

18. Stapeler Pfingstlauf 2016

am 16.05.2016

2,0 km

Jungen

| Zeit | Platz | Platz m/w | Platz Ak | StartNR | Name | Vorname | Geb | Km | AK | ORT/VEREIN | m/w |
|---------|-------|-----------|----------|---------|--------------|----------------|------|--------|--------|-----------------|-----|
| 0:07:56 | 2 | 1 | 1 | 133 | Winkelmann | Lucca Leander | 2004 | 2,0 km | Jungen | Empor Zarrentin | J |
| 0:07:57 | 3 | 2 | 2 | 117 | Ludwig | Jan | 2003 | 2,0 km | Jungen | Stapel | J |
| 0:08:22 | 4 | 3 | 3 | 105 | Choszcz | Georg | 2007 | 2,0 km | Jungen | Neuhaus | J |
| 0:08:53 | 6 | 4 | 4 | 111 | Klettke | Tom | 2005 | 2,0 km | Jungen | VfL Stapel | J |
| 0:08:57 | 7 | 5 | 5 | 100 | Abrahamsen | Finn- Ole | 2008 | 2,0 km | Jungen | Stapel | J |
| 0:08:59 | 8 | 6 | 6 | 132 | Winkelmann | Bela Nikolai | 2006 | 2,0 km | Jungen | Hamburg Wasser | J |
| 0:09:11 | 9 | 7 | 7 | 135 | Rust | Nils | 2004 | 2,0 km | Jungen | Stapel | J |
| 0:09:31 | 13 | 8 | 8 | 127 | Stöckmann | Ben | 2008 | 2,0 km | Jungen | Neuhaus | J |
| 0:09:41 | 15 | 9 | 9 | 122 | Rathjen | Karl-Friedrich | 2004 | 2,0 km | Jungen | Lübtheen | J |
| 0:10:09 | 20 | 10 | 10 | 157 | Schröder | Luca | 2006 | 2,0 km | Jungen | Stapel | J |
| 0:10:31 | 28 | 11 | 11 | 113 | Kramer | Magnus | 2004 | 2,0 km | Jungen | Stapel | J |
| 0:10:36 | 30 | 12 | 12 | 159 | Treu | Jonathan | 2008 | 2,0 km | Jungen | Hamburg | J |
| 0:10:51 | 34 | 13 | 13 | 144 | Mousa | Thaer | 2006 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:10:57 | 36 | 14 | 14 | 150 | Al-Alharir | Youssef | 2009 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:11:02 | 37 | 15 | 15 | 139 | Omar Mousa | Mohammad | 2008 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:11:10 | 39 | 16 | 16 | 138 | Haidari | Arman | 2011 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:12:08 | 43 | 17 | 17 | 165 | Arnold | Malte | 2008 | 2,0 km | Jungen | Güstrow | J |
| 0:12:15 | 44 | 18 | 18 | 109 | Frielinghaus | Erik | 2005 | 2,0 km | Jungen | Brahlstorf | J |
| 0:13:03 | 45 | 19 | 19 | 102 | Arlt | Johann | 2007 | 2,0 km | Jungen | VfL Stapel | J |
| 0:13:16 | 47 | 20 | 20 | 168 | Sherwan Haj | Khatib | 2006 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:13:33 | 49 | 21 | 21 | 107 | Erdtmann | Martin | 2009 | 2,0 km | Jungen | TUS Hohnsdorf | J |
| 0:13:41 | 52 | 22 | 22 | 147 | Teasqieh | Moataz | 2015 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:13:55 | 53 | 23 | 23 | 148 | Teasqieh | Ziyaf | 2009 | 2,0 km | Jungen | ASB Team Sumte | J |
| 0:14:05 | 54 | 24 | 24 | 146 | Sawari | Samir | 2012 | 2,0 km | Jungen | ASB Team Sumte | J |

