

3. Internationaler Lüneburger Heide-Staffellauf

Juni 18, 2022

RESULTS

Ultra-Marathon 100km

Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
1st	11	Thomas Bonesky Triathlon Club Bremen	GER	M (1st)	Senioren M40 (40-44 Ja	01:55:10 (1) 01:07:43 (6) 00:46:49 (4) 00:48:46 (5) 00:53:40 (1) 00:34:36 (1) 00:52:15 (2) 00:57:27 (1) 00:46:15 (1)	08:42:41	
2nd	7	Heiko Becker	GER	M (2nd)	Senioren M40 (40-44 Ja	01:56:22 (2) 01:07:14 (5) 00:51:30 (6) 00:44:12 (3) 00:54:00 (2) 00:34:37 (2) 00:49:36 (1) 01:02:15 (2) 00:51:04 (2)	08:50:50	+00:08:09
3rd	153	Nicolas Oepen-Hogrefe		M (3rd)	Senioren M30 (30-34 Ja	02:04:38 (3) 01:17:06 (12) 00:52:35 (10) 00:51:42 (9) 01:01:38 (6) 00:40:27 (5) 00:57:22 (5) 01:05:19 (3) 00:51:55 (3)	09:42:42	+01:00:01
4th	1	Sascha Dehling LG Mauerweg Berlin e.V.	GER	M (4th)	Senioren M45 (45-49 Ja	02:11:21 (5) 01:05:14 (4) 00:45:24 (3) 00:45:12 (4) 01:00:18 (5) 00:46:49 (14) 01:05:24 (14) 01:12:52 (8) 00:51:55 (3)	09:44:29	+01:01:48
5th=	141	Martin Watzke	GER	M (5th=)	Senioren M40 (40-44 Ja	02:11:24 (6) 01:14:44 (10) 00:51:07 (5) 00:50:23 (7) 01:03:36 (7) 00:39:23 (3) 00:56:21 (3) 01:06:14 (4) 00:57:43 (9)	09:50:55	+01:08:14

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5th=	142	Dominik Welzel Lauftreff Niederstetten	GER	M (5th=)	Senioren M30 (30-34 Ja	02:19:19 (10) 01:04:18 (2) 00:44:33 (2) 00:43:58 (2) 00:58:32 (4) 00:40:21 (4) 01:02:32 (9) 01:14:04 (11) 01:03:18 (18)	09:50:55	+01:08:14
7th	121	Georg Schützka LG TuS Weinböhla	GER	M (7th)	Senioren M35 (35-39 Ja	02:20:40 (11) 01:04:40 (3) <u>00:43:54 (1)</u> <u>00:42:02 (1)</u> 00:55:32 (3) 00:42:37 (8) 00:59:51 (6) 01:18:52 (16) 01:08:13 (28)	09:56:21	+01:13:40
8th	125	Tanja Spiekermann SV Werder Bremen	GER	W (1st)	Seniorinnen W45 (45-49	02:07:31 (4) 01:10:13 (7) 00:51:40 (7) 00:51:37 (8) 01:11:56 (23) 00:45:59 (12) 01:00:25 (7) 01:07:27 (5) 00:57:01 (7)	10:03:49	+01:21:08
9th	49	Ralf Herzig LG TuS Weinböhla		M (8th)	Senioren M50 (50-54 Ja	02:17:10 (8) 01:20:23 (22) 00:56:46 (24) 00:53:06 (12) 01:05:13 (9) 00:40:32 (6) 00:57:07 (4) 01:08:49 (6) 00:52:11 (5)	10:11:17	+01:28:36
10th	157	André Flömer Team Erdinger alkoholfrei	GER	M (9th)	Senioren M55 (55-59 Ja	02:27:37 (18) 01:22:23 (37) 00:54:14 (16) 00:53:31 (15) 01:06:38 (13) 00:47:25 (16) 01:01:30 (8) 01:13:12 (9) 00:53:55 (6)	10:40:25	+01:57:44

