

Laufergebnisse 2010

17.01.2010 in Ahrensburg

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|---------|----------|-------------------------|-------|----------|
| 19,3 km | 02:11:38 | Holger - Wilhelm Jordan | AK 65 | 6. Plz. |
| 9,7 km | 00:58:14 | Hinrich Frerichs | AK 50 | 20. Plz. |
| 9,7 km | 01:06:18 | Hans - Georg Foltin | AK 70 | 5. Plz. |
| 9,7 km | 01:08:36 | Silvia Leschitzki | AK 45 | 19. Plz. |
| 5,3 km | 00:33:14 | Karl - Hermann Steinke | AK 60 | 3. Plz. |
| 5,3 km | 00:33:36 | Luisa Jordan | AK 15 | 1. Plz. |

21.02.2010 in Amelinghausen

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|---------|----------|-------------------------|-------|----------|
| 21,1 km | 01:18:29 | Gernot Breitschuh | | 1. Plz. |
| 21,1 km | 02:13:49 | Holger - Wilhelm Jordan | AK 65 | 2. Plz. |
| 11,5 km | 01:09:59 | Hinrich Frerichs | AK 50 | 12. Plz. |
| 5,0 km | 00:29:05 | Luisa Jordan | AK 15 | 3. Plz. |

14. März in Scharnebeck

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|---------|----------|-----------------------|-------|----------|
| 21,1 km | 02:08:23 | Angela Oertzen | | 4. Plz. |
| 21,1 km | 02:13:08 | Holger-Wilhelm Jordan | AK 65 | 3. Plz. |
| 11,0 km | 01:13:00 | Gerd Petersen | | 12. Plz. |
| 11,0 km | 01:13:20 | Hinrich Frerichs | AK 50 | 13. Plz. |
| 5,0 km | ohne Z. | Luisa Jordan | AK 15 | 3. Plz. |
| 5,0 km | ohne Z. | Silvia Leschitzki | AK 45 | 2. Plz. |
| 5,0 km | ohne Z. | Hans-Georg Foltin | AK 70 | 1. Plz. |

21. März auf Sylt

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|-----------|----------|------------|--|----------|
| 33,333 km | 03:11:09 | Enno Maack | | 13. Plz. |
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28. März 10. Wandsetalerrunde

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|---------|----------|-----------------------|--|---------|
| 21,1 km | 01:54:53 | Holger-Wilhelm Jordan | | 1. Plz. |
| 21,1 km | 02:01:03 | Angela Oertzen | | 2. Plz. |
| 10,0 km | 00:57:07 | Birgit Giese | | 2. Plz. |
| 10,0 km | 00:57:51 | Hinrich Frerichs | | 5. Plz. |
| 10,0 km | 00:58:35 | Steffanie Nordbruch | | 2. Plz. |
| 5,0 km | 00:29:11 | Luisa Jordan | | 1. Plz. |
| 5,0 km | 00:29:40 | Hans-Georg Foltin | | 1. Plz. |

05. April in Hamburg - Neugraben

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|---------|----------|-----------------------|--|---------|
| 21,0 km | 01:47:21 | Holger-Wilhelm Jordan | | 2. Plz. |
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Laufergebnisse 2010

11. April in Wilhelmsburg

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| 21,0 km | 01:50:52 | Holger-Wilhelm Jordan |
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1. Plz.

18. April Junkernhoflauf in Thomasburg

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| 16,7 km | 01:28:16 | Holger-Wilhelm Jordan |
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1. Plz.

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| 5,0 km | 00:29:01 | Luisa Jordan |
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1. Plz.

25. April Marathon in Hamburg

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| 42,195 km | 03:54:24 | Holger-Wilhelm Jordan |
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26. Plz.

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| 42,195 km | 03:56:20 | Sven Raßmann |
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798. Plz.

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| 42,195 km | 03:56:20 | Enno Maack |
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97. Plz.

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| 42,195 km | 04:14:24 | Angela Oertzen |
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237. Plz.

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| 42,195 km | 04:22:29 | Nicole Pries-Maack |
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324. Plz.

