

Rang	Name	Klasse	Verein	Netto-Zeit
.	Aalders, Jantinus	M60	Runners Stadskanaal	02:05:02
142.	Abeling, Kathrin	W45	LT Twistringen	01:53:59
	77 Abeln, Markus	M40	Vechta	01:42:59
	40 Achter, Heinz	M45	SC Spelle-Venhaus	01:35:22
	230 Adomat, Thomas	M40		02:01:54
58.	Adrian, Andrea	W50	Sport Ziel-Marathonteam	01:46:01
.	Agena, Uwe	M50	TuS Varrel	01:53:59
248.	Ahlbach, Maren	W		01:59:30
	51 Ahlert-de-Graat, Jörg	M45	TSV 1863 Herdecke	01:36:55
	217 Ahrns, Ingo	M40		02:00:14
.	Aiter, Karim	M40		01:37:45
	10 Ala-Haikka, Maire	W60	Vilppula	02:18:25
792.	Ala-Sankila, Tuuli	WJU20		02:43:14
	104 Albers, Jürgen	M40		01:46:26
	21 Albig-Syren, Daniela	W40		01:49:44
.	Albinger, Thorsten	M35		01:55:56
575.	Alfke, Alke	W45	FLIB Bremen	02:15:09
	3 Alpers, Kathrin	WJU20	Sport Ziel Halbmarathonteam	01:57:12
	178 Alpers, Martin	M35	Schrottpresse Vorwärts	02:05:14
754.	Alscher, Brigitte	W55	LG Franzdorf	02:30:45
.	Alten, Tim Alexander	M30	MHH Hannover	01:50:42
	199 Althans, Florian	M40		01:58:32
	80 Altoff, Helga	W50	TS Kiedrich	02:29:39
.	Altoff, Richard	M55	TS Kiedrich	02:29:40
	147 Amtenbrink, Marc	M35	Brüning-Gruppe	01:59:04
	1 Amtsfeld, Jonas	MJU20	LG Wennigsen	01:26:33
	192 Anacker, Björn	M35		02:08:47
	40 Anar, Nawina	W		01:59:30
.	Anders, Sebastian	M35	LG Uni Lübeck	01:24:37
	25 Andersen, Betina	W30		01:53:23
530.	Anderson, Bronwyn	W35		02:12:58
	331 Andrae, Eduard	M45		02:03:38
.	Andre, Finka	M	fc riensberg	01:37:20
	153 Appel, Andre	M40		01:51:52
.	Apwisch, Stephan	M45		01:44:15
	5 arend, lisa-marie	WJU18		02:22:31
	99 Arkenstette, Teresa	W		02:15:01
	35 Arlinghaus, Johannes	M	SV Alfhausen	01:37:28
	5 Arlt, Friedericke	W40	Sport Lounge Munte	01:38:25
	169 Arnold, Ronny	M45		01:49:06
.	Arnold, Yonathan	M		01:40:22
	134 Aschenbrenner, Sigrid	W45		02:22:36
	43 Assis, Bettina	W45		01:58:13
	56 August, Ernst	M50		01:44:58
3.	Austein, Friederike	W30		01:24:54
	79 Austen, Andreas	M45		01:40:25
.	Avram, Robin	M30	Ma Ma Magnétophone	02:04:39
.	Axmann, Stefan	M40	SC Lehe-Spaden e.V.	02:10:12
	97 Aye, Tin	M55		02:10:07
370.	Baake, Kirstin	W40	VfL Stenum	02:05:22
	133 Baber, Michael	M35		01:56:53
	99 Bachmann, Daniela	W40	Emder LG	02:12:58
	46 Backer, Malte	M		01:39:57
.	Backes, Frank	M40		01:46:36

	10 Backhaus, Axel	M40		01:29:43
	26 Backhaus, Peter	M55		01:47:52
	57 Bade, Günter	M60	Vfl Bad Nenndorf	02:25:56
	8 Bade, Sigrid	W60	VfL Bad Nenndorf	02:13:32
	80 Baden, Isabell	W30		02:20:50
.	Baden, Klaus	M55		01:54:42
	104 Baden, Nils	M30		01:52:31
	93 Baer, Yvonne	W35		02:21:31
	102 Baetz, Cyrille	M		01:47:52
	140 Baitis, Kai	M35		01:58:10
	205 Bakenhus, Nils	M35		02:14:10
.	Bakker, Gerrie	M30		02:16:55
	147 Bakker, Hilbrand	M45	Runners Stadskanaal	01:46:37
	216 BALDE, BUBACAR	M40		02:00:14
	157 Balde, Nikolai	M50	FC Deutsche Post	02:00:41
	204 Balde, Sergej	M		02:00:41
	147 Balkhausen-Aye, Elvira	W45		02:31:52
496.	Baltrock, Meike	W45		02:11:25
	59 Baltzer, Thomas	M45	Brinkum	01:37:54
	183 Balzarek, Christian	M		01:57:34
	41 Bannenberg, Petra	W45		01:57:53
	69 Bantin, Holger	M55	Unser Wasser e.V.	01:58:33
.	Bardell, Oliver	M40		02:01:29
	159 Bargfrede, Meikel	M40		01:52:32
	25 Barjenbruch, Dirk	M35		01:34:19
	65 Bark, Thomas	M45		01:39:04
	67 Barkowski, Lars	M		01:42:39
.	Barmbold, Jens	M40		01:37:32
.	Barnhoorn, Kees Piet	M40		02:03:00
399.	Barnhoorn, Rolene	W35		02:07:17
	117 Bartel, Reinhard	M55	SV Komet Pennigbüttel	02:23:46
	35 Bartels, Sandra	W30	HTCO Sharks	01:57:14
.	Bartholomeus, Tangeni	M30		01:53:58
	183 Bartling, Pierre	M35		02:06:00
.	Bartsch, Frank	M40	Schwarz-Weiß Oldenburg	02:02:02
	146 Bartsch, Matthias	M35		01:59:02
	30 Bartzke, Jens	M45	go for gold	01:34:18
	109 Baske, Mathias	M		01:48:22
	30 Bäsckow, Wolfgang	M55	LG Nienburg	01:48:41
	52 Baudein, Dirk	M50		01:44:16
.	Bauer, Michael	M45	VSK Osterholz Triathlon	01:35:12
	1 Baulig, Alfred	M70	Vital-Training Vahr / Bremer Bäder GmbH	01:53:29
	109 Baum, Marion	W40	MTV Bad Bevensen	02:16:24
.	Baumann, Onno	M40	LG Uplengen	02:15:26
.	Baumbach, Holger	M45		02:11:10
	84 Bäumer, Marcus	M45	-	01:41:12
	7 Baumgart, Maike	W40		01:43:31
	161 Baumgartner, Arne	M30		02:04:10
	47 Baumgartner, Ulrike	W50		02:09:35
	9 Bausch, BAUSCH	W50	Club zur Vahr	01:55:57
.	Bayer, Thomas	M50		02:02:53
	23 Bayer-Thiemig, Anke	W55	ATS Buntentor Bremen	02:15:53
	165 Bechheim, Stefan	M40		01:53:59
	100 Bechtloff, Katharina	W45	MTV Bad Bevensen	02:12:38
	61 Bechtloff, Rainer	M45	MTV Bad Bevensen	01:38:05
757.	Beck, Susanne	W		02:31:38

	101 Beck, Thorsten	M55		02:11:25
205.	Beckefeldt, Maike	W30		01:57:21
	25 Becker, Andreas	M45		01:33:24
	82 Becker, Astrid	W35		02:14:41
	52 Becker, Elvira	W50		02:11:25
.	Becker, Joachim	M60	LC 93 Delmenhorst	01:39:38
	137 Becker, Jonas	M30		01:57:55
	71 Becker, Malte	M	TUS Sulingen	01:43:03
.	Becker, Markus	M40		01:43:31
	227 Becker, Peter	M50	LTC Berlin	02:14:40
.	Becker, Stefan	M		01:44:40
	71 Beckmann, Anke	W45	SG Platjenwerbe	02:05:14
	55 Beckonert, Lars	M35		01:43:48
	149 Beckröge, Sören	M		01:53:46
	11 Begemann, Florian	MJU20		01:52:08
	71 Begett, Sabrina	W		02:07:00
.	Behlau, Gregor	M35		01:45:48
	225 Behnisch, Jens	M40		02:01:29
	31 Behrens, Anneke	W		01:55:07
	195 Behrens, Lutz	M45		01:51:04
	78 Behrens, Olaf	M40		01:43:16
.	Beier, Florian	M		02:05:34
.	Beier, Ingo	M40		01:39:50
	90 Beining, Britta	W	-	02:12:24
	105 Beißner, Saskia	W35		02:28:00
	288 Bellersen, Jörn	M45	hanseWasser	01:59:47
.	Bellmann, Christoph	M	TuS Ostervesede	02:05:48
	45 Bellusci, Maria	W45		01:59:24
	262 Bendiks, Maxim	M		02:19:13
	100 Bening, Christina	W30		03:08:13
	128 Benninghoff, Markus	M		01:50:48
.	Benthien, Hermann	M45		01:59:23
.	Berg, Hans-Juergen	M65	LT Sport Ziel Bremen	01:47:36
	15 Berg, Jasmine	W		01:49:55
	65 Berg, Marita	W45	TV Offenbach-Hundheim	02:04:44
	29 Berg, Natja	W35	HaugoMauzo	01:54:49
.	Bergemann, Ulrich	M50		01:48:41
	16 Berger, Hergen	M50	DSC Oldenburg	01:37:26
	111 Berger, Klemens	M55		02:16:24
	165 Berger, Thomas	M30		02:05:06
	334 Bergmann, Jens	M45	SVGO	02:03:55
.	Bergmann, Thomas	M45		01:51:44
.	Beringer, Jendric	M		01:48:36
	2 Bernal Reyes, Jesus Bernardo	M60	TKSE Laufteam	01:32:00
	120 bernau, klara	W45		02:18:18
.	Berndt, Stefan	M30		01:54:50
9.	Bernhardt, Birte	W35	Ute Mückel Triathlon Team	01:34:46
	3 Bernhardt, Tina	W35	Ute Mückel Triathlon Team	01:35:23
	101 Bernhörster, Stefan	M50	Glück(l)auf	01:52:36
	45 Bertram, Gregor	M30	-	01:39:07
.	bertulies, michel	M		01:47:37
	160 Bertus, Monno	M		01:54:43
	102 Bertzbach, Florian	M55		02:11:25
	33 Bethke, Christoph	M		01:36:55
	311 Beyer, Kai	M40	Sunday Runners	02:38:43
375.	Beyer, Tanja	W35	-	02:05:45

	320	Beypinar-Eherding, Hüseyin	M45		02:02:36
	123	Bieberstein, Werner	M50		01:55:55
	38	Biefeld, Ulla	W40		01:57:33
	96	Biermann, Andrea	W45	SC DHfK Leipzig	02:11:36
	311	Biermann, Jens	M45		02:02:02
	297	Biermann, Rainer	M45	AOK Bremen/Bremerhaven	02:00:44
.		Bierschwale, Siegfried	M60	BSG Sparkasse Bremen	02:01:11
	62	Biesterfeldt, Annette	W50	Club zur Vahr	02:14:53
97.		Bihn, Sylvia	W45	MTV Hohenkirchen	01:50:09
	340	Bijl, Gerrie	M45	runners Stadskanaal	02:05:22
68.		Bijl, Theresia	W40	runners Stadskanaal	01:46:42
	115	Bilke, Regina	W45		02:16:47
	12	Bilzer, Wolfgang	M60	SFN Vechta	01:49:15
.		Bindemann, Rainer	M35		01:43:04
	36	Birkner, Nicole	W35		01:55:46
	79	Birkner, René	M30	kein Verein	01:48:27
.		Birkner, Thomas	M40		02:21:30
.		Birreck, Dieter	M45		02:02:06
.		Bischof, Kai	M35		02:14:58
	22	Bischoff, Katrin	W35	LTV Kiel-Ost	01:52:02
	97	Bischoff, Udo	M40	Laufakademie/LC Hansa Stuhr	01:45:42
	62	Blanck, Markus	M40		01:40:29
.		Blania, Heinz	M65		01:53:46
	14	Blania, Ralf	M40	swb runners	01:30:40
	80	Blanke, Lara	W		02:09:00
.		Blankenburg, Mark	M		02:00:49
	117	Blankenburg, Stefan	M30		01:55:22
62.		Blau, Nina	W30	Uni Triathlößen Bremen	01:46:17
.		Blau, Oliver	M35	Uni Triathlößen Bremen	01:46:22
.		Blecker, M	M50	RFG Fischerhude	01:56:09
557.		Bleckwehl, Sabine	W40		02:14:36
	186	Bleich, Holger	M40	Pinkpank.de	01:56:54
	277	Bletz, Matthias	M		02:35:10
.		Bloch, Guillaume	M		01:45:29
	67	Block, Anneke	W40		02:04:41
	166	Block, Olaf	M40		01:54:04
.		Block, Thorsten	M		01:44:01
	76	Bloemer, Petra	W45		02:06:10
	129	Blome, David	M30		01:56:38
	154	Blömer, Markus	M35	Vechta	01:59:50
.		Blume, Martin	M30		01:52:53
	4	Blume-Süß, Margot	W65	SVG Findorff	02:28:37
125.		Blumrich, Eva-Maria	W		01:53:07
.		Bock, Martin	M40		01:40:16
	226	Bockhacker, Martin	M40		02:01:32
	222	Böde, Manfred	M50	Ender LG	02:12:59
.		Bode, Willem	M		02:09:00
	39	Bödeker, Britta	W30	TV Hambergen	01:59:01
	44	Bödeker, Klaus	M45	TSV St. Magnus	01:36:14
.		Böer, Uwe	M55		02:25:07
	176	Boerma, Hauke	M	DeTwee	01:57:01
	1	Böge, Anna Izabela	W35	SV Einheit Ueckermünde	01:27:11
	14	Bögershausen, Angelika	W60	MTV 1848	02:23:15
	197	Bogner, Andreas	M40		01:58:21
.		Böhler, Herwig	M40	-	01:45:06
	1	Böhm, Alfred	M75	Laufteam Wolfhagen	01:55:31

	74 Bohmann, Reimund	M50		01:47:35
.	Böhmer, Axel	M60	Uni Triathlöwen Bremen	01:59:18
	91 Böhncke, Markus	M40	kein	01:45:07
	22 Bohnen, Cornelia	W45	SC Spelle-Venhaus	01:53:08
	47 Bohnhorst, Joachim	M35		01:40:42
	126 Böhnke, Sarah	W		02:28:50
	21 Böhnke, Svenja	W30		01:49:49
	33 bohr, volker	M40	tus boos	01:35:26
206.	Böhner-Tietjen, Sabine	W45	Laufteam Sportziel	01:57:23
85.	Böing, Ulla	W55	AS Neukirchen-Vluyn	01:48:50
665.	Bold, Silke	W50		02:21:54
	55 Böll, Patricia	W30	neues land ev	02:09:15
	37 Bommersheim, Carmen	W55		02:39:14
.	Boncoeur, Dorian	M	tus huchting	01:48:13
624.	Bonert, Catrin	W35		02:18:40
.	Bongen, Gerd	M35	SV Germania Dürwiß	01:37:53
.	Bongen, Ralf	M30	SV Germania Dürwiß	01:46:25
	2 Bonin, Monika	W60	Lauf Team Unna	01:58:51
	44 Böning, Sophie-Charlotte	W30		02:01:40
	41 Boost, Frido	M		01:39:13
.	Borcherding, Tim	M30		02:24:14
	158 Borchers, Bernd	M35	TSV Basdahl-Volkmarst	02:00:49
	6 Borchers, Günther	M65	SC Weyhe	01:50:56
	75 Borchers, Kerstin	W45	Flowserve GESTRA	02:06:01
	51 Borchers, Michelle	W35		02:03:52
	225 Borchers, Sascha	M35		02:46:37
	190 Borchert, Klaas	M40		01:57:24
613.	Borgwardt, Andrea	W45		02:18:11
	60 Börner, Jens	M50	SG Stern Bremen	01:45:34
162.	Börner, Kerstin	W40	SV Union Lohne	01:55:09
	11 Borrek, Andrea	W		01:47:16
	91 Borrmann, Dorit	W		02:12:34
	117 Börsdamm, Angela	W45	SV Hepstedt-Breddorf	02:17:53
	63 Borstelmann, Gerd	M35		01:44:57
.	Böschen, Thomas	M50		02:01:30
	78 Böschen, Volker	M55	TSV Wallhöfen	02:03:52
.	Böske, Thomas	M35	Borgfelder LG	01:51:44
	127 Bosma, Sven	M35	SV Löhnhorst	01:56:08
	174 Bosse, Philip	M40		01:54:55
.	Bossing, Dirk	M45		02:03:19
	37 Bothe, Ralf	M45	LC Hansa Stuhr Tri-Wölfe	01:35:03
	192 Böttcher, Christian	M30		02:15:26
	61 Böttcher, Martin	M40		01:40:25
798.	Böttjer, Birgit	W40		02:45:59
	21 Böttjer, Walter	M65		02:10:37
	412 Böttner, Frank	M45		02:24:01
724.	Bouamaied, Samira	W30		02:27:36
	20 Box, Harald	M50	Gallier Bremen	01:37:51
	73 Braaf, Anne	W30		02:15:57
	175 Brackmann, Daniel	M30		02:08:29
	145 Brähler, Hans	M40	FC hagen/ Uthlede	01:51:09
.	Bramkamp, Martin	M40		01:30:50
	92 Bramlage, Dirk	M40	Die Energiebündel	01:45:10
	64 Brandenburg, Oliver	M35	Dasseler SC	01:45:29
.	Brandes, Arne	M40	SV Ofenerdiek	01:48:07
	140 Brandes, Svenja	W		02:47:41

	178 Brandes, Uwe	M50		02:02:58
	23 Brandt, Ingrid	W50		02:01:50
	11 Brandt, Manfred	M50	TSV Mehedorf e. V.	01:36:31
	69 Brase, Heiner	M40		01:41:56
	229 Brast, Benjamin	M		02:06:02
.	Brauch, Matthias	M40		02:11:17
	85 Brauer, Alexander	M35		01:48:09
.	Brauer, Matthias	M40		02:02:05
	52 Braukhane, Andy	M30		01:41:51
.	Braun, Florian	M40	Azul Running Team	01:27:27
	324 Brauns, Thies Christian	M45		02:03:06
.	Braunwald, Rainer	M45		02:28:20
.	Bräutigam, Ulrich	M45		02:24:37
	195 Brehmer, Andreas	M50		02:07:08
.	Breidel, Hans-Jürgen	M55	TV Friesen Telgte	02:34:28
	119 Bremer, Jürgen	M50		01:55:28
156.	Bremer, Wiebke	W	Die Brötchenholer Wilhelmshaven	01:55:02
	7 Brems, Ariane	W30	Wildeshauser Lauftreff	01:42:30
	33 Brenning, Kerstin	W50	Laufakademie Bremen	02:04:08
	193 Breuer, Lennart	M		01:58:37
	4 Breukelman, Hilke	W		01:38:51
	6 Breznau, Nate	M30		01:24:50
	141 Briese, Dirk	M45	privat	01:46:20
	192 Brink, Helmut	M45	SV Bokeloh	01:50:49
	163 Brinkema, Torben	M30		02:04:39
	18 Brinker, Hans-Dieter	M50	RT Osnabrück	01:37:44
.	Brinkmann, Heinrich	M60		02:12:59
86.	Brinkmann, Iris	W45	Bremer Radkurier	01:48:53
	9 Brinkmann, Marita	W55		02:00:52
	167 Brinkmann, Michael	M45	Bremer Radkurier	01:48:53
	223 Brinkmann, Michael	M45		01:54:11
	58 Brinkmann, Renke	M30		01:43:56
	77 Brinkmann, Tim	M35		01:46:52
	394 Brinschwitz, Ralf	M45	MTV Aurich	02:16:41
	41 Brockmann, Angela	W55	Bremer Ski Club	02:51:09
	287 Brockmann, Jens	M45		01:59:39
	112 brodbeck, erika	W40		02:18:19
	203 Brommer, Julian	M		02:00:35
	332 Bröring, Martin	M45	BTC-Herne	02:03:40
	17 Bross, Thomas	M50	pingpank.de	01:37:38
.	Brötzmann, Jörg	M40	TSV Bienenbüttel	01:38:34
	22 Bruch, Viola	W40	BSV Buxtehude	01:50:10
	263 Bruens, Jan	M45		01:57:43
	158 Brüggemann, Jürgen	M40		01:52:24
	219 Brüggemann, Jürgen	M45	AS Neukirchen-Vluyn	01:53:32
.	Brüggemann, Reiner	M55		02:09:13
.	bruintjes-gebert, hans-jürgen	M55		02:05:15
	235 Brümmer, Günter	M45		01:55:33
	42 Brümmer, Mirco	M35	Hamburger SV	01:39:17
	217 Brunet, Gautier	M		02:03:09
	99 Brüning, Stefan	M40	Berker	01:45:54
	137 Brunke, Oliver	M35		01:58:05
645.	Bruns, Anja	W40		02:20:25
	376 Brüns, Carsten	M45		02:11:44
	184 Bruns, Dirk	M40	Triathlon Team Lüneburg	01:56:38
	191 Bruns, Jan-Peter	M40		01:57:25

