
Ergebnisliste 44. Himmelfahrtslauf Sportfreunde Heilshorn

14. Mai.2015 Himmelfahrt

Wettbewerb: 10 000 m

| PLATZ | ZEIT | STAR | JG. | STARTKLASSE | NAME | VORNAME | VEREIN | ORT |
|-------|----------|------|------|-------------|-------------|-----------------|---------------------------|----------------------|
| 1 | 00:36:03 | 655 | 1976 | LM30 | Schult | Mario | TSV Otterndorf | Wanna |
| 2 | 00:37:36 | 651 | 1975 | LM40 | Kohlhase | Marcus | VSK OHZ | Schwanewede |
| 3 | 00:39:33 | 515 | 1969 | LM40 | Brunkhorst | Holger | Ahrenswohlde | Ahrenswohlde |
| 4 | 00:40:03 | 525 | 1996 | LM19 | Reinéry | Léon-Sebastian | LT TV Schwanewede | Bremen |
| 5 | 00:40:32 | 664 | 1997 | LM18 | Rukin | Ilja | VSK OHZ | Osterholz-Scharmbeck |
| 6 | 00:41:45 | 521 | 1971 | LM40 | Toetzke | Falko | Team Erdinger Alkoholfrei | Cuxhaven |
| 7 | 00:42:18 | 520 | 1966 | LM40 | Fuchs | Stefan | LT TV Schwanewede | Schwanewede |
| 8 | 00:43:25 | 670 | 1970 | LM40 | Brase | Heiner | SG Airbus Stade | Holste |
| 9 | 00:44:05 | 538 | 1972 | LM40 | Greulich | Jens | LT TV Schwanewede | Schwanewede |
| 10 | 00:44:46 | 537 | 1964 | LM50 | Austen | Andreas | SG Platjenwerbe | Platjenwebe |
| 11 | 00:44:54 | 532 | 1996 | LM19 | Schäfer | Tim Jonatha | | Ritterhude |
| 12 | 00:44:54 | 671 | 1996 | LM19 | Foch | Gregory Francis | | Ritterhude |
| 13 | 00:45:05 | 668 | 1990 | LM19 | Rott | Simon Alexander | | Bremen |
| 14 | 00:46:32 | 534 | 1968 | LM40 | Bröker | Stefan | LT Bremen-Vahr | Bremen |
| 15 | 00:47:06 | 509 | 1965 | LM50 | Klein | Ulrich | | Ritterhude |
| 16 | 00:47:36 | 669 | 1963 | LM50 | Lütjen | Holger | | Vollersode |
| 17 | 00:48:00 | 533 | 1965 | LM50 | Jasper | Thomas | Hanse Wasser HB | Ritterhude |
| 18 | 00:48:14 | 503 | 1953 | LM60 | Meyer | Uwe | LAV Bokel | Bokel |
| 19 | 00:48:18 | 511 | 1977 | LW30 | Steinhauser | Sandra | | Osterholz-Scharmbeck |
| 20 | 00:48:56 | 528 | 1969 | LM40 | Lotz | Ralf | | Bremen |

