

4. Internationaler Lüneburger Heide-Staffel

Juni 10, 2023

RESULTS

Lüneburger Heide-Staffellauf 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
1st	319	Lüneburger SV by AIC Group Lüneburger SV	GER		5-10er Staffel	01:21:28 (1) 00:55:40 (2) 00:49:35 (8) 00:37:04 (2) 00:54:48 (10) 00:32:59 (2) 00:44:52 (4) <u>00:44:18 (1)</u> 00:44:18 (4)	07:25:02	
2nd	320	Lüneburger SV by MyDoor GmbH Lüneburger SV	GER		5-10er Staffel	01:50:59 (6) <u>00:52:14 (1)</u> <u>00:41:30 (1)</u> <u>00:33:26 (1)</u> <u>00:43:36 (1)</u> 00:33:25 (3) 00:42:50 (3) 00:48:53 (6) 00:46:07 (6)	07:33:00	+00:07:58
3rd	326	Schule Marienau... läuft! Schule Marienau e.V.	GER		5-10er Staffel	01:45:13 (3) 01:01:06 (4) 00:48:10 (5) 00:42:20 (5) 00:47:00 (2) 00:40:32 (11) 00:55:43 (15) 00:47:13 (4) 00:56:11 (20)	08:23:28	+00:58:26
4th	304	Dr Strongman & Friends Mud Monkeys OCR Team	GER		5-10er Staffel	01:36:57 (2) 00:58:46 (3) 00:51:03 (11) 00:45:16 (6) 01:21:37 (27) 00:45:27 (20) 00:47:32 (6) 00:45:03 (2) 00:41:55 (2)	08:33:36	+01:08:34
5th	324	Nordmark Nordmark Pharma	GER		5-10er Staffel	01:50:32 (4) 01:07:00 (8) 00:47:55 (4) 00:38:55 (3) 00:50:33 (5) 00:48:44 (21) 00:55:45 (16) 00:49:43 (9) 00:53:28 (16)	08:42:35	+01:17:33

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
6th	308	Hamburg Running Rockets 2 Hamburg Running	GER		5-10er Staffel	01:56:26 (11) 01:05:26 (6) 00:49:35 (8) 00:47:38 (9) 00:55:06 (12) 00:38:12 (10) 00:47:28 (5) 00:56:09 (11) 00:47:24 (8)	08:43:24	+01:18:22
7th	305	Düvelsbrook Dynamics Lüneburg Düvelsbrook Dynamics Lüneburg			5-10er Staffel	02:03:10 (14) 01:09:32 (9) 00:47:11 (3) 00:50:56 (12) 00:49:16 (3) 00:37:36 (9) 00:51:28 (9) 00:47:14 (5) 00:54:52 (19)	08:51:15	+01:26:13
8th	307	Hamburg Running Rockets 1 Hamburg Running	GER		5-10er Staffel	02:08:30 (21) 01:05:43 (7) 00:48:11 (6) 01:01:43 (22) 00:52:51 (7) 00:42:08 (16) 00:54:12 (11) 00:46:35 (3) 00:34:44 (1)	08:54:37	+01:29:35
9th	310	Heide Ultras			5-10er Staffel	02:13:13 (25) 01:12:50 (13) 00:52:47 (12) 00:45:19 (7) 00:54:25 (9) 00:34:08 (4) 00:41:05 (1) 00:49:34 (7) 00:51:45 (14)	08:55:06	+01:30:04
10th	317	Lauftreff TuS Hohnstorf Lauftreff TuS Hohnstorf	GER		5-10er Staffel	02:10:54 (22) 01:17:27 (17) 00:54:57 (16) 00:52:27 (13) 00:52:34 (6) 00:35:16 (6) 00:55:33 (14) 00:49:38 (8) 00:47:47 (9)	09:16:33	+01:51:31

