

SALAH CUP 2023 nach 5 Läufen

Name	Vorname	Verein	Jahrgang	Gender	Gesamt-Punkte	gewertete Läufe	Amelinghausen		neuer Termin		Thomasburg		Hohnstorf		Heidepokal		abgesagt		abgesagt		4 beste Läufe
							26.02.2023	Platz	08.10.2023	Platz	07.05.2023	Platz	04.06.2023	Platz	20.08.2023	Platz	10.09.2023	Platz	05.11.2023	Punkte	
Altersklasse WJU12, W 10/11 (Jahrg. 2012 - 2013)																					
Altersklasse WJU14, W 12/13 (Jahrg. 2010 - 2011)																					
Altersklasse WJU16, W 14/15 (Jahrg. 2008 - 2009)																					
Altersklasse WJU18, W 16/17 (Jahrg. 2006 - 2007)																					
Bickel	Charlotte	Green Runners Lüneburg	2006	w	65	3	3	21	3	21	0	0	2	23	0	0	0	0	0	0	65
Dreves	Amelie	Team Hecht-Apotheke	2007	w	48	2	2	23	0	0	1	25	0	0	0	0	0	0	0	0	48
Sawinski	Anouk	LG Lüneburg	2007	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Schulz	Tanya	SV Rosche	2007	w	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Schulze	Lotta	SchuleMarienau e.V.	2006	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Wodarz	Mara		2007	w	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	25
Behrens	Nike		2007	w	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Bütow	Isadora		2006	w	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Altersklasse WJU20, W 18/19 (Jahrg. 2004 - 2005)																					
Otto	Layan		2005	w	67	3	3	21	2	23	0	0	2	23	0	0	0	0	0	0	67
Förner	Maire		2005	w	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Lindert	Franziska	SFC Harz-Weser e.V. 1982	2004	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Menz	Sandra	Buchholz i. d. N.	2004	w	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	25
Völzke	Swantje	LG Lüneburg	2005	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Wagner	Eva	TuS Brietlingen	2004	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Flohr	Klara	LG Lüneburg	2005	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Altersklasse W 20 (Jahrg. 1994 - 2003)																					
Heger	Katrin	Praxis Stadtkoppel	1996	w	64	3	2	23	3	21	0	0	0	0	4	20	0	0	0	0	64
Wannovius	Sophie	Lauftreff TV Uelzen	1996	w	50	2	1	25	0	0	0	0	1	25	0	0	0	0	0	0	50
Bielenberg	Finja		1995	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Eimann	Janina	Lüneburger SV	2001	w	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Heide	Paula	Lüneburger SV	2003	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Rust	Anica	Lüneburger SV	1999	w	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Stelling	Lilly-Rose		2001	w	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	25
Boehnke	Jennifer	SV Rosche	1996	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Landwehr	Alva-Marie		2001	w	23	1	0	0	0	0	2	23	0	0	0	0	0	0	0	0	23
Rahlf	Finja		2003	w	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Sulowski	Emilia		1999	w	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	0	23
Tippe	Vicky	LG Oberelbe	1999	w	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Cazco Sosa	Jenifer	LSV	1994	w	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Görg	Sarah	Wendhausen Runner	2002	w	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Kröger	Marie		1999	w	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Görg	Sophia	Wendhausen Runner	2000	w	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Lucchesi	Tahnee		2001	w	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	20
Peters	Carla	RSC Lüneburg	2002	w	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Baldus	Janine		2000	w	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Grote	Jana	Landjugend Amelinghausen	1997	w	19	1	0	0	0	0	0	0	0	0	5	19	0	0	0	0	19
Muxfeldt	Antonia		1994	w	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	19
Trefz	Annika		1995	w	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Hultsch	Jule		2001	w	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	18
Quandt	Janin		1995	w	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	18
Hollik	Carolin		2000	w	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Zwinge	Christina		1997	w	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Rüdiger	Jolina		2003	w	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	0	16
Altersklasse W 30 (Jahrg. 1989 - 1993)																					
Moldenhauer	Rebecca	Green Runners Lüneburg	1989	w	115	5	2	23	2	23	2	23	2	23	2	23	0	0	0	0	115
Gathen	Lea	Lüneburger SV	1990	w	100	4	1	25	1	25	1	25	1	25	0	0	0	0	0	0	100
Basedau	Frauke	Lüneburg	1989	w	40	2	0	0	0	0	3	21	5	19	0	0	0	0	0	0	40
Drittler	Sina	Team beVegtde	1989	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Hanelt	Lisa		1992	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Predecki	Lara	Lüneburger SV	1991	w	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25

