

Herbstlauf Ofen 2026 – 10 km Straßenlauf

Altersbereinigte Gesamtergebnisliste (Frauen und Männer vereint) • WMA Age-Grading Wertung

Gemeinsame altersbereinigte Wertung (Frauen & Männer vereint)

Um sportliche Leistungen über **unterschiedliche Altersklassen und Geschlechter hinweg** objektiv und fair miteinander zu vergleichen, erfolgt die Gesamtwertung nach dem offiziellen **WMA-Leistungsgrad (in %)**. Dieser setzt die bereinigte Leistung ins Verhältnis zur theoretischen Weltbestleistung der jeweiligen Alters- und Geschlechtsklasse (WMA-Standards: Männer 26:43 min, Frauen 30:20 min):

- *Nettozeit bereinigt* = *Gelaufene Zeit* × *WMA-Faktor*
- *Leistungsgrad (%)* = (*WMA-Standardzeit* / *Nettozeit bereinigt*) × 100 %

Quellen und Grundlagen der Faktoren:

Die verwendeten Altersfaktoren basieren auf den offiziellen Tabellen der **World Masters Athletics (WMA)** für Straßenlauf:

- World Masters Athletics (WMA): <https://world-masters-athletics.org>
- Howard Grubb Athletics Calculator (WMA-Tabellen & Faktoren): <https://www.howardgrubb.co.uk/athletics/wmalookup15.html>
- Alan Jones USATF / WMA Age-Grade Tables: <https://github.com/AlanLyttonJones/Age-Grade-Tables>

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
1	21	Günthner	Antje	W50	LSF Oldenburg	00:40:32	00:35:27 (85.58%)
2	15	Kerzel	Christian	M60	LSF Oldenburg	00:39:25	00:31:49 (83.99%)
3	12	Schwengels	Stefan	M55	TuS Westerloy	00:39:04	00:32:42 (81.72%)
4	27	Temming	Winfried	M60	TSG Hatten-Sandkrug	00:41:04	00:33:08 (80.62%)
5	35	Röske	Ralf	M60		00:42:05	00:33:58 (78.67%)
6	1	Fortmann	Henrik	MH	SSV Gristede	00:34:04	00:34:04 (78.42%)
7	2	Cordes	Carsten	M35	TuS Eversten	00:34:54	00:34:17 (77.94%)
8	79	Borchmann	Jana	W55	LSF Oldenburg	00:47:04	00:39:11 (77.41%)
9	18	Gerdas	Rebekka	W35	VFL Wolfsburg	00:39:45	00:39:21 (77.10%)
10	3	Bellmann	Leif	MH	TuS Ofen	00:34:56	00:34:56 (76.48%)
11	5	Burrichter	Josef	M40	Varel	00:36:19	00:35:01 (76.31%)
12	89	Baumann	Marion	W55	TuS Zetel	00:48:10	00:40:06 (75.65%)
13	34	Herke	Steffen	M55	Ultrafriesen e.V.	00:41:53	00:35:41 (74.88%)
14	28	Detmers	Eva-Sophie	WJU20	1.TCO die Bären	00:41:16	00:40:50 (74.30%)
15	26	Hillig	Chantal	WH	TuS Eversten	00:40:54	00:40:54 (74.16%)
16	4	Oettinger	Julius	MJU20	TuS Eversten	00:36:06	00:36:06 (74.01%)
17	44	Behrens	Frank	M55	SSV Gristede	00:43:18	00:36:14 (73.73%)
18	147	Thomas	Ingrid	W60	LGG Ganderkesee	00:53:29	00:41:09 (73.70%)
19	71	Schnellecke	Uwe	M60	LT Oldenburg Süd	00:46:17	00:36:19 (73.57%)
