



## 39. AOK Winterlaufserie 2019 - Lauf 1 - 10 km Lauf

Erstellt: 14.01.2019 11:48:56

| Platz | M  | W | Nr.  | Vorname   | Nachname         | AK-Platz | AK  | Verein                     | Zeit     |
|-------|----|---|------|-----------|------------------|----------|-----|----------------------------|----------|
| 1     | 1  |   | 1    | Sebastian | Kohlwes          | 1        | M30 | LC Hansa Stuhr             | 00:33:38 |
| 2     | 2  |   | 201  | Abiel     | Hailu            | 1        | M20 | LG Kreis Verden            | 00:34:29 |
| 3     | 3  |   | 4    | Moritz    | Bätge            | 1        | M40 | LG Bremen-Nord             | 00:36:09 |
| 4     | 4  |   | 738  | Christoph | Mahr             | 2        | M30 |                            | 00:36:43 |
| 5     | 5  |   | 139  | Simon     | Ernst            | 3        | M30 | LG Bremen-Nord             | 00:37:01 |
| 6     | 6  |   | 191  | Jakob     | Günther          | 4        | M30 | Hannover 96                | 00:37:06 |
| 7     | 7  |   | 315  | Mario     | Lawendel         | 1        | M35 | LC Hansa Stuhr             | 00:37:18 |
| 8     | 8  |   | 827  | Oliver    | Sebrantke        | 2        | M40 | LC Hansa Stuhr             | 00:37:25 |
| 9     | 9  |   | 936  | Timo      | Reich            | 1        | MJ  | TUS Ritterhude             | 00:37:35 |
| 10    | 10 |   | 888  | Nikas     | Schröder         | 1        | M45 |                            | 00:38:11 |
| 11    | 11 |   | 449  | David     | Rosenbrock       | 2        | M20 | SG Beverstedt              | 00:38:13 |
| 12    | 12 |   | 57   | Thomas    | Blohme           | 2        | M35 | Triathlößen Bremen         | 00:38:50 |
| 13    | 13 |   | 253  | Jan Erik  | Jürgens          | 2        | MJ  |                            | 00:39:03 |
| 14    | 14 |   | 1538 | Benjamin  | Koc              | 3        | M35 | Team ERDINGER Alkohlfrei   | 00:39:21 |
| 15    | 15 |   | 648  | Carsten   | Glinsmann        | 2        | M45 | SV Hepstedt/Breddorf       | 00:39:32 |
| 16    | 16 |   | 646  | Andrés    | Gier             | 5        | M30 | ATS Buntentor              | 00:39:41 |
| 17    | 17 |   | 833  | Felix     | Simon            | 3        | M20 | Triathlößen Bremen         | 00:39:43 |
| 18    | 18 |   | 893  | Marcus    | Widlitzki-Eggers | 3        | M40 | ATS Buntentor Bremen       | 00:40:11 |
| 19    | 19 |   | 1597 | Timm      | Ulrichsen        | 4        | M20 | Triathlon Club Bremen      | 00:40:21 |
| 20    | 20 |   | 418  | Philipp   | Pospich          | 4        | M35 | Harpstedter TB - Triathlon | 00:40:27 |
| 21    | 21 |   | 560  | Jens      | Weischenberg     | 4        | M40 | LC93 Delmenhorster         | 00:40:33 |
| 22    | 22 |   | 903  | Marcus    | Cords            | 3        | M45 |                            | 00:40:37 |
| 23    | 23 |   | 698  | Stefan    | Kettler          | 1        | M50 | ATS Buntentor Bremen       | 00:40:37 |
| 24    | 24 |   | 782  | Moritz    | Puschmann        | 5        | M35 |                            | 00:40:47 |
| 25    | 25 |   | 708  | Jiri      | Kostka           | 4        | M45 | Triathlon Club Bremen      | 00:40:48 |
| 26    | 26 |   | 565  | Fisha     | Werede           | 5        | M20 | LG Kreis Verden            | 00:40:51 |
| 27    | 27 |   | 757  | Torsten   | Naue             | 2        | M50 | LG Bremen-Nord             | 00:41:00 |
| 28    | 28 |   | 940  | Boris     | Olatte           | 5        | M40 |                            | 00:41:07 |
| 29    | 29 |   | 70   | Thomas    | Bonesky          | 6        | M35 | Triathlon Club Bremen      | 00:41:11 |
| 30    | 30 |   | 493  | Krzysztof | Smiglak          | 7        | M35 |                            | 00:41:17 |
| 31    |    | 1 | 527  | Sabrina   | Timmes           | 1        | W35 | TuS Varrel                 | 00:41:21 |
| 32    | 31 |   | 713  | Henning   | Kreutzfeldt      | 6        | M40 | ATS Buntentor Bremen       | 00:41:30 |
| 33    | 32 |   | 495  | Lars      | Sonnberg         | 6        | M30 |                            | 00:41:48 |
| 34    | 33 |   | 392  | Alberto   | Orti Roig        | 7        | M30 | BTV1877                    | 00:41:50 |
| 35    | 34 |   | 306  | Per Lasse | Küpper           | 8        | M35 | Pottsboro Cardinals        | 00:42:02 |
| 36    | 35 |   | 1738 | Andreas   | Wiesemann        | 3        | M50 |                            | 00:42:06 |

| Platz | M  | W | Nr.  | Vorname      | Nachname               | AK-Platz | AK  | Verein                               | Zeit     |
|-------|----|---|------|--------------|------------------------|----------|-----|--------------------------------------|----------|
| 37    | 36 |   | 553  | Julius David | Walther                | 9        | M35 | ATS Buntentor Bremen                 | 00:42:09 |
| 38    | 37 |   | 588  | Frank        | Zühlke                 | 5        | M45 | SC Weyhe - Triathlon                 | 00:42:12 |
| 39    | 38 |   | 20   | Sebastian    | Anders                 | 7        | M40 | SV Werder Bremen                     | 00:42:19 |
| 40    | 39 |   | 1800 | Dominik      | Brückner               | 6        | M20 |                                      | 00:42:33 |
| 41    | 40 |   | 216  | Dirk         | Heitzwebel             | 1        | M55 | Weyher Laufftreff                    | 00:42:33 |
| 42    | 41 |   | 814  | Max          | Schlusnus              | 7        | M20 |                                      | 00:42:34 |
| 43    | 42 |   | 826  | Malte        | Schwarting             | 8        | M30 |                                      | 00:42:39 |
| 44    | 43 |   | 114  | Jan Patrick  | Daniel                 | 8        | M40 |                                      | 00:42:42 |
| 45    | 44 |   | 189  | Björn        | Grommisch              | 6        | M45 | Tri Team Schwarme von 2010 e.V.      | 00:42:46 |
| 46    | 45 |   | 497  | Thomas       | Spiecker               | 4        | M50 | LC Hansa Stuhr                       | 00:43:13 |
| 47    | 46 |   | 1790 | Daniel       | Lang                   | 10       | M35 | Tri Team Schwarme von 2010 e.V.      | 00:43:16 |
| 48    | 47 |   | 74   | Sven         | Bosma                  | 9        | M40 | Sport-Ziel Marathonteam              | 00:43:17 |
| 49    | 48 |   | 551  | Uwe          | Waldhaus               | 11       | M35 | SV Werder Bremen                     | 00:43:38 |
| 50    | 49 |   | 147  | José         | Ferreira               | 2        | M55 | JG Oyle                              | 00:43:42 |
| 51    | 50 |   | 1792 | Jörg         | Turbarisch             | 3        | M55 | LT Bornreihe                         | 00:43:46 |
| 52    | 51 |   | 605  | Dirk         | Briese                 | 5        | M50 | Rotes Sofa                           | 00:43:51 |
| 53    | 52 |   | 836  | Peter        | Sokoll                 | 1        | M60 | LC Hansa Stuhr Tri-Wölfe             | 00:43:52 |
| 54    |    | 2 | 870  | Jenny        | Vico                   | 2        | W35 |                                      | 00:43:53 |
| 55    | 53 |   | 1793 | Karsten      | Krüger                 | 4        | M55 |                                      | 00:44:06 |
| 56    | 54 |   | 1803 | Jakob        | Maeß                   | 8        | M20 |                                      | 00:44:07 |
| 57    | 55 |   | 378  | Jan          | Neubauer               | 10       | M40 | LC Hansa Stuhr                       | 00:44:09 |
| 58    | 56 |   | 348  | Manuel       | Meder                  | 9        | M30 |                                      | 00:44:10 |
| 59    | 57 |   | 589  | Jens         | Borchers               | 12       | M35 |                                      | 00:44:11 |
| 60    | 58 |   | 863  | Oguzhan      | Uzunay                 | 11       | M40 | SG Stern Bremen                      | 00:44:11 |
| 61    | 59 |   | 751  | Kai          | Michaelis              | 10       | M30 |                                      | 00:44:14 |
| 62    | 60 |   | 99   | Jörgen       | Chodura                | 11       | M30 |                                      | 00:44:17 |
| 63    | 61 |   | 405  | Maciej       | Pawlak                 | 13       | M35 |                                      | 00:44:19 |
| 64    |    | 3 | 193  | Antje        | Günthner               | 1        | W40 | LSF Oldenburg                        | 00:44:22 |
| 65    | 62 |   | 1500 | Eike         | Berthold               | 7        | M45 |                                      | 00:44:22 |
| 66    |    | 4 | 748  | Janina       | Meyer                  | 1        | W20 | LC93 Delmenhorst                     | 00:44:24 |
| 67    | 63 |   | 1761 | Uwe          | Dziewzon               | 6        | M50 | Sport Ziel-Marathonteam              | 00:44:25 |
| 68    | 64 |   | 911  | Lars         | Van Beek               | 7        | M50 |                                      | 00:44:28 |
| 69    | 65 |   | 895  | Jörg         | Witte                  | 8        | M45 | Racebooker                           | 00:44:32 |
| 70    | 66 |   | 2009 | Olaf         | Langenbuch             | 5        | M55 | Nur Pferden gibt man den Gnadenschuß | 00:44:36 |
| 71    | 67 |   | 1764 | Jörn         | Borges                 | 6        | M55 |                                      | 00:44:38 |
| 72    | 68 |   | 504  | Johann       | Steinmeier             | 9        | M20 |                                      | 00:44:41 |
| 73    | 69 |   | 1637 | Tammo        | Feuerherdt             | 12       | M40 |                                      | 00:44:43 |
| 74    | 70 |   | 882  | Jens         | Wartenberg             | 13       | M40 | VSK Osterholz Triathlon              | 00:44:46 |
| 75    | 71 |   | 200  | Karsten      | Hagen-von und zu Gilsa | 8        | M50 |                                      | 00:44:52 |
| 76    | 72 |   | 1773 | Malte        | Gebhardt               | 14       | M35 |                                      | 00:44:52 |

| Platz | M   | W | Nr.  | Vorname   | Nachname        | AK-Platz | AK  | Verein  | Zeit     |
|-------|-----|---|------|-----------|-----------------|----------|-----|---|----------|
| 77    | 73  |   | 406  | Horst     | Peters          | 7        | M55 | TSV Elmlohe                                   | 00:44:57 |
| 78    | 74  |   | 834  | Christian | Simonis         | 14       | M40 | Störtebeker e.V.                              | 00:44:58 |
| 79    | 75  |   | 1812 | André     | Maile           | 15       | M35 |   | 00:45:00 |
| 80    | 76  |   | 336  | Frank     | Lücken          | 8        | M55 |   | 00:45:00 |
| 81    |     | 5 | 1784 | Luisa     | Dick            | 2        | W20 |   | 00:45:02 |
| 82    | 77  |   | 1794 | Tobias    | Fricke          | 10       | M20 | HSB TriRunners                                | 00:45:03 |
| 83    | 78  |   | 213  | Alexander | Heim            | 9        | M50 | ESTEC Triathlon Club                          | 00:45:05 |
| 84    | 79  |   | 841  | Björn     | Steinmetz       | 16       | M35 | B.ST Corse                                    | 00:45:06 |
| 85    | 80  |   | 419  | Romain    | Poudevigne      | 15       | M40 |   | 00:45:07 |
| 86    | 81  |   | 284  | Wolfgang  | Köster          | 10       | M50 | Triathlöwen Bremen                            | 00:45:13 |
| 87    | 82  |   | 613  | Sven      | Burschka        | 12       | M30 | TSV Bederkesa                                 | 00:45:17 |
| 88    | 83  |   | 924  | Sven      | Eilers          | 13       | M30 |   | 00:45:19 |
| 89    | 84  |   | 1536 | Leszek    | Kaminski        | 2        | M60 | BSG Sparkasse Bremen                          | 00:45:21 |
| 90    | 85  |   | 53   | Ralf      | Blania          | 9        | M45 | swb runners                                   | 00:45:26 |
| 91    |     | 6 | 317  | Gesa      | Lehne           | 1        | W30 | Triathlöwen Bremen                            | 00:45:26 |
| 92    | 86  |   | 102  | Ingo      | Clabes          | 11       | M50 | SG Stern Bremen                               | 00:45:28 |
| 93    | 87  |   | 1713 | Stefan    | Romey           | 17       | M35 | Hitradio Namibia                              | 00:45:31 |
| 94    | 88  |   | 117  | David     | De Vleeschouwer | 14       | M30 |   | 00:45:36 |
| 95    | 89  |   | 662  | Steffen   | Hagedorn        | 15       | M30 |   | 00:45:40 |
| 96    | 90  |   | 721  | Sven      | Kersting        | 16       | M40 | Round Runners                                 | 00:45:41 |
| 97    | 91  |   | 919  | Cedric    | Urbauer         | 18       | M35 |   | 00:45:46 |
| 98    | 92  |   | 707  | Sebastian | Koltonowski     | 16       | M30 |   | 00:45:51 |
| 99    |     | 7 | 869  | Teresa    | Vetter          | 2        | W30 |   | 00:45:52 |
| 100   | 93  |   | 1704 | Juergen   | Rehkugler       | 12       | M50 | Triathlöwen Bremen                            | 00:45:57 |
| 101   | 94  |   | 41   | Sven      | Bengelsdorff    | 10       | M45 | Triathlöwen Bremen                            | 00:46:02 |
| 102   | 95  |   | 192  | Richard   | Günther         | 19       | M35 | Mut, Tatendrang & Schönheit                   | 00:46:11 |
| 103   | 96  |   | 29   | Lukas     | Bätjer          | 17       | M40 |   | 00:46:12 |
| 104   | 97  |   | 670  | Alexander | Harder          | 9        | M55 |   | 00:46:18 |
| 105   | 98  |   | 554  | Tim       | Wedemeyer       | 17       | M30 |   | 00:46:19 |
| 106   | 99  |   | 312  | Christoph | Langenkamp      | 18       | M40 |   | 00:46:24 |
| 107   | 100 |   | 709  | Martin    | Kostka          | 13       | M50 | FC Deutsche Post                              | 00:46:25 |
| 108   | 101 |   | 1689 | Thorsten  | Macke           | 11       | M45 |   | 00:46:41 |
| 109   | 102 |   | 811  | Hartmuth  | Schlachter      | 1        | M65 |   | 00:46:50 |
| 110   | 103 |   | 164  | Friso     | Gammelin        | 19       | M40 | Polizei Bremen / Team Erdinger<br>Alkoholfrei | 00:46:53 |
| 111   |     | 8 | 598  | Annika    | Beck            | 3        | W20 |   | 00:46:55 |
| 112   | 104 |   | 475  | Stephan   | Schütze         | 12       | M45 | SG Stern Bremen                               | 00:46:55 |
| 113   | 105 |   | 151  | Andreas   | Flegel          | 14       | M50 | Sport Ziel-Marathonteam                       | 00:46:58 |
| 114   | 106 |   | 1777 | Frank     | Schneckenbrock  | 13       | M45 |   | 00:47:04 |
| 115   | 107 |   | 270  | Sven      | Kiolbassa       | 20       | M35 |   | 00:47:05 |
| 116   | 108 |   | 269  | Dominik   | Kiolbassa       | 21       | M35 |   | 00:47:05 |