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|----|----------|-----|------|------|---------------|-----------|--------------------|-----------------------|
| 21 | 00:49:06 | 531 | 1963 | LM50 | Heißenbüttel | Lutz | Asphaltfedern | Osterholz-Scharmbeck |
| 22 | 00:49:20 | 674 | 1970 | LM40 | Behrens | Ingo | TSV Worphausen | Grasberg |
| 23 | 00:49:29 | 652 | 1989 | LW19 | Püschner | Stella | TV Schwanewede | Schwanewede |
| 24 | 00:49:55 | 665 | 1966 | LM40 | Reinéry | Thomas | TV Schwanewede | Bremen |
| 25 | 00:50:06 | 667 | 1944 | LM70 | Brünjes | Hubert | VSK OHZ | Hambergen-Ströhe |
| 26 | 00:50:18 | 523 | 1957 | LM50 | Schlussus | Jürgen | LLG Sottrum | Sottrum |
| 27 | 00:50:22 | 657 | 1951 | LM60 | Schissler | Paul | Sparkasse Bremen | Lemwerder |
| 28 | 00:51:06 | 505 | 1967 | LM40 | Grotheer | Jörn | | OHZ |
| 29 | 00:51:17 | 519 | 1946 | LW60 | Rost-Brasholz | Gabriele | LG Bremen Nord | Ganderkesee |
| 30 | 00:51:18 | 659 | 1976 | LM30 | Jurkeit | Stefan | | Osterholz-Scharmbeck |
| 31 | 00:51:19 | 663 | 1951 | LM60 | Scheuneman | Frans | sv. Friesland | MZ Hoogezand (NL) |
| 32 | 00:51:22 | 540 | 1969 | LM40 | Köhler | Jens | SV Garlstedt | Osterholz-Scharmbeck |
| 33 | 00:51:38 | 504 | 1965 | LM50 | Eberhards | Ralf | | Osterholz- Scharmbeck |
| 34 | 00:51:46 | 517 | 1962 | LM50 | Arendt | Wolfgang | LT TV Schwanewede | Ritterhude |
| 35 | 00:52:01 | 502 | 1977 | LW30 | Kohlhase | Alexandra | | Schwanewede |
| 36 | 00:52:18 | 662 | 1962 | LM50 | Rhomberg | Hans | TV Spaden | Bremerhaven |
| 37 | 00:52:45 | 673 | 1955 | LM60 | Langner | Klaus | | Loxstedt |
| 38 | 00:52:46 | 527 | 1974 | LM40 | Lotz | Michael | | Bremen |
| 39 | 00:53:03 | 508 | 1964 | LM50 | Steiz | Torsten | | OHZ |
| 40 | 00:53:57 | 650 | 1990 | LW19 | Jacobi | Carola | | Ritterhude |
| 41 | 00:53:58 | 661 | 1961 | LM50 | Geertsma | Egbert | | PV Groningen NL |
| 42 | 00:54:00 | 522 | 1968 | LW40 | Toetzke | Katrin | VGH Versicherungen | Cuxhaven |
| 43 | 00:54:05 | 518 | 1968 | LW40 | Fuhrmann | Karen | LT TV Schwanewede | Schwanewede |
| 44 | 00:54:11 | 666 | 1967 | LW40 | Reinéry | Annette | TV Schwanewede | Bremen |
| 45 | 00:54:43 | 513 | 1981 | LM30 | Müller | Michael | TV Schiffdorf | Schiffdorf |

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| 46 | 00:54:48 | 535 | 1962 | LW50 | Windhorst | Manuela | Asphaltfedern | Osterholz-Scharmbeck |
| 47 | 00:54:56 | 675 | 1960 | LM50 | Tschierske | Michel | | Stubben |
| 48 | 00:55:19 | 656 | 1966 | LW40 | Schult | Barbara | TSV Otterdorf | Wanna |
| 49 | 00:55:36 | 529 | 1955 | LM60 | Rott | Sebastian | | Bremen |
| 50 | 00:55:37 | 530 | 1986 | LW19 | Rott | Jana Christina | | Bremen |
| 51 | 00:56:14 | 653 | 1959 | LM50 | Püschner | Peter | TV Schwanewede | Schwanewede |
| 52 | 00:56:47 | 539 | 1956 | LM50 | Meya | Jörg | | Werther |
| 53 | 00:56:48 | 672 | 1963 | LM50 | Windhorst | Frank | Asphaltfedern | Osterholz-Scharmbeck |
| 54 | 00:57:16 | 506 | 1964 | LM50 | Leistner | Andreas | | Osterholz-Scharmbeck |
| 55 | 00:57:17 | 507 | 1976 | LW30 | Vetter | Susanne | | Osterholz-Scharmbeck |
| 56 | 00:57:26 | 660 | 1939 | LM70 | Weigelt | Adolf | Bremen-Nord | Bremen |
| 57 | 00:59:40 | 526 | 1947 | LM60 | Kauß | Gernol | Lauftreff Ganderkesee | Ganderkesee |
| 58 | 00:59:43 | 536 | 1938 | LM70 | Presch | Hans | LG Bremen-Nord | Bremen |
| 59 | 01:02:09 | 510 | 1965 | LM50 | Amft | Klaus | | OHZ |
| 60 | 01:02:10 | 512 | 1974 | LM40 | Meyer zu Oesede | Christoph | | Osterholz-Scharmbeck |
| 61 | 01:02:10 | 514 | 1979 | LW30 | Beere | Melanie | | Osterholz-Scharmbeck |