Mädchen

| | | | | | | | | | | | |
|---------|----|----|----|-----|--------------|-------------|------|--------|---------|---------------------|---|
| 0:07:45 | 1 | 1 | 1 | 116 | Loock | Nathalie | 2004 | 2,0 km | Mädchen | Perleberg | M |
| 0:08:48 | 5 | 2 | 2 | 128 | Stöckmann | Nele | 2004 | 2,0 km | Mädchen | Neuhaus | M |
| 0:09:19 | 10 | 3 | 3 | 156 | Stoll | Linda | 2006 | 2,0 km | Mädchen | Berlin | M |
| 0:09:20 | 11 | 4 | 4 | 131 | Treckann | Maja | 2004 | 2,0 km | Mädchen | Pätow | M |
| 0:09:27 | 12 | 5 | 5 | 115 | Loock | Katharina | 2002 | 2,0 km | Mädchen | Perleberg | M |
| 0:09:42 | 16 | 6 | 6 | 136 | Heppler | Maud | 2002 | 2,0 km | Mädchen | Lüneburg | M |
| 0:09:45 | 17 | 7 | 7 | 126 | Stapelfeldt | Johanna | 2005 | 2,0 km | Mädchen | VfL Stapel | M |
| 0:10:00 | 18 | 8 | 8 | 137 | Brauny | Kana | 2007 | 2,0 km | Mädchen | VfL Bleckede | M |
| 0:10:07 | 19 | 9 | 9 | 149 | Sawari | Benafsha | 2011 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:10:11 | 21 | 10 | 10 | 103 | Berlip | Sina | 2006 | 2,0 km | Mädchen | VfL Stapel | M |
| 0:10:12 | 22 | 11 | 11 | 129 | Trilck | Anna- Maria | 2006 | 2,0 km | Mädchen | Neuhaus | M |
| 0:10:12 | 23 | 11 | 11 | 123 | Roßberger | Annabell | 2004 | 2,0 km | Mädchen | Stapel | M |
| 0:10:13 | 24 | 13 | 13 | 124 | Schröder | Sarah | 2004 | 2,0 km | Mädchen | Stapel | M |
| 0:10:21 | 26 | 14 | 14 | 101 | Abrahamsen | Lilli | 2006 | 2,0 km | Mädchen | Stapel | M |
| 0:10:27 | 27 | 15 | 15 | 119 | Niederhoff | Helene | 2005 | 2,0 km | Mädchen | VfL Stapel | M |
| 0:10:35 | 29 | 16 | 16 | 114 | Kreis | Catrine | 2007 | 2,0 km | Mädchen | Neuhaus | M |
| 0:10:40 | 31 | 17 | 17 | 121 | Puffahrt | Hanna | 2004 | 2,0 km | Mädchen | Stapel | M |
| 0:10:49 | 32 | 18 | 18 | 130 | Trilck | Viktoria | 2009 | 2,0 km | Mädchen | Neuhaus | M |
| 0:10:50 | 33 | 19 | 19 | 110 | Frielinghaus | Vera | 2007 | 2,0 km | Mädchen | Brahlstorf | M |
| 0:10:56 | 35 | 20 | 20 | 158 | Lampe | Madelaine | 2008 | 2,0 km | Mädchen | Uelzen | M |
| 0:11:05 | 38 | 21 | 21 | 106 | Choszcz | Paula | 2005 | 2,0 km | Mädchen | Neuhaus | M |
| 0:11:20 | 40 | 22 | 22 | 108 | Frank | Hermine | 2007 | 2,0 km | Mädchen | Stapel | M |
| 0:11:33 | 41 | 23 | 23 | 134 | Winkelmann | Hedi | 2011 | 2,0 km | Mädchen | TG Trizack Rostock | M |
| 0:13:03 | 46 | 24 | 24 | 141 | Hilo | Eimen | 2006 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:13:25 | 48 | 25 | 25 | 112 | Kramer | Ida | 2009 | 2,0 km | Mädchen | Stapel | M |
| 0:13:38 | 50 | 26 | 26 | 155 | Gabriel | Liza Marie | 2009 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:13:40 | 51 | 27 | 27 | 163 | Semdner | Jolie Marie | 2010 | 2,0 km | Mädchen | TSV Empor Zarrentin | M |
| 0:16:13 | 55 | 28 | 28 | 153 | Thoms | Leena | 2003 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:16:14 | 56 | 29 | 29 | 167 | Samira | Sidra | 2005 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:16:15 | 57 | 30 | 30 | 142 | Hilo | Muna | 2009 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:16:18 | 59 | 31 | 31 | 143 | Haji | Evelin | 2010 | 2,0 km | Mädchen | ASB Team Sumte | M |
| 0:22:50 | 60 | 32 | 32 | 162 | Semdner | Fenja | 2012 | 2,0 km | Mädchen | TSV Empor Zarrentin | M |

Erwachsene

| | | | | | | | | | | | |
|---------|----|---|---|-----|---------|---------|------|--------|------------|----------------|---|
| 0:09:36 | 14 | 1 | 1 | 166 | Schoop | Monika | 1954 | 2,0 km | Erwachsene | Picher | E |
| 0:10:19 | 25 | 2 | 2 | 160 | Abakat | Ahmad | 1979 | 2,0 km | Erwachsene | ASB Team Sumte | E |
| 0:11:34 | 42 | 3 | 3 | 161 | Adam | Sahle | 1982 | 2,0 km | Erwachsene | ASB Team Sumte | E |
| 0:16:18 | 58 | 4 | 4 | 154 | Gabriel | Julia | 1986 | 2,0 km | Erwachsene | ASB Team Sumte | E |
| 1:16:00 | 61 | 5 | 5 | 169 | | Loretta | 1980 | 2,0 km | Erwachsene | ASB Team Sumte | E |