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Lüneburger Heide-Staffellauf 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
11th	306	EnsektUS Enactus e.V. Lüneburg	GER		5-10er Staffel	01:59:51 (13) 01:04:18 (5) 00:58:47 (18) 00:53:21 (14) 00:50:09 (4) 00:35:15 (5) 00:57:50 (18) 01:10:54 (23) 00:51:06 (13)	09:21:31	+01:56:29
12th	301	Betriebssportverein der Volksbank Lüneburger Heide Betriebssportverein der Volksbank Lüneburger Heide	GER		5-10er Staffel	02:04:25 (18) 01:19:18 (19) 00:55:27 (17) 00:46:40 (8) 01:03:22 (18) 00:41:41 (15) 00:48:26 (7) 00:58:11 (13) 00:53:56 (17)	09:31:26	+02:06:24
13th	328	Team ImPuls	GER		5-10er Staffel	01:57:44 (12) 01:50:13 (28) 00:53:02 (13) 01:00:50 (21) 00:59:00 (13) 00:35:57 (7) 00:42:12 (2) 00:50:04 (10) 00:59:39 (23)	09:48:41	+02:23:39
14th	313	Johanneum - Team II			5-10er Staffel	02:03:38 (15) 01:27:53 (26) 00:46:02 (2) 01:03:13 (26) 01:03:49 (20) 00:41:26 (12) 00:53:22 (10) 01:09:02 (22) 00:53:57 (18)	10:02:22	+02:37:20
15th	318	Lüneburger Rennschnecken	GER		5-10er Staffel	01:52:37 (7) 01:23:19 (23) 00:59:03 (19) 00:57:21 (19) 00:59:38 (15) 00:50:24 (22) 00:56:05 (17) 01:21:22 (28) 00:43:50 (3)	10:03:39	+02:38:37

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
16th	311	In Oldendörp löpptt	GER		5-10er Staffel	02:03:44 (16) 01:20:58 (20) 00:53:48 (14) 00:55:18 (16) 00:53:29 (8) 00:53:18 (24) 01:01:13 (21) 01:01:58 (15) 01:02:20 (25)	10:06:06	+02:41:04
17th	312	Johanneum - Team I			5-10er Staffel	02:06:25 (19) 01:16:05 (15) 00:49:03 (7) 00:48:28 (10) 01:07:50 (23) 00:55:18 (26) 01:08:37 (26) 01:07:05 (20) 00:49:54 (11)	10:08:45	+02:43:43
18th	322	MTV Amelinghausen LT MTV Amelinghausen			5-10er Staffel	01:53:04 (8) 01:17:50 (18) 01:07:00 (25) 00:40:28 (4) 01:12:44 (24) 00:59:17 (28) 00:58:36 (19) 01:14:32 (26) 00:48:30 (10)	10:12:01	+02:46:59
19th	302	Blindenstaffel	GER		5-10er Staffel	01:55:43 (9) 01:11:44 (12) 01:08:19 (27) 00:50:23 (11) 01:01:38 (17) 00:56:29 (27) 01:07:48 (24) 01:06:45 (18) 00:56:29 (21)	10:15:18	+02:50:16
20th	327	Stader Nightrunners Stader Nightrunners			5-10er Staffel	02:12:38 (24) 01:11:23 (11) 01:01:10 (20) 01:03:33 (27) 00:54:52 (11) 00:43:59 (18) 01:04:53 (22) 01:14:16 (24) 00:50:14 (12)	10:16:58	+02:51:56

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
21st	309	Hamburger Strandläufer	GER		5-10er Staffel	02:04:06 (17) 01:09:53 (10) 01:09:48 (28) 00:56:14 (17) 01:03:42 (19) 00:43:51 (17) 00:55:24 (13) 01:14:31 (25) 01:00:06 (24)	10:17:35	+02:52:33
22nd	303	Das H Team	GER		5-10er Staffel	02:22:47 (27) 01:17:20 (16) 01:06:41 (24) 00:55:00 (15) 01:06:54 (22) 00:41:31 (13) 00:58:56 (20) 01:02:12 (16) 00:52:55 (15)	10:24:16	+02:59:14
23rd	321	Lünecom Lünecom Kommunikationslösungen GmbH	GER		5-10er Staffel	01:50:47 (5) 01:31:33 (27) 01:03:27 (22) 01:02:09 (23) 01:13:20 (25) 00:51:26 (23) 01:05:18 (23) 01:01:56 (14) 00:46:03 (5)	10:25:59	+03:00:57
24th	323	No Meat Athletes			5-10er Staffel	02:11:21 (23) 01:15:06 (14) 01:03:17 (21) 01:03:12 (25) 01:06:20 (21) <u>00:30:45 (1)</u> 01:12:07 (28) 01:06:46 (19) 00:59:00 (22)	10:27:54	+03:02:52
25th	314	Landkreis Heidekreis Landkreis Heidekreis	GER		5-10er Staffel	02:08:01 (20) 01:21:45 (22) 01:07:35 (26) 00:58:50 (20) 01:01:13 (16) 00:41:37 (14) 01:08:07 (25) 00:57:00 (12) 01:03:58 (26)	10:28:06	+03:03:04