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11th	43	Steffen Gyukin	GER	M (10th)	Senioren M35 (35-39 Ja	02:14:40 (7) 01:23:20 (38) 00:56:22 (22) 00:58:39 (33) 01:03:52 (8) 00:50:15 (22) 01:06:07 (15) 01:12:43 (7) 00:57:16 (8)	10:43:14	+02:00:33
12th	118	Ingo Schurbert	GER	M (11th)	Senioren M45 (45-49 Ja	02:22:43 (14) 01:17:27 (14) 00:53:18 (13) 00:53:02 (11) 01:06:37 (12) 00:43:58 (10) 01:04:57 (12) 01:14:40 (12) 01:06:54 (24)	10:43:36	+02:00:55
13th	58	Mike Kanbach Bovender SV	GER	M (12th)	Senioren M45 (45-49 Ja	02:19:07 (9) 01:21:04 (25) 00:57:33 (29) 00:56:38 (23) 01:12:45 (24) 00:45:14 (11) 01:04:57 (12) 01:15:42 (13) 00:59:53 (11)	10:52:53	+02:10:12
14th	128	Robert Strecker LSLG Klein Glienicke	GER	M (13th)	Senioren M45 (45-49 Ja	02:27:29 (17) 01:17:54 (16) 00:53:14 (12) 00:53:34 (16) 01:05:15 (10) 00:42:55 (9) 01:08:06 (17) 01:25:54 (23) 01:04:10 (20)	10:58:31	+02:15:50
15th	122	Birgit Schwartz-Reinken TSV Eintracht Hittfeld	GER	W (2nd)	Seniorinnen W55 (55-59	02:21:40 (12) 01:21:51 (30) 00:56:05 (21) 00:51:46 (10) 01:06:02 (11) 00:41:10 (7) 01:03:39 (10) 01:34:01 (41) 01:02:47 (16)	10:59:01	+02:16:20

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16th	55	Gunnar Jans	GER	M (14th)	Senioren M55 (55-59 Ja	02:24:05 (15) 01:21:34 (29) 00:55:48 (19) 00:53:19 (13) 01:09:31 (15) 00:52:16 (26) 01:07:04 (16) 01:13:47 (10) 01:02:35 (15)	10:59:59	+02:17:18
17th	64	Oliver Koenen LSLG Klein Glienicke		M (15th)	Senioren M50 (50-54 Ja	02:28:21 (19) 01:27:18 (49) 00:57:48 (31) 00:54:40 (20) 01:08:32 (14) 00:47:25 (16) 01:11:11 (19) 01:21:13 (19) 01:00:33 (13)	11:17:01	+02:34:20
18th	37	Matthias Frischmuth	GER	M (16th)	Senioren M55 (55-59 Ja	02:22:04 (13) 01:21:12 (27) 00:56:51 (25) 01:04:00 (45) 01:11:14 (20) 00:58:39 (41) 01:11:13 (20) 01:17:19 (14) 00:58:05 (10)	11:20:37	+02:37:56
19th	110	Christian Schlömer		M (17th)	Senioren M40 (40-44 Ja	02:27:21 (16) 01:28:18 (52) 00:58:43 (35) 00:57:03 (26) 01:11:25 (21) 00:49:27 (20) 01:08:32 (18) 01:20:39 (17) 01:04:48 (22)	11:26:16	+02:43:35
20th	89	Robert Peters	GER	M (18th)	Senioren M35 (35-39 Ja	02:28:59 (21) 01:18:31 (18) 00:53:45 (14) 00:53:27 (14) 01:10:04 (16) 00:51:06 (25) 01:28:28 (41) 01:22:16 (20) 01:07:52 (27)	11:34:28	+02:51:47

