

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz | Startnr. | Name | Jahrg. | m/w | Verein | Zeit |
|-------|----------|------|--------|-----|--------|------|
|-------|----------|------|--------|-----|--------|------|

#### 400 m Bambinilauf

##### Kinder (weiblich) W5

|    |     |                 |      |   |                |      |
|----|-----|-----------------|------|---|----------------|------|
| 1. | 203 | Anna-Lena Röfer | 2012 | w |                | 2:13 |
| 2. | 202 | Hannah Fiegl    | 2012 | w | TSV Altenwalde | 2:20 |
| 3. | 218 | Lilli Sturm     | 2012 | w | ATS Cuxhaven   | 2:29 |
| 4. | 210 | Amelie Semmler  | 2012 | w |                | 2:43 |

##### Kinder (weiblich) W6

|    |     |                 |      |   |                 |      |
|----|-----|-----------------|------|---|-----------------|------|
| 1. | 206 | Mia Keim        | 2011 | w | GTV Bremerhaven | 1:46 |
| 2. | 219 | Lilith Ketelsen | 2011 | w | TSG Nordholz    | 2:11 |
| 3. | 220 | Mila Ketelsen   | 2011 | w | TSG Nordholz    | 2:26 |
| 4. | 204 | Nadine Westphal | 2011 | w | SOS-Kinderdorf  | 3:04 |

##### Kinder (weiblich) W7

|    |     |                       |      |   |                |      |
|----|-----|-----------------------|------|---|----------------|------|
| 1. | 217 | Maja Speerbrecher     | 2010 | w | TSG Nordholz   | 1:38 |
| 2. | 212 | Frederike von Freeden | 2010 | w |                | 1:49 |
| 3. | 223 | Greta Diggery         | 2010 | w |                | 1:50 |
| 4. | 213 | Eva Hädrich           | 2010 | w |                | 2:18 |
| 5. | 205 | Jordan Rosenau        | 2010 | w | SOS-Kinderdorf | 2:31 |

##### Kinder (männlich) M5

|    |     |              |      |   |                               |      |
|----|-----|--------------|------|---|-------------------------------|------|
| 1. | 207 | Tjade Ahrens | 2012 | m | Schäferhundverein OG Nordholz | 2:48 |
|----|-----|--------------|------|---|-------------------------------|------|

##### Kinder (männlich) M6

|    |     |             |      |   |                |      |
|----|-----|-------------|------|---|----------------|------|
| 1. | 201 | Simon Fiegl | 2011 | m | TSV Altenwalde | 2:06 |
|----|-----|-------------|------|---|----------------|------|

##### Kinder (männlich) M7

|    |     |               |      |   |                |      |
|----|-----|---------------|------|---|----------------|------|
| 1. | 216 | Marlon Lemke  | 2010 | m | TSG Nordholz   | 1:51 |
| 2. | 200 | Sven Wille    | 2010 | m | TSV Altenwalde | 1:52 |
| 3. | 224 | Lenny Eichele | 2010 | m |                | 1:58 |
| 4. | 221 | Rayk Lüders   | 2010 | m | TuS Dorum      | 2:02 |
| 5. | 209 | Lian Krempel  | 2010 | m | TV Langen      | 2:09 |

##### Kinder (männlich) M8

|      |     |                |      |   |                |      |
|------|-----|----------------|------|---|----------------|------|
| a.k. | 214 | Timo Schreiber | 2009 | m | SOS-Kinderdorf | 2:38 |
|------|-----|----------------|------|---|----------------|------|

#### 2,6 km

##### weibliche Jugend U20

|    |     |               |      |   |                                  |       |
|----|-----|---------------|------|---|----------------------------------|-------|
| 1. | 251 | Stella Peters | 1998 | w | Hadler Reitclub Altenbruch e. V. | 11:21 |
|----|-----|---------------|------|---|----------------------------------|-------|

##### Seniorinnen W35

|    |     |                |      |   |              |       |
|----|-----|----------------|------|---|--------------|-------|
| 1. | 261 | Christiane Voß | 1979 | w | TSG Nordholz | 11:59 |
|----|-----|----------------|------|---|--------------|-------|

##### Seniorinnen W75

|    |     |               |      |   |                    |       |
|----|-----|---------------|------|---|--------------------|-------|
| 1. | 103 | Karin Toetzke | 1939 | w | VGH Versicherungen | 24:14 |
|----|-----|---------------|------|---|--------------------|-------|