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
26th	325	Rethmar Rethmar	GER		5-10er Staffel	02:16:31 (26) 01:26:46 (24) 00:53:55 (15) 00:56:32 (18) 00:59:33 (14) 00:44:27 (19) 00:51:09 (8) 01:07:14 (21) 01:14:11 (27)	10:30:18	+03:05:16
27th	315	Laufen mit Merete Laufen mit Merete	GER		5-10er Staffel	01:56:11 (10) 01:21:40 (21) 00:49:43 (10) 01:11:28 (28) 01:26:17 (28) 00:53:36 (25) 01:11:24 (27) 01:20:24 (27) 00:47:06 (7)	10:57:49	+03:32:47
28th	316	Laufteam SV Kirchboitzen Laufteam SV Kirchboitzen	GER		5-10er Staffel	02:28:16 (28) 01:27:09 (25) 01:05:41 (23) 01:02:33 (24) 01:19:55 (26) 00:37:14 (8) 00:54:31 (12) 01:04:38 (17) 01:18:01 (28)	11:17:58	+03:52:56

Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos Amelinghausen Pos Schwindebeck Pos Bispingen Pos Overhaverbeck Pos Undeloh Pos Egestorf Pos Salzhausen Pos Lüneburg Pos	Overall	Behind
1st	34	Jan-Hendrik Kuessner	GER	M (1st)	Männer (20-29 Jahre)	02:04:01 (1) 01:06:09 (1) 00:44:28 (1) 00:43:48 (1) 00:55:20 (1) 00:37:42 (1) 00:53:30 (1) 01:04:09 (1) 00:59:05 (7)	09:08:12	

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
2nd	65	Martin Watzke TuS Lehmden	GER	M (2nd)	Senioren M40 (40-44 Jahre)	02:10:46 (4) 01:10:21 (5) 00:48:34 (2) 00:47:51 (3) 01:00:40 (3) 00:40:16 (3) 00:56:52 (3) 01:08:13 (3) 00:59:57 (12)	09:43:30	+00:35:18
3rd	4	Jürgen Bäßler Riester Rentner 2025	GER	M (3rd)	Senioren M55 (55-59 Jahre)	02:06:46 (2) 01:13:44 (7) 00:53:47 (11) 00:53:15 (13) 01:08:32 (13) 00:41:49 (5) 00:58:08 (4) 01:08:16 (4) <u>00:48:04 (1)</u>	09:52:21	+00:44:09
4th	71	Sören Hand		M (4th)	Senioren M30 (30-34 Jahre)	02:11:43 (6) 01:09:54 (2) 00:48:49 (4) 00:48:21 (5) 01:01:14 (4) 00:42:46 (6) 01:02:34 (9) 01:13:04 (7) 00:59:18 (8)	09:57:43	+00:49:31
5th	15	Christoph Eikmeier	DEN	M (5th)	Senioren M30 (30-34 Jahre)	02:11:27 (5) 01:10:15 (3) 00:48:48 (3) 00:47:28 (2) 01:00:32 (2) 00:41:22 (4) 01:07:40 (15) 01:16:38 (13) 01:03:24 (17)	10:07:34	+00:59:22
6th	47	Oliver Schaltegger		M (6th)	Senioren M30 (30-34 Jahre)	02:14:37 (9) 01:15:23 (10) 00:50:13 (6) 00:50:25 (8) 01:06:03 (5) 00:45:02 (10) 01:03:58 (10) 01:18:35 (17) 01:01:33 (14)	10:25:49	+01:17:37

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
7th	27	Mike Kanbach Bovender SV	GER	M (7th)	Senioren M50 (50-54 Jahre)	02:15:38 (11) 01:19:33 (16) 00:54:56 (13) 00:53:05 (12) 01:08:31 (12) 00:43:12 (7) 01:00:42 (7) 01:13:20 (8) 00:58:53 (6)	10:27:50 +01:19:38	
8th	30	Matthias Kögel	GER	M (8th)	Senioren M35 (35-39 Jahre)	02:10:07 (3) 01:11:21 (6) 00:50:27 (7) 00:47:53 (4) 01:52:44 (59) 00:39:40 (2) 00:56:27 (2) 01:08:28 (5) 00:58:04 (5)	10:35:11 +01:26:59	
9th	46	Lena Plamp FH Runners Berlin	GER	W (1st)	Frauen (20-29 Jahre)	02:15:34 (10) 01:21:56 (26) 00:57:05 (16) 00:55:13 (20) 01:08:23 (10) 00:45:56 (14) 01:02:03 (8) 01:12:15 (6) 00:59:34 (9)	10:37:59 +01:29:47	
10th	54	Patrick Schulze	GER	M (9th)	Senioren M40 (40-44 Jahre)	02:20:14 (13) 01:21:25 (23) 00:57:24 (21) 00:54:43 (17) 01:07:53 (9) 00:45:55 (12) 00:58:44 (6) 01:16:09 (10) 01:01:55 (15)	10:44:22 +01:36:10	
11th	55	Stefan Schumacher für Mathilda	GER	M (10th)	Senioren M40 (40-44 Jahre)	02:20:24 (14) 01:21:16 (22) 00:57:23 (20) 00:54:44 (18) 01:07:51 (8) 00:45:57 (15) 00:58:42 (5) 01:16:09 (10) 01:01:57 (16)	10:44:23 +01:36:11	

