

## 10 km-Lauf am 30.08.2014

### Ergebnisliste

| Rng | Snr | Name, Vorname              | Verein/Ort               | Jg | Ak   | Endzeit |       |
|-----|-----|----------------------------|--------------------------|----|------|---------|-------|
| 1   | 126 | Hendriksen, Jon- Paul      | Laufwerk Hamburg         | 78 | M 35 | 1       | 34:41 |
| 2   | 74  | Stach, Mario               | LG Hopfen Schackensleben | 72 | M 40 | 1       | 37:54 |
| 3   | 68  | Dieckmann, Daniel          | Elektro Dieckmann        | 82 | M 30 | 1       | 38:02 |
| 4   | 1   | Röhrs, Dr. Michael         | TV Jahn Schneverdingen   | 63 | M 50 | 1       | 38:21 |
| 5   | 101 | Worthmann, Bastian         | Schneverdingen           | 88 | M HK | 1       | 39:19 |
| 6   | 102 | Küstermann, Nico           | Rosengarten-Nenndorf     | 73 | M 40 | 2       | 39:23 |
| 7   | 71  | Hermecke, Marco            | LG Hopfen Schackensleben | 71 | M 40 | 3       | 40:36 |
| 8   | 44  | Matys, Maik                | KSK Soltau               | 72 | M 40 | 4       | 41:29 |
| 9   | 124 | Van de Vendel, Pascal      | Noordkop                 | 75 | M 35 | 2       | 41:35 |
| 10  | 105 | Petereit, Benjamin         | Hamburg                  | 81 | M 30 | 2       | 42:16 |
| 11  | 73  | Conrad, Swen               | LG Hopfen Schackensleben | 68 | M 45 | 1       | 42:33 |
| 12  | 78  | Russ, Leon                 | Schneverdingen           | 96 | M HK | 2       | 42:37 |
| 13  | 80  | Rönn, Christoph            | SV Ludwigsburg 08        | 69 | M 45 | 2       | 42:47 |
| 14  | 86  | Ringe, Michael             | SV Schülern              | 66 | M 45 | 3       | 43:08 |
| 15  | 117 | Beyer, Yannic              | TSV Neuenkirchen         | 92 | M HK | 3       | 43:16 |
| 16  | 91  | Rühmann, Daniel            | Schneverdingen           | 87 | M HK | 4       | 43:44 |
| 17  | 39  | Ulbrich, Horst             | LC 93 Delmenhorst        | 55 | M 55 | 1       | 43:57 |
| 18  | 28  | Schmidt, Lukas             | Fintel                   | 96 | M HK | 5       | 44:05 |
| 19  | 2   | Schröder, Patrick          | TV Jahn Schneverdingen   | 83 | M 30 | 3       | 44:20 |
| 20  | 29  | Brunkhorst, Detlef         | TV Scheeßel              | 57 | M 55 | 2       | 44:46 |
| 21  | 115 | Caodzik, Boris             | Neuenkirchen             | 69 | M 45 | 4       | 45:04 |
| 22  | 52  | Kahl, Nicolas              | Schneverdingen           | 87 | M HK | 6       | 45:13 |
| 23  | 45  | Matys, Denise              | KSK Soltau               | 69 | W 45 | 1       | 45:33 |
| 24  | 125 | Wilden, Peter              | Walsrode                 | 69 | M 45 | 5       | 45:43 |
| 25  | 82  | Gather, Sebastian          | Hamburg                  | 86 | M HK | 7       | 45:44 |
| 26  | 65  | Lang, Olaf                 | TV Stemmen               | 70 | M 40 | 5       | 45:53 |
| 27  | 72  | Schmidt, Klaus             | LG Hopfen Schackensleben | 46 | M 65 | 1       | 46:04 |
| 28  | 67  | Kiewitt, Norbert           | MTV Soltau               | 56 | M 55 | 3       | 46:14 |
| 29  | 129 | Pohnke, Jan                | LG Brunsberg             | 64 | M 50 | 2       | 46:29 |
