
VfL Suderburg
Herbstlanglauf
am 14.11.2010 in Suderburg / Hösseringen - Sportplatz Hösseringen

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Der-4-Runden-Marathon

Der-4-Runden-Marathon

10 km 20 km 30 km 40 km

| | | | |
|-----|--------------------------------|------------------------------------|---------|
| 1. | /1. M45 237 Dr. Röhrs, Michael | 1963 TV Jahn Schneverdingen | 2:54:21 |
| 2. | /1. M35 1 Horn, Carsten | 1971 VfL Suderburg | 2:54:25 |
| 3. | /2. M45 30 Liebruth, Horst | 1964 Liebruth Business Coaching | 3:00:47 |
| 4. | /1. M40 716 Lehmann, Mario | 1966 Laufftreff Pretzier | 3:14:19 |
| 5. | /3. M45 510 Vajen, Heino | 1963 Lauffreunde Osterholz | 3:23:57 |
| 6. | /2. M40 847 Brammer, Henry | 1968 VfL Suderburg | 3:26:36 |
| 7. | /4. M45 139 Ochmann, Michael | 1965 Vereinslos | 3:27:06 |
| 8. | /1. M55 5 Gröning, Wolfgang | 1953 Flensburg | 3:30:08 |
| 9. | /2. M35 820 Schnitzer, Bjoern | 1975 Vereinslos | 3:33:08 |
| 10. | /3. M35 1012 Pankus, Falk | 1973 Laufftreff Altwarmbüchen | 3:33:08 |
| 11. | /1. M50 1014 Gilsdorf, Michael | 1959 Tri-Speedys Peine | 3:44:33 |
| 12. | /1. M60 1017 Kollwig, Michael | 1949 vereinslos | 3:45:18 |
| 13. | /5. M45 531 Twyrdy, Krystian | 1961 VfB Fallersleben | 3:45:44 |
| 14. | /1. Mä 27 Tucci, Mario | 1982 Squadra Lucana Bassa Sassonia | 3:46:34 |
| 15. | /6. M45 329 Lüdke, Lutz | 1963 Feuerwehr Dolsleben | 3:51:56 |
| 16. | /2. M60 995 Jaeger, Lothar | 1950 vereinslos | 3:59:04 |
| 17. | /3. M40 414 Lewandowski, Dierk | 1969 Lebensfitness e.V. | 4:00:26 |
| 18. | /4. M40 883 Giesecke, Bernd | 1968 TSV Wrestdt/Stede | 4:01:39 |
| 19. | /2. M50 943 Linnecke, Bernd | 1958 Vereinslos | 4:01:39 |
| 20. | /4. M35 230 Fehling, Christian | 1971 MTV Obermarschacht | 4:02:36 |
| 21. | /2. Mä 368 Wendefeuer, Heiko | 1982 BSV Eickendorf | 4:05:02 |
| 22. | /7. M45 596 Radzuweit, Thomas | 1965 100. Marathon Club | 4:10:33 |
| 23. | /3. M60 163 Raabe, Jürgen | 1950 SV Blankenese/Hamburg | 4:11:29 |
| 24. | /8. M45 700 rensch, steffen | 1965 Vereinslos | 4:12:09 |
| 25. | /5. M35 855 Guo, Xiaopeng | 1973 Vereinslos | 4:16:40 |
| 26. | /3. M50 14 Wenzel, Christoph | 1960 100. Marathon Club | 4:16:43 |
| 27. | /5. M40 529 Ehlers, Stephan | 1969 Triathlonteam RSC Lüneburg | 4:24:05 |
| | M35 184 Schwarz, Marcus | 1973 Deutsch Evern | aufg. |

Der-4-Runden-Marathon

| | | | |
|----|-------------------------------|--------------------|---------|
| 1. | /1. W35 846 Giesen, Britta | 1971 VfL Suderburg | 3:27:29 |
| 2. | /2. W35 38 Homann, Kathleen | 1971 Magdeburg | 4:01:22 |
| 3. | /3. W35 767 Janssen, Kerstin | 1973 Vereinslos | 4:16:01 |
| 4. | /1. W45 547 Wienstroer, Antje | 1964 Team Erdinger | 4:19:01 |

Der-4-Runden-Marathon

Der-4-Runden-Marathon

10 km 20 km 30 km 40 km

Männer

| | | | | |
|----|------|-----------------------|------------------------------------|---------|
| 1. | /15. | 27 Tucci, Mario | 1982 Squadra Lucana Bassa Sassonia | 3:46:34 |
| 2. | /24. | 368 Wendefeuer, Heiko | 1982 BSV Eickendorf | 4:05:02 |

Der-4-Runden-Marathon

Frauen

| | | | | |
|----|------|----------------------|-------------------------|---------|
| 1. | /18. | 403 Nikiforov, Irina | 1987 Lebensfitness e.V. | 4:00:26 |
|----|------|----------------------|-------------------------|---------|

Der-4-Runden-Marathon

Senioren M35

| | | | | |
|----|------|------------------------|--------------------------------|---------|
| 1. | /2. | 1 Horn, Carsten | 1971 VfL Suderburg | 2:54:25 |
| 2. | /10. | 820 Schnitzer, Bjoern | 1975 Vereinslos | 3:33:08 |
| 3. | /11. | 1012 Panskus, Falk | 1973 Laufftreff Altwarmbüchen | 3:33:08 |
| 4. | /23. | 230 Fehling, Christian | 1971 MTV Obermarschacht | 4:02:36 |
| 5. | /29. | 855 Guo, Xiaopeng | 1973 Vereinslos | 4:16:40 |
| 6. | /37. | 25 Hahn, Rene | 1971 Die wundersamen Lüderaner | 4:45:09 |
| 7. | /42. | 1010 Böhme, Oliver | 1974 LG Socken-Wellen e.V | 4:58:42 |
| 8. | /45. | 3 Sprecher, Dirk | 1973 RK Pforzheim | 5:53:20 |
| | | 184 Schwarz, Marcus | 1973 Deutsch Evern | aufg. |

Der-4-Runden-Marathon

Seniorinnen W35

| | | | | |
|----|------|----------------------|--------------------|---------|
| 1. | /8. | 846 Giesen, Britta | 1971 VfL Suderburg | 3:27:29 |
| 2. | /20. | 38 Homann, Kathleen | 1971 Magdeburg | 4:01:22 |
| 3. | /28. | 767 Janssen, Kerstin | 1973 Vereinslos | 4:16:01 |

Der-4-Runden-Marathon

Senioren M40

| | | | | |
|----|------|------------------------|---------------------------------|---------|
| 1. | /4. | 716 Lehmann, Mario | 1966 Laufftreff Pretzier | 3:14:19 |
| 2. | /6. | 847 Brammer, Henry | 1968 VfL Suderburg | 3:26:36 |
| 3. | /19. | 414 Lewandowski, Dierk | 1969 Lebensfitness e.V. | 4:00:26 |
| 4. | /21. | 883 Giesecke, Bernd | 1968 TSV Wrestedt/Stede | 4:01:39 |
| 5. | /32. | 529 Ehlers, Stephan | 1969 Triathlonteam RSC Lüneburg | 4:24:05 |

Der-4-Runden-Marathon

Seniorinnen W40

| | | | | |
|----|------|---------------------|--------------------------------|---------|
| 1. | /36. | 20 Liebers, Manuela | 1967 Die wundersamen Lüderaner | 4:42:52 |
| 2. | /39. | 597 Bauer, Claudia | 1966 TSG 78 Heidelberg | 4:50:34 |

Der-4-Runden-Marathon

Senioren M45

| | | | | |
|-----|------|------------------------|-----------------------------------|---------|
| 1. | /1. | 237 Dr. Röhrs, Michael | 1963 TV Jahn Schneverdingen | 2:54:21 |
| 2. | /3. | 30 Liebetruth, Horst | 1964 Liebetruth Business Coaching | 3:00:47 |
| 3. | /5. | 510 Vajen, Heino | 1963 Lauffreunde Osterholz | 3:23:57 |
| 4. | /7. | 139 Ochmann, Michael | 1965 Vereinslos | 3:27:06 |
| 5. | /14. | 531 Twyrdy, Krystian | 1961 VFB Fallersleben | 3:45:44 |
| 6. | /16. | 329 Lüdke, Lutz | 1963 Feuerwehr Dolsleben | 3:51:56 |
| 7. | /25. | 596 Radzuweit, Thomas | 1965 100. Marathon Club | 4:10:33 |
| 8. | /27. | 700 rensch, steffen | 1965 Vereinslos | 4:12:09 |
| 9. | /33. | 276 Fritziar, Thomas | 1965 Landespolizei Sachsen-Anhalt | 4:29:38 |
| 10. | /34. | 82 Bradler, Andreas | 1963 SV Kükenbruch 1948 | 4:35:45 |
| 11. | /40. | 463 Pufahl, Rainer | 1964 100. Marathon Club | 4:50:35 |

Der-4-Runden-Marathon

Seniorinnen W45

| | | | | |
|----|------|-----------------------|--------------------|---------|
| 1. | /31. | 547 Wienstroer, Antje | 1964 Team Erdinger | 4:19:01 |
|----|------|-----------------------|--------------------|---------|

Der-4-Runden-Marathon

Senioren M50

| | | | | |
|----|------|------------------------|-------------------------|---------|
| 1. | /12. | 1014 Gilsdorf, Michael | 1959 Tri-Speedys Peine | 3:44:33 |
| 2. | /22. | 943 Linnecke, Bernd | 1958 Vereinslos | 4:01:39 |
| 3. | /30. | 14 Wenzel, Christoph | 1960 100. Marathon Club | 4:16:43 |
| 4. | /38. | 486 Milnikel, Bernd | 1958 TuS Ebstorf | 4:49:36 |

Der-4-Runden-Marathon

Senioren M55

| | | | | |
|----|------|---------------------|--------------------|---------|
| 1. | /9. | 5 Gröning, Wolfgang | 1953 Flensburg | 3:30:08 |
| 2. | /44. | 323 lüthje, klaus | 1952 VFL Lohbrügge | 5:39:01 |

Der-4-Runden-Marathon

Senioren M60

| | | | | |
|----|------|-----------------------|----------------------------|---------|
| 1. | /13. | 1017 Kollwig, Michael | 1949 vereinslos | 3:45:18 |
| 2. | /17. | 995 Jaeger, Lothar | 1950 vereinslos | 3:59:04 |
| 3. | /26. | 163 Raabe, Jürgen | 1950 SV Blankenese/Hamburg | 4:11:29 |
| 4. | /35. | 1016 Schmidt, Patrik | 1946 100. Marathon Club | 4:37:19 |

Der-4-Runden-Marathon

Senioren M65

| | | | | |
|----|------|---------------------|---------------------------|---------|
| 1. | /41. | 1011 Eichler, Fritz | 1944 LG Socken-Wellen e.V | 4:58:42 |
|----|------|---------------------|---------------------------|---------|

Der-4-Runden-Marathon

Senioren M70

| | | | | |
|----|------|----------------------|-------------------------|---------|
| 1. | /43. | 1015 Eipper, Götz W. | 1934 100. Marathon Club | 5:02:53 |
|----|------|----------------------|-------------------------|---------|

Minilauf 400m

Minilauf 400m

5 km 10 km 15 km

| | | | | |
|-----|------|------------------------------|------------------------------|------|
| 1. | /1. | M5 901 Rößler, Laurenz | 2005 TSV Wrestedt/Stede | 2:12 |
| 2. | /2. | M5 944 Bethge, Jannes | 2005 DRK KIGA Suderburg blau | 2:24 |
| 3. | /3. | M5 101 Warnke, Till | 2006 Vereinslos | 2:37 |
| 4. | /4. | M5 938 Stückmann, Lars | 2005 DRK KIGA Suderburg blau | 2:46 |
| 5. | /5. | M5 394 Bütthe, Philipp | 2005 Vereinslos | 2:48 |
| 6. | /6. | M5 1051 Bergmann, Jacob | 2005 Vereinslos | 2:49 |
| 7. | /7. | M5 1013 Pankus, Darius | 2005 Vereinslos | 3:01 |
| 8. | /8. | M5 617 Fricke, Jerome | 2006 SV-Steinhorst | 3:02 |
| 9. | /9. | M5 930 Flaum, Kevin | 2005 DRK KIGA Suderburg grün | 3:03 |
| 10. | /10. | M5 931 Beick, Maximilian | 2005 DRK KIGA Suderburg grün | 3:12 |
| 11. | /11. | M5 604 Becker, Max Andre | 2005 SV-Steinhorst | 3:15 |
| 12. | /12. | M5 1055 Brammer, Ole | 2007 Vereinslos | 3:36 |
| 13. | /13. | M5 1040 Hebestreit, Benedikt | 2007 Vereinslos | 3:39 |
| 14. | /14. | M5 1008 Jochims, Leonard | 2007 VfL Suderburg | 3:50 |
| 15. | /15. | M5 1005 Köllner, Noah | 2006 Vereinslos | 3:52 |
| 16. | /16. | M5 932 Förster, Neo | 2005 DRK KIGA Suderburg grün | 5:37 |

Minilauf 400m

| | | | | |
|-----|------|-------------------------------|-------------------------------------|------|
| 1. | /1. | W5 690 Grewe, Anna | 2005 SC Kirch/Westerweyhe | 2:25 |
| 2. | /2. | W5 74 Hahmeyer, Josi | 2006 die gelbe Mäuse | 2:27 |
| 3. | /3. | W5 926 Resch, Annemarie | 2005 DRK KIGA Suderburg grün | 2:32 |
| 4. | /4. | W5 1078 Bauer, Dana | 2005 SC Kirch/Westerweyhe | 2:35 |
| 5. | /5. | W5 923 Koschny, Anna | 2005 DRK KIGA Suderburg grün | 2:38 |
| 6. | /6. | W5 927 Klingebiel, Tabea | 2005 DRK KIGA Suderburg grün | 2:43 |
| 7. | /7. | W5 227 Semmler, Skyla | 2006 Freunde der Grundschule Gerdau | 2:43 |
| 8. | /8. | W5 489 Schütze, Kaja | 2005 TUS Wieren | 2:45 |
| 9. | /9. | W5 691 Paul, Lena | 2005 SC Kirch/Westerweyhe | 2:46 |
| 10. | /10. | W5 928 Schulze, Luana | 2005 DRK KIGA Suderburg grün | 2:47 |
| 11. | /11. | W5 152 Hinz, Pauline | 2007 SV Holdenstedt | 2:51 |
| 12. | /12. | W5 153 Hinz, Charlotte | 2007 SV Holdenstedt | 2:51 |
| 13. | /13. | W5 826 Schröter, Luca Maija | 2007 Vereinslos | 2:53 |
| 14. | /14. | W5 616 Semmler, Josien | 2005 SV-Steinhorst | 2:53 |
| 15. | /15. | W5 924 Carlone, Chantal | 2005 DRK KIGA Suderburg grün | 2:54 |
| 16. | /16. | W5 221 Wolff, Svenja | 2007 Freunde der Grundschule Gerdau | 2:59 |
| 17. | /17. | W5 867 Otto, Tessa | 2006 MTV Müden/Örtze | 3:03 |
| 18. | /18. | W5 736 Tetzlaff, Hannah-Faith | 2005 MTV Bispingen | 3:07 |
| 19. | /19. | W5 925 Carlone, Nathalie | 2005 DRK KIGA Suderburg grün | 3:11 |
| 20. | /20. | W5 726 Groß, Jana | 2006 Vereinslos | 3:15 |
| 21. | /21. | W5 606 Tietje, Lilli | 2005 SV-Steinhorst | 3:19 |
| 22. | /22. | W5 929 Füger, Sophie | 2005 DRK KIGA Suderburg grün | 3:37 |
| 23. | /23. | W5 549 Thieme, Hannah | 2006 Die gelben Mäuse | 3:48 |
| 24. | /24. | W5 1065 Byell, Marian | 2005 Meilenfrösche Gerdau | 3:52 |

Kinderlauf 550m

Kinderlauf 550m

5 km 10 km 15 km

| | | | |
|-----|---------------------------------|-------------------------------------|------|
| 1. | /1. M7 732 Meyer, Jannik | 2003 MTV Bispingen | 2:21 |
| 2. | /2. M7 386 Schröder, Max | 2003 GS Suderburg Kl. 2b | 2:27 |
| 3. | /3. M7 388 Wrede, Matti | 2003 GS Suderburg Kl. 2b | 2:28 |
| 4. | /4. M7 251 Feuerhake, Hauke | 2003 GS Suderburg Kl. 1b | 2:35 |
| 5. | /5. M7 739 Sorge, Cedrik | 2004 MTV Bispingen | 2:38 |
| 6. | /6. M7 113 Mocek, Benedikt | 2003 GS Veerßen Kl. 2 | 2:39 |
| 7. | /7. M7 105 Dahlhoff, Felix | 2003 GS Veerßen Kl. 2 | 2:40 |
| 8. | /8. M7 211 Suderburg, Marvin | 2003 GS Gerdau KL. 2 | 2:43 |
| 9. | /9. M7 255 Jochims, Justus | 2004 GS Suderburg Kl. 1b | 2:44 |
| 10. | /10. M7 197 Förster, Paul | 2003 GS Gerdau Kl. 1 | 2:45 |
| 11. | /11. M7 551 Liss, Lukas | 2003 Vereinslos | 2:46 |
| 12. | /12. M7 350 Jahnke, Janis | 2003 GS Suderburg Kl. 1a | 2:46 |
| 13. | /13. M7 253 Hahmeyer, Torben | 2003 GS Suderburg Kl. 1b | 2:48 |
| 14. | /14. M7 111 Knirsch, Lenny | 2003 GS Veerßen Kl. 2 | 2:49 |
| 15. | /15. M7 1080 Dobrowolski, Yorik | 2003 Vereinslos | 2:49 |
| 16. | /16. M7 110 Hebestreit, Nicolas | 2003 GS Veerßen Kl. 2 | 2:51 |
| 17. | /17. M7 387 Serwotki, Jan | 2003 GS Suderburg Kl. 2b | 2:52 |
| 18. | /18. M7 364 Wendland, Lukas | 2004 GS Suderburg Kl. 1a | 2:54 |
| 19. | /19. M7 906 Thon, Hannes | 2003 TSV Wrestedt/Stede | 2:55 |
| 20. | /20. M7 352 Lüder, Jonas | 2003 GS Suderburg Kl. 1a | 2:56 |
| 21. | /21. M7 360 Scherer, Hannes | 2003 GS Suderburg Kl. 1a | 2:57 |
| 22. | /22. M7 223 Müller, Joshua | 2004 Freunde der Grundschule Gerdau | 2:59 |
| 23. | /23. M7 259 Lampe, Sean David | 2004 GS Suderburg Kl. 1b | 3:00 |
| 24. | /24. M7 271 Marxen, Ole | 2004 TuS Soltendieck | 3:01 |
| 25. | /25. M7 192 Rose, Jonas | 2004 GS Gerdau Kl. 1 | 3:02 |
| 26. | /26. M7 358 Resch, Maximilian | 2003 GS Suderburg Kl. 1a | 3:03 |
| 27. | /27. M7 444 Liedtke, Tjare | 2003 GS Holdenstedt Kl. 2a | 3:04 |
| 28. | /28. M7 441 Machate, Mick | 2003 GS Holdenstedt Kl. 2a | 3:05 |
| 29. | /29. M7 194 Zierenberg, Dennis | 2003 GS Gerdau Kl. 1 | 3:06 |
| 30. | /30. M7 273 Wundersee, Magnus | 2004 TuS Soltendieck | 3:07 |
| 31. | /31. M7 274 Heder, Henning | 2003 TuS Soltendieck | 3:07 |
| 32. | /32. M7 198 Bremer, Lukas | 2004 GS Gerdau Kl. 1 | 3:08 |
| 33. | /33. M7 249 Dietrich, Jasper | 2004 GS Suderburg Kl. 1b | 3:14 |
| 34. | /34. M7 256 Keplin, Benjamin | 2004 GS Suderburg Kl. 1b | 3:17 |
| 35. | /35. M7 357 Rahmoun, Jakoub | 2004 GS Suderburg Kl. 1a | 3:18 |
| 36. | /36. M7 115 Scharf, Niklas | 2003 GS Veerßen Kl. 2 | 3:20 |
| 37. | /37. M7 363 Tümmler, Lasse | 2003 GS Suderburg Kl. 1a | 3:22 |
| 38. | /38. M7 362 Semmler, Matz | 2003 GS Suderburg Kl. 1a | 3:22 |
| 38. | /38. M7 942 Carstens, Henri | 2004 DRK KIGA Suderburg blau | 3:22 |
| 40. | /40. M7 936 Meyer, Moritz | 2004 DRK KIGA Suderburg grün | 3:29 |
| 41. | /41. M7 365 Wolf, Tobias-Rene | 2004 GS Suderburg Kl. 1a | 3:29 |
| 42. | /42. M7 189 Ohl, Jonas | 2004 GS Gerdau Kl. 1 | 3:30 |
| 43. | /43. M7 190 Heindorf, Gabor | 2004 GS Gerdau Kl. 1 | 3:31 |
| 44. | /44. M7 770 Fischer, Reinards | 2004 SV Holdenstedt | 3:32 |
| 45. | /45. M7 265 Thieme, Ben | 2003 GS Suderburg Kl. 1b | 3:33 |
| 46. | /46. M7 260 Liebelt, Matti | 2003 GS Suderburg Kl. 1b | 3:38 |
| 47. | /47. M7 351 Liebelt, Ole | 2003 GS Suderburg Kl. 1a | 3:42 |
| 48. | /48. M7 941 Tietz, Nick | 2004 DRK KIGA Suderburg blau | 3:47 |
| 49. | /49. M7 266 Uhr, Jan-Niklas | 2003 GS Suderburg Kl. 1b | 3:48 |
| 50. | /50. M7 342 Bennefeld, Elias | 2003 GS Suderburg Kl. 1a | 3:48 |
| 50. | /50. M7 937 Biernat, Tristan | 2004 DRK KIGA Suderburg grün | 3:48 |
| 52. | /52. M7 145 Köpplin, Christian | 2003 GS Suderburg Kl. 2a | 3:51 |
| 53. | /53. M7 438 Dobrowolski, Tjark | 2003 GS Holdenstedt Kl. 2a | 3:51 |
| 54. | /54. M7 940 Nicklisch, Meiko | 2004 DRK KIGA Suderburg blau | 4:06 |

