

1. Nikolauslauf Norden - 10. Dezember 2011 - 10km Lauf

Ergebnisliste Männer

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Rundenzeiten | Geschwindigkeit |
|--------|-----|-----------------------|---------------------------|---------|------|----------|------------|-------------------------------|-----------------|
| 1 | 439 | Steinke Peter | VfL Germania Leer | 0:35:25 | 1970 | M40 | 1 | 0:35:25 11:34 * 11:56 * 11:54 | 3:35 min/km |
| 2 | 343 | Naue Torsten | *Sandstedt | 0:35:50 | 1965 | M45 | 1 | 0:35:51 11:44 * 11:59 * 12:07 | 3:37 min/km |
| 3 | 389 | Redmers Christian | MTV Aurich | 0:38:04 | 1990 | MHK | 1 | 0:38:05 12:18 * 12:48 * 12:57 | 3:51 min/km |
| 4 | 411 | Schipper Thade | TV Norden | 0:38:20 | 1995 | MJB | 1 | 0:38:20 11:55 * 13:09 * 13:16 | 3:52 min/km |
| 5 | 264 | Köhler Jan-Aiko | Emder LG | 0:38:37 | 1997 | MSA | 1 | 0:38:40 13:02 * 12:48 * 12:46 | 3:54 min/km |
| 6 | 316 | Meenken Janno | Dachdeckerei Stöbener | 0:39:24 | 1994 | MJB | 2 | 0:39:26 12:20 * 13:25 * 13:38 | 3:59 min/km |
| 7 | 272 | Köster Clemens | MTV Aurich | 0:39:27 | 1973 | M35 | 1 | 0:39:29 12:54 * 13:20 * 13:13 | 3:59 min/km |
| 8 | 493 | Wilts Martin | *Aurich | 0:39:40 | 1972 | M35 | 2 | 0:39:42 13:03 * 13:15 * 13:20 | 4:00 min/km |
| 9 | 134 | Folkerts Andreas | pewsum | 0:39:52 | 1971 | M40 | 2 | 0:39:58 13:25 * 13:25 * 13:02 | 4:02 min/km |
| 10 | 124 | Ferneding Andréé | Team Laufrausch e.V. | 0:39:55 | 1959 | M50 | 1 | 0:39:58 13:25 * 13:25 * 13:04 | 4:02 min/km |
| 11 | 514 | Klüver Bernhard | *Krummhörn | 0:39:58 | 1969 | M40 | 3 | 0:39:59 13:00 * 13:30 * 13:27 | 4:02 min/km |
| 12 | 214 | Hoffmann Karl-Heinz | Team Laufrausch e.V. | 0:40:02 | 1958 | M50 | 2 | 0:40:04 13:08 * 13:19 * 13:34 | 4:03 min/km |
| 13 | 382 | Potritt Thomas | TV Norden | 0:40:06 | 1971 | M40 | 4 | 0:40:09 12:59 * 13:26 * 13:40 | 4:03 min/km |
| 14 | 74 | Carls Christoph | TV Norden | 0:40:10 | 1964 | M45 | 2 | 0:40:12 13:09 * 13:25 * 13:35 | 4:03 min/km |
| 15 | 190 | Heinken Matthias | *Norden | 0:40:12 | 1993 | MJA | 1 | 0:40:15 13:05 * 13:43 * 13:23 | 4:04 min/km |
| 16 | 355 | Niemöller Edgar | TUS Ofen | 0:40:27 | 1969 | M40 | 5 | 0:42:10 13:19 * 13:34 * 13:33 | 4:05 min/km |
| 17 | 4 | Akkermann Michael | Lauftreff Jennelt | 0:40:39 | 1970 | M40 | 6 | 0:40:44 13:21 * 13:39 * 13:38 | 4:06 min/km |
