
VfL Suderburg v. 1912 e.V.
2. Suderburger Abendlauf
am 24.06.2023 in Suderburg - Sportplatz am Tannrähm

Ergebnisliste

Wettbewerbübersicht

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21,6km Lauf

21,6km Lauf

Durchlaufwertung männl. Teilnehmer

| | | | | |
|----|---------|-------------------------|-------------------------------------|---------|
| 1. | /1. U20 | 9 Winkel, Jannis | 2004 Herakliden-Team | 1:20:18 |
| 2. | /1. Mä | 113 Lauer, Fynn | 1999 Athletik Uelzen | 1:32:33 |
| 3. | /1. M40 | 154 Seibel, Oliver | 1981 LG Hanstedt/Suderburg/Wellend. | 1:40:10 |
| 4. | /1. M50 | 16 Deutsch, Thomas | 1972 Uelzen (Voranbringer) | 1:41:22 |
| 5. | /1. M55 | 147 Von Behr, Christian | 1968 Altenhagen | 1:53:48 |
| 6. | /2. M50 | 119 Brötzmann, Jörg | 1972 LT TSV Bienenbüttel | 1:54:39 |
| 7. | /1. M60 | 86 Schilla, Henning | 1962 Laufftreff TV Uelzen | 2:08:06 |
| 8. | /2. M60 | 13 Resch, Andreas | 1961 VfL Suderburg (Voranbringer) | 2:14:42 |
| 9. | /2. M40 | 15 Mertens, Michael | 1980 VfL Suderburg (Voranbringer) | 2:14:43 |

21,6km Lauf

Durchlaufwertung weibl. Teilnehmer

| | | | | |
|----|---------|----------------------|----------------------|---------|
| 1. | /1. W35 | 64 Wolf, Katie | 1984 Herakliden Team | 1:46:07 |
| 2. | /1. W60 | 30 Wiethake, Kerstin | 1960 Post SV Uelzen | 1:54:59 |

21,6km Lauf

21,6km Lauf

Männer

| | | | | |
|----|-----|-----------------|----------------------|---------|
| 1. | /2. | 113 Lauer, Fynn | 1999 Athletik Uelzen | 1:32:33 |
|----|-----|-----------------|----------------------|---------|

21,6km Lauf

Männl. Jugend U20

| | | | | |
|----|-----|------------------|----------------------|---------|
| 1. | /1. | 9 Winkel, Jannis | 2004 Herakliden-Team | 1:20:18 |
|----|-----|------------------|----------------------|---------|

21,6km Lauf

Seniorinnen W35

| | | | | |
|----|-----|----------------|----------------------|---------|
| 1. | /5. | 64 Wolf, Katie | 1984 Herakliden Team | 1:46:07 |
|----|-----|----------------|----------------------|---------|

21,6km Lauf

Senioren M40

| | | | | |
|----|------|---------------------|-------------------------------------|---------|
| 1. | /3. | 154 Seibel, Oliver | 1981 LG Hanstedt/Suderburg/Wellend. | 1:40:10 |
| 2. | /11. | 15 Mertens, Michael | 1980 VfL Suderburg (Voranbringer) | 2:14:43 |

21,6km Lauf

Senioren M50

| | | | | |
|----|-----|---------------------|----------------------------|---------|
| 1. | /4. | 16 Deutsch, Thomas | 1972 Uelzen (Voranbringer) | 1:41:22 |
| 2. | /7. | 119 Brötzmann, Jörg | 1972 LT TSV Bienenbüttel | 1:54:39 |

21,6km Lauf

Senioren M55

| | | | | |
|----|-----|-------------------------|-----------------|---------|
| 1. | /6. | 147 Von Behr, Christian | 1968 Altenhagen | 1:53:48 |
|----|-----|-------------------------|-----------------|---------|

21,6km Lauf

Senioren M60

| | | | | |
|----|------|---------------------|-----------------------------------|---------|
| 1. | /9. | 86 Schilla, Henning | 1962 Laufftreff TV Uelzen | 2:08:06 |
| 2. | /10. | 13 Resch, Andreas | 1961 VfL Suderburg (Voranbringer) | 2:14:42 |

