

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
1	Malten, Björn	79		0:44:39 h	0:44:38 h	1	M35-1	°	°	114
2	Jansen, Thies	71	Die Ampel-Läufer	0:45:34 h	0:45:33 h	2	M45-1	°	°	80
3	Gerosa, John	70		0:45:48 h	0:45:47 h	3	M45-2	°	°	257
4	Dölzer, Felix	79		0:46:53 h	0:46:48 h	4	M35-2	°	°	243
5	Lange, Ulf	80	Hannover 96	0:47:19 h	0:47:18 h	5	M35-3	°	°	105
6	Wolff, Manuel	80	Cool Runners	0:48:14 h	0:48:13 h	6	M35-4	°	°	204
7	Ring, Christian	73	Tesa Runner	0:48:19 h	0:48:18 h	7	M40-1	°	°	152
8	Dehrmann, Jens	69	Die Ampel-Läufer	0:48:50 h	0:48:48 h	8	M45-3	°	°	35
9	Pfau, Dirk	70	Cool Runners	0:48:52 h	0:48:51 h	9	M45-4	°	°	142
10	Bensemman, Marc	79	Blau-Weiss Buchholz e.V.	0:49:50 h	0:49:48 h	10	M35-5	°	°	143
11	Göpel, Christian	62	LG Brunsberg	0:49:53 h	0:49:51 h	11	M50-1	°	°	60
12	Barrios, Antonio	67		0:50:06 h	0:50:01 h	12	M45-5	°	°	240
13	Pütz, Carlos	77	Die Ampel-Läufer	0:50:08 h	0:50:07 h	13	M35-6	°	°	147
14	Propf, Marcus	93	Sparkasse Harburg-Buxtel	0:50:10 h	0:50:09 h	14	M-1	°	°	1084
15	Heyne, Tobias	89		0:50:14 h	0:50:13 h	15	M-2	°	°	279
16	Emmerling, Reinhard	61		0:50:20 h	0:50:13 h	16	M55-1	°	°	215
17	Kruse, Mike	68	LG Brunsberg	0:50:46 h	0:50:44 h	17	M45-6	°	°	250
18	Östreich, Jan	87		0:51:05 h	0:51:00 h	18	M-3	°	°	137
19	Fischell, Andreas	68	Siegerteam	0:51:14 h	0:51:14 h	19	M45-7	°	°	46
20	Hoppe, Constantin	00	AEG Buchholz	0:51:38 h	0:51:31 h	20	MJ U18-1	°	°	76
21	Wangelin, Alexander	79		0:51:50 h	0:51:49 h	21	M35-7	°	°	195
22	Flamm, Martin	68		0:52:10 h	0:52:10 h	22	M45-8	°	°	47
23	Welzer, Knut	60		0:52:22 h	0:52:21 h	23	M55-2	°	°	236
24	Garcia, Vincent	96	Cool Runners	0:52:46 h	0:52:45 h	24	M U23-1	°	°	58
25	von Lossow, Christoph	74		0:52:52 h	0:52:51 h	25	M40-2	°	°	1086
26	Martens, Frank	63		0:52:58 h	0:52:51 h	26	M50-2	°	°	262
27	Jürgens, Simon	95	Cool Runners	0:53:09 h	0:53:08 h	27	M U23-2	°	°	210
28	Schneider, Malte	98	SV Holm-Seppensen	0:53:32 h	0:53:22 h	28	MJ U20-1	°	°	174
29	Schumann, Richard	86	Cool Runners	0:53:36 h	0:53:32 h	29	M30-1	°	°	254
30	Mill, Dennis	81		0:53:40 h	0:53:29 h	30	M35-8	°	°	232
31	Hohn, Sascha	81	Tri Michels Hamburg e.V.	0:53:51 h	0:53:51 h	31	M35-9	°	°	75
32	Balk, Andreas	61		0:53:59 h	0:53:56 h	32	M55-3	°	°	268
33	Hafemann, Robert	83		0:54:06 h	0:54:01 h	33	M30-2	°	°	1083
34	Marchewka, Bernd	60		0:54:11 h	0:54:00 h	34	M55-4	°	°	265

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
35	Vorrath, Stefan	77	Johanneum Lüneburg	0:54:33 h	0:54:27 h	35	M35-10	°	°	258