| 18 | 106 | Eden Kurt | TV Norden | 0:41:02 | 1958 | M50 | 3 | 0:41:04 13:16 * 13:56 * 13:49 | 4:09 min/km |
| 19 | 253 | Kathmann Aloys | TuS Norderney | 0:41:57 | 1953 | M55 | 1 | 0:41:58 13:35 * 14:05 * 14:15 | 4:14 min/km |
| 20 | 292 | Langensiepen Jannis | *Aurich | 0:42:07 | 1994 | MJB | 3 | 0:42:36 15:55 * 13:51 * 12:20 | 4:15 min/km |
| 21 | 152 | Gerling Holger | *Werne | 0:42:22 | 1969 | M40 | 7 | 0:42:47 15:32 * 13:43 * 13:06 | 4:17 min/km |
| 22 | 502 | Mohrherr Tim | UNI Osnabrück | 0:42:42 | 1985 | MHK | 2 | 0:42:44 13:39 * 14:25 * 14:38 | 4:19 min/km |
| 23 | 386 | Räth Matthias | *Norden | 0:43:00 | 1965 | M45 | 3 | 0:43:01 13:23 * 14:28 * 15:07 | 4:21 min/km |
| 24 | 400 | Rotte Uwe | *Ihlow | 0:43:02 | 1960 | M50 | 4 | 0:43:10 15:19 * 14:01 * 13:42 | 4:21 min/km |
| 24 | 302 | Lenzdorf Dennis | Team ERDINGER | 0:43:02 | 1978 | M30 | 1 | 0:43:16 14:50 * 14:26 * 13:45 | 4:21 min/km |
| 26 | 69 | Buse Michael | TV Norden | 0:43:21 | 1972 | M35 | 3 | 0:43:32 14:23 * 14:25 * 14:32 | 4:23 min/km |
| 27 | 164 | Grigat Uwe | *Hage | 0:43:55 | 1968 | M40 | 8 | 0:44:04 14:48 * 14:38 * 14:28 | 4:26 min/km |
| 28 | 497 | Wolken Gerd | Ulpts Architekten | 0:44:06 | 1965 | M45 | 4 | 0:44:15 14:26 * 14:42 * 14:57 | 4:27 min/km |
| 29 | 451 | Teuber Bernd | Team Laufrausch e.V. | 0:44:21 | 1965 | M45 | 5 | 0:44:28 14:42 * 14:53 * 14:45 | 4:29 min/km |
| 30 | 105 | Ebel Carsten | Emden | 0:44:27 | 1966 | M45 | 6 | 0:44:31 14:30 * 14:46 * 15:10 | 4:29 min/km |
| 31 | 68 | Busboom Wilfried | *Detern | 0:44:31 | 1971 | M40 | 9 | 0:44:54 14:41 * 15:03 * 14:47 | 4:30 min/km |
| 32 | 399 | Rosenhöfel Erik | Team Laufrausch e.V. | 0:44:48 | 1975 | M35 | 4 | 0:44:55 14:46 * 14:57 * 15:04 | 4:32 min/km |
| 33 | 155 | Glamann-Schulzek Graf | TV Norden | 0:44:50 | 1965 | M45 | 7 | 0:45:21 15:11 * 14:57 * 14:42 | 4:32 min/km |
| 34 | 436 | Sporré Jürgen | Borussia | 0:45:01 | 1955 | M55 | 2 | 0:45:10 15:02 * 15:07 * 14:51 | 4:33 min/km |
| 35 | 467 | Van der Kamp Hans | *Emden | 0:45:02 | 1956 | M55 | 3 | 0:45:10 15:02 * 15:08 * 14:51 | 4:33 min/km |
| 36 | 388 | Rausch Gerhard | TV Norden | 0:46:06 | 1968 | M40 | 10 | 0:46:34 15:28 * 15:21 * 15:16 | 4:39 min/km |
| 37 | 166 | Grünebast Günther | MTV Aurich | 0:46:27 | 1965 | M45 | 8 | 0:46:38 14:57 * 15:39 * 15:50 | 4:42 min/km |
| 38 | 315 | Mauson Peter | KGS Hage-Norden | 0:47:27 | 1949 | M60 | 1 | 0:47:51 16:24 * 15:37 * 15:25 | 4:48 min/km |