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21st	103	André Schäfer Ultra - Tortugas	NED	M (19th)	Senioren M45 (45-49 Ja	02:29:43 (23) 01:32:56 (62) 01:05:05 (48) 01:02:33 (40) 01:15:07 (27) 00:46:07 (13) 01:04:00 (11) 01:17:25 (15) 01:07:34 (26)	11:40:30	+02:57:49
22nd	159	Torsten Brunheim BSV Holborn	GER	M (20th)	Senioren M45 (45-49 Ja	02:28:30 (20) 01:21:59 (34) 01:02:51 (45) 00:58:11 (31) 01:17:05 (28) 00:49:48 (21) 01:17:46 (26) 01:20:50 (18) 01:04:05 (19)	11:41:05	+02:58:24
23rd	138	Stefan Thoms USC Kiel	GER	M (21st)	Senioren M55 (55-59 Ja	02:35:52 (29) 01:26:14 (44) 00:57:55 (32) 00:56:46 (25) 01:10:38 (17) 00:49:04 (19) 01:16:30 (25) 01:24:44 (21) 01:08:35 (29)	11:46:18	+03:03:37
24th	82	Nils Moch World's Best Family & Sparkasse L	GER	M (22nd)	Senioren M40 (40-44 Ja	02:35:58 (30) 01:21:08 (26) 00:57:35 (30) 00:56:41 (24) 01:10:56 (18) 00:48:52 (18) 01:14:56 (23) 01:38:28 (46) 01:10:21 (32)	11:54:55	+03:12:14
25th	147	Christian Wolz	GER	M (23rd)	Senioren M45 (45-49 Ja	02:29:15 (22) 01:17:45 (15) 00:56:00 (20) 00:57:57 (30) 01:20:39 (33) 00:57:47 (40) 01:19:07 (29) 01:28:08 (24) 01:09:49 (30)	11:56:27	+03:13:46

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26th	149	Igor Zhalko	UKR	M (24th)	Senioren M35 (35-39 Ja	02:31:21 (24) 01:21:23 (28) 00:52:37 (11) 00:59:35 (35) 01:24:09 (40) 01:38:33 (47) 01:04:18 (21)	12:07:42	+03:25:01
27th	20	Matthias Danyi Ultra - Tortugas	GER	M (25th)	Senioren M45 (45-49 Ja	02:33:59 (26) 01:21:54 (31) 00:57:29 (28) 00:57:23 (27) 01:25:55 (45) 00:55:20 (36) 01:17:56 (27) 01:32:34 (36) 01:07:00 (25)	12:09:30	+03:26:49
28th	23	Wolfram Andrae Hunsrück-Marathon e.V.	GER	M (26th)	Senioren M50 (50-54 Ja	02:35:11 (28) 01:27:50 (51) 01:05:47 (50) 01:04:44 (46) 01:21:02 (34) 00:54:37 (31) 01:12:53 (21) 01:25:25 (22) 01:10:20 (31)	12:17:49	+03:35:08
29th	66	Anja Korte	GER	W (3rd)	Seniorinnen W40 (40-44	02:40:59 (34) 01:20:22 (21) 00:59:13 (37) 00:58:45 (34) 01:24:07 (39) 01:01:16 (47) 01:20:35 (32) 01:28:33 (25) 01:16:16 (38)	12:30:06	+03:47:25
30th	85	Jörg Neugebauer VfL Sittensen	GER	M (27th)	Senioren M45 (45-49 Ja	02:48:49 (42) 01:20:26 (23) 00:58:17 (34) 01:02:59 (42) 01:26:39 (49) 00:57:37 (39) 01:27:56 (40) 01:32:32 (35) 01:04:52 (23)	12:40:07	+03:57:26

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31st	144	Marie-Charlotte Wienstroer Braunschweiger Laufclub	GER	W (4th)	Seniorinnen W30 (30-34)	02:32:41 (25) 01:30:47 (59) 01:06:27 (52) 01:03:22 (43) 01:22:33 (35) 00:53:43 (29) 01:35:54 (57) 01:42:09 (52) 01:00:17 (12)	12:47:53	+04:05:12
32nd	18	Thies Daniels DUV	GER	M (28th)	Senioren M60 (60-64 Ja)	02:39:16 (33) 01:28:47 (53) 01:06:28 (53) 01:05:04 (48) 01:28:08 (52) 00:50:41 (24) 01:20:26 (31) 01:30:27 (31) 01:18:49 (43)	12:48:06	+04:05:25
33rd	35	Markus Fischer	GER	M (29th)	Senioren M35 (35-39 Ja)	02:47:42 (40) 01:18:28 (17) 00:53:45 (14) 00:58:28 (32) 01:19:21 (31) 00:55:00 (34) 01:20:45 (34) 01:40:31 (49) 01:37:44 (64)	12:51:44	+04:09:03
34th	56	Jürgen Janyga SV Gladbeck 13	GER	M (30th)	Senioren M50 (50-54 Ja)	02:54:38 (49) 01:29:10 (54) 01:04:03 (47) 01:03:29 (44) 01:17:17 (29) 00:53:29 (28) 01:19:04 (28) 01:32:39 (37) 01:26:46 (53)	13:00:35	+04:17:54
35th	115	Michael Schneider LAZ Puma - TV 1888 Ruppichteroth	GER	M (31st)	Senioren M45 (45-49 Ja)	02:42:55 (35) 01:29:27 (57) 01:05:56 (51) 01:05:34 (52) 01:22:56 (36) 00:54:00 (30) 01:23:08 (35) 01:40:47 (50) 01:25:04 (50)	13:09:47	+04:27:06