	190 Bruns, Kai	M30		02:15:09
	10 Bruns, Markus	M	NSP	01:27:10
	165 Brunssen, Christian	M35	Männer wie wir...	02:02:59
	75 Brunssen, Jana	W30	Völliger Irrsinn	02:17:30
	230 Buchenau, Ralf	M50	TV Eiche Horn	02:15:14
	34 Buchmann, Frank	M35		01:36:35
	221 Buck, Basti	M	TOLLESLABEL	02:04:18
	9 Buck, Lars	M35	lg ato	01:27:27
	121 Buck, Stefanie	W	TV Spaden	02:27:14
.	Bücken, Christoph	M50		01:51:45
	51 Buckley, Robert	M35		01:42:28
	90 Budde, Martin	M45		01:42:07
725.	Bühler, Diana	W35		02:27:49
.	Bühler, Roland	M35		02:03:35
	140 Bühler, Elke	W45		02:24:49
.	Bulling, Wolfgang	M55		02:13:00
	28 Bulthuis, Wildrik	M55	runners Stadskanaal	01:47:55
	129 Büngers, Christian	M40		01:49:13
	68 Bunk, Christian	M50		01:46:25
	191 Bunselmeyer, Dieter	M50		02:05:55
251.	Burchardt, Heike	W45	Marsberg	01:59:48
	168 Burchardt, Holger	M45	VfB Marsberg	01:48:57
	9 Bureck, Marc	M		01:26:56
238.	Bürger, Katja	W40	Skylotec Running Team	01:59:00
	181 Burmeister, Dierk	M50	Club zur Vahr Bremen	02:03:26
	30 Burmeister, Jutta	W50	Club zur Vahr Bremen	02:03:35
	15 Burmeister, Reinhard	M60	ohne	01:51:56
	27 Büscher, Susanne	W45		01:54:58
	61 Buschermoehle, Thomas	M35	Hannover 96	01:44:17
	50 Buschermöhle, Andree	M40	Qjunx Bremen	01:39:04
	336 Buse, Jens	M45		02:04:19
.	Busek, Michael	M45		02:03:10
.	Busekros, Lüder	M50	SV hepstedt Breddorf	01:51:17
	140 Buske, Stefan	M45	Burgläufer Dinklage	01:46:16
	67 Buß, Antje	W		02:05:02
176.	Busse, Andrea	W30		01:56:05
	24 Büssenschütt, Janine	W	Sport Lounge Munte	01:53:16
	49 Büssenschütt, Rainer	M55		01:54:29
	146 Buts, Henner	M45	SG Platjenwerbe	01:46:37
	152 Büttner, Olaf	M50		02:00:00
.	Caillé, Roland	M45		01:57:26
	217 Candler, Wolfgang	M45	AOK Halbmarathonteam	01:53:11
.	Carstens, Oliver	M40	STUDIO AKTIV OS	01:35:41
	190 cassidy, joseph	M35		02:08:02
.	Caudepon Amenabar, Jon Iñigo	M	Judizmendi	01:41:26
.	Celikmakas, Alper	MJU18	TSV Ottersberg	01:28:00
	30 Christians, Reenhold	M60	Emder LG	01:59:13
	44 Cierpka, Kai	M30		01:38:56
	150 Cifci, Vedat	M50		01:59:01
	44 Cimander, Ralf	M40	GoWest	01:38:16
	8 Claes, Marten	MJU18		01:44:20
	252 Claes, Rainer	M45		01:57:02
	238 Claus, Günter	M45	Die Brötchenholer Wilhelmshaven	01:55:44
.	Coccatto, Marco	M35	Gelato Coccatto Bremerhaven	02:08:27
.	Cohnen, Joseph	M30		01:53:12
.	Collins, James	M		01:33:54

	66 Colombi Ciacchi, Lucio	M35		01:45:54
.	Connor, Robert	M30		01:45:42
	390 Conrad, Tilmann	M45	BRV von 1882 e.V.	02:15:23
592.	Contu, Sabrina	W		02:16:07
.	Coors, Michael	M50		02:02:17
	32 Coppel, Lukas	M		01:36:09
	234 Cordes, Jörg	M50	Krutwichte	02:18:44
	291 Cordes, Sascha	M40		02:16:40
.	Cordes, STEFAN	M55	Toki Torf	01:44:54
.	Cords, Marcus	M40	Sport Lounge Munte	01:27:39
	18 Cornels, Elisabeth	W55	-	02:12:56
	56 Correnti, Paolo	M30		01:43:03
	72 Corsten, Freek	M	keinen	01:43:03
	240 Cremer, Ulrich	M50	-	02:23:28
	305 Crone, Peter	M45		02:01:27
	58 Cronshagen, Sven	M		01:42:12
	93 Cruz Perez, Mario Alberto	M30		01:51:20
	54 Czwikla, Jonas	M	Sport Lounge Munte	01:41:39
.	Dahlbeck, Christian	M45		01:50:00
	48 Dahme, Dirk	M40	LG Kreis Verden	01:38:51
	112 Dahnken, Mandy	W35		02:47:49
660.	Damm, Gudrun	W35	Emder LG	02:21:32
	123 Dänekas, Mario	M45		01:44:34
	19 Daniel, Michael	M50	Emder LG	01:37:45
	62 Dannemann, Sandra	W35		02:07:26
	168 Dannies, Alexander	M30		02:05:56
	22 Danzglock, Rudi	M50	Sport Lounge Munte	01:38:34
	115 Dargan, Heidi	W40		02:19:20
	85 DARKO, Manuela	W50		03:02:04
	58 Daszenies, Thomas	M50	LG Kreis Verden	01:45:10
	73 Davids, Marion	W50	Emder LG	02:22:22
	99 Davis, Brian	M50		01:52:13
	83 De Almeida Hirata, Elizabeth	W30		02:23:11
225.	de Boer, Anja	W45		01:58:14
.	de Boer, Gerold	M50	GriecheoderChinese	01:58:52
	70 de Buhr, Nanne	W30		02:14:08
	105 de Byl, Oliver	M40		01:46:26
	15 de Graat, Petra	W40	PV Triathlon Witten	01:46:37
	1 de Jonge, Stefan	M35	TuS Weene e.V.	01:22:12
	7 de Leeuw, Emile	M50	-	01:34:11
	306 De Roover, Bart	M40		02:33:46
.	de Vries, Stefan	M35	Großsander	01:56:56
.	Deets, Holger	M50		01:52:30
	363 Deets, Mathias	M45		02:10:18
736.	Deibele, Jessica	W35	VfL Bad Nenndorf	02:28:47
259.	Deinert, Anika	W		02:00:29
.	Deppe, Jörg	M50	Roadrunner Ritterhude	01:54:02
	66 Deppe, Sven	M45	LTV Kiel-Ost	01:39:04
	16 Deßaules, Detlef	M60		01:52:41
	3 Deßaules, René	MJU20	LC Solbad Ravensberg	01:33:47
	232 Deterding, Ullrich	M45		01:55:29
	83 Detken, Lars	M35		01:48:08
.	Deumer, Swen	M40		02:21:44
	135 dewey, edith	W45		02:22:53
	410 dewey, sean	M45		02:22:52
	52 Dickmann, Clemens	M45		01:37:04



.	Dieckmann, Frank	M35		02:09:20
	55 Dieckmann, Manfred	M60		02:18:10
.	Diehl, Andreas	M	TKSE-Laufteam	01:30:32
	246 Dieling, Dirk	M45	-	01:56:37
	257 Diercksen, Hans-Herbert	M45	BTV	01:57:27
	70 Diercksen, Susanne	W40		02:05:52
	249 Diering, Björn	M45		01:56:51
382.	Dierks, Annette	W40		02:06:02
	42 Diers, Dirk	M		01:39:38
	28 Dietrich, Christoph	M35	Kanalratten Essen	01:35:06
	107 Dietrich, Kalle	M50	Lahm Söck Fechen	01:53:39
	117 Dietsch, Daniel	M35		01:53:45
	13 Dietze, Olaf	M50		01:36:55
	153 Dik, Roelof	M45	runners stadskanaal	01:46:59
	259 Dillinger, André	M40		02:06:51
.	Dirks, Benjamin	M	Emder Lg	01:52:21
	56 Dirks, Cornelia	W45		02:01:22
.	Dittberner, Marc	M45		01:38:43
	19 Dittmer, Helmut	M60		01:54:13
	114 Dittmer, Martin	M45	Osnabrück	01:43:56
	199 Dittner, Wolfgang	M45	BBS Verden	01:51:22
	19 Dittrich, Malte	M		01:32:32
	105 Dobers, Renee	M35		01:51:28
.	Dobrik, Alf	M35		02:06:37
	22 Dobrinski, Heiko	M35	Sport Lounge Munte	01:33:14
.	Dodds, Patrick	M30		01:54:41
.	Dodenhoff, Frank	M35	SV Horstedt e.V.	01:49:15
355.	Dodenhoff, Tanja	W35		02:04:45
	31 Doedtmann, Aloysia	W50		02:03:44
	242 Dogu, Ertan	M40		02:03:06
	37 Döhl, Artur	M		01:38:11
.	Döhle, Björn	M30		02:28:29
	383 Dohrand, Bernd	M45		02:13:07
	55 Dohrmann, Birgit	W40	VfL Stenum	02:01:39
	36 Dolle, Dr. Ulrich	M50	no limits	01:41:30
	173 Dörgeloh, Marc	M	Vital-Training Vahr / Bremer Bäder GmbH	01:56:36
.	Dörlemann, Artur	M50	LT Twistringen	01:57:18
523.	Draht, Daye	WJU18	MTV Aurich/LG Ellernfeld	02:12:44
	145 Drenth, Willem	M45	Runners Stadskanaal	01:46:35
.	Dreßen, Michael	M50		01:37:12
	122 Dreßler, Valeska	W45		02:18:30
	152 Drews, Birte	W45		02:51:08
.	Drews, Joachim	M45		01:46:27
.	Dreyer, Marco	M		01:55:07
	20 Driver, Anna Katharina	W30		01:49:22
	352 Dröge, Wolfgang	M45		02:07:52
	16 Droletz, Birgit	W45	Amok-Käufer Kunterbunt	01:50:56
	302 Dubiel, Michael	M45		02:00:57
.	Dudda, Ulfert	M40	swb-runners	02:20:55
	39 Duddeck, Christine	W55		02:45:18
	137 Dudenhöfer, Carolin	W		02:42:31
	51 Duhr, Heike	W45		02:00:36
.	Dukat, Werner	M50	LC Wiedenbrück	02:01:34
.	Dumke, Tim	M30	Lauffreunde Bramstedt	01:39:16
	233 Dumont, Marcel	M		02:06:45
	38 Dunkhase, Lasse	M35		01:38:08

	17 Dupe, Livingsoul	MJU20		02:20:12
.	Dustmann, Hans Hermann	M50		02:14:50
565.	Dustmann, Karin	W45		02:14:50
	163 Duwe, Hauke	M40		01:53:31
	190 Dworog-Breiter, Frank	M50		02:05:48
.	Ebbing, Bernd	M45	TSG Hatten-Sandkrug	02:07:26
	31 Ebend, Johann	M55		01:48:42
	253 Ebenthal, Pit	M		02:15:09
.	Eberhardt, Jochem	M65	BREMER SKI CLUB	02:08:46
	112 Ebersold, Bernd	M50		01:54:42
	53 Ebert, Sonia	W40	Weserpeser/Team Erdinger Alkoholfrei	02:01:05
	92 Eck, Alexander	M35		01:49:05
	18 Eck, Friederike	W35		01:49:05
	132 Eckert, Arne	M35		01:56:45
	88 Eckhoff, Soeren	M30		01:50:32
.	Edelkamp, Stefan	M40	-	02:11:38
	6 Eduard, Hunecker	M70	LT Bremen-Vahr	02:27:16
	52 Effertz, Hans-Dietrich	M55	SVN Düşhorn	01:54:44
	43 Effertz, Wilm	M60		02:04:58
	75 Egert, Christoph	M35		01:46:42
	125 Egert, Ralf	M40	-	01:48:47
	80 Eggers, Markus	M30	TSV Daverden	01:48:35
	93 Eggers, Thomas	M40		01:45:12
	130 Eggers, Torsten	M40		01:49:39
	143 Eggers, Walter	M50		01:58:35
.	Eggersglüß, Stephan	M30		01:52:26
	138 Ehlen, Stefan	M40		01:50:23
	103 Ehlers, Gerd	M50	Weyher Lauftreff	01:53:04
	5 Ehlers, Oliver	M30	LC BlueLiner	01:21:36
	13 Ehlert, Elke	W50		01:58:25
	109 Ehling, Hermann	M55	H&R Chem.Pharm	02:15:41
302.	Ehrenborg, Stefanie	W		02:02:15
.	Ehrhardt, Bernd	M40	SV Baden	01:43:52
	125 Ehrhardt, Rainer	M30		01:56:20
.	Ehrhardt, Tobias	M		01:31:57
.	Eichhorst, Gerhard	M60	Laufakademie Bremen	02:01:11
42.	Eichinger, Anke	W45	SG akquinet Lemwerder	01:43:41
	83 Eichinger, Helmut	M50	SG akquinet Lemwerder	01:49:03
.	Eichler, Joern	M		02:21:36
	52 Eicke, Sabine	W35		02:04:13
	104 Eidam, Oliver	M45		01:43:24
	13 Eidams, Christel	W60		02:23:01
	84 Eiken, Thomas	M35		01:48:09
	204 Eikmeier, Thomas	M35	TSV Wehden	02:14:08
.	Eilers, Hans-Werner	M55		02:38:17
	41 Eilers, Oliver	M40		01:37:41
.	Einemann, Axel	M		01:51:52
	246 Eisele, Wolfgang	M50		02:33:04
	189 Eisenhauer, Jörg	M45	SG akquinet Lemwerder	01:50:41
	274 Eisenschmidt, Patrick	M	Club-3M-Bremen	02:27:25
	15 Eke, Ahmed	MJU18	Oberschule Hermannsburg	02:05:27
	56 Eling, Lukas	M		01:41:53
	314 EL-Leithy, Omar	M45		02:02:13
	98 Ellrich, Andreas	M30		01:52:09
	107 Elmers, Nico	M	TV Baden	01:48:12
.	Elste, Maik	M45		02:19:42

183	Elvers, Uwe	M50	MTV Laßrönne	02:04:03
11	Emde, Kolja	MJU18		01:48:34
87	Emmerlich, Denise	W		02:10:44
171	Endler, Michael	M35		02:03:51
166	Engel, Frank	M45	Berker	01:48:42
47	Engelbrecht, Katrin	W35		02:00:37
58	Engelke-Denker, Imke	W50		02:14:14
55	Engelmann, Günter	M55		01:55:27
389	Engelmann, Jens	M45	Institut für Glückspsychologie	02:15:09
70	Engelmann, Meike	W45		02:05:12
.	Engelmeier, Lukas	M		02:05:07
234	Engels, Dirk	M		02:06:51
119	Entjer, Uta	W40	Emder LG	02:20:41
43	Epkenhans, Ulla	W50	LC Wiedenbrück	02:07:41
50	Erasmie, Anja	W45		02:00:33
85	Erasmie, Hermann	M45		01:41:16
20	Erdmann, Dieter	M65	Mtv Hesedorf	02:10:15
.	Erich, Olaf	M40	TSV Gnarrenburg	01:31:41
593.	Erichs, Stephanie	W30		02:16:08
75	Erjawetz, Alex	M40	Malermeister alex	01:42:22
785.	Ernst, Larissa	W		02:40:20
161	Ertel, Christian	M40		01:52:48
159	Ertel, Sebastian	M30	VfB TM Mühlhausen 09 e.V.	02:03:58
119	Erxleben, Maik	M30		01:55:58
74	Esch, Kristin	W45		02:05:51
72	Esmann, Frank	M35	-	01:46:25
.	Estorf, Martin	M45		02:17:43
83	Euhus, Martina	W40	AOK Halbmarathonteam	02:10:16
39	Euhus, Oliver	M50		01:42:11
.	Evans, David	M30		01:31:03
32	Evers, Alexandra	W		01:55:31
33	Evers, Claudia	W40		01:56:40
.	Evers, Harry	M40		01:48:26
59	Evers, Ingrid	W50	LG Vellmar	02:14:20
15	Evers, Sabrina	W30	LC Hansa Stuhr Tri-Wölfe	01:46:34
115	Eversmann, Rainer	M55		02:19:17
40	Ewers, Pia	W35	BSV Fürstenberg	01:58:09
301	Ewers, Stefan	M40		02:24:14
307	Ewert, Carsten	M45	FTSV Jahn Brinkum	02:01:36
113	Eylers, Dirk	M35		01:52:19
70	Faas, Stephanie	W	SV Ofenerdiek	02:05:48
88	Fabisch, Alexander	M	SV Ganderkesee	01:45:16
27	Fach, Stephan	M55		01:47:54
39	Fackert, Klaus	M55	Emder LG	01:51:47
730.	Famulla, Mareike	W		02:28:11
.	Fasche, Frank	M45	LT Bruchhausen-Vilsen	01:56:52
.	Fasel, Jens	M45		01:49:36
612.	Faust, Carlotta	WJU18		02:18:04
402	Faust, Frank	M45		02:20:38
.	Feest, Caspar	M40		01:54:26
50	Feldkamp, Michael	M		01:41:06
.	Feldmann, Andreas	M40		02:15:28
.	Felkl, Norbert	M65	Syker Lauftreff	02:17:14
253	Fellner, Johannes	M40		02:05:58
3	Ferreira, José	M45	LG Nienburg	01:22:37
243	Fettkenhauer, Thorben	M	NEUES LAND EV	02:09:14

.	Fichet, Servan	M		01:35:19
	77 Fichtner, Antje	W45		02:06:13
	10 Fichtner, Timo	M35		01:27:37
	231 Fiefeck, Thorald	M45	Keinen	01:55:28
	136 Fiegehenn, Sven	M40		01:50:15
	106 Filseth, Christian	M45		01:43:28
	187 Fincke, Jörg	M40		01:56:57
.	Fink, Oliver	M30		02:10:03
	17 Finster, Lukas	MJU18		02:21:15
	134 Finster, Lutz	M50		01:57:16
	5 Fischbeck, Karl-Heinz	M60	BTV 1877	01:38:25
	13 Fischer, Helmuth	M65	as neukirchen-vluyn	01:57:51
	17 Fischer, Katrin	W35		01:48:22
.	Fischer, Konstantin	M		01:46:16
	19 Fischer, Roswitha	W60	as neukirchen-vluyn	02:40:47
252.	Fischer, Sandy	W35		01:59:50
.	Fischer-Hornbostel, Lutz	M50		02:08:06
	134 Fitschen, Mark	M30	Physiotherapie M. Fitschen	01:56:56
.	Flathmann, Erwin	M45		02:21:04
	62 Fleckner-Mädel, Patricia	W30		02:10:18
.	Flegel, Günter	M65		01:59:56
	71 Flegel, Nadine	W35		02:09:40
	112 Fleischmann, Florian	M		01:48:38
	187 Fleischmann, Timo	M		01:58:16
	5 Flottemesch, Andreas	M50	ohne Verein	01:31:44
415.	Flytkjaer, Beatrix Mygind	W50	Aarhus 1900	02:07:55
	65 Folytan, Szuszen	W30		02:11:14
	289 Fonger, Matthias	M45		02:00:10
.	Forster, Werner	M50		01:49:16
	78 Förster-Riemann, Daniela	W45	Ender LG	02:06:15
	136 Franksmann, Alexander	M	Kürbischhof Franksmann	01:52:09
	238 Franz, Achim	M40		02:02:48
	37 Franz, Ina	W40		01:57:23
	26 Franzen, Elsbeth	W45		01:54:52
	174 Franzen, Klaus	M50		02:02:26
	45 Franzmann, Carolin	W30		02:02:14
	256 Frase, Sven	M		02:16:06
	27 Freericks, Reinhard	M60	Lauffreunde Osterholz	01:57:34
.	Freitag, Max	M		01:50:08
.	Freitagsmüller, Ralf	M45	Dasseler SC	01:42:39
.	Frerichs, Jochen	M40	Team Laufrausch	02:02:58
669.	frerichs, sabine	W45	tv hude	02:22:12
.	Frers, Henning	M40	Radclub Bremen	01:41:22
	342 Frese, Bernd	M45		02:05:53
543.	Freye, Martina	W40	TSV Heiligenrode	02:13:59
	11 Freyer, Nina	W30		01:44:47
	1 Fricke, Meinrad	M65		01:41:49
	216 Fricke, Phileas	M		02:02:25
	15 Friede, Dagmar	W50	BSG Sparkasse Bremen	01:59:01
	78 Friedeberg, Christina	W50		02:27:28
.	Friedenberg, Bernhard	M45	LG Bremen-Nord	01:32:25
.	Fries, Jan	M30	Sport Lounge Munte	01:37:42
	308 Fries, Ralf	M45		02:01:36
	68 Frisch, Christin	W		02:05:04
	24 Fröhlich, Dieter	M55		01:47:40
	17 Fröhlich, Marion	W30		01:47:40

	110 Frohmader, Laura	W		02:18:42
	51 Fromm, Eva-Maria	W50	1. Flensburger Lauftreff	02:11:20
	237 Fromme, Frank E. W.	M50	DAV Sektion Bremen	02:21:47
	49 Fromme, Nadine	W35		02:02:15
	65 fromme, stefan	M40		01:40:59
	251 Frommeyer, Jan	M		02:14:40
	135 Fröning, Lena	W	Henry Lamotte Services	02:40:41
	55 Fuchs, Steffen	M50	Sparkasse Aurich-Norden	01:44:45
	45 Fuder-Baumann, Claudia	W50	SV Niederkirchen	02:09:18
	Fuest, Andreas	M50		02:10:43
	4 Füsting, Peter	M70	1860 Bremen	02:14:39
	110 Gadau, Astrid	W40		02:17:04
	118 Gadzicki, Konrad	M35		01:53:49
60.	Gäthje, Sabine	W45	Bremen 1860/therafit	01:46:12
	189 Gauster, Martin	M40		01:57:20
	129 Gayde, Frank	M45		01:45:28
	18 Gaza, Gregor	M	LGG Ganderkesee	01:31:59
746.	Gehring, Justine	W	Injoy Vechta	02:29:54
	68 Gehrke, Andrea	W45	TSV Schwarme	02:05:03
	Geiger, Steffen	M45	Lauffreunde Sandhatten	01:42:05
	90 Geiger, Uta	W45	Run & Fun Team Landhaus Nelkenstraße	02:10:27
	9 Geisel, Herrad	W45		01:44:50
113.	Gemsa, Charlotte	W35		01:51:58
	8 Gemsa, Friederike	W35		01:42:34
	80 Gende, Tobias	M40	Team Pirate	01:43:38
	Generalski, Klaus	M55		02:19:54
	278 Genesisus, Jörg	M45	Mindener Ruder Verein 1905	01:59:05
	19 Genesisus, Lisa	W		01:51:42
	216 Genesisus, Markus	M35		02:24:13
	131 Genning, Marco	M40	SV Eddelstorf e.V.	01:49:40
	54 Genske, Stephan	M35		01:43:23
	160 Genter, Heipe	M50	LT Turnerbund Frintrop	02:01:18
	148 Geppert, Mario	M35		01:59:08
716.	Gercken, Anna	W	TV Spaden	02:27:14
	177 Gerdes, Klaus	M30		02:09:00
	39 Gerdes, Olaf	M40	Azul Running Team	01:37:15
	Gerdsen, Volker	M45		02:09:15
	Gerken, Jan	M45		02:11:24
	183 Gerken, Lars	M30		02:10:42
	300 Gerken, Peter	M40		02:22:02
	96 Gerken, Sabine	W35		02:22:03
	194 Gerl, David	M30		02:16:07
	221 Gerlach, Walter-Friedrich	M50		02:12:22
	104 Gerling, Jörg	M35		01:51:25
	103 Gerling, Michael	M35		01:51:24
	13 Germer-Claus, Claudia	W40	Die Brötchenholer Wilhelmshaven	01:46:27
	1 Gerß, Lisa	WJU20	Hannoversche Ruder Club	01:55:01
	82 Gesing, Julia	W		02:09:25
	137 Gesing, Nils Fabian	M		01:52:15
	Gesing, Volker	M50		01:55:36
	Gestefeld, Martin	M		01:55:21
	25 Gesthuysen, Silke	W35	Aok Halbmarathon Team	01:53:25
	2 Getz, Richard	MJU20		01:29:53
	46 Gewohn, Daniela	W30		02:02:18
	12 Geyer-Schröder, Jutta	W55	LT-Hochschule Bremen	02:03:37
	165 Giegling, Jürgen	M50		02:01:37