Kummer	Laura		1990	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	23
Pauck	Vera		1992	w	23	1	0	0	0	0	0	2	23	0	0	0	0	0	23
Martens	Sina	TuS Hohnstorf	1989	w	21	1	0	0	0	0	0	3	21	0	0	0	0	21	
Moritz	Sabrina		1991	w	21	1	0	0	3	21	0	0	0	0	0	0	0	21	
Prack	Jasmin	Triathlon Club Bremen	1990	w	21	1	3	21	0	0	0	0	0	0	0	0	0	21	
Ulbrich	Madeleine	Lüneburger SV	1989	w	21	1	0	0	0	0	0	0	0	3	21	0	0	21	
Deutschmann	Jenny		1990	w	20	1	0	0	0	0	0	4	20	0	0	0	0	20	
Nothacker	Julia	Lüneburger SV	1993	w	20	1	0	0	0	0	0	0	0	4	20	0	0	20	
Thenhausen	Carolin	HIRi GmbH	1992	w	20	1	0	0	0	4	20	0	0	0	0	0	0	20	
Wolter	Miriam	MTV Bad Bevensen	1993	w	20	1	4	20	0	0	0	0	0	0	0	0	0	20	
Bergmann	Stella		1991	w	19	1	0	0	0	5	19	0	0	0	0	0	0	19	
Stange	Kristina	TSV Mechtersen/Vögelsen	1991	w	19	1	5	19	0	0	0	0	0	0	0	0	0	19	
Buch	Marina		1991	w	18	1	0	0	0	0	0	6	18	0	0	0	0	18	
Wilhelms	Katharina		1992	w	18	1	6	18	0	0	0	0	0	0	0	0	0	18	
Altersklasse W 35 (Jahrg. 1984 - 1988)																			
Kositsch	Nelli	MTV Amelinghausen	1987	w	125	5	1	25	1	25	1	25	1	25	1	25	0	0	125
Kibscholl	Stefanie	TuS Brietlingen	1987	w	98	4	0	0	1	25	1	25	1	25	2	23	0	0	98
Duy	Marion	Lauf Fühse	1988	w	44	2	3	21	2	23	0	0	0	0	0	0	0	0	44
Niedermeyer	Janina (Nina)		1986	w	40	2	5	19	0	0	0	0	0	3	21	0	0	40	
Diskowski	Lisa	RSC Lüneburg Triathlon	1985	w	25	1	1	25	0	0	0	0	0	0	0	0	0	25	
Albrecht	Gesche		1984	w	23	1	0	0	0	2	23	0	0	0	0	0	0	23	
Kaumanns	Linda		1988	w	23	1	2	23	0	0	0	0	0	0	0	0	0	23	
Wroge, von der	Esther		1986	w	23	1	0	0	0	0	0	2	23	0	0	0	0	23	
Heise	Steffi		1986	w	21	1	0	0	3	21	0	0	0	0	0	0	0	21	
Albers	Janina		1985	w	20	1	0	0	4	20	0	0	0	0	0	0	0	20	
Kohnen	Ramona		1986	w	20	1	4	20	0	0	0	0	0	0	0	0	0	20	
Trautmann	Maya	Lüneburg	1985	w	20	1	0	0	0	0	0	0	4	20	0	0	0	20	
Dittmar	Jennifer		1987	w	19	1	0	0	5	19	0	0	0	0	0	0	0	19	
Drews	Katharina		1986	w	19	1	0	0	0	0	0	0	0	5	19	0	0	19	
Last	Maria	RSC Lüneburg Triathlon	1987	w	18	1	6	18	0	0	0	0	0	0	0	0	0	18	
Altersklasse W 40 (Jahrg. 1979 - 1983)																			
Behn	Alexandra	Die verrückten Läufer	1981	w	125	5	1	25	1	25	1	25	1	25	0	0	0	125	
Gauger	Danica		1983	w	92	4	2	23	2	23	1	25	3	21	0	0	0	92	
Schmidt	Sabrina	Die verrückten Läufer	1982	w	81	4	4	20	0	0	4	20	6	18	2	23	0	81	
Rose	Anja		1980	w	71	3	0	0	1	25	3	21	1	25	0	0	0	71	
Burmeister	Imke	LLH	1983	w	53	3	7	17	0	0	5	19	7	17	0	0	0	53	
Gutheil	Julia		1983	w	42	2	0	0	0	0	2	23	5	19	0	0	0	42	
Diederichs	Kea	RSC Lüneburg Triathlon	1982	w	25	1	1	25	0	0	0	0	0	0	0	0	0	25	
Del Pozo Guzman	Maria Jacinta	Lauftreff Sachsenwald	1983	w	23	1	0	0	0	0	0	2	23	0	0	0	0	23	
Litfin	Diana	TV Jahn Schneverdingen	1981	w	23	1	0	0	2	23	0	0	0	0	0	0	0	23	
Brunk	Nicole	KKSV Wendisch Evern	1980	w	21	1	3	21	0	0	0	0	0	0	0	0	0	21	
Franz	Ingrid		1980	w	21	1	0	0	3	21	0	0	0	0	0	0	0	21	
Roßdeutscher	Daniela	MTV-Embsen	1979	w	21	1	0	0	0	0	0	0	0	3	21	0	0	21	
Leveknecht	Andrea		1981	w	20	1	0	0	0	0	0	4	20	0	0	0	0	20	
Stamer	Katharina	Frauenlauf Bardowick	1982	w	20	1	0	0	4	20	0	0	0	0	0	0	0	20	
Verlinden	Julia	Green Runners Lünrburg	1979	w	20	1	0	0	0	0	0	0	0	4	20	0	0	20	
Persiehl-Schultz	Vanessa	Vastorf	1980	w	19	1	0	0	5	19	0	0	0	0	0	0	0	19	
Werder	Sandra		1979	w	19	1	5	19	0	0	0	0	0	0	0	0	0	19	
Buhr	Anja	Heidschnucken	1979	w	18	1	6	18	0	0	0	0	0	0	0	0	0	18	
Wülpern	Svenja	Lüneburg	1983	w	18	1	0	0	6	18	0	0	0	0	0	0	0	18	
Belling	Jeanette		1980	w	16	1	8	16	0	0	0	0	0	0	0	0	0	16	
Altersklasse W 45 (Jahrg. 1974 - 1978)																			
Witz	Marianne	MTV Amelinghausen LT	1977	w	76	4	9	15	5	19	5	19	0	0	2	23	0	76	
Weiser	Britta	Düvelsbrook Dynamics	1974	w	67	3	2	23	2	23	0	0	3	21	0	0	0	67	
Hartwig	Katja		1977	w	66	3	0	0	2	23	0	0	6	18	1	25	0	66	
Seil	Sandra	Lüneburger Rennschnecken	1976	w	65	3	4	20	0	0	1	25	4	20	0	0	0	65	
Stremme	Katja	TuS Hohnstorf/Elbe	1974	w	50	2	1	25	1	25	0	0	0	0	0	0	0	50	
Wermter	Jeanette	Düvelsbrook Dynamics	1975	w	50	2	0	0	1	25	0	0	1	25	0	0	0	50	
Franz	Dajana	Sportpark an der Elbe	1974	w	42	2	0	0	0	0	2	23	5	19	0	0	0	42	
Friedrichsen	Kati	Donnerstagsschwimmer	1974	w	39	2	5	19	0	0	4	20	0	0	0	0	0	39	