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
						Amelinghausen Pos		
						Schwindebeck Pos		
						Bispingen Pos		
						Overhaverbeck Pos		
						Undeloh Pos		
						Egestorf Pos		
						Salzhausen Pos		
						Lüneburg Pos		
12th	64	Kirsten-Ralph Tolksdorf	GER	M (11th)	Senioren M45 (45-49 Jahre)	02:28:20 (16)	10:45:12	+01:37:00
						01:14:09 (9)		
						00:51:09 (8)		
						00:49:09 (6)		
						01:06:20 (6)		
						00:43:20 (8)		
						01:07:04 (14)		
						01:16:03 (9)		
						01:09:38 (21)		
13th	52	Samir Schulz-Meinen Triabolos Triathlon Hamburg e.V.	GER	M (12th)	Senioren M50 (50-54 Jahre)	02:13:30 (7)	10:53:23	+01:45:11
						01:25:48 (35)		
						00:58:34 (28)		
						01:08:44 (47)		
						01:10:20 (15)		
						00:45:15 (11)		
						01:04:23 (12)		
						01:06:03 (2)		
						01:00:46 (13)		
14th	10	Andrea Cussac	GER	W (2nd)	Seniorinnen W45 (45-49 Jahre)	02:23:21 (15)	10:55:08	+01:46:56
						01:20:26 (18)		
						00:58:04 (25)		
						00:52:18 (10)		
						01:12:13 (17)		
						00:44:23 (9)		
						01:06:56 (13)		
						01:17:40 (14)		
						00:59:47 (11)		
15th	1	Matthias Frischmuth Das Team Manu und Matthias	GER	M (13th)	Senioren M55 (55-59 Jahre)	02:19:24 (12)	10:58:27	+01:50:15
						01:18:14 (14)		
						00:55:32 (14)		
						00:54:21 (16)		
						01:12:22 (19)		
						00:48:27 (21)		
						01:04:12 (11)		
						01:16:27 (12)		
						01:09:28 (20)		
16th	8	Björn Cordes Oldenburg	GER	M (14th)	Senioren M45 (45-49 Jahre)	02:13:39 (8)	11:04:46	+01:56:34
						01:10:18 (4)		
						00:48:49 (4)		
						00:50:12 (7)		
						01:45:20 (56)		
						00:48:23 (20)		
						01:10:32 (19)		
						01:17:59 (15)		
						00:59:34 (9)		

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
17th	73	Steffen Thormeier Harzenergie	GER	M	(15th) Senioren M45 (45-49 Jahre)	02:32:37 (18) 01:13:44 (7) 00:53:46 (10) 00:53:15 (13) 01:09:03 (14) 00:53:03 (28) 01:11:09 (20) 01:21:40 (22) 01:15:37 (29)	11:23:54 +02:15:42	
18th	66	Philipp Weber SV Nienhagen	GER	M	(16th) Senioren M35 (35-39 Jahre)	02:54:15 (37) 01:20:26 (18) 00:58:26 (26) 00:55:12 (19) 01:08:24 (11) 00:45:55 (12) 01:10:27 (18) 01:21:06 (19) 00:55:32 (3)	11:29:43 +02:21:31	
19th	38	Andreas Ludolph HNT Hamburg	GER	M	(17th) Senioren M50 (50-54 Jahre)	02:44:13 (26) 01:16:36 (13) 00:54:04 (12) 00:52:44 (11) 01:18:57 (31) 00:46:52 (17) 01:15:17 (28) 01:20:18 (18) 01:06:54 (19)	11:35:55 +02:27:43	
20th	70	Thomas Probst		M	(18th) Senioren M40 (40-44 Jahre)	02:47:14 (30) 01:15:46 (11) 00:53:06 (9) 00:51:09 (9) 01:07:26 (7) 00:46:04 (16) 01:13:33 (26) 01:36:15 (37) 01:18:01 (34)	11:48:34 +02:40:22	
21st	61	Thorsten Stohldreier 100 Marathon Club	GER	M	(19th) Senioren M50 (50-54 Jahre)	02:30:28 (17) 01:22:21 (28) 00:57:13 (19) 00:57:59 (23) 01:18:50 (30) 00:55:39 (33) 01:16:02 (30) 01:22:07 (23) 01:13:04 (23)	11:53:43 +02:45:31	