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36th	93	Timo Plötz LG Ultralauf/Lauftreff Butzbach	GER	M (32nd)	Senioren M50 (50-54 Ja	02:44:05 (37) 01:33:54 (66) 01:09:24 (63) 01:08:38 (57) 01:18:47 (30) 00:53:14 (27) 01:27:40 (39) 01:36:27 (43) 01:18:55 (44)	13:11:04	+04:28:23
37th	136	Thomas Tesch Open-sports-Hamburg	GER	M (33rd)	Senioren M60 (60-64 Ja	02:49:52 (44) 01:22:11 (35) 00:58:47 (36) 00:59:36 (36) 01:45:47 (77) 01:11:15 (69) 01:35:32 (55) 01:30:13 (30) 01:01:59 (14)	13:15:12	+04:32:31
38th	62	Ingo Kloss Team Erdinger Alkoholfrei	GER	M (34th)	Senioren M50 (50-54 Ja	02:34:30 (27) 01:43:35 (88) 01:17:58 (80) 01:09:00 (59) 01:33:15 (59) 01:03:27 (52) 01:20:43 (33) 01:29:59 (27) 01:03:12 (17)	13:15:39	+04:32:58
39th	21	Irina Daß	GER	W (5th)	Frauen (20-29 Jahre)	02:50:03 (46) 01:33:22 (64) 01:09:14 (62) 01:10:58 (62) 01:27:04 (50) 00:54:53 (33) 01:25:48 (37) 01:33:12 (38) 01:14:03 (36)	13:18:37	+04:35:56
40th	156	Daniela Berke		W (6th)	Seniorinnen W40 (40-44	02:53:23 (47) 01:36:06 (70) 01:07:50 (57) 01:07:57 (55) 01:25:19 (43) 00:54:39 (32) 01:15:26 (24) 01:28:42 (26) 01:30:05 (58)	13:19:27	+04:36:46

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41st	100	David Eusebio Rubio de los Santos	MEX	M (35th)	Senioren M35 (35-39 Ja	02:44:37 (38) 01:35:02 (68) 01:12:14 (71) 01:08:06 (56) 01:25:54 (44) 00:57:33 (38) 01:36:44 (59) 01:30:11 (29) 01:11:22 (34)	13:21:43	+04:39:02
42nd	14	Thomas Brinkmann	GER	M (36th)	Senioren M30 (30-34 Ja	02:43:57 (36) 01:27:46 (50) 00:59:44 (39) 01:02:10 (39) 01:31:52 (55) 00:58:57 (42) 01:30:34 (46) 01:45:00 (61) 01:26:12 (52)	13:26:12	+04:43:31
43rd	29	Stefan Eikenbusch	GER	M (37th)	Senioren M35 (35-39 Ja	02:59:47 (58) 01:13:25 (8) 00:52:10 (9) 00:54:16 (17) 01:24:28 (42) 00:59:57 (43) 01:35:39 (56) 01:52:36 (67) 01:42:00 (67)	13:34:18	+04:51:37
44th	32	Christian Fehling 100 Marathon Club	GER	M (38th)	Senioren M50 (50-54 Ja	02:47:51 (41) 01:43:37 (89) 01:17:57 (79) 01:09:01 (60) 01:33:56 (61) 01:03:04 (51) 01:20:24 (30) 01:30:01 (28) 01:11:03 (33)	13:36:54	+04:54:13
45th	83	Jonathan Möller		M (39th)	Männer (20-29 Jahre)	03:01:32 (60) 01:22:15 (36) 01:01:03 (43) 01:05:21 (50) 01:23:55 (38) 00:57:17 (37) 01:36:41 (58) 01:41:35 (51) 01:27:18 (54)	13:36:57	+04:54:16