5,4 km

m. Jugend

| Zeit | Platz | Platz m/w | Platz Ak | StartNR | Name | Vorname | Geb | Km | AK | ORT/VEREIN | m/w |
|---------|-------|-----------|----------|---------|----------|---------------|------|--------|----------|----------------|-----|
| 0:21:04 | 6 | 6 | 1 | 434 | Ziemann | Luca | 2000 | 5,4 km | m Jugend | Zeetze | m |
| 0:21:17 | 7 | 7 | 2 | 433 | Ziemann | Lars | 1999 | 5,4 km | m Jugend | Zeetze | m |
| 0:26:44 | 21 | 17 | 3 | 447 | Hilo | Adel | 2001 | 5,4 km | m Jugend | ASB Team Sumte | m |
| 0:27:17 | 22 | 18 | 4 | 415 | Lausen | Marvin | 2001 | 5,4 km | m Jugend | VfL Stapel | m |
| 0:27:31 | 23 | 19 | 5 | 423 | Sperling | Gerjet | 2003 | 5,4 km | m Jugend | Neuhaus | m |
| 0:28:43 | 26 | 21 | 6 | 464 | Al Abed | Ali | 2001 | 5,4 km | m Jugend | ASB Team Sumte | m |
| 0:31:18 | 42 | 29 | 7 | 484 | Wagner | Jan-Christian | 2001 | 5,4 km | m Jugend | Suderberg | m |
| 0:32:29 | 52 | 36 | 8 | 419 | Ohl | Hagen | 2004 | 5,4 km | m Jugend | VfL Stapel | m |
| 0:32:59 | 54 | 38 | 9 | 455 | Asra | Khalid | 2004 | 5,4 km | m Jugend | ASB Team Sumte | m |
| 0:37:15 | 71 | 44 | 10 | 441 | Ahmadi | Nasratullah | 2001 | 5,4 km | m Jugend | ASB Team Sumte | m |

w. Jugend

| | | | | | | | | | | | |
|---------|-----|---|---|-----|------------|--------------|------|--------|----------|----------------|---|
| 0:24:30 | 15 | 1 | 1 | 422 | Rust | Anica | 1999 | 5,4 km | w Jugend | Lüneburger SV | w |
| 0:25:45 | 17 | 2 | 2 | 429 | v. Hörsten | Maike | 2002 | 5,4 km | w Jugend | Uelzen | w |
| 0:26:41 | 19 | 3 | 3 | 428 | v. Hörsten | Ann-Christin | 2000 | 5,4 km | w Jugend | Uelzen | w |
| 0:28:48 | 28 | 4 | 4 | 487 | Steinert | Leonie | 2002 | 5,4 km | w Jugend | Zweedrof | w |
| 0:31:17 | 41 | 5 | 5 | 470 | Treu | Hannah | 2003 | 5,4 km | w Jugend | Hamburg | w |
| 0:33:41 | 59 | 6 | 6 | 436 | Bagunk | Christina | 2004 | 5,4 km | w Jugend | Neu Garge | w |
| 0:36:41 | 67 | 7 | 7 | 445 | Ahmadi | Maliha | 2000 | 5,4 km | w Jugend | ASB Team Sumte | w |
| dnf | dnf | | | 456 | Asra | Alyah | 2007 | 5,4 km | w Jugend | ASB Team Sumte | w |