Brelie, von der	Christine	Kleines Hochdruckgebiet	1975	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Lüllau	Janina	Blau-Weiss Buchholz	1975	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Neumann	Claudia	Lauffreff Sachsenwald	1977	w	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	23
Kettenburg	Hannah	MTV Lüneburg	1977	w	21	1	0	0	0	0	3	21	0	0	0	0	0	0	0	21
Siemers	Daniela		1978	w	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	21
Wirsching	Katrin	Blau-Weiss Buchholz	1974	w	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	21
Zierau	Tabea		1974	w	21	1	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Lütkeemeier	Antje		1976	w	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	20
Reiser	Cindy	TSV Winsen/Luhe	1976	w	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Dobroch	Johanna		1975	w	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Hayward	Nina		1974	w	17	1	0	0	0	0	0	0	7	17	0	0	0	0	0	17
Beise	Sandra		1976	w	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	16
Bethien	Nicole	Lauffreff Sachsenwald	1974	w	16	1	0	0	0	0	0	0	8	16	0	0	0	0	0	16
Reese	Jana	VfL Suderburg	1975	w	15	1	0	0	0	0	0	0	9	15	0	0	0	0	0	15
Altersklasse W 50 (Jahrg. 1969 - 1973)																				
Rusche	Birgit	VfL Jesteburg	1972	w	69	3	3	21	0	0	1	25	0	0	2	23	0	0	0	69
Werno	Agnes		1973	w	48	2	0	0	1	25	0	0	2	23	0	0	0	0	0	48
Bickel	Nell	womyn on the run	1969	w	46	2	0	0	0	0	1	25	3	21	0	0	0	0	0	46
Paape	Diana	Düvelsbrook Dynamics Lbg.	1972	w	46	2	3	21	0	0	0	0	1	25	0	0	0	0	0	46
Hildebrandt	Michelle, Dr.	Lübecker SC	1970	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Krafft	Petra		1972	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Krienke	Uta		1970	w	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Paurat	Mitiam	PSV Grün-Weiß Kassel	1973	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Ahrens	Kristin	TSV Auetal	1972	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Dupont	Sabine		1973	w	23	1	0	0	0	2	23	0	0	0	0	0	0	0	0	23
Epley	Anna	SV Kirchboitzen	1970	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Wodarz	Manuela		1973	w	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	23
Kramer	Dörte	SV Teutonia Uelzen	1970	w	21	1	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Bach	Eva	Tri-Bandits/TSG Bergedorf	1971	w	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	20
Stolte	Dagmar	Post SV Uelzen	1970	w	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	19
Göricke	Katja		1970	w	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Brunckhorst	Sandra	Triathlon Heidekreis	1972	w	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Boldt	Susanne		1970	w	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	16
Hultsch	Gritt		1969	w	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	15
Altersklasse W 55 (Jahrg. 1964 - 1968)																				
Ritter	Simone	No Meat Athletes	1967	w	100	4	1	25	0	0	1	25	1	25	1	25	0	0	0	100
Staubach	Claudia		1966	w	71	3	2	23	0	0	1	25	2	23	0	0	0	0	0	71
Kachel	Heike	Laufftreff TV Uelzen	1965	w	45	2	4	20	0	0	0	0	1	25	0	0	0	0	0	45
Bergann	Stefanie	Die verrückten Läufer	1968	w	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	25
Lüneborg	Anja	Post SV Uelzen	1968	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Marecki	Maren	Tura Harksheide	1968	w	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Muxfeldt	Anette	Düvelsbrook Dynamics	1967	w	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	23
Schallhorn	Claudia	MTV Himbergen	1967	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Grunert	Susanne		1966	w	21	1	0	0	0	0	0	3	21	0	0	0	0	0	0	21
Kunz	Nicola		1967	w	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	21
Tegeler	Stefanie	RSC Lüneburg Triathlon	1964	w	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	21
Bechtloff	Katharina	MTV Bad Bevensen	1967	w	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	20
Meyo	Franka		1967	w	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	19
Frey	Christiane		1966	w	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Pasch	Carola	Heidschnucken	1967	w	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Altersklasse W 60 (Jahrg. 1959 - 1963)																				
Brüers	Ute	Lüneburg	1962	w	48	2	0	0	1	25	0	0	2	23	0	0	0	0	0	48
Koester	Anke	Schule Marienau e.V.	1962	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Preuß	Christa	Lübecker SC	1961	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Schick	Sabine		1963	w	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Thumulla	Franka	SV Kirchboitzen	1961	w	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Twesten	Anette	MTV Treubund Lüneburg	1962	w	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Luhn	Gabi	LT TSV Bienenbüttel	1963	w	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Stender	Kati	Heidschnucken Heidekreis	1963	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Werner	Bettina	TSV Stelle	1963	w	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	23

Tödter	Petra	LLH	1959	w	21	1	0	0	0	0	0	0	3	21	0	0	0	0	0	21
Weststedt	Susanne		1960	w	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	20
Altersklasse W 65 (Jahrg. 1954 - 1958)																				
Goldbeck	Margitta	MTV Amelinghausen LT	1958	w	73	3	1	25	0	0	0	0	1	25	2	23	0	0	0	73
Saucke	Beate	SV Elbufer	1956	w	73	3	0	0	1	25	2	23	1	25	0	0	0	0	0	73
Kieckebusch, von	Cornelia	MTV Treubund Lüneburg	1955	w	50	2	1	25	0	0	1	25	0	0	0	0	0	0	0	50
Kohn	Anke	Erdinger Active Team	1957	w	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Stehr	Dorit, Dr.	MTV Amelinghausen	1958	w	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	25
John	Angelika	Bayrische Laufzeitung	1958	w	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Altersklasse W 70 (Jahrg. 1949 - 1953)																				
Husmeier	Ursula	MTV Amelinghausen	1953	w	125	5	1	25	1	25	1	25	1	25	1	25	0	0	0	125
Altersklasse W 75 (Jahrg. 1944 - 1948)																				
Altersklasse W 80 (Jahrg. 1939 - 1943)																				
Altersklasse W 85 (Jahrg. 1934 - 1938)																				
Altersklasse MKU12, M 10/11 (Jahrg. 2012 - 2013)																				
Altersklasse MJU14, M 12/13 (Jahrg. 2010 - 2011)																				
Altersklasse MJU16, M 14/15 (Jahrg. 2008 - 2009)																				
Stöckmann	Jannik	MTV Treubund	2008	m	75	3	1	25	0	0	1	25	0	0	1	25	0	0	0	75
Altersklasse MJU18, M 16/17 (Jahrg. 2006 - 2007)																				
Hinsche	Tim	Schule Marienau e.V.	2006	m	48	2	0	0	0	0	1	25	2	23	0	0	0	0	0	48
Bräuer	Dominic	VfL Suderburg	2006	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Röhrs	Christopher	Landjugend Amelinghausen	2006	m	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Scheumann	Theo	Lauftreff Sachsenwald	2006	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Emanuel	Viktor		2006	m	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	23
Altersklasse MJU20, M 18/19 (Jahrg. 2004 - 2005)																				
Neber	Mads		2004	m	73	3	2	23	1	25	0	0	1	25	0	0	0	0	0	73
Brandtmann	Henry	Hamburger Aufstiegsrabauken	2004	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Breitschuh	Felix		2005	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Briegel	Amos		2004	m	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	25
Rechenberg, von	Trutz		2004	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Beutling	Marvin	Hamburger Aufstiegsrabauken	2004	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	23
Bock	Henrik		2004	m	23	1	0	0	0	0	2	23	0	0	0	0	0	0	0	23
Ritter	Justin Max	No Meat Athletes	2005	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	21
Schlüter	Johannes	Hamburger Aufstiegsrabauken	2004	m	21	1	0	0	0	0	0	0	3	21	0	0	0	0	0	21
Altersklasse M20 (Jahrg. 1994 - 2003)																				
Wilken	Niklas	MTV Treubund Lüneburg	2000	m	106	5	4	20	2	23	1	25	3	21	7	17	0	0	0	106
Wilken	Tobias	MTV Treubund Lüneburg	2002	m	105	5	3	21	1	25	3	21	2	23	9	15	0	0	0	105
Kiehl	Paul	MTV Treubund Lüneburg	2001	m	52	3	0	0	5	19	0	0	5	19	10	14	0	0	0	52
Boehnke	Dominik	Lauftreff TV Uelzen	1998	m	45	2	4	20	0	0	0	0	1	25	0	0	0	0	0	45
Drawe	Nils	TuS Hohnstorf Basketball	1994	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Meier	Nils-Hendrik	Lüneburger SV	1999	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Nimz	Finn		1998	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Schöfisch	Lasse	RSC Lüneburg	2000	m	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Timm	Fynn	LG Nordheide	1995	m	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	25
Anders	Lucas		1998	m	23	1	0	0	0	0	2	23	0	0	0	0	0	0	0	23
Bürger	Dan	LaufTalente.de	1997	m	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Dinkelmeyer	Fabio	SV super Lilli	2001	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Fuhrhop	Tim		1997	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	23
Garcia	Ricardo	Schule Marienau e.V.	1998	m	23	1	0	0	0	0	2	23	0	0	0	0	0	0	0	23
Cassens	Enno		1998	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	21
Dietrich	Mattis	Lüneburger SV	2001	m	21	1	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Schulz	Daniel	KKS Bavendorf	1995	m	21	1	0	0	0	0	3	21	0	0	0	0	0	0	0	21
Zander	Jonathan		2001	m	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	21
Grebener	Jann	Lüneburger SV	1994	m	20	1	0	0	0	0	0	0	0	4	20	0	0	0	0	20
Groth	Jan-Kieran		1998	m	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	20
Krinke	Martin	DvGU Magdeburg	1999	m	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	20
Treichel	Lucas		1998	m	20	1	0	0	0	4	20	0	0	0	0	0	0	0	0	20
Bornholdt	Julius		1994	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	19
Meyer	Daniel	Lüneburger SV	1994	m	19	1	0	0	0	0	0	0	0	5	19	0	0	0	0	19