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						Amelinghausen Pos		
						Schwindebeck Pos		
						Bispingen Pos		
						Overhaverbeck Pos		
						Undeloh Pos		
						Egestorf Pos		
						Salzhausen Pos		
						Lüneburg Pos		
22nd	14	Julius Dubitzky	GER	M	(20th) Männer (20-29 Jahre)	02:38:47 (21)	11:57:19	+02:49:07
						01:33:02 (47)		
						01:04:04 (40)		
						01:02:23 (37)		
						01:17:06 (24)		
						00:56:46 (37)		
						01:12:36 (22)		
						01:21:39 (20)		
						00:50:56 (2)		
23rd	16	Martin Englert	GER	M	(21st) Senioren M30 (30-34 Jahre)	02:36:23 (20)	11:58:07	+02:49:55
						01:29:33 (38)		
						01:03:20 (37)		
						01:03:06 (42)		
						01:20:01 (33)		
						00:52:57 (27)		
						01:13:30 (25)		
						01:22:38 (25)		
						00:56:39 (4)		
24th	7	Jens Uwe Brack LG Allgäu	GER	M	(22nd) Senioren M60 (60-64 Jahre)	02:34:11 (19)	11:58:27	+02:50:15
						01:24:06 (30)		
						00:57:07 (17)		
						00:58:05 (24)		
						01:12:21 (18)		
						00:52:22 (26)		
						01:10:23 (17)		
						01:31:43 (33)		
						01:18:09 (35)		
25th	57	Rafael Siems	GER	M	(23rd) Senioren M40 (40-44 Jahre)	02:42:48 (23)	12:00:33	+02:52:21
						01:16:34 (12)		
						00:55:44 (15)		
						00:53:17 (15)		
						01:12:23 (20)		
						00:54:13 (29)		
						01:14:10 (27)		
						01:25:06 (27)		
						01:26:18 (41)		
26th	9	Markus Cramer Ultrafriesen/ Concordia Neermoor	GER	M	(24th) Senioren M45 (45-49 Jahre)	02:54:36 (38)	12:07:48	+02:59:36
						01:21:15 (21)		
						00:59:02 (30)		
						00:55:59 (21)		
						01:14:50 (23)		
						00:50:32 (23)		
						01:13:01 (24)		
						01:32:26 (34)		
						01:06:07 (18)		

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
27th=	53	Lydia Schulz-Symon Tus Hasede	KEN	W (3rd)	Seniorinnen W45 (45-49 Jahre)	02:51:36 (33)	12:17:00	+03:08:48
						01:22:02 (27)		
						00:57:30 (23)		
						00:58:16 (25)		
						01:18:49 (29)		
						00:55:24 (32)		
						01:16:00 (29)		
						01:22:08 (24)		
						01:15:15 (27)		
27th=	19	Andreas Geniffke BaraFriidrott	SWE	M (25th)	Senioren M40 (40-44 Jahre)	02:48:01 (31)	12:17:00	+03:08:48
						01:25:46 (34)		
						00:59:41 (32)		
						00:56:45 (22)		
						01:11:11 (16)		
						00:52:04 (25)		
						01:19:11 (33)		
						01:29:25 (30)		
						01:14:56 (25)		
29th	21	Guido Giebert	GER	M (26th)	Senioren M50 (50-54 Jahre)	02:41:00 (22)	12:21:44	+03:13:32
						01:21:47 (24)		
						00:58:28 (27)		
						00:59:31 (27)		
						01:22:47 (38)		
						00:57:23 (38)		
						01:19:49 (35)		
						01:25:00 (26)		
						01:15:59 (31)		
30th	36	Patricia Kusatz	GER	W (4th)	Seniorinnen W50 (50-54 Jahre)	02:43:26 (24)	12:34:55	+03:26:43
						01:25:55 (36)		
						01:38:51 (61)		
						01:00:59 (34)		
						01:13:07 (21)		
						00:47:45 (19)		
						01:11:20 (21)		
						01:18:29 (16)		
						01:15:03 (26)		
31st	5	Friederika Batschko		W (5th)	Frauen (20-29 Jahre)	02:51:40 (34)	12:36:53	+03:28:41
						01:33:04 (48)		
						01:04:05 (41)		
						01:02:22 (36)		
						01:17:19 (26)		
						00:56:23 (36)		
						01:12:47 (23)		
						01:21:39 (20)		
						01:17:34 (33)		