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46th	124	Rafael Siems Küstenläufer	GER	M (40th)	Senioren M35 (35-39 Ja	03:12:44 (67) 01:19:39 (19) 00:57:17 (27) 01:00:48 (37) 01:28:42 (53) 00:55:06 (35) 01:23:42 (36) 01:33:12 (38) 01:47:12 (68)	13:38:22	+04:55:41
47th	78	Susi Lürßen DUV	GER	W (7th)	Seniorinnen W55 (55-59	02:38:07 (31) 01:26:00 (42) 01:15:46 (77) 01:11:00 (63) 01:28:50 (54) 01:00:15 (44) 01:37:38 (62) 01:45:52 (63) 01:18:06 (41)	13:41:34	+04:58:53
48th	42	Khalid Goumairi Sportspieß	GER	M (41st)	Senioren M55 (55-59 Ja	02:39:08 (32) 01:25:23 (41) 01:09:45 (64) 01:11:07 (64) 01:35:15 (65) 01:00:15 (44) 01:37:36 (61) 01:46:22 (64) 01:20:53 (47)	13:45:44	+05:03:03
49th	146	Tobias Woelfle	GER	M (42nd)	Senioren M30 (30-34 Ja	02:47:07 (39) 01:38:36 (78) 01:11:35 (69) 01:12:19 (66) 01:26:04 (46) 01:34:12 (42) 01:20:12 (46)	13:49:51	+05:07:10
50th	24	York Delventhal	GER	M (43rd)	Senioren M40 (40-44 Ja	02:48:53 (43) 01:30:35 (58) 01:07:27 (56) 01:05:28 (51) 01:28:01 (51) 01:01:10 (46) 01:37:19 (60) 01:42:12 (53) 01:37:11 (62)	13:58:16	+05:15:35

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51st	117	Samir Schulz-Meinen Triabolos Triathlon Hamburg e.V.	GER	M (44th)	Senioren M50 (50-54 Ja	03:34:03 (70) 01:24:21 (40) 00:57:16 (26) 00:56:12 (22) 01:23:22 (37) 01:03:52 (54) 01:42:43 (68) 01:45:23 (62) 01:13:25 (35)	14:00:37	+05:17:56
52nd	92	Udo Pitsch TG Viktoria Augsburg	GER	M (45th)	Senioren M65 (65-69 Ja	02:54:46 (50) 01:42:44 (86) 01:09:12 (61) 01:08:47 (58) 01:31:55 (56) 01:08:20 (63) 01:31:09 (48) 01:43:48 (58) 01:15:57 (37)	14:06:38	+05:23:57
53rd=	28	Martje Drissen	GER	W (8th=)	Frauen (20-29 Jahre)	02:57:41 (54) 01:41:52 (84) 01:13:17 (74) 01:21:43 (78) 01:26:30 (47) 01:10:56 (68) 01:33:36 (51) 01:31:36 (33) 01:17:10 (39)	14:14:21	+05:31:40
53rd=	27	Kathrin Drissen Zippel's Läuferwelt Lübeck	GER	W (8th=)	Seniorinnen W50 (50-54	02:57:41 (54) 01:41:52 (84) 01:13:17 (74) 01:21:43 (78) 01:26:30 (47) 01:10:55 (67) 01:33:37 (52) 01:31:36 (33) 01:17:10 (39)	14:14:21	+05:31:40
55th	106	Stefan Schell SG Stern Bremen	GER	M (46th)	Senioren M45 (45-49 Ja	03:01:38 (61) 01:32:18 (61) 01:07:57 (58) 01:13:21 (69) 01:34:00 (62) 01:05:46 (58) 01:29:52 (45) 01:44:33 (60) 01:32:12 (59)	14:21:37	+05:38:56