.	Giersch, Christian	M30		01:38:16
	170 Gillerke, Andreas	M40		01:54:20
	63 Girault, Benjamin	M		01:42:31
	60 Girts, Wolfgang	M60	sv stern Schwerinsdorf	02:31:02
	50 Giuri, Cosimo	M60	Gelato Coccato Bremerhaven	02:11:01
	35 Glaeske-Damaschke, Anja	W45		01:56:48
	203 Gläß, Alexander	M30		02:21:31
.	Glawion, Marco	M40	Freiwillige Feuerwehr Platjenwerbe	01:40:14
	94 Gleissner, Carolin	W30		02:29:39
	26 Glißmann, Klaus	M45	TVU-Uelzen	01:33:31
	182 Gloistein, Lars	M40		01:56:27
	20 Gloth, Zarif	M55		01:46:14
.	Gloystein, Stefan	M		01:54:39
	113 Gniesmer, Julia	W40		02:18:31
808.	Göbel, Angelika	W40		03:01:35
	48 Goes, Petra	W45		01:59:55
.	Göhr, Mathias	M40		02:10:51
	195 Goldschmidt, Bernd	M40		01:58:03
	83 Goldstrom, Cindy	W35		02:14:42
	100 Gonzales-Müller, Ezra	W35		02:23:37
	96 González Martín, José	M40		01:45:42
	60 Goos, Doris	W50	Ender LG	02:14:44
	27 Gorniak, Thomas	M30		01:34:02
	89 Goslar, Sven	M40	Hannover 96	01:44:44
	164 Gottschalk, Arne	M35		02:02:12
	123 Gottschalk, Julia	W		02:27:58
.	Gottwald, Georg	M60		01:58:49
	213 Gottwald, Jonathan	M		02:01:56
	229 Götz, Bernd	M45		01:54:37
	50 Gouin, Nils	M30		01:40:34
	144 Grabau, Stefan	M40		01:51:09
	107 Grabbe, Wilfried	M30		01:52:59
.	Grabe, Andreas	M50	Die magische 3	02:13:00
194.	Grabedunkel, Dagmar	W40		01:56:46
572.	Gräbel, Margit	W50	TUS Glan-Münchweiler	02:15:06
.	Grabs, Christian	M40		01:39:07
	2 Grabsch, Peter	M50	TuS Varrel	01:26:33
	32 Grafe, Claudia	W35	Roadrunners Varrel	01:55:30
.	Grahl, Joachim	M40		01:55:35
.	Gramalla, René	M40		02:02:39
	163 Gräser, Daniel	M		01:55:18
	53 Grauerholz, Helmut	M60		02:13:09
.	Grave, Thomas	M45	Burgläufer Dinklage	01:56:15
	125 Grell, Helmut	M45	swb runners	01:44:42
	162 Greune, Jan	M50	Roadrunner Tandler	02:01:29
.	Grevesmühl, Götz	M40		01:51:18
.	Grimm, Olaf	M45		01:56:37
	286 Grimm, Olaf	M45		01:59:38
.	Grimm, Oliver	M40		01:59:51
	244 Grimminger, Norbert	M40		02:03:38
.	Groen, Johannes	M35		01:33:06
	209 Groen, Uwe	M40		01:59:22
.	Groeneveld, Stephan	M45		01:43:49
	223 Grombach, Pirmin	M40	SC Hemmoor	02:00:59
	106 Gromm, Patrick	M		01:48:07
.	Gronemeier, Bernd	M55		02:16:51

	157 Gronewold, Arnold	M45	Vereinslos	01:47:35
	114 Groß, Bernhard	M55	SV Großhansdorf	02:18:18
	26 Groß, Doris	W55	SV Großhansdorf	02:18:03
.	Groß, Jan-Peter	M40	TSV Kirchlinteln	02:06:44
610.	Groß, Sarah	W		02:18:02
	41 Große, Bianca	W35	-	01:58:24
	215 Grote, Andreas	M40		01:59:58
351.	Gröteke, Brigitte	W60		02:04:37
.	Groth, Lutz	M50		01:55:27
.	Groth, Manfred	M45	TSV Neuenlande	01:42:51
	385 Grottendieck, Arnd	M45		02:13:13
	244 Grottendieck, Jan	M		02:11:44
.	Grottendieck, Tobias	MJU20		02:10:27
	229 Grötzsch, Stephan	M50		02:15:09
.	Gruessner, Axel	M45	ESV Lingen	01:35:21
.	Grundmann, Lars	M45	LLG HERZKASPER	02:28:49
	39 Grundmann, Petra	W45	LLG HERZKASPER	01:57:40
	270 Grundmanns, René	M40		02:10:42
	42 Grunwald, Gerd	M55	MTV-Mittelnkirchen	01:52:55
	97 Grüter, Andreas	M30	Tria Team Grupo-Sportivo	01:51:53
200.	Grüter, Dörte	W40		01:57:02
	47 Guhl, Gerd	M50	Schwarz Weiß Oldenburg	01:43:44
	12 Guilbaud, Vianney	M30		01:28:08
	204 Gündling, Andreas	M45		01:51:45
	3 Gunnarsson, Per-Olof	M50	Team Blekinge	01:30:17
	95 Günther, Richard	M	Mut, Tatendrang & Schönheit	01:46:51
.	Günther, Thore	M		01:24:40
.	Gusmag, Jörg	M50		01:51:39
	203 Güth, Heiko	M40	LC Wiedenbrück	01:58:53
562.	Gütschow, Cathleen	W35		02:14:42
497.	Guttormsen, Anita	W40	Melitta Team	02:11:27
	296 Haacke, Michael	M40		02:20:48
	7 Haag, Marie-Claire	W35		01:39:53
	44 Haag, Torsten	M35		01:39:56
.	Haar, Jan	M30	Team Erdinger Alkoholfrei	01:37:50
	263 Haar, Tim	M	-	02:19:19
.	Haarman, Henk	M55	runners stadskanaal	02:05:21
.	Haase, Holger	M45		01:53:54
	9 Haase, Melina	W		01:47:03
.	Haase, Michael	M50		01:47:02
.	Haase, Sebastian	M	Team Buktu	02:13:24
	74 Haase, Wilfried	M55	TSV Cluvenhagen	02:01:06
	49 Habel, Franziska	W	SG Findorff	02:01:07
	158 Habel, Thomas	M50		02:01:07
	138 Haber, Irmtrude	W45	TUS Glan Münchweiler	02:24:14
191.	Hacker, Carmen	W45		01:56:43
	247 Hacker, Hartmut	M45		01:56:43
	208 Hackmann, Stephan	M35	Syker Lauftreff	02:17:13
	94 Hadrath, Holger	M40	HV Altentreptow	01:45:21
.	Haese, Thomas	M30	TuS Dieling	01:53:27
	19 Häfner, Cindy	W30		01:49:15
.	Hagedorn, Günther	M65	Huegelwetzter.de	01:53:08
	65 Hagemann, Leonard	M30		01:45:40
	149 Hagens, Stefan	M40	HAIRLINERS	01:51:25
	88 Hagen-Von Und zu Gilsa, Karsten	M45	-	01:41:35
	16 Hager, Jutta	W55	LT Schönebeck	02:09:49

	150 Halfpap, Jörg	M45	TSV Warzen	01:46:44
	86 Hallensleben, Rainer	M50		01:49:14
	54 Hambrecht, Miriam	W45	Stiftung Bremer Herzen	02:00:42
185.	Hamelmann-Lüneberg, Silke	W40	TSV Kirchlinteln	01:56:26
.	Hämmerling, Jan Oliver	M40	TSG Bergedorf	01:09:47
	109 Hammerschmidt, Jessica	W35		02:30:13
	78 Handke, Ann-Kathrin	W		02:08:42
	96 Handwerk, Sabine	W40		02:12:20
	54 Haneberg, Holger	M55		01:55:09
	113 Hanel, Katharina	W		02:19:54
651.	hanf, sabine	W45		02:20:45
	7 Hanisch, Rudi	M70	Nordic Runner	02:51:40
	32 Hanisch, Sabrina	W30		01:56:12
	36 Hanisch, Stephanie	W30		01:57:16
	70 Hankiewicz, Meike	W35		02:09:40
	82 hankiss, ildi	W40		02:10:15
	86 Hanneken, Sandra	W35	Injoy Papenburg	02:15:36
	69 Hansen, Andrea	W50	1.Flensburger Lauftreff	02:21:54
	93 Hansen, Birte	W40	TSV Goldebek	02:11:39
	91 Hansen, Renate	W40	TSV Goldebek	02:11:39
	14 Hansen, Stefan	M45	Road Runners Bremen	01:29:36
	408 Hansmeier, Dieter	M45		02:22:35
	14 Hansson, Helena	W55	Team Blekinge	02:08:23
	66 Hanz, Carolin	W45	TuS Glan-Münchweiler	02:04:47
.	Harberts, Lothar	M35	TG Wiesmoor	01:49:49
.	Harder, Gerhard	M65		01:55:42
	76 Harjes, Silke	W50		02:27:19
	142 Harmening, Malte	M50	GTV Bremerhaven	01:58:24
172.	Harmer, Barbara	W35		01:55:45
	140 Harms, Ulli	M50	PV-Triathlon Witten	01:58:13
	142 Harries, Folke	M35		01:58:42
596.	Harrius, Carina	W		02:16:31
.	Hartel, Ingo	M55		01:52:04
	163 Härter, Michael	M35	SV Niedersachsen Düşhorn	02:01:58
.	Hartig, Frank	M50		02:10:06
.	Hartig, Matthias	M50	Lauftreff Ilsede/Lahstedt	01:30:47
	89 Hartig, Nicole	W45	AOK Halbmarathonteam	02:10:06
	194 Hartke, Florian	M		01:58:40
.	Hartmann, Holger	M45	Triathlon Club Bremen	01:43:51
	166 Hartmann, Marc	M35		02:03:15
	16 Hartmann, Marc	MJU18	Oberschule Hermannsburg	02:06:49
.	Hartung, Arnd	M40	AOK-Halbmarathon Team	02:15:57
	64 Haschke, Thomas	M50		01:45:59
	76 Häseker, Julia	W30	Bremen 1860	02:17:43
	78 Haselbach, Daniel	M30		01:48:00
.	Haselhorst, Alexander	M40		01:44:01
	68 Hass, Sascha	M35		01:46:14
	64 Haug, Andreas	M45		01:38:53
	172 Haug, Michael	M50		02:02:21
	3 haukeland, Gunhild	W65		02:18:34
.	Hauert, Alfons	M50	OSC-LKG	01:49:27
	210 Hauptmann, Jens - Uwe	M40		01:59:23
	115 Haus, Björn	M40		01:47:53
	102 Haus, Susan	W35		02:26:21
666.	Hauschild, Brigitte	W50		02:22:02
.	Hauschild, Wolfgang	M45	LGKV	01:27:50



	39 Häusler, Tanja	W35		01:57:10
337.	Hausmann, Hilke	W50	Ender LG	02:04:07
	240 Hävecker, Wilko	M45		01:55:57
	18 Havemeyer, Dörthe	W	SV "Komet" Pennigbüttel	01:50:55
	86 Hecht, Sabine	W50		03:08:16
	224 Hecker, Toni	M	Skate-Connection Bremen e.V.	02:05:20
.	Hedenkamp, Bernd	M50		02:02:23
	56 Heermann, Anke	W30	ATS Buntentor	02:09:15
	146 Hehlert, Simone	W45		02:31:03
	131 Heidemann, Michael	M35	MTV Diepenau	01:56:41
	55 Heiden, Melanie	W		02:02:33
	188 heidenreich, patrick	M		01:58:22
	102 heider, martina	W		02:15:57
	144 Heidrich, Doris	W45	Dasseler SC	02:30:03
	8 Heidsiek, Matthias	M		01:25:37
	153 Heiker, Juergen	M35	SG Stern Bremen	01:59:50
.	Heilmann, Arndt	M35		02:06:32
647.	Heim, Valentina	W45	Keinen	02:20:29
	201 Hein, Henning	M30		02:19:50
	167 Heinbokel, Axel	M50		02:01:57
.	Heinicke, Reinhard	M65	-	02:14:10
	269 Heinje, Michael	M45		01:58:07
.	Heinke, Christoph	M40	Post SV Nürnberg	01:33:43
	184 Heinrich, Florian	M30		02:11:01
	173 Heinrichs, Torsten	M45		01:49:21
.	Heins, Lennart	MJU20	Oste Läufer Rockstedt	01:53:53
.	Heins, Maarten	MJU18	Oste Läufer Rockstedt	01:52:03
	53 Heinsohn, Nicole	W30	AOK-Halbmarathon Team	02:07:31
129.	Heinze, Lisa	W		01:53:12
	309 Heißenbüttel, Lutz	M45		02:01:41
	53 Heitmann, Anne	W		02:02:16
.	Heitmann, Steffen	M30		02:33:44
	76 Helk, Christian	M40	-	01:42:29
	18 Helken, Helmut	M60	BTS Neustadt	01:53:52
	179 Heller, Stephan	M40		01:55:40
.	Hellmers, Christoph	M45		01:53:53
.	Hellmers, Mirko	M	VfB Germania Wiesmoor	01:47:41
.	Hellwig, Ralf	M50	TUS Glan-Münchweiler	02:09:42
.	Hellwinkel, Mark	M30		02:02:18
.	Helmers, Uwe	M40		02:05:18
	15 Helmes, Ursula	W60	LT Waldschleicher Lohne	02:25:12
	134 Helminen, Heli	W40		02:43:25
	230 Helms, Kolja	M		02:06:09
.	Helvogt, Sven	M45		01:34:23
	92 Henke, Hartmut	M45		01:42:19
	81 Henke, Janika	W	Roadrunners Varrel	02:09:22
	31 Henke, Torben	M30	Roadrunners Varrel	01:35:51
	23 Hennefründ, Jörg	M55		01:47:36
	284 Hennemann, Thorsten	M45	MTV Stederdorf	01:59:26
	136 Hennies, Claudia	W45	MTV 48 Hildesheim	02:23:15
	138 Hennies, Uwe	M50	MTV 48 Hildesheim	01:57:33
	244 Henschel, Markus	M45	Stiftung Bremer Herzen	01:56:28
	30 Henseler, Regina	W45	AS Neukirchen-Vluyn	01:56:15
.	Henwood, Jason	M		01:30:17
	77 Henzler, Pascale	W50		02:27:28
	160 Hepke, Frank	M45		01:47:51

146	Herbord, Felix	M30	-	01:59:53
38	Herbord, Lisa	W55		02:40:01
406	Herbst, Torsten	M45		02:21:21
72	Herden, Armin	M45	Adrians Running Team	01:39:26
.	Hering, Holger	M55		01:55:05
58	Hermet, Gerhard	M60	FC Post/MTV von 1848 Hildesheim	02:27:14
63	Herrfurth, Moritz	M30		01:44:25
.	Herrlein, Hans-Georg	M45	TS Kiedrich	02:29:44
127	Herrlein, Uta	W40	TS Kiedrich	02:29:44
355	herrmann, lutz	M45	Senne Bielefeld	02:08:30
176	Herrnberger, Christian	M30		02:08:32
56	Herschel, Stefan	M35	Montagskicker	01:43:48
11	Hertel, Mirca	W55	FLiB e.V.	02:02:30
40	Hertleif, Gertrud	W55	TV Friesen Telgte	02:50:47
.	Herzog, Finn	MJU18	Union 60 Bremen	01:58:42
74	Herzog, Ragna	W35	-	02:10:31
80	Herzog, Reinhard	M55		02:04:01
49	Hess, Arved	M	-	01:40:26
.	Hesse, Mike	M55	Schwarz-Weiß Oldenburg	02:05:32
49	Hesselbarth, Keno	M30		01:39:56
11	Hessing, Tania	W40	International School of Bremen	01:45:28
248	Heßling, Andreas	M50	FSV Geilenkirchen	03:08:07
21	Hetter, Ingrid	W55	SG Findorff	02:15:24
3	Hettfleisch, Hannes	M	LG Wedel/Pinneberg	01:13:40
53	Heuer, Thomas	M40		01:39:29
310	Heuer, Toni	M45		02:01:58
.	Heuermann, Günther	M55	TUS Sulingen	02:08:01
46	Heuke, Hermann	M60	TV Eiche-Horn	02:10:00
349	Heyer, Christian	M45		02:07:30
265	Heyer, Thomas	M40		02:09:16
.	Hickstein, Jan- Dieter	M45	GriecheoderChinese- Gast	01:43:06
.	Hidalgo Calvo , Jose Maria	M		01:35:11
202	Hidalgo Carrió, Javier	M	Peña Ciclista de Alpedrete	02:00:01
10	Hieronimus, Auke	MJU20		01:50:38
.	Hilbig, Fabian	M		01:58:23
201	Hilken, Holger	M45	HAIRLINER'S	01:51:26
353	Hilken, Lutz	M45		02:07:57
.	Hillebrands, Peter	M50		02:10:18
.	Hillemann, Jens	M35		01:53:27
.	Hillers, Gerd-Uwe	M50	TSG Hatten-Sandkrug	01:45:55
.	Hillmann, Jens	M45	psv oldenburg	01:51:24
.	Hillmann, Kay	M50	Stiftung Bremer Herzen	02:04:48
.	Hilz, Waldemar	M40	BSG BUSS	01:58:47
384	Himmelskamp, Jens	M45		02:13:09
60	Himmelskamp, Laura	W	ATS Buntentor	02:03:07
190	Hinck, Kevin	M		01:58:24
10	Hingst, Robert	M30	FC Greffen	01:27:28
116	Hinrichs, Daniela	W	Emder LG	02:22:48
2	Hintze, Monika	W65	MTV Bispingen	02:13:54
5	Hinzmann, Manfred	M70	Triathlon Club Bremen	02:15:19
.	Hoff, Ingo	M35		02:00:26
47	Hoffmann, Anne	W30		02:02:24
16	Hoffmann, Christiane	W30		01:46:51
26	Hoffmann, Georg	M60		01:57:32
136	Höffmann, Hannes	M50		01:57:20
143	Hoffmann, Jan	M30		01:59:41

	5 Hoffmann, Katharina	W30	ASV Köln Triathlon	01:37:35
121.	Hoffmann, Luise	W50	Ender LG	01:52:46
	27 Hoffmann, Michael	M45	TSV Bassum	01:33:56
	27 Hoffmann, Ralf	M50	FC Deutsche Post	01:40:13
452.	Hoffmann, Silke	W45	T Schönebeck	02:09:48
.	Hoffmann, Uwe	M50	Lauftreff Zuschlag	01:55:17
	114 Hoffmeister, Franziska	W		02:20:49
	151 Hoffmeister, Jürgen	M50	SV Essentho 21	01:59:14
	4 Hoge, Werner	M60	TV Hohne	01:34:01
	122 Höhne, Christian	M		01:49:45
	5 Hohnholz, Jessica	W35		01:37:39
	191 Holitschke, Stephan	M		01:58:25
.	Hölke, Arjan	M		01:59:42
	102 Hollinger, Kai	M35		01:51:12
	100 Hollmann, Claudia	W40	Wildeshäuser Lauftreff	02:13:11
.	Hölper, Marian	M30		02:04:46
	13 Holst, Kim	M35	TuS Grünendeich-Steinkirchen	01:27:47
.	Holste, Thomas	M40	LG Fallingbostal	01:42:04
	133 Holterhues, Anne	W		02:34:10
	94 Holtermann, Klaas	M30		01:51:27
	138 Holthaus, Stefanie	W40	TV Friesen Telgte	02:54:04
.	Hölting, Matthias	M40		01:40:40
	35 Holtkamp, Insa	W	lc Hannover	01:57:01
	6 Holtus, Maurice Alexander	MJU18		01:42:56
	29 Holzberger, Heike	W55		02:22:23
	11 Hölzchen, Timo	M35	Team Wid Boyz	01:27:38
140.	Hölzen, Katharina	W30	LT Waldschleicher Lohne	01:53:47
	39 Hommers, Gaby	W50	LT SV Ems Jemgum	02:05:52
.	Homuth, Andreas	M30	ATS Buntentor	01:28:21
	23 Honemann, Jürgen	M65		02:12:59
	4 Hong, Da-Hae	W35		01:37:20
.	Hönick, Christian	M30		02:03:15
	172 Hons, Jörn	M45	AOK Halbmarathonteam	01:49:18
	32 Hoolmans, Peter	M65	SV Viktoria Goch	02:26:30
	65 Hoppe, Judith	W		02:04:50
	77 Horibe, Nozomi	W	Kommienezuspdt	02:08:22
	74 hörmann, marion	W50		02:25:42
	71 Horn, Lars	M35		01:46:24
.	Horn, Richard	M55		01:55:35
	220 Horn, Willi	M		02:03:50
	346 Horn, Wolfgang	M45	swb-runners	02:06:40
.	Hornbostal, Ernst-Hinrich	M55	MTV Salzhausen	02:11:34
	4 Hornemann, Alexander	MJU18	TSV Bierden	01:38:27
	29 Hornemann, Anke	W40	TSV Bierden	01:54:20
	159 Hornemann, Götz	M50	TSV Bierden	02:01:13
	52 Hornung, Markus	M40		01:39:16
	87 Hornung, Philipp	M30		01:50:21
	5 Horstmann, Ullrich	M55	TSV Deute	01:37:03
	194 Horstmeier, Jan	M45	Amok-Läufer Kunterbunt	01:50:56
	211 Hövelmann, Sven	M40	hanseWasser	01:59:24
510.	Hövermann, Hannelore	W50	MTV Bad Bevensen	02:12:07
	192 Hövermann, Peter	M50	-	02:06:37
103.	howe, carolin	W		01:50:41
.	Hübel, Wolfgang	M45		01:47:33
.	Hübner, Bodo	M50	LT Cluvenhagen	02:11:12
	56 Hübner, Christine	W	LT Cluvenhagen	02:02:50