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
32nd	26	Michael Jorns	GER	M (27th)	Senioren M50 (50-54 Jahre)	02:47:09 (29) 01:23:13 (29) 01:39:57 (62) 01:00:29 (29) 01:13:08 (22) 00:47:42 (18) 01:09:07 (16) 01:27:09 (29) 01:15:32 (28)	12:43:26 +03:35:14	
33rd	58	Lars Solheid	GER	M (28th)	Senioren M30 (30-34 Jahre)	02:46:19 (27) 01:29:36 (39) 01:05:26 (42) 01:01:30 (35) 01:31:28 (47) 00:51:32 (24) 01:18:06 (32) 01:26:17 (28) 01:16:27 (32)	12:46:41 +03:38:29	
34th	28	Gordian Kater TSV Fuhlen	GER	M (29th)	Senioren M40 (40-44 Jahre)	02:50:59 (32) 01:24:15 (31) 00:58:34 (28) 01:00:46 (32) 01:18:32 (28) 01:00:10 (43) 01:22:16 (36) 01:30:47 (31) 01:32:40 (43)	12:58:59 +03:50:47	
35th	45	Feetu Nyrhinen	FIN	M (30th)	Senioren M45 (45-49 Jahre)	02:43:43 (25) 01:31:16 (44) 00:59:15 (31) 00:59:53 (28) 01:20:35 (34) 01:08:08 (54) 01:19:39 (34) 01:30:49 (32) 01:30:09 (42)	13:03:27 +03:55:15	
36th	31	Claudia Köster	GER	W (6th)	Seniorinnen W50 (50-54 Jahre)	02:56:09 (39) 01:21:47 (24) 00:57:44 (24) 00:58:23 (26) 01:18:07 (27) 00:54:29 (30) 01:30:32 (42) 01:42:39 (41) 01:25:29 (40)	13:05:19 +03:57:07	

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Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Amelinghausen Pos	Schwindebeck Pos	Bispingen Pos	Overhaverbeck Pos	Undeloh Pos	Egestorf Pos	Salzhausen Pos	Lüneburg Pos	Overall	Behind
37th	48	Sebastian Schlaak	GER	M (31st)	Senioren M40 (40-44 Jahre)	02:53:29 (36)	01:30:23 (42)	01:07:46 (45)	01:07:03 (45)	01:26:57 (43)	01:34:54 (36)	01:13:46 (24)	02:57:40 (41)	01:28:11 (37)	13:11:40	+04:03:28
38th	59	Sven Sommerhoff Tus Oeventrop	GER	M (32nd)	Senioren M55 (55-59 Jahre)	02:57:40 (41)	01:03:28 (38)	01:02:51 (40)	01:22:18 (36)	00:57:56 (39)	01:22:23 (37)	01:43:09 (42)	01:21:48 (37)	02:46:37 (28)	13:19:44	+04:11:32
39th	3	Björn Baars	GER	M (33rd)	Senioren M40 (40-44 Jahre)	02:51:40 (34)	01:30:49 (43)	01:02:32 (35)	01:09:45 (49)	01:21:20 (35)	00:54:45 (31)	01:36:11 (51)	01:39:09 (38)	01:19:46 (36)	13:25:57	+04:17:45
40th	39	Carmen Austin Lauftreff Geesthacht	GER	W (7th)	Seniorinnen W55 (55-59 Jahre)	02:46:37 (28)	01:40:37 (61)	01:16:26 (57)	01:14:18 (54)	01:30:37 (45)	00:58:44 (42)	01:24:32 (39)	01:33:04 (35)	01:12:29 (22)	13:37:24	+04:29:12
41st	18	Rabia Abraham Lauftreff Uelzen	GER	W (8th)	Seniorinnen W40 (40-44 Jahre)	03:07:02 (46)	01:38:34 (54)	01:11:55 (48)	01:10:16 (52)	01:31:02 (46)	00:55:44 (34)	01:33:21 (47)	01:41:08 (39)	01:24:56 (38)	14:13:58	+05:05:46