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56th	140	Karin Trost	GER	W (10th)	Seniorinnen W45 (45-49)	03:03:18 (64) 01:36:07 (71) 01:08:09 (59) 01:12:21 (67) 01:34:17 (63) 01:06:12 (60) 01:30:41 (47) 01:40:00 (48) 01:37:51 (65)	14:28:56	+05:46:15
57th	127	Thomas Stelzer Stade Night Runners	GER	M (47th)	Senioren M45 (45-49 Ja	02:55:09 (51) 01:27:17 (48) 01:12:34 (72) 01:29:54 (91) 01:39:00 (69) 01:12:27 (71) 01:45:57 (70) 01:31:29 (32) 01:18:45 (42)	14:32:32	+05:49:51
58th	4	Karsten August 100 Marathon club	GER	M (48th)	Senioren M40 (40-44 Ja	02:56:23 (53) 01:39:29 (81) 01:21:29 (91) 01:24:31 (84) 01:40:46 (72) 01:01:23 (49) 01:14:12 (22) 01:33:32 (40) 01:41:03 (66)	14:32:48	+05:50:07
59th	5	Carmen Austin Lauftreff Geesthacht	GER	W (11th)	Seniorinnen W55 (55-59)	02:58:29 (57) 01:49:24 (94) 01:20:30 (90) 01:14:41 (72) 01:39:27 (70) 01:05:49 (59) 01:29:15 (43) 01:38:20 (45) 01:19:00 (45)	14:34:55	+05:52:14
60th	80	Ronny März Run4Family	GER	M (49th)	Senioren M45 (45-49 Ja	03:09:19 (66) 01:37:19 (75) 01:09:58 (66) 01:13:18 (68) 01:32:20 (57) 01:05:38 (56) 01:39:24 (67) 01:37:00 (44) 01:37:27 (63)	14:41:43	+05:59:02

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
61st	34	Joerg Firnkorn frei	GER	M (50th)	Senioren M40 (40-44 Ja	02:54:36 (48) 01:29:12 (55) 01:10:06 (67) 01:16:35 (73) 01:41:33 (73) 01:09:15 (65) 01:34:49 (54) 01:57:05 (71) 01:29:51 (57)	14:43:02	+06:00:21
62nd	133	Monika Tegge-Walderstein 100 Marathon Club	GER	W (12th)	Seniorinnen W50 (50-54	03:01:48 (62) 01:43:51 (90) 01:18:10 (82) 01:21:02 (76) 01:40:44 (71) 01:05:41 (57) 01:28:55 (42) 01:42:35 (55) 01:29:00 (56)	14:51:46	+06:09:05
63rd	90	Alois Pielok ohne	GER	M (51st)	Senioren M55 (55-59 Ja	03:01:27 (59) 01:43:15 (87) 01:18:19 (83) 01:21:35 (77) 01:35:17 (66) 01:10:10 (66) 01:29:46 (44) 01:42:50 (56) 01:34:45 (60)	14:57:24	+06:14:43
64th	134	Ralf Telljohann	GER	M (52nd)	Senioren M55 (55-59 Ja	03:16:25 (68) 01:39:16 (80) 01:13:15 (73) 01:14:38 (71) 01:37:47 (68) 01:07:36 (62) 01:39:19 (66) 01:53:14 (68) 01:27:49 (55)	15:09:19	+06:26:38
65th	158	Patrick Roß LG Mauerweg Berlin e.V.	GER	M (53rd)	Senioren M50 (50-54 Ja	02:58:00 (56) 01:50:36 (97) 01:19:23 (87) 01:22:57 (82) 01:46:43 (78) 01:06:40 (61) 01:38:09 (63) 01:42:25 (54) 01:24:27 (48)	15:09:20	+06:26:39