| Platz | M   | W  | Nr.  | Vorname       | Nachname           | AK-Platz | AK  | Verein                       | Zeit     |
|-------|-----|----|------|---------------|--------------------|----------|-----|------------------------------|----------|
| 117   | 109 |    | 819  | Oliver        | Schnieders         | 18       | M30 |                              | 00:47:09 |
| 118   | 110 |    | 48   | Thorsten      | Bickel             | 10       | M55 | 1. TCO 'Die Bären' Oldenburg | 00:47:10 |
| 119   | 111 |    | 777  | Martin        | Krohm              | 14       | M45 |                              | 00:47:10 |
| 120   | 112 |    | 11   | Falko         | Toetzke            | 15       | M45 | Team ERDINGER Alkoholfrei    | 00:47:12 |
| 121   | 113 |    | 612  | Patrick       | Buroch             | 11       | M20 |                              | 00:47:15 |
| 122   | 114 |    | 21   | Marc          | Andrä              | 15       | M50 | Triathlöwen Bremen           | 00:47:17 |
| 123   | 115 |    | 338  | Jonathan      | Lückert            | 22       | M35 |                              | 00:47:23 |
| 124   | 116 |    | 357  | Michael       | Meyer              | 16       | M50 |                              | 00:47:24 |
| 125   | 117 |    | 180  | Rainer        | Goldelius          | 23       | M35 | SG Stern Bremen              | 00:47:27 |
| 126   |     | 9  | 901  | Camilla       | Zaage              | 4        | W20 | SV Werder Bremen             | 00:47:27 |
| 127   | 118 |    | 480  | Alfred        | Schwarz            | 11       | M55 | Wildeshauser Laufftreff/TEA  | 00:47:28 |
| 128   | 119 |    | 775  | Martin        | Plieth             | 17       | M50 |                              | 00:47:28 |
| 129   | 120 |    | 530  | Thomas        | Troszczynski       | 18       | M50 | SV Hepstedt/Breddorf         | 00:47:32 |
| 130   | 121 |    | 1507 | Diego         | Delgado            | 24       | M35 |                              | 00:47:34 |
| 131   | 122 |    | 298  | Lüder         | Kruse              | 19       | M50 | Triathlon Club Bremen        | 00:47:39 |
| 132   |     | 10 | 831  | Janke         | Seifert            | 3        | W30 |                              | 00:47:42 |
| 133   | 123 |    | 752  | Ingo          | Moss               | 16       | M45 | SC Weyhe - Triathlon         | 00:47:43 |
| 134   | 124 |    | 169  | Jochen        | Geiß               | 12       | M55 | ATS Buntentor Bremen         | 00:47:55 |
| 135   | 125 |    | 1805 | Fred          | Oestmann           | 20       | M40 |                              | 00:47:55 |
| 136   | 126 |    | 850  | Holger        | Sulz               | 13       | M55 |                              | 00:47:57 |
| 137   | 127 |    | 98   | Jörg          | Childs             | 20       | M50 | swb runners                  | 00:47:57 |
| 138   | 128 |    | 1811 | Leonel        | Moncada gotera     | 19       | M30 | BTV1877                      | 00:47:59 |
| 139   | 129 |    | 583  | Matthias      | Zach               | 21       | M40 |                              | 00:48:09 |
| 140   | 130 |    | 678  | Holger        | Hilken             | 21       | M50 | Triathlöwen Bremen           | 00:48:12 |
| 141   | 131 |    | 380  | Jörg-Dietrich | Neumann            | 22       | M50 |                              | 00:48:13 |
| 142   | 132 |    | 195  | Ignacio       | Gutierrez-Canas    | 17       | M45 |                              | 00:48:20 |
| 143   | 133 |    | 523  | Felix         | Tietgen            | 20       | M30 | Triathlöwen Bremen           | 00:48:20 |
| 144   | 134 |    | 69   | Olaf          | Bollhorst          | 18       | M45 | LT TV Schwanewede            | 00:48:20 |
| 145   | 135 |    | 631  | Henning       | Engelhardt         | 21       | M30 |                              | 00:48:20 |
| 146   | 136 |    | 851  | Ingo          | Susemiehl-Behaghel | 23       | M50 | WerderSports Running Team    | 00:48:22 |
| 147   | 137 |    | 166  | Vincent       | Garcia             | 12       | M20 | HSB TriRunners               | 00:48:22 |
| 148   | 138 |    | 715  | Timo          | Kromminga          | 19       | M45 | BTV1877                      | 00:48:24 |
| 149   | 139 |    | 1508 | Harald        | Dittberner         | 1        | M70 | ATS Buntentor Bremen         | 00:48:25 |
| 150   | 140 |    | 902  | Hans-Heinrich | Albertsen          | 3        | M60 | ATS Buntentor Bremen         | 00:48:25 |
| 151   | 141 |    | 122  | Louis         | Dijkstra           | 22       | M30 |                              | 00:48:27 |
| 152   | 142 |    | 144  | Karl-Heinz    | Fasse              | 4        | M60 | BSG Sparkasse Bremen         | 00:48:28 |
| 153   | 143 |    | 85   | Andreas       | Breiter            | 24       | M50 |                              | 00:48:33 |
| 154   | 144 |    | 849  | Sven          | Sündermann         | 20       | M45 |                              | 00:48:33 |
| 155   | 145 |    | 76   | Daniel        | Brackmann          | 22       | M40 | Racebooker                   | 00:48:40 |
| 156   |     | 11 | 331  | Janine        | Lisson-Schulze     | 1        | W45 |                              | 00:48:41 |

| Platz | M   | W  | Nr.  | Vorname   | Nachname          | AK-Platz | AK  | Verein                              | Zeit     |
|-------|-----|----|------|-----------|-------------------|----------|-----|-------------------------------------|----------|
| 157   | 146 |    | 477  | Stefan    | Schulze           | 21       | M45 |                                     | 00:48:41 |
| 158   | 147 |    | 837  | Stefan    | StaacK            | 23       | M40 |                                     | 00:48:43 |
| 159   | 148 |    | 197  | Jan       | Gutmann           | 25       | M50 | TV Eiche Horn Bremen                | 00:48:43 |
| 160   | 149 |    | 256  | Thorsten  | Kammeier          | 14       | M55 | Triathl6wen Bremen                  | 00:48:44 |
| 161   | 150 |    | 1724 | Kay       | Schwarzer         | 24       | M40 | BSG Sparkasse Bremen                | 00:48:45 |
| 162   | 151 |    | 367  | Thomas    | Moehring          | 22       | M45 |                                     | 00:48:46 |
| 163   | 152 |    | 1617 | Peio      | Castellano Ugarte | 23       | M30 |                                     | 00:48:49 |
| 164   | 153 |    | 460  | Benjamin  | Schmidt           | 24       | M30 |                                     | 00:48:52 |
| 165   | 154 |    | 75   | Harald    | Box               | 15       | M55 |                                     | 00:48:52 |
| 166   | 155 |    | 462  | Nils      | Schmidt           | 26       | M50 | OSC Bremerhaven Triathlon           | 00:48:58 |
| 167   | 156 |    | 425  | Helge     | Rackebrandt       | 23       | M45 |                                     | 00:49:01 |
| 168   | 157 |    | 516  | Philipp   | Tengel            | 25       | M30 |                                     | 00:49:03 |
| 169   | 158 |    | 1785 | Mario     | Nürge             | 26       | M30 |                                     | 00:49:07 |
| 170   | 159 |    | 603  | Ralf      | Bothe             | 27       | M50 | LC Hansa Stuhr Tri-W6lfe            | 00:49:07 |
| 171   | 160 |    | 749  | Niels     | Meyer             | 24       | M45 | Barrien                             | 00:49:08 |
| 172   | 161 |    | 1656 | Jan       | Heumann           | 28       | M50 |                                     | 00:49:09 |
| 173   | 162 |    | 786  | Marius    | Reckmann          | 13       | M20 |                                     | 00:49:10 |
| 174   | 163 |    | 909  | Markus    | Sch6nfelder       | 25       | M40 |                                     | 00:49:14 |
| 175   | 164 |    | 318  | Sebastian | Lehrbaß-Slaby     | 26       | M40 |                                     | 00:49:15 |
| 176   | 165 |    | 173  | Christian | Giersch           | 27       | M40 |                                     | 00:49:17 |
| 177   | 166 |    | 1711 | Christian | Rohmer            | 25       | M45 |                                     | 00:49:18 |
| 178   | 167 |    | 34   | Daniel    | Beer              | 25       | M35 |                                     | 00:49:23 |
| 179   | 168 |    | 691  | Jürgen    | Jäschke           | 29       | M50 |                                     | 00:49:25 |
| 180   | 169 |    | 231  | Thorsten  | Hofer             | 26       | M45 | Sport-Ziel Marathonteam             | 00:49:25 |
| 181   | 170 |    | 1677 | Oliver    | Krull             | 30       | M50 | LT TV Schwanewede                   | 00:49:27 |
| 182   | 171 |    | 301  | Christoph | Kühn              | 14       | M20 |                                     | 00:49:29 |
| 183   |     | 12 | 677  | Astrid    | Herzer            | 2        | W45 |                                     | 00:49:30 |
| 184   | 172 |    | 680  | Jürgen    | Hirsch            | 31       | M50 |                                     | 00:49:31 |
| 185   | 173 |    | 513  | Thomas    | Szlagowski        | 5        | M60 | LT TV Schwanewede                   | 00:49:32 |
| 186   | 174 |    | 1659 | Helmut    | Israel            | 2        | M65 |                                     | 00:49:34 |
| 187   | 175 |    | 199  | Alexander | Hacker            | 27       | M30 | Pain is temporary, glory is forever | 00:49:35 |
| 188   | 176 |    | 549  | Veit      | Wagner            | 32       | M50 | LG Bremen-Nord                      | 00:49:36 |
| 189   | 177 |    | 1762 | Uwe       | Lux               | 28       | M40 |                                     | 00:49:36 |
| 190   | 178 |    | 385  | Thomas    | Nolte             | 33       | M50 | LT H6pkens Ruh                      | 00:49:41 |
| 191   |     | 13 | 132  | Kim       | Eisele            | 4        | W30 | LT TV Schwanewede                   | 00:49:50 |
| 192   | 179 |    | 277  | Michael   | Klinke            | 16       | M55 | BSG Sparkasse Bremen                | 00:49:53 |
| 193   | 180 |    | 854  | Topi      | Tervo             | 29       | M40 |                                     | 00:49:54 |
| 194   | 181 |    | 128  | Lasse     | Dunkhase          | 30       | M40 |                                     | 00:49:56 |
| 195   | 182 |    | 555  | Bente     | Wehlau            | 1        | S   | Union 60                            | 00:49:58 |
| 196   | 183 |    | 889  | Jens      | Wendelken         | 27       | M45 |                                     | 00:49:59 |

| Platz | M   | W  | Nr.  | Vorname     | Nachname     | AK-Platz | AK  | Verein                   | Zeit     |
|-------|-----|----|------|-------------|--------------|----------|-----|--------------------------|----------|
| 197   | 184 |    | 167  | Tim         | Garlipp      | 28       | M45 |                          | 00:50:03 |
| 198   | 185 |    | 82   | Rainer      | Brandt       | 34       | M50 | TV Lilienthal            | 00:50:04 |
| 199   | 186 |    | 42   | Michael     | Berg         | 6        | M60 |                          | 00:50:06 |
| 200   | 187 |    | 937  | Malte       | Langosz      | 26       | M35 |                          | 00:50:08 |
| 201   | 188 |    | 643  | Dirk        | Gansefort    | 31       | M40 | SV Viktoria Gesmold      | 00:50:12 |
| 202   | 189 |    | 668  | Thomas      | Hanraths     | 7        | M60 |                          | 00:50:16 |
| 203   | 190 |    | 32   | Jens        | Bartzke      | 35       | M50 | need for speed           | 00:50:17 |
| 204   | 191 |    | 43   | Heiko       | Bergmann     | 36       | M50 | LG Kreis Verden          | 00:50:18 |
| 205   | 192 |    | 550  | Mike        | Wahrmann     | 27       | M35 |                          | 00:50:19 |
| 206   | 193 |    | 19   | Anojan      | Amalathas    | 3        | MJ  | SV Baris                 | 00:50:21 |
| 207   | 194 |    | 656  | René        | Grundmanns   | 29       | M45 | Sport-Ziel Marathonteam  | 00:50:24 |
| 208   | 195 |    | 897  | Florian     | Wolff        | 37       | M50 | RAF Laufgruppe           | 00:50:27 |
| 209   |     | 14 | 917  | Annette     | Schimmel     | 1        | W55 | Roadrunners Bremen       | 00:50:28 |
| 210   | 196 |    | 798  | Peter       | Rüdel        | 3        | M65 | SV Werder Bremen         | 00:50:33 |
| 211   | 197 |    | 310  | Jan-Hendrik | Kurzawski    | 28       | M30 |                          | 00:50:43 |
| 212   | 198 |    | 80   | Heiko       | Brandt       | 30       | M45 |                          | 00:50:44 |
| 213   | 199 |    | 644  | Gregor      | Gaza         | 29       | M30 | Ertel's Jünger           | 00:50:46 |
| 214   | 200 |    | 686  | Sascha      | Holle        | 28       | M35 | TuS Badbergen            | 00:50:47 |
| 215   | 201 |    | 930  | Stefano     | Giaquinto    | 31       | M45 |                          | 00:50:49 |
| 216   |     | 15 | 339  | Bianca      | Lüdemann     | 1        | W60 |                          | 00:50:50 |
| 217   | 202 |    | 506  | Jörn        | Stelljes     | 29       | M35 | Hitradio Namibia         | 00:50:50 |
| 218   |     | 16 | 1772 | Vanessa     | Gebhardt     | 3        | W35 |                          | 00:50:52 |
| 219   |     | 17 | 1774 | Sandra      | Werner       | 5        | W30 |                          | 00:50:52 |
| 220   | 203 |    | 274  | Daniel      | Kling        | 30       | M35 |                          | 00:50:53 |
| 221   | 204 |    | 185  | Peter       | Grahl        | 2        | M70 |                          | 00:50:53 |
| 222   | 205 |    | 912  | Stefan      | Fery         | 32       | M45 | Werder Fanatics Peine    | 00:50:55 |
| 223   | 206 |    | 67   | Günter      | Spatz        | 4        | M65 |                          | 00:50:56 |
| 224   | 207 |    | 287  | Frank       | Kortenstedde | 33       | M45 | LT Hochschule Bremen     | 00:50:57 |
| 225   | 208 |    | 505  | Frank       | Stelljes     | 34       | M45 | SG Stern Bremen          | 00:50:58 |
| 226   |     | 18 | 238  | Maren       | Huckschlag   | 1        | W50 | LG Bremen-Nord           | 00:51:00 |
| 227   | 209 |    | 120  | Carsten     | Dietz        | 17       | M55 | BSG Sparkasse Bremen     | 00:51:03 |
| 228   | 210 |    | 762  | Kevin       | Oeckermann   | 31       | M35 | Crossfit Nordlicht       | 00:51:03 |
| 229   |     | 19 | 921  | Kerstin     | Klasen       | 2        | W50 | TSV Schwarme             | 00:51:04 |
| 230   |     | 20 | 295  | Dörthe      | Krumsieg     | 2        | W40 | LC Hansa Stuhr Triwölfe  | 00:51:04 |
| 231   | 211 |    | 438  | Dirk        | Reuschling   | 38       | M50 | Bremer Sport Club        | 00:51:04 |
| 232   | 212 |    | 666  | Florian     | Schigelski   | 35       | M45 |                          | 00:51:05 |
| 233   | 213 |    | 308  | Klaus       | Kuhm         | 18       | M55 | Tura Bremen              | 00:51:08 |
| 234   |     | 21 | 223  | Andrea      | Hermann      | 3        | W40 |                          | 00:51:11 |
| 235   | 214 |    | 1684 | Klaus       | Laumann      | 8        | M60 | VSK Osterholz-Scharmbeck | 00:51:11 |
| 236   |     | 22 | 1572 | Carmen      | Rohlf        | 6        | W30 | LC Hansa Stuhr Triwölfe  | 00:51:15 |