21,6km Lauf

Seniorinnen W60

| | | | | |
|----|-----|----------------------|---------------------|---------|
| 1. | /8. | 30 Wiethake, Kerstin | 1960 Post SV Uelzen | 1:54:59 |
|----|-----|----------------------|---------------------|---------|

Schnupperlauf 500m

Schnupperlauf 500m

männl. Teilnehmer

| | | |
|-----|----------------------|-----------------------|
| M06 | 72 Kaiser, Mats | 2018 VfL Suderburg |
| M06 | 70 Kaiser, Moritz | 2018 MTV Großbuchholz |
| M06 | 155 Kinkel, Lennard | 2017 VfL Suderburg |
| M06 | 55 Marks, Jari | 2017 TV Uelzen |
| M06 | 145 Peters, Benjamin | 2018 VfL Suderburg |
| M06 | 45 Schröder, Matti | 2020 Dreckspatzen |

Schnupperlauf 500m

weibl. Teilnehmer

| | | |
|-----|------------------------|----------------------|
| W09 | 149 Hillmer, Anja | 2014 Suderburg |
| W06 | 112 Lindner, Ida | 2021 Tus Ebstorf |
| W06 | 111 Lindner, Sarah | 2017 Tus Ebstorf |
| W06 | 68 Müller, Viktoria | 2017 Post SV Uelzen |
| W06 | 52 Nowak, Elenor | 2018 Hösseringen |
| W06 | 56 Ohlde, Clio | 2017 TSV Hösseringen |
| W06 | 58 Ohlde, Lotta | 2018 TSV Hösseringen |
| W06 | 4 Verworren, Amber Liv | 2017 Suderburg |
| W06 | 59 Zimbelmann, Amelie | 2017 Suderburg |

1.900m Lauf

1.900m Lauf

Kinder M08

| | | | | |
|----|------|---------------------|--------------------|-------|
| 1. | /2. | 51 Nowak, Bennet | 2015 VfL Suderburg | 8:27 |
| 2. | /9. | 91 Minami, Remi | 2015 Suderburg | 9:14 |
| 3. | /10. | 117 Bartelt, Mika | 2015 VfL Suderburg | 9:15 |
| 4. | /31. | 110 Lindner, Hannes | 2015 Tus Ebstorf | 12:11 |

1.900m Lauf

Kinder M09

| | | | | |
|----|------|------------------------|---------------------|-------|
| 1. | /3. | 148 Ripke, Julius Mika | 2014 Deutsch Evern | 8:30 |
| 2. | /6. | 150 Kinkel, Felix | 2014 VfL Suderburg | 9:13 |
| 3. | /19. | 143 Peters, Maximilian | 2014 VfL Suderburg | 10:33 |
| 4. | /23. | 163 Nickel, Erik | 2014 Suderburg | 11:22 |
| 5. | /25. | 65 Sesterhenn, Aaron | 2014 Post SV Uelzen | 11:37 |
| 6. | /26. | 157 Schmidt, Felix | 2014 Suderburg | 11:38 |

1.900m Lauf

Kinder M10

| | | | | |
|----|------|---------------------------|---------------------|-------|
| 1. | /1. | 105 Maus, Bjarne | 2013 SV Rosche | 7:59 |
| 2. | /4. | 67 Müller, Tim | 2013 Post SV Uelzen | 8:56 |
| 3. | /23. | 17 Janssen, Tomke Henning | 2013 VfL Suderburg | 11:22 |

1.900m Lauf

Kinder M11

| | | | | |
|----|------|-------------------------|--------------------|-------|
| 1. | /6. | 49 Witte, Hannes Julian | 2012 VfL Suderburg | 9:13 |
| 2. | /20. | 153 Kinkel, Taylor | 2012 VfL Suderburg | 10:46 |

1.900m Lauf

Kinder W08

| | | | | |
|----|------|-----------------------|--------------------------------|-------|
| 1. | /6. | 136 Marks, Elin | 2015 TSV Wrestedt / Stederdorf | 9:13 |
| 2. | /12. | 63 Borrmeister, Lieke | 2015 VfL Suderburg | 9:42 |
| 3. | /29. | 69 Kaiser, Lisa | 2015 Hannover | 12:04 |