| 39 | 392 | Rößing Hermann | WfbM BBB | 0:47:33 | 1965 | M45 | 9 | 0:47:38 15:53 * 15:56 * 15:42 | 4:48 min/km |
| 40 | 415 | Schmidt Hartmut | tbd radsport-team | 0:47:58 | 1962 | M45 | 10 | 0:48:27 15:44 * 16:09 * 16:04 | 4:51 min/km |
| 41 | 244 | Janßen Dieter | *Moordorf | 0:48:03 | 1966 | M45 | 11 | 0:48:18 15:59 * 15:55 * 16:08 | 4:51 min/km |
| 42 | 267 | Kölber Richard | TV Norden | 0:48:10 | 1966 | M45 | 12 | 0:48:40 16:17 * 15:49 * 16:03 | 4:52 min/km |
| 43 | 492 | Willms Johann | *Krummhörn | 0:48:26 | 1956 | M55 | 4 | 0:48:44 16:41 * 15:56 * 15:49 | 4:54 min/km |
| 44 | 375 | Poguntke Martin | TV Norden | 0:49:06 | 1963 | M45 | 13 | 0:49:41 17:49 * 15:39 * 15:37 | 4:58 min/km |
| 45 | 342 | Nanninga Jochen | TV Norden | 0:49:11 | 1967 | M40 | 11 | 0:49:40 16:31 * 16:38 * 16:01 | 4:58 min/km |
| 46 | 248 | Joachim Hans-Hermann | Team Erdinger Alkoholfrei | 0:49:14 | 1950 | M60 | 2 | 0:49:47 17:01 * 16:12 * 15:59 | 4:58 min/km |
| 47 | 103 | Drewezke Sven | *Jever | 0:49:29 | 1973 | M35 | 5 | 0:50:03 17:16 * 16:08 * 16:03 | 4:60 min/km |
| 48 | 127 | Fischer Helmut | Störtebeker Loopers TVM | 0:49:38 | 1964 | M45 | 14 | 0:49:50 16:48 * 16:37 * 16:12 | 5:01 min/km |
| 49 | 178 | Harms Johann | Karkörper Moorloopers | 0:49:50 | 1957 | M50 | 5 | 0:50:38 17:37 * 16:31 * 15:41 | 5:02 min/km |
| 50 | 278 | Kramer Stefan | *Emden | 0:49:50 | 1968 | M40 | 12 | 0:50:28 17:08 * 16:22 * 16:20 | 5:02 min/km |
| 51 | 201 | Hilger Karsten | TV Norden | 0:49:56 | 1968 | M40 | 13 | 0:50:07 15:19 * 16:15 * 18:20 | 5:03 min/km |
| 52 | 442 | Streckel Peter | SV Hage | 0:49:57 | 1954 | M55 | 5 | 0:50:30 16:20 * 16:43 * 16:52 | 5:03 min/km |
| 53 | 460 | Ubben Ehlke | MTV Aurich | 0:49:58 | 1962 | M45 | 15 | 0:50:08 16:19 * 17:02 * 16:36 | 5:03 min/km |

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| | | | | | | | | | |
|-----|-----|-----------------------|--------------------------|---------|----------|----|---------|-----------------------|-------------|
| 54 | 289 | Kurzewitz Björn | *Hamburg | 0:50:04 | 1974 M35 | 6 | 0:50:19 | 16:01 * 17:21 * 16:41 | 5:03 min/km |
| 55 | 13 | Baalmann Josef | LT TuS Aurich-Ost | 0:50:14 | 1961 M50 | 6 | 0:50:32 | 16:12 * 16:49 * 17:12 | 5:04 min/km |
| 56 | 450 | Tertilt Rainer | LT TuS Aurich Ost | 0:50:27 | 1968 M40 | 14 | 0:50:55 | 16:47 * 17:04 * 16:35 | 5:06 min/km |