| Platz | M   | W  | Nr.  | Vorname         | Nachname   | AK-Platz | AK  | Verein                   | Zeit     |
|-------|-----|----|------|-----------------|------------|----------|-----|--------------------------|----------|
| 237   | 215 |    | 941  | Manfred         | Kohlhoff   | 39       | M50 |                          | 00:51:15 |
| 238   | 216 |    | 1553 | Tom             | Mryka      | 32       | M40 | Team Tom                 | 00:51:16 |
| 239   | 217 |    | 692  | Markus          | Jeske      | 36       | M45 | LC Hansa Stuhr Tri-Wölfe | 00:51:17 |
| 240   | 218 |    | 741  | Yasser          | Maslout    | 30       | M30 |                          | 00:51:18 |
| 241   | 219 |    | 867  | Norman          | Velte      | 32       | M35 |                          | 00:51:23 |
| 242   | 220 |    | 830  | Uwe             | Seemann    | 9        | M60 |                          | 00:51:26 |
| 243   | 221 |    | 1648 | Jörg            | Haberkorn  | 5        | M65 |                          | 00:51:26 |
| 244   | 222 |    | 620  | Andreas         | Dellke     | 19       | M55 |                          | 00:51:31 |
| 245   | 223 |    | 779  | Reinhard        | Prahm      | 40       | M50 |                          | 00:51:34 |
| 246   | 224 |    | 568  | Jost            | Westphal   | 41       | M50 |                          | 00:51:36 |
| 247   | 225 |    | 106  | Timo            | Cordes     | 33       | M35 | Team ERDINGER Alkohlfrei | 00:51:38 |
| 248   | 226 |    | 697  | Ward            | Keeler     | 3        | M70 |                          | 00:51:38 |
| 249   | 227 |    | 575  | Hartmut         | Wille      | 6        | M65 | Sportziel-Marathonteam   | 00:51:39 |
| 250   | 228 |    | 690  | Philipp         | Hornung    | 33       | M40 | Hospizverein Bremen      | 00:51:41 |
| 251   | 229 |    | 267  | Michael         | Kies       | 42       | M50 |                          | 00:51:42 |
| 252   | 230 |    | 736  | Patric          | Liebig     | 20       | M55 |                          | 00:51:43 |
| 253   | 231 |    | 1578 | Jürgen          | Schlussnus | 10       | M60 | Lauffreunde Schlussnus   | 00:51:44 |
| 254   | 232 |    | 126  | Stefan          | Dodenhoff  | 31       | M30 | Harpstedter TB Triathlon | 00:51:48 |
| 255   | 233 |    | 125  | Janik           | Dodenhoff  | 32       | M30 |                          | 00:51:48 |
| 256   | 234 |    | 508  | Gerd            | Stöver     | 21       | M55 | LT TV Schwanewede        | 00:51:49 |
| 257   | 235 |    | 807  | Stefan          | Schell     | 37       | M45 | SG Stern Bremen          | 00:51:50 |
| 258   | 236 |    | 578  | Sebastian       | Wöhlke     | 33       | M30 |                          | 00:51:51 |
| 259   |     | 23 | 800  | Anja            | Sabelhaus  | 4        | W35 |                          | 00:51:52 |
| 260   |     | 24 | 487  | Maria Katharina | Sell       | 5        | W20 | Triathlöwen Bremen       | 00:51:56 |
| 261   |     | 25 | 50   | Bettina         | Biendara   | 3        | W45 | LG Bremen-Nord           | 00:51:59 |
| 262   | 237 |    | 711  | Marcel          | Krämer     | 38       | M45 |                          | 00:52:00 |
| 263   | 238 |    | 582  | Emin            | Yilmaz     | 43       | M50 | SG Stern Bremen          | 00:52:06 |
| 264   | 239 |    | 255  | Klaus           | Kaemena    | 22       | M55 | Manaus AM                | 00:52:08 |
| 265   | 240 |    | 177  | Ronald          | Göhs       | 44       | M50 |                          | 00:52:09 |
| 266   | 241 |    | 732  | Otto            | Lehninger  | 23       | M55 |                          | 00:52:09 |
| 267   | 242 |    | 444  | Jochen          | Römer      | 1        | M75 |                          | 00:52:10 |
| 268   | 243 |    | 442  | Peter           | Ritzenhoff | 45       | M50 |                          | 00:52:16 |
| 269   | 244 |    | 783  | Benjamin        | Reichel    | 34       | M35 |                          | 00:52:17 |
| 270   | 245 |    | 1574 | Lars            | Roscher    | 34       | M30 |                          | 00:52:17 |
| 271   | 246 |    | 245  | Markus          | Jäger      | 39       | M45 |                          | 00:52:19 |
| 272   |     | 26 | 309  | Uta             | Kummer     | 3        | W50 | BTV1877                  | 00:52:26 |
| 273   |     | 27 | 556  | Diana           | Wehlau     | 4        | W45 |                          | 00:52:28 |
| 274   | 247 |    | 104  | Kevin           | Coors      | 15       | M20 |                          | 00:52:28 |
| 275   | 248 |    | 56   | Tobias          | Blödorn    | 16       | M20 |                          | 00:52:32 |
| 276   | 249 |    | 1669 | Thomas          | Knode      | 24       | M55 |                          | 00:52:32 |

| Platz      | M          | W  | Nr.       | Vorname      | Nachname        | AK-Platz | AK         | Verein                         | Zeit            |
|------------|------------|----|-----------|--------------|-----------------|----------|------------|--------------------------------|-----------------|
| 277        | 250        |    | 345       | Ingo         | Manz            | 11       | M60        | OT-Bremen                      | 00:52:35        |
| 278        | 251        |    | 609       | Detlef       | Brunssen        | 25       | M55        | it-workout                     | 00:52:35        |
| 279        | 252        |    | 559       | Sven         | Weihmann        | 40       | M45        |                                | 00:52:37        |
| 280        | 253        |    | 769       | Andrzej      | Patyra          | 26       | M55        |                                | 00:52:38        |
| 281        | 254        |    | 498       | Thomas       | Sprung          | 41       | M45        | Harpstedter TB Triathlon       | 00:52:40        |
| 282        |            | 28 | 1815      | Nora         | Behnke          | 4        | W40        |                                | 00:52:40        |
| 283        | 255        |    | 433       | Karlheinz    | Reichwald       | 7        | M65        |                                | 00:52:42        |
| 284        |            | 29 | 750       | Heike        | Meyer-Jodeit    | 2        | W55        | ATS Buntentor                  | 00:52:44        |
| 285        | 256        |    | 617       | Giacomo      | d'Antonio       | 35       | M35        | SV Werder Bremen               | 00:52:47        |
| 286        | 257        |    | 30        | Marco        | Bätjer          | 34       | M40        | Huchtinger Jungs               | 00:52:49        |
| 287        | 258        |    | 943       | Jörg         | Kraker          | 35       | M40        |                                | 00:52:52        |
| 288        |            | 30 | 607       | Kathrin      | Brönstrup       | 5        | W45        |                                | 00:52:55        |
| 289        |            | 31 | 683       | Imke         | Höke            | 7        | W30        |                                | 00:52:57        |
| 290        | 259        |    | 679       | Thorben      | Himmelskamp     | 35       | M30        | BSG Sparkasse Bremen           | 00:52:59        |
| 291        | 260        |    | 479       | Rolf         | Schumacher      | 42       | M45        |                                | 00:53:00        |
| 292        | 261        |    | 567       | Arno         | Wessalowski     | 43       | M45        |                                | 00:53:02        |
| 293        |            | 32 | 153       | Nicole       | Forster         | 4        | W50        | Sport-Ziel Marathonteam        | 00:53:02        |
| 294        | 262        |    | 938       | Tim          | Haar            | 17       | M20        |                                | 00:53:03        |
| 295        | 263        |    | 143       | Jens         | Fasel           | 27       | M55        | BP Running Cracks              | 00:53:04        |
| 296        | 264        |    | 278       | Alexander    | Kmita           | 36       | M40        |                                | 00:53:04        |
| 297        |            | 33 | 463       | Stefanie     | Schmidt         | 5        | W35        | NordLB                         | 00:53:05        |
| 298        | 265        |    | 227       | Dennis       | Hinz            | 36       | M35        | NordLB                         | 00:53:05        |
| 299        | 266        |    | 1603      | Hugo         | Wiggers         | 28       | M55        | BSG Sparkasse Bremen           | 00:53:05        |
| 300        | 267        |    | 929       | Jochen       | Landwehr        | 46       | M50        | VSK Osterholz-Scharmbeck       | 00:53:09        |
| 301        | 268        |    | 108       | Christian    | Creutzfeldt     | 37       | M35        |                                | 00:53:09        |
| 302        | 269        |    | 1560      | Ludger       | Norrenbrock     | 47       | M50        | Lebenshilfe - Wir bewegen uns! | 00:53:11        |
| 303        | 270        |    | 18        | Manfred      | Alpers          | 12       | M60        | TV Eiche Horn Bremen           | 00:53:13        |
| 304        | 271        |    | 1590      | Hartmut      | Stichel         | 8        | M65        |                                | 00:53:14        |
| <b>305</b> | <b>272</b> |    | <b>31</b> | <b>Anton</b> | <b>Bartling</b> | <b>9</b> | <b>M65</b> | <b>TSV-Schwarme</b>            | <b>00:53:22</b> |
| 306        |            | 34 | 97        | Jola         | Buschermöhle    | 6        | W45        | SG Stern Bremen                | 00:53:22        |
| 307        | 273        |    | 1680      | Stephan      | Kück            | 48       | M50        | TuS Tarmstedt                  | 00:53:22        |
| 308        |            | 35 | 17        | Daniela      | Albig-Syren     | 7        | W45        | TV Lilienthal                  | 00:53:23        |
| 309        |            | 36 | 1629      | Tanja        | Elmers          | 6        | W35        | Triathlöwen Bremen             | 00:53:23        |
| 310        | 274        |    | 650       | Andreas      | Gräfe           | 49       | M50        | R.A.F. Laufgruppe              | 00:53:23        |
| 311        | 275        |    | 455       | Marko        | Schade          | 44       | M45        | Racebooker                     | 00:53:24        |
| 312        | 276        |    | 130       | Hajo         | Edzards         | 50       | M50        |                                | 00:53:25        |
| 313        |            | 37 | 674       | Ulrike       | Heemsoth        | 8        | W45        | LG Hasenheide                  | 00:53:25        |
| 314        |            | 38 | 474       | Rabea        | Schüßler        | 1        | WJ         |                                | 00:53:26        |
| 315        | 277        |    | 121       | Olaf         | Dietze          | 29       | M55        | BTV Bremen                     | 00:53:27        |
| 316        | 278        |    | 595       | Mario        | Bauer           | 18       | M20        |                                | 00:53:32        |



| Platz | M   | W  | Nr.  | Vorname     | Nachname       | AK-Platz | AK  | Verein                              | Zeit     |
|-------|-----|----|------|-------------|----------------|----------|-----|-------------------------------------|----------|
| 317   | 279 |    | 260  | Bernd       | Kaukal         | 13       | M60 |                                     | 00:53:34 |
| 318   | 280 |    | 856  | Stefan      | Thiele         | 51       | M50 | OSC Bremerhaven                     | 00:53:37 |
| 319   | 281 |    | 490  | Christopher | Simmons        | 37       | M40 | Pain is temporary, glory is forever | 00:53:38 |
| 320   |     | 39 | 926  | Carmen      | Borgwardt      | 5        | W50 |                                     | 00:53:40 |
| 321   | 282 |    | 100  | Frank       | Schrage        | 52       | M50 |                                     | 00:53:44 |
| 322   | 283 |    | 356  | Jens        | Meyer          | 30       | M55 | ULC Sportsdome                      | 00:53:47 |
| 323   | 284 |    | 754  | Olaf        | Müller         | 45       | M45 | LG Hasenheide                       | 00:53:49 |
| 324   |     | 40 | 546  | Eva         | Voßhans        | 6        | W20 | Triathlon Club Bremen               | 00:53:52 |
| 325   | 285 |    | 1503 | Ralf        | Olschner       | 53       | M50 | Runners Schwafheim                  | 00:53:52 |
| 326   | 286 |    | 653  | Dirk        | Grollius       | 54       | M50 |                                     | 00:53:54 |
| 327   | 287 |    | 258  | Jens        | Kankel         | 55       | M50 | 1. TCO 'Die Bären' Oldenburg        | 00:53:54 |
| 328   | 288 |    | 113  | Matthias    | Daneke         | 31       | M55 | TSV Morsum                          | 00:53:57 |
| 329   | 289 |    | 1781 | Mitja       | Wagner         | 19       | M20 |                                     | 00:53:59 |
| 330   | 290 |    | 266  | Tobias      | Kiel           | 38       | M40 |                                     | 00:53:59 |
| 331   |     | 41 | 629  | Claudia     | Eidtmann       | 9        | W45 |                                     | 00:53:59 |
| 332   | 291 |    | 1760 | Sebastian   | Vetter         | 20       | M20 |                                     | 00:54:01 |
| 333   | 292 |    | 246  | Patrick     | Jahn           | 36       | M30 | LT TV Schwanewede                   | 00:54:03 |
| 334   | 293 |    | 1709 | Robert      | Robert Blank   | 46       | M45 | Bookholzberger TB                   | 00:54:03 |
| 335   | 294 |    | 394  | Fabian      | Paetzel        | 38       | M35 |                                     | 00:54:04 |
| 336   | 295 |    | 271  | Helmut      | Klaßen         | 56       | M50 |                                     | 00:54:04 |
| 337   | 296 |    | 652  | Stephan     | Groeneveld     | 57       | M50 |                                     | 00:54:06 |
| 338   | 297 |    | 1658 | Malte       | Hübner         | 39       | M40 |                                     | 00:54:07 |
| 339   | 298 |    | 35   | Jochen      | Behrens        | 58       | M50 |                                     | 00:54:08 |
| 340   | 299 |    | 847  | Christoph   | Stransky       | 47       | M45 |                                     | 00:54:09 |
| 341   | 300 |    | 324  | Thorsten    | Lewerentz      | 32       | M55 |                                     | 00:54:10 |
| 342   | 301 |    | 294  | Jens        | Kroggel-Beuter | 59       | M50 | Huchtinger Jungs                    | 00:54:10 |
| 343   | 302 |    | 518  | Eckhard     | Thiel          | 14       | M60 |                                     | 00:54:10 |
| 344   | 303 |    | 248  | Dennis      | Jakob          | 21       | M20 |                                     | 00:54:14 |
| 345   | 304 |    | 22   | Reiner      | Appeldorn      | 33       | M55 | FLIB Bremen e. V.                   | 00:54:15 |
| 346   |     | 42 | 1758 | Anna        | Mankowski      | 7        | W20 |                                     | 00:54:15 |
| 347   | 305 |    | 824  | Jannik      | Schulz         | 39       | M35 |                                     | 00:54:15 |
| 348   | 306 |    | 566  | Martin      | Werner         | 60       | M50 |                                     | 00:54:16 |
| 349   | 307 |    | 94   | Martin      | Budde          | 61       | M50 |                                     | 00:54:16 |
| 350   |     | 43 | 422  | Anne-Katrin | Preusche       | 8        | W30 |                                     | 00:54:17 |
| 351   |     | 44 | 1739 | Nina        | Winge          | 8        | W20 |                                     | 00:54:17 |
| 352   |     | 45 | 1501 | Irina       | Berthold       | 10       | W45 | BSG Sparkasse Bremen                | 00:54:19 |
| 353   | 308 |    | 202  | Thomas      | Hanke          | 34       | M55 | LT TV Schwanewede                   | 00:54:21 |
| 354   | 309 |    | 756  | Stefan      | Mütze          | 62       | M50 | Running Athlete Lübeck              | 00:54:22 |
| 355   |     | 46 | 532  | Martina     | Unger          | 3        | W55 | Gym80 Bassum                        | 00:54:23 |
| 356   | 310 |    | 1728 | Lars        | Theurich       | 40       | M35 |                                     | 00:54:27 |