1.900m Lauf

Kinder W09

| | | | | |
|----|------|--------------------|----------------|-------|
| 1. | /28. | 37 Hillmer, Jasmin | 2014 Suderburg | 11:48 |
|----|------|--------------------|----------------|-------|

1.900m Lauf

Kinder W10

| | | | | |
|----|------|-------------------|--------------------|-------|
| 1. | /5. | 109 König, Greta | 2013 VfL Suderburg | 9:03 |
| 2. | /13. | 93 Meyer, Malin | 2013 VfL Suderburg | 9:44 |
| 3. | /17. | 6 Schneider, Ally | 2013 Räber | 10:21 |
| 4. | /26. | 92 Stein, Lara | 2013 PSV Uelzen | 11:38 |

1.900m Lauf

Kinder W11

| | | | | |
|----|------|------------------------|--------------------|------|
| 1. | /11. | 62 Borrmeister, Fenna | 2012 VfL Suderburg | 9:19 |
| 2. | /15. | 50 Minami, Lilli Belle | 2012 VfL Suderburg | 9:45 |

1.900m Lauf

Kinder M07

| | | | | |
|----|------|----------------------|--------------------------------|-------|
| 1. | /13. | 60 Zimbelmann, Lucas | 2016 Suderburg | 9:44 |
| 2. | /21. | 18 Janssen, Norik | 2016 VfL Suderburg | 10:50 |
| 3. | /32. | 137 Schulz, Gino | 2016 TSV Wrestedt / Stederdorf | 12:43 |

1.900m Lauf

Kinder W07

| | | | | |
|----|------|----------------------------|---------------------|-------|
| 1. | /16. | 115 Ellermeier, Martha | 2016 TSG Bergedorf | 10:17 |
| 2. | /18. | 43 Grelle, Mia | 2016 Post SV Uelzen | 10:30 |
| 3. | /22. | 144 Peters, Johanna | 2016 VfL Suderburg | 11:20 |
| 4. | /30. | 116 Bartelt, Sanni | 2016 VfL Suderburg | 12:10 |
| 5. | /33. | 48 Witte, Janne Friederike | 2016 VfL Suderburg | 13:53 |