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
66th	38	Ingo Gersbeck Berlin Runners	GER	M (54th)	Senioren M55 (55-59 Ja	03:02:35 (63) 01:51:01 (99) 01:20:15 (89) 01:29:15 (90) 01:48:52 (83) 01:04:41 (55) 01:32:51 (50) 01:44:27 (59) 01:24:45 (49)	15:18:42	+06:36:01
67th	155	Kai Wachowius		M (55th)	Senioren M50 (50-54 Ja	02:49:56 (45) 01:33:36 (65) 01:19:35 (88) 01:30:40 (93) 01:48:27 (82) 01:14:53 (72) 01:49:27 (71) 01:56:07 (70) 01:25:49 (51)	15:28:30	+06:45:49
68th	46	Malte Harmening	GER	M (56th)	Senioren M60 (60-64 Ja	03:03:35 (65) 01:50:53 (98) 01:25:49 (94) 01:26:50 (86) 01:42:39 (75) 01:08:53 (64) 01:34:15 (53) 01:48:42 (65) 01:36:23 (61)	15:37:59	+06:55:18
69th	135	Tobias Tepper	GER	M (57th)	Männer (20-29 Jahre)	03:21:10 (69) 01:44:03 (91) 01:17:04 (78) 01:22:03 (81) 01:49:09 (84) 01:19:46 (73) 01:38:46 (65) 01:53:16 (69) 01:54:35 (69)	16:19:52	+07:37:11
DNF	54	Dennis Jakob Fast Feet Tübingen	GER	M	Senioren M30 (30-34 Ja	01:15:06 (11) 00:56:31 (23) 00:54:42 (21) 01:14:50 (26) 01:01:19 (48)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	39	Bodo Geßwein TV Brauerschwend	GER	M	Senioren M60 (60-64 Ja	01:26:14 (44) 00:59:48 (40) 00:57:28 (28) 01:11:11 (19) 00:50:28 (23)	DNF	
DNF	152	André Zwingmann Adidas Runners Frankfurt	GER	M	Senioren M45 (45-49 Ja	01:23:54 (39) 01:11:42 (70)	DNF	
DNF	108	Simon Schickert TSG Schwäbisch Hall	GER	M	Senioren M35 (35-39 Ja	01:04:12 (1) 00:51:44 (8) 00:50:09 (6) 01:11:42 (22) 01:28:10 (75)	DNF	
DNF	48	Marco Hellmann Triathlon-Duathlon Club de Herve	GER	M	Senioren M30 (30-34 Ja	01:36:11 (72) 01:18:42 (84) 01:18:21 (75) 01:42:39 (75) 01:26:47 (74)	DNF	
DNF	59	Zacharias Kiriak	GER	M	Senioren M50 (50-54 Ja	01:40:38 (82) 01:21:42 (92)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	116	Ilona Schoemaker-Tüchter SV Veldhausen 07	GER	W	Seniorinnen W45 (45-49)	01:41:49 (83) 01:27:04 (96) 01:38:10 (94)	DNF	
DNF	2	Alexander Arndt Marathon Maniacs/TEA	GER	M	Senioren M50 (50-54 Ja)	01:56:36 (100) 01:36:05 (98) 01:43:45 (95)	DNF	
DNF	130	Tobias Stukowski	GER	M	Senioren M40 (40-44 Ja)	01:30:51 (60)	DNF	
DNF	47	Mirko Heinrich Laufsport Ulm	GER	M	Senioren M55 (55-59 Ja)	01:36:39 (73) 01:10:19 (68)	DNF	
DNF	145	Harald Wilcke Lauftreff SV Eintracht Gransee	GER	M	Senioren M60 (60-64 Ja)	02:55:56 (52) 01:37:51 (76) 02:04:25 (99) 01:27:54 (89) 01:46:44 (79) 01:12:00 (70) 01:43:44 (69) 01:48:52 (66)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	52	Wolfgang Hornberger Deutsch Evern	GER	M	Senioren M50 (50-54 Ja	01:26:11 (43) 01:00:41 (42) 01:05:00 (47)	DNF	
DNF	87	Sven Nielsen		M	Senioren M55 (55-59 Ja	01:44:48 (92) 01:18:09 (81) 01:23:36 (83) 01:47:42 (80) 01:03:33 (53) 01:31:46 (49) 01:43:47 (57)	DNF	