| Platz | M   | W  | Nr.  | Vorname   | Nachname          | AK-Platz | AK  | Verein                          | Zeit     |
|-------|-----|----|------|-----------|-------------------|----------|-----|---------------------------------|----------|
| 357   | 311 |    | 600  | Ingo      | Behrens           | 48       | M45 | TSG Wörpedorf                   | 00:54:30 |
| 358   | 312 |    | 327  | Ingo      | Linder-Sprecher   | 35       | M55 | LTSV Bremen-Grohn               | 00:54:37 |
| 359   | 313 |    | 667  | Holger    | Holtz             | 63       | M50 |                                 | 00:54:42 |
| 360   | 314 |    | 722  | Sven      | Ladewig           | 36       | M55 |                                 | 00:54:46 |
| 361   | 315 |    | 602  | Endy      | Bonke             | 49       | M45 | Lauftreff Ganderkesee           | 00:54:47 |
| 362   | 316 |    | 492  | Holger    | Sitza             | 64       | M50 | BSG Sparkasse Bremen            | 00:54:49 |
| 363   | 317 |    | 81   | Jan       | Brandt            | 50       | M45 |                                 | 00:54:50 |
| 364   | 318 |    | 459  | Paul      | Schissler         | 10       | M65 | BSG Sparkasse Bremen            | 00:54:54 |
| 365   | 319 |    | 219  | Andreas   | Hennemann         | 65       | M50 |                                 | 00:54:54 |
| 366   |     | 47 | 1752 | Femke     | Liebich           | 7        | W35 |                                 | 00:54:55 |
| 367   |     | 48 | 853  | Aurelia   | Taubner           | 5        | W40 |                                 | 00:54:56 |
| 368   | 320 |    | 676  | Mike      | Hertes            | 66       | M50 |                                 | 00:54:56 |
| 369   | 321 |    | 793  | Wolfgang  | Riegel            | 4        | M70 |                                 | 00:54:56 |
| 370   |     | 49 | 767  | Adriana   | Pakos             | 9        | W30 |                                 | 00:54:57 |
| 371   | 322 |    | 815  | Klaus     | Malorny           | 51       | M45 |                                 | 00:54:58 |
| 372   |     | 50 | 517  | Bärbel    | Thiel             | 4        | W55 |                                 | 00:54:59 |
| 373   | 323 |    | 724  | Benoit    | Lami              | 40       | M40 |                                 | 00:55:00 |
| 374   | 324 |    | 596  | Arno      | Baum              | 15       | M60 |                                 | 00:55:00 |
| 375   |     | 51 | 1712 | Dinah     | Rohmer            | 11       | W45 | SV Werder Bremen                | 00:55:01 |
| 376   |     | 52 | 1714 | Alexandra | Rühl              | 12       | W45 |                                 | 00:55:01 |
| 377   | 325 |    | 1715 | Stephan   | Rühl              | 52       | M45 |                                 | 00:55:02 |
| 378   | 326 |    | 1963 | Markus    | Wienken           | 37       | M55 |                                 | 00:55:02 |
| 379   | 327 |    | 852  | Relief    | Tantzen           | 16       | M60 | SV Hepstedt/Breddorf            | 00:55:03 |
| 380   | 328 |    | 1731 | Wolfgang  | Vahle             | 38       | M55 |                                 | 00:55:09 |
| 381   | 329 |    | 188  | Jan       | Greune            | 39       | M55 | Tri Team Schwarme von 2010 e.V. | 00:55:10 |
| 382   | 330 |    | 1622 | Stefan    | Corssen-Katenkamp | 41       | M35 |                                 | 00:55:10 |
| 383   | 331 |    | 439  | Frank     | Richter           | 40       | M55 | LT TV Schwanewede               | 00:55:12 |
| 384   | 332 |    | 1639 | Gunnar    | Fricke            | 41       | M40 |                                 | 00:55:12 |
| 385   | 333 |    | 521  | Marc      | Tiedemann         | 37       | M30 | Polizei Bremerhaven             | 00:55:12 |
| 386   |     | 53 | 285  | Stafanie  | Kollmann          | 6        | W40 | BSG Sparkasse Bremen            | 00:55:16 |
| 387   | 334 |    | 581  | Harald    | Wrede             | 41       | M55 | BP Running Cracks               | 00:55:20 |
| 388   | 335 |    | 146  | Ralf      | Felkl             | 67       | M50 |                                 | 00:55:21 |
| 389   | 336 |    | 571  | Ulrich    | Wieker            | 68       | M50 |                                 | 00:55:22 |
| 390   |     | 54 | 916  | Kristin   | Hagestedt         | 10       | W30 | Sport Ziel Marathonteam         | 00:55:22 |
| 391   |     | 55 | 1786 | Tamina    | Preuß             | 11       | W30 |                                 | 00:55:24 |
| 392   | 337 |    | 59   | Mirco     | Börm              | 22       | M20 | HSB TriRunners                  | 00:55:24 |
| 393   |     | 56 | 515  | Nicole    | Tegtmeyer         | 13       | W45 |                                 | 00:55:27 |
| 394   |     | 57 | 892  | Anke      | Werner            | 6        | W50 | lustvolllaufenlernen            | 00:55:27 |
| 395   | 338 |    | 458  | Salvatore | Schinocca         | 53       | M45 |                                 | 00:55:28 |
| 396   | 339 |    | 417  | Michael   | Polle             | 42       | M55 |                                 | 00:55:29 |

| Platz | M   | W  | Nr.  | Vorname   | Nachname       | AK-Platz | AK  | Verein                  | Zeit     |
|-------|-----|----|------|-----------|----------------|----------|-----|-------------------------|----------|
| 397   | 340 |    | 272  | Christof  | Kleine         | 69       | M50 |                         | 00:55:32 |
| 398   |     | 58 | 1570 | Kirsten   | Rippe          | 7        | W40 | BSG Sparkasse Bremen    | 00:55:33 |
| 399   | 341 |    | 140  | Ismet     | Ertem          | 54       | M45 |                         | 00:55:35 |
| 400   | 342 |    | 220  | Michael   | Hensel         | 55       | M45 |                         | 00:55:35 |
| 401   | 343 |    | 632  | Michael   | Esen           | 43       | M55 |                         | 00:55:35 |
| 402   | 344 |    | 221  | Marco     | Hentrich-Hesse | 56       | M45 |                         | 00:55:36 |
| 403   | 345 |    | 93   | Jörg      | Budack         | 42       | M40 |                         | 00:55:37 |
| 404   | 346 |    | 354  | Thomas    | Metag          | 44       | M55 | TuS Varrel              | 00:55:41 |
| 405   |     | 59 | 353  | Claudia   | Metag          | 14       | W45 | TuS Varrel              | 00:55:43 |
| 406   | 347 |    | 1725 | Sebastian | Seeger         | 42       | M35 |                         | 00:55:44 |
| 407   | 348 |    | 305  | Christoph | Külpmann       | 57       | M45 |                         | 00:55:44 |
| 408   | 349 |    | 659  | Erwan     | Gérard-Knight  | 43       | M35 |                         | 00:55:45 |
| 409   | 350 |    | 179  | Björn     | Götsch-Dohle   | 45       | M55 |                         | 00:55:46 |
| 410   | 351 |    | 858  | Andreas   | Thoden         | 44       | M35 | AOK-Runner              | 00:55:50 |
| 411   | 352 |    | 765  | Sascha    | Oster          | 58       | M45 | it-workout              | 00:55:54 |
| 412   | 353 |    | 626  | Björn     | Domke          | 43       | M40 | Lübbs Lopers            | 00:55:54 |
| 413   |     | 60 | 661  | Tanja     | Häusler        | 15       | W45 |                         | 00:55:55 |
| 414   | 354 |    | 36   | Thomas    | Beinke         | 44       | M40 | Racebooker              | 00:55:55 |
| 415   | 355 |    | 399  | Lars      | Panschar       | 45       | M35 |                         | 00:56:00 |
| 416   | 356 |    | 502  | Hagen     | Steinbock      | 17       | M60 | Werder Bremen           | 00:56:00 |
| 417   |     | 61 | 563  | Simone    | Wempe          | 8        | W35 |                         | 00:56:00 |
| 418   |     | 62 | 262  | Nicole    | Kersting       | 9        | W35 |                         | 00:56:02 |
| 419   | 357 |    | 1606 | Heiko     | Adler          | 70       | M50 | Sport Ziel-Marathonteam | 00:56:02 |
| 420   |     | 63 | 434  | Annika    | Reinecke       | 8        | W40 |                         | 00:56:04 |
| 421   | 358 |    | 842  | Jörg      | Stellamanns    | 71       | M50 | Lübbs Lopers            | 00:56:05 |
| 422   | 359 |    | 1544 | Werner    | Krampe-Decker  | 11       | M65 | Sport Ziel-Marathonteam | 00:56:05 |
| 423   | 360 |    | 1776 | Lukas     | Freericks      | 38       | M30 |                         | 00:56:05 |
| 424   | 361 |    | 1740 | Wilfried  | Worschech      | 18       | M60 |                         | 00:56:06 |
| 425   |     | 64 | 241  | Marlene   | Hurrelmeyer    | 9        | W20 |                         | 00:56:06 |
| 426   | 362 |    | 860  | N         | N              | 23       | M20 | TT Projeitit            | 00:56:06 |
| 427   | 363 |    | 90   | Ralf      | Buchenau       | 46       | M55 | TV Eiche Horn Bremen    | 00:56:13 |
| 428   | 364 |    | 349  | Niko      | Melchin        | 72       | M50 |                         | 00:56:17 |
| 429   | 365 |    | 788  | Marlon    | Reubold        | 39       | M30 |                         | 00:56:17 |
| 430   | 366 |    | 726  | Thomas    | Lange          | 73       | M50 | Sport Ziel-Marathonteam | 00:56:17 |
| 431   |     | 65 | 1748 | Kea       | Egbert         | 12       | W30 |                         | 00:56:17 |
| 432   | 367 |    | 586  | Klaus     | Zimmermann     | 74       | M50 |                         | 00:56:20 |
| 433   | 368 |    | 350  | Friedrich | Mersch         | 19       | M60 | FLIB Bremen e. V.       | 00:56:20 |
| 434   | 369 |    | 866  | Carsten   | van Vügt       | 45       | M40 |                         | 00:56:23 |
| 435   | 370 |    | 440  | Felix     | Richter-Hebel  | 5        | M70 |                         | 00:56:23 |
| 436   | 371 |    | 103  | Jonas     | Clasen         | 4        | MJ  | LT TV Schwanewede       | 00:56:25 |

| Platz | M   | W  | Nr.  | Vorname    | Nachname       | AK-Platz | AK  | Verein                         | Zeit     |
|-------|-----|----|------|------------|----------------|----------|-----|--------------------------------|----------|
| 437   | 372 |    | 1568 | Helmut     | Reichert       | 20       | M60 |                                | 00:56:27 |
| 438   | 373 |    | 625  | Carsten    | Dohrmann       | 47       | M55 | BTV1877                        | 00:56:29 |
| 439   |     | 66 | 503  | Heide      | Steinhäuser    | 7        | W50 |                                | 00:56:31 |
| 440   | 374 |    | 927  | Jan Ove    | Ripke          | 40       | M30 |                                | 00:56:31 |
| 441   | 375 |    | 920  | Benoit     | Fleury         | 41       | M30 | Airbus                         | 00:56:32 |
| 442   |     | 67 | 1588 | Kersten    | Sommer-Schmidt | 5        | W55 | LG Kreis Verden                | 00:56:34 |
| 443   |     | 68 | 1788 | Ayleen     | Lang           | 1        | SI  |                                | 00:56:35 |
| 444   | 376 |    | 635  | Nils       | Festersen      | 46       | M40 |                                | 00:56:38 |
| 445   | 377 |    | 673  | Bernd      | Hedenkamp      | 21       | M60 | Lauffreunde Hude               | 00:56:42 |
| 446   |     | 69 | 881  | Ivonne     | Wartenberg     | 9        | W40 |                                | 00:56:44 |
| 447   |     | 70 | 358  | Stephanie  | Meyer          | 10       | W35 |                                | 00:56:44 |
| 448   | 378 |    | 1616 | Reinhard   | Burmeister     | 6        | M70 |                                | 00:56:48 |
| 449   | 379 |    | 1796 | Andreas    | Dieckvoß       | 48       | M55 |                                | 00:56:50 |
| 450   | 380 |    | 1569 | Peter      | Reisinger      | 49       | M55 | Lebenshilfe - Wir bewegen uns! | 00:56:50 |
| 451   |     | 71 | 452  | Stephanie  | Ruckgaber      | 13       | W30 | FLIB Bremen e. V.              | 00:56:51 |
| 452   | 381 |    | 91   | Michael    | Buchholz       | 7        | M70 | TSV-Schwarme                   | 00:56:55 |
| 453   | 382 |    | 264  | Jürgen     | Kettler        | 22       | M60 |                                | 00:56:55 |
| 454   |     | 72 | 1782 | Tanja      | Bübert         | 16       | W45 |                                | 00:56:57 |
| 455   |     | 73 | 1780 | Larissa    | Gezgin         | 11       | W35 |                                | 00:56:58 |
| 456   |     | 74 | 642  | Lotta      | Gäwert         | 12       | W35 |                                | 00:57:02 |
| 457   |     | 75 | 539  | Claudia    | Vetter         | 8        | W50 |                                | 00:57:03 |
| 458   |     | 76 | 1515 | Nicole     | Engelhardt     | 14       | W30 | Team Tom                       | 00:57:03 |
| 459   |     | 77 | 409  | Nicole     | Philipp        | 13       | W35 |                                | 00:57:04 |
| 460   | 383 |    | 1645 | Christian  | Gronau         | 59       | M45 |                                | 00:57:08 |
| 461   | 384 |    | 198  | Ansgar     | Habel          | 46       | M35 |                                | 00:57:09 |
| 462   |     | 78 | 1742 | Beate      | Janßen         | 9        | W50 |                                | 00:57:11 |
| 463   | 385 |    | 675  | Andreas    | Hering         | 75       | M50 |                                | 00:57:12 |
| 464   | 386 |    | 226  | Ralf       | Hillmann       | 76       | M50 | LT TV Schwanewede              | 00:57:12 |
| 465   | 387 |    | 1592 | Marc       | Stindt         | 60       | M45 |                                | 00:57:15 |
| 466   | 388 |    | 812  | Björn      | Schlenker      | 47       | M35 |                                | 00:57:18 |
| 467   | 389 |    | 501  | Manfred    | Stehmeier      | 12       | M65 |                                | 00:57:22 |
| 468   | 390 |    | 797  | Sven       | Rudolph        | 61       | M45 |                                | 00:57:24 |
| 469   | 391 |    | 630  | Maximilian | Eismann        | 24       | M20 |                                | 00:57:24 |
| 470   | 392 |    | 55   | Joachim    | Bleckwehl      | 13       | M65 |                                | 00:57:25 |
| 471   |     | 79 | 545  | Sylke      | von Raven      | 10       | W50 |                                | 00:57:33 |
| 472   | 393 |    | 404  | Ralph      | Paulsen        | 50       | M55 |                                | 00:57:34 |
| 473   |     | 80 | 252  | Stephanie  | Jordan         | 11       | W50 |                                | 00:57:34 |
| 474   | 394 |    | 359  | Wolfgang   | Meyer          | 51       | M55 |                                | 00:57:35 |
| 475   | 395 |    | 806  | Tim        | Schaffarzyk    | 48       | M35 |                                | 00:57:38 |
| 476   |     | 81 | 719  | Ramona     | Ksienzyk       | 10       | W40 |                                | 00:57:39 |