10,8km Lauf

10,8km Lauf

Durchlaufwertung männl. Teilnehmer

| | | | | |
|-----|---------|---------------------------------|----------------------------------|---------|
| 1. | /1. M35 | 130 Lindner, Markus | 1987 SV Rosche | 35:40 |
| 2. | /1. M30 | 158 Schulz, Florian | 1989 Bonese | 43:35 |
| 2. | /1. M50 | 132 Nickel, Stefan | 1972 SV Rosche | 43:35 |
| 4. | /2. M35 | 141 Pfeifer, Marco | 1988 SG StoBa | 45:59 |
| 5. | /1. U18 | 26 Winkel, Linus | 2006 Herakliden-Team | 46:00 |
| 6. | /1. M40 | 99 Wolf, Dominik | 1981 TSV Suhlendorf White Sharks | 46:58 |
| 7. | /3. M35 | 114 Ellermeier, Jonathan | 1985 - | 47:16 |
| 8. | /1. M45 | 33 Grelle, Thomas | 1974 Post SV Uelzen | 49:31 |
| 9. | /1. M60 | 88 Glißmann, Klaus | 1963 Lauftreff TV Uelzen | 51:20 |
| 10. | /2. M50 | 8 Niebuhr, Bernd | 1969 ILT Bode | 51:26 |
| 11. | /2. M40 | 106 Maus, Maurice | 1981 TV Uelzen | 51:38 |
| 12. | /1. Mä | 98 Kubat, Christoph | 1998 VfL Suderburg | 52:47 |
| 13. | /3. M50 | 22 Pelltret, Marc | 1973 VfL Suderburg | 53:08 |
| 14. | /2. M45 | 40 Bollmeier, Alexander | 1978 Herakliden-Team | 53:43 |
| 15. | /4. M35 | 44 Schröder, Felix | 1984 Dreckspatzen | 54:14 |
| 16. | /1. M65 | 159 Heise, Henry | 1957 Nordlauf Boizenburg | 54:23 |
| 17. | /3. M40 | 10 Wöhling, Patrick | 1979 Emmendorf | 54:40 |
| 18. | /3. M45 | 100 Eggers, Kai | 1974 Rostock | 55:09 |
| 19. | /2. M30 | 118 Kobis, Michael | 1990 Ebstorf | 56:17 |
| 20. | /2. M60 | 160 Schwiers, Andreas | 1959 Rosche | 56:51 |
| 21. | /2. M65 | 84 Fleischmann, Rolf | 1954 Lauftreff TV Uelzen | 57:45 |
| 22. | /1. M55 | 47 Lange, Jürgen | 1965 TuS Hermannsburg | 57:47 |
| 23. | /4. M45 | 94 Steinbrink-Minami, Sebastian | 1977 Räber | 58:15 |
| 24. | /3. M65 | 102 Graupe, Rainer | 1957 LT Bernd Hübner | 58:16 |
| 25. | /4. M65 | 85 Klepsch, Reinhard | 1955 Lauftreff TV Uelzen | 58:25 |
| 26. | /1. M70 | 120 Schröder, Wilfried | 1952 LT TSV Bienenbüttel | 58:59 |
| 27. | /2. U18 | 125 Krüger, Pascal | 2007 Herakliden-Team | 1:00:33 |
| 28. | /4. M50 | 146 Patjens, Frank | 1969 Langenhagen | 1:00:43 |
| 29. | /2. M55 | 161 Wagner, Frank | 1964 MTV Immensen | 1:01:29 |
| 30. | /3. M60 | 29 Müller, Gerhard | 1960 Ulenköper | 1:03:02 |
| 31. | /3. M55 | 25 Schubert, Harald | 1966 Uelzen | 1:03:24 |
| 32. | /5. M50 | 53 Hinrichs, Jürgen | 1970 Schopfheim | 1:05:20 |
| 33. | /1. M75 | 28 Wendel, Nikolaus | 1948 Celle | 1:07:14 |
| 34. | /5. M45 | 81 Abraham, Jens | 1977 Lauftreff TV Uelzen | 1:08:16 |
| 34. | /4. M55 | 87 Grempler, Wolfgang | 1966 Lauftreff TV Uelzen | 1:08:16 |
| aW | M50 | 167 Wrede, Axel | 1973 VfL Suderburg | 48:53 |
| aW | M45 | 168 Bartelt, Timo | 1974 VfL Suderburg | 56:32 |
| aW | M45 | 170 Janssen, Henning | 1974 VfL Suderburg | 1:00:21 |

10,8km Lauf

Durchlaufwertung weibl. Teilnehmer

| | | | | |
|----|--------|---------------------|----------------------|-------|
| 1. | /1. Fr | 7 Voigts, Jana | 1997 Athletik | 49:48 |
| 2. | /2. Fr | 27 Retzlaff, Lisann | 1999 TuS Soltendieck | 54:02 |
| 3. | /3. Fr | 24 Iraschko, Sarah | 1995 Herakliden-Team | 55:21 |

| | | | | | | |
|----|-----|-----|------------------------|------|-----------------|---------|
| 4. | /1. | W60 | 101 Schulze, Marion | 1959 | LT Bernd Hübner | 1:05:10 |
| 5. | /1. | W40 | 19 Nickel, Viola | 1982 | Wichtenbeck | 1:06:00 |
| 5. | /1. | W40 | 20 Reimers, Mareika | 1980 | Bleckede | 1:06:00 |
| aW | | W40 | 169 Janssen, Inga | 1979 | VfL Suderburg | 57:30 |
| aW | | W45 | 171 Reese, Jana | 1975 | VfL Suderburg | 1:09:01 |
| aW | | W45 | 172 Steingräber, Meike | 1975 | VfL Suderburg | 1:09:01 |

10,8km Lauf

10,8km Lauf

Männer

| | | | | | | |
|----|------|--|---------------------|------|---------------|-------|
| 1. | /13. | | 98 Kubat, Christoph | 1998 | VfL Suderburg | 52:47 |
|----|------|--|---------------------|------|---------------|-------|

