27   |
| 12    | 146    | Franz        | Steinkamp   | Lauftreff SW Osterfeine     | 1967 | 10                               | 21   | 01:47:03   |                                      | (9)  | (22) |                            | (00:46:48) | (9)  | (22) | (00:46:05) |
| 13    | 141    | Markus       | Blömer      | Roadrunner Dinklage         | 1968 | 8                                | 23   | 01:42:05   |                                      |      |      |                            |            |      |      |            |
| 14    | 137    | Markus       | Vocks       | SV Handorf-Langenberg       | 1975 | (9)                              | (22) | (01:45:47) |                                      |      |      |                            |            | 8    | 23   | 00:45:43   |
| 15    | 136    | Stefan       | Grüterich   | LON Vechta                  | 1968 | 7                                | 24   |            | 00:48:00                             | (11) | (20) |                            | (00:49:57) |      |      |            |
| 16    | 123    | Frank        | vonLehmden  | LT Waldschleicher Lohne     | 1969 |                                  |      |            |                                      | 14   | 17   |                            | 01:00:32   |      |      |            |
| 17    | 107    | Bernd        | Schildmeyer | Lauftreff SW Osterfeine     | 1980 | 14                               | 17   | 01:53:05   |                                      |      |      |                            |            | 12   | 19   | 00:48:27   |
| 18    | 103    | Marco        | Middendorf  | Lauftreff SW Osterfeine     | 1982 | 14                               | 17   | 01:53:05   |                                      | 13   | 18   |                            | 00:53:53   |      |      |            |

|              |             | Lauf IV                       | Lauf IV | Lauf IV    | Lauf IV         | Lauf V | Lauf V | Lauf V                   | Lauf V     | Lauf VI | Lauf VI   | Lauf VI    | Lauf VI  | Lauf VII                     | Lauf VII | Lauf VII |               |            |  |                      |  |  |
|--------------|-------------|-------------------------------|---------|------------|-----------------|--------|--------|--------------------------|------------|---------|-----------|------------|----------|------------------------------|----------|----------|---------------|------------|--|----------------------|--|--|
|              |             | Platz Punkte Goldenstedt 21,1 |         |            | Goldenstedt 9,3 |        |        | Platz Punkte Vechta 21,1 |            |         | Vechta 10 |            |          | Platz Punkte Osterfeine 18,2 |          |          | Osterfeine 10 |            |  | Platz Punkte Damme 9 |  |  |
| Christian    | Broering    |                               |         |            |                 | 1      | 30     |                          | 00:33:22   | 1       | 30        |            | 01:04:00 |                              |          | 1        | 30            | 00:33:14   |  |                      |  |  |
| Tobias       | Penski      | 1                             | 30      |            | 00:34:14        | (2)    | (29)   |                          | (00:35:12) |         |           |            |          |                              |          | (3)      | (28)          | (00:37:01) |  |                      |  |  |
| Manfred      | Ochsenfahrt | 1                             | 30      | 01:24:58   |                 | 1      | 30     | 01:23:51                 |            | 1       | 30        |            |          | 00:39:10                     | (5)      | (26)     | (00:39:01)    |            |  |                      |  |  |
| Christian    | Oelke       | (2)                           | (29)    | (01:25:41) |                 | 3      | 28     |                          | 00:37:17   |         |           |            |          |                              |          | 2        | 29            | 00:36:06   |  |                      |  |  |
| Benedikt     | Hintze      | 2                             | 29      |            | 00:37:25        | (4)    | (27)   |                          | (00:37:31) | 2       | 29        |            |          | 00:40:47                     |          |          |               |            |  |                      |  |  |
| HermannJosef | Fangmann    | 3                             | 28      |            | 00:37:48        | (6)    | (25)   |                          | (00:37:46) | 3       | 28        | 01:13:16   |          |                              |          | 4        | 27            | 00:38:54   |  |                      |  |  |
| Dieter       | Ochsenfahrt | 3                             | 28      | 01:35:14   |                 | (7)    | (24)   |                          | (00:41:13) | 3       | 28        |            |          | 00:42:29                     | (7)      | (24)     | (00:41:16)    |            |  |                      |  |  |
| Kai          | Brakhage    | 4                             | 27      |            | 00:39:26        |        |        |                          |            | 4       | 27        | 01:17:17   |          |                              |          |          |               |            |  |                      |  |  |
| Jürgen       | Hoping      | 4                             | 27      | 01:39:03   |                 | (9)    | (22)   |                          | (00:41:34) |         |           |            |          |                              |          | (11)     | (20)          | (00:42:42) |  |                      |  |  |
| Jens         | Deters      | (5)                           | (26)    | (01:40:58) |                 | (4)    | (27)   | (01:40:04)               |            | 4       | 27        |            |          | 00:45:49                     | (12)     | (19)     | (00:43:24)    |            |  |                      |  |  |
| Maik         | Escherhaus  | 7                             | 24      | 01:44:41   |                 | 5      | 26     | 01:45:34                 |            | 5       | 26        |            |          | 00:46:43                     | (15)     | (16)     | (00:46:26)    |            |  |                      |  |  |
| Franz        | Steinkamp   | 6                             | 25      |            | 00:42:46        | (10)   | (21)   |                          | (00:43:26) | 6       | 25        | 01:20:12   |          |                              |          | 9        | 22            | 00:42:12   |  |                      |  |  |
| Markus       | Blömer      | 5                             | 26      |            | 00:42:23        |        |        |                          |            |         |           |            |          |                              |          | 10       | 21            | 00:42:21   |  |                      |  |  |
| Markus       | Vocks       | (6)                           | (25)    | (01:44:28) |                 | 3      | 28     | 01:39:15                 |            | (8)     | (23)      | (01:28:20) |          |                              |          | 13       | 18            | 00:44:52   |  |                      |  |  |
| Stefan       | Grüterich   | 9                             | 22      | 01:53:39   |                 | 11     | 20     |                          | 00:44:34   | 9       | 22        | 01:32:19   |          |                              |          | (14)     | (17)          | (00:45:48) |  |                      |  |  |
| Frank        | vonLehmden  | 9                             | 22      |            | 00:56:21        | 15     | 16     |                          | 00:55:11   | 10      | 21        | 01:49:04   |          |                              |          | (18)     | (13)          | (01:00:32) |  |                      |  |  |
| Bernd        | Schildmeyer | 8                             | 23      | 01:51:43   |                 | 13     | 18     |                          | 00:47:22   |         |           |            |          |                              |          | 17       | 14            | 00:49:50   |  |                      |  |  |
| Marco        | Middendorf  | 10                            | 21      | 01:59:20   |                 | 14     | 17     |                          | 00:48:25   |         |           |            |          |                              |          | 16       | 15            | 00:48:11   |  |                      |  |  |