20	38	Warsing	Hartmut	M55	TV Bunde	00:42:45	00:36:25 (73.36%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
21	43	Tycner	Holger	M55		00:43:08	00:36:25 (73.35%)
22	6	Khalaf Khuadaida	Khalid	MH	DSC Oldenburg	00:36:28	00:36:28 (73.26%)
23	97	Bloss	Gisela	W50	Oldenburg	00:49:07	00:41:24 (73.26%)
24	115	Muchow	Silvia	W55	SG Akquinet Lemwerder	00:51:16	00:41:36 (72.91%)
25	7	de Voss	Meenard	M30		00:36:50	00:36:49 (72.56%)
26	49	Niemöller	Edgar	M55	LAUFEND DIE WELT ERLEBEN	00:44:03	00:36:52 (72.47%)
27	142	Praeger	Antje	W55		00:53:02	00:41:55 (72.36%)
28	42	Fortmann	Dirk	M50	SSV Gristede	00:43:05	00:37:02 (72.16%)
29	140	Otschik	Harald	M70	LSF Oldenburg	00:52:57	00:37:05 (72.03%)
30	33	Gärtner	Olaf	M50	TSR Olympia Wilhelmshaven	00:41:52	00:37:14 (71.76%)
31	41	Sturm	Markus	M50	Borussia Mönchengladbach	00:43:05	00:37:21 (71.53%)
32	16	Dölling	Fabian	M40	TuS Eversten	00:39:28	00:37:27 (71.32%)
33	40	Pfeifer	Tim	M50	LSF Oldenburg	00:42:55	00:37:31 (71.20%)
34	105	Doden	Alfred	M65	LT TuS Holtriem	00:49:53	00:37:39 (70.97%)
35	128	Adams	Nicole	W55	Edeweicht	00:52:02	00:42:46 (70.92%)
36	9	Völz	Jan	M30	1. TC Oldenburg „Die Bären“	00:38:05	00:37:52 (70.57%)
37	8	Tiemann	Lars	M30	TuS Eversten	00:38:01	00:38:00 (70.30%)
38	32	Michels	Martin	M45	LSF Oldenburg	00:41:49	00:38:07 (70.08%)
39	10	Peters	Oliver	MH	TuS Weene	00:38:09	00:38:09 (70.03%)
40	60	Helberg	Magdalena	W40	LSF Oldenburg	00:45:15	00:43:22 (69.94%)
41	19	Ittershagen	Philipp	M40		00:39:46	00:38:20 (69.69%)
42	13	Behnken	Christian	M35		00:39:15	00:38:21 (69.68%)
43	11	Zieger	Lasse	MH	DSC Oldenburg	00:38:21	00:38:21 (69.67%)
44	83	Grund	Ole	M60	Sport Reckemeier Oldenburg	00:47:32	00:38:22 (69.65%)
45	82	Eichholz	Dirk	M60	1.TC Oldenburg „Die Bären“	00:47:31	00:38:42 (69.03%)
46	31	Köpp	Stefan	M45	LSF Oldenburg	00:41:47	00:38:43 (69.00%)
47	271	Pietrucha	Gerda	W70	Lauftreff Ganderkesee	01:08:32	00:44:06 (68.78%)
48	110	Werner	Anne	W50	MTV Aurich	00:50:42	00:44:20 (68.42%)
49	86	Siefken	Kristine	W45	BIKES by Reins	00:47:55	00:44:22 (68.37%)
50	88	Neugebauer	Manfred	M60	CEWE	00:48:05	00:39:10 (68.22%)
51	14	Willing	Lucca	MH		00:39:20	00:39:20 (67.92%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
52	25	Dierks	Fabian	M40	Ich geh laufen wer will mit!?	00:40:53	00:39:25 (67.79%)
53	87	Steinke	Dietmar	M55	TSG Hatten-Sandkrug	00:47:59	00:39:27 (67.74%)
54	17	Köhnke	Tobias	MH		00:39:28	00:39:28 (67.69%)
55	48	Lehr	Stefan	M45		00:44:01	00:39:28 (67.68%)