| 30  | 119 | Harms, Bert                | LG Brunsberg             | 69 | M 45 | 6       | 46:30 |
| 31  | 49  | Richter, Boris             | Göttingen                | 82 | M 30 | 4       | 46:32 |
| 32  | 31  | Wendel, Nikolaus           | TuS Bergen               | 48 | M 65 | 2       | 46:44 |
| 33  | 89  | Pfeiffer, René             | Schneverdingen           | 90 | M HK | 8       | 46:50 |
| 34  | 40  | Persson, Markus            | Mainz                    | 71 | M 40 | 6       | 46:57 |
| 35  | 32  | Schiele, Florian           | Schneverdingen           | 90 | M HK | 9       | 47:17 |
| 36  | 96  | Majeswski, Finn            | TV Jahn Schneverdingen   | 00 | M HK | 10      | 47:41 |
| 37  | 48  | Eggers, Helmut             | MTV Bispingen            | 58 | M 55 | 4       | 47:49 |
| 38  | 12  | Jansen, Michael            | MTV Soltau               | 71 | M 40 | 7       | 48:04 |
| 39  | 51  | Gompertz, Lennart          | Fintel                   | 97 | M HK | 11      | 48:05 |
| 40  | 21  | Köhler, Wolfgang           | Lauftreff Walsrode       | 54 | M 60 | 1       | 48:16 |
| 41  | 88  | Sarnacki, Thomas           | TV Jahn Schneverdingen   | 76 | M 35 | 3       | 48:34 |
| 42  | 114 | Lange, Thomas              | Post SV Uelzen           | 67 | M 45 | 7       | 48:39 |
| 43  | 87  | Sarnacki, Ilka             | Schneverdingen           | 76 | W 35 | 1       | 48:42 |
| 44  | 53  | Otten, Burkhard            | TV Welle                 | 70 | M 40 | 8       | 49:00 |
| 45  | 18  | Papenbaum, Heiner          | Melle                    | 55 | M 55 | 5       | 49:03 |
| 46  | 8   | Peuerle, Heiko             | TV Jahn Schneverdingen   | 65 | M 45 | 8       | 49:20 |
| 47  | 14  | Kahrs, Dieter              | TV Sottrum               | 53 | M 60 | 2       | 49:25 |
| 48  | 75  | Stach, Katrin              | LG Socken Wellen e. V.   | 80 | W 30 | 1       | 49:29 |
| 49  | 106 | Kurth, Werner              | Handeloh                 | 53 | M 60 | 3       | 49:46 |
| 50  | 13  | Poludniok, Karl-Heinz      | TV Scheeßel              | 52 | M 60 | 4       | 50:20 |
| 51  | 60  | Hetzer, Ralf               | TSV Wietzenndorf         | 77 | M 35 | 4       | 50:30 |
| 52  | 41  | Persson, Ole               | TV Oyten                 | 99 | M HK | 12      | 50:38 |
| 53  | 122 | Hoops, Uwe                 | MTV-Amelinghausen        | 62 | M 50 | 3       | 50:47 |
| 54  | 38  | Unmack, Jan                | Paddel Klub Celle        | 68 | M 45 | 9       | 51:10 |
| 55  | 94  | Hettwer, Benno             | TV Jahn Schneverdingen   | 74 | M 40 | 9       | 51:32 |
| 56  | 111 | Otte, Felix                | Wolfsburg                | 90 | M HK | 13      | 51:39 |
| 57  | 128 | Päper, Friedrich           | Wulfsen                  | 51 | M 60 | 5       | 51:40 |
| 58  | 7   | Ebert, Ulrich              | MTV Soltau               | 56 | M 55 | 6       | 51:51 |
| 59  | 110 | Schäfer, Robert Maximilian | Wolfsburg                | 87 | M HK | 14      | 51:58 |
| 60  | 33  | Rademacher, Manfred        | SV Veersetal             | 61 | M 50 | 4       | 52:00 |