36	Dammann, Hauke	73	Hase und Igel	0:54:38 h	0:54:23 h	36	M40-3	°	°	1087
37	Menke, Stefan	81	TSV Eintracht Hittfeld	0:54:39 h	0:54:37 h	37	M35-11	°	°	223
38	Dieckmann, Martin	63	Die Ampel-Läufer	0:54:43 h	0:54:39 h	38	M50-3	°	°	37
38	Kruse, Marcus	73	Airbus schwitzt für Holm-S	0:54:43 h	0:54:40 h	38	M40-4	°	°	98
40	Behrndt, Henrik	72	Airbus schwitzt für Holm-S	0:54:45 h	0:54:42 h	40	M40-5	°	°	16
41	Froede, Kai	65	VfL Jesteburg	0:54:48 h	0:54:43 h	41	M50-4	°	°	53
42	Scholz, Stephan	70	BSG Sparkasse Harburg-E	0:54:59 h	0:54:41 h	42	M45-9	°	°	176
43	Popin, Serban	80		0:55:03 h	0:54:49 h	43	M35-12	°	°	144
43	Blume, Markus	80	AEG Buchholz	0:55:03 h	0:54:48 h	43	M35-12	°	°	290
45	Tegtmeier, Nicolas	97	SV Holm-Seppensen	0:55:10 h	0:55:03 h	45	MJ U20-2	°	°	231
46	Ehrich, Sven	70	TV Fischbek	0:55:26 h	0:55:18 h	46	M45-10	°	°	42
47	Rachor, Henrik	71		0:55:31 h	0:55:24 h	47	M45-11	°	°	222
48	Wolberg, Thomas	78		0:55:34 h	0:55:30 h	48	M35-14	°	°	1072
49	Sperling, Klaas	68	Stolpertruppe Winsen	0:55:35 h	0:55:28 h	49	M45-12	°	°	184
50	Brockmann, Christina	84		0:55:49 h	0:55:47 h	°	°	1	W30-1	32
51	Zauder, Thomas	63		0:55:53 h	0:55:50 h	50	M50-5	°	°	1080
52	Schmidthals, Matthias	67	SC Klecken	0:56:13 h	0:56:05 h	51	M45-13	°	°	172
53	Schermer, Denis	71		0:56:15 h	0:56:12 h	52	M45-14	°	°	169
54	Müller, Marc	74	LifeStyle Fitness Buchholz	0:56:31 h	0:56:27 h	53	M40-6	°	°	129
55	Bewersdorf, Raik	64		0:56:40 h	0:56:36 h	54	M50-6	°	°	19
56	Schwandt, Kay	73		0:56:43 h	0:56:39 h	55	M40-7	°	°	179
56	Braack, Marko	75	Airbus schwitzt für Holm-S	0:56:43 h	0:56:39 h	55	M40-7	°	°	27
58	Bludau, Guido	63	LG Brunsberg	0:56:50 h	0:56:46 h	57	M50-7	°	°	21
59	Lehmann, Sven	75	SV Holm-Seppensen	0:56:51 h	0:56:47 h	58	M40-9	°	°	106
60	Wellbrock, Eckehardt	58	TV Vahrendorf	0:57:01 h	0:56:55 h	59	M55-5	°	°	217
61	Rose, Marie	90	Cool Runners	0:57:03 h	0:56:55 h	°	°	2	W-1	156
61	Zander, Mark	92		0:57:03 h	0:56:55 h	60	M-4	°	°	208
63	Grimmel, Jürgen	61	Blau-Weiss Buchholz e.V.	0:57:16 h	0:57:12 h	61	M55-6	°	°	61
64	Neunert, Karsten	65	MTV Borstel-Sangenstedt	0:57:19 h	0:57:16 h	62	M50-8	°	°	130
65	Saegebrecht, Jan	69	Berliner Rugby Club	0:57:21 h	0:57:16 h	63	M45-15	°	°	160
66	Pahl, Axel	62	Die Ampel-Läufer	0:57:23 h	0:57:20 h	64	M50-9	°	°	140
67	Dehrmann, Peter	67	VfL Suderburg	0:57:26 h	0:57:20 h	65	M45-16	°	°	36
68	Suttrop, Björn	77		0:57:32 h	0:57:18 h	66	M35-15	°	°	286

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