Kinderlauf 550m

| | | | |
|----|-------------------------------|--------------------------|------|
| 1. | /1. W7 611 Eickhoff, Lara | 2003 SV-Steinhorst | 2:28 |
| 2. | /2. W7 899 Rößler, Josefine | 2003 TSV Wrestedt/Stede | 2:35 |
| 3. | /3. W7 490 Albrecht, Angelina | 2003 TUS Wieren | 2:40 |
| 4. | /4. W7 207 Dreyer, Thea | 2003 GS Gerdau KL. 2 | 2:41 |
| 5. | /5. W7 600 Janich, Merle | 2003 Lüneburg | 2:44 |
| 6. | /6. W7 620 Holz, Leonie | 2004 SV-Steinhorst | 2:48 |
| 7. | /7. W7 384 Prizenko, Polina | 2003 GS Suderburg Kl. 2b | 2:49 |
| 8. | /8. W7 619 Swit, Mara | 2004 SV-Steinhorst | 2:49 |
| 9. | /9. W7 191 Reuter, Lena | 2003 GS Gerdau Kl. 1 | 2:50 |

| | | | |
|-----|--|-------------------------------------|------|
| 10. | /10. W7 385 Rennich, Lisa - Marie | 2003 GS Suderburg Kl. 2b | 2:50 |
| 11. | /11. W7 488 Schütze, Insa | 2003 TUS Wieren | 2:50 |
| 12. | /12. W7 915 Moritz, Lena | 2004 MTV Bad Bevensen | 2:51 |
| 13. | /13. W7 887 Warnecke, Larissa | 2003 TSV Wrestedt/Stede | 2:54 |
| 14. | /14. W7 863 Seidewitz, Chelsea | 2003 MTV Müden/Örtze | 3:01 |
| 15. | /15. W7 263 Schaare, Leonie | 2003 GS Suderburg Kl. 1b | 3:02 |
| 15. | /15. W7 550 Liss, Luisa | 2004 Vereinslos | 3:02 |
| 17. | /17. W7 116 Schulz, Johanna | 2003 GS Veerßen Kl. 2 | 3:03 |
| 18. | /18. W7 374 Lenz, Merle Marieke | 2003 GS Suderburg Kl. 2b | 3:05 |
| 19. | /19. W7 248 Brammer, Mara | 2004 GS Suderburg Kl. 1b | 3:05 |
| 19. | /19. W7 864 Meyer-Ricks, Sina | 2003 MTV Müden/Örtze | 3:05 |
| 21. | /21. W7 346 Gräfke, Ines | 2004 GS Suderburg Kl. 1a | 3:05 |
| 22. | /22. W7 264 Schneider, Novalee | 2003 GS Suderburg Kl. 1b | 3:06 |
| 23. | /23. W7 445 Grüneberg, Joolie | 2003 GS Holdenstedt Kl. 2a | 3:07 |
| 24. | /24. W7 193 Dreyer, Nele | 2003 GS Gerdau Kl. 1 | 3:08 |
| 25. | /25. W7 201 Kostial, Shakira | 2003 GS Gerdau KL. 2 | 3:09 |
| 26. | /26. W7 254 Hinz, Pia Marie | 2003 GS Suderburg Kl. 1b | 3:10 |
| 27. | /27. W7 527 Neumann, Pauline | 2003 Vereinslos | 3:10 |
| 28. | /28. W7 208 Semmler, Tessa | 2003 GS Gerdau KL. 2 | 3:14 |
| 29. | /29. W7 204 Byell, Alina | 2003 GS Gerdau KL. 2 | 3:15 |
| 30. | /30. W7 188 Heitsch, Emily | 2004 GS Gerdau Kl. 1 | 3:16 |
| 31. | /31. W7 226 Zierenberg, Kim | 2004 Freunde der Grundschule Gerdau | 3:16 |
| 32. | /32. W7 354 Meyer, Doreen | 2004 GS Suderburg Kl. 1a | 3:18 |
| 33. | /33. W7 359 Rogowski, Marie | 2004 GS Suderburg Kl. 1a | 3:19 |
| 34. | /34. W7 149 Tietz, Yara Viviane | 2003 GS Suderburg Kl. 2a | 3:19 |
| 35. | /35. W7 361 Schwede, Ronja | 2003 GS Suderburg Kl. 1a | 3:21 |
| 36. | /36. W7 199 Borchartd, Paula | 2003 GS Gerdau Kl. 1 | 3:23 |
| 37. | /37. W7 353 Meyer, Alina | 2003 GS Suderburg Kl. 1a | 3:23 |
| 38. | /38. W7 195 Kappelmann, Pauline | 2003 GS Gerdau Kl. 1 | 3:24 |
| 39. | /39. W7 112 List, Leonie | 2003 GS Veerßen Kl. 2 | 3:30 |
| 40. | /40. W7 247 Aschmies, Jette | 2003 GS Suderburg Kl. 1b | 3:31 |
| 41. | /41. W7 865 Dehning, Jasmin | 2003 MTV Müden/Örtze | 3:34 |
| 42. | /42. W7 367 Fritsch, Jola | 2003 GS Suderburg Kl. 1a | 3:37 |
| 43. | /43. W7 939 Klautke, Thea | 2004 DRK KIGA Suderburg blau | 3:39 |
| 44. | /44. W7 450 Fink, Vivian | 2003 GS Holdenstedt Kl. 2a | 3:40 |
| 45. | /45. W7 220 Wolff, Jennifer | 2004 Freunde der Grundschule Gerdau | 3:43 |
| 46. | /46. W7 866 Otto, Lilly | 2004 MTV Müden/Örtze | 3:44 |
| 47. | /47. W7 343 Demlang, Lara | 2004 GS Suderburg Kl. 1a | 3:44 |
| 48. | /48. W7 222 Kostrzewa, Patrizia-Michelle | 2003 Freunde der Grundschule Gerdau | 3:44 |
| 49. | /49. W7 257 Klautke, Mina Melissa | 2004 GS Suderburg Kl. 1b | 3:45 |
| 50. | /50. W7 252 Glatz, Julia | 2004 GS Suderburg Kl. 1b | 3:46 |
| 51. | /51. W7 258 Lambrecht, Charlotte | 2003 GS Suderburg Kl. 1b | 3:46 |
| 52. | /52. W7 914 Bucki, Halina-Marie | 2004 MTV Müden/Örtze | 4:00 |
| 53. | /53. W7 261 Reduth, Sabeth Zoe | 2003 GS Suderburg Kl. 1b | 4:07 |
| 54. | /54. W7 250 Ehlers, Laila | 2003 GS Suderburg Kl. 1b | 4:07 |
| 55. | /55. W7 142 Dummann, Pia | 2003 GS Suderburg Kl. 2a | 4:08 |
| 56. | /56. W7 439 Welskopf, Lina | 2003 GS Holdenstedt Kl. 2a | 4:09 |
| 57. | /57. W7 349 Hein, Carolin | 2004 GS Suderburg Kl. 1a | 4:21 |
| 58. | /58. W7 934 Lemke, Fiona | 2004 DRK KIGA Suderburg grün | 4:21 |
| 59. | /59. W7 345 Füger, Michelle | 2003 GS Suderburg Kl. 1a | 4:40 |

Walking 5.500m

Walking 5.500m

| | | | |
|-----|--------------------------------------|-------------------------------|-------|
| 1. | /1. M30 137 Wörlein, Philipp | 1977 Vereinslos | 30:44 |
| 2. | /1. M55 12 Freudenthal, Klaus-Dieter | 1952 VfL Böddenstedt | 35:55 |
| 3. | /1. M45 337 Hilmer, Thorsten | 1962 SV Holdenstedt | 38:55 |
| 4. | /1. M80 521 Wedemeier, Gerhard | 1930 Wittinge Walking Freunde | 39:27 |
| 5. | /2. M45 338 Marggraf, Oliver | 1961 SV Holdenstedt | 40:49 |
| 6. | /1. M75 458 Hackenberg, Gerhard | 1931 Sauseschnecken Soltau | 40:50 |
| 7. | /1. M60 81 Schoop, Dieter | 1949 TUS Wieren | 41:38 |
| 8. | /2. M55 996 Kocot, Klaus | 1951 VfL Westercelle | 41:57 |
| 9. | /3. M55 669 Prautzsch, Gernot | 1952 VfL Westercelle | 42:10 |
| 10. | /3. M45 680 Goffe, Andrew | 1962 sfA-Team | 43:58 |
| 11. | /1. M70 854 Tetzlaff, Herbert | 1936 Vereinslos | 45:21 |
| 12. | /4. M55 662 Michallek, Dieter | 1953 VfL Westercelle | 46:53 |
| 13. | /2. M75 1004 Heine, Anton | 1935 TSV Niendorf/H. | 48:38 |
| 14. | /1. M65 672 Schröder, Ingo | 1941 VfL Westercelle | 49:28 |
| 15. | /2. M60 665 Naujok, Rolf | 1947 VfL Westercelle | 50:55 |
| 16. | /2. M70 659 Krehnke, Manfred | 1936 VfL Westercelle | 50:58 |

| | | | |
|-----|-------------------------------|--------------------------|---------|
| 17. | /2. M65 657 Günther, Manfred | 1944 VfL Westercelle | 52:59 |
| 18. | /3. M65 671 Prautzsch, Harald | 1944 VfL Westercelle | 1:00:44 |
| aW | 1060 Angermann, Nick | 1998 KGS Bad Bevensen 5c | 29:51 |
| aW | 2011 Lemmermann, Johannes | 1938 VfL Suderburg | 34:12 |
| aW | 2003 Baalhorn, Olaf | 1966 VfL Suderburg | 41:47 |
| aW | 2009 Bartelt, Horst | 1943 VfL Suderburg | 44:36 |
| aW | 2006 Sroka, Hartmut | 1957 VfL Suderburg | 59:41 |

Walking 5.500m

| | | | |
|-----|-----------------------------------|-------------------------------|---------|
| 1. | /1. W45 1089 Vonderbank, Karolin | 1963 Post SV Uelzen | 38:58 |
| 2. | /1. W30 270 Marxen, Gabriele | 1976 TuS Soltendieck | 40:43 |
| 3. | /1. W40 235 Jordan, Angela | 1967 Vereinslos | 43:15 |
| 4. | /1. W55 1026 Conrad, Renate | 1951 Vereinslos | 43:16 |
| 5. | /2. W55 950 Dudeck, Brigitte | 1953 TVU-Lauftreff Uelzen | 43:18 |
| 6. | /1. W65 520 Bonneß, Karin | 1942 Wittinge Walking Freunde | 43:28 |
| 7. | /2. W45 460 Böhrendt, Christine | 1964 VfL Suderburg | 43:43 |
| 8. | /3. W55 720 Bodendieck, Waltraut | 1951 SV Elbufer | 44:00 |
| 9. | /1. Fr 681 Michel, Kerstin | 1982 sfA-Team | 45:30 |
| 10. | /2. W40 272 Wundersee, Nadja | 1968 TuS Soltendieck | 45:30 |
| 11. | /3. W45 682 Klohr, Andrea | 1965 sfA-Team | 45:31 |
| 12. | /3. W40 705 von Felde, Heide | 1970 VfL Westercelle | 45:37 |
| 13. | /4. W55 674 Süß, Elke | 1954 VfL Westercelle | 47:07 |
| 14. | /1. W50 658 Hustedt, Jutta | 1957 VfL Westercelle | 47:36 |
| 15. | /2. W50 465 Feldmann, Angelika | 1956 Vereinslos | 48:18 |
| 16. | /5. W55 661 Michallek, Annegret | 1955 VfL Westercelle | 48:44 |
| 17. | /4. W45 663 Mitschke, Heidrun | 1962 VfL Westercelle | 48:45 |
| 18. | /1. W70 667 Pauluhn, Ingrid | 1939 VfL Westercelle | 48:58 |
| 19. | /2. W65 781 Albert, Sonja | 1941 TuS Celle v. 1992 | 49:17 |
| 20. | /5. W45 83 Bradler, Irene Ellen | 1961 SV Kükenbruch 1948 | 49:18 |
| 21. | /3. W50 668 Prautzsch, Antje | 1958 VfL Westercelle | 50:56 |
| 22. | /2. W70 660 Krehnke, Sigrid | 1936 VfL Westercelle | 50:58 |
| 23. | /3. W70 666 Niedermeyer, Ilse | 1939 VfL Westercelle | 51:20 |
| 24. | /1. W12 1058 Mährländer, Angelina | 1998 KGS Bad Bevensen 5c | 52:46 |
| 25. | /1. W60 656 Günther, Brigitte | 1949 VfL Westercelle | 52:58 |
| 26. | /3. W65 673 Schröder, Sabine | 1944 VfL Westercelle | 57:57 |
| 27. | /6. W55 664 Naujok, Renate | 1953 VfL Westercelle | 1:15:54 |
| 28. | /2. W60 670 Prautzsch, Bärbel | 1948 VfL Westercelle | 1:15:57 |

Halbmarathon

Halbmarathon

| | | | |
|-----|------------------------------------|-----------------------------------|---------|
| 1. | /1. Mä 407 Jäkel, Kersten | 1984 Post SV Uelzen | 1:18:29 |
| 2. | /1. M45 405 Deumann, Jörg | 1965 Post SV Uelzen | 1:25:16 |
| 3. | /1. M35 397 Stach, Mario | 1972 TSV Schackensleben LG Hopfen | 1:26:18 |
| 4. | /1. M50 497 Saß, Hans-Hermann | 1959 TSV Gellersen | 1:26:41 |
| 5. | /2. Mä 15 Trinkaus, Nils | 1985 TuS Celle v. 1992 | 1:27:28 |
| 6. | /2. M35 398 Hermecke, Marco | 1971 TSV Schackensleben LG Hopfen | 1:28:48 |
| 7. | /1. M40 487 Schütze, Mark-Michael | 1969 TUS Wieren | 1:30:53 |
| 8. | /2. M40 1032 Strohmeier, Michael | 1967 LAV Alfeld | 1:31:53 |
| 9. | /1. mJA 432 Dalby, Ruben | 1992 KAVG Celle | 1:31:56 |
| 10. | /3. M35 400 Wasserthal, Björn | 1974 TSV Schackensleben LG Hopfen | 1:32:32 |
| 11. | /3. M40 399 Scheschonk, Tom | 1966 TSV Schackensleben LG Hopfen | 1:34:03 |
| 12. | /2. M45 135 Conrad, Claus-Dieter | 1961 Wernesgrüner Buben | 1:34:15 |
| 13. | /1. M55 267 Köllner, Eckard | 1954 TuS Bergen | 1:34:20 |
| 14. | /4. M35 508 dargel, heino | 1971 fc st. pauli triathlon | 1:34:46 |
| 15. | /4. M40 530 Klusmann, Dirk | 1968 Lüder | 1:34:46 |
| 16. | /3. M45 693 Hölter, Stefan | 1962 VfR Wiische-Neubokel | 1:35:04 |
| 17. | /5. M40 986 Reimann, Dirk | 1966 LAV Alfeld | 1:35:58 |
| 18. | /2. M55 26 Rohwedder, Karl | 1955 TSV Eintracht Völkenrode | 1:38:14 |
| 19. | /3. Mä 592 Linneweh, Moritz | 1985 TuS Celle v. 1992 | 1:38:35 |
| 20. | /4. M45 233 Klatt, Jürgen | 1964 Celler Schwimm-Club | 1:38:52 |
| 21. | /1. M60 971 Wendel, Nikolaus | 1948 SV Garssen | 1:39:24 |
| 22. | /3. M55 10 Hübner, Andreas | 1955 Celle | 1:40:41 |
| 23. | /5. M45 535 Kamberger, Bernd | 1963 MTV 1848 Hildesheim | 1:41:51 |
| 24. | /6. M45 9 Will, Burkhard | 1961 Spargelsprinter Burgdorf | 1:42:17 |
| 25. | /1. M65 588 Krolikowski, Siegfried | 1945 SV Kirchboitzen | 1:42:31 |
| 26. | /2. M50 31 Wilde, Klaus | 1958 Vereinslos | 1:42:38 |

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|-----|----------|----------------------------|--------------------------------|---------|
| 27. | /7. M45 | 537 Krawietz, Bernd | 1964 MTV 1848 Hildesheim | 1:42:50 |
| 28. | /2. M60 | 17 Conrad, Rainer | 1948 Vereinslos | 1:42:51 |
| 29. | /6. M40 | 590 Liedtke, Dirk | 1967 SV Kirchboitzen | 1:42:53 |
| 30. | /3. M50 | 1000 Beyer, Andreas | 1956 Bienenbüttel | 1:43:44 |
| 31. | /4. M50 | 891 Fromhagen, Uwe | 1957 TSV Wrestedt/Stede | 1:44:15 |
| 32. | /8. M45 | 161 Siems, Holger | 1965 BSG Hamburg Wasser | 1:45:34 |
| 33. | /7. M40 | 328 Vogel, Maik | 1966 Wernesgrüner Buben | 1:46:46 |
| 34. | /4. M55 | 893 Pilgrim, Eckhard | 1951 TSV Wrestedt/Stede | 1:47:22 |
| 35. | /5. M55 | 702 Dettmer, Claus | 1953 MTV Eintracht Celle | 1:49:30 |
| 36. | /2. mJA | 703 Dettmer, Nicholas | 1991 MTV Eintracht Celle | 1:49:31 |
| 37. | /3. M60 | 16 Grubert, Dieter | 1949 MTV Bad Bevensen | 1:50:29 |
| 38. | /8. M40 | 1079 Heine, Markus | 1966 MTV Bispingen | 1:50:32 |
| 39. | /1. M70 | 541 Peter, Wolfgang | 1938 VfL Wittingen | 1:50:45 |
| 40. | /9. M40 | 234 Jordan, Thomas | 1966 Vereinslos | 1:51:31 |
| 41. | /2. M65 | 990 Jordan, Holger-Wilhelm | 1945 FG Tangendorf | 1:51:59 |
| 42. | /6. M55 | 890 Meyer, Wilfried | 1955 TSV Wrestedt/Stede | 1:52:12 |
| 43. | /9. M45 | 79 Zerbin, Dietmar | 1961 Vereinslos | 1:52:37 |
| 44. | /3. mJA | 428 Piesch, Niels | 1992 KAVG Celle | 1:52:53 |
| 45. | /5. M50 | 769 Carls, Rolf | 1956 MTV Soltau | 1:53:51 |
| 46. | /3. M65 | 587 Ociepka, Jan | 1944 SV Kirchboitzen | 1:54:50 |
| 47. | /6. M50 | 182 Niepel, Rainer | 1958 Bad Breisig | 1:54:50 |
| 48. | /4. mJA | 423 Diestel, Johannes | 1992 KAVG Celle | 1:55:02 |
| 49. | /10. M40 | 19 Liebers, Ralf | 1966 Die wundersamen Lüderaner | 1:55:08 |
| 50. | /7. M55 | 335 Ostehr, Klaus-Jürgen | 1955 LG Socken-Wellen e.V | 1:55:41 |
| 51. | /5. mJA | 425 Hackmann, David | 1991 KAVG Celle | 1:56:08 |
| 52. | /4. Mä | 6 Gröning, Daniel | 1985 Flensburg | 1:56:10 |
| aW | | 795 Hirt, Daniel | 1979 SV Sömmerda | 1:17:15 |
| aW | | 2016 Dehrmann, Peter | 1967 VfL Suderburg | 2:00:17 |

