

5,3km am 27.07.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
|-----|-----|-------------------------|-------------------------------|----|--------|---------|
| 1 | 918 | Unruh, Thorsten | TSV Ihlienworth | 87 | M HK | 1 18:34 |
| 2 | 960 | Rosenbrock, David | SG Beverstedt | 97 | MJ U18 | 1 19:31 |
| 3 | 955 | Prill, Nico | TSV Altenbruch | 76 | M 35 | 1 20:06 |
| 4 | 949 | Brunkhorst, Holger | TSR Ahrenswohld | 69 | M 40 | 1 20:15 |
| 5 | 957 | Veltmaat, Frank | LC Nordhorn | 67 | M 45 | 1 21:57 |
| 6 | 959 | Heins, Thomas | Cuxland Runners | 67 | M 45 | 2 22:05 |
| 7 | 961 | Rosenbrock, Lennart | SG Beverstedt | 98 | MJ U16 | 1 22:45 |
| 8 | 933 | Rodekuhr, Marcel | TSV Sievern | 95 | MJ U20 | 1 22:46 |
| 9 | 935 | Heinemeyer, Ulrike | Bad Bederkesa / TEA | 88 | W25 | 1 24:00 |
| 10 | 922 | von Oesen, Yanneck | TSV Mulsum v. 1919 | 99 | MJ U16 | 2 24:09 |
| 11 | 900 | Seebeck, Björn | TSV Mulsum v. 1919 | 78 | M 35 | 2 24:37 |
| 12 | 931 | Cornelsen, Andreas | Eintracht Norderstedt | 75 | M 35 | 3 24:45 |
| 13 | 951 | Schultz, Susanne | | 69 | W40 | 1 25:22 |
| 14 | 958 | Wieland, Thomas | | 65 | M 45 | 3 25:30 |
| 15 | 948 | Tietje, Wolfgang | TSV Mulsum v. 1919 | 54 | M 55 | 1 25:41 |
| 16 | 929 | Kück, Martin | Lauftreff Bornreihe | 60 | M 50 | 1 25:46 |
| 17 | 902 | Hinck, Jochen | TSV Mulsum v. 1919 | 80 | M 30 | 1 25:59 |
| 18 | 927 | Hamann, Peter | Team Erdinger Alkoholfrei | 62 | M 50 | 2 26:07 |
| 19 | 950 | Scheidt, André | OSC Bremerhaven | 70 | M 40 | 2 26:24 |
| 20 | 952 | Arendt, Wolfgang | LT TV Schwanewede | 62 | M 50 | 3 26:26 |
| 21 | 956 | Härtel, Rüdiger | OSC Bremerhaven Triathlon | 56 | M 55 | 2 26:52 |
| 22 | 947 | Schult, Kilian | TSV Mulsum v. 1919 | 97 | MJ U18 | 2 27:17 |
| 23 | 932 | Knorr, Thomas | TSV Ihlienworth | 63 | M 50 | 4 28:01 |
| 24 | 810 | Lütjen, Holger | TSV Mulsum v. 1919 | 65 | M 45 | 4 28:24 |
| 25 | 925 | Dücker, Manfred | TSV Mulsum v. 1919 | 52 | M 60 | 1 28:39 |