69	Maack, Enno	47	FG Tangendorf	0:57:44 h	0:57:37 h	67	M65-1	°	°	214
70	Laatsch, Gregor	71	VfL Jesteburg	0:57:48 h	0:57:22 h	68	M45-17	°	°	213
71	Rohlf, Daniela	78	Triabolos Hamburg e.V.	0:58:02 h	0:57:58 h	°	°	3	W35-1	154
72	Lucke, Marcus	65	Laufix	0:58:07 h	0:57:52 h	69	M50-10	°	°	111
73	Krumbeck, Andrea	69	VfL Suderburg	0:58:16 h	0:58:10 h	°	°	4	W45-1	96
74	Katz, Marcel	86		0:58:19 h	0:57:48 h	70	M30-3	°	°	83
74	Lenzmann, Janina	90	TSV Adendorf	0:58:19 h	0:58:07 h	°	°	5	W-2	277
76	Leroux, Maximilian	71	TV Vahrendorf	0:58:20 h	0:58:14 h	71	M45-18	°	°	107
76	Lissner, Enrico	78		0:58:20 h	0:58:20 h	71	M35-16	°	°	110
78	Alms, Torsten	67		0:58:43 h	0:58:17 h	73	M45-19	°	°	7
79	Thiel, Björn	77	LifeStyle Fitness Buchholz	0:58:47 h	0:58:36 h	74	M35-17	°	°	48
80	Kostuch, Paul	74		0:58:59 h	0:58:55 h	75	M40-10	°	°	181
81	Kostuch-Kirk, Tomasz	76		0:59:00 h	0:58:57 h	76	M40-11	°	°	101
82	Stapelfeldt, Holger	59		0:59:03 h	0:59:00 h	77	M55-7	°	°	1075
83	Martins Baptista, Pedro Alex	82	MultiKulti	0:59:05 h	0:58:41 h	78	M30-4	°	°	117
84	Van Schaik, Ruud	62		0:59:10 h	0:58:55 h	79	M50-11	°	°	191
85	Schneider, Lennart	96		0:59:20 h	0:59:10 h	80	M U23-3	°	°	173
86	Hermann, Ulrike	78		0:59:29 h	0:59:24 h	°	°	6	W35-2	71
87	Richter, Frank	66	TVV Neu Wulmstorf Schw	0:59:51 h	0:59:44 h	81	M50-12	°	°	248
88	Lüllau, Janina	75		0:59:58 h	0:59:51 h	°	°	7	W40-1	229
89	Lentes-Paaschburg, Marion	63		1:00:16 h	1:00:10 h	°	°	8	W50-1	256
90	Hothan, Stefan	71		1:00:20 h	1:00:12 h	82	M45-20	°	°	1078
91	Fehling, Nancy	82		1:00:30 h	1:00:18 h	°	°	9	W30-2	45
92	Kernbach, Jens	68		1:00:45 h	1:00:28 h	83	M45-21	°	°	84
93	Brandt, Henning	63	Brands Fashion	1:00:53 h	1:00:32 h	84	M50-13	°	°	28
93	Boss, Bastian	80		1:00:53 h	1:00:43 h	84	M35-18	°	°	25
95	Steinbeck, Stefan	64	Blau-Weiss Buchholz e.V.	1:00:54 h	1:00:52 h	86	M50-14	°	°	185
96	Böer, Ralph	64	BSG Sparkasse Harburg-E	1:01:03 h	1:00:45 h	87	M50-15	°	°	22
96	Bächle, Tobias	80		1:01:03 h	1:01:01 h	87	M35-19	°	°	1077
98	Ellmers, Manfred	47	SV Bliedersdorf	1:01:08 h	1:01:00 h	89	M65-2	°	°	220
98	Seitz, Karsten	57	Tesa Runner	1:01:08 h	1:01:00 h	89	M55-8	°	°	180
98	Fehling, Jens	76	MTV Obermarschacht	1:01:08 h	1:00:49 h	89	M40-12	°	°	1085
101	Bartl, Andreas	66	Tesa Runner	1:01:22 h	1:01:14 h	92	M50-16	°	°	14
102	Wollert, Jan	80		1:01:26 h	1:00:57 h	93	M35-20	°	°	1071

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
103	Allzeit, Dorothea	98		1:01:27 h	1:01:19 h	°	°	10	WJ U20-1	1076