Halbmarathon

| | | | | |
|----|---------|------------------------|-----------------------------|---------|
| 1. | /1. W40 | 742 Krumbek, Andrea | 1969 MTV Himerbergen | 1:37:23 |
| 2. | /1. W30 | 102 Thiemann, Eva | 1977 Vereinslos | 1:43:29 |
| 3. | /2. W40 | 417 Leonhardt, Nicole | 1969 Marathonclub Walsrode | 1:44:25 |
| 4. | /1. W45 | 1062 Funke, Martina | 1961 SV Altencelle | 1:45:45 |
| 5. | /2. W45 | 948 Wannovius, Martina | 1964 TVU-Lauftreff Uelzen | 1:48:05 |
| 6. | /3. W40 | 704 Robrecht, Astrid | 1968 MTV Eintracht Celle | 1:49:30 |
| 7. | /1. W55 | 78 Meinberg, Anke | 1954 Laufclub BlueLiner | 1:52:44 |
| 8. | /3. W45 | 594 Dettmer, Christine | 1964 LG Roland Haldensleben | 1:55:40 |

Halbmarathon

Halbmarathon

Männer

| | | | | |
|----|----------|------------------|-------------------------|---------|
| 1. | /1. 407 | Jäkel, Kersten | 1984 Post SV Uelzen | 1:18:29 |
| 2. | /5. 15 | Trinkaus, Nils | 1985 TuS Celle v. 1992 | 1:27:28 |
| 3. | /20. 592 | Linneweh, Moritz | 1985 TuS Celle v. 1992 | 1:38:35 |
| 4. | /60. 6 | Gröning, Daniel | 1985 Flensburg | 1:56:10 |
| 5. | /86. 841 | Bollen, Johannes | 1985 Ostfalia Suderburg | 2:08:28 |

Halbmarathon

Frauen

| | | | | |
|----|----------|------------------|----------------|---------|
| 1. | /72. 468 | Holzberg, Britta | 1987 BSV Celle | 2:02:10 |
| 2. | /87. 7 | Thomsen, Maike | 1984 Flensburg | 2:08:30 |

Halbmarathon

Männl. Jugend A

| | | | | |
|-----|----------|--------------------|--------------------------|---------|
| 1. | /9. 432 | Dalby, Ruben | 1992 KAVG Celle | 1:31:56 |
| 2. | /42. 703 | Dettmer, Nicholas | 1991 MTV Eintracht Celle | 1:49:31 |
| 3. | /51. 428 | Piesch, Niels | 1992 KAVG Celle | 1:52:53 |
| 4. | /55. 423 | Diestel, Johannes | 1992 KAVG Celle | 1:55:02 |
| 5. | /59. 425 | Hackmann, David | 1991 KAVG Celle | 1:56:08 |
| 6. | /69. 430 | Rosengart, Stephan | 1992 KAVG Celle | 2:01:05 |
| 7. | /70. 422 | Berkhan, Roman | 1991 KAVG Celle | 2:01:07 |
| 8. | /74. 419 | Bakszas, Alexander | 1991 KAVG Celle | 2:03:36 |
| 9. | /98. 418 | Apfelstädt, Robert | 1992 KAVG Celle | 2:34:40 |
| 10. | /99. 426 | Hellmazik, Timm | 1992 KAVG Celle | 2:34:40 |

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|--------------|---------------------------------|-----------------------------------|---------|
| Halbmarathon | | Weibl. Jugend A | |
| 1. | /93. 421 Bergmann, Mira | 1992 KAVG Celle | 2:26:00 |
| 2. | /94. 427 Neuser, Johanna | 1992 KAVG Celle | 2:26:00 |
| 3. | /97. 429 Rohde, Katharina | 1991 KAVG Celle | 2:31:26 |
| Halbmarathon | | Senioren M30 | |
| 1. | /96. 434 Heskamp, Daniel | 1980 KAVG Celle | 2:31:26 |
| aW | 795 Hirt, Daniel | 1979 SV Sömmerda | 1:17:15 |
| Halbmarathon | | Seniorinnen W30 | |
| 1. | /31. 102 Thiemann, Eva | 1977 Vereinslos | 1:43:29 |
| Halbmarathon | | Senioren M35 | |
| 1. | /3. 397 Stach, Mario | 1972 TSV Schackensleben LG Hopfen | 1:26:18 |
| 2. | /6. 398 Hermecke, Marco | 1971 TSV Schackensleben LG Hopfen | 1:28:48 |
| 3. | /10. 400 Wasserthal, Björn | 1974 TSV Schackensleben LG Hopfen | 1:32:32 |
| 4. | /14. 508 dargel, heino | 1971 fc st. pauli triathlon | 1:34:46 |
| 5. | /64. 1046 Treichel, Torben | 1973 Vereinslos | 1:58:20 |
| 6. | /80. 1037 Wormuth, Rüdiger | 1971 Vereinslos | 2:05:33 |
| aW | 2000 Bartelt, Timo | 1974 VfL Suderburg | 1:57:47 |
| Halbmarathon | | Senioren M40 | |
| 1. | /7. 487 Schütze, Mark-Michael | 1969 TUS Wieren | 1:30:53 |
| 2. | /8. 1032 Strohmeyer, Michael | 1967 LAV Alfeld | 1:31:53 |
| 3. | /11. 399 Scheschonk, Tom | 1966 TSV Schackensleben LG Hopfen | 1:34:03 |
| 4. | /15. 530 Klusmann, Dirk | 1968 Lüder | 1:34:46 |
| 5. | /17. 986 Reimann, Dirk | 1966 LAV Alfeld | 1:35:58 |
| 6. | /30. 590 Liedtke, Dirk | 1967 SV Kirchboitzen | 1:42:53 |
| 7. | /37. 328 Vogel, Maik | 1966 Wernesgrüner Buben | 1:46:46 |
| 8. | /44. 1079 Heine, Markus | 1966 MTV Bisingen | 1:50:32 |
| 9. | /46. 234 Jordan, Thomas | 1966 Vereinslos | 1:51:31 |
| 10. | /56. 19 Liebers, Ralf | 1966 Die wundersamen Lüderaner | 1:55:08 |
| 11. | /68. 29 Schmidt, Thomas | 1967 Vereinslos | 1:59:00 |
| 12. | /77. 628 Rösler, Mario | 1967 LG Ludwigslust | 2:04:49 |
| 13. | /82. 989 Krichel, Thomas | 1968 VfL Suderburg | 2:06:42 |
| 14. | /89. 1088 Hoppe, Ingo | 1969 vereinslos | 2:10:08 |
| 15. | /91. 331 Margittai, Stephan | 1969 Vereinslos | 2:16:42 |
| aW | 2016 Dehrmann, Peter | 1967 VfL Suderburg | 2:00:17 |
| Halbmarathon | | Seniorinnen W40 | |
| 1. | /18. 742 Krumbek, Andrea | 1969 MTV Himbergen | 1:37:23 |
| 2. | /34. 417 Leonhardt, Nicole | 1969 Marathonclub Walsrode | 1:44:25 |
| 3. | /40. 704 Robrecht, Astrid | 1968 MTV Eintracht Celle | 1:49:30 |
| 4. | /71. 1019 Dietz, Natascha | 1966 Sassenburg | 2:01:10 |
| 5. | /75. 330 Tessmann, Claudia | 1970 TVU-Lauftreff Uelzen | 2:03:56 |
| 6. | /78. 991 Boldt, Susanne | 1970 FG Tangendorf | 2:05:31 |
| Halbmarathon | | Senioren M45 | |
| 1. | /2. 405 Deumann, Jörg | 1965 Post SV Uelzen | 1:25:16 |
| 2. | /12. 135 Conrad, Claus-Dieter | 1961 Wernesgrüner Buben | 1:34:15 |
| 3. | /16. 693 Hölter, Stefan | 1962 VfR Wiische-Neubokel | 1:35:04 |
| 4. | /21. 233 Klatt, Jürgen | 1964 Celler Schwimm-Club | 1:38:52 |
| 5. | /24. 535 Kamberger, Bernd | 1963 MTV 1848 Hildesheim | 1:41:51 |
| 6. | /25. 9 Will, Burkhard | 1961 Spargelsprinter Burgdorf | 1:42:17 |
| 7. | /28. 537 Krawietz, Bernd | 1964 MTV 1848 Hildesheim | 1:42:50 |
| 8. | /35. 161 Siems, Holger | 1965 BSG Hamburg Wasser | 1:45:34 |
| 9. | /49. 79 Zerbin, Dietmar | 1961 Vereinslos | 1:52:37 |
| 10. | /66. 1076 Quentin, Jörg | 1963 TSV Bienenbüttel Lauftreff | 1:58:48 |
| 11. | /73. 1041 Lehmann-Berholz, Lutz | 1963 Vereinslos | 2:03:06 |

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|-----|-------------------------|-------------------------|---------|
| 12. | /79. 892 Kirsten, Jens | 1962 TSV Wrestedt/Stede | 2:05:33 |
| 13. | /81. 874 Niemann, Bernd | 1965 MTV Hembergen | 2:06:06 |

Halbmarathon

Seniorinnen W45

| | | | |
|----|-----------------------------|-----------------------------|---------|
| 1. | /36. 1062 Funke, Martina | 1961 SV Altencelle | 1:45:45 |
| 2. | /39. 948 Wannovius, Martina | 1964 TVU-Lauftreff Uelzen | 1:48:05 |
| 3. | /57. 594 Dettmer, Christine | 1964 LG Roland Haldensleben | 1:55:40 |
| 4. | /65. 564 Luhn, Gabi | 1963 LT Bienenbüttel | 1:58:47 |

Halbmarathon

Senioren M50

| | | | |
|----|------------------------------|-------------------------|---------|
| 1. | /4. 497 Saß, Hans-Hermann | 1959 TSV Gellersen | 1:26:41 |
| 2. | /27. 31 Wilde, Klaus | 1958 Vereinslos | 1:42:38 |
| 3. | /32. 1000 Beyer, Andreas | 1956 Bienenbüttel | 1:43:44 |
| 4. | /33. 891 Fromhagen, Uwe | 1957 TSV Wrestedt/Stede | 1:44:15 |
| 5. | /52. 769 Carls, Rolf | 1956 MTV Soltau | 1:53:51 |
| 6. | /54. 182 Niepel, Rainer | 1958 Bad Breisig | 1:54:50 |
| 7. | /62. 1018 Saathoff, Heiko | 1960 Vereinslos | 1:58:12 |
| 8. | /67. 498 Vortmüller, Hartmut | 1956 Vereinslos | 1:58:58 |

Halbmarathon

Seniorinnen W50

| | | | |
|----|---------------------------|--------------------------|---------|
| 1. | /63. 518 Hecker, Elke | 1957 Vereinslos | 1:58:14 |
| 2. | /90. 536 Krawietz, Gudrun | 1958 MTV 1848 Hildesheim | 2:13:07 |

Halbmarathon

Senioren M55

| | | | |
|-----|-------------------------------|-------------------------------|---------|
| 1. | /13. 267 Köllner, Eckard | 1954 TuS Bergen | 1:34:20 |
| 2. | /19. 26 Rohwedder, Karl | 1955 TSV Eintracht Völkenrode | 1:38:14 |
| 3. | /23. 10 Hübner, Andreas | 1955 Celle | 1:40:41 |
| 4. | /38. 893 Pilgrim, Eckhard | 1951 TSV Wrestedt/Stede | 1:47:22 |
| 5. | /40. 702 Dettmer, Claus | 1953 MTV Eintracht Celle | 1:49:30 |
| 6. | /48. 890 Meyer, Wilfried | 1955 TSV Wrestedt/Stede | 1:52:12 |
| 7. | /58. 335 Ostehr, Klaus-Jürgen | 1955 LG Socken-Wellen e.V | 1:55:41 |
| 8. | /76. 589 Marquard, Rudolf | 1953 SV Kirchboitzen | 2:04:06 |
| 9. | /83. 775 Walende, Rolf | 1953 TuS Celle v. 1992 | 2:07:20 |
| 10. | /84. 947 Wannovius, Kay | 1954 TVU-Lauftreff Uelzen | 2:08:13 |
| 11. | /88. 1074 Kühnel, Michael | 1955 Vereinslos | 2:09:19 |
| 12. | /92. 11 Stücke, Eckhard | 1954 LC Solbad Ravensberg | 2:23:36 |

Halbmarathon

Seniorinnen W55

| | | | |
|----|--------------------------|----------------------------------|---------|
| 1. | /50. 78 Meinberg, Anke | 1954 Laufclub BlueLiner | 1:52:44 |
| 2. | /95. 695 Backhaus, Helga | 1953 LG Nord Berlin / SV Gifhorn | 2:27:54 |

Halbmarathon

Senioren M60

| | | | |
|----|-------------------------------|---------------------------|---------|
| 1. | /22. 971 Wendel, Nikolaus | 1948 SV Garssen | 1:39:24 |
| 2. | /29. 17 Conrad, Rainer | 1948 Vereinslos | 1:42:51 |
| 3. | /43. 16 Grubert, Dieter | 1949 MTV Bad Bevensen | 1:50:29 |
| 4. | /61. 949 Dudeck, Hans-Joachim | 1950 TVU-Lauftreff Uelzen | 1:57:37 |

Halbmarathon

Senioren M65

| | | | |
|----|--------------------------------------|-------------------------|---------|
| 1. | /26. 588 Krolikowski, Siegfried | 1945 SV Kirchboitzen | 1:42:31 |
| 2. | /47. 990 Jordan, Holger-Wilhelm | 1945 FG Tangendorf | 1:51:59 |
| 3. | /53. 587 Ociepka, Jan | 1944 SV Kirchboitzen | 1:54:50 |
| 4. | /85. 77 Schneider, Friedrich-Wilhelm | 1944 Laufclub BlueLiner | 2:08:22 |
| 5. | /100 509 Dr.Hintze, Horst-Michael | 1943 TUS Bodenteich | 2:36:56 |

Halbmarathon

Senioren M70

| | | | |
|----|--------------------------|--------------------|---------|
| 1. | /45. 541 Peter, Wolfgang | 1938 VfL Wittingen | 1:50:45 |
|----|--------------------------|--------------------|---------|

1.500m Schüler

1.500m Schüler

Schüler M08 u. jünger

5 km

| | | | |
|-----|--------------------------------|------------------------------------|-------|
| 1. | /9. 1020 Wunschik, Johannes | 2002 Vereinslos | 7:12 |
| 2. | /15. 22 Eilers, Joke | 2002 Die wundersamen Lüderaner | 7:24 |
| 3. | /17. 206 Müller, Simon | 2002 GS Gerdau KL. 2 | 7:29 |
| 4. | /18. 919 Specht, Mathis | 2002 MTV Bad Bevensen | 7:32 |
| 5. | /19. 286 Mrzik, Tristan | 2002 Grundschule Holdenstedt Kl.3a | 7:34 |
| 6. | /27. 103 Bruck, Paul | 2002 GS Veerßen Kl. 2 | 7:47 |
| 7. | /35. 166 Schwinkendorf, Lennis | 2002 GS Suderburg Kl 3a | 7:58 |
| 8. | /47. 612 Mallas, Jan | 2002 SV-Steinhorst | 8:13 |
| 9. | /48. 118 von Estorff, Jacob | 2002 GS Veerßen Kl. 2 | 8:14 |
| 10. | /49. 104 China, Luca | 2002 GS Veerßen Kl. 2 | 8:15 |
| 11. | /50. 332 Margittai, Marco | 2002 Vereinslos | 8:17 |
| 12. | /56. 917 Moritz, Jonas | 2002 MTV Bad Bevensen | 8:26 |
| 13. | /59. 380 Besenthal, Lars Ole | 2002 GS Suderburg Kl. 2b | 8:39 |
| 14. | /60. 175 Gräfke, Nils | 2002 GS Suderburg Kl 3a | 8:40 |
| 15. | /61. 170 Klingebiel, Fabian | 2002 GS Suderburg Kl 3a | 8:40 |
| 16. | /66. 918 Stawicki, Christian | 2002 MTV Bad Bevensen | 8:48 |
| 17. | /67. 87 Ellenberg, Phillip | 2002 GS Holdenstedt Kl 3b | 8:49 |
| 18. | /68. 1063 Stapmanns, Johannes | 2002 Vereinslos | 8:54 |
| 19. | /71. 610 Eikermann, Niklas | 2002 SV-Steinhorst | 8:59 |
| 20. | /72. 202 Wunsch, Alexander | 2002 GS Gerdau KL. 2 | 9:05 |
| 21. | /74. 292 Tiedke, Florian | 2002 Grundschule Holdenstedt Kl.3a | 9:12 |
| 22. | /76. 93 Müller, Rick | 2002 GS Holdenstedt Kl 3b | 9:26 |
| 23. | /78. 290 Schwarzkopf, Philipp | 2002 Grundschule Holdenstedt Kl.3a | 9:39 |
| 24. | /89. 98 Tepper, Alexander | 2002 GS Holdenstedt Kl 3b | 10:07 |
| 25. | /91. 383 Lübken, Jaren | 2002 GS Suderburg Kl. 2b | 10:19 |
| 26. | /92. 209 Grau, Henri | 2002 GS Gerdau KL. 2 | 10:28 |
| 27. | /103 294 Wieczorek, Leon | 2002 Grundschule Holdenstedt Kl.3a | 11:03 |
| 28. | /105 449 Gries, Jannik | 2002 GS Holdenstedt Kl. 2a | 11:30 |
| 29. | /108 107 Deppe, Pascal Thomas | 2002 GS Veerßen Kl. 2 | 12:13 |
| 30. | /109 144 Kirschner, Tjark | 2002 GS Suderburg Kl. 2a | 12:18 |
| 31. | /111 284 Liedtke, Torben | 2002 Grundschule Holdenstedt Kl.3a | 13:05 |

1.500m Schüler

Schüler M09

| | | | |
|-----|----------------------------------|------------------------------------|-------|
| 1. | /22. 320 Wrede, Lasse | 2001 GS Suderburg Kl. 4b | 7:41 |
| 2. | /26. 898 Müller, Elias | 2001 TSV Wredestedt/Stede | 7:47 |
| 3. | /31. 89 Gräfke, Luca | 2001 GS Holdenstedt Kl 3b | 7:52 |
| 4. | /32. 316 Schenk, Jari | 2001 GS Suderburg Kl. 4b | 7:54 |
| 5. | /34. 735 Tetzlaff, Daniel-Andre | 2001 MTV Bispingen | 7:57 |
| 6. | /36. 734 Westphal, Melwin | 2001 MTV Bispingen | 8:00 |
| 7. | /38. 295 Aschmies, Finn | 2001 GS Suderburg Kl. 4b | 8:00 |
| 8. | /40. 685 Romanski, Joris | 2001 SC Kirch/Westerweyhe | 8:02 |
| 9. | /41. 885 Ruppert, Merlin-Yiskor | 2001 TSV Wredestedt/Stede | 8:04 |
| 10. | /42. 210 De Lima Oliveira, Kayo | 2001 GS Gerdau KL. 2 | 8:05 |
| 11. | /52. 319 Wolf, Joscha | 2001 GS Suderburg Kl. 4b | 8:20 |
| 12. | /54. 100 Warnke, Gunnar | 2001 GS Holdenstedt Kl 3b | 8:23 |
| 13. | /64. 88 Gebert, Lucas | 2001 GS Holdenstedt Kl 3b | 8:47 |
| 14. | /73. 213 Fehlhaber, Florian | 2001 GS Gerdau Kl. 4 | 9:08 |
| 15. | /75. 169 Wagner, Jan-Christian | 2001 GS Suderburg Kl 3a | 9:19 |
| 16. | /80. 47 Svensson, Matti | 2001 GS Suderburg Kl. 4a | 9:52 |
| 17. | /82. 291 Sieverling, Lasse | 2001 Grundschule Holdenstedt Kl.3a | 9:56 |
| 18. | /84. 51 Widder, Tim-Justin | 2001 GS Suderburg Kl. 4a | 10:01 |
| 19. | /85. 125 Munkert, Andre | 2001 GS Holdenstedt KL. 4b | 10:02 |
| 20. | /86. 302 Foth, Jannik | 2001 GS Suderburg Kl. 4b | 10:03 |
| 21. | /87. 55 Söhnholz, Daniel | 2001 GS Suderburg Kl. 4a | 10:04 |
| 22. | /95. 46 Brimm, Benjamin | 2001 GS Suderburg Kl. 4a | 10:37 |
| 23. | /97. 121 Beltram Umpierrez, Tolo | 2001 GS Holdenstedt KL. 4b | 10:42 |
| 24. | /100 298 Chluba, Emil | 2001 GS Suderburg Kl. 4b | 10:49 |
| 25. | /101 54 Schwarck, Lennart | 2001 GS Suderburg Kl. 4a | 10:51 |
| 26. | /106 165 Doleske, Felix | 2001 GS Suderburg Kl 3a | 11:32 |
| 27. | /110 91 Kolley, Jannis | 2001 GS Holdenstedt Kl 3b | 13:04 |