Frauen

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|---------|-----|----|----------|-----|----------------|------------|------|--------|------|---------------------------|---|
| 0:25:49 | 18 | 1 | 1 | 427 | Ulbrich | Madeleine | 1989 | 5,4 km | Frau | Lüneburger SV | F |
| 0:28:37 | 24 | 2 | 2 | 404 | Franzke-Machel | Karin | 1964 | 5,4 km | Frau | Post SV Uelzen | F |
| 0:29:19 | 29 | 3 | 3 | 478 | Sindt | Monika | 1956 | 5,4 km | Frau | TSG Wittenburg | F |
| 0:29:38 | 33 | 4 | 4 | 473 | Sudenburg | Esther | 1965 | 5,4 km | Frau | MTV Gerdau | F |
| 0:30:10 | 37 | 5 | 5 | 413 | Kolle | Edith | 1955 | 5,4 km | Frau | Dahlenburger SK | F |
| 0:30:20 | 38 | 6 | 6 | 432 | Ziemann | Katrin | 1975 | 5,4 km | Frau | Zeetze | F |
| 0:30:23 | 39 | 7 | 7 | 465 | Hanbold | Grit | 1968 | 5,4 km | Frau | VfL Stapel | F |
| 0:31:07 | 40 | 8 | 8 | 400 | Bahlhorn | Ria | 1967 | 5,4 km | Frau | Tripkau | F |
| 0:31:44 | 45 | 9 | 9 | 481 | Kolm | Petra | 1963 | 5,4 km | Frau | Niehlitz | F |
| 0:31:47 | 48 | 10 | 10 | 467 | Mosel | Kristina | 1981 | 5,4 km | Frau | Gülze | F |
| 0:32:20 | 51 | 11 | 11 | 406 | Frielinghaus | Katja | 1977 | 5,4 km | Frau | Brahlstorf | F |
| 0:33:00 | 55 | 12 | 12 | 453 | Fischer | Kim-Eileen | 1996 | 5,4 km | Frau | ASB Team Sumte | F |
| 0:33:01 | 56 | 13 | 13 | 458 | Schmecht | Katrin | 1979 | 5,4 km | Frau | ASB Team Sumte | F |
| 0:33:20 | 57 | 14 | 14 | 459 | Tewes | Anja | 1992 | 5,4 km | Frau | ASB Team Sumte | F |
| 0:33:48 | 60 | 15 | 15 | 412 | Kohnert | Michaela | 1988 | 5,4 km | Frau | Rathenau | F |
| 0:34:52 | 62 | 16 | 16 | 426 | Trilck | Julia | 1981 | 5,4 km | Frau | Neuhaus | F |
| 0:34:55 | 63 | 17 | 17 | 482 | van Hörschn | Maren | 1967 | 5,4 km | Frau | Post SV Uelzen | F |
| 0:35:46 | 65 | 18 | 18 | 431 | Wonerow | Annika | 1982 | 5,4 km | Frau | Sückau | F |
| 0:35:46 | 66 | 18 | 18 | 414 | Körner | Antje | 1977 | 5,4 km | Frau | VfL Stapel | F |
| 0:36:47 | 69 | 20 | 20 | 475 | Wieckhorst | Jessica | 1983 | 5,4 km | Frau | SVF Neustadt-Glewe | F |
| 0:37:41 | 72 | 21 | 21 | 403 | Dobrick | Tanja | 1973 | 5,4 km | Frau | Team Erdinger Alkoholfrei | F |
| 0:38:25 | 73 | 22 | 22 | 479 | Mathias | Sandy | 1980 | 5,4 km | Frau | Nostorf | F |
| 0:41:20 | 74 | 23 | 23 | 469 | Treu | Barabra | 1949 | 5,4 km | Frau | Bienenbüttel | F |
| 0:41:24 | 75 | 24 | 24 | 421 | Pries | Christiane | 1964 | 5,4 km | Frau | Glinde | F |
| dnf | dnf | | | 442 | Ahmadi | Fahima | 1990 | 5,4 km | Frau | ASB Team Sumte | F |
| dnf | dnf | | | 454 | Asra | Nelly | 1984 | 5,4 km | Frau | ASB Team Sumte | F |

Mann

| | | | | | | | | | | | |
|---------|---|---|----------|-----|---------|-----------|------|--------|------|---------------|---|
| 0:18:16 | 1 | 1 | 1 | 466 | Letzgun | Philipp | 1988 | 5,4 km | Mann | Lüneburger SV | M |
| 0:18:27 | 2 | 2 | 2 | 417 | Meyer | Christoph | 1975 | 5,4 km | Mann | Lüneburger SV | M |
| 0:19:51 | 3 | 3 | 3 | 408 | Jahnke | Rainer | 1970 | 5,4 km | Mann | Lüneburger SV | M |