104	Lilje, Frank	74		1:01:28 h	1:01:20 h	94	M40-13	°	°	212
105	Aschern, Matthias	69	IGS Winsen	1:01:29 h	1:01:27 h	95	M45-22	°	°	1088
105	Schlunbaum, Nina	73		1:01:29 h	1:01:24 h	°	°	11	W40-2	170
107	Kittler, Nadja	78	Tesa Runner	1:01:32 h	1:01:23 h	°	°	12	W35-3	86
108	Marquardt, Alf	70		1:01:44 h	1:01:26 h	96	M45-23	°	°	260
109	Scherk, Christian	72		1:02:00 h	1:01:36 h	97	M40-14	°	°	168
110	Allerding, Dirk	68	Stolpertruppe Winsen	1:02:08 h	1:02:00 h	98	M45-24	°	°	5
111	Meier, Fabian	86	Dannenberg.Training	1:02:09 h	1:01:50 h	99	M30-5	°	°	121
112	Kranzmair, Heiko	68		1:02:14 h	1:01:57 h	100	M45-25	°	°	93
113	Voß, Thomas	66	LG Bayern-Scheune	1:02:22 h	1:01:57 h	101	M50-17	°	°	192
114	Dumke, Alexander	79	Tesa Runner	1:02:31 h	1:02:21 h	102	M35-21	°	°	211
115	Lindemeier, Michael	85	Klopsi	1:02:32 h	1:02:01 h	103	M30-6	°	°	109
116	Gabriel, Niels	72	Siegerteam	1:02:35 h	1:02:15 h	104	M40-15	°	°	56
117	Redlich, Marcel	78	Plattfischfreunde	1:02:39 h	1:02:17 h	105	M35-22	°	°	149
118	Helmers, Dieter	64		1:02:52 h	1:02:37 h	106	M50-18	°	°	266
119	Maack, Steffen	69	VfL Jesteburg	1:03:03 h	1:02:52 h	107	M45-26	°	°	113
120	Henke, Harald	53		1:03:12 h	1:03:02 h	108	M60-1	°	°	281
121	Djudjic, Slobodan	39	LG Außenmühle	1:03:14 h	1:03:05 h	109	M75-1	°	°	245
122	Herrmann, Philipp	76	Blau-Weiss Buchholz e.V.	1:03:15 h	1:02:55 h	110	M40-16	°	°	72
123	McGurn, Vinnie	71		1:03:16 h	1:02:51 h	111	M45-27	°	°	119
124	Harms-Oertzen, Tanja	69	MTV Scharmbeck	1:03:18 h	1:02:59 h	°	°	13	W45-2	1082
125	Suhrbier, Christian	77		1:03:22 h	1:03:18 h	112	M35-23	°	°	221
126	Butes, Guido	75		1:03:24 h	1:03:07 h	113	M40-17	°	°	287
127	Bornemann, Lars	67	Brands Fashion	1:03:30 h	1:03:12 h	114	M45-28	°	°	23
128	Lühr, Rüdiger	70	Siegerteam	1:03:31 h	1:03:09 h	115	M45-29	°	°	226
129	Ohl, Jörg	63		1:03:54 h	1:03:37 h	116	M50-19	°	°	135
130	Wolf, Heiko	69		1:04:03 h	1:03:46 h	117	M45-30	°	°	203
131	Cordes, Henry	55		1:04:04 h	1:03:55 h	118	M60-2	°	°	255
132	Meyer, Karsten	72		1:04:14 h	1:04:01 h	119	M40-18	°	°	219
133	Goedecke, Sven	81		1:04:23 h	1:04:21 h	120	M35-24	°	°	234
134	Drewes, Olaf	68		1:04:27 h	1:04:02 h	121	M45-31	°	°	39
135	Pruns, Markus	67		1:04:40 h	1:04:31 h	122	M45-32	°	°	146
136	Crone, Thomas	66		1:04:42 h	1:04:12 h	123	M50-20	°	°	1070

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
137	Duft, Daniel	73	Blau-Weiss Buchholz e.V.	1:04:48 h	1:04:46 h	124	M40-19	°	°	40