1.500m Schüler

Schüler M10

| | | | |
|----|----------------------------|----------------------------|------|
| 1. | /5. 297 Brandt, Julian | 2000 GS Suderburg Kl. 4b | 6:51 |
| 2. | /7. 920 Winkler, Martin | 2000 MTV Bad Bevensen | 7:11 |
| 3. | /8. 122 Burmeister, Lars | 2000 GS Holdenstedt KL. 4b | 7:11 |
| 4. | /12. 886 Warnecke, Florian | 2000 TSV Wredestedt/Stede | 7:17 |
| 5. | /14. 552 Oetzmann, Carl | 2000 Vereinslos | 7:22 |

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|-----|-----------------------------------|-------------------------------------|-------|
| 6. | /24. 622 Kruse, Jakob | 2000 SV-Steinhorst | 7:47 |
| 7. | /25. 212 Dreyer, Leon | 2000 GS Gerdau Kl. 4 | 7:47 |
| 8. | /30. 762 Sternberg, Bruno | 2000 SV Lemgow-Dangenstorf | 7:52 |
| 9. | /39. 759 Dippe, Marcel | 2000 SV Lemgow-Dangenstorf | 8:01 |
| 10. | /43. 621 Braun, Tom | 2000 SV-Steinhorst | 8:08 |
| 11. | /45. 219 Leddin, Fabian | 2000 Freunde der Grundschule Gerdau | 8:09 |
| 12. | /46. 1053 Estorff, von, Alexander | 2000 Vereinslos | 8:12 |
| 13. | /51. 624 Drögemüller, Heiko | 2000 SV-Steinhorst | 8:19 |
| 14. | /53. 126 Massarrat, Luzian | 2000 GS Holdenstedt KL. 4b | 8:23 |
| 15. | /62. 1057 Goerdes, Bjarne | 2000 MTV Bispingen | 8:42 |
| 16. | /63. 1007 Jochims, Constantin | 2000 vereinslos | 8:45 |
| 17. | /70. 436 Sandermann, Yannick | 2000 Freunde der Grundschule Gerdau | 8:58 |
| 18. | /79. 315 Schaare, Jan Steffen | 2000 GS Suderburg Kl. 4b | 9:52 |
| 19. | /93. 124 Kaußen, Jan-Philip | 2000 GS Holdenstedt KL. 4b | 10:35 |
| 20. | /94. 127 Sewig, Andreas | 2000 GS Holdenstedt KL. 4b | 10:37 |
| 21. | /96. 97 Strommaier, Michael | 2000 GS Holdenstedt Kl 3b | 10:38 |
| 22. | /99. 130 Thiery, Dominik | 2000 GS Holdenstedt KL. 4b | 10:43 |
| 23. | /102 224 Müller, Aaron | 2000 Freunde der Grundschule Gerdau | 10:52 |
| 24. | /104 215 Pelzer, Fabian | 2000 GS Gerdau Kl. 4 | 11:26 |

1.500m Schüler

Schüler M11

| | | | |
|-----|----------------------------------|-------------------------------------|-------|
| 1. | /2. 800 Hesse, Robin | 1999 SV Sömmerda | 6:42 |
| 2. | /3. 601 Skusa, Tom | 1999 Teutonia Uelzen | 6:49 |
| 3. | /4. 897 Müller, Linus | 1999 TSV Wrestedt/Stede | 6:50 |
| 4. | /16. 951 Boehnke, Jonas | 1999 TVU-Lauftreff Uelzen | 7:26 |
| 5. | /21. 217 De Lima Oliveira, Keven | 1999 GS Gerdau Kl. 4 | 7:41 |
| 6. | /23. 746 Moczarski, Daniel | 1999 Post SV Uelzen | 7:45 |
| 7. | /28. 952 Lauer, Tjard | 1999 TVU-Lauftreff Uelzen | 7:49 |
| 8. | /29. 953 Lauer, Fynn | 1999 TVU-Lauftreff Uelzen | 7:50 |
| 9. | /33. 902 Böyng, Manuel-Christian | 1999 TSV Wrestedt/Stede | 7:55 |
| 10. | /37. 229 Suderburg, Timo | 1999 Freunde der Grundschule Gerdau | 8:00 |
| 11. | /44. 1073 Dehrmann, Cord-Hendrik | 1999 vereinslos | 8:08 |
| 12. | /55. 728 Muhme, Leon | 1999 MTV Bispingen | 8:26 |
| 13. | /57. 1052 von Estorff, Albrecht | 1999 Vereinslos | 8:30 |
| 14. | /64. 218 Leddin, Pascal | 1999 Freunde der Grundschule Gerdau | 8:47 |
| 15. | /83. 572 Lehmann, Max | 1999 KGS Bad Bevensen 5c | 9:58 |
| 16. | /88. 570 Campos, Johannes | 1999 KGS Bad Bevensen 5c | 10:07 |
| 17. | /98. 1050 Burmester, Timon | 1999 Vereinslos | 10:43 |
| 18. | /107 569 Butt, Maik | 1999 KGS Bad Bevensen 5c | 11:32 |

1.500m Schüler

Schüler M12

| | | | |
|----|-----------------------------|---------------------------------|-------|
| 1. | /6. 894 Hartwig, Niklas | 1998 TSV Wrestedt/Stede | 7:01 |
| 2. | /10. 1039 Halbas, Marte Ole | 1998 SV Munster | 7:13 |
| 3. | /11. 896 Kraft, Aljoshia | 1998 TSV Wrestedt/Stede | 7:17 |
| 4. | /69. 791 Fehlhaber, Fabian | 1998 Sport-Jongleure Dreilingen | 8:57 |
| 5. | /77. 571 Gerth, Jakob | 1998 KGS Bad Bevensen 5c | 9:28 |
| 6. | /81. 1023 Beick, Michel | 1998 Vereinslos | 9:52 |
| 7. | /112 568 Asch, Stefan | 1998 KGS Bad Bevensen 5c | 15:17 |
| 8. | /113 573 Vossbeck, Sven | 1998 KGS Bad Bevensen 5c | 15:17 |

1.500m Schüler

Schüler M13

| | | | |
|----|------------------------------|---------------------------|-------|
| 1. | /1. 684 Romanski, Jasper | 1997 SC Kirch/Westerweyhe | 6:31 |
| 2. | /13. 686 Hauskeller, Aike | 1997 SC Kirch/Westerweyhe | 7:20 |
| 3. | /20. 1024 Hartmann, Dennis | 1997 Vereinslos | 7:35 |
| 4. | /58. 954 Schläger, Christian | 1997 TVU-Lauftreff Uelzen | 8:38 |
| 5. | /90. 708 Becker, Tobias | 1997 TSV Niendorf/H. | 10:18 |

10 km

10 km

| | | | |
|----|-----------------------------|-----------------------|-------|
| 1. | /1. Mä 1064 Otto, Stefan | 1981 MTV Müden/Örtze | 36:51 |
| 2. | /1. M40 410 Jahnke, Rainer | 1970 Post SV Uelzen | 37:30 |
| 3. | /2. M40 504 Zacharias, Ralf | 1966 MTV Soltau | 37:57 |
| 4. | /1. M45 595 Kupper, Frank | 1964 Lusaner SC 1980 | 40:18 |
| 5. | /1. M30 766 Buhl, Marc | 1976 raidlight France | 40:26 |
| 6. | /1. M35 831 Lang, Matthias | 1974 TuS Hermannsburg | 40:45 |

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|-----|-----------------------------------|---------------------------------|-------|
| 7. | /1. M50 408 Schuwirth, Klaus | 1959 Post SV Uelzen | 41:34 |
| 8. | /2. M45 784 Lübke, Thorsten | 1963 TuS Celle v. 1992 | 43:15 |
| 9. | /3. M40 744 Machel, Carsten | 1970 Post SV Uelzen | 43:27 |
| 10. | /2. M35 981 Nickel, Stefan | 1972 SV Rosche | 43:32 |
| 11. | /2. Mä 484 Meene, Florian | 1982 Soltauer Sportclub | 43:39 |
| 12. | /3. M45 502 Rohleder, Frank | 1963 MTV Soltau | 43:43 |
| 13. | /4. M45 961 Glißmann, Klaus | 1963 TVU-Lauftreff Uelzen | 43:47 |
| 14. | /4. M40 683 Romanski, Jürgen | 1966 SC Kirch/Westerweyhe | 43:52 |
| 15. | /2. M50 245 Fietkau, Uwe | 1958 TV Jahn Schneverdingen | 43:55 |
| 16. | /5. M40 696 Soika, Rainer | 1968 Bergen/Bleckmar | 44:02 |
| 17. | /5. M45 1071 Bockelmann, Frank | 1963 Vereinslos | 44:09 |
| 18. | /6. M45 483 Bechtloff, Rainer | 1963 Leben&Schreiben | 44:25 |
| 19. | /3. M50 578 Eggers, Helmut | 1958 MTV Bispingen | 44:36 |
| 20. | /7. M45 1006 Polis, Thorsten | 1965 TSV Wietendorf LT | 44:39 |
| 21. | /2. M30 454 Simon, Tidman | 1980 Slim School | 44:49 |
| 22. | /3. M30 845 Kaiser, Simon | 1978 VfL Suderburg | 44:58 |
| 23. | /1. M60 506 Mallett, Michael | 1950 MTV Soltau | 45:00 |
| 24. | /3. M35 1038 Ansorge, Matthias | 1973 Vereinslos | 45:50 |
| 25. | /2. M60 241 Wildemann, Siegfried | 1950 TV Jahn Schneverdingen | 46:17 |
| 26. | /3. M60 2 Hübner, Wilfried | 1947 Vereinslos | 46:42 |
| 27. | /4. M50 787 Landau, Rainer | 1958 TuS Celle v. 1992 | 46:44 |
| 28. | /4. M35 591 Ryll, Jens | 1971 TSV Bienenbüttel Lauftreff | 46:49 |
| 29. | /6. M40 244 Spiwek, Manfred | 1970 TV Jahn Schneverdingen | 46:50 |
| 30. | /1. M55 976 Poludniok, Karl-Heinz | 1952 TV Scheeßel | 46:57 |
| 31. | /8. M45 501 Harbart, Rudolf | 1962 MTV Soltau | 47:00 |
| 32. | /9. M45 977 Liebert, Jörg | 1963 vereinslos | 47:07 |
| 33. | /5. M35 393 Bütthe, Andreas | 1974 Vereinslos | 47:31 |
| 34. | /5. M50 793 Schröder, Dirk | 1960 Sport-Jongleure Dreilingen | 47:32 |
| 35. | /4. M30 534 Freter, Karsten | 1976 TSV Wriedel | 47:43 |
| 36. | /5. M30 1042 Roock, Carsten | 1980 Vereinslos | 47:46 |
| 37. | /1. M65 68 Buchholtz, Rolf | 1941 LG Braunschweig | 47:51 |
| 38. | /2. M55 843 Hagen, Frank | 1954 VfL Suderburg | 47:54 |
| 39. | /6. M50 563 Schwiers, Andreas | 1959 LT Bienenbüttel | 48:09 |
| 40. | /3. Mä 340 Werner, Stefan | 1988 TuS Soltendieck | 48:10 |
| 41. | /10. M45 829 Lilje, Thorsten | 1962 TuS Hermannsburg | 48:10 |
| 42. | /6. M35 1043 Kohlmeyer, Markus | 1975 Vereinslos | 48:11 |
| 43. | /11. M45 830 Fabritz, Hartmut | 1961 TuS Hermannsburg | 48:32 |
| 44. | /3. M55 717 Müller, Gerhard | 1954 MTV Amelinghausen LT | 48:36 |
| 45. | /7. M50 1085 Redlin, Michael | 1960 MTV Bad Bevensen | 48:41 |
| 46. | /2. M65 987 Ahrens, Achim | 1945 SV Jastorf | 48:46 |
| 47. | /4. M60 1090 Lipka, Siegfried | 1949 Vereinslos | 48:49 |
| 48. | /8. M50 913 Peters, Frank | 1958 MEG | 49:08 |
| 49. | /1. MJ 907 Behling, Christopher | 1994 TSV Wrestedt/Stede | 49:12 |
| 50. | /5. M60 464 Feldmann, Jürgen | 1950 Vereinslos | 49:13 |
| 51. | /12. M45 701 Birr, Friedhelm | 1961 TSV Hösseringen | 49:18 |
| 52. | /7. M35 1025 Greve, Matthias | 1975 Vereinslos | 49:25 |
| 53. | /6. M60 873 Liedtke, Manfred | 1950 MTV Himbergen | 49:57 |
| 54. | /8. M35 67 Stünkel, Jörg | 1975 MTV Oldendorf | 50:06 |
| 55. | /7. M40 851 Stadler, Jürgen | 1966 Vereinslos | 50:09 |
| 56. | /13. M45 677 Voss, Ulrich | 1964 sfA-Team | 50:10 |
| 57. | /14. M45 743 Machel, Gerhard | 1965 Post SV Uelzen | 50:11 |
| 58. | /4. M55 1084 Köhler, Klaus | 1955 LG Celle Land | 50:25 |
| 59. | /8. M40 828 Buhle, Acki | 1968 TuS Hermannsburg | 50:42 |
| 60. | /15. M45 1047 Bornemann, Thomas | 1963 vereinslos | 50:45 |
| 61. | /7. M60 1034 Göhsing, Günter | 1950 Vereinslos | 50:50 |
| 62. | /6. M30 771 wishaupt, benoit | 1978 raidlight France | 51:07 |
| 63. | /9. M40 706 Becker, Hartmut | 1966 TSV Niendorf/H. | 51:34 |
| 64. | /10. M40 1048 Steinmann, Frank | 1967 Vereinslos | 51:34 |
| 65. | /16. M45 1049 Suhm, Michael | 1965 Vereinslos | 51:34 |
| 66. | /3. M65 869 Hartmann, Peter | 1943 MTV Himbergen | 51:35 |
| 67. | /1. SA 462 Böhrendt, Nicholas | 1996 VfL Suderburg | 51:52 |
| 68. | /11. M40 835 Walzer, Stefan | 1966 TuS Hermannsburg | 51:57 |
| 69. | /12. M40 707 Ryll, Thomas | 1966 TSV Niendorf/H. | 52:01 |
| 70. | /4. Mä 1054 Dwenger, Daniel | 1988 sfA-Team | 52:07 |
| 71. | /13. M40 243 Crone, Peter | 1966 TV Jahn Schneverdingen | 52:11 |
| 72. | /5. M55 396 sander, wolfgang | 1951 VfL Knesebeck | 52:19 |
| 73. | /17. M45 764 Schilla, Henning | 1962 tsv Lehmke | 53:06 |
| 74. | /9. M50 997 Petersen, Gerd | 1960 FG Tangendorf | 53:07 |
| 75. | /5. Mä 973 Schulz, Tobias | 1983 vereinslos | 53:15 |
| 76. | /14. M40 599 Janich, Lubiz | 1970 Lüneburg | 53:16 |
| 77. | /1. M70 788 Skoda, Bernd | 1938 TuS Celle v. 1992 | 53:37 |

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|------|----------------------------------|-------------------------------------|---------|
| 78. | /18. M45 715 Maaß, Joachim | 1961 MTV Beedenbostel | 54:05 |
| 79. | /7. M30 566 McGee, Andy | 1979 Vereinslos | 54:21 |
| 80. | /8. M60 580 Etzold, Hans-Joachim | 1947 MTV Bispingen | 54:24 |
| 81. | /15. M40 567 Weilandt, Alexander | 1970 Vereinslos | 54:29 |
| 82. | /16. M40 69 Dorazillo, Thomas | 1966 Gag Runners | 54:34 |
| 83. | /10. M50 528 Krause, Werner | 1956 Vereinslos | 54:44 |
| 84. | /17. M40 522 Uranowski, Niko | 1966 Vereinslos | 54:47 |
| 85. | /11. M50 162 Geerke, Jörg | 1960 Stolpertruppe Winsen | 54:54 |
| 86. | /9. M60 516 Wöhler, Günther | 1948 Barilla Deutschland GmbH | 54:57 |
| 87. | /10. M60 525 Barth, Rolf | 1950 Vereinslos | 55:00 |
| 88. | /9. M35 225 Dreyer, Jörg | 1972 Freunde der Grundschule Gerdau | 55:04 |
| 89. | /18. M40 1081 Krüger, Carsten | 1966 Beedenbostel | 55:05 |
| 90. | /4. M65 581 Kunze, Lutz | 1943 MTV Bispingen | 55:08 |
| 91. | /19. M40 1091 Pittius, Ulrich | 1967 Vereinslos | 55:09 |
| 92. | /11. M60 4 Schmelz, Klaus | 1948 Vereinslos | 55:20 |
| 93. | /20. M40 455 Whines, Mark | 1970 Slim School | 55:36 |
| 94. | /6. M55 774 Körner, Harald | 1952 TuS Celle v. 1992 | 55:37 |
| 95. | /19. M45 327 Lühr, Thomas | 1964 Uelzen | 55:41 |
| 96. | /7. M55 712 Harms, Günter | 1955 MTV Beedenbostel | 55:56 |
| 97. | /20. M45 714 Dellemann, Jörg | 1961 MTV Beedenbostel | 55:56 |
| 98. | /2. MJ 431 Tollemer, Frederic | 1992 KAVG Celle | 55:58 |
| 99. | /2. M70 789 Papenfuß, Neithard | 1938 TuS Celle v. 1992 | 56:01 |
| 100. | /10. M35 517 Merten, Niels | 1973 Barilla Deutschland GmbH | 56:22 |
| 101. | /21. M45 818 Witte, Rolf | 1965 TSV Wietendorf LT | 56:39 |
| 102. | /22. M45 1072 Sendzik, Siegmars | 1962 Vereinslos | 56:46 |
| 103. | /5. M65 963 Moses, Gerd | 1943 TVU-Lauftreff Uelzen | 56:54 |
| 104. | /21. M40 1083 Schauer, Olaf | 1967 Winsen | 56:59 |
| 105. | /12. M50 998 Frerichs, Hinrich | 1957 FG Tangendorf | 57:05 |
| 106. | /3. M70 1033 Nowak, Wolfgang | 1937 Vereinslos | 57:15 |
| 107. | /4. M70 964 Reischel, Gerhard | 1937 TVU-Lauftreff Uelzen | 57:21 |
| 108. | /13. M50 975 Haacke, Manfred | 1956 Sportclub Lüchow | 57:26 |
| 109. | /5. M70 776 Cochius, Tilo | 1938 TuS Celle v. 1992 | 57:49 |
| 110. | /6. M65 339 Martin, Alois | 1941 SV Holdenstedt | 57:53 |
| 111. | /22. M40 821 Scheewe, Michael | 1970 SV Badel | 57:58 |
| 112. | /12. M60 524 Pallapies, Joachim | 1948 Vereinslos | 58:10 |
| 113. | /23. M45 548 Haas, Wolfgang | 1963 MSV Tripoint Frankfurt/Oder | 58:12 |
| 114. | /6. M70 492 Dietrich, Peter | 1939 LG HNF Hamburg | 58:48 |
| 115. | /24. M45 459 Böhrendt, Joachim | 1962 VfL Suderburg | 58:55 |
| 116. | /8. M55 467 Leder, Rainhard | 1955 Uelzen | 59:46 |
| 117. | /25. M45 626 Gerbig, Joachim | 1964 Vereinslos | 59:52 |
| 118. | /26. M45 1070 Krause, Karl-Heinz | 1961 vereinslos | 1:00:01 |
| 119. | /13. M60 962 Ciwuik, Günter | 1949 TVU-Lauftreff Uelzen | 1:00:28 |
| 120. | /23. M40 834 Walzer, Frank | 1967 TuS Hermannsburg | 1:00:46 |
| 121. | /2. SA 819 Quentin, Marcel | 1995 LT Bienenbüttel | 1:01:10 |
| 122. | /27. M45 777 Haß, Thomas | 1961 TuS Celle v. 1992 | 1:01:20 |
| 123. | /14. M60 889 Müller, Detlev | 1946 TSV Wrestdt/Stede | 1:02:17 |
| 124. | /24. M40 675 Erwin, Wolfgang | 1968 sfA-Team | 1:03:10 |
| 125. | /25. M40 958 Stahlbohm, Karsten | 1967 TVU-Lauftreff Uelzen | 1:03:26 |
| 126. | /28. M45 539 Weinke, Frank | 1961 MTV 1848 Hildesheim | 1:03:37 |
| 127. | /7. M65 779 Dierks, Herbert | 1945 TuS Celle v. 1992 | 1:04:03 |
| 128. | /29. M45 832 Lange, Jürgen | 1965 TuS Hermannsburg | 1:05:02 |
| 129. | /7. M70 780 Kosinski, Günther | 1938 TuS Celle v. 1992 | 1:05:35 |
| 130. | /26. M40 1069 Reising, Marcel | 1968 Vereinslos | 1:07:59 |
| 131. | /27. M40 1077 Sendzig, Egbert | 1969 Vereinslos | 1:09:16 |
| 132. | /28. M40 37 Scheuer, Jörg | 1970 Vereinslos | 1:09:19 |
| 133. | /8. M70 565 Koch, Klaus | 1939 LT Bienenbüttel | 1:12:56 |
| aW | 2012 Kaiser, Hartmut | 1952 VfL Suderburg | 47:24 |
| aW | 2010 Gaede, Michael | 1959 VfL Suderburg | 48:29 |
| aW | 2005 Deutschmann, Lothar | 1958 VfL Suderburg | 48:53 |
| aW | 2013 Dehrmann, Werner | 1964 VfL Suderburg | 49:13 |
| aW | 2007 Lange, Fritz | 1948 VfL Suderburg | 59:11 |
| aW | 2002 Baumgarten, Jürgen | 1937 VfL Suderburg | 1:03:22 |
| aW | 36 Scheuer, Jonas | 1998 Vereinslos | 1:09:19 |