| 57 | 240 | Janssen Matthias | LT TuS Aurich Ost | 0:50:29 | 1974 M35 | 7 | 0:50:58 | 16:46 * 17:05 * 16:37 | 5:06 min/km |
| 58 | 262 | Koch Ralf | *Aurich | 0:50:30 | 1970 M40 | 15 | 0:51:11 | 17:23 * 16:45 * 16:21 | 5:06 min/km |
| 59 | 257 | Klinkenberg Enno | TV Norden | 0:50:43 | 1949 M60 | 3 | 0:50:58 | 16:56 * 16:55 * 16:50 | 5:07 min/km |
| 60 | 490 | Willems Heinrich | *Berumbur | 0:50:47 | 1959 M50 | 7 | 0:51:17 | 16:55 * 17:01 * 16:50 | 5:08 min/km |
| 61 | 314 | Maschke Jannis | MTV Aurich | 0:50:50 | 1978 M30 | 2 | 0:51:14 | 17:41 * 16:36 * 16:31 | 5:08 min/km |
| 62 | 89 | Dettmer Thorsten | Leinerstift e.V. | 0:50:51 | 1965 M45 | 16 | 0:51:12 | 19:02 * 16:06 * 15:42 | 5:08 min/km |
| 63 | 470 | Vennen Rolf | EWE-Wattloopers | 0:51:04 | 1962 M45 | 17 | 0:51:50 | 17:37 * 16:57 * 16:30 | 5:10 min/km |
| 64 | 473 | Voß Friedrich | *Krummhörn | 0:51:11 | 1961 M50 | 8 | 0:51:29 | 17:15 * 16:42 * 17:12 | 5:10 min/km |
| 65 | 31 | Berlin Henry | Ihrhove 07 | 0:51:27 | 1957 M50 | 9 | 0:52:14 | 17:15 * 16:54 * 17:18 | 5:12 min/km |
| 66 | 117 | Falkenberg Helmut | TV Norden | 0:51:28 | 1965 M45 | 18 | 0:51:39 | 16:59 * 17:19 * 17:09 | 5:12 min/km |
| 67 | 114 | Engelmann Wolter | TV Norden | 0:51:37 | 1946 M65 | 1 | 0:51:43 | 17:24 * 17:07 * 17:05 | 5:13 min/km |
| 68 | 329 | Meyer Wolfgang | Emder LG | 0:51:47 | 1963 M45 | 19 | 0:52:17 | 18:28 * 16:40 * 16:39 | 5:14 min/km |
| 69 | 44 | Böhm Jörg | *Schortens | 0:51:49 | 1965 M45 | 20 | 0:52:28 | 17:30 * 17:20 * 16:58 | 5:14 min/km |
| 70 | 426 | Schulz Michael | LT TuS Aurich-Ost | 0:52:05 | 1962 M45 | 21 | 0:52:35 | 17:31 * 17:08 * 17:26 | 5:16 min/km |
| 71 | 294 | Leeling Frank | Emder LG | 0:52:23 | 1968 M40 | 16 | 0:52:45 | 18:04 * 17:17 * 17:00 | 5:18 min/km |
| 72 | 444 | Stüben Martin | Störtebeker Loopers TVM | 0:52:30 | 1968 M40 | 17 | 0:52:41 | 18:29 * 17:03 * 16:57 | 5:18 min/km |
| 73 | 165 | Groß Sven | WfbM BBB | 0:52:32 | 1991 MHK | 3 | 0:52:39 | 19:27 * 16:24 * 16:40 | 5:18 min/km |
| 74 | 54 | Borchers Torben | Team Laufrausch | 0:52:55 | 1976 M35 | 8 | 0:53:08 | 18:00 * 17:20 * 17:34 | 5:21 min/km |
| 75 | 469 | Varga Erwin | *Berumerfehn | 0:52:55 | 1969 M40 | 18 | 0:53:13 | 18:07 * 17:48 * 16:59 | 5:21 min/km |
| 76 | 498 | Wolter Dr. Ekkehart | *Norden | 0:53:10 | 1953 M55 | 6 | 0:53:46 | 18:34 * 17:36 * 16:59 | 5:22 min/km |