138	Kruse, Rüdiger	64	LG Bayern-Scheune	1:04:51 h	1:04:25 h	125	M50-21	°	°	97
139	Felten, Lotta	70		1:04:53 h	1:04:33 h	°	°	14	W45-3	272
140	Frischer, Horst	46	VfL Jesteburg	1:04:58 h	1:04:56 h	126	M70-1	°	°	51
141	Blankenstein, Stephanie	70		1:05:06 h	1:04:55 h	°	°	15	W45-4	233
142	Wagner, Reginald	77		1:05:11 h	1:04:43 h	127	M35-25	°	°	194
143	Allerding, Carmen	68	Stolpertruppe Winsen	1:05:13 h	1:04:56 h	°	°	16	W45-5	6
144	Bonkewitz, Ingmar	59		1:05:14 h	1:05:06 h	128	M55-9	°	°	239
145	Scheel, Heike	65	Blau-Weiss Buchholz e.V.	1:05:17 h	1:05:08 h	°	°	17	W50-2	166
146	Seidel, Rafael	68	Zehnder Group	1:05:20 h	1:05:14 h	129	M45-33	°	°	225
147	Biermann, Marie	84	TriathlonSteckelCologne	1:05:23 h	1:04:52 h	°	°	18	W30-3	20
148	Seidel, Nick	99	Zehnder Group	1:05:24 h	1:05:19 h	130	MJ U18-2	°	°	224
149	Heldt, Stefan	73	Siegerteam	1:05:39 h	1:05:18 h	131	M40-20	°	°	70
150	Bartl, Doris	67	Tesa Runner	1:05:41 h	1:05:32 h	°	°	19	W45-6	13
151	Wilke, Christina	77		1:05:49 h	1:05:34 h	°	°	20	W35-4	202
152	Redlich, Manuela	78	Plattfischfreunde	1:05:53 h	1:05:31 h	°	°	21	W35-5	150
153	Westhäusler, Andreas	63		1:06:00 h	1:05:49 h	132	M50-22	°	°	200
154	Ulber, Fabienne Nadine	90		1:06:06 h	1:05:43 h	°	°	22	W-3	1079
155	Böttger, Heino	50		1:06:08 h	1:06:05 h	133	M65-3	°	°	26
156	Reinhardt, Uta	77	Cool Runners	1:06:13 h	1:05:51 h	°	°	23	W35-6	1073
157	Marggraf, Barbara	71		1:06:21 h	1:06:04 h	°	°	24	W45-7	115
158	Gobat, Björn	82		1:06:29 h	1:06:19 h	134	M30-7	°	°	274
159	Becher, Wolfgang	68		1:06:30 h	1:06:15 h	135	M45-34	°	°	284
160	Hagel, Dirk	62		1:06:32 h	1:06:13 h	136	M50-23	°	°	65
161	Otten, Ulrich	58	Tesa Runner	1:06:39 h	1:06:32 h	137	M55-10	°	°	139
162	Röhse, Jan-Hendrik	64		1:06:55 h	1:06:39 h	138	M50-24	°	°	155
163	Gierach, Jörn	58	TuS Nenndorf	1:06:59 h	1:06:54 h	139	M55-11	°	°	244
164	Petersen, Maren	78	Montessori Kinderhaus	1:07:00 h	1:06:49 h	°	°	25	W35-7	141
165	Miemczyk, Stefan	71		1:07:01 h	1:06:57 h	140	M45-35	°	°	126
166	Hagedorn, Christopher	71	SV Krupunder/Lohkamp	1:07:03 h	1:06:34 h	141	M45-36	°	°	64
167	Cernysov, Waldemar	86	LifeStyle Fitness Buchholz	1:07:06 h	1:06:47 h	142	M30-8	°	°	33
167	Kulikov, Anna	88	LifeStyle Fitness Buchholz	1:07:06 h	1:06:47 h	°	°	26	W-4	100
169	Meyer, Andreas	70	Blau-Weiss Buchholz e.V.	1:07:28 h	1:07:16 h	143	M45-37	°	°	125
169	Baum, Christian	73		1:07:28 h	1:07:15 h	143	M40-21	°	°	15

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
171	Hinz, Andreas	80		1:07:38 h	1:07:07 h	145	M35-26	°	°	278