Schlüter	Kai		1994	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	19
Teichler	Janis		1998	m	19	1	0	0	0	0	5	19	0	0	0	0	0	0	0	19
Cassier	Andre	Landjugend Amelinghausen	1994	m	18	1	0	0	0	0	0	0	0	6	18	0	0	0	18	
Kunz	Steffen	1. L(S)äufer Club Ilmenau	1994	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	18	
Schütze	Florian		1994	m	18	1	0	0	0	0	0	6	18	0	0	0	0	0	18	
Spiwek	Aaron		2002	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	18	
Sternbach	Matthias		1998	m	18	1	0	0	0	0	6	18	0	0	0	0	0	0	18	
Abdel Nabi	Aaron	Schule Marienau e.V.	2003	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	17	
Niemann	Tjark	Schule Marienau e.V.	2003	m	17	1	0	0	0	0	0	7	17	0	0	0	0	0	17	
Rieckmann	Nikolai		1994	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	17	
Dau	Brian Rene	1. L(S)äufer Club Ilmenau	1997	m	16	1	8	16	0	0	0	0	0	0	0	0	0	0	16	
Hommel	Julius	Landjugend Amelinghausen	2004	m	16	1	0	0	0	0	0	0	0	8	16	0	0	0	16	
Kreft	Kilian		1997	m	16	1	8	16	0	0	0	0	0	0	0	0	0	0	16	
Wortmann	Mats	1. L(S)äufer Club Ilmenau	1999	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	15	
Heise	Benjamin	MTV Amelinghausen	2000	m	13	1	0	0	0	0	0	0	0	11	13	0	0	0	13	
Kluike	Maurice		2004	m	12	1	0	0	0	0	0	0	0	12	12	0	0	0	12	
Vogt	Jonas	Landjugend Amelinghausen	2003	m	11	1	0	0	0	0	0	0	0	13	11	0	0	0	11	
Maschine, Die	Husaifa	Kraftsport Lüneburg	1998	m	10	1	0	0	0	0	0	0	0	14	10	0	0	0	10	

Altersklasse M 30 (Jahrg. 1989 - 1993)

Kleineberg	Christoph	SV Ilmenau	1989	m	84	5	10	14	6	18	6	18	6	18	8	16	0	0	0	84
Thenhausen	Christian	HiRi GmbH	1989	m	58	3	5	19	4	20	5	19	0	0	0	0	0	0	0	58
Bockelmann	Leo	Lüneburger SV	1993	m	50	2	1	25	0	0	0	0	0	1	25	0	0	0	50	
Gohar	Ahmed		1992	m	44	2	3	21	0	0	2	23	0	0	0	0	0	0	44	
Plato	Matthias	Lüneburg	1993	m	41	2	4	20	0	0	3	21	0	0	0	0	0	0	41	
Großmann	Marco Uwe	Heidestrandläufer	1989	m	37	2	8	16	0	0	0	0	3	21	0	0	0	0	37	
Lipka	Julien		1993	m	36	2	0	0	5	19	0	0	0	7	17	0	0	0	36	
Engel	Simon		1992	m	25	1	0	0	0	1	25	0	0	0	0	0	0	0	25	
Henke	Philipp	Schwarzenbeck Tierheim	1990	m	25	1	0	0	0	0	0	1	25	0	0	0	0	0	25	
Jähn	Tobias		1989	m	25	1	0	0	1	25	0	0	0	0	0	0	0	0	25	
Manukjan	Varik	TuS Hohnstorf Basketball	1989	m	25	1	0	0	0	0	0	1	25	0	0	0	0	0	25	
Merz	Hendrik		1989	m	25	1	0	0	1	25	0	0	0	0	0	0	0	0	25	
Moorstein	Frederik	RSC Lüneburg Triathlon	1993	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	25	
Schulz	Florian	Bonese	1989	m	25	1	0	0	0	0	1	25	0	0	0	0	0	0	25	
Banse	Marcel		1992	m	23	1	0	0	0	0	0	2	23	0	0	0	0	0	23	
Haul	Sebastian	Lüneburger SV	1992	m	23	1	0	0	0	0	0	0	0	2	23	0	0	0	23	
Jansen	Hendrik		1992	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	23	
Schütt	Jannik	LT Haspa Marathon Hamburg	1991	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	23	
Wardropper	Geoffrey Matthew		1991	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	23	
Wiederhold	Andreas		1990	m	23	1	0	0	2	23	0	0	0	0	0	0	0	0	23	
Drittler	Lukas	Team beVegt.de	1993	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	21	
Kanies	Tom		1992	m	21	1	0	0	3	21	0	0	0	0	0	0	0	0	21	
Noltensmeier	Julian		1991	m	21	1	0	0	0	0	0	0	0	3	21	0	0	0	21	
Feye	Lukas		1992	m	20	1	0	0	0	0	0	0	0	4	20	0	0	0	20	
Hintze	Marcel	TuS Hohnstorf Basketball	1993	m	20	1	0	0	0	0	0	4	20	0	0	0	0	0	20	
Mohr	Björn		1993	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	20	
Schumann	Sebastian		1989	m	20	1	0	0	0	0	4	20	0	0	0	0	0	0	20	
Liegmann	Paul		1992	m	19	1	0	0	0	0	0	0	0	5	19	0	0	0	19	
Meister	Moritz	Green Runners Lüneburg	1991	m	19	1	0	0	0	0	0	5	19	0	0	0	0	0	19	
Siegmund	Birk		1990	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	19	
Battermann	Jann		1993	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	18	
Voß	Timo	Kraftsportakademie Nord UG	1990	m	18	1	0	0	0	0	0	0	0	6	18	0	0	0	18	
Witte	Mathias	1. L(S)äufer Club Ilmenau	1991	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	18	
Badorreck	Oliver		1991	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	17	
Drechsler	Jan	1. L(S)äufer Club Ilmenau	1991	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	15	

