



Lüneburger  
Heide-Staffellauf

100  
km

# Urkunde

## Theda und die starken Männer

|        |                   |          |         |
|--------|-------------------|----------|---------|
| 201/1  | Schöning, Tim     | 10.40 km | 1:02:55 |
| 201/2  | Panning, Markus   | 13.60 km | 1:06:34 |
| 201/3  | Karrasch, Tobias  | 8.30 km  | 43:21   |
| 201/4  | Schymik, Patrick  | 9.60 km  | 53:07   |
| 201/5  | Lebert, Simon     | 10.80 km | 52:14   |
| 201/6  | Kontowski, Dieter | 6.90 km  | 43:39   |
| 201/7  | Iptchiler, Milan  | 9.20 km  | 59:46   |
| 201/8  | Sieveking, Theda  | 10.60 km | 1:00:03 |
| 201/9  | Uffmann, Joost    | 10.90 km | 56:40   |
| 201/10 | Krempel, Joaquin  | 9.70 km  | 50:44   |

**Gesamt: 09:09:03 h**

**Platz: 10**

Samstag, 16. Juni 2018