56	85	Scharf	Uwe	M55	Wiefelstede	00:47:53	00:39:43 (67.26%)
57	132	Franz	Katrin	W50		00:52:17	00:45:10 (67.15%)
58	20	Castañó	Jhon	M30	Bad Zwischenahn	00:40:04	00:39:50 (67.08%)
59	29	Deutz	Simon	M40	Sport Reckemeier	00:41:22	00:39:53 (67.00%)
60	62	Arkenau	Caspar-Sebastian	M50		00:45:22	00:40:00 (66.78%)
61	63	Janssen	Rieka	WH	Ingenieurbüro Tebben	00:45:29	00:45:29 (66.69%)
62	37	Eymers	Florian	M40	Centipede - Oldenburg	00:42:33	00:40:04 (66.68%)
63	22	Ahlers	Hendrik	M35	SV Brake	00:40:40	00:40:08 (66.57%)
64	30	Weise	Jan	MS		00:41:41	00:40:15 (66.38%)
65	69	Mattfeldt	Melina	WJU20	TSR Olympia Wilhelmshaven	00:46:14	00:45:44 (66.32%)
66	23	Zerhusen	Jörn	M35		00:40:44	00:40:22 (66.20%)
67	227	Rings	Peter	M75	LSF Oldenburg	00:59:36	00:40:22 (66.19%)
68	77	Fröllje	Karsten	M50	TUS Wahnbek	00:46:58	00:40:22 (66.19%)
69	192	Bleiker	Detlef	M70	LC 93 Delmenhorst	00:57:00	00:40:32 (65.90%)
70	104	Vieweger	Werna	W45		00:49:49	00:46:08 (65.76%)
71	47	Heselmeyer	Raphael	M40		00:43:32	00:40:40 (65.69%)
72	96	Bröring	Leni	WS	Oldenburg	00:49:03	00:46:18 (65.51%)
73	24	Bornhorst	Michel	M30		00:40:52	00:40:52 (65.38%)
74	174	Schmitz	Nicole	W50	LT TuS Holtriem	00:55:21	00:46:40 (65.01%)
75	134	Gottschalk	Thorsten	M60	Oldenburg (Oldb)	00:52:25	00:41:08 (64.96%)
76	207	Böckmann	Reinhold	M70	ESV Edewecht	00:57:50	00:41:08 (64.95%)
77	46	Schütt	Keno	MS		00:43:26	00:41:09 (64.91%)
78	229	de Buhr	Johann	M75	VfL Oldenburg	00:59:46	00:41:11 (64.86%)
79	56	Jobe	Momodou	M45		00:44:37	00:41:21 (64.62%)
80	76	Böhm	Tobias	M50		00:46:55	00:41:22 (64.58%)
81	58	Frerichs	Kevin	M45	SSV Gristede	00:45:06	00:41:27 (64.45%)
82	90	Faß	Josefine	WJU18	TG Wiesmoor	00:48:24	00:47:14 (64.21%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
83	73	Moysies	Lars	M45	LT TV Schwanewede	00:46:34	00:41:46 (63.98%)
84	157	Paul	Andreas	M65		00:54:17	00:41:47 (63.95%)
85	111	Landwehr	Anja	W45	LAUF8SAM!	00:50:48	00:47:30 (63.87%)
86	39	Speckels	Michael	M35	TuS Bloherfelde	00:42:52	00:42:06 (63.45%)
87	99	Levold	Veronika	W40	LSF Oldenburg	00:49:14	00:47:49 (63.43%)
88	55	Elsen	Samuel	MS	OTeV	00:44:32	00:42:12 (63.31%)
89	61	Ris	Marcel	M40		00:45:19	00:42:20 (63.11%)
90	64	Ravekes	Steffen	M45	TuS Ofen	00:45:43	00:42:22 (63.06%)
91	151	von Steuber	Hans Christian	M60	Hans Christian von Steuber	00:54:01	00:42:23 (63.04%)
92	36	Fortmann	Mattis	MH	SSV Gristede	00:42:25	00:42:25 (62.99%)
93	155	Steen	Walter	M60	GVO	00:54:08	00:42:28 (62.90%)
94	172	Bunjes	Axel	M65	LT Tura 07 Westrhauderfehn	00:55:17	00:42:33 (62.79%)