Altersklasse M 35 (Jahrg. 1984 - 1988)

Zemke	Dirk	Düvelsbrook Dynamics	1984	m	111	5	6	18	2	23	1	25	1	25	4	20	0	0	0	111
Peutz	Dennis		1985	m	79	4	7	17	0	0	2	23	4	20	5	19	0	0	0	79
Wall	Sven Ole	Lüneburger SV	1988	m	75	3	0	0	1	25	1	25	1	25	0	0	0	0	0	75

Schröder	Felix	Dreckspatzen	1984	m	54	3	10	14	0	0	3	21	5	19	0	0	0	0	0	0	54
Porrman	Daniel	Heidestrandläufer	1988	m	51	3	11	13	0	0	4	20	6	18	0	0	0	0	0	0	51
Diskowski	Christian	Team Cimalp	1986	m	46	2	2	23	0	0	0	0	2	23	0	0	0	0	0	0	46
Ludewig	Fritjof	RIG Freiburg	1984	m	44	2	2	23	0	0	0	0	0	0	3	21	0	0	0	0	44
Kuri	Abdalrhman	ESV Lüneburg	1985	m	41	2	8	16	1	25	0	0	0	0	0	0	0	0	0	0	41
Schirmer	Kai	ASG Teutoburger Wald	1988	m	41	2	6	18	2	23	0	0	0	0	0	0	0	0	0	0	41
Kortland	Malte	Barendorf	1984	m	40	2	0	0	0	0	5	19	3	21	0	0	0	0	0	0	40
Stange	Martin	TSV Mechtersen/Vögelsen	1984	m	40	2	5	19	0	0	0	0	3	21	0	0	0	0	0	0	40
Matthäi	Adrian	Schule Marienau e.V.	1987	m	39	2	8	16	0	0	2	23	0	0	0	0	0	0	0	0	39
Bergmann	Michael		1988	m	35	2	10	14	0	0	3	21	0	0	0	0	0	0	0	0	35
Reimer	Nils	HiRi GmbH	1984	m	34	2	0	0	8	16	6	18	0	0	0	0	0	0	0	0	34
Krienke-Röring	Jan		1986	m	32	2	0	0	0	0	7	17	9	15	0	0	0	0	0	0	32
Bösch	Daniel	MTV Luhdorf/Roydorf	1984	m	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Plath	Robert	Team flott	1988	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Sommerfeld	Stephan	TriAblitz	1985	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Jeran	Marcus	TuS Hohnstorf	1984	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Lauterschlag	Dennis	Lüneburger SV	1985	m	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Ficks	Arne		1984	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Jülich	Patrick		1986	m	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	21
Leppel	Christopher	SV Wendisch Evern	1987	m	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	21
Malec	Jan	LG Braunschweig	1984	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Brown	Jeffrey		1987	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Brzoska	Norman		1987	m	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	20
Leibold	Florian	TSV Schwarzenbeck	1988	m	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	20
Sartorti	Christian		1986	m	20	2	16	8	0	0	0	0	0	0	12	12	0	0	0	0	20
Spiegel	Lars		1987	m	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	20
Weiss	Dennis		1986	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Jenckel	Daniel	MC5	1984	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Skusa	Severin	SSV Schnakenbeck	1984	m	19	1	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19
Wagner	Alexander		1986	m	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	19
Börner	Romano		1987	m	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18
Filor	Niklas		1987	m	18	1	0	0	0	0	0	0	0	0	6	18	0	0	0	0	18
Fischer	Markus	RSC Lüneburg Triathlon	1984	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Hoffmann	Dominic	VfL Suderburg	1984	m	17	1	0	0	0	0	0	0	0	0	7	17	0	0	0	0	17
Maier	Daniel	Lüneburger SV	1985	m	17	1	0	0	0	0	0	0	7	17	0	0	0	0	0	0	17
Zierath	Stefan		1985	m	17	1	0	0	7	17	0	0	0	0	0	0	0	0	0	0	17
Drescher	Felix	Kampfsportakademie Nord UG	1985	m	16	1	0	0	0	0	0	0	0	0	8	16	0	0	0	0	16
Tödter	Vincent	LLH	1984	m	16	1	0	0	0	0	0	0	8	16	0	0	0	0	0	0	16
Herz	Henning		1987	m	15	1	0	0	0	0	0	0	0	0	9	15	0	0	0	0	15
Kaumanns	Daniel		1987	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	15
Oksas	Nils		1985	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	15
Fletcher	Karl		1984	m	14	1	0	0	0	0	0	0	0	0	10	14	0	0	0	0	14
Richters	Timo		1988	m	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	0	13
Ziegler	Fionn	Gipfelstürmer	1987	m	13	1	0	0	0	0	0	0	0	0	11	13	0	0	0	0	13
Madaos	Sebastian	RSC Lüneburg Triathlon	1984	m	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	0	12
Sachse	Michael		1987	m	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	0	12
Bochert	Philipp		1987	m	11	1	0	0	0	0	0	0	0	0	13	11	0	0	0	0	11
Wolter	Fabian	MTV Bad Bevensen	1988	m	11	1	13	11	0	0	0	0	0	0	0	0	0	0	0	0	11
Zaglin	Pavel	Lüneburg	1988	m	11	1	13	11	0	0	0	0	0	0	0	0	0	0	0	0	11
Harnisch	Felix		1986	m	10	1	14	10	0	0	0	0	0	0	0	0	0	0	0	0	10
Lorenzen	Thorben	RSC Lüneburg Triathlon	1988	m	9	1	15	9	0	0	0	0	0	0	0	0	0	0	0	0	9
Ambrock	Jens		1984	m	7	1	17	7	0	0	0	0	0	0	0	0	0	0	0	0	7
Altersklasse M 40 (Jahrg. 1979 - 1983)																					
Schulze	Sebastian	HiRi Kirchzellensen	1980	m	104	5	5	19	3	21	2	23	4	20	3	21	0	0	0	0	104
Wolters	Daniel	MTV Amelinghausen	1981	m	81	4	11	13	1	25	2	23	0	0	4	20	0	0	0	0	81
Gutheil	Sebastian		1979	m	72	4	8	16	4	20	5	19	7	17	0	0	0	0	0	0	72
Menke	Stefan	Team Hecht-Apotheke	1981	m	63	3	2	23	0	0	3	21	5	19	0	0	0	0	0	0	63
Kohfeld	Marcus		1981	m	58	3	8	16	3	21	0	0	3	21	0	0	0	0	0	0	58