01. Mai in Winsen

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| 5,8 km | 00:32:50 | Luisa Jordan |
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9. Plz.

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| 5,8 km | 00:35:36 | Birgit Neumann |
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9. Plz.

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| 5,8 km | 00:36:33 | Roswitha Maack |
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3. Plz.

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|---------|----------|---------------|
| 10,8 km | 00:49:11 | Steffen Randt |
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10. Plz.

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|---------|----------|--------------|
| 10,8 km | 00:58:10 | Walter Henke |
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17. Plz.

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|---------|----------|---------------|
| 10,8 km | 00:52:52 | Gerd Petersen |
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11. Plz.

| | | |
|---------|----------|------------------|
| 10,8 km | 00:58:09 | Hinrich Frerichs |
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15. Plz.

| | | |
|---------|----------|-----------------|
| 10,8 km | 00:58:24 | Wilfried Wiegel |
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16. Plz.

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|---------|----------|------------|
| 10,8 km | 00:48:25 | Enno Maack |
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1. Plz.

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|---------|----------|---------------|
| 10,8 km | 01:07:03 | Michaela Holl |
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13. Plz.

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|---------|----------|----------------|
| 10,8 km | 00:55:29 | Angela Oertzen |
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4. Plz.

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| 10,8 km | 00:59:41 | Petra Petersen |
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9. Plz.

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|---------|----------|-------------------|
| 10,8 km | 01:11:21 | Silvia Leschitzki |
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13. Plz.

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|---------|----------|-----------------------|
| 21,1 km | 01:48:53 | Holger-Wilhelm Jordan |
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1. Plz.

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|------------|----------|-------------|
| 8 km Walk. | 01:02:00 | Gitta Meyer |
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4. Plz.

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|------------|----------|---------------|
| 8 km Walk. | 01:06:15 | Traute Klatte |
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2. Plz.

09. Mai in Salzhausen

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|--------|----------|--------------|
| 5,3 km | 00:28:28 | Luisa Jordan |
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1. Plz.

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|--------|----------|-----------------|
| 5,3 km | 00:31:09 | Jürgen Meinberg |
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10. Plz.

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| 5,3 km | 00:31:10 | Michaela Holl |
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3. Plz.

Laufergebnisse 2010

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|---------|----------|------------------------|----------|
| 5,3 km | 00:31:13 | Roswitha Maack | 1. Plz. |
| 13,3 km | 01:03:12 | Sven Raßmann | 4. Plz. |
| 13,3 km | 01:06:00 | Steffen Randt | 7. Plz. |
| 13,3 km | 01:06:47 | Heiko Giese | 6. Plz. |
| 13,3 km | 01:11:34 | Andreas Hansen | 18. Plz. |
| 13,3 km | 01:11:56 | Holger-Wilhelm Jordan | 2. Plz. |
| 13,3 km | 01:13:19 | Angela Oertzen | 1. Plz. |
| 13,3 km | 01:14:16 | Wilfried Wiegel | 8. Plz. |
| 13,3 km | 01:16:23 | Gerd Petersen | 10. Plz. |
| 13,3 km | 01:16:24 | Petra Petersen | 2. Plz. |
| 13,3 km | 01:17:20 | Walter Henke | 20. Plz. |
| 13,3 km | 01:17:58 | Hinrich Frerichs | 11. Plz. |
| 13,3 km | 01:19:25 | Karl - Hermann Steinke | 5. Plz. |
| 13,3 km | 00:41:32 | Gitta Meyer | 2. Plz. |
| 13,3 km | 00:44:00 | Traute Klatte | 1. Plz. |

09. Mai in Mainz

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|-----------|----------|-----------------------|----------|
| 42,195 km | 03:56:17 | Holger-Wilhelm Jordan | 11. Plz. |
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09. Mai in Berlin

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|-------|----------|-----------------|-----------|
| 25 km | 02:15:19 | Ulrich Putensen | 201. Plz. |
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9. Mai in Berlin
25,000 km 2:15:19 Ullrich Putensen

201. Platz