	85 Hübner, Ulrich	M50	BTC-Herne	01:49:07
	45 Hübsch, Manfred	M60	weyher Lauftreff	02:05:51
.	Hüffmeier, Maximilian	M45		01:40:27
	31 Hüls, Uwe	M45		01:34:18
477.	Hülshof, Britta	W40	Tura 07 Rhaudefehn	02:10:44
.	Humbert, Joern	M45		01:36:46
	52 Hüneke, Michaela	W45		02:00:40
	35 hunter, geoff	M60		02:00:02
	60 Hüser, Christian	M30		01:44:09
136	Hustedt, Bernd	M45	TVE Algermissen	01:45:57
136	Huth, Henning	M35	Schrottpresse Vorwärts	01:57:47
.	Huth, Kai-Uwe	M45	SV Germania Helmstedt	01:22:00
.	Hütte, Clemens	M40		02:02:34
	5 Ibrahim, Mohammed	MJU18		01:39:04
.	Idel, Till-Sebastian	M40		02:04:42
264	Ihl, Stephan	M		02:19:36
	35 Ildem, Ahmet	M30	I RUN EACH TEAM	01:37:30
	1 Immega, St	M	LG Harlingerland	01:09:53
418.	Ingenbleek, Andrea	W40	SV Viktoria Goch	02:08:05
	33 Ingenbleek, Johannes	M50	SV Viktoria Goch	01:40:59
694.	Intemann, Patricia	W45	SV Hepstedt/Breddorf	02:23:40
489.	Ipekoglu, Petra	W45		02:11:08
	54 Irrsack, Jörn	M30	RV Endspurt Hamburg	01:42:22
163	ISCHEBECK, HANNES	M45		01:48:12
	9 Ischinsky, Carolin	W35	Lauffreunde Bottrop	01:43:39
	8 Itter, Stefan	M40	Marathon KSV Baunatal	01:29:12
.	Iwan, Marcus	M40	keinen	01:46:47
	51 Jabs, Stephanie	W		02:01:45
	343 Jacobsen, Preben	M45	Flowserve GESTRA	02:06:01
61.	Jaeschke, Andrea	W40		01:46:14
	139 Jaeschke, Thomas	M45	Triathlon Club Bremen	01:46:14
	85 Jäger, Astrid	W		02:09:50
457.	Jäger, Svenja	WJU20		02:09:50
	146 Jahne, Thomas	M50		01:58:45
	29 Jakobeit, Ronald	M35	s.v.daverden	01:35:11
	129 Jakobsen, Birthe V.	W45	www.2run.dk	02:20:53
.	Jalowiecki, Martin	M	Sport Lounge Munte	01:54:19
	409 James, Mark	M45		02:22:50
	114 Janak, Axel	M35		01:52:32
.	Jänen, Hermann	M55		01:57:02
	62 Jänen, Peter	M30		01:44:23
	62 Janietz, Michael	M		01:42:26
	260 Jankowsky, Lutz	M45		01:57:35
	46 Janoschek, Marina	W		02:00:38
469.	Janssen, Agnes	W50	TVL	02:10:20
649.	Janssen, Beate	W40	Ender LG	02:20:40
	26 Janssen, Carmen	W		01:54:10
	107 Janssen, Hendrik	M40		01:46:42
319.	Janssen, Kerstin	W		02:02:59
.	Janßen, Nils	M45	TV Eiche-Horn	01:52:11
.	Janssen, Stephan	M35		01:58:08
	52 Januschewitz, Stephan	M35		01:42:56
.	Janys, Michael	M50		02:11:10
	17 Jarek, Artur	M60		01:53:36
.	Jarren, Detlef	M45		02:04:16
	79 Jarzembowski, Bianca	W40		02:08:17

	91 Jaskiewitz, Anja	W45		02:10:54
.	Jasper, Thomas	M45	hanseWasser	01:34:01
263.	Jegust, Vanessa	W		02:00:35
	28 Jelinek, Sarah	W		01:55:00
	37 Jenschke, Bianca	W35		01:56:28
	33 Jensen, Mai Juul	W45		01:56:44
116	Jeske, Anke	W45	Syker Laufftreff	02:17:15
.	Jeske, Nils	MJU18	SC Weyhe	01:43:10
395	Jeske, Ralf	M45	Syker Laufftreff	02:17:15
	56 Jischa-Wolf, Elsa	W40	ATS Buntentor Bremen	02:01:43
	85 Jobs, Meike	W40	LG WEM - TV Spaden	02:10:38
368	Jobs, Uwe	M45	LG WEM - TV Spaden	02:10:38
.	Johansson, Ake	M60	Team Blekinge	02:17:33
150	Johansson, Marcus	M35		01:59:16
532.	Jönsson, Karin	W70	Team Blekinge	02:13:08
261.	Jordan, Andrea	W50		02:00:32
766.	Jördens, Bärbel	W50		02:31:58
360	Joseph, Frank	M45		02:09:28
	73 Jost, Christian	M55	Bassum Gilde	02:00:54
	24 Jost, Rosa	W40	SG akquinet Lemwerder	01:50:38
.	Jostes, Andreas	M45		02:11:56
104	Judernatz, Ilka	W45	Triathlon Team Lüneburg	02:13:56
	25 Juhnke, Norbert	M50		01:39:52
115	Jung, Andreas	M50		01:55:08
.	Jung, Bernhard	M45	MTV Bispingen	01:58:53
207	Junke, Herbert	M35		02:16:06
219	Jürgens, Joachim	M40		02:00:21
	63 Jurijczuk, Nina	W30		02:10:30
.	Kaemena, Klaus	M50		01:41:28
111	Kahl, Anna	W		02:19:23
	43 Kahl, Henning	M40	LC Hansa Stuhr Tri-Wölfe	01:38:14
.	kahlenberg, stefan	M45		01:44:36
.	Kahrs, Ben	M30	Lunge	01:20:35
	3 Kaiser, Janine	W30	RSC Hildesheim	01:32:48
	92 Kaletzke, Claudia	W40	TSV Goldebek	02:11:39
347.	Kalin-Mallon, Monica	W45		02:04:24
	2 Kalinowski, Christian	M	LG Eichsfeld	01:13:31
.	Kallmeyer, Matthias	M		03:02:31
174	Kalt, Volker	M45	SG akquinet Lemwerder	01:49:22
305.	Kaluza, Christina	W35		02:02:22
.	Kaminski, Pascal	M		02:04:49
	6 Kamp, Torsten	M55	KSV Baunatal	01:37:23
	2 Kampe, Steffen	M75	st.thomas-runner	02:01:01
264	Kämper, Friedrich	M40		02:09:16
	67 Kannegiesser, Sigird	W30		02:12:15
	84 Kantelberg, Maike	W40		02:10:25
	13 Kappertz, Marco	MJU18		01:55:43
153	Kappertz, Peter	M50		02:00:12
	51 Karamehmedovic, Emina	W30	Vital-Training Vahr / Bremer Bäder GmbH	02:06:17
235.	Karczmarzyk, Christiane	W35	Team Laufrausch e.V.	01:58:47
	18 Karczmarzyk, Manuel	M40	Team Laufrausche e.V.	01:32:00
.	Kardalinos, Vassilios	M45		02:00:58
.	Karle, Sebastian	M30		01:47:24
	81 Karock, Maik	M35		01:47:31
745.	Karper, Irene	W35	FLIB Frauenlaufinitiative Bremen e.V.	02:29:50
.	Karschunke, Markus	M40		02:04:11

.	Karstens, Peter	M60		01:59:20
	404 Kaske, Jens	M45	Team Agrarfrost	02:21:17
	142 Kasper, Thomas	M45		01:46:27
.	Kässens, Hermann-Josef	M45		01:41:32
.	Kasting, Hauke	M45		01:36:21
	57 Katenkamp, Marion	W35		02:06:19
	266 kauffmann, tim	M45		01:57:53
.	Kautz, Günter	M60	SV Viktoria Goch	02:10:34
	45 Kavermann, Thomas	M45		01:36:14
.	Kaya, Ali	M35		01:44:54
	111 KECHAGIAS, TRIFON	M50		01:54:34
.	Kehlenbeck, Frank	M50	Weyher Lauftreff	01:44:28
	177 Kehlenbeck, Markus	M40		01:55:09
	98 Kellner, Sonja	W40		02:12:44
	135 Kempe, Hendrik	M40	BSV Roxel	01:50:09
	99 Kempers, Tim	M		01:47:26
	84 Kenter, Stefan	M50	1860 Bremen	01:49:04
	122 Kerker, Ilona	W40	Emder LG	02:22:22
.	Kernicke, Matthias	M50	fahrschule-kernicke.eu	01:57:01
.	Kessel, Martti	M45		01:39:23
	118 Kessin, Robert	M		01:49:01
	113 Keßler, Petra	W45	LG Vellmar	02:15:13
	302 Keysers, Bart	M40		02:24:37
	9 Kiefner, Fabian	MJU20		01:48:49
	93 Kiekbusch, Rainer	M45		01:42:29
	273 Kienert, Dirk	M45		01:58:41
.	Kienke, Sven	M40		01:51:33
	416 Kienke-Winterberg, Torsten	M45		02:26:25
	60 Kieselhorst, Gabriele	W45	SV Brake Lauffeuer	02:03:07
420.	Kieselhorst, Julia	W	Injoy Vechta	02:08:12
	7 Kingal, Rolf	M65	SC Spelle-Venhaus	01:53:07
	154 Kintrup, Joachim	M45		01:46:59
	76 Kippnich, Jacqueline	W		02:08:20
	3 Kiprono, Gabu	M30		01:18:01
	128 Kirsch, Volker	M45	tus sudweyhe	01:45:15
	46 Kirschner, Ursula	W50		02:09:33
	4 Kirscht, Matthias	M35		01:24:13
	263 Kirwin, Duncan	M40	Offen Old Boys	02:09:14
.	Kitte, Sebastian	M30		01:57:51
	96 Kivilahti, Mikko	M55		02:10:03
	275 Klabunde, Nils-Olaf	M40		02:11:54
	98 Klähn, Andrea	W30		02:33:21
	286 Klamer, Pieter	M40		02:15:20
	241 Klapschus, Kai	M		02:09:05
	375 klatt, Karsten	M45	VFL Bad Nenndorf	02:11:36
	25 Klaus, Luisa	W		01:53:50
	45 Klaus, Martin	M35		01:40:22
	38 Klaus, Ewald	M55		01:50:24
	24 Klaus, Elisabeth	W50	SV Eintracht Neuenkirchen	02:01:54
	60 Kleberg, Stephan	M45		01:38:01
.	Klee, Udo	M40		01:54:08
	68 Klein, Jannie	W35	Hoffmann GmbH	02:08:58
.	Klein, Michael	M50		01:45:30
	4 Kleineidam, Birgit	W30		01:35:49
181.	Kleine-Kalmer, Barbara	W30		01:56:12
	161 Kleine-Kalmer, Joachim	M		01:54:52

	144	Kleine-Kalmer, Oskar	M30		01:59:43
	11	Klinge, Ingrid	W60	LG Vellmar	02:19:44
	6	Klingelhöfer, Nicola	W45		01:42:36
	125	Klischies, Imke	W45	TV Spaden - Lauftreff	02:20:13
	114	Klock, Monika	W45	LG Uplengen	02:15:25
.		Klopotek, Marco	M35	VSK Osterholz Triathlon	01:32:08
	31	Kloppmann, Margit	W55	LG Vellmar	02:28:03
	379	Klos, Harald	M45		02:12:28
	51	Klos, Herwig	M60		02:12:26
429.		Kluczny, Britta	W35	MTV Eiche Schönebeck	02:08:47
760.		Knaack, Nicolle	W30		02:31:48
	11	Knape, Florian	M30		01:27:32
	4	Knapp-Kluge, Sandie	WJU18	ATS Buntentor	02:19:34
	167	Knapwerth, Jesko	M		01:55:33
	19	Kneller, Barbara	W40	TH Eilbeck	01:49:04
	80	Kniejski, Melanie	W40		02:09:54
	74	Knigge, Tonnie	M35	runner stadskanaal	01:46:35
	68	Knirsch, Carsten	M40		01:41:28
	74	Knittel, Miriam	W		02:07:35
	34	Knobloch, Ralf	M50	LT Oldenburg Süd	01:41:03
	81	Knode, Thomas	M50		01:48:32
	359	Knoll, Ralf	M45		02:09:16
	35	Knop, Peter	M45		01:34:37
.		Knospe, Andreas	M35		02:12:40
	7	Koc, Benjamin	M30	Team Erdinger Alkoholfrei	01:25:44
	145	Koch, Benjamin	M30		01:59:52
249.		Koch, Diana	W40		01:59:35
	70	Koch, Henning	M55		01:58:44
	10	Koch, Stefan	M50		01:34:58
.		Koelmann, Sven	M	SPVGG Brandlecht-Hestrup	01:53:46
.		Koenig, Burkhard	M45	LG Hannover-Braunschweig	01:29:10
	108	Köhler, Uwe	M55		02:15:33
619.		Kohley, Sabine	W45		02:18:28
	94	Kohlmeyer, Björn	M35	MTV Bispingen	01:49:30
.		Köhn, Lennart	M		01:50:57
	220	Kohn, Stefan	M40		02:00:22
	63	Kokemüller, Horst	M40		01:40:32
	113	Kolbe, Sabine	W35		03:08:05
	144	Kolberg, Kay	M50		01:58:40
	214	Koletzki, Michael	M45		01:52:57
.		Kollasch, Andreas	M50		02:27:29
.		Kollhoff, Manfred	M45		01:52:19
124.		Kollmann, Stefanie	W35	BSG Sparkasse Bremen	01:53:02
.		Kolosoglu, Yusuf	M30	Ya Tausi Melek	02:17:14
	122	Kolschen, Thomas	M50		01:55:37
	31	Könemann, Rainer	M50	hanseWasser	01:40:26
	68	König, Manuel	M30		01:45:48
	184	Koopmann, Markus	M45		01:50:09
	76	Koopmann-Jänsch, Britta	W40	LAPPLAND - das ensemble des nordens	02:07:30
	104	Kopietz, Christian	M		01:48:04
	160	Koppe, Andreas	M35		02:00:50
	114	Köring, Georg	M50	Wobenzym plus Sportteam	01:55:00
	131	Kornberger, Julian	M	Sport Lounge Munte	01:51:21
	4	Kornek, Stephan	MJU20	-	01:35:10
	6	Körner-Downes, Monika	W50	Tri Team TG Lage	01:52:33
	72	Kortenstedde, Frank	M40	LT Hochschule Bremen	01:42:21

	94 Kortmann, Maike	W		02:13:38
	115 Koschel, Thomas	M35		01:53:03
	141 Koscielniak, Darius	M35		01:58:11
	81 Koscielniak, Gabriela	W40		02:09:56
	105 Köster, Carola	W45		02:14:01
	5 Köster, Fabian	M	Kreissparkasse Verden	01:24:18
	181 Köster, Lukas	M		01:57:17
	156 köster, stephan	M35		02:00:22
	32 Kostrzewa, Markus	M50		01:40:33
84.	Kothe, Sarina	W		01:48:42
	321 Kötter, Heinz	M45	TuS Nahne	02:02:36
	103 Kottner, Birgit	W45	Team Laufschuh	02:13:20
.	Kowalski, Marcin	M	KS KROTOSZ KROTOSZYN	01:35:01
.	Kraft, Heiko	M45	Dasseler SC	02:28:21
	75 Kramer, Petra	W40		02:07:28
	92 Kramer-Gröhl, Ute	W45		02:10:58
	124 Kramp, Thorsten	M35	VILSA-Team	01:55:47
	69 Kraßmann, Anna	W	Schwarz Weiß Oldenburg	02:05:47
	239 Kratsch, Jochen	M	TuS Glan-Münchweiler	02:08:48
	36 Kratsch, Sylvia	W50	TuS Glan-Münchweiler	02:04:48
.	Krause, Carsten	M50		02:03:22
708.	Krause, Sandra	W		02:25:30
.	Krause, Stephan	M40		01:35:17
563.	Kravagna, Susanne	W45		02:14:43
	86 Krawczyk, Natalia	W30		02:23:49
	33 Krawietz-Ahmad, Monika	W55		02:29:40
.	Kredel, Mario	M45	Kirchweyhe	02:16:40
	80 Kreikebohm, Joerg	M50	SV Brake Lauffeuer	01:48:03
	1 Kreil, Katrin	W40	Hannover 96	01:23:07
.	Kremming, Martin	M40	Sonntagsrundan	01:30:37
395.	Krenke, Ilka	W35	Weyher Lauftreff	02:06:39
	206 Kretschmar, Johannes	M	TC Schwarz Weiß Bremen	02:00:45
	193 Kreuzmann, Peter	M50		02:06:40
	59 Kreuzmann, Peter	M60	ohne	02:30:52
	241 Kreuzer, Peter	M50	DAV	02:25:39
	53 Kreuzgrabe, Lutz	M45	Sport Lounge Munte	01:37:05
55.	Kreytenberg, Angela	W50		01:45:40
.	Kreytenberg, Lasse	MJU20		01:42:09
	57 Kriebel, Oliver	M35	FTSV Jahn Brinkum	01:43:50
.	Krieger, Mike	M35		02:06:09
	122 Kröcher, Tim	M30		01:55:59
	2 Kroening, Dieter	M65	TSV Lindewitt	01:45:39
	1 Kroening, Elviera	W65	TSV Lindewitt	01:46:50
	173 Kröger, Janbernd	M30		02:07:01
	133 Kroker, Jörg	M30		01:56:55
	81 Krome, Monika	W50	TV-Lemgo	02:30:50
	32 Kruckenberg, Helga	W55	MTV Bad Bevensen	02:28:31
	72 Krüger- Rößler, Ingeborg	W50	TSV Ganderkesee	02:22:10
	156 Krüger, Alexander	M30		02:03:25
109.	Krüger-Tiefenbach, Annika	W45		01:51:26
.	Kruit, Harm	M60	Runners Stadskanaal	01:45:16
.	Kruize, Bert	M45		01:44:06
	4 Krumbeck, Andrea	W40	VFL Suderburg	01:37:49
	59 Kruschinski, Henrike	W30		02:09:53
.	Kruse, Markus	M30		01:51:41
601.	Krutwig-Cordes, Karin	W55	Krutwichte	02:17:11



	34	Ksienzyk, Ramona	W35	Laufakademie/LC Stuhr Hansa	01:55:35
	209	Kubina, Michael	M		02:00:55
	73	Kubitz, Ralf	M50	Bremen 1960	01:47:34
	107	Kück - Schlöbom, Monika	W40	RW Köhlen	02:15:25
	141	Kück, Patrick	M30		01:59:16
	22	Kück, Renate	W55	SV Hepstedt-Breddorf	02:15:49
	179	Kück, Stephan	M45	TuS Tarmstedt	01:49:59
	130	Kuepper, Steffen	M35	Team Africa	01:56:24
.		Kügler, Günter	M60	TUS Comet - Arsten	01:58:56
	67	Kühl, Judith	W35	AOK Halbmarathonteam	02:08:58
657.		Kühl, Madlen	W35	MTSV Selsingen	02:21:12
.		Kuhlmann, Jürgen	M45	Pusdorfer Lauftreff Bremen	01:58:38
	11	Kuhlmann, Ute	W45	SSV Wittorf	01:45:59
	170	Kuhlmann, Uwe	M45		01:49:09
	81	Kuhn, Ina	W45		02:07:19
	198	Kühn, Jens	M30	ALLERdings	02:18:36
	54	Kühn, Matthias	M50	LT Oldenburg Süd	01:44:39
	139	Kühne, Franziska	W45	TuS Glan-Münchweiler	02:24:15
	12	Kühne, Sandra	W35		01:45:43
	17	Kuippers, Gina	W	TV Eiche Horn	01:50:43
	187	Kujau, Patrick	M35		02:06:39
.		Kulesha, Jürgen	M50		01:49:21
	153	Kulgemeyer, Christoph	M	Deichläufer	01:54:09
.		Külpmann, Christoph	M40		01:46:44
	48	Kunde, Lothar	M55	Weyher Lauftreff	01:54:28
	1	Kunert, Ursula	W60	Uni Triathlöwen Bremen	01:56:13
	182	Kunold, Stefan	M50		02:03:52
.		Kunz, Holger	M		01:43:03
	78	Kupilas, Dominik	M		01:43:29
	22	Küpper, Per Lasse	M30	Pottsboro Cardinals	01:31:12
	28	Küppers, Michael	M50	PSV Grün-Weiß Kassel	01:40:18
	177	Kurpiela, Sebastian	M		01:57:04
	80	Kurtz, Stephanie	W35	Weyher Lauftreff	02:14:20
.		Kurz, Holger	M40		02:05:30
	103	Kuss, Silvio	M		01:48:03
.		Küstner, Nikolaus	M30		02:06:04
	44	Kuwan, Kerstin	W40	EWE Wattlooper	01:58:58
.		Kwiatkowski, Wilfried	M45	Corsica Runners	01:40:13
	61	Labonte, Philipp	M		01:42:25
.		Lachmund, Sven	M35	Enerson Runners Bremen	02:31:20
	27	Lagershausen, Sarah	W		01:54:58
.		Lah, Thomas	M45		01:51:32
	129	Lähn, Sascha	M35	TSG Maxdorf	01:56:18
	85	Lahr, Andrea	W30		02:23:17
	84	Lahr, Corinna	W30		02:23:16
.		Lambelet, Marc	M	Sport Lounge Munte	01:41:47
	130	Lampe, Jan	M30		01:56:45
	28	Lamperski, Jean	W40	TSV Korbach	01:53:33
	193	Landeck, Alexander	M45		01:50:52
	64	Lanfermann, Manfred	M55	Schwarz-Weiß Oldenburg	01:57:00
	64	Lang, Philipp	M		01:42:33
.		Lange, Jasper	M		01:48:47
	78	Lange, Tanja	W35		02:12:40
	32	Langenkamp, Christoph	M35		01:36:26
312.		Langer, Jessica	W40	Courez avec nous	02:02:38
.		Langerenken, Daniel	M		01:55:29