Hanika	Ferdinand		1978	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Nicolaisen	Einar	Fauske AK	1977	m	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Jahr	Martin	KSL	1975	m	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Kapuscik	Pawel		1975	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Komorski, von	Nils		1978	m	21	1	0	0	0	0	3	21	0	0	0	0	0	0	0	0	21
Meyer	Christoph	SV Rosche	1975	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Rose	Tobias		1977	m	21	1	0	0	0	0	3	21	0	0	0	0	0	0	0	0	21
Schöchle	Kai	RSC Lüneburg Triathlon	1974	m	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	21
Jandt	Steffen	SV Eintracht Salzwedel	1974	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Stern	Felix		1977	m	19	1	0	0	0	0	5	19	0	0	0	0	0	0	0	0	19
Folker	Ernst		1978	m	18	1	0	0	0	0	0	0	0	0	6	18	0	0	0	0	18
Jaschik	Johannes	Grundschule Hohnstorf	1976	m	18	1	0	0	0	0	0	0	6	18	0	0	0	0	0	0	18
Rüters	Björn		1976	m	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18
Uphoff	Jörg	Kommando Fischrikadelle	1976	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Bathel	André	Team Butterkuchen	1977	m	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	0	16
Franz	Torsten	Green Runners Lüneburg	1977	m	16	1	0	0	8	16	0	0	0	0	0	0	0	0	0	0	16
Gebauer	Thomas	LaufpassNiedersachsen	1978	m	16	1	0	0	0	0	0	0	0	0	8	16	0	0	0	0	16
Sawallrich	Henning	FC Bayern München	1974	m	15	1	0	0	0	0	0	0	0	0	9	15	0	0	0	0	15
Schmidt-Rusnak	Kai	TV Welle	1976	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	15
Augustin	Martin		1975	m	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	0	14
Schmidt	Lars	Die verrückten Läufer	1974	m	14	1	0	0	0	0	0	0	0	0	10	14	0	0	0	0	14
Bombosch	Volker	Lüneburg	1976	m	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	0	12
Rettich	Glenn		1974	m	10	1	14	10	0	0	0	0	0	0	0	0	0	0	0	0	10
Dobroch	Mark		1974	m	9	1	15	9	0	0	0	0	0	0	0	0	0	0	0	0	9
Blanke	Andreas		1977	m	8	1	16	8	0	0	0	0	0	0	0	0	0	0	0	0	8
Sorge	Mirko	Lüneburg	1975	m	6	1	18	6	0	0	0	0	0	0	0	0	0	0	0	0	6
Douha	Mouhamed	LLH	1977	m	5	1	19	5	0	0	0	0	0	0	0	0	0	0	0	0	5

Altersklasse M 50 (Jahrg. 1969 - 1973)

Brötzmann	Jörg	TSV Bienenbüttel	1972	m	112	5	5	19	1	25	2	23	1	25	4	20	0	0	0	0	112
Giebert	Guido	Lüneburg	1970	m	82	4	0	0	2	23	3	21	7	17	3	21	0	0	0	0	82
Zielinski	Dieter	BSG Hapag Lloyd	1972	m	75	3	1	25	1	25	1	25	0	0	0	0	0	0	0	0	75
Behn	Sven	Die verrückten Läufer	1972	m	67	5	21	3	4	20	7	17	9	15	12	12	0	0	0	0	67
Seil	Matthias		1970	m	46	2	2	23	0	0	2	23	0	0	0	0	0	0	0	0	46
Heinrich	Mike	Dömitz	1971	m	44	2	0	0	0	0	1	25	5	19	0	0	0	0	0	0	44
Mohr	Axel	MTV Obermarschacht	1971	m	44	2	0	0	0	0	0	0	3	21	2	23	0	0	0	0	44
Düffert	Mark	Lüneburger Rennschnecken	1970	m	41	4	20	4	0	0	8	16	13	11	14	10	0	0	0	0	41
Jacob	Arne	LT TSV Bienenbüttel	1969	m	41	2	4	20	0	0	3	21	0	0	0	0	0	0	0	0	41
Hecht	Armin	Team Hecht Apotheke	1970	m	35	2	8	16	0	0	5	19	0	0	0	0	0	0	0	0	35
Kühnert	Jörg		1970	m	34	2	0	0	3	21	0	0	11	13	0	0	0	0	0	0	34
Rüter	Mark	Amelinghausen-Wetzen	1973	m	33	3	22	3	5	19	0	0	0	0	13	11	0	0	0	0	33
Dreves	Jens	Team Hechtapotheke Jesteburg	1973	m	30	2	14	10	0	0	4	20	0	0	0	0	0	0	0	0	30
Flechner	Thomas	Bockelsberg Rangers	1973	m	28	2	12	12	0	0	0	0	0	0	8	16	0	0	0	0	28
Langfeld	Peter		1972	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Lehmann	Marko	Post SV Uelzen	1972	m	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Völkening	Karsten	SVE Hiddestorf	1971	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Hofhammer	Sven		1969	m	23	2	19	5	0	0	6	18	0	0	0	0	0	0	0	0	23
Mohle	Karsten	TSV Stelle	1970	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Seik	Matthias	VfL Bleckede	1970	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Sieker	Frank		1970	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Witt	Matthias	Power & Pace	1972	m	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Hahnemann	Daniel	LLH	1970	m	22	2	18	6	0	0	0	0	8	16	0	0	0	0	0	0	22
Hamp	Detlef	Melbeck Sporties	1973	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Römer	Steffen	Tri-Bandits/TSG Bergedorf	1972	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Jenß	Ole	LG Oberelbe	1971	m	20	1	0	0	0	0	0	4	20	0	0	0	0	0	0	0	20
Märtens	Michael	SVE Hiddestorf	1973	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Ryll	Jens	LT TSV Bienenbüttel	1971	m	20	1	0	0	0	4	20	0	0	0	0	0	0	0	0	0	20
Funke	Andreas	MTV Amelinghausen	1972	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Kramer	Peter	SV Teutonia Uelzen	1969	m	19	1	0	0	0	0	0	0	0	0	5	19	0	0	0	0	19