| Platz | M   | W  | Nr.  | Vorname     | Nachname       | AK-Platz | AK  | Verein                              | Zeit     |
|-------|-----|----|------|-------------|----------------|----------|-----|-------------------------------------|----------|
| 477   | 396 |    | 696  | Lucas       | Seiler         | 49       | M35 | Pain is temporary, glory is forever | 00:57:40 |
| 478   | 397 |    | 1303 | Ralf        | Parensen       | 52       | M55 |                                     | 00:57:40 |
| 479   |     | 82 | 379  | Maria       | Neubauer       | 14       | W35 | LC Hansa Stuhr                      | 00:57:45 |
| 480   | 398 |    | 154  | Steffen     | Fresemann      | 50       | M35 |                                     | 00:57:45 |
| 481   |     | 83 | 450  | Anke        | Rotzoll        | 12       | W50 | TV Baden                            | 00:57:45 |
| 482   | 399 |    | 1747 | Harald      | Müller         | 77       | M50 |                                     | 00:57:46 |
| 483   | 400 |    | 397  | Reiner      | Pahlsbröker    | 53       | M55 | Racebooker                          | 00:57:46 |
| 484   | 401 |    | 79   | Volker      | Brandhorst     | 54       | M55 |                                     | 00:57:47 |
| 485   |     | 84 | 159  | Astrid      | Gadau          | 17       | W45 |                                     | 00:57:49 |
| 486   | 402 |    | 499  | Patrick     | Staffhorst     | 42       | M30 | Die Kraniche e.V.                   | 00:57:52 |
| 487   |     | 85 | 186  | Christiane  | Gregor         | 13       | W50 | NordLB                              | 00:57:52 |
| 488   | 403 |    | 875  | Oliver      | Waldleben      | 62       | M45 | AOK-Runner                          | 00:57:55 |
| 489   |     | 86 | 1723 | Charlotte   | Schumacher     | 10       | W20 |                                     | 00:57:57 |
| 490   | 404 |    | 1636 | Caspar      | Feest          | 78       | M50 |                                     | 00:58:00 |
| 491   | 405 |    | 190  | Wolfgang    | Gropp          | 23       | M60 | LG Kreis Verden                     | 00:58:02 |
| 492   | 406 |    | 840  | Kai         | Steiner        | 79       | M50 |                                     | 00:58:02 |
| 493   | 407 |    | 1576 | Jens        | Samtleben      | 80       | M50 |                                     | 00:58:04 |
| 494   |     | 87 | 230  | Heike       | Hochleitner    | 14       | W50 |                                     | 00:58:07 |
| 495   | 408 |    | 1675 | Marcel      | Kropp          | 51       | M35 | swb-runners                         | 00:58:07 |
| 496   | 409 |    | 744  | Siegbert    | Mess           | 24       | M60 |                                     | 00:58:08 |
| 497   | 410 |    | 346  | Martin      | Maßmann-Peters | 55       | M55 | ATS Buntentor Bremen                | 00:58:12 |
| 498   | 411 |    | 307  | Jürgen      | Kuhlmann       | 81       | M50 | Pusdorfer laufftreff                | 00:58:14 |
| 499   | 412 |    | 1746 | Matti       | Von Harten     | 43       | M30 | AOK                                 | 00:58:15 |
| 500   |     | 88 | 1707 | Monika      | Reker          | 18       | W45 | HAI-Marathon Botschafter 2019       | 00:58:18 |
| 501   | 413 |    | 772  | Bernd       | Philipp        | 25       | M60 |                                     | 00:58:22 |
| 502   | 414 |    | 514  | Ingo        | Take           | 82       | M50 |                                     | 00:58:24 |
| 503   | 415 |    | 684  | Sven        | Hövelmann      | 63       | M45 | hanseWasser Bremen                  | 00:58:24 |
| 504   | 416 |    | 720  | Torsten     | Kuper          | 83       | M50 |                                     | 00:58:27 |
| 505   | 417 |    | 561  | Frank       | Wellbrock      | 84       | M50 | Racebooker - Wir tun es laufend...  | 00:58:29 |
| 506   |     | 89 | 693  | Rosa        | Jost           | 15       | W50 |                                     | 00:58:30 |
| 507   | 418 |    | 682  | Christian   | Höke           | 47       | M40 |                                     | 00:58:30 |
| 508   |     | 90 | 923  | Kristin     | Schumacher     | 15       | W30 |                                     | 00:58:31 |
| 509   | 419 |    | 332  | Thomas      | Loch           | 52       | M35 |                                     | 00:58:31 |
| 510   | 420 |    | 614  | Lüder       | Busekros       | 26       | M60 | SV Hepstedt/Breddorf                | 00:58:32 |
| 511   | 421 |    | 448  | Julian      | Roschen        | 25       | M20 | Triathlöwen Bremen                  | 00:58:35 |
| 512   | 422 |    | 13   | Christoffer | Arnold         | 64       | M45 | Deich Daddler                       | 00:58:35 |
| 513   |     | 91 | 77   | Isabel      | Nullmeyer      | 19       | W45 | Deich Daddler                       | 00:58:35 |
| 514   | 423 |    | 483  | Ronald      | Schween        | 56       | M55 |                                     | 00:58:36 |
| 515   | 424 |    | 1976 | Frank       | Eichel         | 48       | M40 |                                     | 00:58:40 |
| 516   | 425 |    | 446  | Christian   | Rolf           | 57       | M55 | SV Bremen 10                        | 00:58:41 |

| Platz | M   | W   | Nr.  | Vorname   | Nachname        | AK-Platz | AK  | Verein                         | Zeit     |
|-------|-----|-----|------|-----------|-----------------|----------|-----|--------------------------------|----------|
| 517   | 426 |     | 1510 | Jens      | Dreesmann       | 85       | M50 |                                | 00:58:41 |
| 518   | 427 |     | 281  | Klaus     | Koehler         | 58       | M55 | Delmenhorster TV               | 00:58:45 |
| 519   | 428 |     | 887  | Benny     | Weiß            | 44       | M30 | BENICIS                        | 00:58:49 |
| 520   | 429 |     | 1557 | Sebastian | Naumenko        | 45       | M30 |                                | 00:58:49 |
| 521   |     | 92  | 1528 | Adelin    | Hoffmann        | 16       | W50 |                                | 00:58:49 |
| 522   | 430 |     | 62   | Holger    | Röder           | 27       | M60 |                                | 00:58:50 |
| 523   | 431 |     | 1657 | Remo      | Hirschel        | 49       | M40 |                                | 00:58:52 |
| 524   |     | 93  | 225  | Birgit    | Hilken          | 20       | W45 |                                | 00:58:54 |
| 525   | 432 |     | 1775 | Frank     | Münsterberg     | 28       | M60 |                                | 00:58:56 |
| 526   |     | 94  | 165  | Nicole    | Garbers         | 15       | W35 | LC Hansa Stuhr                 | 00:58:56 |
| 527   |     | 95  | 1759 | Maria     | Dr. Heller      | 16       | W30 | SV Rotterode                   | 00:58:57 |
| 528   | 433 |     | 540  | Thomas    | Vetter          | 65       | M45 |                                | 00:58:59 |
| 529   | 434 |     | 896  | Frank     | Wöhlbrandt      | 86       | M50 | Bremer Sport Club              | 00:59:00 |
| 530   | 435 |     | 205  | Stefan    | Harmsen         | 66       | M45 | LT TV Schwanewede              | 00:59:02 |
| 531   | 436 |     | 1625 | Jan-Dirk  | Dikstaal        | 53       | M35 |                                | 00:59:03 |
| 532   |     | 96  | 491  | Hannah    | Simon           | 17       | W30 |                                | 00:59:05 |
| 533   |     | 97  | 372  | Meike     | Müller-Wöhrmann | 11       | W40 | Bockhorner Käsebrote           | 00:59:06 |
| 534   |     | 98  | 426  | Nicole    | Raming          | 12       | W40 | Bockhorner Käsebrote           | 00:59:06 |
| 535   |     | 99  | 810  | Carolin   | Schiffelbein    | 11       | W20 |                                | 00:59:06 |
| 536   | 437 |     | 832  | Jürgen    | Seifert         | 87       | M50 |                                | 00:59:07 |
| 537   |     | 100 | 879  | Emily     | Wanzek          | 2        | WJ  |                                | 00:59:08 |
| 538   |     | 101 | 861  | Katrin    | Toetzke         | 17       | W50 | ÖVB Versicherungen             | 00:59:08 |
| 539   |     | 102 | 314  | Angelika  | Langkusch       | 2        | W60 | TSV-Wallhöfen                  | 00:59:08 |
| 540   |     | 103 | 468  | Linda     | Schrand         | 16       | W35 |                                | 00:59:11 |
| 541   |     | 104 | 299  | Meike     | Kübler          | 12       | W20 |                                | 00:59:19 |
| 542   | 438 |     | 705  | Peter     | Köhler          | 67       | M45 |                                | 00:59:21 |
| 543   | 439 |     | 1640 | Michael   | George          | 88       | M50 |                                | 00:59:22 |
| 544   | 440 |     | 1766 | Henrik    | Stresu          | 50       | M40 |                                | 00:59:25 |
| 545   |     | 105 | 427  | Susanne   | Rau             | 18       | W50 |                                | 00:59:27 |
| 546   | 441 |     | 428  | Thomas    | Rau             | 59       | M55 |                                | 00:59:27 |
| 547   | 442 |     | 47   | Florian   | Bertzbach       | 89       | M50 |                                | 00:59:27 |
| 548   | 443 |     | 1550 | Florian   | Macke           | 68       | M45 |                                | 00:59:29 |
| 549   | 444 |     | 242  | Henning   | Huth            | 69       | M45 |                                | 00:59:29 |
| 550   | 445 |     | 637  | Jens      | Focke           | 29       | M60 | ACTIC Fitness, Bremen          | 00:59:32 |
| 551   | 446 |     | 1532 | Preben    | Jacobsen        | 90       | M50 | Lebenshilfe - Wir bewegen uns! | 00:59:33 |
| 552   | 447 |     | 743  | Stephan   | Mencke          | 70       | M45 |                                | 00:59:34 |
| 553   | 448 |     | 112  | Bernd-M.  | Damitz          | 14       | M65 | SGFindorff-Bremen              | 00:59:35 |
| 554   | 449 |     | 494  | Günter    | Sobota          | 15       | M65 | BSG Sparkasse Bremen           | 00:59:37 |
| 555   |     | 106 | 685  | Franziska | Hoffmeister     | 18       | W30 |                                | 00:59:38 |
| 556   |     | 107 | 1699 | Nadine    | Nadine Schliep  | 13       | W40 |                                | 00:59:41 |