	53 Langhann, Daniel	M30	-	01:42:18
	58 Langner, Britta	W45	BTC-Herne	02:02:48
	16 Lankenau, Horst	M65	maratonianos Guardamar del Segura/Spanien	02:07:47
	107 Lankenau, Petra	W45	SV Hepstedt-Breddorf	02:14:25
297.	Lanwert, Ingrid	W40	SV Eintracht Neuenkirchen	02:01:53
807.	Laser, Silvy	W45		02:59:32
.	Laskaridis, Dimitrios	M40	VILSA-Team	01:44:37
	245 Latza, Andreas	M40	FC St. Pauli Marathon	02:03:43
.	Lau, Thomas	M40	Hairliners	01:51:21
	117 Laubscher, Barbara	W40	ohne	02:20:30
	8 Laudi, Marten	MJU20		01:45:49
	18 Laue, Hans	M65		02:09:16
	40 Laurisch, Ole	M30		01:38:15
	14 Le Digabel, Julien	M35		01:28:09
	301 Leandro Moreira, Cleber	M45	Ich AG	02:00:55
	183 lebek, sebastian	M40	Findorff-Bremen	01:56:36
	107 Leckzik, Ralf	M45	BEGO Runners	01:43:35
	2 Leder, Rainhard	M55		01:32:24
	271 Lederhaus, Markus	M45	-	01:58:24
	107 Ledoux, Heinrich	M55		02:14:48
.	Leffler, Björn	M30		01:56:09
.	Lehmann, Jakob	M		02:22:51
.	LEHMANN, Lutz	M50		01:57:04
	322 Lehmann, Thomas	M45		02:02:37
	357 Lehmkuhl, Holger	M45	swb runner	02:08:44
	55 Leier, Silke	W50	Mutter + Tochter eV	02:12:18
	68 Leier, Silvia	W30	Mutter + Tochter eV	02:12:18
	424 Leifeling, Norbert	M45	natte Pocken	02:29:57
	126 Lemke, Petra	W45	LT Ottersberg	02:20:25
	51 Lenger, Christoph	M30		01:40:56
	62 Lenk, Frank	M50	Stiftung Bremer Herzen	01:45:39
	137 Lenschow, Sylvia	W40	TV Friesen Telgte	02:47:21
	27 Leonhard, Julia	W30		01:55:07
	98 Leonhard, Rasmus	M		01:47:11
	23 Leptien, Hans-Peter	M60		01:56:33
	198 Leptien, Meik	M35		02:10:25
	284 Lerchl, Michael	M40		02:15:11
	188 Lesch, René	M40		01:57:03
	36 Lesser, Andreas	M60		02:00:02
	199 Lettau, Jan-Frederik	M		01:59:29
	36 Leuchtenmüller, Niklas	M	TOLLESLABEL	01:38:02
	236 Lewandowski, Kristof	M	ALLERdings	02:07:22
	90 Lewandowsky, Björn	M30		01:50:50
	113 Lewerentz, Thorsten	M50		01:54:46
	174 Libertin, Andre	M35	Heiligenrode	02:04:27
.	Liebel, Hans	M45	FC Deutsche Post	02:18:42
341.	Liebich, Femke	W30	FLIB	02:04:12
	173 Liebich, Frank	M35		02:04:16
247.	lieske, anja	W35		01:59:30
	78 Lilienthal, Sabrina	W30		02:20:08
.	Lindemann, Jürgen	M40		01:46:16
	13 Lindenthal, Wolfgang	M55	Lauftreff Ganderkesee	01:41:51
	48 Linder-Sprecher, Ingo	M50	LTSV Breme-Grohn	01:43:50
	226 Lindner, Norbert	M45		01:54:18
	96 Lindner, Thomas	M35		01:49:33
.	Lindsay, Lucien	M30		01:45:48

.	Lingemann, Marc	M45		01:50:42
.	Linke, Jürgen	M55		02:05:28
.	Linkiewicz, Holger	M45		01:52:37
.	Lippert, Christoph	M30		01:55:58
	27 Lobemeyer, Heike	W50	SV Brake Lauffeuer	02:02:58
	225 Lobert, Joerg	M50		02:13:41
	135 Loch, Thomas	M30		01:57:35
.	Löchte, Christian	M30	SchlemmerRenner	01:47:40
	31 Löcke, Gregor	M60		01:59:14
	20 Loers, Monika	W35	TG Wiesmoor	01:51:22
.	Lopes, Paulo	M40	-	02:37:20
	319 Lopez, Juan Jose	M45		02:02:36
.	Lorenschat, Tim	M30	sportTREND Ultralaufteam Braunschweig e.V.	01:14:58
	1 Lorenz, Gesa	W	Sport Lounge Munte	01:25:59
.	Löschen, Christian	M		01:59:06
	337 Lösekann, Gunter	M45	BSG Rhenus Midgard	02:04:40
	20 Löw, Mario	M40	Vorwärts Nedden	01:32:39
.	Lübben, Ralf	M30		02:05:40
	228 Lübben, Stefan	M40		02:01:49
.	Lübbens, Andreas	M30		01:59:54
	30 Lubes, Heike	W35	TSV Gnarrenburg	01:55:01
	199 Lübke, Marco	M35	SV Hemelingen	02:11:44
126.	Lübkemann, Louisa	W	Schwarz-Weiß Oldenburg	01:53:07
.	Lucht, Wolfgang	M45	Appel Fine Food	01:54:23
	239 Lüdemann, Stefan	M45		01:55:46
80.	Lüders, Tanja	W35	AOK Halbmarathonteam	01:47:53
	101 Ludwig, Regina	W40		02:13:37
	154 Ludwig, Thorsten	M40	Liebe in einer Stadt e.V.	01:52:04
	380 Lueßen, Michael	M45		02:12:33
	373 Luhmann, Knut	M45		02:11:12
.	Lühmann, Michael	M30	Lauftreff Weyhe	02:02:57
	5 Luhmann, Till	M45	Team Laufrausch e.V.	01:24:51
	3 Lühr, Martina	W45	Team Laufschuh	01:40:15
.	Lukassen, Peter	M40	BSG Westfalen AG	01:47:25
588.	Lüker, Katharina	W		02:15:50
	130 Lüßenhop, Antje	W40	ohne	02:31:49
.	Lustig, Michael	M45	Blumenthaler TV	01:57:28
396.	Luther, Kristin	W30		02:06:43
	60 Luttermann, Sabine	W30		02:09:53
.	Lutz, Marc	M35		01:50:05
.	Luurs, Jason	M40		02:01:55
	108 Lux, Carsten	M45	LuxFun Sport	01:43:41
	157 Lux, Christian	M30		02:03:31
	52 Maack, Anneke	W40	Club zur Vahr	02:00:47
	372 Maack, Holger	M45		02:11:11
	235 Maass, Peter	M50		02:19:30
	58 Maaß, Thorsten	M55		01:56:15
.	Maaß, Torben	MJU20		01:42:33
.	Maethner, Olaf	M45		01:47:35
	99 Maethner-Heinz, Nina	W35		02:23:36
	36 Mahler, Brigitte	W55	TV Friesen Telgte	02:39:08
	318 Mahlstedt, Henning	M45		02:02:34
	92 Mahne, Sonja	W30		02:28:47
.	Mahnke, Detlef	M55		01:49:02
.	Mahnke, Frank	M45		02:10:26
	84 Maier, Natalie	W		02:09:49

	10 Maier, Nina	W30		01:43:52
	1 Maier, Vladimir	M50		01:25:46
46.	Maitin, Wibke	W40		01:44:41
	53 Maiwald, Astrid	W35		02:04:30
	2 Majowski, Manfred	M70	LG Kreis Verden	01:59:15
	28 Makein, Benno	M65	Viktoria Goch	02:21:22
	2 Makein-Hoenselaar, Esther	W55	Viktoria Goch	01:50:36
	36 Makurat, Patrick	M30		01:37:36
	151 Malcharczik, Timo	M35		01:59:20
	121 Maly, Jürgen	M55	ATS Buntentor	02:26:37
	3 Mangelsen, Jochen	M70		02:04:42
169.	Manzeck, Karin	W50	VFB Fallersleben	01:55:37
	144 Marchand, Emilien	M		01:53:06
	149 Marggraf, Birgitt	W45		02:39:18
257.	Markert, Sarah	W		02:00:17
	43 Markmann, Thomas	M50		01:42:43
	Markötter, Michael	M45		01:46:47
	95 Marschalek, Dennis	M30		01:51:27
	2 Martel, Bernd	M35	IGAS Wendland	01:23:39
	282 Märtens, Martin	M40		02:14:43
	Martens, Uwe	M35		02:08:50
	2 Martin, Beate	W45	Laufline Team Göttingen	01:36:17
	202 Martins, Peter	M50	TUS Sulingen	02:08:00
	179 Marx, Sebastian	M30		02:09:39
	111 Marz, Ute	W40		02:17:31
	30 Marzok, Oliver	M30		01:35:28
	29 Maschkötter, Herbert	M55	Glück(L)auf Georgsmarienhütte	01:48:05
	22 Maskow, Herbert	M65		02:10:58
	213 Maßmann-Peters, Martin	M45		01:52:51
	147 Mathia, Tobias	M40		01:51:19
	140 Mäthner, Jens	M40	ATS Buntentor Bremen	01:50:36
	15 Matt, Olaf	M30	RCA/WRC	01:28:25
	69 Mätzold, Thomas	M50		01:46:43
	121 maurer, petra	W40		02:22:14
	339 Maurer, Ralf	M45	swb runners	02:05:15
	128 Mauritschat, André	M40	AT Rodenkirchen	01:49:10
	80 Mayor Barton, Alistair	M		01:43:34
698.	Mechau, Annika	WJU20		02:24:07
	Mechau, Volker	M45		02:24:07
	Mechnik, Christian	M35		02:03:20
	8 Mecke, Antje	W55	TuSV Stellichte	01:58:13
	213 Meding, Jan	M35		02:21:52
	260 Meentzen, Axel	M40		02:07:36
	174 Mehner, Maximilian	M		01:56:56
	19 Mehrtens, Axel	M35	Team Erdinger Alkoholfrei	01:31:53
	162 Meier, Christoph	M40		01:52:54
	Meier, Dominik	M45		01:44:32
	141 Meier, Holger	M50	SV - Lengede	01:58:21
	46 Meiering, Carsten	M40	TSV Herdecke 1863	01:38:30
	Meinecke, Christopher	M		02:15:21
	229 Meinen, Jens	M40	Hochschule Bremen	02:01:51
	Meiners, Michael	M40	Ender LG	01:53:52
	27 Meiners, Silvia	W40	Ender LG	01:53:28
	Meinert, Detlef	M40		01:27:28
	101 Meinhardt, Frank	M45		01:43:11
	4 Meinhardt, Monika	W55		01:54:45

	362 Meins, Hendrik	M45	Sandefjord Sykleklubb	02:10:01
	57 Meins, Moritz	M45	Laufline Team Göttingen	01:37:34
	308 Meissner, Dieter	M40	Tus Syke	02:36:24
	329 Meissner, Horst	M45	TUS Haltern	02:03:25
	15 Meissner, Joachim	M65		02:07:10
	17 Meissner, Margret	W60	Lauftreff Vahr	02:27:16
	64 Meißner, Sabrina	W		02:04:46
	237 Meissner, Uli	M45	-	01:55:43
	141 Melnikov, Nikolay	M	Jacobs University Bremen	01:52:47
13.	Menges, Imme	W45	TuS Sudweyhe	01:35:59
718.	Menken, Antje	W55		02:27:17
	84 Menken-Zastrow, Annegret	W50		02:41:15
	200 Mennecke, Andreas	M30		02:19:36
	155 Mennenga, Andre	M50	Ender LG	02:00:15
	47 Menslage, Marie	W	INJOY Vechta	02:00:45
	246 Menzel, Frank	M40	-	02:04:03
	382 Menzler, Oliver	M45	VILSA-Team	02:13:05
	23 Merkel, Irina	W30	Sport Lounge Munte	01:52:04
	132 Merten, Marie	W		02:33:46
	23 Merten, Nils	M30		01:31:21
	132 Merting, Thomas	M30	natte Pocken	01:56:54
	82 Messer, Barbara	W50		02:31:52
	405 Mestwerdt, Lorenz	M45	Team Agrarfrost	02:21:17
	137 Metag, Thomas	M45	TuS Varrel	01:46:05
	261 Metz, Carsten	M45		01:57:38
	48 Metzler, Janett	W		02:00:54
	35 Meyer Zu Bergsten, Marianne	W50	SV Eintracht Neuenkirchen	02:04:34
.	Meyer, Christian	M30		02:00:23
	170 Meyer, Christian	M30		02:06:12
	279 Meyer, Daniel	M	Club3M Bremen	02:43:49
.	Meyer, Dieter	M45	Die Energiebündel	01:45:42
	4 Meyer, Ewald	M55	Hamberger Tennis-Club	01:36:32
	92 Meyer, Fabian	M30		01:51:10
697.	Meyer, Heidi	W40		02:24:03
	7 Meyer, Janina	W		01:45:03
	145 Meyer, Jochen	M50	-	01:58:43
	89 Meyer, Kerstin	W30		02:27:35
	20 Meyer, Kirsten	W45		01:52:32
535.	Meyer, Kirsten	W		02:13:21
	218 Meyer, Markus	M45	-	01:53:29
515.	Meyer, Nicole	W35	SV Hepstedt-Breddorf	02:12:18
	49 Meyer, Niels	M35	Barrien	01:42:01
.	Meyer, Nils	M30		02:04:03
	140 Meyer, Patrick	M30		01:58:41
.	Meyer, Peter	M30		01:50:06
.	MEYER, ROBERT	M35	-	01:57:25
	238 Meyer, Robert	M		02:07:57
	62 Meyer, Sandra	W		02:03:36
	3 Meyer, Sandra Kristin	W	Bremer-Hockey Club	01:38:35
	245 Meyer, Söhnke	M		02:12:03
	178 Meyer, Stephan	M30		02:09:27
289.	Meyer, Susanne	W50		02:01:22
.	Meyer, Thomas	M50		01:42:37
	210 Meyer, Thomas	M45	Borgfelder LG	01:52:32
.	Meyer, Thomas	M40	TSG Grasberg	01:59:17
	207 Meyer, Till	M30		02:30:09

	12 Meyer, Viktoria	W		01:47:54
	97 Meyer, Wilfried	M50		01:52:00
	175 Meyer, Wolfgang	M45	Emder LG	01:49:35
	Michaelis, Dieter	M55	LT Bruchhausen-Vilsen	01:39:56
	71 Mielke, Eckard	M55		01:58:56
	56 Mielke, Marion	W50		02:13:42
	Mihlan, Christian	M45		01:51:59
	187 Mikolayczyk, Fred	M50	Team Laufrausch	02:05:06
	120 Mikulla, Harald	M55	Lauftreff Höpkens Ruh	02:25:26
	194 Milde, Volker	M50		02:06:59
	61 Mildner, Barbara	W50	Club zur Vahr	02:14:52
	4 Mildner, Constantin	M	LG Hungerast	01:22:55
	42 Mildner, Martina	W35		01:58:34
	94 Milz, Michael	M55		02:08:43
	295 Mindt, Lars	M40		02:19:41
	97 Mischok, Michael	M	HSG Bruchhausen-Vilsen/Asendorf	01:47:10
	6 Möddden, Mechthild	W40	oldenburg	01:40:10
	Moeller, Andreas	MJU18		01:46:32
	40 Mohnsame, Andrea	W45	Airbus SG Hamburg	01:57:52
	39 Mohnsame, Silke	W40		01:57:52
	21 Mohrdieck, Stefan	M30		01:31:10
	Moldenhauer, Jürgen	M60		02:39:13
	87 Möller, Anja	W35	Team Laufschuh	02:16:51
	65 Möller, Corinna	W35		02:08:41
	101 Möller, Finn	M30		01:52:20
	215 Möller, Jürgen	M		02:02:08
	113 Möller, Knut	M55		02:16:57
154.	Möller, Nora Maria	WJU20		01:55:01
	91 Möller, Tobias	M35		01:48:53
	Möllmann, Markus	M35		02:03:52
	169 Mönch, Jürgen	M40		01:54:19
137.	Mönnig, Anke	W35		01:53:33
679.	Mönnig, Catharina	W30		02:22:34
	46 Montag, Dirk	M45	RRG Osnabrück	01:36:16
	136 Montini, Marie-Liesa	W	Vital-Training Vahr / Bremer Bäder GmbH	02:41:16
	101 Moore, Fiona	W35	-	02:23:53
	266 Moorth, Frank	M40		02:09:48
	176 Moorth, Jörg	M50	BRAINWORXX	02:02:39
783.	Morales, Begona	W30		02:39:23
	29 Morawetz, Ute	W50	TV Jahn Schneverdingen	02:03:15
	9 Mörk, Dieter	M55	TV Lilienthal	01:39:22
	2 Mörk, Isolde	W50	TV Lilienthal	01:39:44
	184 Morstein, Holger	M50	Lauftreff Borgfeld	02:04:42
	88 Moseler, Thomas	M40		01:44:41
	Moss, Ingo	M35	Laufteam IMS-Vereinsberatung	01:59:02
	88 Moyses, Lars	M35	TC Oberwerth Koblenz	01:48:32
	124 Muche, Rainer	M50		01:55:57
	69 Muchow, Michael	M45	Hammelwarder Sprinter	01:39:16
	15 Mühle, Chris	MJU20		02:06:15
	400 Mühlenhardt, Hartmut	M45		02:19:17
	Mülder, Olaf	M45	TSV Achim	02:07:49
	Müller, Andree	M35		02:05:34
	57 Müller, Arno	M	Müller-Bremen	01:41:58
	219 Müller, Björn	M		02:03:38
	7 Müller, Christian	M55	TSV Kirchlinteln	01:38:44
	Müller, Fynn	M	Vital-Training Vahr / Bremer Bäder GmbH	01:38:29

.	Müller, Hartmut	M45	Lauftreff TV Neustadt	01:45:31
	118 Müller, Ingo	M40		01:48:20
	170 Müller, Jan-Mirko	M		01:55:54
.	Müller, Johann	M45	Hoffmann GmbH	01:57:56
.	Müller, Klaus	M45	SG Unterstedt	01:37:21
.	Müller, Klaus	M50		02:07:59
	128 Müller, Maik	M35	Laufakademie/LC Hansa Stuhr	01:56:09
	179 Müller, Martin	M35	Freiwillige Feuerwehr Ihlpohl	02:05:19
	53 Müller, Michael	M	ATS Buntentor Bremen	01:41:28
	134 Müller, Michael	M40		01:49:58
.	Müller, Michael	M	SV Löhnhorst	01:56:11
	89 Müller, Rüdiger	M55		02:06:50
	30 Müller, Tamara	W30		01:55:50
	43 Müller, Thomas	M55	ATS Buntentor Bremen	01:53:09
.	Müller, Tomas	M50	Lauftreff Forst Rundshorn	02:04:52
	195 Müller, Ulf	M35		02:08:57
	127 Müller, Uwe	M45		01:44:50
	169 Müller-Rose, Joachim	M50	-	02:02:11
.	Mundry, Rainer	M45		01:50:09
.	Munjios, Frederico	M	Uni Triathlöwen Bremen	01:57:44
	117 Münz, Norbert	M45		01:44:08
.	Münzberger, Till	M		02:23:04
	42 Murken, Katrin	W30		01:59:22
.	Müschen, Detlef	M40		01:44:01
.	Muschkat, Steffen	M35	swb Runners	02:21:47
	55 Nagel, Jens	M40	Feuerwehr Bremen	01:39:39
	258 Nagorny, Kevin	M		02:17:12
	39 Nannin, Marianne	W		01:58:26
	386 Nanninga, Wubbo	M45		02:13:16
	1 Naue, Torsten	M45	LG Bremen-Nord	01:21:33
.	Navel, Sebastian	M		02:00:46
	12 Neefe, Heide	W50	Schwarz-Weiß Oldenburg	01:57:29
283.	Neidhold, Andrea	W50	VfL Lichtenrade	02:01:10
	88 Neis, Günter	M55		02:06:24
	42 Nepras, Lenka	W40		01:58:25
	179 Nesemann, Markus	M	Sport Ziel-Marathonteam	01:57:11
	24 Nesemann, Reinhold	M60		01:57:12
	268 Nettelbeck, David	M		02:22:47
	367 Nettelbeck, Olaf	M45		02:10:34
	80 Nettelbeck, Ramona	W45		02:06:39
635.	Nettelbeck, Sarah	W	Schutzengel für Mukoviszidose	02:19:40
	126 Neubauer, Christian	M30		01:56:30
.	Neuber, Daniel	M	-	01:59:08
	30 Neumann, Alexandra	W40	Tv Falkenberg	01:55:06
	313 Neumann, Heiko	M45		02:02:07
522.	Neumann, Inga	W40	MTV Aurich	02:12:44
	81 Neumann, Michael	M30		01:48:44
	230 Neumann, Michael	M45	International School of Bremen	01:55:13
.	Neumann, Stephan	M40	-	01:46:03
	121 Neuschulz, Kurt	M45		01:44:24
	115 Neutschel, Holger	M45	ohne	01:44:05
	138 Nevoigt, Joelle Valentina	W		02:43:18
.	Nickel, Lutz	M45		01:42:17
	6 Nicolai, Merle	WJU20		02:12:50
	58 Niehaus, Sandra	W35		02:06:19
	33 Nielsen, Torben	M45		01:34:27