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|---------|----|----|----|-----|-------------|-------------|------|--------|------|--------------------|---|
| 0:20:43 | 4 | 4 | 4 | 468 | Seyffert | Stefan | 1976 | 5,4 km | Mann | Post SV Uelzen | M |
| 0:20:47 | 5 | 5 | 5 | 416 | Manecke | Björn | 1992 | 5,4 km | Mann | Lüneburger SV | M |
| 0:21:20 | 8 | 8 | 6 | 402 | Deumann | Jörg | 1965 | 5,4 km | Mann | Lüneburger SV | M |
| 0:22:05 | 9 | 9 | 7 | 430 | Winkelmann | Olaf | 1970 | 5,4 km | Mann | BSG Hamburg Wasser | M |
| 0:23:18 | 10 | 10 | 8 | 418 | Nitsche | Sascha | 1986 | 5,4 km | Mann | Neuhaus | M |
| 0:23:49 | 11 | 11 | 9 | 471 | Baars | Sören | 1996 | 5,4 km | Mann | Greifswald | M |
| 0:24:21 | 12 | 12 | 10 | 411 | Koch | Michael | 1991 | 5,4 km | Mann | Neetze | M |
| 0:24:26 | 13 | 13 | 11 | 472 | Weckel | Robert | 1989 | 5,4 km | Mann | SG Boizenburg | M |
| 0:24:29 | 14 | 14 | 12 | 476 | Schulz | Kai | 1983 | 5,4 km | Mann | SVF Neustadt-Glewe | M |
| 0:25:31 | 16 | 15 | 13 | 425 | Stöckmann | André | 1979 | 5,4 km | Mann | Neuhaus | M |
| 0:26:43 | 20 | 16 | 14 | 437 | Prösch | Jens | 1975 | 5,4 km | Mann | Pätow | M |
| 0:28:42 | 25 | 20 | 15 | 439 | Haje Rasho | Falah | 1998 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:28:44 | 27 | 22 | 16 | 461 | Clasen | Markus | 1987 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:29:28 | 30 | 23 | 17 | 477 | Heidelberg | Olaf | 1971 | 5,4 km | Mann | TUS Barendorf | M |
| 0:29:29 | 31 | 24 | 18 | 438 | Mohammad | Shivan | 1986 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:29:37 | 32 | 25 | 19 | 483 | Wilhelm | Andreas | 1975 | 5,4 km | Mann | BSG Hamburg Wasser | M |
| 0:29:46 | 34 | 26 | 20 | 492 | Atotab | Sajad | 1994 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:29:53 | 35 | 27 | 21 | 474 | Richter | Rüdiger | 1966 | 5,4 km | Mann | Zeetze | M |
| 0:29:54 | 36 | 28 | 22 | 488 | Banz | Ingo | 1950 | 5,4 km | Mann | Berlin | M |
| 0:31:37 | 43 | 30 | 23 | 486 | Saeland | Bernd | 1951 | 5,4 km | Mann | Vielank | M |
| 0:31:43 | 44 | 31 | 24 | 401 | Bär | Siegfried | 1971 | 5,4 km | Mann | Wiebendorf | M |
| 0:31:45 | 46 | 32 | 25 | 480 | Tietz | Michael | 1979 | 5,4 km | Mann | Boizenburg | M |
| 0:31:45 | 47 | 32 | 25 | 489 | Hildebrandt | Andre | 1984 | 5,4 km | Mann | Gulstorf | M |
| 0:32:18 | 49 | 34 | 27 | 424 | Sorgenfrey | Peter | 1963 | 5,4 km | Mann | Gothmann | M |
| 0:32:20 | 50 | 35 | 28 | 444 | Ahmadi | Hekmatullah | 2005 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:32:39 | 53 | 37 | 29 | 485 | Döscher | Sven | 1974 | 5,4 km | Mann | Hagenow | M |
| 0:33:39 | 58 | 39 | 30 | 440 | Garis | Mohsen | 1992 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:34:08 | 61 | 40 | 31 | 494 | Aci | Benamour | 1990 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:35:31 | 64 | 41 | 32 | 410 | Kreis | Gerhard | 1964 | 5,4 km | Mann | Neuhaus | M |
| 0:36:45 | 68 | 42 | 33 | 491 | Zaidan | Ahmad | 1979 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:37:14 | 70 | 43 | 34 | 490 | Ibrahim | Kardo Dilan | 1998 | 5,4 km | Mann | ASB Team Sumte | M |
| 0:41:25 | 76 | 45 | 35 | 407 | Hublitz | Stefan | 1967 | 5,4 km | Mann | TSV Glinde | M |
| 0:52:17 | 77 | 46 | 36 | 493 | Inoussa | Traore | 1992 | 5,4 km | Mann | ASB Team Sumte | M |

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|---------|-----|----|----|-----|-------------|----------|------|--------|------|----------------|---|
| 0:52:47 | 78 | 47 | 37 | 452 | Doumbia | Ibrahima | 1988 | 5,4 km | Mann | ASB Team Sumte | M |
| dnf | dnf | | | 457 | Sharafiddin | Amir | 1990 | 5,4 km | Mann | ASB Team Sumte | M |
| dnf | dnf | | | 462 | Abakat | Ahmad | 1979 | 5,4 km | Mann | ASB Team Sumte | M |
| dnf | dnf | | | 463 | Adam | Sahle | 1982 | 5,4 km | Mann | ASB Team Sumte | M |