10,8km Lauf

Frauen

| | | | | | | |
|----|------|--|---------------------|------|-----------------|-------|
| 1. | /9. | | 7 Voigts, Jana | 1997 | Athletik | 49:48 |
| 2. | /16. | | 27 Retzlaff, Lisann | 1999 | TuS Soltendieck | 54:02 |
| 3. | /21. | | 24 Iraschko, Sarah | 1995 | Herakliden-Team | 55:21 |

10,8km Lauf

Männl. Jugend U18

| | | | | | | |
|----|------|--|--------------------|------|-----------------|---------|
| 1. | /5. | | 26 Winkel, Linus | 2006 | Herakliden-Team | 46:00 |
| 2. | /30. | | 125 Krüger, Pascal | 2007 | Herakliden-Team | 1:00:33 |

10,8km Lauf

Senioren M30

| | | | | | | |
|----|------|--|---------------------|------|---------|-------|
| 1. | /2. | | 158 Schulz, Florian | 1989 | Bonese | 43:35 |
| 2. | /22. | | 118 Kobis, Michael | 1990 | Ebstorf | 56:17 |

10,8km Lauf

Senioren M35

| | | | | | | |
|----|------|--|--------------------------|------|--------------|-------|
| 1. | /1. | | 130 Lindner, Markus | 1987 | SV Rosche | 35:40 |
| 2. | /4. | | 141 Pfeifer, Marco | 1988 | SG StoBa | 45:59 |
| 3. | /7. | | 114 Ellermeier, Jonathan | 1985 | - | 47:16 |
| 4. | /17. | | 44 Schröder, Felix | 1984 | Dreckspatzen | 54:14 |

10,8km Lauf

Senioren M40

| | | | | | | |
|----|------|--|---------------------|------|-----------------------------|-------|
| 1. | /6. | | 99 Wolf, Dominik | 1981 | TSV Suhlendorf White Sharks | 46:58 |
| 2. | /12. | | 106 Maus, Maurice | 1981 | TV Uelzen | 51:38 |
| 3. | /19. | | 10 Wöhling, Patrick | 1979 | Emmendorf | 54:40 |

10,8km Lauf

Seniorinnen W40

| | | | | | | |
|----|------|--|---------------------|------|---------------|---------|
| 1. | /37. | | 19 Nickel, Viola | 1982 | Wichtenbeck | 1:06:00 |
| 1. | /37. | | 20 Reimers, Mareika | 1980 | Bleckede | 1:06:00 |
| aW | | | 169 Janssen, Inga | 1979 | VfL Suderburg | 57:30 |

10,8km Lauf

Senioren M45

| | | | | | | |
|----|------|--|---------------------------------|------|----------------------|---------|
| 1. | /8. | | 33 Grelle, Thomas | 1974 | Post SV Uelzen | 49:31 |
| 2. | /15. | | 40 Bollmeier, Alexander | 1978 | Herakliden-Team | 53:43 |
| 3. | /20. | | 100 Eggert, Kai | 1974 | Rostock | 55:09 |
| 4. | /26. | | 94 Steinbrink-Minami, Sebastian | 1977 | Räber | 58:15 |
| 5. | /40. | | 81 Abraham, Jens | 1977 | Laufftreff TV Uelzen | 1:08:16 |
| aW | | | 168 Bartelt, Timo | 1974 | VfL Suderburg | 56:32 |
| aW | | | 170 Janssen, Henning | 1974 | VfL Suderburg | 1:00:21 |

10,8km Lauf

Seniorinnen W45

| | | | | | | |
|----|--|--|------------------------|------|---------------|---------|
| aW | | | 171 Reese, Jana | 1975 | VfL Suderburg | 1:09:01 |
| aW | | | 172 Steingräber, Meike | 1975 | VfL Suderburg | 1:09:01 |

10,8km Lauf

Senioren M50

| | | | | | | |
|----|------|--|--------------------|------|---------------|---------|
| 1. | /2. | | 132 Nickel, Stefan | 1972 | SV Rosche | 43:35 |
| 2. | /11. | | 8 Niebuhr, Bernd | 1969 | ILT Bode | 51:26 |
| 3. | /14. | | 22 Pelltret, Marc | 1973 | VfL Suderburg | 53:08 |
| 4. | /31. | | 146 Patjens, Frank | 1969 | Langenhangen | 1:00:43 |

| | | | | |
|----|------|---------------------|--------------------|---------|
| 5. | /36. | 53 Hinrichs, Jürgen | 1970 Schopfheim | 1:05:20 |
| aW | | 167 Wrede, Axel | 1973 VfL Suderburg | 48:53 |