	20 Niemann, Friedrich-W.	M45	MTSV Selsingen	01:31:00
	15 Niemöller, Edgar	M40	TUS Ofen	01:30:49
	214 Nienaber, Eike	M35		02:22:33
	96 Nienaber, Janin	W30		02:31:57
	180 Nienaber, Rüdiger	M35		02:05:23
	31 Niittymäki, Antti	M65	Noutotila Niittymäki	02:23:23
	15 Niittymäki, Katri	W35	Hiiltomiehet	01:47:23
	121 Nilsson, Karsten	M35		01:54:35
706.	Nimz, Cornelia	W40	SG Findorff	02:25:23
	28 Nitt, Thorsten	M40		01:34:38
	113 Noack, Mirko	M45		01:43:51
	41 Nohr, Reinhard	M60	TV Jahn Schneverdingen	02:03:15
.	Nökel, Stefan	M45	BSG Sparkasse Bremen	01:44:47
.	Nolden, Frank	M50	AS Neukirchen-Vluyn	02:07:12
	265 Nolte, Christian	M45	MTV Mittelkirchen	01:57:49
511.	Noot, Johanna	W50	SV Friesland	02:12:12
	208 Nordemann, Detlef	M40		01:59:21
	79 Nordlohne, Mechtild	W45	LT Waldschleicher Lohne	02:06:27
.	Noskow, Tobias	MJU18	Rot-Weiß-Bremerhaven	01:36:44
	19 Nothnagel, Kathrin	W35	MTV Aurich	01:50:13
.	Nürnberg, Jörg	M40	SG Findorff	01:39:52
	182 Nüsse, Andreas	M35		02:05:54
	34 nuxoll, lisa	W		01:55:40
	31 Obenauff, Marc	M35		01:36:25
731.	Oberreich, Nina	W30	TKSE Laufteam	02:28:11
	62 Ochmann, Rainer	M55		01:56:53
	80 Ochs, Christian	M35		01:47:23
.	Ochs, Torsten	M50	Airbus SG Bremen	02:01:20
233.	Odic, Karin	W35	Stiftung Bremer Herzen	01:58:40
	11 Oelke, Bernd	M55	Frisia zur Nordwacht	01:40:28
.	Oelke, Klaus	M50		01:53:17
	48 Oerzen, Jörn	M30		01:39:31
	50 Oestmann, Harald	M50	TSV Imsum	01:44:04
	15 Oestmann, Robert	M45	Lauftreff Ganderkesee	01:30:08
	97 Oetjen, Sascha	M35	Grupo Sportivo	01:49:34
.	Offen, Sven	M40		02:03:04
	120 Ohlebusch, Frank	M30		01:55:58
	9 Ohlenbusch, Dirk	M50	Team Magic	01:34:47
112.	Ohlenbusch-Raschen, Heike	W40	SG akquinet Lemwerder	01:51:57
	24 Ohlsen, Tim	M40	Schwarz Weiß Oldenburg	01:34:12
	95 Ohnesorge, Tim	M35		01:49:30
	46 Oldendörp, Horst	M50	ATS Buntentor Bremen	01:43:42
	261 Olthoff, Uwe	M40	Emder LG	02:07:40
	6 Oltmann, Martina	W55	Verein Bremer Segelfreunde	01:56:31
.	Oltmann, Wolfgang	M55	Verein Bremer Segelfreunde	01:57:59
	77 Olvedal, Caterina	W40	Team Blekinge	02:07:57
	57 Omlor, Miriam	W		02:02:54
	130 Onkelbach, Michael	M50	Non-Stop-Ultra	01:56:46
.	Onken, Stefan	M35		02:12:57
	272 Opitz, Daniel	M		02:23:09
	106 Opitz, Martina	W		02:17:27
	118 opitz, reinhard	M55	MTV48 Hildesheim	02:25:02
	158 Oppitz, Martin	M30		02:03:43
	7 Orth, Christa	W60	LG Vellmar	02:11:24
	283 Ortman, Andreas	M40	-	02:14:52
.	Osewold, Bernhard	M45		02:17:52



	165 Osewold, Heinz	M45		01:48:27
.	Osman, Helmut	M50	LG Vellmar	01:36:42
	45 Ossa, Maik	M		01:39:47
	215 Osterloh, Andreas	M35		02:22:46
	79 Othersen, Joachim	M50		01:48:02
	10 Otholt-Haneberg, Ilse	W55	Sport Ziel-Marathonteam	02:01:43
139.	Otsuka, Hitomi	W35		01:53:44
	156 Ott, Matthias	M40		01:52:15
	64 Otta, Karl	M30		01:45:07
	87 Otte, Bernfried	M55		02:05:39
	124 Otten, Andreas	M40	SV Hepstedt Breddorf	01:48:43
	210 Otten, Dennis	M30		02:36:21
.	Otten, Detlef	M50	LG Wilhelmshaven	01:47:45
	347 Otten, Jörg	M45		02:07:26
	1 Otten, Lara	WJU18		02:11:51
.	Otten, Ralf	M40		02:06:45
	29 Otten, Stephan	M30	Blau Weiß Dörpen	01:35:02
	292 Ottersberg, Johann	M45		02:00:39
	152 Ottersberg, Jörg	M40		01:51:38
	118 Ottjes, Matthias	M45	LG Uplengen	01:44:14
446.	Overbeck, Wiebke	W	-	02:09:33
	103 Overheu, Anja	W35	TV Friesen, Telgte	02:26:42
	76 Owusu, David	M		01:43:16
.	Pagel, Jens	M45	LG Uplengen	01:57:54
	10 Pape, Ute	W45	Dasseler SC	01:45:16
	59 Papenfuss, Karsten	M30		01:43:59
	69 Papenhagen, Marcus	M30		01:45:54
.	Papke, René	M	schutzengel für Mukoviszidose	02:19:39
	49 Pardo, Amparo	W40	-	01:59:59
	49 Parthey, Heinz Georg	M45		01:36:32
.	Parylak, Andrzej	M30		02:17:05
	95 Paschmann, Markus	M40		01:45:25
.	Päßler, Daniel	M35		02:03:29
	110 Pathrose, Rensilin	M35		01:52:09
.	Pätzold, Nils	M		02:06:57
	276 Paul, Christian	M45		01:59:00
	144 Paul, Dennis	M35		01:58:55
	256 Paul, Mathias	M40		02:06:39
	91 Pein, Siegfried	M55	TSV Achim	02:07:49
	28 Pellicer Silvestre, Salva	M30	C.A. L'ESPENTA	01:34:25
	160 Pelzl, Michael	M40	LTV Bremen Unterwasserrugby	01:52:32
	118 Penquitt, Jan	M30	LT GutsMuths Berlin	01:55:22
	184 Pertzsch, Malte	M		01:57:39
	4 Peter, Sabina	W45		01:41:17
	247 Peterke, Rolf	M50	FC Lune	02:38:11
	51 Petermann, Nicol	W40	1860 Bremen	02:00:46
.	Peters, Gunnar	M55		02:12:07
.	Peters, Jörg	M40		02:06:27
	63 Peters, Nicole	W35		02:07:59
	65 Peters, Steffen	M	BSG Sparkasse Bremen	01:42:38
803.	Petra-Maria, Lemmen	W45	TV Friesen	02:50:48
299.	Pfeifer, Angelika	W50	DAV	02:02:12
	209 Pfeiffer, Dominik	M35		02:18:35
	364 Pfeiffer, Thomas	M45		02:10:19
	177 Pferdminges, Till	M35		02:05:01
	24 Pflanzler, Angelika	W55	HFC Heidmühle	02:16:20

.	Pflume, Helmut	M45	Azul Running Team	01:57:08
128.	Philipp, Monika	W45	SSV Wittorf	01:53:09
	81 Philipp, Nicole	W30		02:21:45
	205 Piedade, Adao	M40	-	01:59:08
	10 Pierer, Kathrin	W35		01:44:10
.	Pietschmann, Andreas	M45		02:25:25
	1 Pilney, Bettina	W50	LT SV Ems Jemgum	01:36:39
	175 Pingel, Kai	M35		02:04:30
	3 Pingel, Thorsten	M35	TSV Großenkneten	01:24:05
	55 Piotr, Prazmowski	M30	Kotwica Kolobrzeg	01:42:41
	209 Pirman, Frank	M50	AS Neukirchen-Vluyn	02:09:36
	222 Piteira, Nuno Miguel	M35		02:35:15
	18 Plath, Rainer	M45	Campus Kassel	01:30:53
	354 Plecher, Markus	M45		02:08:22
	194 Plenge, Stefan	M35		02:08:57
.	Plesmann, Günter	M50		01:46:04
	7 Plieth, Martin	M45		01:27:35
	304 Plückhahn, Enrico	M40		02:25:49
.	Plumhoff, Hauke	M		02:39:12
	248 Pofahl, Sebastian	M		02:13:05
	131 Poggensee, Jörg	M45		01:45:39
	36 Pogorzalski, Martin	M45		01:35:00
	94 Pohlens, Anett	W45		02:11:08
	277 Pohlmeier, Lars	M40		02:12:17
	3 Pollex, Reinhold	M75		02:31:53
.	Poojari, Anand	M		01:51:53
	11 Popp, Oleg	M		01:27:15
	72 Poppe, Nadjia	W		02:07:20
	151 Porath, Andy	M30		02:01:42
	103 Possiel, Anic	W40	LG AnTi	02:14:02
	176 post, ralf	M35		02:04:45
.	Postulka, Benjamin	M		01:53:55
	97 Poulsen, Katharina	W		02:14:51
	175 Praetze, Leo	M		01:57:00
	183 Prahm, Reinhard	M45		01:50:04
642.	Prehn, Vanessa	W35	Physiotherapie M. Fitschen	02:20:19
436.	Prestin, Katja	W45	LC Wiedenbrück	02:09:08
	71 Preuß, Diana	W30		02:14:08
.	Priebe, Roland	M40		01:44:17
	193 Pries, Jan Christopher	M30		02:15:33
.	Prior, Michel	M45		02:01:26
	212 Prochownik, Matthäus	M		02:01:38
.	Przyklenk, Ingo	M45	swb runners	02:08:36
	74 Ptack, Raphael	M		01:43:06
	186 Pude, Tobias	M		01:58:10
170.	Pudek, Manon	W		01:55:39
.	Pulss, Stefan	M55		01:55:33
	92 Pundt, Uwe	M50		01:51:07
87.	Punke, Maren	W30	-	01:48:55
	2 Purz, Torben	MJU18		01:31:09
	212 Püschel, Constantin	M40	Muschelschubser	01:59:32
	156 Putensen, Thomas	M50	Lauftreff Forst Rundshorn	02:00:25
	28 Putz, Christine	W30		01:55:15
	106 putzke, thomas	M50		01:53:28
	188 Pyrsch, Darius	M35		02:07:32
.	Quack, Lorenz	M	TV Eiche Horn	01:45:26

374.	Quaglia, Lucia	W35		02:05:37
.	Quesnel, Louis	M		01:38:38
111	Rabe, Axel	M40		01:47:15
25	Rabe, Lutz	M30	Zevener Fahrradverein e.V.	01:33:08
.	Rackebrandt, Nick	M30		02:13:01
17	Radcliffe, Paul	M35		01:30:24
99	Radloff, Bernd	M55	TV Falkenberg	02:10:30
.	Radtke, Holger	M45		01:58:50
.	Radzun, Benjamin	M	-	01:54:09
.	Radzun, Matthias	M40	-	02:00:53
61	Rahn, Yvette	W40	Wildeshäuser Lauftreff	02:03:00
105	Raider, Wilhelm	M		01:48:06
.	Rais, Chedli	M65		02:22:18
294	Rakow, Helge	M40	VTB Varel	02:18:17
.	Ramke, Thorsten	M45	TTSC 09 Delmenhorst	02:02:33
.	Rammenstein, Heiko	M40	Marathon KSV Baunatal	01:26:33
.	Ranke, Gerd	M50	Lauftreff Cluvenhagen	01:51:17
4	Rapp, Annika	WJU20		02:09:01
.	Rasch, Mirko	M	Club-3M-Bremen	02:06:13
85	Rau, Susanne	W45		02:09:05
206	Rau, Thomas	M50		02:09:05
277.	Rauscher-Trinks, Martina	W45	MTV Nienburg	02:00:53
.	Reber, Maik	M40	esv blau weiß bremen	02:36:57
104	Rechtien, Andreas	M50	Alfhausen	01:53:05
20	Redetzky, Manfred	M60		01:54:14
.	Redetzky, Marvin	M		01:42:58
45	Redlin, Michael	M50	MTV Bad Bevensen	01:42:53
628.	Redlin, Brigitte	W45	MTV Bad Bevensen	02:18:53
5	reents-sparr, karin	W55		01:55:07
167.	Reese, Kerstin	W30		01:55:34
.	Reese, Peter	M		01:56:32
98	Regelien, Katharina	W		02:15:01
327	Regenbrecht, Bertram	M45		02:03:19
440.	Regensdorff-Gloistein, Elke	W55		02:09:15
135	Rehe, Michael	M45		01:45:52
102	Rehmke, Jens	M40	Scientific Script Consult	01:46:12
11	Reich, Michael	M45	-	01:29:03
.	Reiche, Wolfgang	M65		01:57:49
21	Reichel, Katja	W50		02:01:21
268	Reichenbach, Daniel	M40	Weyher Lauftreff / Radiergummiliga.de	02:10:19
132	Reichmann, Sven Ole	M		01:51:42
63	Reid, Rosemary	W40	FLIB	02:03:40
182	Reimann, Andreas	M30		02:10:04
204	Reimann, Klaus	M40		01:58:57
37	Reimer, Eduard	M40	pingpank.de	01:36:53
23	Reimers, Jürgen	M50	LG Kreis Verden	01:39:13
.	Reincken, Michael	M40		01:49:53
168	Reinecke, Lars	M		01:55:38
14	Reinert, Eva Maria	W40	TSV Langeoog	01:46:35
28	Reinert, Regina	W55	Weyher Lauftreff	02:20:05
85	Reinhardt, Simone	W35	Rot-Weiß-Köhlen	02:15:00
115	Reinker, Ann-Katrin	W		02:21:04
148	Reisch, Michael	M	Schwimmverein Ganderkesee 69 e. V.	01:53:35
.	Reitenbach, Martin	M35	RC Bremen	01:33:37
.	Reiter, Steffen	M45	TuS Fleestedt	01:57:30
483.	Rellensmann, Sophie	W	-	02:10:52

	122 Remmele, Uwe	M35		01:55:08
.	Renken, Michael	M40		02:01:39
	16 Renneberg, Gerd	M55	MTV Müden	01:43:36
39.	Renner, Frauke	W30	Mistral Zollstock Köln	01:43:28
	149 Renner, Ole	M35		01:59:09
576.	Rennhak, Anja	W45	Team Hoya	02:15:11
.	Rennie, Robert	M30		01:56:17
.	Respondek, Oliver	M40	Lauftreff Ganderkesee	01:34:19
	110 Rethmeier, Matthias	M45		01:43:47
	98 Rethorn-Pohl, Bianca	W35		02:22:43
37.	Rettig, Hanna	W		01:43:08
281.	Rettig, Tanja	W40	Weserpeser TEA	02:01:05
	293 Rettschlag, Dirk	M40		02:16:54
	120 Reuter, Oliver	M45		01:44:23
.	Reutermann, Simon	M		02:02:06
	198 Richter, Daniel	M		01:59:24
	133 Richter, Frank	M50		01:57:04
	46 Richter, Norbert	M55		01:53:46
.	Richter-Hebel, Felix	M65	LG BREMEN NORD	01:46:05
	30 Riechers, Michael	M50		01:40:26
418	Rieckmann, Ralf	M45		02:28:13
	19 Riediger, Jochen	M40	SV. Germania Helstorf	01:32:01
.	Riedl, Michael	M45	Sippenstrolch	02:00:51
	3 Riegel, Gisela	W60		02:00:08
	77 Riehm, Rüdiger	M55		02:02:34
	141 Rieke-Brodde, Anne-Katrin	W45		02:24:53
.	Riekers, Karl-Heinz	M65	TSG Seckenhausen-Fahrenhorst e.V.	02:14:49
	140 Riemenschneider, Hannes	M		01:52:34
	129 Rigas, Jorgo	M	Vital-Training Vahr / Bremer Bäder GmbH	01:50:54
	63 Rigas, Melina	W	Vital-Training Vahr / Bremer Bäder GmbH	02:04:14
.	Rihm, Herbert	M50	Marathon KSV Baunatal	01:47:52
30.	Ringendahl, Korinna	W		01:41:56
.	Ripke, Torsten	M40	btb-la.de/foerderverein	02:03:16
	25 Rischke, Reinhard	M60	Lauftreff Ganderkesee	01:57:31
	151 Riss, Jakob	M		01:53:48
.	Ritter, Klaus	M40		01:32:47
	181 Röben, Mark	M40	TSG-Hatten Sandkrug	01:55:58
.	Robert, Michael	M		01:54:30
	76 roberts, corinne	W35		02:11:44
	312 Roberts, Kd	M40		02:45:35
.	Robin, Wilhelm	M45		02:13:17
166.	Roddewig, Ines	W35	-	01:55:33
	4 Rode, Peter	M65	LG Vellmar	01:46:43
	61 Röder, Ines	W35	-	02:07:24
.	Roder, Michael	M40	VfL Bad Nenndorf	02:02:25
	58 Roesnick, Ulrike	W30		02:09:30
	24 Rogaischus, Michaela	W30		01:52:29
	171 Rogge, Thomas	M45	-	01:49:13
	210 Rohde, Jens	M35		02:18:35
	125 Rohde, Sebastian	M		01:50:37
	118 Rohde, Vanessa	W		02:23:09
.	Rohe, Sebastian	M		01:50:16
	9 Röhl, Dominik	MJU18	Brüning-Gruppe	01:45:08
	19 Rohlfs, Volker	M45	Uni Triathlöwen Bremen	01:30:59
	67 Rohlfen, Stephanie	W50		02:19:00
	56 Rohmann, Wolfgang	M45	Wildeshäuser Lauftreff	01:37:32

	112 Rohmer, Christian	M40		01:47:16
	7 Rohner, Judith	W45	TuS Ofen	01:43:06
387.	Röhr, Anneli	W40		02:06:14
	117 Röhrs, Simon	M		01:48:57
	83 Röhrs, Steffen	M30		01:48:57
	42 Rolfe, Kevin	M45	Hamburger Laufladen	01:35:47
	3 Rolfe, Mirjam	W40	Hamburger Laufladen	01:35:46
	42 Romano, Domenico	M30		01:38:19
	138 Römelt, Martin	M45	Lauftreff Ganderkesee	01:46:06
.	Rosales , Miguel	M50		02:22:01
	120 Rose, Sylke	W40	Emder LG	02:21:40
	211 Rosebrock, Jens	M50	TV Baden	02:09:53
	285 Rosenke, Sascha	M40		02:15:18
	24 Röske, Ralf	M45	1. TCO Die Bären	01:33:05
.	Rösner, Roy	M40	AT Rodenkirchen	01:48:51
	249 Roßkamp, Janis	M		02:13:10
	79 Roßkamp, Susann	W30		02:20:25
	116 Rößler, Johannes	M		01:48:56
24.	Roßmüller, Nina	W30		01:39:03
133.	Röth, Ilse	W55	LT Schönebeck	01:53:24
.	Roth, Norbert	M50		01:41:41
	221 Rothaar, Marco	M40		02:00:27
	48 Rother, Günther	M60		02:10:09
.	Rother, Jens	M45		02:00:41
	242 Rowohlt, Armin	M		02:09:08
	60 Rückel, Thomas	M55		01:56:29
	47 Rüdener, Helmut	M60	Bremen 1860	02:10:07
	209 Rudolph, Florian	M30		02:36:13
	87 Rudolph, Renata	W30		02:25:58
	50 Rugen, Charis	W50		02:10:58
	161 Rüter, Ronald	M45		01:47:54
	255 Ruhe, Christian	M	Henry Lamotte Services	02:15:51
	248 Rühling, Michael	M40	LT-TuS Aurich Ost	02:04:14
.	Rühlmann, Steffen	M30		02:02:40
	26 Rülke, Christian	M40	TH Eilbeck	01:34:32
	228 Runden, Hans-Jürgen	M45	Laufakademie/LC Hansa Stuhr	01:54:25
	155 Runge, Julius	M35		02:00:05
	13 Runge, Klaas	M30		01:28:11
	147 Runkel, Tillmann	M		01:53:31
	36 Runne, Volkmar	M55	SG Findorff	01:50:07
	10 Rüping, Kirsten	W50	BTC-Herne	01:56:09
	59 Rupperecht, Stefan	M		01:42:21
	185 Russ, Anselm	M30		02:11:18
.	Rustler, Frank	M45		01:55:31
	108 Rütermann, Insa	W45		02:14:34
	84 Rüter, Gabriele	W45		02:08:32
	26 Ryba, Wojciech	M	KS KROTOSZ KROTOSZYN	01:35:01
	102 Rzany, Andreas	M45		01:43:16
	242 Rzepka, andreas	M50	Sv kirchweyhe	02:26:18
.	Rzodeczko, Thorsten	M45		02:15:35
703.	Saalmann, Anaice	W		02:24:53
.	Saathoff, Eric	M40	Emder LG	01:43:53
335.	Saathoff, Marita	W40	Emder LG	02:03:51
.	Sacher, Konrad	M55		01:49:24
	243 Sachse, Oliver	M45		01:56:19
.	Sadowski, Michael	M		01:53:20