172	Fuchs, Marieke	91	Dannenbergl.Training	1:07:45 h	1:07:29 h	°	°	27	W-5	54
173	Brandes, Kay	69	Tesa Runner	1:07:58 h	1:07:49 h	146	M45-38	°	°	1074
174	Götsch, Heino	57	TSH Harburg	1:08:00 h	1:07:42 h	147	M55-12	°	°	267
175	Wünsche, Christina	79		1:08:07 h	1:07:54 h	°	°	28	W35-8	207
176	Siemer, Vanessa	73	Mühlenschule	1:08:10 h	1:07:58 h	°	°	29	W40-3	218
177	Kämper, Nils	65	Blau-Weiss Buchholz e.V.	1:08:11 h	1:08:02 h	148	M50-25	°	°	285
178	Schmidt, Jochen	81		1:08:16 h	1:08:08 h	149	M35-27	°	°	249
179	Oesterreich, Johanna	00		1:08:18 h	1:08:05 h	°	°	30	WJ U18-1	134
179	Oesterreich, Dirk	72		1:08:18 h	1:08:05 h	150	M40-22	°	°	133
181	Moch, Melanie	73		1:08:28 h	1:08:21 h	°	°	31	W40-4	127
182	Mencke, Werner	46	VfL Jesteburg	1:08:39 h	1:08:29 h	151	M70-2	°	°	123
183	Brockmann, Björn	78		1:08:47 h	1:08:23 h	152	M35-28	°	°	31
184	Rusche, Stefan	71		1:08:50 h	1:08:34 h	153	M45-39	°	°	159
185	Vorrath, Wilhelm	42	MTV-Treibbund Lüneburg	1:08:54 h	1:08:39 h	154	M70-3	°	°	259
186	Alou, Diakite	93	FC Senke	1:08:57 h	1:08:35 h	155	M-5	°	°	246
187	Gade, Sandra	80		1:09:01 h	1:08:47 h	°	°	32	W35-9	57
188	Kleist, Sanne	79		1:09:03 h	1:08:50 h	°	°	33	W35-10	87
189	Kettner, Thomas	55	LG Brunsberg	1:09:22 h	1:09:17 h	156	M60-3	°	°	85
190	Ulrich, Bernhard	64		1:09:25 h	1:08:58 h	157	M50-26	°	°	235
191	Behn, Luc	02		1:09:40 h	1:09:26 h	158	MJ U16-1	°	°	252
192	Schultz, Ronald	69		1:09:42 h	1:09:18 h	159	M45-40	°	°	178
193	Wiegel, Wilfried	58	BSG Sparkasse Harburg-E	1:09:46 h	1:09:27 h	160	M55-13	°	°	201
194	Lührs, Ole	72		1:09:53 h	1:09:40 h	161	M40-23	°	°	253
195	Stellmann, Thorsten	67	LG Bayern-Scheune	1:09:55 h	1:09:29 h	162	M45-41	°	°	187
196	Aulert, Harald	68	Team tesa	1:10:11 h	1:09:58 h	163	M45-42	°	°	10
197	Wagner, Norbert	44	Mare Z Buxtehude	1:10:14 h	1:10:09 h	164	M70-4	°	°	193
198	Janßen, Dirk	73		1:10:15 h	1:09:48 h	165	M40-24	°	°	81
198	Schütze, Julia	89		1:10:15 h	1:10:06 h	°	°	34	W-6	275
200	Höfer, Titus	69	FC Senke	1:10:28 h	1:10:06 h	166	M45-43	°	°	241
201	Falk, Fritz	72	Handball Luchse	1:10:31 h	1:10:08 h	167	M40-25	°	°	247
201	Müller, Viola	77		1:10:31 h	1:10:18 h	°	°	35	W35-11	128
203	Siemers, Heike	70		1:10:35 h	1:10:15 h	°	°	36	W45-8	182
204	Benecke, Dirk	78	Blau-Weiss Buchholz e.V.	1:10:38 h	1:10:10 h	168	M35-29	°	°	18

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
205	Knief, Alexandra	73		1:10:39 h	1:10:25 h	°	°	37	W40-5	88
206	Siemers, Michael	63		1:10:41 h	1:10:21 h	169	M50-27	°	°	183
