

Ostfriesische Sieben 2025: 5km – Frauen

| Platz | Name | Jahrgang | Verein | Berglauf | Gesamt |
|--------------|----------------|-----------------|---------------|-----------------|---------------|
| 1 | Schädlich, Rut | 1993 | SV Neptun Em | 100 | 100 |
| 2 | van Hove, Har | 1997 | Emder Laufge | 99 | 99 |
| 3 | Arends, Lena- | 2004 | Run4Fun Suur | 98 | 98 |
| 4 | Arends, Andre | 1988 | Emder LG | 97 | 97 |
| 5 | Peter, Johann | 1987 | | 96 | 96 |
| 6 | Tjardes, Saski | 2001 | | 95 | 95 |
| 7 | Seebens, Britt | 1981 | van Ameren B | 94 | 94 |
| 8 | Roelfs, Annem | 1996 | | 93 | 93 |
| 9 | Wehmhörner, | 2000 | Reederei M. L | 92 | 92 |
| 10 | Pasche, Ines | 1987 | | 91 | 91 |
| 11 | Wilts, Maren | 1990 | | 90 | 90 |
| 12 | Rückbrod, And | 1964 | TV Norden | 89 | 89 |
| 13 | Ramaker, Birg | 1972 | Deich8 - nord | 88 | 88 |
| 14 | Leuffert, Cath | 1988 | | 87 | 87 |
| 15 | Janssen, Ines | 1994 | | 86 | 86 |
| 16 | Kruse, Silke | 1982 | TUS Hinte | 85 | 85 |
| 17 | Ressel, Dörthe | 1974 | TV Norden | 84 | 84 |
| 18 | Albers, Heike | 1979 | | 83 | 83 |
| 19 | Grünhoff, Ma | 1976 | TVNORDEN | 82 | 82 |
| 20 | Geerdes, Sand | 1976 | Gandersum | 81 | 81 |
| 21 | Willms, Christ | 1986 | Emder Laufge | 80 | 80 |
| 22 | Münkewarf, B | 1980 | Woonitap | 79 | 79 |
| 23 | Wehmhörner, | 1984 | | 78 | 78 |
| 24 | Klinkenborg, M | 1952 | TV Norden | 77 | 77 |
| 25 | Böcker, Sabine | 1958 | TV Norden | 76 | 76 |
| 26 | Brumund, Ste | 1987 | TUS Hinte | 0 | 0 |
| 26 | Gerdes, Jessic | 1984 | Brötchenhuus | 0 | 0 |
| 26 | Melles, Katha | 1979 | Sportivo Emde | 0 | 0 |
| 26 | Paul, Hilke | 1983 | Emder LG | 0 | 0 |
| 26 | Weermann, A | 1976 | Emder LG | 0 | 0 |