##### Kinder (weiblich) W10

|    |     |                |      |   |           |       |
|----|-----|----------------|------|---|-----------|-------|
| 1. | 250 | Felina Krempel | 2007 | w | TuS Dorum | 13:24 |
| 2. | 245 | Antonia Ahrens | 2007 | w | TUS Dorum | 15:01 |

##### Kinder (weiblich) W11

|    |     |             |      |   |                |       |
|----|-----|-------------|------|---|----------------|-------|
| 1. | 240 | Leonie Daum | 2006 | w | SOS-Kinderdorf | 14:37 |
|----|-----|-------------|------|---|----------------|-------|

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz | Startnr. | Name           | Jahrg. | m/w | Verein         | Zeit  |
|-------|----------|----------------|--------|-----|----------------|-------|
| 2.    | 241      | Sidney Rosenau | 2006   | w   | SOS-Kinderdorf | 18:14 |

#### weibliche Jugend W14

|    |     |                    |      |   |                               |       |
|----|-----|--------------------|------|---|-------------------------------|-------|
| 1. | 246 | Michelle Schlaeger | 2003 | w | Schäferhundverein OG Nordholz | 15:40 |
|----|-----|--------------------|------|---|-------------------------------|-------|

#### Senioren M35

|    |     |                |      |   |                               |       |
|----|-----|----------------|------|---|-------------------------------|-------|
| 1. | 247 | Dennis Bünning | 1981 | m | Schäferhundverein OG Nordholz | 15:00 |
| 2. | 263 | Rocco Voß      | 1980 | m | TSG Nordholz                  | 18:38 |

#### Kinder (männlich) M8

|    |     |               |      |   |            |       |
|----|-----|---------------|------|---|------------|-------|
| 1. | 252 | Nils Giesbers | 2009 | m | TSV Wehdel | 12:13 |
|----|-----|---------------|------|---|------------|-------|

#### Kinder (männlich) M9

|     |     |                    |      |   |                 |       |
|-----|-----|--------------------|------|---|-----------------|-------|
| 1.  | 244 | Niklas Keim        | 2008 | m | GTV Bremerhaven | 12:43 |
| 2.  | 258 | Nils Eichele       | 2008 | m | TSG Nordholz    | 18:38 |
| 3.  | 257 | Lars Heemcke       | 2008 | m | TSG Nordholz    | 18:38 |
| 4.  | 266 | Mohamad-Jahn Ameri | 2008 | m | TSG Nordholz    | 18:38 |
| 5.  | 259 | Yones Hazarah      | 2008 | m | TSG Nordholz    | 18:38 |
| 6.  | 256 | Kevin Wichmann     | 2008 | m | TSG Nordholz    | 18:38 |
| 7.  | 260 | Jannis Lemke       | 2008 | m | TSG Nordholz    | 18:38 |
| 8.  | 255 | Fabian Schläger    | 2008 | m | TSG Nordholz    | 18:38 |
| 9.  | 262 | Tobias Poppe       | 2008 | m | TSG Nordholz    | 18:38 |
| 10. | 254 | Thom William Voß   | 2008 | m | TSG Nordholz    | 18:38 |

#### Kinder (männlich) M10

|    |     |                  |      |   |              |       |
|----|-----|------------------|------|---|--------------|-------|
| 1. | 264 | Lennis Ketelsen  | 2007 | m | TSG Nordholz | 12:12 |
| 2. | 265 | Jeremy Deutscher | 2007 | m | TSG Nordholz | 18:38 |

#### Kinder (männlich) M11

|    |     |            |      |   |                 |       |
|----|-----|------------|------|---|-----------------|-------|
| 1. | 243 | Timon Keim | 2006 | m | GTV Bremerhaven | 10:35 |
|----|-----|------------|------|---|-----------------|-------|

#### männliche Jugend M12

|    |     |                |      |   |                |       |
|----|-----|----------------|------|---|----------------|-------|
| 1. | 242 | Jan Andre Dams | 2005 | m | SOS-Kinderdorf | 20:48 |
|----|-----|----------------|------|---|----------------|-------|

## 5 km

#### Frauen

|    |     |                       |      |   |                            |       |
|----|-----|-----------------------|------|---|----------------------------|-------|
| 1. | 157 | Kathrin Bellinghausen | 1991 | w | OSC Bremerhaven            | 22:30 |
| 2. | 158 | Jana Landmann         | 1990 | w | BSG Landkreis Wersermarsch | 38:24 |