| Platz | M   | W   | Nr.  | Vorname   | Nachname    | AK-Platz | AK  | Verein                             | Zeit     |
|-------|-----|-----|------|-----------|-------------|----------|-----|------------------------------------|----------|
| 557   |     | 108 | 363  | Yvonne    | Mills       | 21       | W45 |                                    | 00:59:41 |
| 558   | 450 |     | 638  | Matthias  | Fonger      | 91       | M50 |                                    | 00:59:41 |
| 559   | 451 |     | 1653 | Klaus     | Heidkross   | 60       | M55 | SG Stern Bremen                    | 00:59:43 |
| 560   | 452 |     | 322  | Meik      | Leptien     | 71       | M45 |                                    | 00:59:46 |
| 561   |     | 109 | 608  | Antje     | Brüning     | 19       | W50 | Racebooker - Wir tun es laufend... | 00:59:49 |
| 562   |     | 110 | 1753 | Verena    | Scherf      | 14       | W40 | Weyher Laufftreff                  | 00:59:49 |
| 563   | 453 |     | 1562 | Heinrich  | Orgass      | 16       | M65 |                                    | 00:59:51 |
| 564   | 454 |     | 857  | Thorsten  | Thielert    | 30       | M60 |                                    | 00:59:51 |
| 565   | 455 |     | 855  | Christian | Tessarek    | 51       | M40 | SVGO Bremen                        | 00:59:56 |
| 566   | 456 |     | 466  | Roger     | Schöning    | 72       | M45 | LT TV Schwanewede                  | 01:00:07 |
| 567   | 457 |     | 1810 | Jannis    | Schubert    | 2        | S   |                                    | 01:00:08 |
| 568   | 458 |     | 821  | Frank     | Schubert    | 61       | M55 |                                    | 01:00:08 |
| 569   |     | 111 | 66   | Janina    | Bohling     | 19       | W30 |                                    | 01:00:09 |
| 570   | 459 |     | 182  | Marcel    | Gräbner     | 46       | M30 |                                    | 01:00:09 |
| 571   | 460 |     | 512  | Michael   | Syren       | 92       | M50 |                                    | 01:00:10 |
| 572   | 461 |     | 156  | Patrick   | Frey        | 54       | M35 | TuS Varrel                         | 01:00:11 |
| 573   | 462 |     | 214  | David     | Heine       | 47       | M30 |                                    | 01:00:12 |
| 574   | 463 |     | 519  | Frank     | Thiemann    | 93       | M50 | swb runners                        | 01:00:14 |
| 575   |     | 112 | 467  | Inga      | Schrader    | 17       | W35 |                                    | 01:00:17 |
| 576   | 464 |     | 374  | Torsten   | Mund        | 48       | M30 |                                    | 01:00:19 |
| 577   |     | 113 | 1754 | Lys       | Wilhening   | 15       | W40 | TV Lilienthal                      | 01:00:20 |
| 578   |     | 114 | 1584 | Jessica   | Schulz      | 18       | W35 |                                    | 01:00:21 |
| 579   |     | 115 | 619  | Katja     | Dahme       | 16       | W40 | Ftsv Jahn Brinkum                  | 01:00:21 |
| 580   | 465 |     | 203  | Stefan    | Hannemann   | 62       | M55 |                                    | 01:00:24 |
| 581   | 466 |     | 300  | Carsten   | Kühl        | 73       | M45 |                                    | 01:00:24 |
| 582   | 467 |     | 922  | Nonito    | Capuno      | 55       | M35 |                                    | 01:00:25 |
| 583   | 468 |     | 344  | Georg     | Mai         | 31       | M60 | Racebooker                         | 01:00:30 |
| 584   | 469 |     | 268  | Bernhard  | Kindler     | 74       | M45 |                                    | 01:00:31 |
| 585   | 470 |     | 623  | Joel      | Dietz       | 5        | MJ  | AOK-Runner                         | 01:00:32 |
| 586   |     | 116 | 391  | Maike     | Onken       | 20       | W30 | NordLB                             | 01:00:33 |
| 587   |     | 117 | 616  | Marlen    | Cordes      | 21       | W30 |                                    | 01:00:36 |
| 588   |     | 118 | 1798 | Heike     | Schuncke    | 6        | W55 | Bassen                             | 01:00:41 |
| 589   | 471 |     | 210  | Axel      | Hauschild   | 75       | M45 | Ulmenweg Runners                   | 01:00:41 |
| 590   | 472 |     | 1678 | Evgeny    | Kudrov      | 49       | M30 |                                    | 01:00:50 |
| 591   | 473 |     | 1552 | Erich     | Moldenhauer | 94       | M50 | Lebenshilfe - Wir bewegen uns!     | 01:00:50 |
| 592   |     | 119 | 343  | Andrea    | Mahnken     | 20       | W50 |                                    | 01:00:52 |
| 593   | 474 |     | 610  | Michael   | Burgmann    | 32       | M60 | Bremer Lauffreunde                 | 01:00:52 |
| 594   | 475 |     | 1799 | Jens      | Schauer     | 95       | M50 | Lt Ottersberg                      | 01:00:52 |
| 595   | 476 |     | 725  | Erwin     | Lange       | 17       | M65 | Laufftreff Ottersberg              | 01:00:53 |
| 596   | 477 |     | 729  | Andre     | Laukstadt   | 52       | M40 |                                    | 01:00:55 |

| Platz | M   | W   | Nr.  | Vorname       | Nachname     | AK-Platz | AK  | Verein                   | Zeit     |
|-------|-----|-----|------|---------------|--------------|----------|-----|--------------------------|----------|
| 597   |     | 120 | 548  | Nicole        | Wagner       | 17       | W40 |                          | 01:00:55 |
| 598   | 478 |     | 148  | Lars          | Feuersaenger | 63       | M55 | Triathlon Club Bremen    | 01:00:59 |
| 599   | 479 |     | 1409 | Cevin         | Czisch       | 76       | M45 |                          | 01:01:02 |
| 600   | 480 |     | 910  | Martin        | Schreiber    | 53       | M40 |                          | 01:01:03 |
| 601   | 481 |     | 1741 | Andres        | Buhrdorf     | 77       | M45 |                          | 01:01:03 |
| 602   | 482 |     | 817  | Matthias      | Schmidt      | 78       | M45 |                          | 01:01:06 |
| 603   | 483 |     | 689  | Andreas       | Horn         | 96       | M50 | BSC Grünhöfe and Friends | 01:01:07 |
| 604   | 484 |     | 371  | Thomas        | Müller       | 97       | M50 | Team Laufcampus (TEA)    | 01:01:08 |
| 605   | 485 |     | 1802 | Michael       | Franzmann    | 79       | M45 |                          | 01:01:08 |
| 606   |     | 121 | 1672 | Iana          | Koch         | 22       | W30 |                          | 01:01:08 |
| 607   |     | 122 | 1664 | Miriam        | Kayser       | 23       | W30 |                          | 01:01:08 |
| 608   | 486 |     | 402  | Franz-Josef   | Pape         | 64       | M55 | DTB Delmenhorst          | 01:01:08 |
| 609   | 487 |     | 1801 | Martin        | Rutsatz      | 80       | M45 |                          | 01:01:09 |
| 610   | 488 |     | 796  | Ingolf        | Rudolph      | 8        | M70 |                          | 01:01:17 |
| 611   | 489 |     | 507  | Friedhelm     | Stemberg     | 65       | M55 | LT TV Schwanewede        | 01:01:18 |
| 612   |     | 123 | 133  | Kirsten       | Eisele       | 7        | W55 | LT TV Schwanewede        | 01:01:20 |
| 613   |     | 124 | 728  | Syrina        | Laubvogel    | 24       | W30 |                          | 01:01:22 |
| 614   |     | 125 | 465  | Tomke         | Schöckel     | 25       | W30 |                          | 01:01:25 |
| 615   | 490 |     | 760  | Marco         | Niebur       | 54       | M40 |                          | 01:01:28 |
| 616   |     | 126 | 72   | Nathalie      | Boost        | 13       | W20 |                          | 01:01:28 |
| 617   |     | 127 | 773  | Linda         | Pixa         | 26       | W30 |                          | 01:01:28 |
| 618   |     | 128 | 335  | Yixin         | Lu           | 18       | W40 |                          | 01:01:31 |
| 619   | 491 |     | 771  | Olaf          | Peters       | 81       | M45 |                          | 01:01:32 |
| 620   |     | 129 | 739  | Claudia       | Mahr         | 14       | W20 |                          | 01:01:33 |
| 621   |     | 130 | 742  | Julie         | Meiland      | 27       | W30 |                          | 01:01:36 |
| 622   | 492 |     | 456  | Jörg          | Scheffler    | 66       | M55 | BSG Sparkasse Bremen     | 01:01:37 |
| 623   | 493 |     | 1804 | Vassilios     | Kardalinos   | 98       | M50 |                          | 01:01:37 |
| 624   | 494 |     | 414  | Ulrich        | Piontek      | 99       | M50 |                          | 01:01:38 |
| 625   | 495 |     | 395  | Frank         | Pätzold      | 100      | M50 | FLIB Bremen e.V.         | 01:01:41 |
| 626   |     | 131 | 340  | Petra         | Lühns        | 3        | W60 | LT TV Schwanewede        | 01:01:42 |
| 627   | 496 |     | 387  | Uwe-Friedrich | Obsen        | 2        | M75 |                          | 01:01:43 |
| 628   |     | 132 | 78   | Jennifer      | Brandes      | 15       | W20 |                          | 01:01:45 |
| 629   |     | 133 | 123  | Anna          | Dittmar      | 16       | W20 |                          | 01:01:45 |
| 630   | 497 |     | 163  | Malte         | Galus        | 26       | M20 |                          | 01:01:47 |
| 631   |     | 134 | 25   | Sonka         | Aßmus        | 19       | W35 | RG Sprinter Emden        | 01:01:47 |
| 632   |     | 135 | 137  | Silke         | Engelke      | 22       | W45 | LT TV Schwanewede        | 01:01:48 |
| 633   |     | 136 | 124  | Maike         | Doden        | 23       | W45 | Triathlon Club Bremen    | 01:01:48 |
| 634   | 498 |     | 496  | Tim           | Spence       | 33       | M60 |                          | 01:01:48 |
| 635   | 499 |     | 905  | Ingo          | Kaiser       | 82       | M45 |                          | 01:01:53 |
| 636   | 500 |     | 1666 | Frank         | Kettelhake   | 83       | M45 |                          | 01:01:53 |



| Platz | M   | W   | Nr.  | Vorname     | Nachname    | AK-Platz | AK  | Verein                        | Zeit     |
|-------|-----|-----|------|-------------|-------------|----------|-----|-------------------------------|----------|
| 637   | 501 |     | 484  | Fred        | Schwenzer   | 101      | M50 | BSG Sparkasse Bremen          | 01:01:55 |
| 638   | 502 |     | 161  | Florian     | Gaisendrees | 56       | M35 |                               | 01:01:56 |
| 639   | 503 |     | 649  | Niels       | Gogler      | 50       | M30 |                               | 01:01:59 |
| 640   | 504 |     | 702  | Dimitrij    | Knelsen     | 57       | M35 |                               | 01:02:00 |
| 641   | 505 |     | 913  | Albert      | Zimmermann  | 51       | M30 |                               | 01:02:00 |
| 642   |     | 137 | 1682 | Heike       | Kunert      | 21       | W50 |                               | 01:02:00 |
| 643   | 506 |     | 1816 | Sven        | Döscher     | 55       | M40 |                               | 01:02:00 |
| 644   | 507 |     | 181  | Georg       | Gottwald    | 9        | M70 |                               | 01:02:00 |
| 645   | 508 |     | 1660 | Marko       | Jakob       | 56       | M40 | Lauffreunde Hude              | 01:02:01 |
| 646   | 509 |     | 23   | Jens        | Arndt       | 102      | M50 |                               | 01:02:02 |
| 647   |     | 138 | 1611 | Nele        | Bohlken     | 28       | W30 |                               | 01:02:03 |
| 648   |     | 139 | 337  | Susanne     | Lücken      | 8        | W55 |                               | 01:02:08 |
| 649   |     | 140 | 1727 | Maren       | Thalmann    | 22       | W50 | LG Kreis Verden               | 01:02:10 |
| 650   |     | 141 | 196  | Claudia     | Gutjahr     | 24       | W45 |                               | 01:02:10 |
| 651   |     | 142 | 761  | Karin       | Noetzel     | 23       | W50 | FLIB Bremen e.V.              | 01:02:13 |
| 652   | 510 |     | 407  | Wolfgang    | Petersen    | 10       | M70 |                               | 01:02:13 |
| 653   | 511 |     | 848  | Bernt       | Stüve       | 84       | M45 | it-workout                    | 01:02:19 |
| 654   |     | 143 | 235  | Britta      | Hoppe       | 25       | W45 | BSG Sparkasse Bremen          | 01:02:20 |
| 655   | 512 |     | 790  | Abdelmoumen | Ribag       | 57       | M40 | it-workout                    | 01:02:20 |
| 656   | 513 |     | 237  | Siegfried   | Horn        | 18       | M65 |                               | 01:02:21 |
| 657   |     | 144 | 1504 | Hendrikje   | Brüning     | 29       | W30 |                               | 01:02:21 |
| 658   | 514 |     | 746  | Frank       | Meyer       | 19       | M65 |                               | 01:02:23 |
| 659   |     | 145 | 63   | Daniela     | Böttcher    | 26       | W45 |                               | 01:02:25 |
| 660   |     | 146 | 435  | Daniela     | Reinhardt   | 19       | W40 |                               | 01:02:25 |
| 661   | 515 |     | 774  | Stephan     | Pleyn       | 67       | M55 |                               | 01:02:26 |
| 662   |     | 147 | 587  | Astrid      | Zschaler    | 24       | W50 | SV Bremen 10                  | 01:02:27 |
| 663   | 516 |     | 239  | Thomas      | Hübler      | 68       | M55 |                               | 01:02:27 |
| 664   |     | 148 | 160  | Sabine      | Gäthje      | 25       | W50 | Bremen 1860/therafit          | 01:02:28 |
| 665   |     | 149 | 528  | Carola      | Titgemeyer  | 27       | W45 |                               | 01:02:28 |
| 666   | 517 |     | 839  | Ole         | Stehmeier   | 58       | M35 |                               | 01:02:32 |
| 667   |     | 150 | 1679 | Marlene     | Kudrov      | 30       | W30 |                               | 01:02:32 |
| 668   |     | 151 | 931  | Fiona       | Moore       | 20       | W40 |                               | 01:02:33 |
| 669   | 518 |     | 1627 | Michael     | Duhn        | 85       | M45 |                               | 01:02:34 |
| 670   |     | 152 | 311  | Anke        | Landwehr    | 26       | W50 | FLIB Bremen e. V.             | 01:02:35 |
| 671   | 519 |     | 654  | Markus      | Grütter     | 58       | M40 |                               | 01:02:36 |
| 672   |     | 153 | 276  | Irina       | Klinke      | 21       | W40 |                               | 01:02:36 |
| 673   |     | 154 | 1717 | Sandra      | Szarafinski | 31       | W30 | Schutzengel für Mukoviszidose | 01:02:46 |
| 674   | 520 |     | 805  | Ernst       | Schaffarzyk | 20       | M65 |                               | 01:02:48 |
| 675   |     | 155 | 865  | Monika      | van Münster | 20       | W35 |                               | 01:02:49 |
| 676   |     | 156 | 1615 | Mareike     | Büßel       | 17       | W20 |                               | 01:02:49 |