10,6km

Männer gesamt

| Zeit | Platz | Platz m/w | Platz Ak | StartNR | Name | Vorname | Geb | Km | AK | ORT/VEREIN | m/w |
|---------|-------|-----------|----------|---------|---------|----------|------|---------|-----|-------------------|-----|
| 0:35:24 | 1 | 1 | 1 | 1024 | Lindner | Markus | 1987 | 10,6 km | M20 | Post SV Uelzen | M |
| 0:40:20 | 2 | 2 | 1 | 1039 | Mosel | Wolfgang | 1964 | 10,6 km | M50 | Aufbau Boizenburg | M |
| 0:40:50 | 3 | 3 | 2 | 1018 | Hinz | Jörg | 1962 | 10,6 km | M50 | TSG Wittenburg | M |

Frauen gesamt

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|---------|----|---|---|------|----------|---------|------|---------|-----|--------------|---|
| 0:45:51 | 7 | 1 | 1 | 1026 | Loock | Yvonne | 1977 | 10,6 km | W30 | Perleberg | W |
| 0:49:47 | 14 | 2 | 2 | 1074 | Schwarz | Daniela | 1985 | 10,6 km | W30 | LSV Handball | W |
| 0:52:26 | 23 | 3 | 1 | 1057 | Lüneborg | Anja | 1968 | 10,6 km | W40 | | W |

Altersklassen

w. Jugend

| | | | | | | | | | | | |
|---------|----|----|---|------|---------|-----|------|---------|---------|-----------|---|
| 1:19:51 | 68 | 22 | 1 | 1012 | Düffert | Lea | 2000 | 10,6 km | WJugend | Bardowick | W |
|---------|----|----|---|------|---------|-----|------|---------|---------|-----------|---|

W 20

| | | | | | | | | | | | |
|---------|----|----|---|------|---------|------|------|---------|-----|------------|---|
| 1:00:13 | 50 | 13 | 1 | 1044 | Steffen | Lisa | 1994 | 10,6 km | W20 | Lüttenmark | W |
|---------|----|----|---|------|---------|------|------|---------|-----|------------|---|

W 30

| | | | | | | | | | | | |
|---------|----|----|---|------|----------|---------------|------|---------|-----|-------------------|---|
| 0:45:51 | 7 | 1 | 1 | 1026 | Loock | Yvonne | 1977 | 10,6 km | W30 | Perleberg | W |
| 0:49:47 | 14 | 2 | 2 | 1074 | Schwarz | Daniela | 1985 | 10,6 km | W30 | LSV Handball | W |
| 0:58:04 | 41 | 8 | 3 | 1054 | Schröder | Daniela | 1986 | 10,6 km | W30 | Bardowick | W |
| 1:03:22 | 59 | 15 | 4 | 1007 | Boll | Anne-Christin | 1983 | 10,6 km | W30 | Aarhus (Dänemark) | W |
| 1:09:04 | 65 | 19 | 5 | 1047 | Wegner | Kerstin | 1981 | 10,6 km | W30 | CaKaMaLu | W |

W 40

| | | | | | | | | | | | |
|---------|----|----|----------|------|----------|----------|------|---------|-----|---------------------------|---|
| 0:52:26 | 23 | 3 | 1 | 1057 | Lüneborg | Anja | 1968 | 10,6 km | W40 | | W |
| 0:56:41 | 33 | 7 | 2 | 1008 | Buss | Silvia | 1968 | 10,6 km | W40 | SV Blau Weiß Perleberg | W |
| 0:58:26 | 44 | 9 | 3 | 1041 | Schöne | Ulrike | 1968 | 10,6 km | W40 | Laufgruppe Schwerin | W |
| 0:58:35 | 46 | 11 | 4 | 1016 | Hacker | Carmen | 1967 | 10,6 km | W40 | Dahlenburger Ford Service | W |
| 0:58:53 | 47 | 12 | 5 | 1069 | Fahnert | Berit | 1976 | 10,6 km | W40 | Die Füchse Lüneburg | W |
| 1:00:48 | 54 | 14 | 6 | 1076 | Heuer | Henrike | 1969 | 10,6 km | W40 | Lüneburg | W |
| 1:04:43 | 61 | 16 | 7 | 1063 | Treu | Michaela | 1969 | 10,6 km | W40 | Hamburg | W |
| 1:07:22 | 63 | 18 | 8 | 1035 | Pfitzner | Carmen | 1968 | 10,6 km | W40 | Uelzen | W |

W 50

| | | | | | | | | | | | |
|---------|----|----|----------|------|----------|------------|------|---------|-----|-------------------|---|
| 0:54:16 | 27 | 4 | 1 | 1059 | Schwaeke | Hannelore | 1961 | 10,6 km | W50 | TUS Hohnsdorf | W |
| 0:54:37 | 28 | 5 | 2 | 1015 | Frey | Christiane | 1966 | 10,6 km | W50 | Tri Team Lüneburg | W |
| 1:04:59 | 62 | 17 | 3 | 1053 | Wichert | Doris | 1958 | 10,6 km | W50 | Lüneburg | W |
| 1:13:37 | 66 | 20 | 4 | 1020 | Lange | Gaby | 1963 | 10,6 km | W50 | SV Ehlbeck | W |