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Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
						Amelinghausen Pos		
						Schwindebeck Pos		
						Bispingen Pos		
						Overhaverbeck Pos		
						Undeloh Pos		
						Egestorf Pos		
						Salzhausen Pos		
						Lüneburg Pos		
42nd	69	Harald Wilcke		M (34th)	Senioren M60 (60-64 Jahre)	03:01:11 (43)	14:14:05	+05:05:53
						01:34:23 (50)		
						01:09:34 (46)		
						01:12:50 (53)		
						01:34:03 (49)		
						01:03:14 (48)		
						01:32:13 (45)		
						01:41:37 (40)		
						01:25:00 (39)		
43rd	49	Alexander Schnellberger SVG Ruhstorf	GER	M (35th)	Senioren M50 (50-54 Jahre)	03:15:15 (48)	14:38:15	+05:30:03
						01:20:32 (20)		
						00:57:27 (22)		
						01:02:53 (41)		
						01:24:37 (40)		
						01:15:39 (56)		
						01:42:21 (54)		
						02:05:18 (51)		
						01:34:13 (46)		
44th	33	Peter Kreutzer	GER	M (36th)	Senioren M45 (45-49 Jahre)	03:20:46 (51)	14:45:59	+05:37:47
						01:30:14 (41)		
						01:03:28 (38)		
						01:05:46 (43)		
						01:27:30 (44)		
						00:58:23 (40)		
						01:32:35 (46)		
						02:05:21 (52)		
						01:41:56 (49)		
45th	51	Frederic Schölzel	GER	M (37th)	Senioren M35 (35-39 Jahre)	03:09:30 (47)	14:46:01	+05:37:49
						01:36:22 (53)		
						01:13:47 (53)		
						01:09:02 (48)		
						01:31:38 (48)		
						01:01:59 (47)		
						01:28:07 (40)		
						01:51:50 (48)		
						01:43:46 (51)		
46th=	60	Frank Stelljes SG Stern Bremen	GER	M (38th=)	Senioren M50 (50-54 Jahre)	03:17:32 (50)	14:53:22	+05:45:10
						01:39:09 (55)		
						01:12:09 (50)		
						01:09:47 (50)		
						01:24:52 (42)		
						01:00:43 (44)		
						01:34:50 (49)		
						01:52:36 (50)		
						01:41:44 (48)		

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Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
46th=	68	Ulrich Zimmermann SG Stern	GER	M (38th=)	Senioren M60 (60-64 Jahre)	03:16:54 (49)	14:53:22	+05:45:10
						01:39:10 (57)		
						01:12:09 (50)		
						01:09:48 (51)		
						01:24:50 (41)		
						01:01:15 (45)		
						01:35:15 (50)		
						01:51:57 (49)		
						01:42:04 (50)		
48th=	25	Steffi Jendro SCC Berlin	GER	W (9th)	Seniorinnen W40 (40-44 Jahre)	03:02:06 (44)	14:55:04	+05:46:52
						01:39:14 (58)		
						01:15:11 (54)		
						01:25:51 (59)		
						01:38:16 (51)		
						01:04:55 (51)		
						01:31:25 (44)		
						01:44:52 (45)		
						01:33:14 (44)		
48th=	20	Ingo Gersbeck SCC Berlin	GER	M (40th)	Senioren M60 (60-64 Jahre)	03:02:10 (45)	14:55:04	+05:46:52
						01:39:09 (55)		
						01:15:13 (55)		
						01:25:50 (58)		
						01:38:27 (52)		
						01:04:49 (50)		
						01:31:21 (43)		
						01:44:50 (44)		
						01:33:15 (45)		
50th	12	Kathrin Drissen	GER	W (10th)	Seniorinnen W50 (50-54 Jahre)	02:57:38 (40)	14:55:49	+05:47:37
						01:52:15 (63)		
						01:19:28 (60)		
						01:22:08 (57)		
						01:44:11 (54)		
						01:06:01 (52)		
						01:34:42 (48)		
						01:43:43 (43)		
						01:15:43 (30)		
51st	37	Sven Lehmann Tide Runners Hamburg	GER	M (41st)	Senioren M50 (50-54 Jahre)	02:58:17 (42)	15:04:47	+05:56:35
						01:31:29 (45)		
						01:15:34 (56)		
						01:18:46 (55)		
						01:47:17 (58)		
						01:09:04 (55)		
						01:40:37 (53)		
						01:48:56 (47)		
						01:34:47 (47)		

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Amelinghausen Pos	Schwindebeck Pos	Bispingen Pos	Overhaverbeck Pos	Undeloh Pos	Egestorf Pos	Salzhausen Pos	Lüneburg Pos	Overall	Behind
DNF	44	Sven Nielsen	GER	M	Senioren M60 (60-64 Jahre)										DNF	
						01:40:11 (59)										
						01:17:05 (58)										
DNF	63	Nicolai André Thielker	GER	M	Senioren M30 (30-34 Jahre)										DNF	
						01:20:03 (17)										
						01:12:08 (49)										
						01:21:17 (56)										
DNF	43	Carsten Neuhaus	GER	M	Senioren M55 (55-59 Jahre)										DNF	
						01:40:14 (60)										
						01:12:46 (52)										
						01:28:36 (60)										
DNF	40	Vitalija Miezyte	LIT	W	Seniorinnen W35 (35-39 Jahre)										DNF	
						01:25:25 (33)										
						01:06:54 (44)										
						01:06:44 (44)										
						01:44:43 (55)										
DNF	24	Sven Huth		M	Senioren M45 (45-49 Jahre)										DNF	
						01:35:03 (52)										
						01:06:42 (43)										
						01:02:46 (39)										
						01:35:26 (50)										