| Platz | M   | W   | Nr.  | Vorname     | Nachname        | AK-Platz | AK  | Verein                          | Zeit     |
|-------|-----|-----|------|-------------|-----------------|----------|-----|---------------------------------|----------|
| 677   |     | 157 | 454  | Scholz-Kant | Sandra          | 27       | W50 | FLIB Bremen e. V.               | 01:02:50 |
| 678   |     | 158 | 88   | Marita      | Brinkmann       | 4        | W60 | TV Eiche Horn Bremen            | 01:02:51 |
| 679   | 521 |     | 718  | Jens        | Krysta          | 86       | M45 |                                 | 01:02:57 |
| 680   |     | 159 | 1638 | Tanja       | Fichtner        | 21       | W35 |                                 | 01:02:58 |
| 681   | 522 |     | 71   | Gerhard     | Harder          | 11       | M70 |                                 | 01:03:03 |
| 682   |     | 160 | 552  | Sophie      | Waller          | 18       | W20 |                                 | 01:03:05 |
| 683   | 523 |     | 584  | Dietmar     | Zacharias       | 34       | M60 | Lauftreff Hochschule Bremen     | 01:03:07 |
| 684   |     | 161 | 316  | Aurélie     | Le Fort-Beunink | 22       | W40 | SV Werder Bremen                | 01:03:09 |
| 685   | 524 |     | 282  | Thorge      | Koehler         | 52       | M30 |                                 | 01:03:09 |
| 686   | 525 |     | 1737 | Jürgen      | Wiemann         | 69       | M55 |                                 | 01:03:15 |
| 687   |     | 162 | 107  | Elisabeth   | Cornels         | 5        | W60 |                                 | 01:03:15 |
| 688   |     | 163 | 365  | Angela      | Mischke         | 28       | W45 | TV Eiche Horn Bremen            | 01:03:15 |
| 689   |     | 164 | 1646 | Imke        | Gudenschwager   | 32       | W30 | Schutzengel für Mukoviszidose   | 01:03:17 |
| 690   |     | 165 | 1542 | Lidia       | Kotte           | 22       | W35 |                                 | 01:03:18 |
| 691   | 526 |     | 375  | Udo         | Mundt           | 35       | M60 |                                 | 01:03:19 |
| 692   |     | 166 | 1698 | Caroline    | Mühlertz        | 33       | W30 |                                 | 01:03:20 |
| 693   |     | 167 | 660  | Simone      | Häfele          | 23       | W40 | Sport-Ziel Marathonteam         | 01:03:20 |
| 694   | 527 |     | 1809 | Jörg        | Fincke          | 87       | M45 |                                 | 01:03:21 |
| 695   |     | 168 | 818  | Susanne     | Schmidt         | 9        | W55 |                                 | 01:03:21 |
| 696   |     | 169 | 376  | Karin       | Mutert          | 1        | W75 | LGKV Verden                     | 01:03:25 |
| 697   |     | 170 | 829  | Melanie     | Seeger          | 29       | W45 | MTY Wilstedt                    | 01:03:26 |
| 698   |     | 171 | 40   | Ina-Katrin  | Winkelmann      | 24       | W40 |                                 | 01:03:26 |
| 699   | 528 |     | 645  | Mario       | Geppert         | 59       | M40 |                                 | 01:03:29 |
| 700   |     | 172 | 257  | Simone      | Kamradt         | 30       | W45 | BSG Sparkasse Bremen            | 01:03:30 |
| 701   | 529 |     | 687  | Jörn        | Hons            | 70       | M55 | AOK-Runner                      | 01:03:32 |
| 702   |     | 173 | 403  | Cordula     | Paul            | 25       | W40 |                                 | 01:03:32 |
| 703   |     | 174 | 58   | Carolin     | Böhler          | 28       | W50 | Racebooker                      | 01:03:36 |
| 704   | 530 |     | 803  | Torsten     | Sasse           | 36       | M60 |                                 | 01:03:39 |
| 705   |     | 175 | 373  | Oksana      | Muhs-Sapelkin   | 34       | W30 |                                 | 01:03:40 |
| 706   |     | 176 | 234  | Anita       | Hoppe           | 1        | W70 |                                 | 01:03:41 |
| 707   |     | 177 | 794  | Silke       | Robran          | 10       | W55 | OSC Bremerhaven                 | 01:03:48 |
| 708   |     | 178 | 1681 | Silvia      | Kühn            | 26       | W40 |                                 | 01:03:49 |
| 709   | 531 |     | 249  | Jan         | Janicki         | 59       | M35 | SV Hemelingen                   | 01:03:50 |
| 710   |     | 179 | 574  | Frauke      | Will            | 27       | W40 |                                 | 01:03:50 |
| 711   | 532 |     | 838  | Marco       | Steffens        | 88       | M45 |                                 | 01:03:54 |
| 712   | 533 |     | 529  | Matthias    | Treuner         | 37       | M60 |                                 | 01:03:54 |
| 713   | 534 |     | 1563 | Lutz        | Penzel          | 103      | M50 |                                 | 01:03:54 |
| 714   |     | 180 | 634  | Rebekka     | Essing          | 35       | W30 |                                 | 01:03:56 |
| 715   | 535 |     | 341  | Werner      | Luerßen         | 21       | M65 | Tri Team Schwarme von 2010 e.V. | 01:03:56 |
| 716   | 536 |     | 170  | Jörn        | Gerdas          | 104      | M50 | FLIB Bremen e.V.                | 01:03:58 |

| Platz | M   | W   | Nr.  | Vorname     | Nachname        | AK-Platz | AK  | Verein                    | Zeit     |
|-------|-----|-----|------|-------------|-----------------|----------|-----|---------------------------|----------|
| 717   |     | 181 | 135  | Elke        | Engel           | 6        | W60 | FLIB Bremen e.V.          | 01:03:59 |
| 718   |     | 182 | 68   | Kirsten     | Bollenhagen     | 11       | W55 | FLIB Bremen e. V.         | 01:04:00 |
| 719   |     | 183 | 229  | Katrin      | Hipp            | 28       | W40 |                           | 01:04:02 |
| 720   |     | 184 | 328  | Ann-Kristin | Lippelt         | 23       | W35 |                           | 01:04:02 |
| 721   |     | 185 | 758  | Sylvia      | Neumann         | 29       | W50 | LC Hansa Stuhr Tri-Wölfe  | 01:04:02 |
| 722   |     | 186 | 389  | Sonja       | Oetting         | 24       | W35 |                           | 01:04:02 |
| 723   | 537 |     | 808  | Martin      | Scherenberger   | 60       | M40 | OCR Heidesprinter         | 01:04:06 |
| 724   | 538 |     | 577  | Hubert      | Willmeroth      | 38       | M60 | LT Hochschule Bremen      | 01:04:08 |
| 725   |     | 187 | 172  | Jutta       | Geyer-Schröder  | 7        | W60 | LT Hochschule Bremen      | 01:04:08 |
| 726   | 539 |     | 118  | Sascha      | Dey             | 61       | M40 |                           | 01:04:11 |
| 727   |     | 188 | 564  | Judit       | Wendt           | 25       | W35 |                           | 01:04:13 |
| 728   |     | 189 | 171  | Svenja      | Geschwandtner   | 19       | W20 |                           | 01:04:15 |
| 729   |     | 190 | 547  | Carolin     | Votel           | 26       | W35 |                           | 01:04:16 |
| 730   | 540 |     | 236  | Hermann     | Hoppe           | 3        | M75 |                           | 01:04:18 |
| 731   |     | 191 | 212  | Yvonne      | Heidtke         | 36       | W30 | Racebooker                | 01:04:18 |
| 732   |     | 192 | 101  | Anna-Lena   | Clabes          | 20       | W20 | SV Bremen 10              | 01:04:18 |
| 733   |     | 193 | 215  | Anna-Lena   | Heißenbüttel    | 21       | W20 |                           | 01:04:21 |
| 734   | 541 |     | 1526 | Peter       | Heil            | 39       | M60 | Bremer Kanu-Wanderer e.V. | 01:04:26 |
| 735   |     | 194 | 1522 | Antje       | Geiler          | 30       | W50 | Triathlon Club Bremen     | 01:04:33 |
| 736   | 542 |     | 131  | Gerhard     | Eichhorst       | 12       | M70 | ATS Buntentor Bremen      | 01:04:34 |
| 737   |     | 195 | 731  | Manuela     | Lehninger       | 12       | W55 |                           | 01:04:40 |
| 738   |     | 196 | 116  | Anja        | de Boer         | 31       | W50 |                           | 01:04:43 |
| 739   | 543 |     | 590  | Dieter      | Albrecht        | 13       | M70 |                           | 01:04:44 |
| 740   | 544 |     | 716  | Jörn        | Kroppach        | 89       | M45 |                           | 01:04:48 |
| 741   | 545 |     | 1676 | Per         | Kroppach        | 3        | S   |                           | 01:04:49 |
| 742   |     | 197 | 695  | Sylla       | Kahl            | 31       | W45 |                           | 01:04:50 |
| 743   |     | 198 | 388  | Sonja       | Oelfke          | 27       | W35 |                           | 01:04:53 |
| 744   |     | 199 | 639  | Evelin      | Freundt         | 37       | W30 |                           | 01:04:53 |
| 745   |     | 200 | 233  | Antje       | Hollenberg      | 2        | W70 | Bremer Ski-Club           | 01:05:00 |
| 746   | 546 |     | 784  | Andreas     | Putz            | 14       | M70 |                           | 01:05:02 |
| 747   | 547 |     | 657  | Heino       | Gustävel        | 71       | M55 |                           | 01:05:03 |
| 748   |     | 201 | 804  | Melanie     | Sauerbier       | 29       | W40 |                           | 01:05:09 |
| 749   |     | 202 | 453  | Britta      | Rump            | 32       | W50 |                           | 01:05:11 |
| 750   |     | 203 | 1690 | Justine     | Mahnken         | 22       | W20 |                           | 01:05:11 |
| 751   |     | 204 | 1720 | Antonia     | Schoon          | 23       | W20 |                           | 01:05:11 |
| 752   |     | 205 | 355  | Frauke      | Meyer           | 33       | W50 | Bremer Kanu-Wanderer e.V. | 01:05:11 |
| 753   |     | 206 | 423  | Christiane  | Prochatzki      | 8        | W60 | SV Bremen 10              | 01:05:15 |
| 754   |     | 207 | 1661 | Yvonne      | Jakob-Engelbart | 30       | W40 | Lauffreunde Hude          | 01:05:18 |
| 755   | 548 |     | 723  | Werner      | Lakomy          | 22       | M65 |                           | 01:05:25 |
| 756   | 549 |     | 304  | Martin      | Kühn            | 40       | M60 | DSTG                      | 01:05:26 |

| Platz | M   | W   | Nr.  | Vorname   | Nachname     | AK-Platz | AK  | Verein                          | Zeit     |
|-------|-----|-----|------|-----------|--------------|----------|-----|---------------------------------|----------|
| 757   |     | 208 | 321  | Vesta     | Leno         | 38       | W30 |                                 | 01:05:27 |
| 758   | 550 |     | 1700 | Winfried  | Nustede      | 41       | M60 |                                 | 01:05:28 |
| 759   | 551 |     | 1549 | Thorsten  | Maaß         | 42       | M60 |                                 | 01:05:28 |
| 760   |     | 209 | 1521 | Ilka      | Garmhausen   | 34       | W50 |                                 | 01:05:31 |
| 761   | 552 |     | 647  | Frank     | Glander      | 105      | M50 | Tierrechtslauf Bremen           | 01:05:32 |
| 762   |     | 210 | 319  | Imke      | Leiß         | 32       | W45 |                                 | 01:05:38 |
| 763   | 553 |     | 520  | Knut      | Thomas       | 106      | M50 |                                 | 01:05:38 |
| 764   |     | 211 | 119  | Christina | Dieckvoß     | 33       | W45 | BSG Sparkasse Bremen            | 01:05:40 |
| 765   | 554 |     | 347  | Michael   | Matzas       | 72       | M55 | BSG Sparkasse Bremen            | 01:05:40 |
| 766   | 555 |     | 525  | Ronald    | Tietjen      | 73       | M55 | BSG Sparkasse Bremen            | 01:05:40 |
| 767   |     | 212 | 730  | Johanna   | Leewe        | 24       | W20 | SV Werder Bremen                | 01:05:40 |
| 768   |     | 213 | 1818 | Manna     | Thiel        | 39       | W30 |                                 | 01:05:43 |
| 769   | 556 |     | 1817 | Nico      | Bakowski     | 27       | M20 |                                 | 01:05:44 |
| 770   |     | 214 | 1651 | Jessica   | Harms        | 40       | W30 |                                 | 01:05:44 |
| 771   |     | 215 | 791  | Diemut    | Richter      | 13       | W55 |                                 | 01:05:49 |
| 772   | 557 |     | 208  | Arnd      | Hartung      | 107      | M50 | Sport-Ziel Marathonteam         | 01:05:51 |
| 773   |     | 216 | 535  | Veronica  | Urbrock      | 34       | W45 | NordLB                          | 01:05:51 |
| 774   |     | 217 | 89   | Alke      | Buchenaus    | 14       | W55 | TV Eiche Horn Bremen            | 01:05:58 |
| 775   | 558 |     | 538  | Bernd     | Vetter       | 74       | M55 |                                 | 01:05:58 |
| 776   |     | 218 | 1685 | Sabine    | Lenth        | 35       | W45 |                                 | 01:05:59 |
| 777   |     | 219 | 1565 | Luisa     | Pires Santos | 36       | W45 |                                 | 01:05:59 |
| 778   | 559 |     | 899  | Markus    | Wutzke       | 60       | M35 |                                 | 01:06:08 |
| 779   | 560 |     | 472  | Tim       | Schröder     | 53       | M30 |                                 | 01:06:10 |
| 780   |     | 220 | 511  | Hanna     | Stürmer      | 37       | W45 |                                 | 01:06:11 |
| 781   |     | 221 | 471  | Lena      | Schröder     | 41       | W30 |                                 | 01:06:11 |
| 782   |     | 222 | 611  | Jutta     | Burmeister   | 15       | W55 | Club zur Vahr                   | 01:06:11 |
| 783   | 561 |     | 915  | Felix     | Glinka       | 28       | M20 |                                 | 01:06:12 |
| 784   | 562 |     | 273  | Tobias    | Klever       | 90       | M45 | upper decker party popper       | 01:06:13 |
| 785   |     | 223 | 469  | Sabine    | Schreiter    | 38       | W45 |                                 | 01:06:14 |
| 786   | 563 |     | 641  | Jens      | Furchheim    | 91       | M45 |                                 | 01:06:15 |
| 787   |     | 224 | 601  | Christina | Biese        | 28       | W35 |                                 | 01:06:15 |
| 788   | 564 |     | 52   | Heinz     | Blania       | 4        | M75 |                                 | 01:06:15 |
| 789   | 565 |     | 688  | Tilo      | Hoppenrath   | 54       | M30 |                                 | 01:06:15 |
| 790   |     | 225 | 26   | Hannah    | Augustin     | 35       | W50 | Tri Team Schwarme von 2010 e.V. | 01:06:18 |
| 791   | 566 |     | 296  | Dieter    | Kruse        | 23       | M65 | Betriebssportverband            | 01:06:20 |
| 792   | 567 |     | 871  | Marcel    | Vintiss      | 29       | M20 | AOK-Runner                      | 01:06:22 |
| 793   |     | 226 | 543  | Corinna   | Vollert      | 29       | W35 |                                 | 01:06:23 |
| 794   |     | 227 | 408  | Andra     | Pflüger      | 42       | W30 |                                 | 01:06:23 |
| 795   |     | 228 | 681  | Michaela  | Höck         | 16       | W55 |                                 | 01:06:32 |
| 796   | 568 |     | 445  | Jörg      | Römer        | 92       | M45 |                                 | 01:06:36 |