| 77 | 139 | Fröhling Rudolf | *Norden | 0:53:10 | 1963 M45 | 22 | 0:53:46 | 18:33 * 17:36 * 17:00 | 5:22 min/km |
| 78 | 510 | Funk Karl-Heinz | OLB Norden | 0:53:11 | 1970 M40 | 19 | 0:53:42 | 18:19 * 17:29 * 17:22 | 5:22 min/km |
| 79 | 222 | Hook Michael | SV Dornum -Wattn | 0:53:12 | 1966 M45 | 23 | 0:54:05 | 18:29 * 17:26 * 17:16 | 5:22 min/km |
| 80 | 204 | Hinderks Focko | TuS Pewsum | 0:53:16 | 2001 MSC | 1 | 0:53:33 | 16:18 * 18:21 * 18:36 | 5:23 min/km |
| 81 | 456 | Trauernicht Jens | LG Doepke läuft | 0:53:23 | 1963 M45 | 24 | 0:53:40 | 17:32 * 17:32 * 18:19 | 5:24 min/km |
| 82 | 363 | Olthoff Uwe | *Uthwerdum | 0:53:29 | 1968 M40 | 20 | 0:54:00 | 18:56 * 17:31 * 17:01 | 5:24 min/km |
| 83 | 477 | Waldmann Frank | *Großefehn | 0:53:32 | 1955 M55 | 7 | 0:53:57 | 17:36 * 17:50 * 18:05 | 5:25 min/km |
| 84 | 162 | Grensemann Gerrit | Bundesagentur für Arbeit | 0:53:33 | 1968 M40 | 21 | 0:53:56 | 17:36 * 17:52 * 18:04 | 5:25 min/km |
| 85 | 110 | Eiser Kai | *Jever | 0:53:40 | 1977 M30 | 3 | 0:54:14 | 18:14 * 17:58 * 17:26 | 5:25 min/km |
| 86 | 508 | Blase Rüdiger | SRT Race-Miner | 0:53:43 | 1953 M55 | 8 | 0:54:26 | 18:38 * 17:43 * 17:21 | 5:26 min/km |
| 87 | 205 | Hinderks Stefan | *Pewsum | 0:53:56 | 1977 M30 | 4 | 0:54:15 | 18:14 * 17:54 * 17:48 | 5:27 min/km |
| 88 | 22 | Beekhuis Gottfried | SV Dornum | 0:54:08 | 1954 M55 | 9 | 0:55:00 | 18:15 * 17:34 * 18:18 | 5:28 min/km |
| 89 | 203 | Hilpert Frank | *Norden | 0:54:28 | 1967 M40 | 22 | 0:54:41 | 18:30 * 18:11 * 17:46 | 5:30 min/km |
| 90 | 459 | Triebner Michael | *Krummhoern | 0:54:38 | 1974 M35 | 9 | 0:54:57 | 18:43 * 18:08 * 17:46 | 5:31 min/km |
| 91 | 475 | Wagenaar Berthold | *Krummhörn | 0:54:38 | 1972 M35 | 10 | 0:54:56 | 18:43 * 18:07 * 17:47 | 5:31 min/km |
| 92 | 154 | Giesenberg Georg | TTV Großheide | 0:55:29 | 1949 M60 | 4 | 0:56:19 | 18:50 * 18:33 * 18:06 | 5:36 min/km |
| 93 | 485 | Wessels Helmut | PRO ET CONTRA | 0:55:30 | 1965 M45 | 25 | 0:56:19 | 18:44 * 18:45 * 18:01 | 5:36 min/km |
| 94 | 398 | Roschkowski Nico | Leinerstift e.V. | 0:55:30 | 1997 MSA | 2 | 0:55:49 | 19:07 * 18:19 * 18:03 | 5:36 min/km |
| 95 | 90 | Diehl Peter | Leinerstift e.V. | 0:56:00 | 1977 M30 | 5 | 0:56:18 | 19:09 * 18:33 * 18:17 | 5:39 min/km |