95	190	Wohlers	Christian	M65		00:56:58	00:42:34 (62.77%)
96	156	Westerkamp	Rainer	M60	Oldenburger Turnerbund	00:54:16	00:42:35 (62.75%)
97	59	Panschar	Lars	M40	TuS Eversten	00:45:13	00:42:35 (62.74%)
98	45	Sauer	Meikel	M35		00:43:19	00:42:45 (62.50%)
99	107	Elsen	Carsten	M55	TuS Ofen	00:50:20	00:42:53 (62.31%)
100	91	Bünker	Gesche	WH		00:48:41	00:48:41 (62.31%)
101	171	Weber	Hero	M65	Oldenburger Turnerbun	00:55:16	00:42:57 (62.21%)
102	98	Mohrmann	Jasmin	W30	Kuhlen Running Team	00:49:09	00:48:56 (61.99%)
103	53	Jung	Eike	M35	Erdinger Active Team	00:44:24	00:43:06 (61.98%)
104	100	Buß	Uwe	M50	LG Kieler Linie	00:49:24	00:43:11 (61.86%)
105	52	Gerhold	Michael	M35		00:44:15	00:43:14 (61.80%)
106	135	Punke	Maren	W45	LG Bremen-Nord	00:52:34	00:49:09 (61.72%)
107	259	Rieder	Johanna	W60		01:05:48	00:49:15 (61.59%)
108	54	Gilbert	Jonathan	M35		00:44:28	00:43:26 (61.50%)
109	195	Landsberg	Birte	W50	Hundsmühler Turnverein	00:57:13	00:49:26 (61.36%)
110	114	Bakenhus	Frank	M55	Sportfreunde Littel	00:51:12	00:43:37 (61.25%)
111	118	Busboom	Wilfried	M55	Fortuna Logabirum	00:51:32	00:43:54 (60.86%)
112	141	Langwost	Eike	M55	Ofen	00:53:01	00:43:59 (60.75%)
113	106	Metzing	Nadja	W30	TV Dötlingen	00:49:57	00:49:57 (60.73%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
114	50	Leibrock	Hannes	M30		00:44:07	00:44:06 (60.58%)
115	51	Paulsen	Johannes	MH		00:44:08	00:44:08 (60.54%)
116	65	Walden	Simon	M40	Westerstede	00:45:50	00:44:11 (60.47%)
117	81	Schaefer	Manuel	M40	Einzelgänger	00:47:20	00:44:13 (60.42%)
118	180	Wittje	Heiko	M60	1. TC Oldenburg	00:55:50	00:44:14 (60.41%)
119	219	Lübkeermann	Friedo	M65	Westerstede	00:59:12	00:44:14 (60.41%)
120	108	Baumgarten	Kristin	WH		00:50:20	00:50:20 (60.26%)
121	161	Jahn	Kathrin S	W45	VfB Fallersleben	00:54:25	00:50:23 (60.20%)
122	109	Von Handorf	Jemny	W30		00:50:40	00:50:32 (60.02%)
123	129	Wispeler	Maike	W40	Deichschnucken Cäciliengroden	00:52:03	00:50:33 (60.00%)
124	116	Brettschneider	Alena	W35		00:51:30	00:50:33 (60.00%)
125	198	Tietjendiers	Christine	W50	SV Ofenerdiek	00:57:18	00:50:43 (59.82%)
126	122	Haschen	Katrin	W35	DLRG Schortens-Jever	00:51:43	00:50:46 (59.75%)
127	68	Zweigert	Christoph	M35		00:46:04	00:44:43 (59.74%)
128	184	Götsch	Kerstin	W45		00:56:03	00:50:47 (59.73%)
129	143	Tiegges	Svenja	W40	Laufen für Linus	00:53:07	00:50:55 (59.58%)
130	57	Kuttler	Felix	M30	Team United	00:44:58	00:44:58 (59.41%)
131	67	Hilgen	Christian	M35	Feuerwehr Friedrichsfehn	00:46:02	00:44:58 (59.41%)