| 25 | 930 | Wooge, Martina | SG Marßel Bremen Lauftreff | 75 | W35 | 1 28:39 |
| 27 | 926 | Behrens, Wilfried | TSG Nordholz | 53 | M 60 | 2 28:50 |
| 28 | 917 | Koester, Robert | TSV Mulsum v. 1919 | 76 | M 35 | 4 29:17 |
| 29 | 908 | Endrowait, Martje | TSV Mulsum v. 1919 | 01 | W12 | 1 29:52 |
| 30 | 924 | Wisch, Sabine | TSV Mulsum v. 1919 | 67 | W45 | 1 30:01 |
| 31 | 941 | Strunk-Feistner, Margit | LAV Bokel | 55 | W55 | 1 30:15 |
| 32 | 942 | Schindler, Thomas | LAV Bokel | 55 | M 55 | 3 30:23 |
| 33 | 919 | Albrecht, Annette | Parkhaus Vital Club Bremerhav | 57 | W55 | 2 30:40 |
| 34 | 953 | Lingerski, Bianca | Lauftreff Bremerhaven | 63 | W50 | 1 30:47 |
| 35 | 928 | Lütjen, Ilka | TSV Mulsum v. 1919 | 69 | W40 | 2 31:02 |
| 36 | 945 | Ehm, Oliver | TSV Mulsum v. 1919 | 72 | M 40 | 3 31:05 |
| 37 | 903 | Kühn, Bernd | TuS Wremen 09 | 65 | M 45 | 5 31:20 |
| 38 | 907 | Cuppone, Gina | TSV Mulsum v. 1919 | 69 | W40 | 3 31:45 |
| 38 | 910 | Martens, Tanja | TSV Mulsum v. 1919 | 69 | W40 | 3 31:45 |
| 40 | 939 | Schüssler, Rita | TuS Wremen 09 | 47 | W65 | 1 31:53 |
| 40 | 940 | Schüssler, Theo | TuS Wremen 09 | 44 | M 65 | 1 31:53 |
| 42 | 934 | Schmidt, Rita | TSV Mulsum v. 1919 | 62 | W50 | 2 32:02 |
| 43 | 913 | Kimmich, Sandra | TSV Mulsum v. 1919 | 70 | W40 | 5 32:07 |
| 44 | 905 | Postel, Annett | Schiffdorf | 73 | W40 | 6 33:28 |
| 45 | 937 | Goldhammer, Melina | TSV Mulsum v. 1919 | 98 | W14 | 1 33:29 |
| 46 | 901 | Seebeck, Silvia | TSV Mulsum v. 1919 | 79 | W30 | 1 33:43 |
| 47 | 916 | Tietje, Sandra | TSV Mulsum v. 1919 | 79 | W30 | 2 34:10 |
| 48 | 944 | Welzel, Ronja | TSV Mulsum v. 1919 | 01 | W12 | 2 34:36 |
| 49 | 904 | Kühn, Leena | TuS Wremen 09 | 00 | W12 | 3 34:56 |
| 50 | 909 | Melzer, Marion | TSV Mulsum v. 1919 | 72 | W40 | 7 35:56 |
| 51 | 914 | Berkemann, Michaela | TSV Mulsum v. 1919 | 73 | W40 | 8 36:25 |
| 52 | 915 | Endrowait, Astrid | TSV Mulsum v. 1919 | 78 | W35 | 2 37:35 |
| 53 | 954 | Toetzke, Karin | VGH Versicherung | 39 | W70 | 1 48:53 |