207	Hilbig, Axel	59	SV Munster	1:10:52 h	1:10:38 h	170	M55-14	°	°	283
208	Suwe, Michael	67	VfL Jesteburg	1:10:54 h	1:10:43 h	171	M45-44	°	°	190
209	Rolfes, Stefan	60		1:10:56 h	1:10:56 h	172	M55-15	°	°	288
209	Gordon, Majorna	78		1:10:56 h	1:10:56 h	°	°	38	W35-12	289
211	Bernhard, Marlen	86	Sri Chinmoy Marathon Tea	1:11:13 h	1:10:48 h	°	°	39	W30-4	273
212	Schaeftner, Udo	66	Airbus schwitzt für Holm-S	1:11:43 h	1:11:25 h	173	M50-28	°	°	164
213	Jastremski, Tina	74	SV Munster	1:11:54 h	1:11:42 h	°	°	40	W40-6	276
214	Meyer, Nils-Christopher	79		1:12:03 h	1:11:37 h	174	M35-30	°	°	124
214	Oltmanns, Dörte	80	Blau-Weiss Buchholz e.V.	1:12:03 h	1:11:37 h	°	°	41	W35-13	136
216	Dopheide, Michael	59	Blau-Weiss Buchholz e.V.	1:12:07 h	1:11:39 h	175	M55-16	°	°	38
217	Schmeltzpfenning, Silke	76	Mühlenschule	1:12:11 h	1:11:57 h	°	°	42	W40-7	171
218	Preuße, Julia	75		1:12:13 h	1:11:57 h	°	°	43	W40-8	269
219	Stumpenhausen, Wilhelm	54	MTV Treubund Lüneburg	1:12:25 h	1:12:10 h	176	M60-4	°	°	189
220	Seiffert, Wolfgang	43		1:12:27 h	1:12:00 h	177	M70-5	°	°	230
221	Westendorf, Christiane	71	Montessori Kinderhaus	1:12:39 h	1:12:26 h	°	°	44	W45-9	198
222	Kahnert, Michael	69		1:12:55 h	1:12:40 h	178	M45-45	°	°	82
223	Bredehöft, Antje	78		1:13:19 h	1:13:00 h	°	°	45	W35-14	30
224	Wedl, Alexander	70		1:13:42 h	1:13:18 h	179	M45-46	°	°	261
225	Bredehöft, Gerhard	47		1:14:14 h	1:13:54 h	180	M65-4	°	°	29
226	Köhler, Tim Janis	93	Brands Fashion	1:14:48 h	1:14:27 h	181	M-6	°	°	91
227	Hirschleber, Rolf	61	HSP	1:15:00 h	1:14:31 h	182	M55-17	°	°	1081
228	Martin-Sanchez, Gabriel	71	MultiKulti	1:15:01 h	1:14:34 h	183	M45-47	°	°	237
229	Gerlach, Grit	79	Die 2 lustigen 3	1:15:03 h	1:14:47 h	°	°	46	W35-15	271
230	Litta, Julia	72	Die 2 lustigen 3	1:15:04 h	1:14:48 h	°	°	47	W40-9	270
231	Hansen, Iris	67		1:15:08 h	1:14:56 h	°	°	48	W45-10	68
232	Rosencrantz, Michael	61		1:15:15 h	1:15:04 h	184	M55-18	°	°	157
233	Knoll, Thomas	61		1:15:19 h	1:14:51 h	185	M55-19	°	°	89
234	Ehrich, Sonja	74	SV Enge-Sande	1:15:28 h	1:15:08 h	°	°	49	W40-10	43
235	Freytag, Hendrik	84		1:15:34 h	1:15:11 h	186	M30-9	°	°	50
236	Meinke, Sandra	86	Klopsi	1:15:38 h	1:15:07 h	°	°	50	W30-5	122
236	Freytag, Jana	91		1:15:38 h	1:15:15 h	°	°	50	W-7	49
238	Scholz, Rüdiger	58	VfL Jesteburg	1:16:03 h	1:15:51 h	187	M55-20	°	°	175

Platz	Name, Vorname	Jg	Verein / BSG / Ort	Bruttozeit	Nettozeit	Männer Ges	Männer AK	Frauen Ges	Frauen AK	Start- Nr.