#### Seniorinnen W30

|    |     |                 |      |   |                     |       |
|----|-----|-----------------|------|---|---------------------|-------|
| 1. | 116 | Rebekka Diggery | 1983 | w | symex GmbH & Co. KG | 23:26 |
|----|-----|-----------------|------|---|---------------------|-------|

#### Seniorinnen W35

|    |     |                  |      |   |                |       |
|----|-----|------------------|------|---|----------------|-------|
| 1. | 120 | Sandra Sahlmann  | 1978 | w | TSV Neuenwalde | 20:00 |
| 2. | 127 | Yvonne Urbrock   | 1979 | w |                | 27:10 |
| 3. | 121 | Frauke Blaschke  | 1978 | w | TSV Neuenwalde | 27:13 |
| 4. | 159 | Mireille Eichele | 1979 | w |                | 38:22 |

#### Seniorinnen W40

|    |     |            |      |   |  |       |
|----|-----|------------|------|---|--|-------|
| 1. | 131 | Meike Sell | 1974 | w |  | 34:05 |
|----|-----|------------|------|---|--|-------|

#### Seniorinnen W45

|    |     |                |      |   |                    |       |
|----|-----|----------------|------|---|--------------------|-------|
| 1. | 102 | Katrin Toetzke | 1968 | w | VGH Versicherungen | 27:27 |
| 2. | 126 | Heike Sievert  | 1970 | w |                    | 28:50 |

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz                 | Startnr. | Name                 | Jahrg. | m/w | Verein                  | Zeit  |
|-----------------------|----------|----------------------|--------|-----|-------------------------|-------|
| 3.                    | 156      | Birgit Czudnochowski | 1969   | w   | TSV Neuhaus Oste        | 29:07 |
| 4.                    | 135      | Martina Heyen        | 1969   | w   | TuS Dorum               | 31:14 |
| 5.                    | 117      | Michaela Krempel     | 1972   | w   | TuS Dorum               | 31:17 |
| Seniorinnen W50       |          |                      |        |     |                         |       |
| 1.                    | 163      | Bianca Lingerski     | 1963   | w   |                         | 30:14 |
| 2.                    | 128      | Ute Pohl             | 1963   | w   | SFL Bremerhaven         | 39:44 |
| Seniorinnen W65       |          |                      |        |     |                         |       |
| 1.                    | 104      | Angelika Wolff       | 1951   | w   | TV Wanheimerort 1880    | 37:30 |
| Kinder (weiblich) W11 |          |                      |        |     |                         |       |
| 1.                    | 136      | Jana Heyen           | 2006   | w   | TuS Dorum               | 22:56 |
| weibliche Jugend W12  |          |                      |        |     |                         |       |
| 1.                    | 118      | Vinita Krempel       | 2005   | w   | TuS Dorum               | 22:52 |
| weibliche Jugend W13  |          |                      |        |     |                         |       |
| 1.                    | 143      | Emma Speerbrecher    | 2004   | w   | TSG Nordholz            | 26:54 |
| männliche Jugend U18  |          |                      |        |     |                         |       |
| 1.                    | 165      | Finn Bosch           | 2000   | m   | TSV Ringstedt           | 22:13 |
| männliche Jugend U20  |          |                      |        |     |                         |       |
| 1.                    | 150      | Johannes Rehr        | 1999   | m   | TSV Altenwalde          | 25:20 |
| männliche Jugend U23  |          |                      |        |     |                         |       |
| 1.                    | 148      | Jan Niklas Kersten   | 1995   | m   | LTS Bremerhaven         | 18:38 |
| 2.                    | 162      | Marcel Rodekuhr      | 1995   | m   | TSV Sievern             | 22:21 |
| Senioren M30          |          |                      |        |     |                         |       |
| 1.                    | 125      | Sebastian Dederding  | 1986   | m   | Lauftreff 80/90         | 22:27 |
| Senioren M35          |          |                      |        |     |                         |       |
| 1.                    | 141      | Torben Ehlers        | 1981   | m   | TSV Neuenwalde/TEA      | 20:21 |
| 2.                    | 111      | Sascha Seebeck       | 1981   | m   |                         | 23:11 |
| Senioren M40          |          |                      |        |     |                         |       |
| 1.                    | 110      | Lars Kunze           | 1976   | m   |                         | 25:27 |
| 2.                    | 132      | Maik Hädrich         | 1973   | m   |                         | 26:05 |
| Senioren M45          |          |                      |        |     |                         |       |
| 1.                    | 122      | Christian Finck      | 1968   | m   |                         | 18:17 |
| 2.                    | 151      | Axel Lüdders         | 1971   | m   | TuS Dorum               | 25:38 |
| 3.                    | 113      | Wolfgang Richert     | 1972   | m   |                         | 26:05 |
| 4.                    | 115      | Sven Haushahn        | 1969   | m   | symex GmbH & Co. KG     | 27:03 |
| 5.                    | 155      | Jürgen Drescher      | 1971   | m   | TSG Nordholz            | 27:24 |
| 6.                    | 139      | Dirk Wrede           | 1970   | m   | TSV Mulsum v. 1919 e.V. | 34:06 |
| Senioren M50          |          |                      |        |     |                         |       |
| 1.                    | 164      | Thomas Heins         | 1967   | m   |                         | 21:10 |
| 2.                    | 161      | Kurt Engelmann       | 1963   | m   | TSV Sievern             | 21:42 |
| 3.                    | 106      | Carsten Wille        | 1963   | m   | Lokomotive Duhnen       | 22:55 |
| 4.                    | 134      | Jörg Markwart        | 1964   | m   | FC St. Pauli NO 1       | 26:04 |
| 5.                    | 119      | Helmut Bröckelmann   | 1963   | m   | TSV Bülkau              | 29:00 |