| 96 | 116 | Erdmann Dieter | SuS Berumerfehn e. V. | 0:56:02 | 1949 M60 | 5 | 0:56:56 | 19:06 * 18:48 * 18:08 | 5:40 min/km |
| 97 | 322 | Mennenga Andre | Emder LG | 0:56:25 | 1961 M50 | 10 | 0:56:47 | 19:16 * 18:46 * 18:22 | 5:42 min/km |
| 98 | 184 | Heckhoff Andreas | VfL Germania Leer | 0:57:11 | 1964 M45 | 26 | 0:58:06 | 20:17 * 18:47 * 18:06 | 5:47 min/km |
| 99 | 102 | Dreischmeier Eckhardt | *Norden | 0:57:11 | 1967 M40 | 23 | 0:57:46 | 20:08 * 18:58 * 18:04 | 5:47 min/km |
| 100 | 276 | Kramer Alexander | EWE-Wattloopers | 0:57:29 | 1971 M40 | 24 | 0:58:14 | 19:55 * 19:17 * 18:16 | 5:48 min/km |
| 101 | 478 | Wallis Daniel | LG Harlingerland | 0:57:54 | 1994 MJB | 4 | 0:58:21 | 20:17 * 18:49 * 18:46 | 5:51 min/km |
| 102 | 157 | Glinkowski Michael | JAA Emden | 0:58:30 | 1969 M40 | 25 | 0:59:19 | 19:37 * 19:39 * 19:14 | 5:55 min/km |
| 103 | 453 | Thiele Andreas | Doepke1 | 0:58:55 | 1963 M45 | 27 | 0:59:23 | 19:16 * 19:26 * 20:12 | 5:57 min/km |
| 104 | 236 | Janssen Holger | Tus Esens | 0:59:10 | 1963 M45 | 28 | 0:59:53 | 19:54 * 19:50 * 19:26 | 5:59 min/km |
| 105 | 153 | Giesenberg Adelbert | *Utarp | 0:59:11 | 1960 M50 | 11 | 0:59:54 | 19:54 * 19:48 * 19:28 | 5:59 min/km |
| 106 | 430 | Sick Jens | J A A Emden | 1:00:11 | 1965 M45 | 29 | 1:01:00 | 19:36 * 19:57 * 20:36 | 6:05 min/km |
| 107 | 413 | Schlecht Michael | WfbM BBB | 1:00:22 | 1989 MHK | 4 | 1:00:27 | 19:09 * 21:04 * 20:08 | 6:06 min/km |
| 108 | 5 | Albers Heio | Harmonic Brass München | 1:00:23 | 1946 M65 | 2 | 1:01:04 | 20:24 * 20:00 * 19:58 | 6:06 min/km |
| 109 | 159 | Goudschaal Karl-Heinz | *Norden | 1:02:35 | 1968 M40 | 26 | 1:03:08 | 20:54 * 22:07 * 19:33 | 6:19 min/km |

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| | | | | | | | | | | | |
|-----|-----|---------------------|------------------|---------|----------|----|---------|---------|---------|-------|-------------|
| 110 | 112 | Engeldinger Jens | WfbM BBB | 1:03:01 | 1990 MHK | 5 | 1:03:06 | 19:02 * | 21:58 * | 22:00 | 6:22 min/km |
| 111 | 465 | Uphoff Christian | Leinerstift e.V. | 1:07:01 | 1990 MHK | 6 | 1:07:19 | 20:42 * | 23:45 * | 22:33 | 6:46 min/km |
| 112 | 138 | Friedrichs Wolfgang | TV Norden | 1:07:10 | 1964 M45 | 30 | 1:07:21 | 19:01 * | 16:45 * | 31:24 | 6:47 min/km |

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Ergebnisliste Frauen