132	158	Haferkamp	Nadine	W40	Wiefelstede	00:54:19	00:51:14 (59.20%)
133	74	Tapper	Lennard	MS	VfL Oldenburg	00:46:48	00:45:11 (59.12%)
134	75	Dörries	Marvin	M40	SSV Gristede	00:46:54	00:45:13 (59.09%)
135	126	Vieweger	Markus	M50		00:51:54	00:45:23 (58.88%)
136	119	Enke	Katharina	WH		00:51:33	00:51:33 (58.84%)
137	170	Strehlau	Michael	M55	The Running One	00:55:15	00:45:25 (58.83%)
138	101	Diebels	Felix	M45		00:49:27	00:45:27 (58.78%)
139	121	Schnackenberg	Nina	W30		00:51:41	00:51:38 (58.76%)
140	112	Brix	Arne	M45	TuS Eversten	00:50:50	00:45:35 (58.61%)
141	179	Papenbrock	Martin	M55	Laufftreff Molbergen	00:55:34	00:45:41 (58.49%)
142	165	Pollmann	Michael	M55	FTC Hollen-Altliga	00:54:41	00:45:46 (58.38%)
143	199	Kube	Bernhard	M60		00:57:18	00:45:49 (58.32%)
144	228	Dannemann	Jürgen	M65	SV Ofenerdiek	00:59:38	00:45:54 (58.21%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
145	66	Hahn	Martin	M30		00:46:01	00:46:00 (58.08%)
146	113	Naber	Marcus	M45	TuS Eversten	00:50:53	00:46:01 (58.06%)
147	130	Köster	Imke	WH		00:52:16	00:52:16 (58.04%)
148	72	Vogel	Daniel	M30	Bad Zwischenahn	00:46:22	00:46:06 (57.96%)
149	80	Hemken	Kevin	M35	SV Westerholtsfelde	00:47:11	00:46:06 (57.96%)
150	93	Kampling	Philipp	M40	Centipede Oldenburg	00:48:59	00:46:08 (57.92%)
151	70	Guhl	Niklas	MH		00:46:16	00:46:16 (57.74%)
152	274	Adden	Heide	W60	Meerläufer	01:10:18	00:52:37 (57.65%)
153	146	Karsch	Jonah	MS	Oldenburg	00:53:24	00:46:26 (57.53%)
154	137	Popp	Katharina	WH		00:52:53	00:52:53 (57.36%)
155	78	Hafermann	Thomas	M35		00:47:02	00:46:36 (57.33%)
156	159	Bellmann	Michael	M50	Team Itap	00:54:22	00:46:43 (57.18%)
157	144	Hobbensiefken	Katharina	W30		00:53:08	00:53:04 (57.15%)
158	215	Hempel	Matthias	M60	SV Pestrupsweg	00:58:31	00:46:47 (57.11%)
159	145	Nirwing	Marie	WH		00:53:10	00:53:10 (57.05%)
160	136	Dierks	Henning	M50		00:52:45	00:46:55 (56.95%)
161	148	Frerichs	Rieka	WH	TuS Eversten	00:53:48	00:53:48 (56.38%)
162	84	Bureck	Lars	M30		00:47:42	00:47:25 (56.34%)
163	253	Scharf	Peter	M70	Rastede	01:05:04	00:47:32 (56.21%)
164	152	Ockenga	Kea	WH	ORVO	00:54:04	00:54:04 (56.10%)
165	154	Baumeister	Julia	WH		00:54:05	00:54:05 (56.09%)
166	177	Aden	Thomas	M50		00:55:29	00:47:41 (56.03%)
167	183	Frey	Jürgen	M55	TSV Otterndorf EAT	00:56:00	00:47:42 (56.00%)
168	160	Pistor	Astrid	W30	SV Friedrichsfehn	00:54:23	00:54:15 (55.92%)
169	263	Palm	Werner	M70	VFL BAD ZWISCHENAHN	01:06:23	00:47:52 (55.81%)
