

Re: Recovering data from an OST file

Source:

<http://www.tech-archive.net/Archive/Windows/microsoft.public.windows.server.sbs/2005-01/6277.html>

From: HappilyClueless (noone_at_home.com)

Date: 01/21/05

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If you're using Outlook 97/98/200/2002(XP) this utility (ost2pst.exe) will, oddly enough, convert your OST file to a PST file which can then be imported into your current profile.

<http://www.xcopy32.com/download.php?file=24>

If you're using Outlook 2003, the options become expensive.

\$600 program (the demo only recovers three messages)

<http://www.officerecovery.com/exchange/index.htm>

\$20 service. Send them your OST, they send you back a PST.

<http://www.payam.com.au/exchangeconversion-convertosttopsthtml.htm>

Additional:

<http://support.microsoft.com/kb/q163589/>

"Joseph Mouhanna" <josephmo@hotmail.com> wrote in message news:t2bId.5771\$J6.5136@trnddc02...

> *Here's the scenario:*

>

> *While doing a test setup of SBS, I set up the server with an FQDN, let's say: mine.acme.local and the DNS name is acme.com. I set up a couple of accounts (account A and account B) and was sending/receiving email fine. I was accessing these accounts from workstations A and B, using a profile, let's call ProfileAMine on Workstation A.*

>

> *When I moved to the final setup (I erased the original installation and everything on it), I changed the FQDN to minenew.acme.local, the DNS name remains the same: acme.com.*

>

> *Account A was set up to receive, in addition to Exchange emails, email from other POP3 accounts (and of course it was removing them from the POP3 servers as it was retrieving). The account was set up to deliver the emails to the Inbox. I opened the Outlook client for Account A from workstation A, and of course it told me that it could not send/receive from the Exchange account (it was still using the original ProfileAMine). At this point, I can see all the emails that were downloaded from the POP3 servers in the Inbox. I then went to Tools --> Email Accounts --> View or*

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- > *Change existing email accounts, and deleted the Exchange account so I can*
- > *add the new Exchange account information. Of course it asked me if I was*
- > *sure I wanted to do that, and of course I said Yes I'm sure. You can*
- > *predict what happened next: my Inbox was gone.*
- >
- > *I have the .OST file. Is there anything I can do to retrieve the POP3*
- > *emails that are now part of the .OST file?*
- >
- > *--thx, Joseph*
- >