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz | Startnr. | Name           | Jahrg. | m/w | Verein | Zeit  |
|-------|----------|----------------|--------|-----|--------|-------|
| 6.    | 152      | Thorsten Dröge | 1967   | m   |        | 30:03 |
| 7.    | 160      | Stefan Knoche  | 1963   | m   |        | 30:14 |

#### Senioren M55

|    |     |              |      |   |                 |       |
|----|-----|--------------|------|---|-----------------|-------|
| 1. | 129 | Bernd Hering | 1960 | m | SFL Bremerhaven | 29:19 |
|----|-----|--------------|------|---|-----------------|-------|

#### Senioren M60

|    |     |                      |      |   |                           |       |
|----|-----|----------------------|------|---|---------------------------|-------|
| 1. | 138 | Wolfgang Tietje      | 1954 | m | TSV Mulsum v. 1919 e.V.   | 25:46 |
| 2. | 149 | Wieland Christiansen | 1953 | m | TSV Altenwalde            | 26:25 |
| 3. | 142 | Rüdiger Härtel       | 1956 | m | OSC Bremerhaven Triathlon | 27:01 |
| 4. | 137 | Holger Seebeck       | 1954 | m | TSV Mulsum v. 1919 e.V.   | 28:19 |
| 5. | 112 | Lothar Gahl          | 1957 | m | TEA                       | 38:18 |

#### Senioren M65

|    |     |                 |      |   |                         |       |
|----|-----|-----------------|------|---|-------------------------|-------|
| 1. | 124 | Klaus Michalski | 1948 | m | TSV Bremervörde         | 28:15 |
| 2. | 140 | Manfred Dücker  | 1952 | m | TSV Mulsum v. 1919 e.V. | 29:15 |

#### Senioren M80

|    |     |                |      |   |            |       |
|----|-----|----------------|------|---|------------|-------|
| 1. | 144 | Walter Heyroth | 1934 | m | TuS Wremen | 38:23 |
|----|-----|----------------|------|---|------------|-------|

#### Kinder (männlich) M10

|    |     |                  |      |   |              |       |
|----|-----|------------------|------|---|--------------|-------|
| 1. | 133 | Janne Hädrich    | 2007 | m | TSG Nordholz | 24:31 |
| 2. | 146 | Jannis Drescher  | 2007 | m | TSG Nordholz | 26:30 |
| 3. | 154 | Paul Laubenstein | 2007 | m | LAV Bokel    | 27:13 |
| 4. | 147 | Max Hintze       | 2007 | m | TSG Nordholz | 30:45 |

#### Kinder (männlich) M11

|    |     |                   |      |   |                 |       |
|----|-----|-------------------|------|---|-----------------|-------|
| 1. | 145 | Sean Phillipp Voß | 2006 | m | TSG Nordholz    | 21:32 |
| 2. | 130 | Jonte Renken      | 2006 | m | SFL Bremerhaven | 23:38 |