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|----|--------------------------------|----------------------------|-------|
| 1. | /1. W40 694 Boe-Lange, Martina | 1970 Post SV Uelzen | 39:15 |
| 2. | /1. W45 758 Schulz, Tanja | 1963 SV Lemgow-Dangenstorf | 44:42 |
| 3. | /2. W45 511 Gutberlet, Meike | 1962 LT TUS Bodenteich 1 | 46:01 |
| 4. | /2. W40 409 Romanski, Martina | 1967 Post SV Uelzen | 48:16 |

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|-----|---------------------------------------|--------------------------------|---------|
| 5. | /3. W40 786 Suchy, Marion | 1968 TuS Celle v. 1992 | 48:28 |
| 6. | /4. W40 240 Heißner, Manuela | 1970 TV Jahn Schneverdingen | 49:21 |
| 7. | /3. W45 500 Sturm, Anke | 1963 MTV Soltau | 49:25 |
| 8. | /4. W45 1045 Leibbrandt, Kerstin | 1964 SC Kirch/Westerweyhe | 49:34 |
| 9. | /5. W40 747 Hentschel, Nevenka | 1969 Dahlenburger SK/Lauftreff | 50:53 |
| 10. | /6. W40 1086 Winkler, Monika | 1967 MTV Bad Bevensen | 50:59 |
| 11. | /1. W55 750 Kolle, Edith | 1955 Dahlenburger SK/Lauftreff | 51:48 |
| 12. | /7. W40 466 Hauf, Annett | 1967 Ski Club Uelzen | 51:49 |
| 13. | /5. W45 679 Glanert, Silke | 1964 sfA-Team | 52:03 |
| 14. | /6. W45 242 Tödter, Elke | 1963 TV Jahn Schneverdingen | 52:08 |
| 15. | /1. W50 583 Homotov, Eva | 1958 MTV Bispingen | 52:11 |
| 16. | /1. W35 1028 Wenzlawe, Maja | 1972 Vereinslos | 52:13 |
| 17. | /2. W55 586 Alvermann-Buhr, Ingrid | 1954 MTV Bispingen | 52:47 |
| 18. | /8. W40 21 Eilers, Angela | 1968 Die wundersamen Lüderaner | 53:17 |
| 19. | /1. W30 999 Brötzmann, Claudia | 1976 Bienenbüttel | 53:39 |
| 20. | /7. W45 748 Körte, Gunda | 1962 Dahlenburger SK/Lauftreff | 53:59 |
| 21. | /2. W50 755 Sternberg, Silke | 1960 SV Lemgow-Dangenstorf | 54:41 |
| 22. | /9. W40 395 Herrmann, Britta | 1970 Barnstedt | 54:58 |
| 23. | /1. W70 629 Senger, Christel | 1940 TuS Unterlüß Lauftreff | 55:00 |
| 24. | /10. W40 822 Gutknecht, Sabine | 1966 Familie Gutknecht | 55:31 |
| 25. | /3. W50 749 Saucke, Beate | 1956 Dahlenburger SK/Lauftreff | 55:32 |
| 26. | /4. W50 246 Morawetz, Ute | 1959 TV Jahn Schneverdingen | 55:37 |
| 27. | /5. W50 404 Hackert, Gudrun | 1958 Post SV Uelzen | 55:42 |
| 28. | /8. W45 1056 Meineke, Susanne | 1964 Vereinslos | 56:33 |
| 29. | /11. W40 678 Pasch, Carola | 1967 sfA-Team | 56:47 |
| 30. | /12. W40 560 Graßhoff, Stephanie | 1970 Post SV Uelzen | 57:11 |
| 31. | /9. W45 960 Glißmann, Kerstin | 1963 TVU-Lauftreff Uelzen | 57:13 |
| 32. | /1. W60 862 Klug, Rosi | 1950 MTV Müden/Örtze | 57:18 |
| 33. | /6. W50 974 Haacke, Petra | 1960 Sportclub Lüchow | 57:26 |
| 34. | /10. W45 452 Nelson, Sandra | 1963 Slim School | 57:43 |
| 35. | /11. W45 946 Meister, Claudia | 1964 Bremsbacken Celle | 58:27 |
| 36. | /12. W45 959 Kachel, Heike | 1965 TVU-Lauftreff Uelzen | 58:39 |
| 37. | /13. W40 553 Ramachers, Ulrike | 1969 Vereinslos | 58:40 |
| 38. | /2. W35 70 Doradzillo, Cornelia | 1973 Gag Runners | 58:46 |
| 39. | /2. W60 849 Junghans-Borm, Angelika | 1948 VfL Suderburg | 59:22 |
| 40. | /13. W45 491 Hinz, Elke | 1962 TSV Neuenkirchen | 59:25 |
| 41. | /7. W50 753 Dedek, Frauke | 1957 Tri-Speedys Peine | 59:35 |
| 42. | /8. W50 782 Poek, Susanne | 1960 TuS Celle v. 1992 | 59:46 |
| 43. | /2. W30 453 Tidman, Jenny | 1980 Slim School | 1:00:04 |
| 44. | /14. W40 625 Sorge, Martina | 1968 MTV Bispingen | 1:00:08 |
| 45. | /14. W45 957 Ammann, Irmi | 1964 TVU-Lauftreff Uelzen | 1:00:10 |
| 46. | /3. W30 401 Ostehr, Katrin | 1980 LG Socken-Wellen e.V | 1:00:32 |
| 47. | /9. W50 334 Ostehr, Martina | 1958 LG Socken-Wellen e.V | 1:00:33 |
| 48. | /15. W40 719 Kaup, Jessica | 1969 MTV Amelinghausen LT | 1:00:55 |
| 49. | /15. W45 718 Saß, Bärbel | 1963 MTV Amelinghausen LT | 1:00:55 |
| 50. | /1. Fr 582 Baden, Simone | 1982 MTV Bispingen | 1:00:57 |
| 51. | /16. W45 584 Kolberg, Gabi | 1961 MTV Bispingen | 1:01:07 |
| 52. | /3. W35 598 Janich, Heike | 1975 Lüneburg | 1:01:21 |
| 53. | /17. W45 676 Stender, Kati | 1963 sfA-Team | 1:01:22 |
| 54. | /10. W50 480 Hövermann, Hannelore | 1958 Leben&Schreiben | 1:01:30 |
| 55. | /2. W70 1068 Klingemann, Christa | 1937 TuS Celle v. 1992 | 1:01:52 |
| 56. | /18. W45 538 Sander, Romilda | 1964 MTV 1848 Hildesheim | 1:02:13 |
| 57. | /3. W60 585 Hintze, Monika | 1947 MTV Bispingen | 1:02:41 |
| 58. | /16. W40 481 Bechtloff, Katharina | 1967 Leben&Schreiben | 1:02:44 |
| 59. | /19. W45 908 Holst, Angela | 1963 TSV Wrestedt/Stede | 1:02:47 |
| 60. | /17. W40 554 Oetzmann-Franke, Claudia | 1968 Vereinslos | 1:02:50 |
| 61. | /3. W55 232 Weger, Gisela | 1954 VfL Westercelle | 1:04:04 |
| 62. | /20. W45 482 Holstein, Brigitte | 1964 Leben&Schreiben | 1:04:15 |
| 63. | /4. W35 558 Schwarz, Pamela | 1971 Post SV Uelzen | 1:04:19 |
| 64. | /4. W60 741 Döring, Jutta | 1950 TV Jahn Schneverdingen | 1:05:56 |
| 65. | /4. W55 1087 Karstens, Heidi | 1952 MTV Bad Bevensen | 1:06:13 |
| 66. | /1. W65 751 Luhmann, Aenne | 1942 Dahlenburger SK/Lauftreff | 1:06:19 |
| 67. | /2. Fr 32 Bölter, Jennifer | 1986 Vereinslos | 1:07:22 |
| 68. | /3. Fr 155 Keil, Nora | 1985 Vereinslos | 1:07:22 |
| 69. | /18. W40 28 Reising, Dunja | 1967 Vereinslos | 1:07:58 |
| 70. | /5. W60 988 Ahrens, Erika | 1946 SV Jastorf | 1:09:49 |
| 71. | /1. WJ 420 Bedford, Annika | 1992 KAVG Celle | 1:10:32 |
| 72. | /11. W50 183 Niepel, Silvia | 1960 Bad Breisig | 1:15:53 |
| aW | 2004 Lange, Elke | 1951 VfL Suderburg | 59:11 |

10 km

| | | | |
|-------|-------------------------------|-------------------------------------|---------|
| 10 km | | Männl. Jugend | |
| 1. | /54. 907 Behling, Christopher | 1994 TSV Wrestedt/Stede | 49:12 |
| 2. | /125 431 Tollemer, Frederic | 1992 KAVG Celle | 55:58 |
| 10 km | | Weibl. Jugend | |
| 1. | /203 420 Bedford, Annika | 1992 KAVG Celle | 1:10:32 |
| 10 km | | Männer | |
| 1. | /1. 1064 Otto, Stefan | 1981 MTV Müden/Örtze | 36:51 |
| 2. | /12. 484 Meene, Florian | 1982 Soltauer Sportclub | 43:39 |
| 3. | /43. 340 Werner, Stefan | 1988 TuS Soltendieck | 48:10 |
| 4. | /83. 1054 Dwenger, Daniel | 1988 sfA-Team | 52:07 |
| 5. | /92. 973 Schulz, Tobias | 1983 vereinslos | 53:15 |
| 10 km | | Frauen | |
| 1. | /170 582 Baden, Simone | 1982 MTV Bispingen | 1:00:57 |
| 2. | /196 32 Bölter, Jennifer | 1986 Vereinslos | 1:07:22 |
| 3. | /197 155 Keil, Nora | 1985 Vereinslos | 1:07:22 |
| 10 km | | M12 | |
| aW | 36 Scheuer, Jonas | 1998 Vereinslos | 1:09:19 |
| 10 km | | Schüler A | |
| 1. | /79. 462 Böhrendt, Nicholas | 1996 VfL Suderburg | 51:52 |
| 2. | /172 819 Quentin, Marcel | 1995 LT Bienenbüttel | 1:01:10 |
| 10 km | | Senioren M30 | |
| 1. | /6. 766 Buhl, Marc | 1976 raidlight France | 40:26 |
| 2. | /23. 454 Simon, Tidman | 1980 Slim School | 44:49 |
| 3. | /24. 845 Kaiser, Simon | 1978 VfL Suderburg | 44:58 |
| 4. | /38. 534 Freter, Karsten | 1976 TSV Wriedel | 47:43 |
| 5. | /39. 1042 Roock, Carsten | 1980 Vereinslos | 47:46 |
| 6. | /72. 771 wishaupt, benoit | 1978 raidlight France | 51:07 |
| 7. | /99. 566 McGee, Andy | 1979 Vereinslos | 54:21 |
| 10 km | | Seniorinnen W30 | |
| 1. | /96. 999 Brötzmann, Claudia | 1976 Bienenbüttel | 53:39 |
| 2. | /161 453 Tidman, Jenny | 1980 Slim School | 1:00:04 |
| 3. | /165 401 Ostehr, Katrin | 1980 LG Socken-Wellen e.V | 1:00:32 |
| 10 km | | Senioren M35 | |
| 1. | /7. 831 Lang, Matthias | 1974 TuS Hermannsburg | 40:45 |
| 2. | /11. 981 Nickel, Stefan | 1972 SV Rosche | 43:32 |
| 3. | /26. 1038 Ansorge, Matthias | 1973 Vereinslos | 45:50 |
| 4. | /31. 591 Ryll, Jens | 1971 TSV Bienenbüttel Lauftreff | 46:49 |
| 5. | /36. 393 Büthe, Andreas | 1974 Vereinslos | 47:31 |
| 6. | /45. 1043 Kohlmeyer, Markus | 1975 Vereinslos | 48:11 |
| 7. | /58. 1025 Greve, Matthias | 1975 Vereinslos | 49:25 |
| 8. | /62. 67 Stünkel, Jörg | 1975 MTV Oldendorf | 50:06 |
| 9. | /111 225 Dreyer, Jörg | 1972 Freunde der Grundschule Gerdau | 55:04 |
| 10. | /127 517 Merten, Niels | 1973 Barilla Deutschland GmbH | 56:22 |
| 10 km | | Seniorinnen W35 | |
| 1. | /87. 1028 Wenzlawe, Maja | 1972 Vereinslos | 52:13 |
| 2. | /151 70 Doradzillo, Cornelia | 1973 Gag Runners | 58:46 |

| | | | |
|----|--------------------------|---------------------|---------|
| 3. | /174 598 Janich, Heike | 1975 Lüneburg | 1:01:21 |
| 4. | /190 558 Schwarz, Pamela | 1971 Post SV Uelzen | 1:04:19 |

10 km

Senioren M40

| | | | |
|-----|------------------------------|-----------------------------|---------|
| 1. | /2. 410 Jahnke, Rainer | 1970 Post SV Uelzen | 37:30 |
| 2. | /3. 504 Zacharias, Ralf | 1966 MTV Soltau | 37:57 |
| 3. | /10. 744 Machel, Carsten | 1970 Post SV Uelzen | 43:27 |
| 4. | /15. 683 Romanski, Jürgen | 1966 SC Kirch/Westerweyhe | 43:52 |
| 5. | /17. 696 Soika, Rainer | 1968 Bergen/Bleckmar | 44:02 |
| 6. | /32. 244 Spiwek, Manfred | 1970 TV Jahn Schneverdingen | 46:50 |
| 7. | /63. 851 Stadler, Jürgen | 1966 Vereinslos | 50:09 |
| 8. | /67. 828 Buhle, Acki | 1968 TuS Hermannsburg | 50:42 |
| 9. | /73. 706 Becker, Hartmut | 1966 TSV Niendorf/H. | 51:34 |
| 10. | /74. 1048 Steinmann, Frank | 1967 Vereinslos | 51:34 |
| 11. | /80. 835 Walzer, Stefan | 1966 TuS Hermannsburg | 51:57 |
| 12. | /81. 707 Ryll, Thomas | 1966 TSV Niendorf/H. | 52:01 |
| 13. | /86. 243 Crone, Peter | 1966 TV Jahn Schneverdingen | 52:11 |
| 14. | /93. 599 Janich, Lutz | 1970 Lüneburg | 53:16 |
| 15. | /101 567 Weilandt, Alexander | 1970 Vereinslos | 54:29 |
| 16. | /102 69 Doradillo, Thomas | 1966 Gag Runners | 54:34 |
| 17. | /105 522 Uranowski, Niko | 1966 Vereinslos | 54:47 |
| 18. | /112 1081 Krüger, Carsten | 1966 Beedenbostel | 55:05 |
| 19. | /114 1091 Pittius, Ulrich | 1967 Vereinslos | 55:09 |
| 20. | /118 455 Whines, Mark | 1970 Slim School | 55:36 |
| 21. | /133 1083 Schauer, Olaf | 1967 Winsen | 56:59 |
| 22. | /145 821 Scheewe, Michael | 1970 SV Badel | 57:58 |
| 23. | /167 834 Walzer, Frank | 1967 TuS Hermannsburg | 1:00:46 |
| 24. | /184 675 Erwin, Wolfgang | 1968 sfA-Team | 1:03:10 |
| 25. | /185 958 Stahlbohm, Karsten | 1967 TVU-Lauftreff Uelzen | 1:03:26 |
| 26. | /199 1069 Reising, Marcel | 1968 Vereinslos | 1:07:59 |
| 27. | /200 1077 Sendzig, Egbert | 1969 Vereinslos | 1:09:16 |
| 28. | /201 37 Scheuer, Jörg | 1970 Vereinslos | 1:09:19 |

10 km

Seniorinnen W40

| | | | |
|-----|-----------------------------------|--------------------------------|---------|
| 1. | /4. 694 Boe-Lange, Martina | 1970 Post SV Uelzen | 39:15 |
| 2. | /46. 409 Romanski, Martina | 1967 Post SV Uelzen | 48:16 |
| 3. | /47. 786 Suchy, Marion | 1968 TuS Celle v. 1992 | 48:28 |
| 4. | /57. 240 Heißner, Manuela | 1970 TV Jahn Schneverdingen | 49:21 |
| 5. | /70. 747 Hentschel, Nevenka | 1969 Dahlenburger SK/Lauftreff | 50:53 |
| 6. | /71. 1086 Winkler, Monika | 1967 MTV Bad Bevensen | 50:59 |
| 7. | /78. 466 Hauf, Annett | 1967 Ski Club Uelzen | 51:49 |
| 8. | /94. 21 Eilers, Angela | 1968 Die wundersamen Lüderaner | 53:17 |
| 9. | /108 395 Herrmann, Britta | 1970 Barnstedt | 54:58 |
| 10. | /116 822 Gutknecht, Sabine | 1966 Familie Gutknecht | 55:31 |
| 11. | /131 678 Pasch, Carola | 1967 sfA-Team | 56:47 |
| 12. | /135 560 Graßhoff, Stephanie | 1970 Post SV Uelzen | 57:11 |
| 13. | /150 553 Ramachers, Ulrike | 1969 Vereinslos | 58:40 |
| 14. | /162 625 Sorge, Martina | 1968 MTV Bispingen | 1:00:08 |
| 15. | /168 719 Kaup, Jessica | 1969 MTV Amelinghausen LT | 1:00:55 |
| 16. | /181 481 Bechtloff, Katharina | 1967 Leben&Schreiben | 1:02:44 |
| 17. | /183 554 Oetzmänn-Franke, Claudia | 1968 Vereinslos | 1:02:50 |
| 18. | /198 28 Reising, Dunja | 1967 Vereinslos | 1:07:58 |