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| Total. | Nr. | Name Vorname | Verein/*Ort | Endzeit | AK | AK-Platz | Bruttozeit | Rundenzeiten | Geschwindigkeit |
|--------|-----|----------------------|-------------------------|---------|----------|----------|------------|-----------------------|-----------------|
| 1 | 250 | Kanditt Katja | Mönchengladbacher LG | 0:40:01 | 1977 W30 | 1 | 0:40:03 | 13:05 * 13:25 * 13:29 | 4:03 min/km |
| 2 | 107 | Ehrhardt Anita | *Oldenburg | 0:41:23 | 1977 W30 | 2 | 0:41:27 | 13:44 * 13:52 * 13:46 | 4:11 min/km |
| 3 | 15 | Barfknecht Tomke | Lg Harlingerland | 0:42:51 | 1985 WHK | 1 | 0:43:19 | 15:56 * 13:52 * 13:02 | 4:20 min/km |
| 4 | 161 | Graf Karin | *Dornum | 0:43:03 | 1969 W40 | 1 | 0:43:11 | 14:11 * 14:21 * 14:30 | 4:21 min/km |
| 5 | 86 | Dekker Anja | *Ihlow | 0:45:41 | 1971 W40 | 2 | 0:45:49 | 15:20 * 15:11 * 15:09 | 4:37 min/km |
| 6 | 296 | Leinen Petra | TuS Norderney | 0:46:23 | 1960 W50 | 1 | 0:46:32 | 15:29 * 15:29 * 15:24 | 4:41 min/km |
| 7 | 297 | Lengerhuis Insa | TuS Norderney | 0:48:59 | 1968 W40 | 3 | 0:49:08 | 16:18 * 16:22 * 16:18 | 4:57 min/km |
| 8 | 511 | Frerichs Silke | OLB Norden | 0:49:11 | 1978 W30 | 3 | 0:49:42 | 16:28 * 16:12 * 16:30 | 4:58 min/km |
| 9 | 301 | Lenz Kim | *Emden | 0:49:50 | 1982 WHK | 2 | 0:50:28 | 17:08 * 16:22 * 16:19 | 5:02 min/km |
| 10 | 357 | Nothnagel Kathrin | MTV Aurich | 0:49:58 | 1975 W35 | 1 | 0:50:08 | 16:20 * 17:01 * 16:36 | 5:03 min/km |
| 11 | 417 | Schmidt Kerstin | Fortuna Logabirum | 0:51:05 | 1965 W45 | 1 | 0:51:50 | 17:39 * 16:55 * 16:30 | 5:10 min/km |
| 12 | 447 | Süßen Sonja | LT Tus Aurich-Ost | 0:51:21 | 1978 W30 | 4 | 0:51:51 | 17:35 * 16:52 * 16:52 | 5:11 min/km |
| 13 | 215 | Hoffmann Luise | privat | 0:51:34 | 1958 W50 | 2 | 0:51:43 | 17:07 * 17:24 * 17:02 | 5:13 min/km |
| 14 | 273 | Kohlenberg Inse | *Papenburg | 0:51:44 | 1950 W60 | 1 | 0:52:09 | 17:21 * 17:14 * 17:08 | 5:14 min/km |
| 15 | 2 | Aden Frauke | LG Großefehn | 0:52:50 | 1971 W40 | 4 | 0:53:16 | 18:30 * 17:25 * 16:54 | 5:20 min/km |
| 16 | 501 | Aden Melanie | LG Großefehn | 0:52:51 | 1972 W35 | 2 | 0:53:16 | 18:30 * 17:27 * 16:53 | 5:20 min/km |
| 17 | 500 | Ziemann Pia-Natascha | *Krummhörn | 0:54:28 | 1966 W45 | 2 | 0:54:51 | 17:59 * 18:05 * 18:24 | 5:30 min/km |
| 18 | 193 | Henseler Monika | MTV Aurich | 0:54:29 | 1968 W40 | 5 | 0:54:52 | 18:24 * 17:59 * 18:05 | 5:30 min/km |