170	92	Röttges	Henning	M35		00:48:46	00:48:08 (55.51%)
171	201	Böhmer	Petra	W40	Oldenburg	00:57:27	00:54:39 (55.51%)
172	186	Heinemann	Christine	W40		00:56:23	00:54:46 (55.39%)
173	187	Kirchhoff	Anja	W40		00:56:24	00:54:47 (55.37%)
174	166	van Nieuwenhoven	Ilse	WH		00:54:50	00:54:50 (55.32%)
175	178	Aden	Nantke	WJU20		00:55:29	00:54:53 (55.26%)

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176	125	Nehring	Alexander	M40		00:51:53	00:48:28 (55.12%)
177	224	Fortmann	Ulli	M60	Team Laufrausch Oldenburg	00:59:31	00:48:29 (55.11%)
178	169	Henkel	Fenna	WH		00:55:11	00:55:11 (54.97%)
179	181	Hampe	Jasper	MS	TuS Ofen	00:55:55	00:48:38 (54.94%)
180	211	Lubrich	Arndt	M55	Team Laufrausch Oldenburg	00:58:08	00:48:39 (54.91%)
181	194	Bischof	Frank	M55	verständlichfitsteuern	00:57:13	00:48:45 (54.81%)
182	260	Gehrels	Hans-Georg	M70	Team Laufrausch Oldenburg	01:05:59	00:48:46 (54.78%)
183	173	Schmidt	Thomas	M50		00:55:19	00:48:47 (54.77%)
184	213	Heptner	Lena	W40	TuS Ofen	00:58:18	00:55:27 (54.70%)
185	94	Eirund	Hannes	M30		00:48:59	00:48:59 (54.54%)
186	95	Köller	Sascha	M30		00:49:01	00:49:00 (54.53%)
187	204	Siems	Jessica	W40		00:57:44	00:55:43 (54.43%)
188	185	Hertrampf	Clara	W35		00:56:23	00:55:48 (54.35%)
189	175	Wilhelm	Dirk	M50	VFL Bad Zwischenahn	00:55:26	00:49:18 (54.20%)
190	139	Binternagel	Eike	M40		00:52:55	00:49:26 (54.04%)
191	150	Jürgens	Sven	M45		00:53:50	00:49:29 (53.99%)
192	193	Schwichtenberg	Mathias	M50	LT Mehrenkamp	00:57:08	00:49:32 (53.94%)
193	102	Vietor	Mirco	MH	CEWE	00:49:33	00:49:33 (53.92%)
194	103	Bohe	Felix	M30		00:49:41	00:49:36 (53.86%)
195	273	Ravekes	Jan	M70	Tus Ofen	01:09:54	00:49:43 (53.74%)
196	240	Battel	Rainer	M60	Oldenburg	01:02:50	00:49:46 (53.68%)
197	270	Korbmacher	Bruno	M70	Piushospital	01:08:32	00:50:04 (53.37%)
198	222	Goodfellow	Barbara	WJU18	Tus Ofen	00:59:21	00:56:59 (53.24%)
199	182	Hampe	Robert	M45	TuS Ofen	00:55:58	00:50:11 (53.23%)
200	191	Sünkler	Stefan	M50	YOU-WILL-NEVER-WALK-ALONE	00:56:58	00:50:14 (53.19%)
201	123	Ostendorf	Jonas	M35		00:51:47	00:50:16 (53.15%)
202	232	Wiemann	Ralph	M55	Cloppenburg	01:00:08	00:50:20 (53.09%)
203	196	Terhardt	Lara	WH		00:57:13	00:57:13 (53.01%)
204	167	Rohr	Matthias	M45	Bad Zwischenahn	00:54:57	00:50:31 (52.89%)
205	133	Hampe	Tom	MS	TuS Ofen	00:52:20	00:50:32 (52.87%)
206	236	Lohmeyer	Jörg	M55	Bad Zwischenahn	01:01:31	00:50:34 (52.83%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
207	267	Wiemann	Sandra	W50	Cloppenburg	01:07:22	00:57:30 (52.76%)