10 km

Senioren M45

| | | | |
|-----|-----------------------------|---------------------------|-------|
| 1. | /5. 595 Kupper, Frank | 1964 Lusaner SC 1980 | 40:18 |
| 2. | /9. 784 Lübke, Thorsten | 1963 TuS Celle v. 1992 | 43:15 |
| 3. | /13. 502 Rohleder, Frank | 1963 MTV Soltau | 43:43 |
| 4. | /14. 961 Glißmann, Klaus | 1963 TVU-Lauftreff Uelzen | 43:47 |
| 5. | /18. 1071 Bockelmann, Frank | 1963 Vereinslos | 44:09 |
| 6. | /19. 483 Bechtloff, Rainer | 1963 Leben&Schreiben | 44:25 |
| 7. | /21. 1006 Polis, Thorsten | 1965 TSV Wietendorf LT | 44:39 |
| 8. | /34. 501 Harbart, Rudolf | 1962 MTV Soltau | 47:00 |
| 9. | /35. 977 Liebert, Jörg | 1963 Vereinslos | 47:07 |
| 10. | /44. 829 Lilje, Thorsten | 1962 TuS Hermannsburg | 48:10 |
| 11. | /48. 830 Fabritz, Hartmut | 1961 TuS Hermannsburg | 48:32 |
| 12. | /56. 701 Birr, Friedhelm | 1961 TSV Hösseringen | 49:18 |
| 13. | /64. 677 Voss, Ulrich | 1964 sfA-Team | 50:10 |

| | | | |
|-----|------------------------------|----------------------------------|---------|
| 14. | /65. 743 Machel, Gerhard | 1965 Post SV Uelzen | 50:11 |
| 15. | /68. 1047 Bornemann, Thomas | 1963 vereinslos | 50:45 |
| 16. | /75. 1049 Suhm, Michael | 1965 Vereinslos | 51:34 |
| 17. | /90. 764 Schilla, Henning | 1962 tsv Lehmke | 53:06 |
| 18. | /98. 715 Maaß, Joachim | 1961 MTV Beedenbostel | 54:05 |
| 19. | /121 327 Lühr, Thomas | 1964 Uelzen | 55:41 |
| 20. | /124 714 Dellemann, Jörg | 1961 MTV Beedenbostel | 55:56 |
| 21. | /129 818 Witte, Rolf | 1965 TSV Wietzendorf LT | 56:39 |
| 22. | /130 1072 Sendzik, Siegmар | 1962 Vereinslos | 56:46 |
| 23. | /147 548 Haas, Wolfgang | 1963 MSV Tripoint Frankfurt/Oder | 58:12 |
| 24. | /153 459 Böhrendt, Joachim | 1962 VfL Suderburg | 58:55 |
| 25. | /159 626 Gerbig, Joachim | 1964 Vereinslos | 59:52 |
| 26. | /160 1070 Krause, Karl-Heinz | 1961 vereinslos | 1:00:01 |
| 27. | /173 777 Haß, Thomas | 1961 TuS Celle v. 1992 | 1:01:20 |
| 28. | /186 539 Weinke, Frank | 1961 MTV 1848 Hildesheim | 1:03:37 |
| 29. | /191 832 Lange, Jürgen | 1965 TuS Hermannsburg | 1:05:02 |

aW 2013 Dehrmann, Werner 1964 VfL Suderburg 49:13

10 km

Seniorinnen W45

| | | | |
|-----|-------------------------------|--------------------------------|---------|
| 1. | /22. 758 Schulz, Tanja | 1963 SV Lemgow-Dangenstorf | 44:42 |
| 2. | /27. 511 Gutberlet, Meike | 1962 LT TUS Bodenteich 1 | 46:01 |
| 3. | /58. 500 Sturm, Anke | 1963 MTV Soltau | 49:25 |
| 4. | /60. 1045 Leibbrandt, Kerstin | 1964 SC Kirch/Westerweyhe | 49:34 |
| 5. | /82. 679 Glanert, Silke | 1964 sfA-Team | 52:03 |
| 6. | /84. 242 Tödter, Elke | 1963 TV Jahn Schneverdingen | 52:08 |
| 7. | /97. 748 Körte, Gunda | 1962 Dahlenburger SK/Lauftreff | 53:59 |
| 8. | /128 1056 Meineke, Susanne | 1964 Vereinslos | 56:33 |
| 9. | /136 960 Glißmann, Kerstin | 1963 TVU-Lauftreff Uelzen | 57:13 |
| 10. | /142 452 Nelson, Sandra | 1963 Slim School | 57:43 |
| 11. | /148 946 Meister, Claudia | 1964 Bremsbacken Celle | 58:27 |
| 12. | /149 959 Kachel, Heike | 1965 TVU-Lauftreff Uelzen | 58:39 |
| 13. | /155 491 Hinz, Elke | 1962 TSV Neuenkirchen | 59:25 |
| 14. | /163 957 Ammann, Irmi | 1964 TVU-Lauftreff Uelzen | 1:00:10 |
| 15. | /169 718 Saß, Bärbel | 1963 MTV Amelinghausen LT | 1:00:55 |
| 16. | /171 584 Kolberg, Gabi | 1961 MTV Bispingen | 1:01:07 |
| 17. | /175 676 Stender, Kati | 1963 sfA-Team | 1:01:22 |
| 18. | /178 538 Sander, Romilda | 1964 MTV 1848 Hildesheim | 1:02:13 |
| 19. | /182 908 Holst, Angela | 1963 TSV Wrestedt/Stede | 1:02:47 |
| 20. | /189 482 Holstein, Brigitte | 1964 Leben&Schreiben | 1:04:15 |

10 km

Senioren M50

| | | | |
|-----|----------------------------|---------------------------------|-------|
| 1. | /8. 408 Schuwirth, Klaus | 1959 Post SV Uelzen | 41:34 |
| 2. | /16. 245 Fietkau, Uwe | 1958 TV Jahn Schneverdingen | 43:55 |
| 3. | /20. 578 Eggers, Helmut | 1958 MTV Bispingen | 44:36 |
| 4. | /30. 787 Landau, Rainer | 1958 TuS Celle v. 1992 | 46:44 |
| 5. | /37. 793 Schröder, Dirk | 1960 Sport-Jongleure Dreilingen | 47:32 |
| 6. | /42. 563 Schwiars, Andreas | 1959 LT Bienenbüttel | 48:09 |
| 7. | /50. 1085 Redlin, Michael | 1960 MTV Bad Bevensen | 48:41 |
| 8. | /53. 913 Peters, Frank | 1958 MEG | 49:08 |
| 9. | /91. 997 Petersen, Gerd | 1960 FG Tangendorf | 53:07 |
| 10. | /104 528 Krause, Werner | 1956 Vereinslos | 54:44 |
| 11. | /106 162 Geerke, Jörg | 1960 Stolpertruppe Winsen | 54:54 |
| 12. | /134 998 Frerichs, Hinrich | 1957 FG Tangendorf | 57:05 |
| 13. | /141 975 Haacke, Manfred | 1956 Sportclub Lüchow | 57:26 |

aW 2010 Gaede, Michael 1959 VfL Suderburg 48:29

aW 2005 Deutschmann, Lothar 1958 VfL Suderburg 48:53

10 km

Seniorinnen W50

| | | | |
|----|---------------------------|--------------------------------|-------|
| 1. | /85. 583 Homotov, Eva | 1958 MTV Bispingen | 52:11 |
| 2. | /103 755 Sternberg, Silke | 1960 SV Lemgow-Dangenstorf | 54:41 |
| 3. | /117 749 Saucke, Beate | 1956 Dahlenburger SK/Lauftreff | 55:32 |
| 4. | /119 246 Morawetz, Ute | 1959 TV Jahn Schneverdingen | 55:37 |
| 5. | /122 404 Hackert, Gudrun | 1958 Post SV Uelzen | 55:42 |
| 6. | /140 974 Haacke, Petra | 1960 Sportclub Lüchow | 57:26 |
| 7. | /156 753 Dedek, Frauke | 1957 Tri-Speedys Peine | 59:35 |

| | | | |
|-------|----------------------------------|--------------------------------|---------|
| 8. | /158 782 Poek, Susanne | 1960 TuS Celle v. 1992 | 59:46 |
| 9. | /166 334 Ostehr, Martina | 1958 LG Socken-Wellen e.V | 1:00:33 |
| 10. | /176 480 Hövermann, Hannelore | 1958 Leben&Schreiben | 1:01:30 |
| 11. | /205 183 Niepel, Silvia | 1960 Bad Breisig | 1:15:53 |
| 10 km | | Senioren M55 | |
| 1. | /33. 976 Poludniok, Karl-Heinz | 1952 TV Scheeßel | 46:57 |
| 2. | /41. 843 Hagen, Frank | 1954 VfL Suderburg | 47:54 |
| 3. | /49. 717 Müller, Gerhard | 1954 MTV Amelinghausen LT | 48:36 |
| 4. | /66. 1084 Köhler, Klaus | 1955 LG Celle Land | 50:25 |
| 5. | /88. 396 sander, wolfgang | 1951 VfL Knesebeck | 52:19 |
| 6. | /120 774 Körner, Harald | 1952 TuS Celle v. 1992 | 55:37 |
| 7. | /123 712 Harms, Günter | 1955 MTV Beedenbostel | 55:56 |
| 8. | /157 467 Leder, Rainhard | 1955 Uelzen | 59:46 |
| aW | 2012 Kaiser, Hartmut | 1952 VfL Suderburg | 47:24 |
| 10 km | | Seniorinnen W55 | |
| 1. | /77. 750 Kolle, Edith | 1955 Dahlenburger SK/Lauftreff | 51:48 |
| 2. | /89. 586 Alvermann-Buhr, Ingrid | 1954 MTV Bispingen | 52:47 |
| 3. | /188 232 Weger, Gisela | 1954 VfL Westercelle | 1:04:04 |
| 4. | /194 1087 Karstens, Heidi | 1952 MTV Bad Bevensen | 1:06:13 |
| aW | 2004 Lange, Elke | 1951 VfL Suderburg | 59:11 |
| 10 km | | Senioren M60 | |
| 1. | /25. 506 Mallett, Michael | 1950 MTV Soltau | 45:00 |
| 2. | /28. 241 Wildemann, Siegfried | 1950 TV Jahn Schneverdingen | 46:17 |
| 3. | /29. 2 Hübner, Wilfried | 1947 Vereinslos | 46:42 |
| 4. | /52. 1090 Lipka, Siegfried | 1949 Vereinslos | 48:49 |
| 5. | /55. 464 Feldmann, Jürgen | 1950 Vereinslos | 49:13 |
| 6. | /61. 873 Liedtke, Manfred | 1950 MTV Himbergen | 49:57 |
| 7. | /69. 1034 Göhsing, Günter | 1950 Vereinslos | 50:50 |
| 8. | /100 580 Etzold, Hans-Joachim | 1947 MTV Bispingen | 54:24 |
| 9. | /107 516 Wöhler, Günther | 1948 Barilla Deutschland GmbH | 54:57 |
| 10. | /109 525 Barth, Rolf | 1950 Vereinslos | 55:00 |
| 11. | /115 4 Schmelz, Klaus | 1948 Vereinslos | 55:20 |
| 12. | /146 524 Pallapies, Joachim | 1948 Vereinslos | 58:10 |
| 13. | /164 962 Ciwiuk, Günter | 1949 TVU-Lauftreff Uelzen | 1:00:28 |
| 14. | /179 889 Müller, Detlev | 1946 TSV Wrestedt/Stede | 1:02:17 |
| aW | 2007 Lange, Fritz | 1948 VfL Suderburg | 59:11 |
| 10 km | | Seniorinnen W60 | |
| 1. | /138 862 Klug, Rosi | 1950 MTV Müden/Örtze | 57:18 |
| 2. | /154 849 Junghans-Borm, Angelika | 1948 VfL Suderburg | 59:22 |
| 3. | /180 585 Hintze, Monika | 1947 MTV Bispingen | 1:02:41 |
| 4. | /193 741 Döring, Jutta | 1950 TV Jahn Schneverdingen | 1:05:56 |
| 5. | /202 988 Ahrens, Erika | 1946 SV Jastorf | 1:09:49 |
| 10 km | | Senioren M65 | |
| 1. | /40. 68 Buchholtz, Rolf | 1941 LG Braunschweig | 47:51 |
| 2. | /51. 987 Ahrens, Achim | 1945 SV Jastorf | 48:46 |
| 3. | /76. 869 Hartmann, Peter | 1943 MTV Himbergen | 51:35 |
| 4. | /113 581 Kunze, Lutz | 1943 MTV Bispingen | 55:08 |
| 5. | /132 963 Moses, Gerd | 1943 TVU-Lauftreff Uelzen | 56:54 |
| 6. | /144 339 Martin, Alois | 1941 SV Holdenstedt | 57:53 |
| 7. | /187 779 Dierks, Herbert | 1945 TuS Celle v. 1992 | 1:04:03 |
| 10 km | | Seniorinnen W65 | |
| 1. | /195 751 Luhmann, Aenne | 1942 Dahlenburger SK/Lauftreff | 1:06:19 |
| 10 km | | Senioren M70 | |

| | | | |
|-------|-------------------------------|-----------------------------|---------|
| 1. | /95. 788 Skoda, Bernd | 1938 TuS Celle v. 1992 | 53:37 |
| 2. | /126 789 Papenfuß, Neithard | 1938 TuS Celle v. 1992 | 56:01 |
| 3. | /137 1033 Nowak, Wolfgang | 1937 Vereinslos | 57:15 |
| 4. | /139 964 Reischel, Gerhard | 1937 TVU-Lauftreff Uelzen | 57:21 |
| 5. | /143 776 Cochius, Tilo | 1938 TuS Celle v. 1992 | 57:49 |
| 6. | /152 492 Dietrich, Peter | 1939 LG HNF Hamburg | 58:48 |
| 7. | /192 780 Kosinski, Günther | 1938 TuS Celle v. 1992 | 1:05:35 |
| 8. | /204 565 Koch, Klaus | 1939 LT Bienenbüttel | 1:12:56 |
| 9. | /206 519 Redgrove, Michael | 1939 Vereinslos | 1:28:30 |
| aW | 2002 Baumgarten, Jürgen | 1937 VfL Suderburg | 1:03:22 |
| 10 km | | Seniorinnen W70 | |
| 1. | /110 629 Senger, Christel | 1940 TuS Unterlüß Lauftreff | 55:00 |
| 2. | /177 1068 Klingemann, Christa | 1937 TuS Celle v. 1992 | 1:01:52 |
| 10 km | | Männer | |
| 1. | Post SV Uelzen | | 2:02:31 |
| | 410 Jahnke, Rainer | 1970 | 37:30 |
| | 408 Schuwirth, Klaus | 1959 | 41:34 |
| | 744 Machel, Carsten | 1970 | 43:27 |
| 2. | MTV Soltau | | 2:06:40 |
| | 504 Zacharias, Ralf | 1966 | 37:57 |
| | 502 Rohleder, Frank | 1963 | 43:43 |
| | 506 Mallett, Michael | 1950 | 45:00 |
| 3. | Vereinslos I | | 2:16:41 |
| | 1071 Bockelmann, Frank | 1963 | 44:09 |
| | 1038 Ansorge, Matthias | 1973 | 45:50 |
| | 2 Hübner, Wilfried | 1947 | 46:42 |
| 4. | TV Jahn Schneverdingen | | 2:17:02 |
| | 245 Fietkau, Uwe | 1958 | 43:55 |
| | 241 Wildemann, Siegfried | 1950 | 46:17 |
| | 244 Spiwek, Manfred | 1970 | 46:50 |
| 5. | TuS Hermannsburg I | | 2:17:27 |
| | 831 Lang, Matthias | 1974 | 40:45 |
| | 829 Lilje, Thorsten | 1962 | 48:10 |
| | 830 Fabritz, Hartmut | 1961 | 48:32 |
| 6. | Vereinslos II | | 2:23:28 |
| | 393 Büthe, Andreas | 1974 | 47:31 |
| | 1042 Roock, Carsten | 1980 | 47:46 |
| | 1043 Kohlmeyer, Markus | 1975 | 48:11 |
| 7. | TuS Celle v. 1992 I | | 2:23:36 |
| | 784 Lübke, Thorsten | 1963 | 43:15 |
| | 787 Landau, Rainer | 1958 | 46:44 |
| | 788 Skoda, Bernd | 1938 | 53:37 |
| 8. | Vereinslos III | | 2:27:27 |
| | 1090 Lipka, Siegfried | 1949 | 48:49 |
| | 464 Feldmann, Jürgen | 1950 | 49:13 |
| | 1025 Greve, Matthias | 1975 | 49:25 |
| 9. | vereinslos | | 2:31:07 |
| | 977 Liebert, Jörg | 1963 | 47:07 |
| | 1047 Bornemann, Thomas | 1963 | 50:45 |
| | 973 Schulz, Tobias | 1983 | 53:15 |
| 10. | VfL Suderburg | | 2:31:47 |
| | 845 Kaiser, Simon | 1978 | 44:58 |
| | 843 Hagen, Frank | 1954 | 47:54 |
| | 459 Böhrendt, Joachim | 1962 | 58:55 |
| 11. | Vereinslos IV | | 2:32:33 |
| | 851 Stadler, Jürgen | 1966 | 50:09 |
| | 1034 Göhsing, Günter | 1950 | 50:50 |
| | 1048 Steinmann, Frank | 1967 | 51:34 |
| 12. | MTV Bispingen | | 2:34:08 |
| | 578 Eggers, Helmut | 1958 | 44:36 |
| | 580 Etzold, Hans-Joachim | 1947 | 54:24 |
| | 581 Kunze, Lutz | 1943 | 55:08 |
| 13. | TVU-Lauftreff Uelzen | | 2:38:02 |
| | 961 Glißmann, Klaus | 1963 | 43:47 |

| | | | | |
|-----|-------------------------|------|---------|---------|
| | 963 Moses, Gerd | 1943 | 56:54 | . |
| | 964 Reischel, Gerhard | 1937 | 57:21 | . |
| 14. | Vereinslos V | | | 2:40:24 |
| | 1049 Suhm, Michael | 1965 | 51:34 | . |
| | 566 McGee, Andy | 1979 | 54:21 | . |
| | 567 Weilandt, Alexander | 1970 | 54:29 | . |
| 15. | TuS Hermannsburg II | | | 2:43:25 |
| | 828 Buhle, Acki | 1968 | 50:42 | . |
| | 835 Walzer, Stefan | 1966 | 51:57 | . |
| | 834 Walzer, Frank | 1967 | 1:00:46 | . |
| 16. | Vereinslos VI | | | 2:44:31 |
| | 528 Krause, Werner | 1956 | 54:44 | . |
| | 522 Uranowski, Niko | 1966 | 54:47 | . |
| | 525 Barth, Rolf | 1950 | 55:00 | . |
| 17. | sfA-Team | | | 2:45:27 |
| | 677 Voss, Ulrich | 1964 | 50:10 | . |
| | 1054 Dwenger, Daniel | 1988 | 52:07 | . |
| | 675 Erwin, Wolfgang | 1968 | 1:03:10 | . |
| 18. | MTV Beedenbostel | | | 2:45:57 |
| | 715 Maaß, Joachim | 1961 | 54:05 | . |
| | 712 Harms, Günter | 1955 | 55:56 | . |
| | 714 Dellemann, Jörg | 1961 | 55:56 | . |
| 19. | Vereinslos VII | | | 2:47:15 |
| | 1091 Pittius, Ulrich | 1967 | 55:09 | . |
| | 4 Schmelz, Klaus | 1948 | 55:20 | . |
| | 1072 Sendzik, Siegmur | 1962 | 56:46 | . |
| 20. | TuS Celle v. 1992 II | | | 2:49:27 |
| | 774 Körner, Harald | 1952 | 55:37 | . |
| | 789 Papenfuß, Neithard | 1938 | 56:01 | . |
| | 776 Cochius, Tilo | 1938 | 57:49 | . |
| 21. | Vereinslos VIII | | | 2:55:17 |
| | 1033 Nowak, Wolfgang | 1937 | 57:15 | . |
| | 524 Pallapies, Joachim | 1948 | 58:10 | . |
| | 626 Gerbig, Joachim | 1964 | 59:52 | . |
| 22. | TuS Celle v. 1992 III | | | 3:10:58 |
| | 777 Haß, Thomas | 1961 | 1:01:20 | . |
| | 779 Dierks, Herbert | 1945 | 1:04:03 | . |
| | 780 Kosinski, Günther | 1938 | 1:05:35 | . |
| 23. | Vereinslos IX | | | 3:26:34 |
| | 1069 Reising, Marcel | 1968 | 1:07:59 | . |
| | 1077 Sendzig, Egbert | 1969 | 1:09:16 | . |
| | 37 Scheuer, Jörg | 1970 | 1:09:19 | . |

10 km

Frauen

| | | | | |
|----|----------------------------|------|---------|---------|
| 1. | Post SV Uelzen | | | 2:23:13 |
| | 694 Boe-Lange, Martina | 1970 | 39:15 | . |
| | 409 Romanski, Martina | 1967 | 48:16 | . |
| | 404 Hackert, Gudrun | 1958 | 55:42 | . |
| 2. | Dahlenburger SK/Lauftreff | | | 2:36:40 |
| | 747 Hentschel, Nevenka | 1969 | 50:53 | . |
| | 750 Kolle, Edith | 1955 | 51:48 | . |
| | 748 Körte, Gunda | 1962 | 53:59 | . |
| 3. | TV Jahn Schneverdingen | | | 2:37:06 |
| | 240 Heißner, Manuela | 1970 | 49:21 | . |
| | 242 Tödter, Elke | 1963 | 52:08 | . |
| | 246 Morawetz, Ute | 1959 | 55:37 | . |
| 4. | MTV Bispingen I | | | 2:45:06 |
| | 583 Homotov, Eva | 1958 | 52:11 | . |
| | 586 Alvermann-Buhr, Ingrid | 1954 | 52:47 | . |
| | 625 Sorge, Martina | 1968 | 1:00:08 | . |
| 5. | Vereinslos I | | | 2:47:26 |
| | 1028 Wenzlawe, Maja | 1972 | 52:13 | . |
| | 1056 Meineke, Susanne | 1964 | 56:33 | . |
| | 553 Ramachers, Ulrike | 1969 | 58:40 | . |
| 6. | TuS Celle v. 1992 | | | 2:50:06 |
| | 786 Suchy, Marion | 1968 | 48:28 | . |
| | 782 Poek, Susanne | 1960 | 59:46 | . |
| | 1068 Klingemann, Christa | 1937 | 1:01:52 | . |
| 7. | sfA-Team | | | 2:50:12 |
| | 679 Glanert, Silke | 1964 | 52:03 | . |