W 60

| | | | | | | | | | | | |
|---------|----|----|----------|------|--------|-------|------|---------|-----|-----------------|---|
| 0:55:30 | 31 | 6 | 1 | 1049 | Witte | Elke | 1956 | 10,6 km | W60 | Hagenow | W |
| 0:58:34 | 45 | 10 | 2 | 1040 | Saucke | Beate | 1956 | 10,6 km | W60 | Dahlenburger SK | W |

W 70

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|---------|----|----|----------|------|--------|----------|------|---------|-----|-------------|---|
| 1:14:01 | 67 | 21 | 1 | 1006 | Brandt | Annelore | 1945 | 10,6 km | W70 | Wittenberge | W |
|---------|----|----|----------|------|--------|----------|------|---------|-----|-------------|---|

m. Jugend

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|---------|----|----|----------|------|----------|--------|------|---------|---------|----------------|---|
| 0:54:53 | 29 | 24 | 1 | 1048 | Widdrus | Marc | 1999 | 10,6 km | MJugend | TSV Wittenburg | M |
| 0:57:47 | 40 | 33 | 2 | 1036 | Pfitzner | Marcel | 2002 | 10,6 km | MJugend | Uelzen | M |

M 20

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|---------|----|----|----------|------|---------|--------|------|---------|-----|----------------------|---|
| 0:35:24 | 1 | 1 | 1 | 1024 | Lindner | Markus | 1987 | 10,6 km | M20 | Post SV Uelzen | M |
| 0:51:07 | 21 | 19 | 2 | 1064 | Thiele | Jannik | 1987 | 10,6 km | M20 | Hirsch Run Düsseltal | M |

M 30

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|---------|---|---|----------|------|------------|-----------|------|---------|-----|---------------------|---|
| 0:43:04 | 4 | 4 | 1 | 1062 | Tschersich | Frank | 1983 | 10,6 km | M30 | Laufgruppe Schwerin | M |
| 0:46:07 | 8 | 7 | 2 | 1029 | Mannigel | Christian | 1980 | 10,6 km | M30 | DeichLäufer | M |

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|---------|----|----|----------|------|-----------------|---------|------|---------|-----|-----------------------|---|
| 0:46:46 | 10 | 9 | 3 | 1045 | Vorrath | Stefan | 1977 | 10,6 km | M30 | MTV Treubund Lüneburg | M |
| 0:49:49 | 15 | 13 | 4 | 1070 | Schmitt-Fahnert | Tassilo | 1973 | 10,6 km | M30 | Lüneburg | M |
| 0:50:44 | 17 | 15 | 5 | 1065 | Voß | Carsten | 1980 | 10,6 km | M30 | Kaarßen FFW | M |
| 0:52:50 | 24 | 21 | 6 | 1001 | Arlt | Steffen | 1979 | 10,6 km | M30 | Hamburg | M |
| 0:55:31 | 32 | 26 | 7 | 1073 | Mathias | Frank | 1979 | 10,6 km | M30 | LSV Handball | M |
| 0:58:21 | 43 | 35 | 8 | 1011 | Döscher | Andy | 1982 | 10,6 km | M30 | Boizenburg | M |
| 1:00:13 | 51 | 38 | 9 | 1002 | Arnold | Danilo | 1979 | 10,6 km | M30 | Lüttenmark | M |

M 40

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|---------|----|----|----------|------|-----------------|---------|------|---------|-----|------------------|---|
| 0:44:49 | 5 | 5 | 1 | 1010 | Dobrick | Mathias | 1973 | 10,6 km | M40 | Team Ultra Sport | M |
| 0:49:07 | 12 | 11 | 2 | 1025 | Loock | Birger | 1973 | 10,6 km | M40 | Perleberg | M |
| 0:49:09 | 13 | 12 | 3 | 1075 | Fischer | Jörn | 1976 | 10,6 km | M40 | Deutsch Evern | M |
| 0:50:09 | 16 | 14 | 4 | 1052 | Ziemann | Robert | 1971 | 10,6 km | M40 | Zeetze | M |
| 0:50:58 | 20 | 17 | 5 | 1071 | Schulz | Andreas | 1970 | 10,6 km | M40 | TSG Wittenburg | M |
| 0:54:12 | 26 | 23 | 6 | 1050 | Tramnitzke | Norbert | 1971 | 10,6 km | M40 | Boizenburg | M |
| 0:57:26 | 37 | 30 | 7 | 1038 | Prause | Thomas | 1968 | 10,6 km | M40 | Schwaberow | M |
| 0:57:32 | 39 | 32 | 8 | 1055 | Brechtel-Brauny | Arne | 1969 | 10,6 km | M40 | Hamburger SV | M |
| 0:58:19 | 42 | 34 | 9 | 1072 | Goroncy | Maik | 1967 | 10,6 km | M40 | Team LQ 3 | M |
| 0:58:59 | 48 | 36 | 10 | 1068 | Frielinghaus | Helmut | 1974 | 10,6 km | M40 | TSG Brahlstorf | M |
| 1:03:26 | 60 | 45 | 11 | 1013 | Düffert | Mark | 1970 | 10,6 km | M40 | Bardowick | M |