5,3km Nordic Walking am 27.07.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Land | Jg | Ak | Endzeit |
|-----|-----|---------------|----------------------------|------|----|-------|---------|
| 1 | 653 | Weber, Sabine | Laufend besser Bremerhaven | | 67 | W45 1 | 34:08 |

10,5km am 27.07.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
|-----|-----|-----------------------------|-------------------------------|----|------|-----------|
| 1 | 843 | Schult, Mario | TSV Wanna | 76 | M 35 | 1 38:49 |
| 2 | 838 | Kotas, Magdalena | | 94 | W18 | 1 39:03 |
| 3 | 808 | Dieckmann, Heiko | TSV Otterndorf | 70 | M 40 | 1 40:41 |
| 4 | 839 | Fuchs, Stefan | LT TV Schwanewede | 66 | M 45 | 1 41:37 |
| 5 | 842 | Tietje, Michael | TSV Otterndorf | 56 | M 55 | 1 42:16 |
| 6 | 828 | Wilde, Udo | LC Wuppertal | 56 | M 55 | 2 43:43 |
| 7 | 826 | Otten, Peter | TV Langen -Das grüne Ballett- | 62 | M 50 | 1 46:02 |
| 8 | 834 | Engelmann, Kurt | TSV Sievern | 63 | M 50 | 2 47:23 |
| 9 | 812 | Gente, Björn | TuS Dorum | 71 | M 40 | 2 47:55 |
| 10 | 829 | Wilde, Dagmar | LC Wuppertal | 63 | W50 | 1 48:16 |
| 11 | 813 | Reinke, Marco | TV Schiffdorf | 73 | M 40 | 3 48:27 |
| 12 | 846 | Simon, Raimund | Vital Club | 56 | M 55 | 3 48:36 |
| 13 | 821 | Ebbinghaus, Karl-Heinz | Team Erdinger Alkoholfrei | 50 | M 60 | 1 48:53 |
| 14 | 835 | Weber, Olaf | Laufend besser Bremerhaven | 63 | M 50 | 3 49:50 |
| 15 | 840 | Anders, Gerd | Laufend besser Bremerhaven | 57 | M 55 | 4 50:01 |
| 16 | 820 | Schneider-Endrowait, Gisela | MC Menden | 52 | W60 | 1 50:37 |
| 17 | 827 | Bohne, Stefan | TuS Dorum | 66 | M 45 | 2 51:26 |
| 18 | 805 | Keddy, Aaron | Harsleben | 92 | M HK | 1 51:53 |
| 19 | 833 | Rüschmann, Uwe | TSV Debstedt | 71 | M 40 | 4 52:19 |
| 20 | 822 | Lebenhagen, Kay | TV Langen | 61 | M 50 | 4 53:46 |
| 21 | 801 | Heinemeyer, Jürgen | Bad Bederkesa / TEA | 56 | M 55 | 5 53:48 |
| 22 | 836 | Schröder, Marita | TSV Otterndorf | 74 | W35 | 1 54:09 |
| 23 | 830 | Krüger, Manfred | ASV-Wesseling 1985 e.V. | 47 | M 65 | 1 55:36 |
| 24 | 816 | Becker, Holger | Troisdorf | 64 | M 45 | 3 55:49 |
| 25 | 824 | Steilen, Hinrich | SG Marßel Bremen Lauftreff | 55 | M 55 | 6 57:04 |
| 26 | 811 | Kalus, Nadin | Cuxhaven | 77 | W35 | 2 57:08 |
| 27 | 844 | Schult, Barbara | TSV Otterndorf | 66 | W45 | 1 57:11 |
| 28 | 841 | Thies, Gerhard | TSV Mulsum v. 1919 | 49 | M 60 | 2 57:18 |
| 29 | 831 | Gente, Sandra | TuS Dorum | 68 | W45 | 2 58:42 |
| 30 | 814 | Kimmich, Rudi | TSV Mulsum v. 1919 | 68 | M 45 | 4 59:43 |
| 30 | 823 | Regensdorff-Goistein, Elke | SG Marßel Bremen Lauftreff | 56 | W55 | 1 59:43 |
| 32 | 809 | Kröncke, Wilhelm | TuS Dorum | 54 | M 55 | 7 1:00:07 |
| 33 | 845 | Nass, Kurt | | 48 | M 65 | 2 1:01:27 |
| 34 | 837 | Gottschalk, Heiko | Feuerwehr Bremerhaven | 43 | M 70 | 1 1:04:26 |
| 35 | 817 | Hancken, Martina | Wiemsdorf | 72 | W40 | 1 1:08:23 |
| 36 | 818 | Hancken, Reiner | Wiemsdorf | 68 | M 45 | 5 1:08:25 |
| 37 | 815 | Reglin, Marlene | OSC Bremerhaven | 46 | W65 | 1 1:24:58 |