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|-----|------------------------------|------|---------|---------|
| | 678 Pasch, Carola | 1967 | 56:47 | . |
| | 676 Stender, Kati | 1963 | 1:01:22 | . |
| 8. | TVU-Lauftreff Uelzen | | | 2:56:02 |
| | 960 Glißmann, Kerstin | 1963 | 57:13 | . |
| | 959 Kachel, Heike | 1965 | 58:39 | . |
| | 957 Ammann, Irmi | 1964 | 1:00:10 | . |
| 9. | MTV Bispingen II | | | 3:04:45 |
| | 582 Baden, Simone | 1982 | 1:00:57 | . |
| | 584 Kolberg, Gabi | 1961 | 1:01:07 | . |
| | 585 Hintze, Monika | 1947 | 1:02:41 | . |
| 10. | Leben&Schreiben | | | 3:08:29 |
| | 480 Hövermann, Hannelore | 1958 | 1:01:30 | . |
| | 481 Bechtloff, Katharina | 1967 | 1:02:44 | . |
| | 482 Holstein, Brigitte | 1964 | 1:04:15 | . |
| 11. | Vereinslos II | | | 3:17:34 |
| | 554 Oetzmann-Franke, Claudia | 1968 | 1:02:50 | . |
| | 32 Bölter, Jennifer | 1986 | 1:07:22 | . |
| | 155 Keil, Nora | 1985 | 1:07:22 | . |

1.500 m Schülerinnen

1.500 m Schülerinnen

Schülerinnen W08 u.jünger

| | | | |
|-----|--------------------------------------|------------------------------------|-------|
| 1. | /15. 609 Wittvogel, Lea | 2002 SV-Steinhorst | 7:08 |
| 2. | /19. 447 Gräfke, Lina | 2003 GS Holdenstedt Kl. 2a | 7:14 |
| 3. | /23. 745 Brandt, Philine | 2002 Post SV Uelzen | 7:22 |
| 4. | /26. 542 Schrader, Lydia | 2002 VfL Suderburg | 7:26 |
| 5. | /33. 176 Scherer, Pauline | 2002 GS Suderburg Kl 3a | 7:51 |
| 6. | /34. 738 Sorge, Stina | 2002 MTV Bispingen | 7:54 |
| 7. | /36. 623 Drögemüller, Mareike | 2002 SV-Steinhorst | 8:00 |
| 8. | /39. 76 Dietrich, Johanna | 2002 VfL Böddenstedt | 8:12 |
| 9. | /48. 141 Brammer, Fina | 2002 GS Suderburg Kl. 2a | 8:40 |
| 10. | /50. 448 Post, Hannah-Franziska | 2002 GS Holdenstedt Kl. 2a | 8:52 |
| 11. | /56. 108 Hache, Melina | 2002 GS Veerßen Kl. 2 | 8:59 |
| 11. | /56. 200 Carstens, Marie | 2002 GS Gerdau KL. 2 | 8:59 |
| 13. | /58. 203 Balzereit, Milena Chantalle | 2002 GS Gerdau KL. 2 | 8:59 |
| 14. | /64. 282 Heinrich, Malin | 2002 Grundschule Holdenstedt Kl.3a | 9:14 |
| 15. | /65. 94 Munkert, Jasmin | 2002 GS Holdenstedt Kl 3b | 9:14 |
| 16. | /72. 443 Escherlor, Marie | 2002 GS Holdenstedt Kl. 2a | 9:19 |
| 17. | /73. 92 Lubczyk, Romina | 2002 GS Holdenstedt Kl 3b | 9:24 |
| 18. | /74. 603 Becker, Lilly-Michelle | 2002 SV-Steinhorst | 9:32 |
| 19. | /76. 613 Ismailiyi, Alicia | 2002 SV-Steinhorst | 9:37 |
| 20. | /77. 1001 Brötzmann, Sophie-Eileen | 2002 Bienenbüttel | 9:39 |
| 21. | /80. 85 Buerschaper, Amelie | 2002 GS Holdenstedt Kl 3b | 9:50 |
| 22. | /82. 280 Haaker, Vanessa | 2002 Grundschule Holdenstedt Kl.3a | 10:04 |
| 23. | /84. 289 Schroeder, Alina Leonie | 2002 Grundschule Holdenstedt Kl.3a | 10:05 |
| 24. | /87. 106 Dehrmann, Emma Clarissa | 2002 GS Veerßen Kl. 2 | 10:13 |
| 25. | /90. 283 Hillmer, Tabea | 2002 Grundschule Holdenstedt Kl.3a | 10:23 |
| 26. | /91. 150 Tritschler, Kaja | 2002 GS Suderburg Kl. 2a | 10:25 |
| 27. | /97. 602 Olfermann, Jana | 2002 SV-Steinhorst | 10:43 |
| 28. | /99. 90 Heuer, Anna-Lisa | 2002 GS Holdenstedt Kl 3b | 10:59 |
| 29. | /101 109 Hamann, Melissa | 2002 GS Veerßen Kl. 2 | 11:03 |
| 30. | /103 140 Ahrenstedt, Jolie | 2002 GS Suderburg Kl. 2a | 11:39 |
| 31. | /104 143 Förster, Lisa | 2002 GS Suderburg Kl. 2a | 11:40 |

1.500 m Schülerinnen

Schülerinnen W09

| | | | |
|-----|-----------------------------|----------------------------|------|
| 1. | /8. 729 Muhme, Johanna | 2001 MTV Bispingen | 6:50 |
| 2. | /12. 216 Bremer, Emma | 2001 GS Gerdau Kl. 4 | 7:01 |
| 3. | /13. 895 Hartwig, Maria | 2001 TSV Wrestedt/Stede | 7:04 |
| 4. | /17. 618 Kalinowski, Leonie | 2001 SV-Steinhorst | 7:10 |
| 5. | /21. 174 Daum, Lia | 2001 GS Suderburg Kl 3a | 7:19 |
| 6. | /24. 1061 Koopmann, Neele | 2001 SV Lemgow-Dangenstorf | 7:23 |
| 7. | /25. 763 Zierau, Cathleen | 2001 SV Lemgow-Dangenstorf | 7:25 |
| 8. | /27. 882 Gronau, Bjarka | 2001 TSV Wrestedt/Stede | 7:31 |
| 9. | /28. 39 Geitt, Jule | 2001 DLRG Bad Bodenteich | 7:34 |
| 10. | /30. 325 Materne, Lotte | 2001 Lüneburg | 7:42 |
| 11. | /31. 731 Meyer, Paula | 2001 MTV Bispingen | 7:47 |
| 12. | /37. 187 Suderburg, Helen | 2001 GS Gerdau Kl. 3 | 8:05 |
| 13. | /38. 128 Timm, Dominique | 2001 GS Holdenstedt KL. 4b | 8:09 |
| 14. | /41. 185 Kostrzewa, Jenny | 2001 GS Gerdau Kl. 3 | 8:17 |

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|-----|----------------------------------|------------------------------------|-------|
| 15. | /45. 172 Luther, Mareike | 2001 GS Suderburg Kl 3a | 8:35 |
| 16. | /47. 123 Einhorn, Abigail | 2001 GS Holdenstedt KL. 4b | 8:37 |
| 17. | /49. 50 Hartmann, Vanessa | 2001 GS Suderburg Kl. 4a | 8:44 |
| 18. | /52. 306 Kröger, Luna Marie | 2001 GS Suderburg Kl. 4b | 8:53 |
| 19. | /53. 48 Born, Lara | 2001 GS Suderburg Kl. 4a | 8:55 |
| 20. | /54. 53 Matzke, Friederike | 2001 GS Suderburg Kl. 4a | 8:56 |
| 21. | /61. 903 Böyng, Ailiena-Christin | 2001 TSV Wrestedt/Stede | 9:03 |
| 22. | /63. 84 Bljudescu, Anne-Marie | 2001 GS Holdenstedt Kl 3b | 9:07 |
| 23. | /66. 278 Biedrowski, Lia Marie | 2001 Grundschule Holdenstedt Kl.3a | 9:15 |
| 24. | /67. 279 Engelke, Carolin | 2001 Grundschule Holdenstedt Kl.3a | 9:15 |
| 25. | /69. 299 Cohrs, Emily | 2001 GS Suderburg Kl. 4b | 9:16 |
| 26. | /70. 968 Tietz, Cynthia | 2001 VfL Suderburg | 9:16 |
| 27. | /71. 301 Doleske, Diana | 2001 GS Suderburg Kl. 4b | 9:18 |
| 28. | /75. 277 Badura, Victoria | 2001 Grundschule Holdenstedt Kl.3a | 9:36 |
| 29. | /78. 900 Rößler, Henriette | 2001 TSV Wrestedt/Stede | 9:47 |
| 30. | /79. 95 Rummel, Pia | 2001 GS Holdenstedt Kl 3b | 9:49 |
| 31. | /81. 52 Kiehne, Maria | 2001 GS Suderburg Kl. 4a | 9:58 |
| 32. | /83. 308 Leske, Bianca | 2001 GS Suderburg Kl. 4b | 10:05 |
| 33. | /85. 167 Schulenburg, Jaane | 2001 GS Suderburg Kl 3a | 10:07 |
| 34. | /86. 133 Wolff, Nathalie | 2001 GS Holdenstedt KL. 4b | 10:08 |
| 35. | /88. 96 Schulz, Celina | 2001 GS Holdenstedt Kl 3b | 10:18 |
| 36. | /96. 45 Linska, Adriane | 2001 GS Suderburg Kl. 4a | 10:39 |
| 37. | /98. 288 Schöneich, Monic Jolien | 2001 Grundschule Holdenstedt Kl.3a | 10:53 |
| 38. | /100 86 Dehmel, Emma | 2001 GS Holdenstedt Kl 3b | 11:00 |
| 39. | /102 117 Splettstößer, Doreen | 2001 GS Veerßen Kl. 2 | 11:04 |
| 40. | /105 313 Nyhuis, Sophia | 2001 GS Suderburg Kl. 4b | 12:24 |

1.500 m Schülerinnen

Schülerinnen W10

| | | | |
|-----|---------------------------------------|-----------------------------------|-------|
| 1. | /2. 985 Walke, Anastasia | 2000 SV Rosche | 6:12 |
| 2. | /4. 760 Dippe, Jasmina | 2000 SV Lemgow-Dangenstorf | 6:23 |
| 3. | /5. 761 Nitz, Franziska | 2000 SV Lemgow-Dangenstorf | 6:32 |
| 4. | /10. 711 von Dietman, Janica | 2000 LG Hanstedt/Wellend./Wriedel | 7:00 |
| 5. | /14. 839 Pfeiffer, Jana | 2000 TuS Hermannsburg | 7:06 |
| 6. | /32. 733 Meyer, Cora | 2000 MTV Bispingen | 7:50 |
| 7. | /35. 1021 Wunschik, Elisabeth | 2000 Vereinslos | 7:59 |
| 8. | /40. 608 Wittvogel, Laura | 2000 SV-Steinhorst | 8:16 |
| 9. | /42. 607 Parnapy, Dione | 2000 SV-Steinhorst | 8:18 |
| 10. | /43. 307 Lawonn, Kira Marly | 2000 GS Suderburg Kl. 4b | 8:24 |
| 11. | /46. 614 Sefeloge, Sinia | 2000 SV-Steinhorst | 8:36 |
| 12. | /51. 119 Brand, Chantal | 2000 GS Holdenstedt KL. 4b | 8:53 |
| 13. | /59. 577 Kruse, Celina | 2000 KGS Bad Bevensen 5c | 9:02 |
| 13. | /59. 689 Helbing, Martje | 2000 SC Kirch/Westerweyhe | 9:02 |
| 15. | /62. 129 Thiemann, Janina | 2000 GS Holdenstedt KL. 4b | 9:04 |
| 16. | /89. 120 Brandt, Laura | 2000 GS Holdenstedt KL. 4b | 10:23 |
| 17. | /92. 296 Baum, Anna-Sophie | 2000 GS Suderburg Kl. 4b | 10:31 |
| 18. | /93. 214 Balzereit, Jennifer Michelle | 2000 GS Gerdau Kl. 4 | 10:33 |
| 19. | /94. 979 Schwinkendorf, Tiana | 2000 VfL Suderburg | 10:34 |
| 20. | /95. 980 Köhnke, Emily | 2000 VfL Suderburg | 10:35 |
| 21. | /106 309 Linse, Stina | 2000 GS Suderburg Kl. 4b | 12:25 |
| 21. | /106 311 Meisner, Anike | 2000 GS Suderburg Kl. 4b | 12:25 |

1.500 m Schülerinnen

Schülerinnen W11

| | | | |
|----|---------------------------|---------------------------|------|
| 1. | /6. 838 Pfeiffer, Nadine | 1999 TuS Hermannsburg | 6:41 |
| 2. | /7. 692 Heitmann, Joline | 1999 SC Kirch/Westerweyhe | 6:42 |
| 3. | /9. 1067 Herrmann, Wilrun | 1999 TSV Hitzacker | 6:55 |
| 4. | /20. 543 Breiholz, Lea | 1999 VfL Suderburg | 7:19 |
| 5. | /22. 956 Wannovius, Klara | 1999 TVU-Lauftreff Uelzen | 7:19 |
| 6. | /44. 390 Freitag, Vanessa | 1999 Dreamteam Oetzendorf | 8:33 |
| 7. | /55. 574 Bauch, Mary | 1999 KGS Bad Bevensen 5c | 8:58 |

1.500 m Schülerinnen

Schülerinnen W12

| | | | |
|----|-----------------------------|---------------------------|------|
| 1. | /1. 984 Walke, Elisa-Sophie | 1998 SV Rosche | 6:08 |
| 2. | /18. 1059 Klasen, Luisa | 1998 TuS Soltendieck | 7:11 |
| 3. | /29. 389 Freitag, Janina | 1998 Dreamteam Oetzendorf | 7:41 |
| 4. | /68. 888 Brandenburg, Katja | 1998 TSV Wrestedt/Stede | 9:15 |

1.500 m Schülerinnen

Schülerinnen W13

| | | | |
|----|-------------------------------|----------------------|------|
| 1. | /3. 799 Vanderheyden, Johanna | 1997 SV Sömmerda | 6:17 |
| 2. | /11. 275 Cohrs, Helen | 1997 VfL Suderburg | 7:01 |
| 3. | /16. 722 Retzlaff, Amelie | 1997 TuS Soltendieck | 7:09 |

3.000m

3.000m

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|----|---------------------------------------|-----------------------------------|-------|
| 1. | /1. MJ 1082 Ziplys, Jari | 1992 LG Hanstedt/Wellend./Wriedel | 10:37 |
| 2. | /2. MJ 710 Schenk, Sven | 1992 LG Hanstedt/Wellend./Wriedel | 10:58 |
| 3. | /3. MJ 909 Holst, Marius | 1992 TSV Wrestedt/Stede | 12:41 |
| 4. | /1. SA 740 Witthöft, Jan-Ole | 1996 MTV Bispingen | 12:56 |
| 5. | /2. SA 1044 Gödecke, Marcel | 1996 SV Rosche | 13:27 |
| 6. | /3. SA 904 Espermüller, Philip-Werner | 1996 TSV Wrestedt/Stede | 14:15 |
| aW | 2017 Olschewski, Siegfried | 1938 VfL Suderburg | 26:45 |

3.000m

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|-----|-----------------------------------|-----------------------------------|-------|
| 1. | /1. Fr 721 Feuerherdt, Lisa | 1990 TuS Soltendieck | 12:01 |
| 2. | /1. SiA 268 Pfläging, Muriel | 1996 SC Magdeburg | 12:02 |
| 3. | /2. SiA 798 Donder, Tina | 1996 SV Sömmerda | 12:51 |
| 4. | /3. SiA 797 Vanderheyden, Luise | 1995 SV Sömmerda | 13:11 |
| 5. | /4. SiA 1066 Herrmann, Jordis | 1996 TSV Hitzacker | 13:28 |
| 6. | /5. SiA 557 Vonderheyden, Birte | 1996 Post SV Uelzen | 13:32 |
| 7. | /1. WJ 796 Vanderheyden, Mareike | 1994 SV Sömmerda | 13:47 |
| 8. | /1. W40 413 Franzke-Machel, Karin | 1964 Post SV Uelzen | 14:10 |
| 9. | /2. WJ 495 Giesecke, Sarah | 1994 LG Hanstedt/Wellend./Wriedel | 14:45 |
| 10. | /3. WJ 1094 Frenzel, Lydia | 1993 vereinslos | 15:27 |
| 11. | /6. SiA 687 Hauskeller, Wiebke | 1995 SC Kirch/Westerweyhe | 15:33 |
| 12. | /1. W30 858 Paeger, Petra | 1973 VfL Wittingen | 16:06 |
| 13. | /7. SiA 496 Murawa, Alicia | 1996 LG Hanstedt/Wellend./Wriedel | 16:24 |
| 14. | /1. W50 857 Boehme, Ute | 1959 VfL Wittingen | 16:53 |
| 15. | /2. W40 544 Burlatis, Sabine | 1965 MTV Gerdau | 16:57 |
| 16. | /2. W30 333 Margittai, Natalia | 1978 Vereinslos | 17:19 |
| 17. | /8. SiA 615 Grüneweg, Anna-Lena | 1996 SV-Steinhorst | 17:39 |
| 18. | /2. W50 825 Burkard, christina | 1958 Vereinslos | 17:46 |
| 19. | /3. W30 412 Wrase, Kerstin | 1979 Post SV Uelzen | 17:54 |
| 20. | /3. W40 545 Uhlenhut, Christiane | 1966 MTV Gerdau | 18:13 |
| 21. | /3. W50 546 Plate, Gaby | 1958 MTV Gerdau | 18:32 |
| 22. | /4. W30 792 Carstens, Nina | 1971 Sport-Jongleure Dreilingen | 18:51 |
| 23. | /4. W50 876 Persiel, Ulrike | 1956 MTV Himbergen | 19:24 |
| 24. | /5. W30 727 Groß, Simone | 1979 Vereinslos | 21:17 |
| 25. | /6. W30 326 Materne, Anna | 1972 Lüneburg | 24:29 |
| aW | 2015 Bartelt, Heide | 1949 VfL Suderburg | 23:28 |
| aW | 2014 Storbeck, Rosi | 1939 VfL Suderburg | 23:38 |
| aW | 2001 Janssen, Helga | 1944 VfL Suderburg | 24:02 |
| aW | 2008 Baumgarten, Inge | 1943 VfL Suderburg | 32:26 |

3.000m

3.000m

Männl. Jugend

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|----|-----------------------|-----------------------------------|-------|
| 1. | /1. 1082 Ziplys, Jari | 1992 LG Hanstedt/Wellend./Wriedel | 10:37 |
| 2. | /2. 710 Schenk, Sven | 1992 LG Hanstedt/Wellend./Wriedel | 10:58 |
| 3. | /5. 909 Holst, Marius | 1992 TSV Wrestedt/Stede | 12:41 |

3.000m

Weibl. Jugend

| | | | |
|----|--------------------------------|-----------------------------------|-------|
| 1. | /12. 796 Vanderheyden, Mareike | 1994 SV Sömmerda | 13:47 |
| 2. | /15. 495 Giesecke, Sarah | 1994 LG Hanstedt/Wellend./Wriedel | 14:45 |
| 3. | /16. 1094 Frenzel, Lydia | 1993 vereinslos | 15:27 |

3.000m

Frauen

| | | | |
|----|--------------------------|----------------------|-------|
| 1. | /3. 721 Feuerherdt, Lisa | 1990 TuS Soltendieck | 12:01 |
|----|--------------------------|----------------------|-------|

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|--------|-------------------------------------|------------------------|-------|
| 3.000m | | Schüler A | |
| 1. | /7. 740 Witthöft, Jan-Ole | 1996 MTV Bispingen | 12:56 |
| 2. | /9. 1044 Gödecke, Marcel | 1996 SV Rosche | 13:27 |
| 3. | /14. 904 Espermüller, Philip-Werner | 1996 TSV Wrestdt/Stede | 14:15 |

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|--------|------------------------------|-----------------------------------|-------|
| 3.000m | | Schülerinnen A | |
| 1. | /4. 268 Pfläging, Muriel | 1996 SC Magdeburg | 12:02 |
| 2. | /6. 798 Donder, Tina | 1996 SV Sömmerda | 12:51 |
| 3. | /8. 797 Vanderheyden, Luise | 1995 SV Sömmerda | 13:11 |
| 4. | /10. 1066 Herrmann, Jordis | 1996 TSV Hitzacker | 13:28 |
| 5. | /11. 557 Vonderbank, Birte | 1996 Post SV Uelzen | 13:32 |
| 6. | /17. 687 Hauskeller, Wiebke | 1995 SC Kirch/Westerweyhe | 15:33 |
| 7. | /19. 496 Murawa, Alicia | 1996 LG Hanstedt/Wellend./Wriedel | 16:24 |
| 8. | /23. 615 Grüneweg, Anna-Lena | 1996 SV-Steinhorst | 17:39 |