| Lauf IX Platz | Lauf IX Punkte | Lauf IX Langförden 21,1 | Lauf IX Langförden 11 | Lauf X Platz | Lauf X Punkte | Lauf X Bakum 20 | Lauf X Bakum 10 |
|---------------|----------------|-------------------------|-----------------------|--------------|---------------|-----------------|-----------------|
| Christian     | Broering       | (01:15:08)              |                       | 1            | 30            |                 | 00:33:50        |
| Tobias        | Penski         |                         | 00:40:39              | 1            | 30            | 01:14:30        |                 |
| Manfred       | Ochsenfahrt    |                         | 00:44:54              | (3)          | (28)          |                 | (00:38:44)      |
| Christian     | Oelke          | 01:20:26                |                       |              |               |                 |                 |
| Benedikt      | Hintze         | 01:26:37                |                       |              |               |                 |                 |
| HermannJosef  | Fangmann       |                         |                       | 2            | 29            |                 | 00:37:40        |
| Dieter        | Ochsenfahrt    |                         | 00:47:40              | 3            | 28            | 01:24:33        |                 |
| Kai           | Brakhage       |                         | (01:31:43)            | 2            | 29            | 01:24:06        |                 |
| Jürgen        | Hoping         | 01:47:51                |                       | 5            | 26            |                 | 00:41:42        |
| Jens          | Deters         |                         | 00:49:32              | 4            | 27            | 01:25:52        |                 |
| Maik          | Escherhaus     |                         | 00:51:41              |              |               |                 |                 |
| Franz         | Steinkamp      |                         | 00:49:44              | 4            | 27            |                 | 00:41:39        |
| Markus        | Blömer         | 01:42:10                |                       | 7            | 24            |                 | 00:48:04        |
| Markus        | Vocks          |                         | 00:51:44              | 5            | 26            | 01:38:07        |                 |
| Stefan        | Grüterich      |                         | 01:00:32              | 6            | 25            |                 | 00:47:41        |
| Frank         | vonLehmden     |                         | 01:08:16              | 6            | 25            | 01:53:30        |                 |
| Bernd         | Schildmeyer    |                         |                       |              |               |                 |                 |
| Marco         | Middendorf     |                         |                       |              |               |                 |                 |

### Erklärung Platz 2 und 3:

Manfred und Tobias haben die gleiche Punktzahl.

Manfred hat bei Addition der gezählten Rennen eine Gesamtzeit von 05:31:38

Tobias hat bei Addition der gezählten Rennen eine Gesamtzeit von 05:02:14

Somit hat Tobias Platz 2 und Manfred Platz 3.