

Ostfriesische Sieben 2026: 5km – Frauen

<u>Platz</u>	<u>Name</u>	<u>Jahrgang</u>	<u>Verein</u>	<u>Berglauf</u>	<u>Matjeslauf</u>	<u>Polderlauf</u>	<u>middenmang Loop</u>	<u>Appel-Loop</u>	<u>Delftlauf</u>	<u>Silvesterlauf</u>	<u>Gesamt</u>
1	Weerts, Inga	1982		99	98	98	0	0	0	0	295
2	Aeilts, Linda	1982	Emder LG	100	99	96	0	0	0	0	295
3	Arends, Andrea	1988	Emder LG	98	97	97	0	0	0	0	292
4	Folkerts, Beke	2005	Emder LG	95	91	92	0	0	0	0	278
5	Stanzel, Andrea	1974	Team obw	94	88	90	0	0	0	0	272
6	Luitjens, Imke	1988	TuS Pewsum	93	89	89	0	0	0	0	271
7	Stomberg, Katharina	1982	TUS Hinte	92	90	88	0	0	0	0	270
8	Peter, Johanna	1987		96	92	78	0	0	0	0	266
9	Rückbrod, Andrea	1964	TV Norden	88	87	87	0	0	0	0	262
10	Leuffert, Cathrin	1988		89	86	86	0	0	0	0	261
11	Albers, Heike	1979		86	83	85	0	0	0	0	254
12	Bandy-Gaedtke, Marita	1986		84	81	82	0	0	0	0	247
13	Meier, Nadja	1981	TV Norden	87	79	80	0	0	0	0	246
14	Brumund, Stefanie	1987	TUS Hinte	85	80	79	0	0	0	0	244
15	de Boer, Inka	1998	Toddi & Chris	82	77	84	0	0	0	0	243
16	Müller, Uti	1976		81	78	83	0	0	0	0	242
17	Klinkenborg, Margit	1952	TV Norden	80	74	77	0	0	0	0	231
18	Schädlich, Ruth	1993	SV Neptun Emden	0	100	100	0	0	0	0	200
19	Klus, Merit	2003	Emder LG	0	96	99	0	0	0	0	195
20	Arends, Lena-Antonia	2004	AOK Emden	97	94	0	0	0	0	0	191
21	Steffens, Laura	1993	Toddi & Chris	0	95	95	0	0	0	0	190
22	Janssen, Ines	1994		0	93	94	0	0	0	0	187
23	Melles, Katharina	1979	Sportivo	90	0	91	0	0	0	0	181
24	Tjardes, Saskia	2001		0	85	93	0	0	0	0	178
25	Sirpas, Maxi-Lisane	1999		83	82	0	0	0	0	0	165
26	Steffens, Hedda	1998	Toddi & Chris	0	76	81	0	0	0	0	157
27	Kruse, Silke	1982	TUS Hinte	91	0	0	0	0	0	0	91
28	Ressel, Dörthe	1996	TV Norden	0	84	0	0	0	0	0	84
29	Pommer, Emma Kooba	2006	Emden	79	0	0	0	0	0	0	79
30	Thomas, Annette	1976	Hammrichloper	0	75	0	0	0	0	0	75
31	Fritzen, Verena	1978		0	0	0	0	0	0	0	0
32	Münkewarf, Bettina	1980	WooNiTap	0	0	0	0	0	0	0	0