208	233	Cölsmann	Andreas	M55	Vareler TB Triathlon	01:00:40	00:50:46 (52.62%)
209	205	Schledermann	Hannah	WH		00:57:44	00:57:44 (52.54%)
210	255	Habben	Sigrid	W50	Physio & Rehazentrum powe	01:05:22	00:57:51 (52.43%)
211	212	Bartels	Emma	WH	SV Nordenham	00:58:08	00:58:08 (52.18%)
212	226	Lüchtenborg	Jennifer	W35		00:59:31	00:58:08 (52.18%)
213	131	Ottjes	Philipp	M35		00:52:16	00:51:20 (52.04%)
214	214	Gallizzi	Leonie	WH	Schneckenflitzer	00:58:30	00:58:30 (51.85%)
215	117	Bohlje	Henri	MH		00:51:32	00:51:32 (51.84%)
216	120	Kahlen	Peer Luca	MH		00:51:40	00:51:40 (51.71%)
217	225	Eylers	Evelyn	W35		00:59:31	00:58:41 (51.69%)
218	124	Burtz	Hendrik	MH	STV Barßel	00:51:52	00:51:52 (51.51%)
219	127	Klee	Fritz	M30	Team Itap	00:51:55	00:51:55 (51.46%)
220	217	von Aschwege	Amelie	WH	Pius Hospital Oldenburg	00:58:59	00:58:59 (51.43%)
221	163	Lazar	Frederik	M40	1. TC Oldenburg - Die Bären	00:54:28	00:52:06 (51.28%)
222	218	Schröder	Sina	WH		00:59:11	00:59:11 (51.25%)
223	237	Reelfs	Arne	M55	TuS Ebern	01:01:35	00:52:28 (50.92%)
224	176	Bohnen	Michael	M40	Barssel	00:55:27	00:52:38 (50.77%)
225	138	Kirchhoff	Yannik	MH		00:52:53	00:52:53 (50.52%)
226	252	Branzke	Nadine	W45	VFL Bad Zwischenahn	01:04:59	01:00:10 (50.41%)
227	242	Klockgether	Silke	W40		01:03:26	01:00:20 (50.27%)
228	149	Wulbusch	Nick	M30		00:53:49	00:53:38 (49.81%)
229	235	Stark	Viktoria	W30		01:00:59	01:00:58 (49.75%)
230	153	Jargow	Jannis	MH	VSG Ammerland	00:54:05	00:54:05 (49.40%)
231	209	Grzabka	Tim	M40	Jade Hochschule	00:57:59	00:54:10 (49.32%)
232	162	Heemann	Luca	MJU20	WTC	00:54:26	00:54:24 (49.12%)
233	239	Karsch	Andreas	M50	Oldenburg	01:01:47	00:54:29 (49.04%)
234	230	Meinders	Mark	M45		00:59:54	00:54:37 (48.92%)
235	164	Köbel	David	MJU20		00:54:37	00:54:37 (48.92%)
236	168	Schmidt	Justus	MJU20		00:55:10	00:55:10 (48.43%)
237	251	Schmudde	Andrea	W40	VFL Bad Zwischenahn	01:04:59	01:02:43 (48.36%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
238	200	Dahms	Dirk	M40		00:57:19	00:55:15 (48.35%)
239	264	Weise	Anja	W40		01:06:44	01:02:57 (48.19%)
240	241	Saathoff	Janika	WH		01:03:11	01:03:11 (48.01%)
241	275	Holloway	Cordula	W50	parkrun rubbenbruchsee	01:12:25	01:03:20 (47.90%)
242	188	Alcala Padilla	Daniel-Jose	M30	Team Itap	00:56:25	00:56:20 (47.43%)
243	210	Swarovsky	Eyke	M35		00:58:06	00:56:24 (47.37%)
244	262	Switala	Daniela	W40	VfL Bad Zwischenahn - Die Mee	01:06:22	01:04:03 (47.35%)
245	247	Stein	Luisa	WJU20		01:04:46	01:04:04 (47.34%)