#### männliche Jugend M12

|    |     |                 |      |   |                |       |
|----|-----|-----------------|------|---|----------------|-------|
| 1. | 123 | Marten Anderson | 2005 | m | TSV Otterndorf | 22:31 |
| 2. | 153 | Justus Wilkens  | 2005 | m | TV Loxstedt    | 25:59 |

#### männliche Jugend M14

|    |     |             |      |   |  |       |
|----|-----|-------------|------|---|--|-------|
| 1. | 109 | Lukas Röfer | 2003 | m |  | 28:23 |
|----|-----|-------------|------|---|--|-------|

## 10 km

#### weibliche Jugend U18

|    |    |                  |      |   |  |       |
|----|----|------------------|------|---|--|-------|
| 1. | 30 | Marie Stoppkotte | 2000 | w |  | 38:58 |
|----|----|------------------|------|---|--|-------|

#### weibliche Jugend U20

|    |    |                      |      |   |  |       |
|----|----|----------------------|------|---|--|-------|
| 1. | 21 | Kirsten Backes-Uibel | 1999 | w |  | 59:51 |
|----|----|----------------------|------|---|--|-------|

#### Frauen

|    |    |                   |      |   |                     |       |
|----|----|-------------------|------|---|---------------------|-------|
| 1. | 26 | Ulrike Heinemeyer | 1988 | w | TSV Neuenwalde/ TEA | 49:33 |
|----|----|-------------------|------|---|---------------------|-------|

#### Seniorinnen W30

|    |    |                  |      |   |                 |       |
|----|----|------------------|------|---|-----------------|-------|
| 1. | 23 | Kerstin Ziebell  | 1985 | w | TSV Ihlienworth | 52:06 |
| 2. | 27 | Nicole Nadermann | 1985 | w |                 | 54:55 |

#### Seniorinnen W40

|    |    |                 |      |   |                |       |
|----|----|-----------------|------|---|----------------|-------|
| 1. | 47 | Marita Schröder | 1974 | w | TSV Otterndorf | 52:38 |
|----|----|-----------------|------|---|----------------|-------|

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz                | Startnr. | Name                   | Jahrg. | m/w | Verein                    | Zeit    |
|----------------------|----------|------------------------|--------|-----|---------------------------|---------|
| Seniorinnen W50      |          |                        |        |     |                           |         |
| 1.                   | 41       | Petra Kretschmer       | 1966   | w   | Anderland                 | 57:29   |
| Seniorinnen W60      |          |                        |        |     |                           |         |
| 1.                   | 9        | Ilse Röth              | 1957   | w   | LT TV Schwanewede         | 51:15   |
| Seniorinnen W65      |          |                        |        |     |                           |         |
| 1.                   | 46       | Ilse Meyer             | 1950   | w   | TSV Altenwalde            | 1:04:02 |
| Seniorinnen W70      |          |                        |        |     |                           |         |
| 1.                   | 10       | Marlene Reglin         | 1946   | w   | OSC Bremerhaven           | 1:33:42 |
| weibliche Jugend W15 |          |                        |        |     |                           |         |
| 1.                   | 34       | Emelie Heyroth         | 2002   | w   | Oberschule "achtern Diek" | 1:05:24 |
| männliche Jugend U18 |          |                        |        |     |                           |         |
| 1.                   | 20       | Lukas Tiedemann        | 2000   | m   | TSG Nordholz              | 45:44   |
| 2.                   | 37       | Nils Kramer            | 2000   | m   | TSG Nordholz              | 45:49   |
| männliche Jugend U23 |          |                        |        |     |                           |         |
| 1.                   | 36       | Sören Christiansen     | 1997   | m   | TSV Altenwalde            | 48:26   |
| Männer               |          |                        |        |     |                           |         |
| 1.                   | 35       | Marco Döhring          | 1994   | m   | TSV Altenwalde            | 48:34   |
| 2.                   | 13       | Jan-Philipp Stadlander | 1988   | m   |                           | 54:26   |
| Senioren M30         |          |                        |        |     |                           |         |
| 1.                   | 19       | Andres Möhle           | 1985   | m   |                           | 45:49   |
| 2.                   | 18       | Patrick Hermann        | 1985   | m   |                           | 48:20   |
| Senioren M35         |          |                        |        |     |                           |         |
| 1.                   | 12       | Andreas Tiedemann      | 1980   | m   | TSV Otterndorf            | 54:26   |
| Senioren M40         |          |                        |        |     |                           |         |
| 1.                   | 49       | Thorsten Gaul          | 1976   | m   | TSV Holßel                | 1:02:47 |
| Senioren M45         |          |                        |        |     |                           |         |
| 1.                   | 45       | Andre Scheidt          | 1970   | m   | OSC Bremerhaven           | 41:24   |
| 2.                   | 50       | Rico Adickes           | 1968   | m   |                           | 45:10   |
| 3.                   | 42       | Stefan Lilienthal      | 1971   | m   | TSV Holßel                | 45:13   |
| 4.                   | 22       | Michael Renken         | 1969   | m   | SFL Bremerhaven           | 46:21   |
| 5.                   | 51       | Claus Wöbber           | 1969   | m   |                           | 48:52   |
| 6.                   | 44       | Holger Brunkhorst      | 1969   | m   | TSR Ahrenswohle           | 1:02:32 |
| Senioren M50         |          |                        |        |     |                           |         |
| 1.                   | 52       | Hanke Harms            | 1965   | m   | T.e.O.F.                  | 49:55   |
| 2.                   | 16       | Stefan Bohne           | 1966   | m   | TuS Dorum                 | 51:11   |
| 3.                   | 53       | Joachim Hagenah        | 1964   | m   | TSV Wehdel                | 51:48   |
| 4.                   | 17       | Torsten Anderson       | 1966   | m   | TSV Otterndorf            | 51:56   |
| 5.                   | 15       | Jens Otten             | 1967   | m   |                           | 52:13   |
| Senioren M55         |          |                        |        |     |                           |         |
| 1.                   | 40       | Reinhold Kretschmer    | 1959   | m   |                           | 47:45   |
| 2.                   | 38       | Harald Brandes         | 1961   | m   | Odisheim                  | 53:53   |
| 3.                   | 5        | Rudolf Weiß            | 1961   | m   | Bremerhaven               | 1:01:49 |

