

**Ostfriesische Sieben 2025: 5km – Frauen**

| <b>Platz</b> | <b>Name</b>          | <b>Jahrgang</b> | <b>Verein</b>             | <b>Berglauf</b> | <b>Matjeslauf</b> | <b>Polderlauf</b> | <b>middenman Loop</b> | <b>Gesamt</b> |
|--------------|----------------------|-----------------|---------------------------|-----------------|-------------------|-------------------|-----------------------|---------------|
| 1            | Schädlich, Ruth      | 1993            | SV Neptun Emden           | 100             | 100               | 100               | 100                   | 400           |
| 2            | Aeilts, Linda        | 1982            | Emder LG                  | 99              | 99                | 99                | 99                    | 396           |
| 3            | Arends, Lena-Antonia | 2004            | Run4Fun Suurhusen         | 97              | 97                | 97                | 96                    | 387           |
| 4            | Tjardes, Saskia      | 2001            |                           | 94              | 95                | 98                | 97                    | 384           |
| 5            | Arends, Andrea       | 1988            | Emder LG                  | 96              | 96                | 96                | 95                    | 383           |
| 6            | Peter, Johanna       | 1987            |                           | 95              | 93                | 94                | 93                    | 375           |
| 7            | Janssen, Ines        | 1994            |                           | 85              | 92                | 95                | 94                    | 366           |
| 8            | Seebens, Britta      | 1981            | van Ameren Bad            | 93              | 88                | 92                | 89                    | 362           |
| 9            | Pasche, Ines         | 1987            |                           | 90              | 94                | 90                | 87                    | 361           |
| 10           | Rückbrod, Andrea     | 1964            | TV Norden                 | 88              | 83                | 93                | 91                    | 355           |
| 11           | Ramaker, Birgit      | 1972            | Deich8 - nordic webdesign | 87              | 86                | 87                | 90                    | 350           |
| 12           | Wilts, Maren         | 1990            |                           | 89              | 85                | 89                | 86                    | 349           |
| 13           | Leuffert, Cathrin    | 1988            |                           | 86              | 90                | 88                | 85                    | 349           |
| 14           | Paul, Hilke          | 1983            | Emder LG                  | 82              | 77                | 84                | 82                    | 325           |
| 15           | Willms, Christina    | 1986            | Emder Laufgemeinschaft    | 78              | 79                | 82                | 81                    | 320           |
| 16           | Geerdes, Sandra      | 1976            | Gandersum                 | 79              | 76                | 81                | 80                    | 316           |
| 17           | Münkewarf, Bettina   | 1980            | Woonitap                  | 77              | 74                | 79                | 78                    | 308           |
| 18           | van Hove, Hanna      | 1997            | Emder Laufgemeinschaft    | 98              | 98                | 0                 | 98                    | 294           |
| 19           | Roelfs, Annemarie    | 1996            |                           | 92              | 91                | 0                 | 92                    | 275           |
| 20           | Wehmhörnerr, Maïke   | 2000            | Reederei M. Lauterjung    | 91              | 87                | 91                | 0                     | 269           |
| 21           | Kruse, Silke         | 1982            | TUS Hinte                 | 84              | 89                | 85                | 0                     | 258           |
| 22           | Melles, Katharina    | 1979            | Sportivo Emden            | 0               | 84                | 86                | 88                    | 258           |
| 23           | Ressel, Dörthe       | 1974            | TV Norden                 | 83              | 0                 | 78                | 84                    | 245           |
| 24           | Grünhoff, Maya       | 1976            | TVNORDEN                  | 80              | 81                | 0                 | 83                    | 244           |
| 25           | Albers, Heike        | 1979            |                           | 81              | 80                | 0                 | 79                    | 240           |
| 26           | Willms, Janina       | 1982            | SV Frisch Wybelsum        | 0               | 75                | 77                | 77                    | 229           |
| 27           | Klinkenborg, Margit  | 1952            | TV Norden                 | 75              | 0                 | 75                | 76                    | 226           |
| 28           | Wehmhörnerr, Inka    | 1984            |                           | 76              | 73                | 76                | 0                     | 225           |

|           |                      |      |                           |    |    |    |   |     |
|-----------|----------------------|------|---------------------------|----|----|----|---|-----|
| <b>29</b> | Brumund,<br>Stefanie | 1987 | TUS Hinte                 | 0  | 82 | 80 | 0 | 162 |
| <b>30</b> | Weermann,<br>Aafke   | 1976 | Emder LG                  | 0  | 78 | 83 | 0 | 161 |
| <b>31</b> | Böcker,<br>Sabine    | 1958 | TV Norden                 | 74 | 0  | 0  | 0 | 74  |
| <b>32</b> | Gerdes,<br>Jessica   | 1984 | Brötchenhuus<br>Suurhusen | 0  | 0  | 0  | 0 | 0   |