
Ergebnisliste 40. Himmelfahrtslauf Sportfreunde Heilshorn

2. Juni.2011 Himmelfahrt

Wettbewerb: 10 000 m

| PLATZ | ZEIT | STAR | JG. | STARTKLASSE | NAME | VORNAME | VEREIN | ORT |
|-------|----------|------|------|-------------|------------|--------------|-------------------------|----------------------|
| 1 | 00:37:02 | 642 | 1967 | LM40 | Petermann | Jan | Marathon-Club Bremen | Bremen |
| 2 | 00:37:10 | 797 | 1995 | LM18 | Diekmann | Dominic | SG Platjenwerbe | Ritterhude |
| 3 | 00:37:15 | 789 | 1986 | LM19 | Haupt | Michel | TUSG Ritterhude | Bremen |
| 4 | 00:38:09 | 795 | 1969 | LM40 | Brunkhorst | Holger | Ahrenswohlde | Ahrenswohlde |
| 5 | 00:40:27 | 663 | 1971 | LM40 | Ralf | Schöllhammer | VC Vegesack | Bremen |
| 6 | 00:40:38 | 555 | 1966 | LM40 | Fuchs | Stefan | LT TV Schwanewede | Schwanewede |
| 7 | 00:41:19 | 646 | 1968 | LM40 | Bröker | Stefan | LT Bremen-Vahr | Bremen |
| 8 | 00:43:29 | 648 | 1963 | LM40 | Schomerus | Holger | | Osterholz-Scharmbeck |
| 9 | 00:44:14 | 643 | 1964 | LM40 | Austen | Andreas | | Platjenwebe |
| 10 | 00:44:19 | 639 | 1959 | LM50 | Lüdecke | Ralf | Stade | Stade |
| 11 | 00:44:21 | 656 | 1968 | LM40 | Glawion | Marco | Feuerwehr Platjenwerbe | Bremen |
| 12 | 00:44:24 | 649 | 1969 | LM40 | Nieland | Volker | LT TV Schwanewede | Schwanewede |
| 13 | 00:44:38 | 654 | 1969 | LM40 | Lotz | Ralf | | Bremen |
| 14 | 00:44:55 | 660 | 1951 | LM60 | Schissler | Paul | SP Bremen | Lemwerder |
| 15 | 00:45:34 | 644 | 1948 | LM60 | Nau | Manfred | | Osterholz-Scharmbeck |
| 16 | 00:45:57 | 567 | 1957 | LM50 | Matzka | Manfred | | Bremerhaven |
| 17 | 00:46:02 | 791 | 1985 | LM19 | Helmers | Christian | FF Platjenwerbe | Ritterhude |
| 18 | 00:46:30 | 662 | 1954 | LM50 | Kwapinski | Ronald | SG Osterholz-Scharmbeck | Osterholz-Scharmbeck |
| 19 | 00:46:46 | 790 | 1973 | LM30 | Koenigs | Lars | BW Borssum | Osterholz-Scharmbeck |
| 20 | 00:47:27 | 645 | 1944 | LM60 | Brünjes | Hubert | VSK OHZ | Hambergen-Ströhe |

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| 21 | 00:47:51 | 658 | 1966 | LM40 | Lüllmann | Jens | | Hagen |
| 22 | 00:48:13 | 671 | 1946 | LM60 | Hagedorn | Günther | Seaportcityrunner w.w | Bremen |
| 23 | 00:48:15 | 570 | 1964 | LW40 | Eden | Sonja | FF Platjenwerbe | Bremen |
| 24 | 00:48:17 | 641 | 1962 | LM40 | Arendt | Wolfgang | LT TV Schwanewede | Ritterhude |
| 25 | 00:49:00 | 657 | 1972 | LM30 | Abraas | Manuel | Feuerwehr Platjenwerbe | Bremen |
| 26 | 00:49:06 | 571 | 1964 | LM40 | Eden | Torsten | FF Platjenwerbe | Bremen |
| 27 | 00:49:18 | 651 | 1969 | LM40 | Michaelis | Jörn | | Osterholz-Scharmbeck |
| 28 | 00:49:22 | 568 | 1960 | LM50 | Kück | Martin | Lauffreff Bornreihe | Vollersode |
| 29 | 00:49:26 | 672 | 1971 | LM40 | Große | Michael | | Osterholz-Scharmbeck |
| 30 | 00:49:30 | 666 | 1969 | LM40 | Köhler | Jens | | Garlstedt |
| 31 | 00:50:36 | 640 | 1956 | LM50 | Bieker | Bernhard | | Bremen |
| 32 | 00:50:51 | 565 | 1953 | LM50 | Wöltjen | Wilhelm Gunther | | Lilienthal |
| 33 | 00:51:01 | 788 | 1967 | LM40 | Hanisch | Jonn | Basketball Lesumstotel | Osterholz-Scharmbeck |
| 34 | 00:51:01 | 787 | 1967 | LM40 | Ellmens | Andre | | Osterholz-Scharmbeck |
| 35 | 00:51:38 | 670 | 1965 | LM40 | Eberhards | Ralf | | Osterholz- Scharmbeck |
| 36 | 00:52:10 | 668 | 1969 | LM40 | Hornung | Stefan | TUS Struden | Friedeburg |
| 37 | 00:52:34 | 650 | 1988 | LW19 | Mielke | Anna-Kristin | TuS Fleestedt | Hamburg |
| 38 | 00:52:35 | 661 | 1943 | LM60 | Cossens | Dieter | | Wilstedt |
| 39 | 00:53:18 | 664 | 1954 | LM50 | Nething | Horst | VSK OHZ | Hambergen |
| 40 | 00:53:51 | 647 | 1971 | LM40 | Schadenberg | Thorsten | SF Heilshorn | Osterholz-Scharmbeck |
| 41 | 00:54:05 | 652 | 1960 | LW50 | Kühtmann | Silke | | Osterholz-Scharmbeck |
| 42 | 00:55:23 | 793 | 2001 | LM18 | Seele | Jonathan | LT Schwanewede | Schwanewede |
| 43 | 00:55:26 | 638 | 1963 | LM40 | von Holt | Jörn | Stade | Stade |
| 44 | 00:55:27 | 799 | 1966 | LM40 | Cordes | Holger | SF Heilshorn | Osterholz-Scharmbeck |
| 45 | 00:55:29 | 569 | 1941 | LM70 | Walter | Gunther | VSK | Osterholz-Scharmbeck |

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| 46 | 00:55:36 | 798 | 1968 | LM40 | Suckow | Jens | ATSV Scharmbeckstotel | Osterholz-Scharmbeck |
| 47 | 00:55:41 | 667 | 1964 | LM40 | Bendig | Torsten | Lunge | Bremen |
| 48 | 00:55:43 | 792 | 1969 | LW40 | Seele | Karina | LT Schwanewede | Schwanewede |
| 49 | 00:57:36 | 659 | 1968 | LW40 | Hildebrandt | Anja | | Osterholz-Scharmbeck |
| 50 | 00:58:33 | 655 | 1976 | LM30 | Müller | Martin | Freiw. Feuerwehr Ihlpohl | Ritterhude |
| 51 | 00:58:41 | 796 | 1966 | LM40 | Grimme | Joerg | | Osterholz-Scharmbeck |
| 52 | 01:01:04 | 794 | 1970 | LW40 | Seele | Gesine | | Schwanewede |
| 53 | 01:01:21 | 566 | 1936 | LM70 | Hartwig | Wolfgang | Veegesacker tV | Bremen |