

Friesengang 2025 - 12.10.2025

Strecke (km)	Startnummer	Name	Vorname	Zeit
5,5	10025	Gomes Maia	Kira	00:32:00
5,5	5102	Westphal	Birgit	00:42:00
5,5	10034	Runa	Viktoria	00:43:00
5,5	10020	Westphal	Norwin	00:43:00
5,5	10016	Albers	Paul	00:45:00
5,5	10026	Gomes Maia	Ludovina	00:45:00
5,5	5201	Ihlau	Eileen	00:48:00
5,5	10103	Enneking	Charlotte	00:50:00
5,5	10022	Fiebig	Kai	00:50:00
5,5	10019	Lier	Martin	00:51:00
5,5	10027	Scarlat	Denisa	00:51:00
5,5	10013	Tellbüscher	Mats	00:51:00
5,5	5002	Lampe	Ulrike	01:00:00
5,5	5001	Lücke	Anja	01:00:00
5,5	5101	Haskamp	Moni	01:14:00
5,5	10036	Riechmann	Isa	01:16:00
5,5	10023	Rudolphi	Julie	01:16:00
10	10007	Bolduin	Dominik	00:52:00
10	10003	Hohbein	Marcel	00:52:00
10	10205	Schierbaum	Till	00:52:00
10	10006	Seidel	Luis	00:52:00
10	10001	Wessendorf	Sören	00:52:00
10	10002	Ness	Marcel	00:55:00
10	10010	Reddehase	Lars	00:59:00
10	10035	Hofemeier	Eva	01:01:00
10	10014	Barkei	Lasse	01:08:00
10	10018	Galle	Silas	01:08:00
10	10204	Becker	Marina	01:10:00
10	10203	Bolduin	Svea	01:10:00
10	10107	Kipp	Jens	01:10:00
10	10108	Kwiatkowski	Astrid	01:10:00
10	10104	Elsner	Deike	01:16:00
10	10102	Eversmann	Rainer	01:30:00
10	10106	Schäfer	Jürgen	01:39:00
10	10105	Schäfer	Olga	01:39:00
15	15201	Lampe	Ursula	01:52:00
15	21106	Engelhard	Sven	01:57:00
15	21197	Langkamp	Leonie	02:23:00
21,09	10005	Gavryluk	Oleg	01:34:00

Strecke (km)	Startnummer	Name	Vorname	Zeit
21,09	10015	Berg	Elias	01:39:00
21,09	21003	Koch	Alexander	01:39:00
21,09	21207	Schäfer	Andreas	01:39:00
21,09	21005	Köstler	Sören	01:41:00
21,09	21147	Wedler	Timo	01:42:00
21,09	21182	Rüter	Frederik	01:43:00
21,09	15202	Eveslage	Aloysia	01:46:00
21,09	21119	Witte	Tobias	01:46:00
21,09	21203	Pracht	Dominik	01:48:00
21,09	21102	Schichta	Holger	01:48:00
21,09	21204	Schierbaum	Ulf	01:51:00
21,09	21160	Bobrink	Wilfried	01:51:00
21,09	21176	Richter	Steffen	01:51:00
21,09	21124	Rotte	Annerose	01:51:00
21,09	21007	Seidel	Bennet	01:51:00
21,09	10101	Zumwalde	Marlene	01:52:00
21,09	21006	Fröhling	Patrick	01:53:00
21,09	21142	Moors	Konrad	01:53:00
21,09	21184	Pauli	Josua	01:53:00
21,09	21141	Rose	Sebastian	01:53:00
21,09	21113	Lengert	Natalie	01:54:00
21,09	21174	Büch	Thomas	01:56:00
21,09	21163	Drees	Volker	01:56:00
21,09	21180	Oldenettel	Selina	01:56:00
21,09	21117	Runnebaum-Suszka	Andre	01:57:00
21,09	21118	Schiller	Katrin	01:57:00
21,09	21179	Bödeker	Johanna	01:58:00
21,09	21136	Dierkes-Denke	Kristina	01:58:00
21,09	21178	Volger	Melena	01:58:00
21,09	21192	Hollmann	Tom	02:00:00
21,09	21128	Weinberger	Felix	02:00:00
21,09	21001	Franke	Kai	02:01:00
21,09	21164	Dörenkämper	Magdalena	02:01:00
21,09	10011	Groneweg	Cord	02:01:00
21,09	21155	Schumacher	Ulrich	02:01:00
21,09	21143	Holtmeyer	Markus	02:03:00
21,09	21112	Roppel-Klamann	Izabela	02:03:00
21,09	21131	Dreker	Markus	02:05:00
21,09	21206	Engling	Norbert	02:05:00
21,09	21107	Habeck	Max-Martin	02:05:00