## 16. Nordholzer Windmühlenlauf

### Ergebnisliste AK

| Platz        | Startnr. | Name              | Jahrg. | m/w | Verein                      | Zeit    |
|--------------|----------|-------------------|--------|-----|-----------------------------|---------|
| Senioren M60 |          |                   |        |     |                             |         |
| 1.           | 24       | Detlef Bleiker    | 1953   | m   | LC 93 Delmenhorst           | 48:23   |
| 2.           | 33       | Peter Boonstra    | 1957   | m   |                             | 55:16   |
| 3.           | 1        | Jürgen Heinemeyer | 1956   | m   | Bad Bederkesa/ TEA          | 58:06   |
| 4.           | 29       | Hans-Jürgen Büse  | 1953   | m   | HSG Schwanewede-Neunkirchen | 1:11:10 |
| 5.           | 3        | Heinz Kück        | 1955   | m   | TSV Bremervörde             | 1:14:46 |

#### Senioren M65

|    |    |                |      |   |              |         |
|----|----|----------------|------|---|--------------|---------|
| 1. | 28 | Manfred Umland | 1951 | m | TSG Nordholz | 1:00:32 |
| 2. | 11 | Kurt Nass      | 1948 | m |              | 1:04:39 |

#### Senioren M70

|    |    |                 |      |   |              |         |
|----|----|-----------------|------|---|--------------|---------|
| 1. | 31 | Reinhard Roloff | 1946 | m | TSG Nordholz | 47:34   |
| 2. | 39 | Joachim Kühn    | 1945 | m |              | 1:01:40 |

#### Senioren M75

|    |    |                |      |   |             |         |
|----|----|----------------|------|---|-------------|---------|
| 1. | 43 | Peter Dietrich | 1939 | m | HNT Hamburg | 1:01:05 |
| 2. | 6  | Adolf Weigelt  | 1939 | m |             | 1:08:21 |

#### Senioren M80

|    |    |                 |      |   |           |         |
|----|----|-----------------|------|---|-----------|---------|
| 1. | 32 | Harald Kirchner | 1935 | m | TV Langen | 1:29:24 |
|----|----|-----------------|------|---|-----------|---------|

### Halbmarathon

#### Seniorinnen W40

|    |     |             |      |   |  |         |
|----|-----|-------------|------|---|--|---------|
| 1. | 332 | Tanja Bredt | 1973 | w |  | 1:48:47 |
|----|-----|-------------|------|---|--|---------|