10,8km Lauf

Senioren M55

| | | | | |
|----|------|-----------------------|---------------------------|---------|
| 1. | /25. | 47 Lange, Jürgen | 1965 TuS Hermannsburg | 57:47 |
| 2. | /32. | 161 Wagner, Frank | 1964 MTV Immensen | 1:01:29 |
| 3. | /34. | 25 Schubert, Harald | 1966 Uelzen | 1:03:24 |
| 4. | /40. | 87 Grempler, Wolfgang | 1966 Laufftreff TV Uelzen | 1:08:16 |

10,8km Lauf

Senioren M60

| | | | | |
|----|------|-----------------------|---------------------------|---------|
| 1. | /10. | 88 Glißmann, Klaus | 1963 Laufftreff TV Uelzen | 51:20 |
| 2. | /23. | 160 Schwiers, Andreas | 1959 Rosche | 56:51 |
| 3. | /33. | 29 Müller, Gerhard | 1960 Ulenköper | 1:03:02 |

10,8km Lauf

Seniorinnen W60

| | | | | |
|----|------|---------------------|----------------------|---------|
| 1. | /35. | 101 Schulze, Marion | 1959 LT Bernd Hübner | 1:05:10 |
|----|------|---------------------|----------------------|---------|

10,8km Lauf

Senioren M65

| | | | | |
|----|------|----------------------|---------------------------|-------|
| 1. | /18. | 159 Heise, Henry | 1957 Nordlauf Boizenburg | 54:23 |
| 2. | /24. | 84 Fleischmann, Rolf | 1954 Laufftreff TV Uelzen | 57:45 |
| 3. | /27. | 102 Graupe, Rainer | 1957 LT Bernd Hübner | 58:16 |
| 4. | /28. | 85 Klepsch, Reinhard | 1955 Laufftreff TV Uelzen | 58:25 |

10,8km Lauf

Senioren M70

| | | | | |
|----|------|------------------------|--------------------------|-------|
| 1. | /29. | 120 Schröder, Wilfried | 1952 LT TSV Bienenbüttel | 58:59 |
|----|------|------------------------|--------------------------|-------|

10,8km Lauf

Senioren M75 u. älter

| | | | | |
|----|------|---------------------|------------|---------|
| 1. | /39. | 28 Wendel, Nikolaus | 1948 Celle | 1:07:14 |
|----|------|---------------------|------------|---------|

5,7km Walking

5,7km Walking

Durchlaufwertung männl. Teilnehmer

| | | | | |
|----|---------|--------------------------|---------------------------|---------|
| 1. | /1. M70 | 89 Ciwiuk, Günter | 1949 Laufftreff TV Uelzen | 52:26 |
| 2. | /1. M75 | 164 Moses, Gerd | 1943 Laufftreff TV Uelzen | 1:02:58 |
| aW | M50 | 173 Berndt-Grund, Thomas | 1969 VfL Suderburg | 46:38 |
| aW | M55 | 174 Baalhorn, Olaf | 1966 VfL Suderburg | 48:33 |

5,7km Walking

Durchlaufwertung weibl. Teilnehmer

| | | | | |
|----|---------|---------------------------|---------------------------|---------|
| 1. | /1. W70 | 77 Kopplin-Schäfer, Karin | 1952 Laufftreff TV Uelzen | 1:02:59 |
| aW | W65 | 175 Ricker, Karin | 1954 VfL Suderburg | 50:34 |
| aW | W65 | 176 Seeger, Heike | 1954 VfL Suderburg | 56:12 |

