

5Km,Frauen

Ostfriesische Sieben 2026: 5km – Frauen

Platz	Name	Jahrgang	Verein	Berglauf	Matjeslauf	Polderlauf	middenmang Loop	Appel-Loop	Delftlauf	Silvesterlauf	Gesamt
1	Aeilts, Linda	1982	Emder LG	100	99	0	0	0	0	0	199
2	Weerts, Inga	1982		99	98	0	0	0	0	0	197
3	Arends, Andrea	1988	Emder LG	98	97	0	0	0	0	0	195
4	Arends, Lena-Antonia	2004	AOK Emden	97	95	0	0	0	0	0	192
5	Peter, Johanna	1987		96	93	0	0	0	0	0	189
6	Folkerts, Beke	2005		95	92	0	0	0	0	0	187
7	Stomberg, Katharina	1982	TUS Hinte	92	91	0	0	0	0	0	183
8	Luitjens, Imke	1988	TuS Pewsum	93	90	0	0	0	0	0	183
9	Stanzel, Andrea	1974	Team obw	94	89	0	0	0	0	0	183
10	Rückbrod, Andrea	1964	TV Norden	88	88	0	0	0	0	0	176
11	Leuffert, Cathrin	1988		89	87	0	0	0	0	0	176
12	Albers, Heike	1979		86	84	0	0	0	0	0	170
13	Meier, Nadja	1981	TV Norden	87	80	0	0	0	0	0	167
14	Sirpas, Maxi-Lisane	1999		83	83	0	0	0	0	0	166
15	Bandy-Gaedtke, Marita	1986		84	82	0	0	0	0	0	166
16	Brumund, Stefanie	1987	TUS Hinte	85	81	0	0	0	0	0	166
17	Müller, Uti	1976		81	79	0	0	0	0	0	160
18	de Boer, Inka	1998	Toddi & Chris	82	78	0	0	0	0	0	160
19	Klinkenborg, Margit	1952	TV Norden	80	75	0	0	0	0	0	155
20	Schädlich, Ruth	1993	SV Neptun Emden	0	100	0	0	0	0	0	100
21	Klus, Merit	2003	Emder LG	0	96	0	0	0	0	0	96
22	Janssen, Ines	1994		0	94	0	0	0	0	0	94
23	Kruse, Silke	1982	TUS Hinte	91	0	0	0	0	0	0	91
24	Melles, Katharina	1979	Sportivo	90	0	0	0	0	0	0	90
25	Tjardes, Saskia	2001		0	86	0	0	0	0	0	86
26	Ressel, Dörthe	1996	TV Norden	0	85	0	0	0	0	0	85
27	Pommer, Emma Kooba	2006	Emden	79	0	0	0	0	0	0	79
28	Steffens, Hedda	1998	Toddi & Chris	0	77	0	0	0	0	0	77
29	Thomas, Annette	1976	Hammrichloper	0	76	0	0	0	0	0	76
30	Fritzen, Verena	1978		0	0	0	0	0	0	0	0
31	Münkewarf, Bettina	1980	WooNiTap	0	0	0	0	0	0	0	0
32	Roelfs, Annemarie	1996		0	0	0	0	0	0	0	0