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Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Overall	Behind
DNF	6	Marco Block-Berlitz	GER	M	Senioren M45 (45-49 Jahre)		DNF	
						01:34:23 (50)		
						01:02:22 (33)		
						01:00:41 (31)		
						01:23:34 (39)		
						00:48:57 (22)		
						01:16:22 (31)		
						02:15:54 (53)		
DNF	17	Norbert Fasel LSF-Münster	GER	M	Senioren M55 (55-59 Jahre)		DNF	
						01:19:23 (15)		
						00:57:11 (18)		
						01:00:34 (30)		
						01:17:15 (25)		
						00:58:41 (41)		
DNF	72	Rico Mühlberg		M	Senioren M45 (45-49 Jahre)		DNF	
						01:31:36 (46)		
						01:02:32 (35)		
						01:00:55 (33)		
						01:19:52 (32)		
						01:03:27 (49)		
						01:29:01 (41)		
						05:50:12 (54)		
DNF	62	Camilla Suchan	GER	W	Seniorinnen W45 (45-49 Jahre)		DNF	
						01:41:48 (62)		
						01:19:04 (59)		
						01:29:55 (61)		
						01:46:58 (57)		
						01:07:41 (53)		
						01:37:00 (52)		
DNF	42	Andreas Mohr MC Eschweiler	GER	M	Senioren M55 (55-59 Jahre)		DNF	
						04:43:07 (52)		
						01:30:08 (40)		
						01:02:25 (34)		
						01:02:29 (38)		
						01:22:41 (37)		
						00:55:54 (35)		
						01:23:34 (38)		
						01:46:25 (46)		

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Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Amelinghausen Pos	Schwindebeck Pos	Bispingen Pos	Overhaverbeck Pos	Undeloh Pos	Egestorf Pos	Salzhausen Pos	Lüneburg Pos	Overall	Behind
DNF	56	Jens Schuster WSV Braunschweig	GER	M	Senioren M60 (60-64 Jahre)										DNF	
						01:33:45 (49)										
						01:09:35 (47)										
						01:08:27 (46)										
						01:40:27 (53)										
						01:01:56 (46)										
						01:44:44 (55)										

DNF	32	Tim Kremer LG Mauerweg	GER	M	Senioren M45 (45-49 Jahre)										DNF	
						01:24:40 (32)										
						01:48:05 (63)										

Ultra-Marathon Duo 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergellersen Pos	Schwindebeck Pos	Undeloh Pos	Salzhausen Pos	Lauf1 Pos	Bispingen Pos	Lauf2 Pos	Lüneburg Pos	Amelinghausen Pos	Overhaverbeck Pos	Egestorf Pos	Overall	Behind
1st	203	Go-Gö			2er Staffel	<u>02:22:51</u> (1)	<u>00:53:50</u> (1)	00:43:13 (3)	<u>01:13:49</u> (1)	<u>05:21:54</u> (1)	<u>00:56:11</u> (1)	<u>05:35:57</u> (1)	01:14:49 (2)	<u>01:19:30</u> (1)	<u>01:12:38</u> (1)	01:01:00 (2)	10:57:51	
2nd	207	Ultrabois Dokobois	GER		2er Staffel	02:37:45 (2)	00:58:14 (2)	<u>00:36:50</u> (1)	01:21:20 (3)	05:32:36 (2)	00:58:52 (2)	05:54:56 (3)	01:19:14 (3)	01:19:36 (2)	01:16:14 (2)	<u>00:59:27</u> (1)	11:27:32	+00:29:41
3rd	202	FrauenPower	GER		2er Staffel	02:41:04 (3)	01:03:02 (3)	00:38:59 (2)	01:18:57 (2)	06:00:43 (3)	01:00:05 (3)	05:44:18 (2)	<u>01:13:06</u> (1)	01:30:47 (3)	01:17:56 (3)	01:01:05 (3)	11:45:01	+00:47:10
4th	201	Die Rötzis ohne	GER		2er Staffel	02:54:33 (4)	01:16:45 (4)	00:55:06 (4)	01:33:38 (4)	07:10:30 (4)	01:21:45 (4)	06:55:59 (4)	01:27:41 (4)	01:37:54 (4)	01:41:41 (4)	01:17:26 (4)	14:06:29	+03:08:38