DNF	98	Diana Rien	GER	W	Seniorinnen W40 (40-44	01:49:50 (95) 01:19:10 (86) 01:27:33 (87) 02:00:40 (87)	DNF	
DNF	30	Lucas Eilsberger	GER	M	Senioren M30 (30-34 Ja	01:26:36 (46) 01:01:41 (44) 00:57:32 (29)	DNF	
DNF	10	Norman Blöcher N.R.G.I	GER	M	Senioren M30 (30-34 Ja	01:46:35 (93) 01:21:56 (93) 01:21:49 (80)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	15	Robert Burg	GER	M	Senioren M45 (45-49 Ja	01:49:51 (96) 01:19:08 (85) 01:27:34 (88) 02:00:38 (86)	DNF	
DNF	148	Gunnar Zab LF Trills 09	GER	M	Senioren M50 (50-54 Ja	02:09:23 (101) 01:30:36 (97) 01:26:18 (85)	DNF	
DNF	25	Daniel Dillmann werunwiesbaden	GER	M	Senioren M50 (50-54 Ja	01:36:40 (74) 01:07:21 (55) 01:09:49 (61) 01:42:21 (74)	DNF	
DNF	131	Arne Suhr Stade Night Runners	GER	M	Senioren M50 (50-54 Ja	01:37:52 (77) 01:25:52 (95) 01:30:19 (92) 01:59:23 (85)	DNF	
DNF	150	Ulrich Zimmermann SG Stern Bremen	GER	M	Senioren M60 (60-64 Ja	01:39:06 (79) 01:09:56 (65) 01:14:18 (70) 01:47:55 (81)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	44	Bianca Hake Lauftraining Soest	GER	W	Seniorinnen W45 (45-49)	01:21:58 (33) 01:02:55 (46) 01:05:09 (49) 01:32:56 (58) 01:02:21 (50) 01:38:42 (64)	DNF	
DNF	101	Alexander Ruske Nonviolent Mobility	GER	M	Senioren M40 (40-44 Ja)	01:20:08 (20) 00:54:49 (17) 00:54:30 (19) 01:24:20 (41)	DNF	
DNF	9	Birte Bernhardt Team Ultra Sports/ SV Werder Bre	GER	W	Seniorinnen W45 (45-49)	01:20:57 (24) 00:55:42 (18) 00:54:20 (18) 01:13:30 (25) 00:47:17 (15) 01:27:14 (38)	DNF	
DNF	51	Michael Holste		M	Senioren M50 (50-54 Ja)	01:35:59 (69) 01:14:21 (76) 01:17:39 (74) 01:37:26 (67)	DNF	
DNF	36	Ole Fogtmann Team Fogtmann Racing	DEN	M	Senioren M50 (50-54 Ja)	01:14:17 (9) 00:58:07 (33) 01:12:02 (65) 01:34:35 (64)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	19	Hans-Peter Dannenberg Dannenberg.training	GER	M	Senioren M60 (60-64 Ja	01:21:55 (32) 00:59:26 (38) 01:02:56 (41) 01:33:24 (60)	DNF	
DNF	76	Andreas Ludolph HNT Hamburg	GER	M	Senioren M50 (50-54 Ja	01:17:16 (13) 01:00:22 (41) 01:06:48 (54) 01:19:22 (32)	DNF	
DNF	105	Arnt Scheidler TV Goldbach	GER	M	Senioren M50 (50-54 Ja	01:34:26 (67) 01:05:33 (49) 01:01:26 (38) 02:57:38 (88)	DNF	
DNF	79	Frank Maier	GER	M	Senioren M55 (55-59 Ja	01:29:17 (56) 01:08:16 (60)	DNF	
DNF	6	Björn Baars	GER	M	Senioren M40 (40-44 Ja	01:33:10 (63) 01:06:28 (53) 01:06:11 (53)	DNF	

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Pos	No.	Name Verein	Country	Gender	Class	Südergell Pos Amelingh Pos Schwinde Pos Bispingen Pos Overhaver Pos Undeloh Pos Egestorf Pos Salzhause Pos Lüneburg Pos	Overall	Behind
DNF	65	Matthias Kögel	GER	M	Senioren M35 (35-39 Ja		DNF	01:26:56 (47)