239	Hansen, Thorsten	65		1:16:24 h	1:16:12 h	188	M50-29	°	°	67
240	Füllberg, Sonja	70		1:16:40 h	1:16:17 h	°	°	52	W45-11	55
241	Engelhard, Nils	67	MultiKulti	1:16:53 h	1:16:27 h	189	M45-48	°	°	44
242	Zergänge, Jörg	69	MultiKulti	1:16:58 h	1:16:31 h	190	M45-49	°	°	209
243	Arkenau, Antje	66		1:17:01 h	1:16:32 h	°	°	53	W50-3	8
244	Müller, Norbert	53	TSV Buchholz 08 Fechten	1:18:11 h	1:17:52 h	191	M60-5	°	°	263
245	Gülzow, Andrea	58	Brands Fashion	1:18:19 h	1:18:02 h	°	°	54	W55-1	63
246	Köhler, Nadine	91	Sparkasse Harburg-Buxtel	1:18:35 h	1:18:13 h	°	°	55	W-8	282
247	Meyer, Ulli	90		1:18:36 h	1:18:14 h	192	M-7	°	°	280
248	Körber, Klaus	50	SG Haspa	1:18:40 h	1:18:15 h	193	M65-5	°	°	92
249	Ahrens, Maxi	94		1:19:05 h	1:18:58 h	°	°	56	W U23-1	4
250	Sartori, Katja	95		1:19:06 h	1:19:00 h	°	°	57	W U23-2	162
251	Martins Baptista, José Alber	72	MultiKulti	1:19:07 h	1:18:42 h	194	M40-26	°	°	118
252	Rosencrantz, Daniel	62		1:19:32 h	1:19:21 h	195	M50-30	°	°	158
253	Arends, Anja	71	TV Scheeßel Triathlon	1:19:39 h	1:19:15 h	°	°	58	W45-12	251
254	Meschke, Andrea	63		1:20:15 h	1:19:48 h	°	°	59	W50-4	228
255	Lemke, Achim	34	Blau-Weiss Buchholz e.V.	1:20:54 h	1:20:43 h	196	M80-1	°	°	242
256	Hoppe, Ralf	63	AEG Buchholz	1:21:55 h	1:21:22 h	197	M50-31	°	°	77
257	Jackson, Phil	93	Brands Fashion	1:22:41 h	1:22:20 h	198	M-8	°	°	79
258	Waldmann, Thomas	50	Heidjer Running Team Dre	1:23:48 h	1:23:40 h	199	M65-6	°	°	227
259	Pöppinghaus, Andreas	61		1:24:13 h	1:23:47 h	200	M55-21	°	°	145
260	Rehders, Paul	90	TRIATHLON TEAM HAME	1:25:00 h	1:24:40 h	201	M-9	°	°	151
261	Derboven, Sven	69		1:25:13 h	1:24:42 h	202	M45-50	°	°	99
262	Hormann, Brigitte	68		1:25:51 h	1:25:22 h	°	°	60	W45-13	78
263	Lüthje, Klaus	52	Vfl Lohbrügge	1:27:31 h	1:27:17 h	203	M60-6	°	°	112
264	Megggers, Anja	79		1:32:44 h	1:32:12 h	°	°	61	W35-16	120
265	Wolter, Reinhold	36	TB Emmendingen	1:35:02 h	1:34:49 h	204	M80-2	°	°	206
266	Faby, Martin	55		1:35:40 h	1:35:11 h	205	M60-7	°	°	238