	333 Saevecke, Detlef	M45	SVGO	02:03:45
	49 Sagemann, Karl	M50	TC Schwarz Weiß Bremen	01:43:54
	65 Sajewski, Renate	W50		02:17:06
	129 Sajnog, Kerstin	W40	SAV	02:30:13
.	Salecker, Stefan	M45		01:36:03
	73 Salisch, Janna	W35		02:10:15
	21 Salomons, Roelof	M55	Runners Stadskanaal	01:46:39
.	Salzborn, Eric	M45	SV Viktoria Goch	02:00:54
	218 Samtleben, Jens	M40	Azul Running Team, Team Erdinger Alkoholfrei	02:00:17
317.	Sancken, Dörte	W45		02:02:56
	124 Sander , Ursula	W45	MTV Bad Bevensen	02:19:01
.	Sander, Sören	M30	TRI LIZARDS	01:26:00
	24 Sander, Tino	M35		01:34:14
226.	Sander-Berg, Melanie	W40	Schwarz-Weiß Oldenburg	01:58:16
	73 Sanders, Thijs	M		01:43:04
	207 Sanio, Martin	M45	LG Hannover-Braunschweig	01:52:02
	102 Sappa, Martina	W45		02:13:00
	138 Sascha, Parakenings	M35	Montagskicker	01:58:06
	147 Sasse, Torsten	M50	-	01:58:52
617.	Sasum, Anne	W		02:18:22
	119 Sauer, Stefan	M40	AOK Niedersachsen	01:48:25
	138 Sauter, Matthias	M30		01:58:31
.	Sbrisny, Jörg	M50		01:56:07
	99 Sbrzesny, Kathrin	W45		02:11:58
	197 Schaack, Sebastian	M		01:59:15
	50 Schaaf, Jürgen	M55		01:54:34
	45 Schade, Franziska	W		02:00:35
	262 Schade, Marko	M40	Vital-Training Vahr / Bremer Bäder GmbH	02:08:21
	96 Schade, Stephan	M		01:46:56
.	Schaefer, Thomas	M45		02:00:37
	47 Schaefers, Patrick	M		01:40:10
.	Schäfer, Jürgen	M55	DUV Bremen	01:49:39
	102 Schäfer, Ronny	M50		01:52:43
	11 Schaffarzyk, Ernst	M60		01:48:00
	127 Schaffarzyk, Tim	M		01:50:43
	82 Schall, Anton	M55		02:04:27
.	Schalowski, Matthias	M45	TEA/Garbsener SC	02:13:39
	259 Schaper, Andreas	M		02:17:12
	66 Schardt, Michael	M55	Schwarz-Weiß Oldenburg	01:57:16
	218 Schäuble, Dirk	M35		02:28:12
	94 Scheel, Marco	M	-	01:46:16
	97 Scheele, Susanne	W45	Lauftreff Vechta	02:11:42
.	scheffers, peter	M40		01:51:38
	86 Scheffler, Alex	M40	Stapelläufer	01:44:34
	98 Scheffler, Jörg	M50	BSG Sparkasse Bremen	01:52:12
	83 Scheibel, Kathrin	W45		02:08:19
.	Scheiber, Roland	M55	Schallodenbach	01:44:42
143.	scheja, birgitt	W45	LT TuS Meindorf	01:54:07
	213 Schelenz, Ulf	M40		01:59:40
	19 Schellscheidt, Roland	M65	AS Neukirchen-Vluyn	02:09:39
	370 Schemmer, Jürgen	M45		02:10:49
120.	Schenk, Sabine	W40	Schwarz-Weiß Oldenburg	01:52:40
.	Scherz, Alexander	M	Brötchenholer Wilhelmshaven	01:45:42
	72 Schiebahn, Elke	W40	Weyher Lauftreff	02:06:06
	116 Schiefelbein, Stefan	M40		01:47:59
	68 Schierenbeck, Ronny	M45	LC Hansa Stuhr	01:39:08

	326 Schiermeyer, Jens	M45		02:03:15
	29 Schieße, Peer	M45	OSC Osnabrück	01:34:17
	261 schimmel, martin	M		02:17:22
	192 Schimske, Daniel	M		01:58:26
	119 Schindler, Darius	M		01:49:06
	44 Schindler, Ralf	M50	TSV Neuenkirchen	01:42:50
	100 Schinke, Kuddl	M55	Lauftreff Uetersen	02:11:12
626.	Schinke, Vera	W55	Lauftreff Uetersen	02:18:46
	193 Schirmer, Gerald	M40	Kanusportfreunde Bremen e.V.	01:57:31
	125 Schittkowski, Dierk	M50		01:56:00
	180 Schittkowski, Heiko	M40		01:55:56
	37 Schittkowski-Lahr, Lars	M35	LC Hansa Stuhr Tri-Wölfe	01:37:55
	Schiwek, Malte	M		02:12:37
	189 Schlaile, Christian	M35		02:07:58
	145 Schleevoigt, Susanne	W45		02:30:08
	155 Schleewald, Stephan	M45		01:47:28
	224 Schleicher, Markus	M45	Burgläufer Dinklage	01:54:11
	Schlenker, Björn	M		01:52:51
	88 Schlichting, Christiane	W45	LT Schönebeck	02:09:48
	31 Schliep, Nadine	W35		01:55:07
	Schliephake, Michael	M45	Nord/LB	01:31:19
	13 Schlingschröder, Petra	W45		01:47:18
	16 Schlordt, Nico	M30	Marathon KSV Baunatal	01:29:06
	7 Schluchter, Thomas	M40	Lauftreff Merzen	01:27:56
	149 Schlüter, Christof	M45	Burgläufer Dinklage	01:46:43
	21 Schlüter, Felix	M		01:33:20
	155 Schlüter, Mathias	M40	SSV Mörel	01:52:06
	225 Schmahl, Christoph	M45		01:54:12
	381 Schmeling, Kai	M45		02:13:02
	82 Schmidt, Benjamin	M	Veogesacker Turnverein	01:44:01
	47 Schmidt, Folkard	M45	kein Verein	01:36:21
	189 Schmidt, Friedhelm	M50	Schwarz-Weiß Oldenburg	02:05:31
	8 Schmidt, Heinz	M60	LG Br.-Nord	01:43:45
	87 Schmidt, Henner	M35		01:48:24
	27 Schmidt, Ingo	M35		01:34:44
	21 Schmidt, Jürgen	M50		01:38:15
	71 Schmidt, Peter	M50		01:47:16
	Schmidt, Peter	M30		02:15:14
	142 Schmidt, Stefan	M30		01:59:17
	105 schmiedel, Uwe	M55		02:12:07
	11 Schmielau, Juliane	W50	Stiftung Bremer Herzen	01:56:30
	71 Schmiemann, Guido	M40		01:42:08
	Schmietendorf, Marcus	M45	Uni Triathlöwen Bremen	01:43:21
250.	Schmitz, Dagmar	W45	TSG Hatten-Sandkrug	01:59:36
	Schmitz, Mario	M45		01:43:28
	Schmitz, Michael	M30		01:52:36
366.	Schnackenberg, Petra	W45		02:05:06
	105 Schnackenberg, Sandra	W40	sv hepstedt/breddorf	02:14:26
	194 Schnakenberg, Jörg	M40	Bremen	01:57:34
329.	Schneider, Andrea	W40		02:03:31
	36 Schneider, Hartmut	M40	12er Kogel	01:36:42
	255 Schneider, Jörg	M45		01:57:24
	276 Schneider, Julian	M	TOLLESLABEL	02:34:24
	Schneider, Wolfgang	M50		02:10:45
579.	Schnibbe, Gabi	W30	Melitta Team	02:15:18
	10 Schnibbe, Mona	W		01:47:07

	31 Schnieders, Andreas	M		01:35:38
722.	Schockmann, Edith	W50		02:27:28
	75 Schoen, Mathias	M45	Club zur Vahr	01:40:05
.	Schoening, Niels	M35		01:44:03
	22 Schöllhammer, Ralf	M40		01:32:54
	37 Scholz, Carolin	W		01:57:51
	278 Scholz, Jörg	M40		02:12:53
155.	Scholz, Louise	W		01:55:02
	173 Scholz, Norbert	M40		01:54:43
.	Scholz, Thomas	M50	TSV Worpswede	01:56:35
.	Schön, Matthias	M35	hanseWasser	01:39:25
	282 Schoneboom, Hans-Günter	M45	Emder LG	01:59:23
	148 Schönewolf, Heike	W45	LG Vellmar	02:32:58
	25 Schönewolf, Sebastian	M	BSG Sparkasse Bremen	01:34:51
	224 Schönfelder, Björn	M35		02:38:07
.	Schönfelder, Christoph	M65		02:29:07
	8 Schönhardt, Anja	W30	SG Findorff	01:42:39
	40 Schöning, Friedel	M60	Team Laufschuh	02:02:59
.	Schöning, Peter	M55	Sport Lounge Munte	01:39:11
.	Schönwälder, Jürgen	M45	Jacobs University Bremen	01:52:45
.	Schoo, Ludger	M45		01:59:01
	18 Schöpp, André	M35	arvato Systems	01:31:44
.	Schött, Stephan	M	Havannas Club	01:57:12
	63 Schött, Thoralf	M45	Lokomotive Bürgerpark	01:38:49
	248 Schrader, Ralf	M45		01:56:50
	139 Schrader, Timo	M30		01:58:32
70.	Schrant, Heike	W40	SV Bokeloh	01:46:44
.	Schrant, Jürgen	M45	SV Bokeloh	01:28:26
	38 Schreiber, Alena	W		01:58:09
.	Schreiert, Steven	M		01:49:39
	54 Schremmer, Michael	M40	LT Bremen-Schönebeck	01:39:31
	5 Schreyer, Annelie	W65	ATSV Habenhausen	02:31:48
	306 Schreyer, Marcus	M45	Team OSK	02:01:35
559.	Schrick, Evamaria	W		02:14:38
	296 Schrock, Andreas	M45	hanseWasser	02:00:43
	19 Schröder, Annegret	W55	TV Jahn Schneverdingen	02:15:09
.	Schröder, Björn-Peter	M	-	01:43:20
	139 Schröder, Frank	M40		01:50:30
	15 Schröder, Volker	M35		01:28:27
675.	Schröder-Müller, Elvira	W45	Emder Lg	02:22:22
	85 Schröter, Jakob	M30	ATS Buntentor	01:50:03
	82 Schubert, Michael	M30	TSG Hainewalde	01:48:45
.	Schuckenbrock, Frank	M40		01:50:41
	35 Schuette, Heinrich	M55		01:49:58
	196 Schu-Hi, Peter	M45	ATS Buntentor	01:51:08
	54 Schult, Nadine	W30		02:07:35
	37 Schulte, Anita	W50	Laufakademie/LC Hansa Stuhr	02:05:13
	26 Schulte, Norbert	M50	Schwarz-Weiß Oldenburg	01:40:10
.	Schultrich, Sebastian	M30		02:07:08
	82 Schultz, Torsten	M45		01:41:03
	73 Schulz, Björn	M30		01:46:43
.	Schulz, Pascal	M		02:30:20
	207 Schulz, Patrick	M40	Schutzengel für Mukoviszidose	01:59:19
	50 Schulz, Wilma	W40		02:00:45
	42 Schulze, Kerstin	W45	Sport Ziel-Marathonteam	01:58:10
	60 Schulze, Marcus	M35		01:44:12



	270 Schulze, Rainer	M45	swb-runners	01:58:10
	239 Schulze, Ralf	M50		02:22:46
	126 Schulze, Tanja	W40		02:28:06
.	Schumacher, Harald	M		01:43:11
	10 Schumacher, Heinz	M65	LG Kreis Verden	01:55:16
.	Schumacher, ROLF	M35		01:42:02
525.	Schumacher, Sara	W30		02:12:46
	330 Schumann, Volker	M45		02:03:36
.	Schur, Michael	M45		01:39:07
.	Schurr, Roland	M60	ASC Ulm/Neu-Ulm	02:00:30
.	Schuster, Kalle	M35	SV Simonswolde	01:48:06
	246 Schuster, Simon	M		02:12:09
.	Schuster, Wolfgang	M45		02:39:07
	419 Schuto, Christian	M45		02:28:16
	142 Schuto, Svenja	W45		02:28:17
.	Schütte, Christian	M30		02:19:36
	79 Schütte, Peter	M		01:43:31
	50 Schütz, Anna	W30		02:04:22
.	Schütz, Volker	M45	TuRa Bremen	01:50:16
	53 Schütze, Doris	W45	LG Vellmar	02:00:40
.	Schütze, Michael	M45	LG Vellmar	01:28:43
	218 Schwab, Arne	M		02:03:19
	61 Schwacke, H.-Ulrich	M50	SSV Wittorf	01:45:35
.	Schwacke, Holger	M35		01:36:27
622.	Schwan, Susanne	W40		02:18:32
	72 Schwanbeck, Ralf	M50	Grabower SV	01:47:27
	95 Schwanitz, Kerstin	W		02:14:09
	316 Schwanke, Stefan	M45		02:02:24
	172 Schwarz, Christian	M30		02:06:37
	70 Schwarz, Thorsten	M45	LG Kreis Verden	01:39:17
	34 Schwarzer, Kay	M30	BSG Sparkasse Bremen	01:37:03
	102 Schweers, Christian	M30		01:52:21
	201 Schweikard, Dennis	M35	Emden LG	02:12:54
	211 Schwerin, Hagen	M35		02:21:04
	204 Schwieca, Michael	M30		02:23:25
.	Schwientek, Udo	M		01:24:36
	68 Schwietz, Waltraut	W50		02:21:00
.	Schwill, Burkhard	M40		01:54:28
.	Seefeld, Andreas	M55	pingpank.de	01:43:01
507.	Seeger, Melanie	W40	MTV Wilstedt	02:11:57
	120 Seelen, Gerhard	M50		01:55:30
	20 Seelen, Svenja	W	Club-3M-Bremen	01:52:54
	59 Seemann, Uwe	M55		01:56:15
	223 Seevaratnam, Sutharsan	M35		02:36:25
	88 Segelken, Bärbel	W40	TSV Worpsswede	02:10:53
	64 Seidenspinner, Stephanie	W35		02:08:09
.	Seidler, Andreas	M35	Team Erdinger Alkoholfrei	02:01:05
	107 Seifert, Hanna	W		02:17:32
	79 Seiniger, Uwe	M55		02:03:58
.	Seipel, Ralf	M45		01:48:25
.	Seitz, Jonny	M45		01:55:31
	279 Seliger, Thorsten	M45	keinen	01:59:16
	66 Sell, Maria Katharina	W		02:04:52
	91 Selzer, Georg	M50		01:50:13
.	Semler, Jürgen	M50	-	02:00:15
.	Sempfl, Olaf	M40	swb-runners	01:42:22

	182 Sengstacke, Michael	M45		01:50:01
	16 Senkowski, Daniel	M35		01:29:24
	75 Sennhenn-Oetken, Achim	M50	MTV-Müden/Ö	01:47:37
	182 Sesay, Said	M		01:57:24
	20 Setzefand, Marion C.	W50	VfL Lichtenrade	02:01:11
	245 Sewing, Wolfgang	M50	AS-Neukirchen-Vluyn	02:28:54
	202 Seyen, Gerd	M40	Schwarz-Weiß Oldenburg	01:58:51
	280 Sheptykin, Iaroslav	M		02:43:52
	166 Siatkowski, Marek	M30		02:05:36
767.	Sich, Ute	W40	MTV Aurich	02:32:11
	237 Siebert, Philipp	M	Vital-Training Vahr/Bremer Bäder Gmbh	02:07:54
	10 Siebert-Reitenbach, Andrea	W40	BSG Sparkasse Bremen	01:45:22
	112 Siegel, Steffen	M35		01:52:16
	48 Siegert, Astrid	W40		01:59:57
.	Siegert, Fred	M50		01:59:00
.	26 Siekmeier, Sebastian	M35		01:34:37
.	Sielaff, Dirk	M45		01:59:22
	150 Siemer, Daniel	M30	FTSV Jahn Brinkum	02:00:40
	14 Sieveke, Verena	W30		01:46:28
	43 Sieverding, Julian	M		01:39:42
	232 Sievers, Holger	M50	L. G. Kreis Verden	02:17:49
	181 Sievers, Kai	M45	Azul Running Team	01:50:00
.	Sigl, Holger	M40	MTV Aurich	01:27:30
.	Sikora, Mike	M40	Gegen Sascha	01:52:19
308.	Simon, Marike	W		02:02:30
.	Simon, Wolfgang	M60	VfL Wolfsburg	01:30:34
	10 Simone, Giuseppe	M60		01:45:42
	150 Sinn, Marion	W45		02:41:36
521.	Siol, Antje	W45	SG Platjenwerbe	02:12:43
	86 Siol, Torsten	M45		01:41:25
	1 Skusa, Christian		SfL Bremerhaven	01:28:09
	75 Slowy, Gaby	W50	TV Friesen Telgte	02:26:42
402.	Slupinski, Agatha	W40		02:07:22
	50 Slupinski, Maria	W		02:01:19
69.	Smith, Dorien	W	Runners Stadskanaal	01:46:43
	89 Söffge, BORIS	M35		01:48:34
	75 Sokol, Mandy	W35		02:10:44
	75 Soller, Andreas	M30		01:47:14
	38 Soller, Judith	W30		01:57:46
685.	Sommer, Tatjana	W		02:23:03
.	Sondermann, Andreas	M45		02:00:40
	273 Soong, Raymond	M		02:25:41
.	Sosath, Karsten	M50		02:05:24
	29 Spalthoff, Bernd	M50	swb-Runners	01:40:19
	41 Spalthoff, Ralf	M45	Laufakademie/LC Hansa Stuhr	01:35:47
	411 Spanjer, Gerd	M45	BSG Bremer Straßenbahn AG	02:23:37
	62 Spannhoff, Hannelore	W45	Emder LG	02:04:08
	188 Spannhoff, Rainer	M45	Emder LG	01:50:32
	20 Sparr, Hannes	M		01:32:59
	15 Sparr, Justus	M	SV Grambke-Oslebshausen	01:31:27
.	Spekker, Dirk	M55	TUS Eversten	01:41:34
	251 Speulda, Karl-Heinz	M45	hanseWasser	01:56:54
	2 Sporleder, Manuela	W40	TuS Germania Schnelsen	01:24:40
	9 Sporleder, Ole	M40	100 Marathon Club	01:29:40
	264 Sprick, Marcus	M45	Sparta Osnabrück	01:57:45
.	Spriewald, Jens	M40	swb-runners	01:57:28

	76 Springwald, Thomas	M50	MTV-Müden/Ö	01:47:37
231.	Stache, Anja	W40		01:58:31
	168 Stadelmann, Mario	M50		02:02:06
	127 Stagge, Frank	M40	Universum Bremen	01:48:54
.	Stahl, Dieter	M55		02:28:17
	39 Stahl, Jörg	M30		01:37:58
	197 Stahmer, Uwe	M45	Tus Ofen	01:51:11
	205 Stahnke, Frank	M45		01:51:55
	30 Stalling, Rouven	M35		01:35:39
7.	Stallmann, Jana	W	kingdom of sports	01:32:05
	6 Stamereilers, Rolf	M50		01:32:01
	34 Stamm, Werner	M60	Laufakademie/LC Hansa Stuhr	01:59:52
	369 Stanko, Alexander	M45		02:10:41
	162 Stapelfeldt, Jens	M45	Hannover 96 Triathlon	01:48:03
739.	Stebner, Silke	W30	TG 07 Eberstadt	02:28:53
714.	Stefanski, Karolina	W30		02:27:08
	305 Steffen, Frank	M40		02:33:05
.	Steffens, Helmut	M45	AOK-Halbmarathonteam	01:46:35
493.	stehmeier, frau	W		02:11:22
	323 Stehr, Michael	M45		02:02:56
	199 Steiner, Manfred	M50		02:07:46
.	Steinert, Carsten	M35		01:59:21
	252 Steinmetz, Holger	M40	Ender LG	02:05:41
	134 Steinmüller, Uwe	M45	BTC-Herne	01:45:47
	49 Stelljes, Birgit	W45		02:00:29
.	Stelljes, Frank	M40		01:37:07
363.	Stelljes, Heidi	W40	SV Hepstedt/ Breddorf	02:05:03
	152 Stellmann, Andreas	M45		01:46:59
	125 Stenpaß, Anna	W		02:28:18
	3 Stepanowicz, Marion	W50	Lauftreff-Sande	01:43:16
.	Stephan, Nicky	M30		01:33:38
	58 Stephan, Rita	W40		02:02:25
	142 Steuck, Kai J.	M40	FC Bayern München	01:50:54
	76 Steuer, Peter	M55		02:02:20
	66 Stielow, Petra	W50	MTV Bad Bevensen	02:18:52
.	Stoermer, Carsten	M45		01:40:13
	97 Stoll, Carmen	W35		02:22:15
.	Stoll, Martin	M35	Sport Lounge Munte	01:24:21
349.	Stoll, Petra	W45		02:04:33
345.	Stolle-Weigel, Sabine	W50		02:04:20
.	Stolorz, Sascha	M35	Schwarz-Weiß Oldenburg	02:03:19
.	Stosch, Dirk	M35		01:52:15
	40 Stöß, Kathrin	W40		01:58:06
	175 Strasser, Carsten	M40		01:55:00
	133 Strasser, Sonja	W40		02:38:48
	143 Strauch, Andreas	M40		01:51:02
.	Strebe, Oliver	M40		02:13:45
	84 Strehl, Tim	M		01:44:27
.	Strehlow, Jan	M30		01:54:07
	131 Streit, Timo	M30		01:56:47
	125 Streso, Henrik	M35		01:55:49
	232 Struß, Björn	M		02:06:15
	227 Struß, Mark-Oliver	M		02:05:41
.	stubbemann, christian	M30		01:52:14
	58 Stucke, Adrian	M35		01:43:52
	6 Stucke, Holger	M45	Hannover 96	01:27:30

.	Stuhr, Ralph	M40	TSV Wehden	02:14:09
	130 Stumpf, Viktoria	W		02:31:48
	47 Stuntebeck, Christoph	M30		01:39:27
.	Suchan, Gregor	M	Kommienezuspadt	01:31:38
	84 Suchocki, Marcin	M30		01:49:10
	110 Südbeck, Ellen	W35		02:31:53
	130 Südhoff, Roswitha	W45	Emder LG	02:21:40
	61 Suling, Hans-Jürgen	M55	BEGO runners	01:56:46
	224 Sulz, Holger	M50	SC Düsen	02:13:08
	46 Sünkel, Gabi	W40	Emder LG	01:59:01
795.	Süßen, Hilke	W		02:43:52
	41 Süßen, Sonja	W30		01:59:16
	260 Süssle, Christian	M		02:17:12
	215 Swoboda, Konrad	M50		02:10:24
	276 Sydow, Holger	M40	SV Werder Bremen	02:12:00
	191 Syren, Michael	M45	-	01:50:49
.	Szemjonneck, Knut	M45		01:57:05
.	Tandler, Frithjof	M30		01:46:28
	270 Tantzen, Florian	M		02:23:03
.	Tapken, Klaus	M50		01:46:20
	26 Taute, Martina	W50		02:02:52
.	Tebtmann, Christian	M		02:01:06
	135 Tegge, Björn	M	Uni Triathlößen Bremen	01:51:59
	16 Tekolf, Beate	W60	die magische drei	02:25:24
	25 ten Hoff, Bert	M55	Runners Stadskanaal	01:47:43
	7 Terviel, Bärbel	W55	LG Uplengen	01:56:59
	97 Teschner, Stephan	M45	Bremen 1860	01:42:55
	41 Tessarek, Christian	M35	SVGO Bremen	01:38:57
.	Teubert, Kurt-Uwe	M50	Keinen	02:02:37
.	Teuchert, Carsten	M45	Manatee Bremen	01:56:13
	61 Thalmann, Anne	W30		02:10:03
	186 Thalmann, Jan	M30		02:12:20
	56 Thalmann, Ulrich	M60	TuS Varrel	02:23:28
	98 Thambiah, Vigneswaran	M55		02:10:29
	361 Thäsler, Carsten	M45		02:09:30
	200 Theesfeld, Jens	M50		02:07:56
	12 Theman, Per	M35		01:27:43
	90 Theune, Daniel	M35		01:48:51
	123 Thiede, Volkmar	M35		01:55:28
	365 Thiele, Frank	M45	SC Borgfeld	02:10:20
	87 Thiem, Tobias	M		01:44:56
.	Thies, Benjamin	M		01:42:23
	1 Thies, Eva	W70	VfL Bad Nenndorf	02:10:51
586.	Thies, Sabine	W40	VfL Bad Nenndorf	02:15:47
	32 Thobe, Hendrik	M30		01:36:08
	35 Tholen, Selene	W55	SV Borgfeld	02:37:40
	72 Thomsen, Britta	W35		02:09:40
	2 thor Straten, Jens	M30	ATS Buntentor Bremen	01:16:01
	272 Thormählen, Kai	M40		02:11:15
	29 Thul, Adrian	M40	ohne	01:34:53
	81 Tiedemann, Marc	M	TSV Otterndorf	01:43:44
50.	Tiedemann-Dahms, Nadine	W30	TuRa Hechthausen	01:44:55
.	Tietgen, Felix	M	Uni Triathlößen Bremen	01:34:31
.	Tietjen, Jan	M	Deichläufer	01:54:09
	39 Tietjen, Sören	M		01:38:30
	33 Tietjen, Thomas	M30		01:36:28