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|--------|-----------------------------|---------------------------------|-------|
| 3.000m | | Seniorinnen W30 | |
| 1. | /18. 858 Paeger, Petra | 1973 VfL Wittingen | 16:06 |
| 2. | /22. 333 Margittai, Natalia | 1978 Vereinslos | 17:19 |
| 3. | /25. 412 Wrase, Kerstin | 1979 Post SV Uelzen | 17:54 |
| 4. | /28. 792 Carstens, Nina | 1971 Sport-Jongleure Dreilingen | 18:51 |
| 5. | /30. 727 Groß, Simone | 1979 Vereinslos | 21:17 |
| 6. | /31. 326 Materne, Anna | 1972 Lüneburg | 24:29 |

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|--------|--------------------------------|---------------------|-------|
| 3.000m | | Seniorinnen W40 | |
| 1. | /13. 413 Franzke-Machel, Karin | 1964 Post SV Uelzen | 14:10 |
| 2. | /21. 544 Burlatis, Sabine | 1965 MTV Gerdau | 16:57 |
| 3. | /26. 545 Uhlenhut, Christiane | 1966 MTV Gerdau | 18:13 |

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|--------|-----------------------------|--------------------|-------|
| 3.000m | | Seniorinnen W50 | |
| 1. | /20. 857 Boehme, Ute | 1959 VfL Wittingen | 16:53 |
| 2. | /24. 825 Burkard, christina | 1958 Vereinslos | 17:46 |
| 3. | /27. 546 Plate, Gaby | 1958 MTV Gerdau | 18:32 |
| 4. | /29. 876 Persiel, Ulrike | 1956 MTV Himbergen | 19:24 |

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|--------|-----------------------|--------------------|-------|
| 3.000m | | Seniorinnen W60 | |
| aW | 2015 Bartelt, Heide | 1949 VfL Suderburg | 23:28 |
| aW | 2001 Janssen, Helga | 1944 VfL Suderburg | 24:02 |
| aW | 2008 Baumgarten, Inge | 1943 VfL Suderburg | 32:26 |

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|--------|----------------------------|--------------------|-------|
| 3.000m | | M70 | |
| aW | 2017 Olschewski, Siegfried | 1938 VfL Suderburg | 26:45 |

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|--------|---------------------|--------------------|-------|
| 3.000m | | Seniorinnen W70 | |
| aW | 2014 Storbeck, Rosi | 1939 VfL Suderburg | 23:38 |

6.150m Trimmlauf

6.150m Trimmlauf

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|----|-------------------------------|--------------------------|-------|
| 1. | /1. Mä 479 Weinert, Matthis | 1990 Leben&Schreiben | 19:30 |
| 2. | /1. mJA 555 Zienau, Alexander | 1992 Post SV Uelzen | 19:44 |
| 3. | /1. M40 859 Klages, Detlef | 1966 MTV Müden/Örtze | 20:07 |
| 4. | /1. mJB 512 Gutberlet, Jan | 1994 LT TUS Bodenteich 1 | 21:09 |
| 5. | /1. M30 138 Wörlein, Philipp | 1977 Vereinslos | 22:50 |
| 6. | /2. mJB 848 Jüchert, Lennart | 1993 VfL Suderburg | 24:04 |

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|-----|--------------------------------------|-------------------------------|-------|
| 7. | /2. M40 1093 Krull, Steffen | 1970 vereinslos | 24:23 |
| 8. | /1. M45 983 Walke, Michael | 1962 SV Rosche | 24:35 |
| 9. | /1. M11 324 Materne, Matz | 1999 Lüneburg | 25:31 |
| 10. | /1. M35 1003 Brötzmann, Carsten Jörg | 1972 Bienenbüttel | 26:34 |
| 11. | /3. M40 757 Kumpert, Reinhard | 1969 SV Lemgow-Dangenstorf | 26:40 |
| 12. | /4. M40 269 Marxen, Holger | 1968 TuS Soltendieck | 27:31 |
| 13. | /5. M40 392 Freitag, Ulrich | 1968 Dreamteam Oetzendorf | 27:52 |
| 14. | /2. M11 824 Gutknecht, Fabian | 1999 Familie Gutknecht | 27:59 |
| 15. | /1. M55 875 Persiel, Erhard | 1954 MTV Himbergen | 28:02 |
| 16. | /1. M70 1092 Krull, Wolfgang | 1938 vereinslos | 28:24 |
| 17. | /2. M30 881 Krebs, Jörg | 1976 Vereinslos | 28:27 |
| 18. | /1. M09 35 Scheuer, Jorin | 2001 Vereinslos | 28:36 |
| 19. | /2. M45 823 Gutknecht, Jürgen | 1963 Familie Gutknecht | 29:33 |
| 20. | /2. Mä 514 Lamm, Christian-Kai | 1981 Barilla Deutschland GmbH | 29:55 |
| 21. | /3. mJB 391 Freitag, Tobias | 1994 Dreamteam Oetzendorf | 30:15 |
| 22. | /2. M35 856 Lampe, Mario | 1974 Vereinslos | 30:19 |
| 23. | /2. M55 878 Uhlitz, Klaus-Dieter | 1951 MTV Himbergen | 30:52 |
| 24. | /2. M70 994 Foltin, Hans-Georg | 1939 FG Tangendorf | 30:56 |
| 25. | /3. M35 1009 Warschewski, Niels | 1972 VfL Suderburg | 32:17 |
| 26. | /3. M30 880 Marks, Dirk | 1978 TSV Hösseringen | 32:37 |
| 27. | /6. M40 471 Rath, Marc | 1966 Leben&Schreiben | 34:19 |

6.150m Trimmlauf

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|-----|--|--------------------------------|-------|
| 1. | /1. W40 844 Jüchert, Silke | 1966 VfL Suderburg | 25:15 |
| 2. | /2. W40 476 Schomerus-Weinert, Bettina | 1966 Leben&Schreiben | 25:41 |
| 3. | /1. wJA 470 Weinert, Klara | 1992 Leben&Schreiben | 26:12 |
| 4. | /3. W40 836 Kaiser, Karin | 1969 TuS Hermannsburg | 26:22 |
| 5. | /1. Fr 850 Jüchert, Christin | 1989 VfL Suderburg | 26:26 |
| 6. | /2. Fr 911 Schönwälder, Wiebke | 1987 Post SV Uelzen | 26:46 |
| 7. | /1. W30 912 Bütthe, Christian | 1976 Post SV Uelzen | 26:49 |
| 8. | /1. W35 837 Rambousky, Heike | 1971 TuS Hermannsburg | 29:00 |
| 9. | /4. W40 801 Niebuhr-Rusche, Hella | 1969 Familie Gutknecht | 29:02 |
| 10. | /1. W50 473 Thiele, Christine | 1959 Leben&Schreiben | 29:56 |
| 11. | /1. W60 861 Reißmann, Rosi | 1946 MTV Müden/Örtze | 30:01 |
| 12. | /1. W15 992 Jordan, Luisa | 1995 FG Tangendorf | 30:02 |
| 13. | /5. W40 1075 Merker, Monika | 1966 Vereinslos | 30:31 |
| 14. | /6. W40 709 Becker, Nadja | 1966 TSV Niendorf/H. | 30:58 |
| 15. | /1. W45 754 von der Gablentz, Cornelia | 1961 SV Lemgow-Dangenstorf | 31:09 |
| 16. | /1. W55 478 Freudenthal, Gunhild | 1955 Leben&Schreiben | 31:14 |
| 17. | /2. W50 945 Lampe, Angela | 1959 Bremsbacken Celle | 31:25 |
| 18. | /2. W35 756 Zierau, Martina | 1974 SV Lemgow-Dangenstorf | 31:35 |
| 19. | /3. W50 870 Jungwirth, Gabriele | 1959 MTV Himbergen | 32:48 |
| 20. | /2. W55 474 Kruckenberger, Helga | 1953 Leben&Schreiben | 33:12 |
| 21. | /2. W45 477 Reske, Gudrun | 1965 Leben&Schreiben | 33:19 |
| 22. | /2. W60 965 Stolte, Erika | 1950 TVU-Lauftreff Uelzen | 33:35 |
| 23. | /4. W50 475 Schulz, Regina | 1959 Leben&Schreiben | 33:50 |
| 24. | /7. W40 34 Scheuer, Simone | 1968 Vereinslos | 35:43 |
| 25. | /3. W60 752 Klingbeil, Angela | 1948 Dahlenburger SK/Lauftreff | 36:01 |
| 26. | /1. W65 879 Zeigermann, Gisela | 1945 MTV Himbergen | 36:32 |

Wandern

Wandern

| | | | |
|-----|-------------------------------|----------------------------|---------|
| 1. | /1. M11 132 Winkel, Alexander | 1999 GS Holdenstedt KL. 4b | 59:49 |
| 2. | /1. M08 376 Rump, Heinrich | 2003 GS Suderburg Kl. 2b | 59:52 |
| 3. | /2. M08 378 Winkelmann, Finn | 2003 GS Suderburg Kl. 2b | 1:01:15 |
| 4. | /1. M09 171 Bethge, Jakob | 2001 GS Suderburg Kl 3a | 1:01:43 |
| 5. | /2. M09 180 Harnagel, Leon | 2001 GS Suderburg Kl 3a | 1:01:44 |
| 6. | /3. M09 64 Bordel, Jannik | 2001 GS Suderburg Kl. 4a | 1:04:51 |
| 7. | /1. M10 312 Meyer, Malte | 2000 GS Suderburg Kl. 4b | 1:06:06 |
| 8. | /2. M10 304 Kassebaum, Hauke | 2000 GS Suderburg Kl. 4b | 1:06:08 |
| 9. | /3. M08 377 Schröder, Phillip | 2002 GS Suderburg Kl. 2b | 1:06:12 |
| 10. | /3. M10 1022 Meyer, Bente | 2000 Vereinslos | 1:13:40 |
| 11. | /4. M08 366 Zander, Christoph | 2003 GS Suderburg Kl. 1a | 1:15:04 |
| 12. | /5. M08 344 Flaum, Florian | 2003 GS Suderburg Kl. 1a | 1:17:56 |
| 13. | /4. M09 63 Hennigs, Malte | 2001 GS Suderburg Kl. 4a | 1:17:59 |
| 14. | /5. M09 65 Riemer, Tim | 2001 GS Suderburg Kl. 4a | 1:18:01 |
| 15. | /6. M08 341 Beick, Alexander | 2003 GS Suderburg Kl. 1a | 1:18:01 |
| 16. | /6. M09 66 Monsky, Dominic | 2001 GS Suderburg Kl. 4a | 1:18:02 |

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|-----|-----------------------------------|---------------------------|---------|
| 17. | /7. M09 164 Zoll, Dennis | 2001 GS Suderburg Kl 3a | 1:18:48 |
| 18. | /8. M09 318 Sterneck, Kai-Vincent | 2001 GS Suderburg Kl. 4b | 1:20:04 |
| 19. | /1. M12 802 Hoppe, Christoph | 1998 HRS Suderburg Kl. 5b | 1:20:08 |
| 20. | /9. M09 157 Neumann, Sven Lukas | 2001 Vereinslos | 2:19:44 |
| 21. | /1. M60 805 Mietzner, Ulrich | 1948 VfL Suderburg | 2:22:40 |

Wandern

| | | | |
|-----|--------------------------------------|------------------------------------|---------|
| 1. | /1. W09 281 Heidinger, Merle Sophie | 2001 Grundschule Holdenstedt Kl.3a | 59:51 |
| 2. | /1. W45 1036 Sauter, Ulrike | 1963 GS Holdenstedt Kl 3b | 1:01:54 |
| 3. | /1. W30 451 Meyer, Andrea | 1976 GS Holdenstedt Kl. 2a | 1:01:54 |
| 4. | /1. W08 372 Hartmann, Angelina | 2002 GS Suderburg Kl. 2b | 1:08:28 |
| 4. | /2. W09 177 Schröder, Lena | 2001 GS Suderburg Kl 3a | 1:08:28 |
| 6. | /3. W09 61 Behn, Jelina | 2001 GS Suderburg Kl. 4a | 1:08:34 |
| 7. | /4. W09 59 Nohns, Lina | 2001 GS Suderburg Kl. 4a | 1:08:35 |
| 8. | /5. W09 56 Meyer, Annika | 2001 GS Suderburg Kl. 4a | 1:08:36 |
| 9. | /6. W09 62 Mindl-Mohr, Julia | 2001 GS Suderburg Kl. 4a | 1:08:38 |
| 10. | /1. W35 134 Wrede, Sabine | 1971 GS Holdenstedt KL. 4b | 1:11:32 |
| 11. | /2. W35 322 Ackermann, Sylvia | 1971 Grundschule Holdenstedt Kl.3a | 1:11:33 |
| 12. | /2. W08 375 Meyer, Madita | 2002 GS Suderburg Kl. 2b | 1:11:34 |
| 13. | /1. W40 44 Schrader, Anke | 1970 GS Suderburg Kl. 4a | 1:11:35 |
| 14. | /3. W08 446 Wolff, Janina | 2003 GS Holdenstedt Kl. 2a | 1:13:15 |
| 15. | /4. W08 437 Knüpfer, Paula | 2002 GS Holdenstedt Kl. 2a | 1:13:17 |
| 16. | /5. W08 347 Gutzmann, Gina | 2004 GS Suderburg Kl. 1a | 1:14:05 |
| 17. | /7. W09 57 Lindloff, Chiara | 2001 GS Suderburg Kl. 4a | 1:14:27 |
| 18. | /8. W09 131 Wilke, Jennifer | 2001 GS Holdenstedt KL. 4b | 1:14:34 |
| 19. | /2. W40 369 Hätscher, Ina | 1966 GS Suderburg Kl. 1a | 1:14:39 |
| 20. | /6. W08 356 Onyeonoro, Romy | 2003 GS Suderburg Kl. 1a | 1:14:39 |
| 21. | /7. W08 348 Harms, Kyra | 2004 GS Suderburg Kl. 1a | 1:14:41 |
| 22. | /9. W09 60 Günter, Daria | 2001 GS Suderburg Kl. 4a | 1:14:41 |
| 23. | /8. W08 173 Ramoth, Annika | 2002 GS Suderburg Kl 3a | 1:16:11 |
| 24. | /9. W08 179 Liebelt, Rea | 2002 GS Suderburg Kl 3a | 1:18:44 |
| 25. | /1. W50 1031 Vogel, Andrea | 1960 GS Suderburg Kl 3a | 1:18:47 |
| 26. | /1. W10 181 Schulze, Sarah | 2000 GS Suderburg Kl 3a | 1:18:48 |
| 27. | /10. W08 178 Carlone, Vanessa | 2002 GS Suderburg Kl 3a | 1:18:49 |
| 28. | /11. W08 371 Bordel, Manja Alida | 2003 GS Suderburg Kl. 2b | 1:19:33 |
| 29. | /10. W09 370 Beick, Angelina | 2001 GS Suderburg Kl. 2b | 1:19:34 |
| 30. | /2. W10 317 Serwotki, Julia | 2000 GS Suderburg Kl. 4b | 1:20:05 |
| 31. | /11. W09 303 Hoppe, Chantal | 2001 GS Suderburg Kl. 4b | 1:20:07 |
| 32. | /1. W11 310 Martiniuc, Mihaela Alina | 1999 GS Suderburg Kl. 4b | 1:20:09 |
| 33. | /3. W35 379 Ilka, Walpurgis | 1975 GS Suderburg Kl. 2b | 1:20:10 |
| 34. | /2. W45 321 Gröfke, Dörte | 1962 GS Suderburg Kl. 4b | 1:20:10 |
| 35. | /12. W09 314 Obst, Bea | 2001 GS Suderburg Kl. 4b | 1:20:11 |
| 36. | /1. W55 814 Bühring, Johanna | 1953 VfL Suderburg | 1:28:25 |
| 37. | /1. W70 806 Radke, Marianne | 1938 VfL Suderburg | 1:28:28 |
| 38. | /2. W70 807 Grünack, Marga | 1937 VfL Suderburg | 1:28:29 |
| 39. | /3. W70 817 Düfel, Ursel | 1938 VfL Suderburg | 1:28:31 |
| 40. | /1. W75 803 Abels, Ingeborg | 1935 VfL Suderburg | 1:28:32 |
| 41. | /2. W55 1027 Ferchau, Hannelore | 1960 Vereinslos | 1:40:34 |
| 42. | /13. W09 156 Neumann, Sara Marie | 2001 Vereinslos | 2:19:45 |
| 43. | /4. W70 815 Heinrichs, Gisela | 1940 VfL Suderburg | 2:22:38 |
| 44. | /5. W70 808 Murawa, Lisa | 1937 VfL Suderburg | 2:22:40 |
| 45. | /1. W60 809 Nast, Ute | 1946 VfL Suderburg | 2:22:41 |
| 46. | /3. W55 804 Mietzner, Hannelore | 1951 VfL Suderburg | 2:22:42 |
| 47. | /12. W08 158 Neumann, Eva Sophie | 2002 Vereinslos | 2:31:40 |
| 48. | /3. W40 159 Neumann, Ortrud | 1966 Vereinslos | 2:31:41 |
| 49. | /1. W65 967 Sendzik, Hiltrud | 1944 TVU-Lauftreff Uelzen | 2:32:55 |
| 50. | /6. W70 966 Schumann, Anneliese | 1937 TVU-Lauftreff Uelzen | 2:32:59 |

VERANSTALTUNGS-BERICHT

| | | |
|--------------------|---------------------|---------------------------|
| D L V | Veranstalter: | |
| Veranstaltungs- | VfL Suderburg e. V. | Datum : 14.11.2010 |
| Bericht | Birgit Reiter | Ort : Suderburg / Hösseri |
| | Heerstr. 26 | Kreis : Uelzen |
| Veranst.-Nr. | 29556 Suderburg | Bezirk: Lüneburg |
| | Tel. : 05826-8083 | Land : Niedersachsen |
| | eMail: info@vfl.de | |
| ----- ----- | | |
| Bez. der Veranst.: | HLL | |
| Kategorie | : Vereinsoffen | |

Ausrichter : VfL Suderburg
 Wettkampfstätte : Stadion
 : Sportplatz Hösseringen

| Zeitmessung: | Veranstaltungs- | Meldung | Teilnahme | % | |
|-------------------------|------------------|---------|-----------|---------|-----|
| vollautom. elektronisch | Statistik | | | | |
| | A. Vereine | 156 | 146 | 93 | |
| | B. Altersklassen | m | w | m | w |
| Windmessung: | Senioren | 340 | | 291 | 85 |
| | Seniorinnen | | 219 | 192 | 87 |
| Lauf : | Männer / Ju. | 18 | | 14 | 77 |
| | Frauen / Jui. | | 10 | 10 | 100 |
| Sprung: | Männl. Jugend A | 16 | | 15 | 93 |
| | Weibl. Jugend A | | 7 | 5 | 71 |
| | Männl. Jugend B | 4 | | 4 | 100 |
| | Weibl. Jugend B | | 4 | 3 | 75 |
| Gerätekontrolle: | Schüler A | 7 | | 5 | 71 |
| Kontrollgerät | Schülerinnen A | | 9 | 9 | 100 |
| | Schüler B | 17 | | 16 | 94 |
| | Schülerinnen B | | 9 | 8 | 88 |
| Waage | Schüler C | 51 | | 48 | 94 |
| | Schülerinnen C | | 35 | 32 | 91 |
| | Schüler D | 155 | | 145 | 93 |
| | Schülerinnen D | | 198 | 179 | 90 |
| EDV-Wettkampfdaten- | Summe männlich | 608 | | 538 | 88 |
| Verarbeitung: | Summe Weiblich | | 491 | 438 | 89 |
| Programm-System: | Summe Teilnehmer | 1099 | | 976 | 88 |
| COSA WIN Vers. 2.0 | C. Mitarbeiter | | | | |
| Datentransfer zu | Wettk.-Büro/EDV | | | Summe | |
| Bestenlisten-Systemen | Kampfrichter | | | Mitarb. | |
| ist möglich. | Helfer | | | | |

Wettkampfleiter: Tel: 05826-8083 eMail: info@vfl.de
 Birgit Reiter, Heerstr. 26, 29556 Suderburg

Verbandsaufsicht: Tel: KLV Uelzen eMail:

Bemerkungen (z.B. Einspruch / nationale Rekorde):