5,7km Lauf

5,7km Lauf

Durchlaufwertung männl. Teilnehmer

| | | | | |
|-----|---------|-------------------------|---------------------------|-------|
| 1. | /1. Mä | 133 Marschall, Fabian | 1994 SV Rosche | 21:23 |
| 2. | /1. U18 | 71 Bräuer, Dominic | 2006 VfL Suderburg | 22:46 |
| 3. | /1. M30 | 126 Hoppe, Sven | 1993 VfL Suderburg | 23:51 |
| 4. | /1. M55 | 139 Bäderrmann, Stefan | 1967 TuS Bergen | 23:55 |
| 5. | /1. M35 | 134 Feuerherdt, Kersten | 1984 TSV Suhlendorf | 24:15 |
| 6. | /2. M35 | 46 Heitmann, Michael | 1987 Mud Monkeys Mahnburg | 24:34 |
| 7. | /1. U16 | 39 Bollmeier, Arne | 2009 Herakliden-Team | 27:27 |
| 8. | /3. M35 | 127 Hoffmann, Dominic | 1984 VfL Suderburg | 28:08 |
| 9. | /1. M40 | 165 Jarosz, Martin | 1983 Herakliden-Team | 28:24 |
| 10. | /2. U18 | 122 Borgman, Jack | 2006 Jacksonville / USA | 28:37 |
| 11. | /3. U18 | 123 Meek, Finn | 2006 Jacksonville / USA | 28:38 |
| 12. | /4. M35 | 3 Verworren, Stefan | 1984 Suderburg | 30:01 |
| 13. | /5. M35 | 135 Lehmker, Marc | 1986 Herakliden Team | 30:55 |
| 14. | /4. U18 | 124 Meek, Ian | 2006 Jacksonville / USA | 34:06 |
| 15. | /2. Mä | 156 Klingebiel, Fabian | 2002 VfL Suderburg | 34:07 |
| 16. | /1. M65 | 1 Schalk, Ralf A. | 1958 Uelzen | 38:50 |

| | | | | |
|-----|---------|-------------------------|---------------------------|-------|
| 17. | /2. M30 | 2 Paul, Christoph | 1989 TSV Suhlendorf | 39:43 |
| 18. | /1. M70 | 90 Hillmer, Hans-Jürgen | 1951 Laufftreff TV Uelzen | 43:35 |

5,7km Lauf

Durchlaufwertung weibl. Teilnehmer

| | | | | |
|-----|---------|--------------------------|-------------------------------------|-------|
| 1. | /1. Fr | 129 Kruppa, Lena | 2003 SV Rosche | 25:13 |
| 2. | /1. W45 | 140 Quednau, Natalia | 1974 TuS Bergen | 26:32 |
| 3. | /1. W55 | 75 Lüneborg, Anja | 1968 Laufftreff TV Uelzen | 27:19 |
| 4. | /1. W50 | 128 Barenschee-Krug, Uta | 1969 MTV Barum | 28:33 |
| 5. | /2. Fr | 107 Odinius, Michelle | 1997 Ebstorf | 29:04 |
| 6. | /2. W55 | 78 Franske-Machel, Karin | 1964 Laufftreff TV Uelzen | 30:18 |
| 7. | /1. W40 | 104 Maus, Stefanie | 1980 LG Hanstedt/Suderburg/Wellend. | 30:32 |
| 8. | /1. U14 | 121 Mennerich, Emma | 2010 Herakliden-Team | 30:37 |
| 9. | /2. W50 | 61 Stolte, Dagmar | 1970 Post SV Uelzen | 30:46 |
| 10. | /1. W60 | 162 Marks, Christiane | 1962 Team Athletik | 30:47 |
| 11. | /3. W55 | 66 Winkler, Monika | 1967 MTV Bad Bevensen | 31:22 |
| 12. | /2. W60 | 32 Langkabel, Birgit | 1963 Post SV Uelzen | 33:57 |
| 13. | /1. U16 | 103 Marks, Hanna Sophie | 2009 TSV Hösseringen | 35:42 |
| 14. | /4. W55 | 36 zu Dreele, Yvonne | 1965 Post SV Uelzen | 36:49 |
| 15. | /2. W40 | 23 Pelltret, Daniela | 1979 VfL Suderburg | 36:58 |
| 16. | /1. W35 | 21 Rangnick, Bianca | 1986 Jelmstorf | 36:59 |
| 17. | /1. W65 | 74 Helbing, Sonja | 1958 Laufftreff TV Uelzen | 40:18 |
| 18. | /3. W40 | 31 Grelle, Annette | 1981 Post SV Uelzen | 41:50 |

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