	30 Tietz, Udo	M40	SV Bokeloh	01:34:58
.	Tillery, Jan	M		02:21:46
	29 Timmermann, Petra	W45	sv ofenerdiek	01:56:11
	14 Timmermans, Petra	W35	runners stadskanaal	01:46:44
	34 Titz, Bernd	M45	Club Atlético Talleres	01:34:31
676.	Tjaden, Manuela	W45	Emder LG	02:22:22
.	Tkotsch, Nico	M35		02:09:25
	64 Toben-Buchenau, Alke	W50	TV Eiche Horn	02:15:14
	57 Tödter, Elke	W45		02:01:26
	121 Toetzke, Falko	M40	ÖVB Versicherungen	01:48:28
	8 Toetzke, Katrin	W40	ÖVB Versicherungen	01:43:50
	109 Tolle, Detlef	M45	Harpstedter TB	01:43:41
	293 Tolle, Ralf	M45		02:00:40
	86 Tomm, Johannes	M35		01:48:15
	111 Tonheim, Peter	M		01:48:37
	126 Torbahn, Lutz	M		01:50:39
	116 Torbahn, Steffen	M30		01:55:02
	11 Tornow, Stefan	M40	LG Wilhelmshaven	01:29:50
	280 Träder, Wolfgang	M45	-	01:59:20
	200 Trauernicht, Harald	M40	LG-Großefehn	01:58:34
	5 Trauernicht, Sophie	W60	TSV Kirchlinteln	02:04:44
	109 Treichel, Torben	M35		01:51:54
	13 Trepjak, Nadine	W35	Team Laufrausch e.V.	01:46:03
327.	Tropf, Laura	W		02:03:17
	135 Trossen, Nicole	W40		02:45:14
.	Trube, Lothar	M55	LG Vellmar	01:46:53
	86 Truter, Anne	W		02:09:54
	56 Tschacher, Andreas	M40		01:39:46
	196 Tschampel, Günter	M40		01:58:17
361.	Tschritter-Weippert, Heike	W45	b.i.t. Bremerhaven	02:04:57
.	Tüfekcier, Soner	M35		01:58:50
	44 Tuomola, Aki	M55		01:53:28
	187 Tzschoppe, Harald	M45	TUS Varrel	01:50:25
	137 Ubben, Ehlke	M50	MTV Aurich	01:57:33
	162 Uhde, Stephan	M35		02:01:13
	104 Uhlenberg, Bettina	W40	LG AnTi	02:14:02
	31 Uhlenberg, Torsten	M40		01:35:01
	177 Uhlenwinkel, Volker	M45	BZTG Oldenburg	01:49:43
	222 Uhlhorn, Jörg	M45	Die Brötchenholer Wilhelmshaven	01:54:09
	42 Uhrlaub, Axel	M50		01:42:41
	38 Uhrmann, Heike	W45	Bassum	01:57:34
.	Uhtenwoldt, Ole	MJU20	LLG HERZKASPER	02:33:51
	100 Ulferts, Andreas	M45	TuS Ofen	01:43:06
.	Ull, Thomas	M40		02:16:09
	81 Ullrich, Karl-Heinz	M45	Ich AG	01:40:49
.	Ullrich, Stefan	M30		01:43:09
	12 Ulveklint, Christina	W60	Team Blekinge	02:22:18
	76 Unger, Erik	M45		01:40:11
	123 Unruh, Andrej	M40		01:48:38
	94 Urbach, Nina	W35		02:21:32
.	Urban, Jens	M35		01:50:35
.	Urban, Tim	M		02:05:36
.	Ursinus, Wolfgang	M60	MTV48 Hildesheim	01:33:57
	74 Uter, Normen	M30	tecis läuft	01:46:52
.	Vahrman, Herbert	M50	ATS Buntentor	02:02:15
.	van der Ahe, Ralf	M35	TuS Wagenfeld	01:47:06

	38 van der Steeg, Ed	M50	SV Friesland	01:42:06
	21 van Fürden, Frank	M45		01:31:08
.	van Hall, Patrick	M40	TV Lilienthal	01:34:36
	5 van Jinnelt, Anita	W45	MTV Hohenkirchen	01:42:34
	43 van Rens, Caterina	W30	SV Viktoria Goch	02:00:55
	127 van t Slot, Gordon	M30		01:56:31
	155 Van Wijk, Alex	M		01:54:09
	164 Vanoutryve, Benjamin	M		01:55:20
.	Varlemann, Kai	M35	-	01:36:55
	9 VARNEWYCK, OLIVIER	M30	DFAT CFA PTL TIGRE	01:27:04
.	Vauth, Jochen	M40		01:58:24
	114 Veenhuis, Andrej	M		01:48:49
	17 Veenker, Lisa	W45	Team Laufrausch e.V.	01:51:25
	41 Veldhuis, Anna	W50	runners stadskanaal	02:07:28
	90 Veldhuis, Henk	M55	runners stadskanaal	02:07:27
	269 Venekamp, Frank	M40		02:10:24
123.	Vern, Annick	W45	Stiftung Bremer Herzen	01:52:58
	17 Verpoort, Maria	W55	SV Viktoria Goch	02:10:34
	58 Vesper, Michael	M45	LG Uni Lübeck	01:37:40
.	Vetter, Bernd	M50		02:09:01
.	Vetter, Günter	M45	Brück & Gudehus	02:04:50
775.	Vetter, Yanka	WJU18		02:36:42
	13 Viebrock, Jost	MJU20	Oste Läufer Rockstedt	01:53:53
	79 Vieweg, Manuel	M35		01:47:17
	215 Vo, Quang-Tue Xavier	M45		01:53:07
	207 Vogel, Albert	M50	FTSV Jahn Brinkum	02:09:16
	110 Vogel, Kay	M40	sgplatjenwerbe	01:47:00
	51 Vogel, Manfred	M50	AOK Halbmarathonteam	01:44:13
769.	Vogel, Sarah	W		02:32:29
	188 Vogelsang, Jan	M30		02:13:34
	93 Vogelsang, Ludger	M55		02:08:13
403.	Vogelsang, Stephanie	W45	wildeshauserauftreff	02:07:23
	14 Voigt-Heinemeyer, Andreas	M50	MTV Treubund Lüneburg	01:37:05
114.	Voit, Silke	W45		01:51:59
637.	Völcker, Wiebke	W35	-	02:19:50
	66 Völkel, Martina	W40		02:04:17
.	Völkl, Marcus	M35		02:14:03
.	Völkner, Mathis	M30		02:13:49
	198 Vollmer, Michael	M50		02:07:26
	40 Völzmann, Michael	M35		01:38:56
	98 von Allmen, Erich	M40		01:45:42
	115 von Borries, Yannic	M	Uni Triathlöwen Bremen	01:48:54
92.	von dem Knesebeck, Christiane	W40		01:49:16
321.	von Einem, Gina	W	Taekwon do TV Eiche Horn	02:03:04
	28 von Einem, Silke	W50	Taekwon do TV Eiche Horn	02:03:05
	231 von Freeden, Henning	M50	TCB	02:16:32
	97 von Häfen, christiane	W30		02:32:23
	23 von Häfen, Silke	W40	LG Wem-TV Spaden-Laufftreff	01:50:34
310.	von Raven, Monika	W40	-	02:02:32
	3 Voß, Hermann	M55	Emder LG	01:35:57
	20 Voß, Käthe	W55	Emder LG	02:15:09
	236 VOSS, MICHAEL	M45		01:55:41
	40 Vossler, Ele	W50		02:06:49
	307 Wachsmann, Jochen	M40	Heißwaxsi 07	02:34:01
	132 Wachsmann, Kerstin	W40		02:34:00
	101 Wachsmuth, Mirko	M40	SV Hepstedt Breddorf	01:46:06

	132 Wacker, Claus	M40		01:49:48
.	Waebers, Henk	M45	Runners Stadskanaal	01:46:40
.	Wagner, André	M40		01:54:10
	226 Wagner, Axel	M50	VILSA-Team	02:13:45
188.	Wagner, Irene	W45	Emder LG	01:56:30
138.	Wagner, Michelle	W35		01:53:39
	94 Wagner, Sylvia	W40	TVE Nordwohldde	02:11:41
	16 Wagner, Veit	M45	TSV Lesum	01:30:17
	122 Wahl, Marco	M40	TSV Wietze	01:48:36
	142 Wahls, Janis	M	Sport Lounge Munte	01:52:49
	119 Walkenhorst, Friedrich	M35		01:54:20
.	Wall, Alexander	M	Corby AC	01:28:44
	63 Wallenhorst, Gerd	M55		01:56:59
	345 Walter, Christian	M45	swb Runners	02:06:39
	159 Walther, Michael	M35		02:00:50
	38 Wangrin, Amelie	W50		02:05:23
	18 Warneck, Marco	M30		01:30:10
	6 Warning, Karola	W60	BSG Sparkasse Bremen	02:06:10
	12 Warnke, Thomas	M45		01:29:09
	211 Warschkow, Sascha	M		02:01:35
.	Wassermann, Bernd	M45	Tus Komet Arsten	01:39:43
	254 Waßmann, Torsten	M40		02:06:08
	73 Watermann, Thomas	M40		01:42:22
	100 Wattenberg, Gesche	W		02:15:33
	70 Wcislo, Martin	M30	12er Kogel	01:46:24
	257 Weber, Andree	M		02:17:12
	74 Weber, Bernhard	M45		01:39:49
	16 Weber, Birgit	W50	Emder LG	02:00:19
	166 Weber, Manfred	M50	SV Stern Schwerinsdorf	02:01:44
	34 Weber, Meike	W45	Hannover 96	01:56:44
	61 Weber, Ute	W45		02:03:24
	204 Weckmann, Michael	M50		02:08:46
	86 wegener, florian	M		01:44:43
	51 wegener, yannick	M		01:41:25
	49 Wehres, Achim	M40		01:39:02
	178 Weichsel, Alexander	M		01:57:05
	34 Weidemann, Klaus	M65	TV. Friesen Telgte	02:34:29
	13 Weidenfeller, Brigitte	W55	Weyher Lauftreff	02:06:15
.	Weidlich, Rainer	M40	LG Natte Pocken	01:56:47
	81 Weigel, Hans	M55		02:04:20
	292 Weigelt, Thorsten	M40		02:16:53
.	Weiland, Christian	M30		02:00:38
	124 Weiland, Michaela	W40		02:24:19
	205 Weiland, Tim	M		02:00:45
	30 Weingarten, Walter	M65		02:22:23
	24 Weippert, Frank	M50	TV-Langen	01:39:50
.	Weischenberg, Jens	M35	Die Energiebündel	01:27:02
	18 Weise, Cheryl	W60	Wildeshäuser Lauftreff	02:37:04
184.	Weiser-kühle, Katrin	W30		01:56:24
	37 Weiß, Lutz	M55		01:50:19
	392 Weiß, Michael	M45		02:16:04
	315 Weiß, Rüdiger	M45		02:02:13
	57 Weiss, Wolfram	M50		01:45:09
	217 Weißenstein, Timo	M35		02:28:11
	180 Weissner, Nico	M30		02:09:49
	64 Weitzel, Mônica	W30		02:10:49

	75 Welke, Andreas	M55	Ender LG	02:01:58
.	Wellbrock, Andreas	M45	sv werder bremen	01:45:46
	91 Wellmann, Hannes	M30		01:50:55
558.	Welter, Meike	W35	ATS Bexhövede	02:14:37
	38 Welz Limp, Kati	W35	LT Bruchhausen-Vilsen	01:56:53
	83 Welz, Eckhard	M45	GSV-Oldenburg	01:41:12
178	Welzel, Jörg	M45		01:49:48
.	Wendland, Peter	M45		01:53:08
	72 wendt, arno	M55		02:00:47
275.	wendt, regina	W50		02:00:47
	14 Wendt, Werner	M60	Weyher Lauftreff	01:51:10
208	Wenger, Jens	M50		02:09:26
	17 Wenigerkind, Steffen	M45		01:30:43
.	Wenk, Holger	M35		01:45:59
221	Wenzel, Stefan	M35		02:31:59
111	Werfelmann, Jessica	W35	Team Laufsuh	02:37:02
	47 Werndl, Andreas	M55		01:54:04
	5 Werner, Lukas	MJU20		01:42:03
	79 Werner, Vanessa	W		02:08:48
	40 Wertenbruch, Torsten	M50		01:42:24
	28 Werthmann-Grossek, Elke	W45	BTC-Herne	01:56:10
	73 Wesolowski, Martina	W45	TS Kiedrich	02:05:37
341	Wesolowski, Sascha	M45	TS Kiedrich	02:05:37
.	Wessalowski, Arno	M40	Team Hamfelder Hof	01:41:07
	6 Wessalowski, Nina	W35	Schwarz-Weiss-Oldenburg	01:38:58
	98 Wessel, Birgit	W45	Lauftreff Vechta	02:11:42
	66 Wessel, Gregor	M50	Lauftreff Vechta	01:46:07
220	Wessels, Eugen	M50	Lemwerder	02:11:15
.	Wessels, Wolfgang	M35		01:40:38
.	Westendorf, Christoph	M		01:45:45
198	Westerhoff, Jörg	M45	Tus Varrel	01:51:13
646.	Westermann, Martina	W35		02:20:26
	94 Westphal, Jost	M45		01:42:36
	43 Wetjen, Florian	M30		01:38:23
	252 Weyer, Hendrik	M	ATS Buntentor	02:14:57
488.	Weyers, Anne	W40		02:11:08
.	Whines, Mark	M45		01:59:34
	55 Wichern, Thomas	M45	TSV Wehdel	01:37:28
	57 Wichmann, Angelika	W50		02:13:44
.	Wichmann, Berthold	M65		02:13:43
	18 Wicke, Vera	W40	Sport Ziel-Marathonteam	01:48:25
.	Widlitzki - Eggers, Marcus	M35	Marathonteam Sport Ziel Bremen	01:25:30
286.	Widmann, Diana	W35		02:01:20
.	Wiechmann, Andreas	M55		01:57:40
	73 Wiechmann, Jelena	W		02:07:27
237	Wiederhold, Michael	M40		02:02:40
	37 Wieduwilt, Anke	W45	Turbine Neubrandenburg	01:57:26
110	Wiegandt, Ronald	M55	Weyher Lauftreff	02:15:53
313	Wieggers, Martin	M40	SV HK Stralsund	03:18:18
.	Wiese, Carlo	M30	Eintracht Frankfurt	01:30:49
242.	Wiese, Kristina	W30	TKSE Laufteam	01:59:05
	105 Wiesner, Sarah	W		02:17:13
	69 Wilke, Birgit	W35		02:09:11
	68 Wilke, Björn	M		01:42:45
197.	Wilken, Anja	W40	LG Uplengen	01:56:56
528.	Wilkens, Annika	W		02:12:57



.	Wilkens, Bernd	M45	fitnessconcept.de/RACEWALK	02:21:42
	36 Wilkens, Claudia	W		01:57:44
	219 Wilkens, Marko	M35		02:28:18
	108 Wilkens, Stefanie	W35	Dasseler SC	02:30:04
	100 Wilking, Dirk	M30		01:52:16
	14 Wille, Hartmut	M55	AOK Halbmarathonteam	01:42:36
	57 Willen, Karin	W30		02:09:16
.	Willenbrock, Harm-Juergen	M60	LG Kreis Verden	01:40:16
	23 Willert, Björn	M		01:33:57
	45 Willmeroth, Hubert	M55	LT-Hochschule Bremen	01:53:36
	99 Willms, Holger	M35		01:49:53
	108 Willner, Hartmut	M50	TSV Barrien	01:53:48
	4 Willner, Michael	M45	LG Buntentor Roadrunners	01:24:43
	1 Willrich, Stephan	M55		01:32:03
	417 Windhorst, Frank	M45		02:26:53
	49 Windhorst, Manuela	W50		02:10:21
.	Windler, Marten	MJU20	TV Sottrum	01:59:14
	24 Windolph, Frauke	W35	SKWB	01:53:16
	41 Wingert, Ortwin	M55	SV Hauptstuhl	01:52:20
	42 Winkelmann, Ute	W50	TSG Echte	02:07:38
.	Winkler, Stefan Voklmar	M40	Berliner Luft	02:25:30
.	Winneckens, Knut	M40	LC Hansa Stuhr Tri-Wölfe	01:55:06
	113 Winnemöller, Stefan	M40		01:47:18
	65 winter, carolin	W40		02:04:12
	344 Wintermeyer, Bruno	M45	AS Neukirchen-Vluyn	02:06:27
	143 Wirgenings, Ursula	W45	MTV Aurich	02:29:26
	179 Wirsig, Joachim	M50	TSV Heiligenrode	02:03:03
.	Wirth, Sebo	M50		01:58:06
629.	Wischmann, Frauke	W30		02:18:59
	73 Wismach, Volker	M35		01:46:30
.	Witte, Bernd	M60		01:54:37
.	Witte, Steffen	M	SV Nendorf	01:39:44
	13 Witten, Günther	M60	TuS Tarmstedt	01:50:19
	24 Witter, Jan	M30		01:31:47
	378 Wladarsch, Thomas	M45	TSV Mehedorf	02:12:26
.	Wnuck, Jürgen	M50		02:28:17
	66 Wobbles, Dick	M	SV Friesland	01:42:39
	120 Wode, André	M35		01:54:25
	279 Woestenborghs, Frank	M40		02:13:03
	159 Wöhlbrandt, Frank	M45	Bremer Sport Club	01:47:51
	42 Wöhleke, Klaus	M60		02:04:32
	128 Wohlfromm, Björn	M30	Tri Syke	01:56:35
	99 Wohlgemuth, Onno	M45	griechenoderchinese	01:43:06
.	Wohllebe, Tim	M	Henry Lamotte Services	01:53:14
	61 Wöhrle, Hendrik	M30		01:44:17
111.	Woldesemayat, Hirut	W30		01:51:50
	72 Wolf, Anja	W45		02:05:28
	201 Wolfer, Tim	M		01:59:52
.	Wolff, Florian	M	Uni Triathlößen Bremen	01:52:27
	262 wolfstetter, michael	M45	LT- Bernd Hübner	01:57:40
	128 Wollenweber, Gudrun	W40	Dasseler SC	02:30:03
	113 Wolter, Michael	M30	Thomasburger SV	01:54:27
580.	Wöltjen, Rosi	W60	SG Findorff	02:15:24
	11 Wömpener, Petra	W35	SG Stern	01:44:53
	14 Wördemann, Corinna	W		01:48:59
	69 Wörster, Marc	M35	TV Allenbach	01:46:18

.	Wotte, Markus	M45		02:00:11
	90 Wrede, Harald	M50	HC Horn Bremen	01:49:37
	35 Wruck, Thorsten	M40	Deichrunner HB-NORD	01:36:04
	14 Wu, Bärbel	W50		01:58:46
.	Wubs, Martien	M35	Runners Stadskanaal	01:46:43
.	Wuehrmann, Peter	M50		01:55:22
	399 Wulf, Manfred	M45		02:18:48
	28 Würfel, Christoffer	M		01:35:08
	171 Wurst, Jan	M30		02:06:31
	39 Wurst, Mitja	M35		01:38:55
.	Wutzke, Eckhard	M50		02:21:02
	202 Wutzke, Markus	M30		02:19:59
.	Wutzke, Olaf	M35		01:41:00
	169 Xu, Hongxiao	M		01:55:47
	128 Yildirim, Ebru	W	Vital-Training Vahr / Bremer Bäder GmbH	02:30:14
.	Zacharias, Dietmar	M50	LT Hochschule Bremen	02:07:13
	110 Zacher, Benedikt	M30	ATS Buntentor	01:53:36
	17 Zahn, Wolfgang	M55		01:43:45
.	Zänker, Leif	M35		01:51:49
508.	Zäuner, Carmen	W30		02:11:58
.	Zelinski, Jürgen	M50		01:56:00
	212 Zeyn, Uwe	M50		02:09:58
	8 Ziehmann, Armin	M50		01:34:30
	21 Ziehn, Eberhard	M60		01:54:17
	12 Zielinski, Steffan	M40	VCV	01:30:28
.	Ziemann, Hannes	M45	Sippenstrolch	02:00:51
.	Zilz, Joerg	M50	SV Baden	02:18:11
614.	Zilz, Sabine	W45		02:18:12
	17 Zimmer, Martin	M30		01:29:12
.	Zimmermann, Björn	M40		01:50:20
6.	Zimmermann, Katrin	W30	LG Bremen-Nord	01:30:41
	45 Zinser, Ralf	M40		01:38:24
	48 Ziomka, Agnieszka	W30		02:03:12
	120 Zittier, Daniel	M	Post SV Lehrte	01:49:32
551.	Zoglowek, Martina	W45	DJK Ottenhofen	02:14:19
	87 Zubrod, Katja	W40	MTV Hohenkirchen	02:10:49
	350 Zucker, holger	M45		02:07:41
.	Zweck, Klaas-Henning	M35		01:51:48