246	250	Schoof	Anne	WJU20		01:04:57	01:04:15 (47.21%)
247	245	Battermann	Merle	WH		01:04:31	01:04:31 (47.02%)
248	246	Klimsch	Leah	WH		01:04:33	01:04:33 (46.99%)
249	189	Härtel	Julian	MH	itap Team	00:56:56	00:56:56 (46.93%)
250	223	Holzfuß	Burghard	M40	Pius Hospital Oldenburg	00:59:31	00:56:56 (46.93%)
251	248	Hildebrandt	Malin	WH		01:04:47	01:04:47 (46.82%)
252	254	Hollwege	Anna	W30	VfL Bad Zwischenahn - Meerläu	01:05:05	01:04:55 (46.72%)
253	265	Gertjegerdes	Dunja	W40	GV Weser-Ems e.V.	01:06:52	01:04:57 (46.70%)
254	197	Hülsmann	Timo	MH		00:57:18	00:57:18 (46.63%)
255	203	Reinders	Tim	M30	VfL Bad Zwischenahn	00:57:43	00:57:23 (46.56%)
256	234	Casjens	Gerrit	M40	VfL Bad Zwischenahn - Die Mee	01:00:43	00:57:38 (46.36%)
257	202	Ahlers	Claas	MH		00:57:41	00:57:41 (46.32%)
258	206	Goerlitz	Arne	M30	DLR	00:57:49	00:57:49 (46.21%)
259	208	Brunßen	Nico	MH		00:57:56	00:57:56 (46.12%)
260	261	Schmidt	Alexandra	WH	Bad Zwischenahn	01:06:12	01:06:12 (45.82%)
261	268	Gärtner	Astrid	W35	Hospiz St. Peter	01:07:30	01:06:16 (45.78%)
262	216	Böer	Simon	MH		00:58:32	00:58:32 (45.64%)
263	221	Janssen	Jonas	MJU18	Tus Ofen	00:59:20	00:58:50 (45.41%)
264	238	Albers	Hendrik	M40	VfL Bad Zwischenahn - Die Mee	01:01:37	00:58:57 (45.33%)
265	220	Brunssen	Timo	MH		00:59:18	00:59:18 (45.05%)
266	269	Heckelmann	Insa	WH	Hospiz St. Peter	01:07:30	01:07:30 (44.94%)
267	231	Janssen	Maximilian	M30	Team Itap	01:00:00	00:59:48 (44.68%)
268	272	Klockgether	Nicole	W35		01:09:16	01:08:34 (44.24%)

Platz	Platz Original	Nachname	Vorname	Klasse	Verein	Zeit	Nettozeit bereinigt
269	243	Pöppe	Michael	M40	Ingenieurbüro von Kiedrowksi	01:03:41	01:00:55 (43.86%)
270	281	Müller	Michael	M55	Team Itap	01:15:51	01:02:55 (42.46%)
271	244	Kleinebrahn	Marius	MH		01:03:49	01:03:49 (41.86%)
272	249	Brockhoff	Tobias	M30		01:04:47	01:04:24 (41.48%)
273	276	Wiersig	Peter	M50	parkrun rubbenbruchsee	01:12:26	01:04:25 (41.48%)
274	277	Baumann	Yasmin	WH		01:13:13	01:13:13 (41.43%)
275	256	Saado	Alan	MH		01:05:41	01:05:41 (40.67%)
276	257	Mehlhop	Sven	MH		01:05:41	01:05:41 (40.67%)
277	258	Scheumer	Jannik	MH		01:05:41	01:05:41 (40.67%)
278	280	Jacques	Lea	WH		01:15:37	01:15:37 (40.11%)
279	266	Jacques	Steven	M30		01:07:07	01:06:43 (40.04%)
280	282	Marken	Nina	W30	Meerläufer	01:17:55	01:17:54 (38.94%)
281	283	Albers	Katharina	W40	Vfl Bad Zwischenahn - Die Mee	01:23:10	01:20:47 (37.55%)
282	278	Santel	David	MH	GW Schwagstorf	01:13:13	01:13:13 (36.49%)
283	279	Lakatsch	Leon	MH		01:13:14	01:13:14 (36.48%)