Thomas-Schuman	Jochen		1970	m	19	1	0	0	0	0	5	19	0	0	0	0	0	0	0	19	
Grimm	Björn		1972	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18	
Niebuhr	Bernd	ILT Bode	1969	m	18	1	0	0	0	0	0	0	0	6	18	0	0	0	0	18	
Schmitt-Fahnert	Tassilo	Laufteam Bundeswehr	1973	m	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	18	
Studt	Oliver	Büchen Siebeneichener SV	1969	m	18	1	0	0	0	0	0	0	6	18	0	0	0	0	0	18	
Temmen	Alexander	Triathlon Team Lüneburg	1972	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18	
Bahlmann	Olav		1971	m	17	1	0	0	7	17	0	0	0	0	0	0	0	0	0	17	
Brunckhorst	Mario	Triathlon Heidekreis	1971	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17	
Kleinlein	Jörn	MTV Amelinghausen	1973	m	17	1	0	0	0	0	0	0	0	0	7	17	0	0	0	17	
Reppnack	Ingo	TSV Bienenbüttel	1972	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17	
Wilbrecht	Thomas	MTV Amelinghausen LT	1971	m	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	16	
Wodarz	Thorsten	Lüneburg	1971	m	16	1	0	0	8	16	0	0	0	0	0	0	0	0	0	16	
Lexau	Christian	BSG Hamburg 50Hertz	1972	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	15	
Paape	Jens	Düvelsbrook Dynamics	1972	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	15	
Wendland	Jörn		1969	m	15	1	0	0	0	0	0	0	0	9	15	0	0	0	0	15	
Bereit	Frank	TuS Schwinde	1970	m	14	1	0	0	0	0	0	0	10	14	0	0	0	0	0	14	
Cordes	Christian		1970	m	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	14	
Peter	Frank	MTV Soltau	1971	m	14	1	0	0	0	0	0	0	0	10	14	0	0	0	0	14	
Weber	Jörg	SC Hemmingen Westerfeld	1969	m	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	14	
Stelter	Sven		1973	m	13	1	0	0	0	0	0	0	0	11	13	0	0	0	0	13	
Völker	Claudius		1970	m	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	13	
Klimmek	Bodo	TuS Hohnstorf	1971	m	12	1	0	0	0	0	0	0	12	12	0	0	0	0	0	12	
Kohrs	Ingo	SSV Wardböhmen	1969	m	11	1	13	11	0	0	0	0	0	0	0	0	0	0	0	11	
Schultz	Ronald		1969	m	9	1	15	9	0	0	0	0	0	0	0	0	0	0	0	9	
Glasneck	Gunnar		1972	m	8	1	16	8	0	0	0	0	0	0	0	0	0	0	0	8	
Godau	Gerrit		1973	m	7	1	17	7	0	0	0	0	0	0	0	0	0	0	0	7	
Görg	Ingrid	Wendhausen runner	1969	m	3	1	25	3	0	0	0	0	0	0	0	0	0	0	0	3	
Peters	Bernd	SV Eintracht Lüneburg	1973	m	3	1	24	3	0	0	0	0	0	0	0	0	0	0	0	3	
Werder	Mike		1969	m	3	1	23	3	0	0	0	0	0	0	0	0	0	0	0	3	
Altersklasse M 55 (Jahrg. 1964 - 1968)																					
Schulze	Martin		1966	m	100	4	0	0	1	25	1	25	1	25	1	25	0	0	0	0	100
Hacker	Hartmut	der Dahlenburger Ford-Service	1965	m	84	4	0	0	1	25	4	20	3	21	6	18	0	0	0	0	84
Meyer	Norbert	Vastorf	1967	m	76	4	0	0	5	19	4	20	3	21	8	16	0	0	0	0	76
Brüers	Jens	Lüneburg	1964	m	62	3	5	19	4	20	0	0	2	23	0	0	0	0	0	0	62
Wilsdorf	Torsten	Lüneburg	1966	m	62	3	8	16	2	23	2	23	0	0	0	0	0	0	0	0	62
Schäfer	Dirk	TSV Adendorf	1968	m	60	3	5	19	0	0	3	21	4	20	0	0	0	0	0	0	60
Suhm	Michael	TSV Bienenbüttel	1965	m	57	3	11	13	3	21	2	23	0	0	0	0	0	0	0	0	57
Huber	Stefan, Dr.	Praxis Stadtkoppel	1968	m	52	3	0	0	0	0	5	19	5	19	10	14	0	0	0	0	52
Stark	Stefan	Düvelsbrook Dynamics	1965	m	44	2	3	21	0	0	0	0	2	23	0	0	0	0	0	0	44
Wenck	Christian	Donnerstagsschwimmer	1968	m	37	2	8	16	0	0	3	21	0	0	0	0	0	0	0	0	37
Sander	Carsten		1965	m	31	2	0	0	6	18	0	0	0	0	11	13	0	0	0	0	31
Weiss	Gerhard	KS Lüneburg	1966	m	31	2	10	14	0	0	0	0	0	0	7	17	0	0	0	0	31
Moritz	Ulrich	LG Oberelbe	1966	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Remé	Roman		1968	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Romanski	Jürgen	SV Rosche	1966	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Schwinge	Bernd	Bad Bevensen	1966	m	25	1	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Breitschuh	Albrecht		1965	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Pfitzmann	Michael	Inselrunners	1968	m	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Schrell	Torsten	TSV Adendorf	1968	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Wrigge	Heiko	MTV Soltau	1967	m	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	0	23
Hinze	Ulf	VfL Langendorf	1965	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Ploskonski	Piotr	KBKS Radomsko	1965	m	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Boddenberg	Christian	TSV Gellersen	1967	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Fischer von Mollar	Dirk		1968	m	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	20
Horschel	Ronald		1966	m	20	1	0	0	0	0	0	0	0	0	4	20	0	0	0	0	20
Neber	Sascha	Adendorf	1968	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Oetzmann	Mario		1967	m	19	1	0	0	0	0	5	19	0	0	0	0	0	0	0	0	19
Peters	Werner	Kykladenradler	1967	m	19	1	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19

Schaiger	Harved	Eintracht Munster	1967	m	19	1	0	0	0	0	0	0	0	5	19	0	0	0	0	19
Jarmer	Dirk		1964	m	18	1	0	0	0	0	0	6	18	0	0	0	0	0	0	18
Rooseboom	Markus	BSG DZ HYP	1965	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Wirth	Jürgen	LG Vogtland	1964	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Böttcher	Maik	SSV Schnakenbek	1964	m	17	1	0	0	0	0	0	7	17	0	0	0	0	0	0	17
Heilmann	Dirk		1967	m	17	1	0	0	7	17	0	0	0	0	0	0	0	0	0	17
Menge	René Ralf	Adendorf	1966	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Pohnke	Jan	LG Brunsberg	1964	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Heyenga	Jens		1964	m	16	1	0	0	0	0	0	8	16	0	0	0	0	0	0	16
Le-Van-Quyen	Michel		1966	m	16	1	0	0	8	16	0	0	0	0	0	0	0	0	0	16
Grolms	Andreas		1965	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	15
Jankowski	Ecky	SVE Hiddedorf	1966	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	15
Quyen, van	Le	Geesthacht	1966	m	15	1	0	0	0	0	0	9	15	0	0	0	0	0	0	15
Umack	Jan		1968	m	15	1	0	0	0	0	0	0	0	9	15	0	0	0	0	15
Liedtke	Dirk	SV Kirchboitzen	1967	m	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	14
Otte	Carsten		1965	m	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	13
Emanuel	Axel		1966	m	12	1	0	0	0	0	0	0	0	12	12	0	0	0	0	12
Grempler	Wolfgang	Lauftreff TV Uelzen	1966	m	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	12
Münster	Henning	Barendorf	1964	m	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	12
Labuj	Rüdiger	Glückstadt	1964	m	11	1	13	11	0	0	0	0	0	0	0	0	0	0	0	11
Schlademann	Fred		1964	m	10	1	14	10	0	0	0	0	0	0	0	0	0	0	0	10
Erwin	Wolfgang	Heidschnucken	1968	m	9	1	15	9	0	0	0	0	0	0	0	0	0	0	0	9
Zimmermann	Jan		1964	m	8	1	16	8	0	0	0	0	0	0	0	0	0	0	0	8