| 19 | 208 | Höfker Inka | MTV Aurich | 0:54:35 | 1972 W35 | 3 | 0:54:52 | 18:30 * 18:00 * 18:05 | 5:31 min/km |
| 20 | 369 | Otto Silke | VfL Berumbur | 0:54:48 | 1968 W40 | 6 | 0:55:20 | 18:52 * 18:07 * 17:48 | 5:32 min/km |
| 21 | 486 | Wessels Silke | PRO ET CONTRA | 0:55:30 | 1974 W35 | 4 | 0:56:19 | 18:44 * 18:45 * 18:01 | 5:36 min/km |
| 22 | 8 | Albrecht Sylke | Team LauFRAUsch e.V. | 0:55:30 | 1962 W45 | 3 | 0:55:40 | 18:46 * 18:28 * 18:15 | 5:36 min/km |
| 23 | 280 | Kröger Marion | Team LauFRAUsch e.V. | 0:55:31 | 1960 W50 | 3 | 0:55:40 | 18:47 * 18:27 * 18:16 | 5:37 min/km |
| 24 | 480 | Weber Birgit | Emder LG | 0:56:25 | 1958 W50 | 4 | 0:56:47 | 19:16 * 18:46 * 18:22 | 5:42 min/km |
| 25 | 321 | Memmen Gisela | *Norden | 0:56:40 | 1952 W55 | 1 | 0:57:13 | 18:49 * 18:47 * 19:03 | 5:43 min/km |
| 26 | 339 | Nagler Lydia | *Norden | 0:57:00 | 1985 WHK | 3 | 0:57:42 | 19:54 * 18:47 * 18:18 | 5:46 min/km |
| 27 | 188 | Heckhoff Ulrike | VfL Germania Leer | 0:57:10 | 1965 W45 | 4 | 0:58:06 | 20:16 * 18:47 * 18:06 | 5:47 min/km |
| 28 | 364 | Ommen Angelika | Störtebeker Loopers TVM | 0:57:25 | 1971 W40 | 7 | 0:57:37 | 18:56 * 19:18 * 19:10 | 5:48 min/km |
| 29 | 34 | Betten Ingrid | Störtebeker Loopers TVM | 0:57:26 | 1970 W40 | 8 | 0:57:38 | 19:23 * 19:09 * 18:53 | 5:48 min/km |
| 30 | 10 | Arends Sandra | TV Norden | 0:57:39 | 1977 W30 | 5 | 0:58:17 | 19:47 * 18:42 * 19:09 | 5:49 min/km |
| 31 | 115 | Entgelmeier | *Aurich | 0:57:52 | 1993 WJA | 1 | 0:58:21 | 20:15 * 18:49 * 18:47 | 5:51 min/km |
| 32 | 504 | Krupp Sibilla | *Norderney | 0:59:46 | 1961 W50 | 5 | 1:00:03 | 20:17 * 19:58 * 19:30 | 6:02 min/km |
| 33 | 435 | Spillner Thea | RVB Fresena eG | 0:59:52 | 1956 W55 | 2 | 1:00:44 | 20:39 * 19:35 * 19:38 | 6:03 min/km |
| 34 | 495 | Wirgenings Ursula | MTV Aurich | 1:00:59 | 1965 W45 | 5 | 1:01:19 | 19:29 * 20:16 * 21:13 | 6:10 min/km |
| 35 | 32 | Berlin Simone | Ihrhove 07 | 1:01:42 | 1963 W45 | 6 | 1:02:29 | 20:45 * 20:13 * 20:43 | 6:14 min/km |
| 36 | 75 | Casjens Maren | psv ihlow | 1:04:05 | 1984 WHK | 4 | 1:04:31 | 21:16 * 21:29 * 21:20 | 6:28 min/km |
| 37 | 349 | Neugebauer Bärbel | TV Norden | 1:04:36 | 1965 W45 | 7 | 1:05:27 | 21:12 * 21:23 * 22:00 | 6:32 min/km |
| 38 | 234 | Janssen Bärbel | TV Norden | 1:04:39 | 1938 W70 | 1 | 1:05:27 | 21:15 * 21:23 * 22:00 | 6:32 min/km |