900m am 27.07.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
|-----|-----|-----------------|--------------------|----|--------|---------|
| 1 | 761 | Gerland, Jesper | TuS Dorum | 04 | MK U10 | 1 3:50 |
| 2 | 760 | Heyroth, Emelie | TuS Wremen 09 | 02 | W10 | 1 4:04 |
| 3 | 751 | Berkemann, Jule | TSV Mulsum v. 1919 | 04 | W08 | 1 4:06 |
| 4 | 718 | Kohls, Ian | TSV Neuenwalde | 06 | MK U8 | 1 4:25 |
| 5 | 752 | Hancken, Bea | Wiemsdorf | 02 | W10 | 2 4:35 |
| 6 | 750 | Kühn, Merle | TuS Wremen 09 | 01 | W12 | 1 4:37 |
| 7 | 753 | Hancken, Madlen | Wiemsdorf | 05 | W08 | 2 4:40 |
| 8 | 759 | Hillers, Amelie | | 03 | W10 | 3 4:52 |
| 9 | 763 | Kimmich, Zeron | TSV Mulsum v. 1919 | 05 | MK U10 | 2 5:01 |
| 10 | 762 | Beckmann, Torge | TSV Mulsum v. 1919 | 04 | MK U10 | 3 5:05 |

500m am 27.07.2013

Ergebnisliste

| Rng | Snr | Name, Vorname | Verein/Ort | Jg | Ak | Endzeit |
|-----|-----|--------------------|----------------------|----|--------|---------|
| 1 | 716 | Neif, Dorothea | TuS Wremen 09 | 03 | W10 | 1:58 |
| 2 | 758 | Kohls, Nele | TSV Neuenwalde | 04 | W08 | 1:59 |
| 3 | 715 | Neif, Julius | TuS Wremen 09 | 06 | MK U8 | 2:02 |
| 4 | 707 | Sonnberg, Finn | Laufzwerge TuS Dorum | 06 | MK U8 | 2:07 |
| 5 | 717 | Endrowait, Dana | TSV Mulsum v. 1919 | 06 | W06 | 2:08 |
| 6 | 706 | Schmidt, Carlotta | Laufzwerge TuS Dorum | 07 | W06 | 2:26 |
| 7 | 714 | de Buhr, Josephine | TuS Dorum | 08 | Mädchn | 2:29 |
| 8 | 708 | Bux, Lennart | Laufzwerge TuS Dorum | 08 | Jungen | 2:30 |
| 9 | 711 | Gerland, Pia | Laufzwerge TuS Dorum | 07 | W06 | 2:31 |
| 10 | 719 | Heyroth, Isabel | TuS Wremen 09 | 06 | W06 | 2:33 |
| 11 | 712 | Alpers, Kristjan | Laufzwerge TuS Dorum | 08 | Jungen | 2:35 |
| 12 | 710 | Ahrens, Antonia | Laufzwerge TuS Dorum | 07 | W06 | 2:40 |
| 13 | 700 | Seebeck, Franziska | TSV Mulsum v. 1919 | 08 | Mädchn | 3:01 |
| 14 | 702 | Bösch, Matthes | Laufzwerge TuS Dorum | 08 | Jungen | 3:02 |
| 15 | 705 | Sonnberg, Luna | Laufzwerge TuS Dorum | 08 | Mädchn | 3:06 |
| 16 | 703 | Müller, Zoe | Laufzwerge TuS Dorum | 08 | Mädchn | 3:10 |
| 17 | 701 | Postel, Johannes | Schiffdorf | 08 | Jungen | 3:13 |
| 18 | 709 | Bux, Adrian | Laufzwerge TuS Dorum | 08 | Jungen | 3:14 |
| 19 | 721 | Hinck, Raphael | TSV Mulsum v. 1919 | 08 | Jungen | 3:20 |
| 20 | 704 | Gente, Noah | Laufzwerge TuS Dorum | 08 | Jungen | 3:28 |
| 21 | 713 | Reinke, Mika | TV Schiffdorf | 08 | Jungen | 3:29 |
| 22 | 720 | Hinck, Rebecca | TSV Mulsum v. 1919 | 11 | Mädchn | 5:25 |