| Platz | M   | W   | Nr.  | Vorname    | Nachname    | AK-Platz | AK  | Verein                         | Zeit     |
|-------|-----|-----|------|------------|-------------|----------|-----|--------------------------------|----------|
| 797   | 569 |     | 843  | Marc       | Stellmann   | 93       | M45 |                                | 01:06:43 |
| 798   | 570 |     | 880  | Michael    | Wanzek      | 75       | M55 |                                | 01:06:53 |
| 799   |     | 229 | 655  | Heike      | Grunde      | 43       | W30 |                                | 01:06:55 |
| 800   | 571 |     | 1581 | Arne       | Schomburg   | 4        | S   |                                | 01:06:58 |
| 801   |     | 230 | 461  | Elke       | Schmidt     | 9        | W60 | BSG Sparkasse Bremen           | 01:07:08 |
| 802   | 572 |     | 49   | Heribert   | Bieler      | 43       | M60 |                                | 01:07:11 |
| 803   |     | 231 | 127  | Britta     | Düsterhoff  | 36       | W50 | Makemedia Studios              | 01:07:25 |
| 804   | 573 |     | 621  | Alexey     | Dietz       | 108      | M50 | AOK-Runner                     | 01:07:26 |
| 805   | 574 |     | 622  | Andre      | Dietz       | 109      | M50 | AOK-Runner                     | 01:07:26 |
| 806   |     | 232 | 1730 | Nicole     | Trossen     | 39       | W45 |                                | 01:07:50 |
| 807   | 575 |     | 1577 | Kim Marcel | Sanftleben  | 30       | M20 | Lebenshilfe - Wir bewegen uns! | 01:08:10 |
| 808   |     | 233 | 247  | Maike      | Jahnke      | 44       | W30 |                                | 01:08:25 |
| 809   |     | 234 | 176  | Silke      | Glehn       | 17       | W55 |                                | 01:08:26 |
| 810   |     | 235 | 152  | Astrid     | Focken      | 40       | W45 |                                | 01:08:28 |
| 811   | 576 |     | 361  | Sebastian  | Miesner     | 61       | M35 |                                | 01:08:33 |
| 812   |     | 236 | 424  | Katja      | Prunk       | 30       | W35 |                                | 01:08:33 |
| 813   | 577 |     | 651  | Robert     | Graller     | 44       | M60 | SV Hepstedt/Breddorf           | 01:08:39 |
| 814   | 578 |     | 533  | Thorsten   | Unger       | 1        | OAK |                                | 01:08:43 |
| 815   |     | 237 | 755  | Ute        | Müller      | 10       | W60 | ATS Buntentor Bremen           | 01:08:43 |
| 816   |     | 238 | 534  | Iris       | Uphoff      | 37       | W50 |                                | 01:08:46 |
| 817   |     | 239 | 290  | Carolin    | Kott        | 41       | W45 |                                | 01:09:15 |
| 818   | 579 |     | 802  | Oliver     | Sachse      | 76       | M55 | Racebooker                     | 01:09:17 |
| 819   |     | 240 | 658  | Daniela    | Gutermann   | 45       | W30 |                                | 01:09:19 |
| 820   | 580 |     | 816  | Markus     | Schmidt     | 62       | M35 |                                | 01:09:20 |
| 821   |     | 241 | 263  | Sandra     | Kettelhake  | 42       | W45 | TV Schwanewede                 | 01:09:26 |
| 822   | 581 |     | 891  | Stefan     | Wenzel      | 62       | M40 | AFS-Mudboys                    | 01:09:28 |
| 823   | 582 |     | 801  | Constantin | Sachse      | 6        | MJ  |                                | 01:09:30 |
| 824   |     | 242 | 665  | Ursula     | Hampe       | 1        | W65 |                                | 01:09:33 |
| 825   | 583 |     | 251  | Kai        | Jentsch     | 94       | M45 | BSG Sparkasse Bremen           | 01:09:35 |
| 826   |     | 243 | 429  | Christiane | Rebs        | 43       | W45 |                                | 01:09:38 |
| 827   |     | 244 | 874  | Hannah     | Voß         | 46       | W30 |                                | 01:09:39 |
| 828   |     | 245 | 1502 | Ute        | Bischoff    | 38       | W50 | Lebenshilfe - Wir bewegen uns! | 01:09:43 |
| 829   |     | 246 | 481  | Karin      | Schwarz     | 11       | W60 | Wildeshauser Laufftreff        | 01:09:45 |
| 830   |     | 247 | 64   | Moni       | Böttcher    | 39       | W50 |                                | 01:09:46 |
| 831   |     | 248 | 1604 | Fanny      | Wischnewski | 47       | W30 |                                | 01:09:56 |
| 832   | 584 |     | 918  | Eike       | Drabner     | 55       | M30 |                                | 01:09:58 |
| 833   |     | 249 | 1523 | Heike      | Grimm       | 18       | W55 | Lebenshilfe - Wir bewegen uns! | 01:09:59 |
| 834   |     | 250 | 898  | Julia      | Wolters     | 31       | W35 |                                | 01:10:00 |
| 835   | 585 |     | 1791 | Reiner     | Ley         | 110      | M50 |                                | 01:10:07 |
| 836   | 586 |     | 1789 | Holger     | Ley         | 95       | M45 |                                | 01:10:08 |

| Platz | M   | W   | Nr.  | Vorname    | Nachname           | AK-Platz | AK  | Verein                      | Zeit     |
|-------|-----|-----|------|------------|--------------------|----------|-----|-----------------------------|----------|
| 837   |     | 251 | 109  | Luisa      | Cristini           | 32       | W35 |                             | 01:10:08 |
| 838   | 587 |     | 473  | Gerhard    | Schubert           | 77       | M55 | Racebooker / LT Höpkens Ruh | 01:10:10 |
| 839   |     | 252 | 932  | Kathrin    | Moxey              | 44       | W45 |                             | 01:10:17 |
| 840   |     | 253 | 934  | Anke       | Wichmann           | 45       | W45 |                             | 01:10:17 |
| 841   | 588 |     | 933  | Christian  | Wichmann           | 96       | M45 |                             | 01:10:18 |
| 842   |     | 254 | 86   | Diertje    | Bremme             | 33       | W35 |                             | 01:10:22 |
| 843   |     | 255 | 87   | Friederike | Bremme-Alkan       | 34       | W35 |                             | 01:10:22 |
| 844   | 589 |     | 570  | Berthold   | Wichmann           | 5        | M75 |                             | 01:10:26 |
| 845   |     | 256 | 569  | Angelika   | Wichmann           | 19       | W55 |                             | 01:10:27 |
| 846   | 590 |     | 291  | Christian  | Kotuszewski        | 63       | M40 |                             | 01:10:28 |
| 847   |     | 257 | 835  | Katharina  | Sokoll             | 48       | W30 |                             | 01:10:38 |
| 848   |     | 258 | 302  | Doreen     | Schreiber          | 31       | W40 |                             | 01:10:39 |
| 849   | 591 |     | 795  | Michael    | Rohn               | 63       | M35 | TCB                         | 01:10:45 |
| 850   |     | 259 | 244  | Lissy      | Jaeger             | 20       | W55 |                             | 01:10:48 |
| 851   | 592 |     | 421  | Hans       | Presch             | 1        | M80 |                             | 01:10:56 |
| 852   | 593 |     | 115  | Georg      | Dargel             | 15       | M70 |                             | 01:10:58 |
| 853   |     | 260 | 45   | Waltraud   | Bernau             | 3        | W70 | Triathlon Club Bremen       | 01:10:59 |
| 854   |     | 261 | 1607 | Susan      | Apel               | 32       | W40 |                             | 01:11:01 |
| 855   | 594 |     | 1683 | Jens       | Kunert             | 78       | M55 |                             | 01:11:06 |
| 856   |     | 262 | 1768 | Dagmar     | Baatz              | 46       | W45 |                             | 01:11:08 |
| 857   |     | 263 | 890  | Sabine     | Wenzel             | 33       | W40 | AFS-Mudboys                 | 01:11:09 |
| 858   |     | 264 | 1765 | Nathalie   | Wöltje             | 34       | W40 |                             | 01:11:14 |
| 859   | 595 |     | 907  | Martin     | Moritz             | 64       | M40 |                             | 01:11:19 |
| 860   | 596 |     | 908  | Andreas    | Setzer             | 65       | M40 |                             | 01:11:19 |
| 861   | 597 |     | 531  | Michel     | Tschierske         | 79       | M55 |                             | 01:11:19 |
| 862   |     | 265 | 240  | Katharina  | Huisgen            | 25       | W20 |                             | 01:11:25 |
| 863   |     | 266 | 1524 | Lisa       | Gutzeit            | 49       | W30 |                             | 01:11:32 |
| 864   |     | 267 | 1586 | Sigrid     | Senger             | 2        | W65 | sg findorff                 | 01:11:35 |
| 865   |     | 268 | 447  | Andrea     | Romanowski         | 21       | W55 |                             | 01:11:42 |
| 866   |     | 269 | 544  | Nicole     | von Döllen         | 35       | W40 | Harpstedter TB Triathlon    | 01:11:46 |
| 867   |     | 270 | 764  | Nicola     | Oppermann          | 40       | W50 |                             | 01:11:47 |
| 868   |     | 271 | 935  | Melinda    | Brady              | 41       | W50 |                             | 01:11:58 |
| 869   | 598 |     | 636  | Benjamin   | Fischer            | 64       | M35 |                             | 01:11:58 |
| 870   |     | 272 | 573  | Anna       | Wilczek            | 50       | W30 |                             | 01:12:24 |
| 871   |     | 273 | 431  | Ricarda    | Redelius           | 47       | W45 |                             | 01:12:30 |
| 872   |     | 274 | 633  | Renate     | Esselmann-Hanraths | 4        | W70 |                             | 01:12:34 |
| 873   | 599 |     | 904  | Steffen    | Grothe             | 66       | M40 |                             | 01:12:35 |
| 874   |     | 275 | 703  | Judith     | Knoche             | 36       | W40 |                             | 01:12:37 |
| 875   | 600 |     | 1749 | Philipp    | Imgrund            | 67       | M40 |                             | 01:12:47 |
| 876   |     | 276 | 745  | Anke       | Meyer              | 22       | W55 |                             | 01:12:51 |

| Platz | M   | W   | Nr.  | Vorname  | Nachname     | AK-Platz | AK  | Verein                             | Zeit     |
|-------|-----|-----|------|----------|--------------|----------|-----|------------------------------------|----------|
| 877   | 601 |     | 599  | Ulrich   | Beck         | 80       | M55 |                                    | 01:12:58 |
| 878   | 602 |     | 333  | Jürgen   | Lösekan      | 45       | M60 |                                    | 01:13:11 |
| 879   | 603 |     | 65   | Walter   | Böttjer      | 6        | M75 | TuS Varrel                         | 01:13:12 |
| 880   |     | 277 | 877  | Ulrike   | Walter-Lipow | 42       | W50 |                                    | 01:13:13 |
| 881   | 604 |     | 1721 | Eckehard | Schreyer     | 46       | M60 |                                    | 01:13:19 |
| 882   | 605 |     | 1234 | Joseph   | Heseding     | 24       | M65 |                                    | 01:13:33 |
| 883   | 606 |     | 846  | Jan      | Stöver       | 65       | M35 |                                    | 01:13:36 |
| 884   |     | 278 | 1309 | Sandra   | Bergmann     | 26       | W20 |                                    | 01:13:36 |
| 885   |     | 279 | 250  | Rahel    | Jedamski     | 27       | W20 |                                    | 01:13:46 |
| 886   |     | 280 | 768  | Martina  | Panning      | 23       | W55 | SG Deutsche Bank eV                | 01:13:52 |
| 887   |     | 281 | 672  | Nicole   | Hartig       | 43       | W50 |                                    | 01:14:12 |
| 888   | 607 |     | 671  | Frank    | Hartig       | 81       | M55 |                                    | 01:14:13 |
| 889   |     | 282 | 1535 | Anna     | Kameniw      | 37       | W40 |                                    | 01:14:15 |
| 890   |     | 283 | 401  | Birgit   | Pape         | 24       | W55 |                                    | 01:14:15 |
| 891   |     | 284 | 1598 | Edith    | Voigt        | 25       | W55 | Lebenshilfe - Wir bewegen uns!     | 01:14:17 |
| 892   |     | 285 | 1650 | Maria    | Haneklau     | 51       | W30 | Racebooker - Wir tun es laufend... | 01:14:45 |
| 893   |     | 286 | 859  | Silke    | Thomsen      | 26       | W55 |                                    | 01:15:08 |
| 894   |     | 287 | 894  | Petra    | Wilmink      | 44       | W50 |                                    | 01:15:09 |
| 895   | 608 |     | 886  | Adolf    | Weigelt      | 2        | M80 |                                    | 01:15:22 |
| 896   |     | 288 | 489  | Barbara  | Siegert      | 48       | W45 | LGKV Verden                        | 01:15:24 |
| 897   | 609 |     | 381  | Kurt     | Neuschulz    | 111      | M50 | Sportziel-Marathonteam             | 01:15:26 |
| 898   |     | 289 | 1605 | Renate   | Witting      | 5        | W70 | Bremer Skiclub                     | 01:15:40 |
| 899   | 610 |     | 1599 | Günther  | Voss         | 25       | M65 |                                    | 01:15:47 |
| 900   |     | 290 | 1527 | Maren    | Höhne        | 52       | W30 | Lebenshilfe - Wir bewegen uns!     | 01:15:56 |
| 901   |     | 291 | 366  | Sabrina  | Mitternacht  | 35       | W35 |                                    | 01:16:13 |
| 902   |     | 292 | 579  | Anja     | Wohlers      | 28       | W20 |                                    | 01:16:13 |
| 903   |     | 293 | 1797 | Jennifer | Kaiser       | 53       | W30 | MTV Soltau                         | 01:16:15 |
| 904   |     | 294 | 283  | Jessica  | Köhnken      | 54       | W30 |                                    | 01:16:21 |
| 905   |     | 295 | 604  | Ramona   | Breuer       | 29       | W20 |                                    | 01:16:25 |
| 906   |     | 296 | 1744 | Melanie  | Fischer      | 36       | W35 |                                    | 01:16:42 |
| 907   | 611 |     | 822  | Joachim  | Schuch       | 112      | M50 |                                    | 01:17:22 |
| 908   |     | 297 | 900  | Wen      | Yang         | 37       | W35 |                                    | 01:17:29 |
| 909   |     | 298 | 289  | Annika   | Kotalla      | 38       | W35 |                                    | 01:17:30 |
| 910   |     | 299 | 334  | Lucy     | Louw         | 55       | W30 |                                    | 01:17:31 |
| 911   |     | 300 | 393  | Kerstin  | Otten        | 45       | W50 |                                    | 01:17:41 |
| 912   |     | 301 | 1203 | Romy     | Czisch       | 38       | W40 |                                    | 01:17:41 |
| 913   |     | 302 | 733  | Heide    | Lemke        | 12       | W60 | SV Werder Bremen                   | 01:17:58 |
| 914   | 612 |     | 1970 | Oliver   | Salzmann     | 97       | M45 |                                    | 01:18:10 |
| 915   |     | 303 | 717  | Inge     | Krysta       | 46       | W50 |                                    | 01:18:13 |
| 916   | 613 |     | 323  | Jürgen   | Lewerentz    | 47       | M60 |                                    | 01:18:33 |

| Platz | M   | W   | Nr.  | Vorname        | Nachname    | AK-Platz | AK  | Verein                | Zeit     |
|-------|-----|-----|------|----------------|-------------|----------|-----|-----------------------|----------|
| 917   |     | 304 | 906  | Sylvia         | Schmidt     | 49       | W45 |                       | 01:18:42 |
| 918   | 614 |     | 876  | Manfred        | Wallenschus | 26       | M65 |                       | 01:18:44 |
| 919   | 615 |     | 664  | Fritz - Ludwig | Hampe       | 27       | M65 |                       | 01:18:59 |
| 920   |     | 305 | 110  | Ilke           | Crone       | 27       | W55 | TuS Komet Arsten      | 01:19:03 |
| 921   | 616 |     | 618  | Frank          | Dahlenburg  | 82       | M55 | Die Kuhlen            | 01:19:14 |
| 922   |     | 306 | 663  | Corinna        | Hahn        | 50       | W45 |                       | 01:19:20 |
| 923   |     | 307 | 1511 | Sonja          | Dundon      | 39       | W35 |                       | 01:19:39 |
| 924   |     | 308 | 1519 | Ilka           | Freyhat     | 40       | W35 |                       | 01:19:39 |
| 925   | 617 |     | 228  | Manfred        | Hinzmann    | 3        | M80 | Triathlon Club Bremen | 01:23:14 |
| 926   | 618 |     | 261  | Alwin          | Kerber      | 48       | M60 |                       | 01:24:43 |
| 927   | 619 |     | 232  | Horst          | Hoinke      | 4        | M80 | TuS Varrel            | 01:25:36 |
| 928   |     | 309 | 799  | Martina        | Russetzky   | 41       | W35 |                       | 01:26:00 |
| 929   |     | 310 | 432  | Marlene        | Reglin      | 6        | W70 | OSC Bremerhaven       | 01:46:25 |