M 50

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|---------|----|----|----------|------|---------------|----------|------|---------|-----|---------------------------|---|
| 0:40:20 | 2 | 2 | 1 | 1039 | Mosel | Wolfgang | 1964 | 10,6 km | M50 | Aufbau Boizenburg | M |
| 0:40:50 | 3 | 3 | 2 | 1018 | Hinz | Jörg | 1962 | 10,6 km | M50 | TSG Wittenburg | M |
| 0:45:21 | 6 | 6 | 3 | 1022 | Leonhardt | Frank | 1965 | 10,6 km | M50 | Laufgruppe Schwerin | M |
| 0:46:26 | 9 | 8 | 4 | 1014 | Erdtmann | Knut | 1962 | 10,6 km | M50 | TUS Hohnsdorf | M |
| 0:48:32 | 11 | 10 | 5 | 1017 | Hacker | Hartmut | 1965 | 10,6 km | M50 | Dahlenburger Ford Service | M |
| 0:50:58 | 19 | 17 | 6 | 1030 | Metzger- Frey | Stefan | 1962 | 10,6 km | M50 | Lüneburg | M |
| 0:52:22 | 22 | 20 | 7 | 1003 | Bahlhorn | Torsten | 1965 | 10,6 km | M50 | Tripkau | M |
| 0:57:29 | 38 | 31 | 8 | 1028 | Machel | Gerhard | 1965 | 10,6 km | M50 | Post SV Uelzen | M |
| 1:00:48 | 52 | 39 | 9 | 1033 | Nettelbeck | Olaf | 1964 | 10,6 km | M50 | Preten | M |

M 60

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|---------|----|----|----------|------|---------------|--------------|------|---------|-----|-----------------------|---|
| 0:50:51 | 18 | 16 | 1 | 1061 | Tschersich | Harald | 1956 | 10,6 km | M60 | Laufgruppe Schwerin | M |
| 0:53:10 | 25 | 22 | 2 | 1067 | Hrubesch | Reiner | 1950 | 10,6 km | M60 | Neu Zachun | M |
| 0:57:01 | 34 | 27 | 3 | 1004 | Barge | Egon | 1948 | 10,6 km | M60 | TSG Wittenburg | M |
| 0:57:08 | 35 | 28 | 4 | 1037 | Pingel | Günther | 1951 | 10,6 km | M60 | Schwerin | M |
| 1:00:48 | 53 | 39 | 5 | 1021 | Lange | Eckhard | 1955 | 10,6 km | M60 | SV Ehlbeck | M |
| 1:02:18 | 55 | 41 | 6 | 1066 | Briesemeister | Hartwig | 1949 | 10,6 km | M60 | Hagenow | M |
| 1:08:40 | 64 | 46 | 7 | 1027 | Lüthje | Klaus | 1952 | 10,6 km | M60 | VfL Lohbrügge | M |
| 1:21:15 | 69 | 47 | 8 | 1058 | Finke | Rolf-Rüdiger | 1952 | 10,6 km | M60 | MTV Treubund Lüneburg | M |

M 70

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|---------|----|----|----------|------|----------|---------|------|---------|-----|-----------------------|---|
| 0:55:17 | 30 | 25 | 1 | 1056 | Maas | Gerd | 1946 | 10,6 km | M70 | Hamburg | M |
| 0:57:16 | 36 | 29 | 2 | 1043 | Schmidt | Walter | 1939 | 10,6 km | M70 | Stolpertruppe Winsen | M |
| 0:59:27 | 49 | 37 | 3 | 1046 | Vorrath | Wilhelm | 1942 | 10,6 km | M70 | MTV Treubund Lüneburg | M |
| 1:02:37 | 56 | 42 | 4 | 1034 | Peukert | Lothar | 1938 | 10,6 km | M70 | TSG Wittenburg | M |
| 1:03:06 | 57 | 43 | 5 | 1009 | Dietrich | Peter | 1939 | 10,6 km | M70 | HNT Hamburg | M |
| 1:03:20 | 58 | 44 | 6 | 1060 | Kunert | Paul | 1939 | 10,6 km | M70 | TUS Hohnsdorf | M |