#### Seniorinnen W45

|    |     |              |      |   |                |         |
|----|-----|--------------|------|---|----------------|---------|
| 1. | 389 | Bergit Grewe | 1970 | w | TSV Neuenwalde | 1:51:39 |
|----|-----|--------------|------|---|----------------|---------|

#### Senioren M30

|    |     |                |      |   |                 |         |
|----|-----|----------------|------|---|-----------------|---------|
| 1. | 368 | Frank Krügener | 1984 | m | TSV Otterndorf  | 1:22:31 |
| 2. | 342 | Thorsten Unruh | 1987 | m | TSV Ihlienworth | 1:24:17 |
| 3. | 367 | Manuel Haase   | 1986 | m | TSV Otterndorf  | 1:36:29 |

#### Senioren M35

|    |     |                  |      |   |  |         |
|----|-----|------------------|------|---|--|---------|
| 1. | 353 | Michael Honsalek | 1979 | m |  | 2:04:45 |
| 2. | 328 | Bernd Mahlein    | 1981 | m |  | 2:05:16 |

#### Senioren M45

|    |     |                 |      |   |                    |         |
|----|-----|-----------------|------|---|--------------------|---------|
| 1. | 337 | Ralf Dembeck    | 1970 | m | Loomster Pain Tour | 1:44:08 |
| 2. | 341 | Torsten Krempel | 1971 | m | TuS Dorum          | 1:48:47 |

#### Senioren M50

|    |     |                      |      |   |                    |         |
|----|-----|----------------------|------|---|--------------------|---------|
| 1. | 352 | Dietrich Lange       | 1965 | m | TSG Nordholz       | 1:42:32 |
| 2. | 344 | Jörg Spillner        | 1966 | m | CUX-DU-Runners     | 1:43:25 |
| 3. | 338 | Murilo Sousa E Matos | 1967 | m | Pizzeria Pomod`oro | 1:45:09 |
| 4. | 358 | Bernd Hadelar        | 1967 | m | TSV Mehedorf       | 1:51:14 |

#### Senioren M65

|    |     |                      |      |   |              |         |
|----|-----|----------------------|------|---|--------------|---------|
| 1. | 383 | Klaus-Detlev Schmidt | 1948 | m | ATS Cuxhaven | 1:55:20 |
|----|-----|----------------------|------|---|--------------|---------|

### 5 km Walken

## 16. Nordholzer Windmühlenlauf

### **Ergebnisliste AK**

| <b>Platz</b>                 | <b>Startnr.</b> | <b>Name</b>      | <b>Jahrg.</b> | <b>m/w</b> | <b>Verein</b>   | <b>Zeit</b> |
|------------------------------|-----------------|------------------|---------------|------------|-----------------|-------------|
| <b>Seniorinnen W30</b>       |                 |                  |               |            |                 |             |
| 1.                           | 467             | Ramona Pospiech  | 1986          | w          |                 | 40:57       |
| <b>Seniorinnen W45</b>       |                 |                  |               |            |                 |             |
| 1.                           | 469             | Claudia Renken   | 1971          | w          | SFL Bremerhaven | 43:41       |
| <b>Kinder (männlich) M10</b> |                 |                  |               |            |                 |             |
| 1.                           | 468             | Philipp Pospiech | 2007          | m          |                 | 40:56       |

### 10 km Walken

|                        |     |                  |      |   |  |         |
|------------------------|-----|------------------|------|---|--|---------|
| <b>Seniorinnen W40</b> |     |                  |      |   |  |         |
| 1.                     | 475 | Jeannine Semmler | 1975 | w |  | 1:30:53 |

### Wandern

|                     |     |                    |      |   |  |         |
|---------------------|-----|--------------------|------|---|--|---------|
| <b>Senioren M75</b> |     |                    |      |   |  |         |
| 1.                  | 445 | Hermann Staffhorst | 1940 | m |  | 2:00:00 |

### Tretroller Halbmarathon

|                     |     |            |      |   |           |         |
|---------------------|-----|------------|------|---|-----------|---------|
| <b>Senioren M65</b> |     |            |      |   |           |         |
| 1.                  | 369 | Uwe Fiebig | 1949 | m | TV Langen | 1:10:58 |

Anzahl Teilnehmer: 171