Strecke (km)	Startnummer	Name	Vorname	Zeit
21,09	21111	Krüwel	Friedrich	02:05:00
21,09	21121	Erbe	Florian	02:06:00
21,09	21181	Brade	Julian	02:07:00
21,09	10004	Gavryluk	Yuriy	02:08:00
21,09	21185	Glässel	Ines	02:08:00
21,09	21168	Meyer	Christian	02:08:00
21,09	21104	Hoffmans	Christoph	02:09:00
21,09	21195	Korte	Michael	02:09:00
21,09	21173	Lührmann	Matthis	02:09:00
21,09	21194	Meyer-Barthold	Mario	02:09:00
21,09	10012	Gomes Maia	Ricardo	02:10:00
21,09	21208	Bohms	Philipp	02:11:00
21,09	21191	Gantschnig	Andreas	02:11:00
21,09	21190	Mironaitė-Masiulienė	Kristina	02:11:00
21,09	21175	Bokelmann	Jana	02:13:00
21,09	21133	Neufeld	Benno	02:13:00
21,09	21146	Thiermann	Saskia	02:13:00
21,09	21105	Harmeyer	Kristina Luise	02:15:00
21,09	21103	Macke	Monique	02:15:00
21,09	21150	Ermeling	Sabrina	02:16:00
21,09	21140	Maluk	René	02:16:00
21,09	21127	Bojert	Hannah	02:21:00
21,09	21129	Pulsfort	Leonie	02:21:00
21,09	21171	Spreen	Rebecca	02:23:00
21,09	21193	Wiedermann	Patrick	02:23:00
21,09	21125	Thörner	Lothar	02:24:00
21,09	21209	Flothmann	Ralf	02:26:00
21,09	21202	Sager	Lilli	02:26:00
21,09	15106	Blom	Carmen	02:27:00
21,09	21201	Kurzer	Jana	02:27:00
21,09	21167	Meyer	Birgit	02:27:00
21,09	10201	Penkert	Madlen	02:27:00
21,09	10201	Penkert	Madlen	02:27:00
21,09	21162	Porst	Heiko	02:27:00
21,09	21011	Franke	Anne	02:28:00
21,09	21169	Geitner	Mareike	02:28:00
21,09	10202	Schierbaum	Annika	02:28:00
21,09	21013	Scholz	Alina	02:28:00
21,09	21012	Seidel	Christina	02:28:00
21,09	21132	Konerding	Meike	02:30:00

Strecke (km)	Startnummer	Name	Vorname	Zeit
21,09	21151	Müller	Monique	02:30:00
21,09	21183	Schnieder	Daniel	02:33:00
21,09	15101	Werf	Marina	02:37:00
21,09	21153	Boehler	Melina	02:39:00
21,09	21130	Westphal	Svea Franziska	02:43:00
21,09	21198	Helm	Neele	02:55:00
21,09	21177	Ellerhoff	Claudia	03:03:00
21,09	21120	Diekhoff	Brunhilde	03:05:00
21,09	10030	Kern	Lenja	03:15:00
21,09	10029	Kern	Laria	03:16:00
21,09	21154	Kliewer	Heike	03:20:00
21,09	10009	Lampe	Klaus	03:20:00
21,09	21015	Striek	Rainer	03:20:00
21,09	21014	Wessendorf	Oliver	03:20:00
21,09	21148	Markgraf	Lennart	03:27:00
21,09	21149	Sebald	Jan-Philipp	03:27:00
21,09	21115	Donner	Andreas	03:29:00
21,09	15102	Fromme	Holger	03:31:00
21,09	15103	Fromme	Martina	03:31:00
21,09	21159	Häusler	Ralf	03:31:00
21,09	21135	Jädtke	Claus	03:39:00
21,09	21134	Schulten	Susanne	03:39:00
21,09	21108	Schuling	Annegret	03:45:00
21,09	21109	Sommer	Susanne	03:45:00
21,09	21144	Fortmann	Doris	04:03:00
21,09	21145	Robbenmenke	Elke	04:03:00
21,09	21139	Büsing	Astrid	04:05:00
21,09	21138	Dubenhorst	Peggy	04:05:00
21,09	21137	Kasprzak-Harms	Ilona	04:05:00
21,09	21110	Sommer	Anke	04:05:00
21,09	21122	Seidel	Alexandra	04:30:00
21,09	21123	Seidel	Frank	04:30:00
21,09	21009	Brakopp	Nicole	04:35:00
21,09	21008	Reschke	Marcus	04:35:00