Altersklasse M 60 (Jahrg. 1959 - 1963)

Boysen	Peter	TSV Bienenbüttel	1960	m	123	5	2	23	1	25	1	25	1	25	1	25	0	0	0	0	123
Bausch	Stefan	Erdinger Active Team	1962	m	119	5	2	23	1	25	2	23	1	25	2	23	0	0	0	0	119
Erdtmann	Knut	TuS Hohnstorf	1962	m	101	5	9	15	3	21	3	21	2	23	3	21	0	0	0	0	101
Gerzmann	Jörg-Friedrich	SV Ilmenau	1961	m	83	4	6	18	0	0	1	25	3	21	5	19	0	0	0	0	83
Tempel	Holger	Green Runners Lüneburg	1963	m	56	3	0	0	8	16	0	0	4	20	4	20	0	0	0	0	56
Kuchenbuch	Peter		1963	m	33	2	8	16	7	17	0	0	0	0	0	0	0	0	0	0	33
Hackert	Stefan		1959	m	32	2	0	0	9	15	0	0	7	17	0	0	0	0	0	0	32
Bechtloff	Rainer	MTV Bad Bevensen	1963	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Wandt	Matthias	BSG DZ HYP	1962	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Ehrler	Jens	Düvelsbrook Dynamics	1960	m	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Paschold	Rüdiger		1961	m	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Sternbach-Stark	Norbert		1962	m	23	1	0	0	0	0	2	23	0	0	0	0	0	0	0	0	23
Hein	Guido	TuS Barendorf	1963	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Wünnecke	Fridhelm	Team Erdinger	1963	m	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21
Grosche	Oliver	Grosche Werbung	1961	m	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	20
Minte	Christian	Lüneburger Rennschnecken	1960	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Schrör	Theodor		1963	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Bardtke	Norbert		1961	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Gieseler	Olaf	Brietlingen	1963	m	19	1	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19
Görg	Ulrich	Wendhausen runner	1962	m	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	19
Schumacher	Hartmut		1961	m	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	19
Lühr	Frank		1961	m	18	1	0	0	0	0	0	0	0	6	18	0	0	0	0	0	18
Nowak	Andreas	Team Nowaken	1961	m	18	1	0	0	0	0	0	6	18	0	0	0	0	0	0	0	18
Schilla	Henning	Lauftreff TV Uelzen	1962	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	18
Stolze	Olaf	De Hunnenhoff	1962	m	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18
Eilmann	Hans-Wilhelm		1963	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Quentin	Jörg	TSV Bienenbüttel	1963	m	17	1	0	0	0	0	0	0	0	7	17	0	0	0	0	0	17
Ingenhaag	Gottfried	VfL Jesteburg	1961	m	16	1	0	0	0	0	0	0	0	8	16	0	0	0	0	0	16
Oldenburg	Jens	Artlenburg	1960	m	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	0	14
Neumuth	Ingo	LT Hohnstorf	1960	m	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	0	13

Altersklasse M 65 (Jahrg. 1954 - 1958)

Turau	Volker	LG Brunsberg	1957	m	92	4	3	21	0	0	1	25	2	23	2	23	0	0	0	0	92
Paul	Reiner	MTV Treubund Lüneburg	1955	m	64	3	0	0	0	0	2	23	4	20	3	21	0	0	0	0	64
Komorski, von	Norbert		1955	m	44	2	5	19	0	0	0	0	1	25	0	0	0	0	0	0	44

Hildebrandt	Ernst	Adendorf	1958	m	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Klaer	Welf-Heinrich	TV Jahn Schneverdingen	1956	m	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	25
Leder	Rainhard	Uelzen	1955	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Wiechert	Reimund	Gross Hansdorf	1958	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Pardeike	Wolfgang	Emersleben-Halberstadt	1955	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Schalk	Ralf	Herakliden-Team	1958	m	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23
Wiebe	Thomas	Lüneburger SK	1956	m	21	1	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21
George	Ivor	No Meat Athletes	1955	m	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20
Fietkau	Uwe		1958	m	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	18
Düingefeld	Rolf	LT TSV Gellersen	1956	m	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	17
Wiese	Horst		1957	m	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	0	16
John	Dietmar	Bayrische Laufzeitung	1956	m	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	15
Altersklasse M 70 (Jahrg. 1949 - 1953)																					
Knaack	Juergen	LT Reinbek	1952	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Rempel	Volker		1949	m	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Schröder	Wilfried	LT Bienenbüttel	1952	m	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Koop	Manfred	SG Geesthacht	1949	m	21	1	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21
Wolf	Hans-Günter	ULV Wolfsburg	1951	m	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	20
Altersklasse M 75 (Jahrg. 1944 - 1948)																					
Vogt	Hartmut	TuS Neudorf-Platendorf	1944	m	100	4	1	25	1	25	1	25	0	0	1	25	0	0	0	0	100
Jansen	Norbert	TSV Adendorf	1948	m	46	2	0	0	2	23	0	0	0	0	2	23	0	0	0	0	46
Maas	Gerd	TGH	1946	m	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25
Wendel	Nikolaus	TuS Bergen	1948	m	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Gewald	Hans-Joachim	MTV Amelinghausen	1946	m	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	21
Altersklasse M 80 (Jahrg. 1939 - 1943)																					
Vorrath	Wilhelm		1942	m	96	4	0	0	2	23	1	25	2	23	1	25	0	0	0	0	96
Dietrich	Peter	LG HNF Hamburg	1939	m	50	2	0	0	1	25	0	0	1	25	0	0	0	0	0	0	50
Altersklasse M 85 (Jahrg. 1934 - 1938)																					
Holle	Wilhelm	TSV Adendorf	1938	m	100	4	1	25	0	0	1	25	1	25	1	25	0	0	0	0	100