## 10 km-Lauf am 30.08.2014

## Ergebnisliste

| Rng | Snr | Name, Vorname        | Verein/Ort                   | Jg | Ak   | Endzeit |         |
|-----|-----|----------------------|------------------------------|----|------|---------|---------|
| 61  | 92  | Prengemann, Max      | Dresden                      | 92 | M HK | 15      | 52:03   |
| 62  | 43  | Vogt, Stephan        | Freudenthalschule Soltau     | 54 | M 60 | 6       | 52:48   |
| 63  | 107 | Ellmers, Manfred     | Bliedersdorf                 | 47 | M 65 | 3       | 52:54   |
| 64  | 61  | Lorenzen, Niels      | Hamburg                      | 75 | M 35 | 5       | 52:59   |
| 65  | 24  | Vorrath, Stefan      | Lauftreff Lüneburg           | 77 | M 35 | 6       | 53:04   |
| 66  | 56  | Frischer, Horst      | VfL Jesteburg                | 46 | M 65 | 4       | 53:37   |
| 67  | 37  | Wagner, Norbert      | mare Z Buxtehude             | 44 | M 70 | 1       | 54:03   |
| 68  | 81  | Reinhold, Hans       | VfL Luhetal                  | 49 | M 65 | 5       | 54:26   |
| 69  | 57  | Schröder, Marita     | TSV Otterndorf               | 74 | W 40 | 1       | 54:27   |
| 70  | 46  | Schmidt, Michael     | Fintel                       | 70 | M 40 | 10      | 54:34   |
| 71  | 99  | Behrens, Peter       | Walsrode                     | 63 | M 50 | 5       | 54:40   |
| 72  | 6   | Drewke, Stefan       | MTV Soltau                   | 62 | M 50 | 6       | 54:52   |
| 73  | 25  | Poschmann, Jürgen    | TV Jahn Schneverdingen       | 72 | M 40 | 11      | 54:55   |
| 74  | 116 | Lindel, Timo         | Bremen                       | 83 | M 30 | 5       | 55:02   |
| 75  | 97  | Panke, Jürgen        | Hamburg                      | 53 | M 60 | 7       | 55:06   |
| 76  | 59  | Strampe, Katja       | MTV Müden                    | 64 | W 50 | 1       | 55:14   |
| 77  | 112 | Bartels, Nico        | SV Veersetal                 | 73 | M 40 | 12      | 55:36   |
| 78  | 47  | Schröder, Kathrin    | Freising                     | 85 | W HK | 1       | 56:28   |
| 79  | 5   | Wruck, Ilona         | TV Jahn Schneverdingen       | 63 | W 50 | 2       | 56:32   |
| 80  | 54  | Renken, Volker       | SV Verdenermoor-Kükenmoor    | 79 | M 35 | 7       | 56:35   |
| 81  | 123 | Hartkopf, Meike      | MTV-Amelinghausen            | 64 | W 50 | 3       | 56:46   |
| 82  | 15  | Lühmann, Stefanie    | Hannover                     | 85 | W HK | 2       | 56:56   |
| 83  | 23  | Vorrath, Wilhelm     | Südergellersen               | 42 | M 70 | 2       | 57:12   |
| 84  | 79  | Wiek, Dirk           | TV Jahn Schneverdingen       | 73 | M 40 | 13      | 57:13   |
| 85  | 118 | Lilie, Tobias        | Hamburg                      | 89 | M HK | 16      | 57:53   |
| 86  | 42  | Persson, Joachim     | Oyten                        | 68 | M 45 | 10      | 58:31   |
| 87  | 34  | Böhling, Wencke      | Westerholz                   | 85 | W HK | 3       | 58:33   |
| 88  | 22  | Tödter, Ernst-August | SHV Wesseloh                 | 60 | M 50 | 7       | 58:35   |
| 89  | 120 | Goldbeck, Margitta   | MTV-Amelinghausen            | 58 | W 55 | 1       | 58:37   |
| 90  | 127 | Hilbig, Axel         | SV Munster                   | 59 | M 55 | 7       | 58:38   |
| 91  | 36  | Tietje, Astrid       | Westerholz                   | 71 | W 40 | 2       | 58:42   |
| 92  | 62  | Niemann, Werner      | VfL Luhetal                  | 48 | M 65 | 6       | 58:47   |
| 93  | 26  | Beel, Harold-Norman  | SV Vahlde                    | 50 | M 60 | 8       | 1:00:16 |
| 94  | 50  | Reye, Hanfried       | MTV Bispingen                | 39 | M 75 | 1       | 1:00:19 |
| 95  | 9   | Müller, Antje        | TV Jahn Schneverdingen       | 77 | W 35 | 2       | 1:00:21 |
| 96  | 55  | Teichert, Horst      | SG Olympia 1896 Leipzig e.V. | 38 | M 75 | 2       | 1:00:25 |
| 97  | 70  | Studtmann, Joachim   | Undeloh                      | 74 | M 40 | 14      | 1:02:27 |
| 98  | 93  | Klör, Stephan        | Schneverdingen               | 64 | M 50 | 8       | 1:02:35 |
| 99  | 98  | Wetzler, Kerstin     | TV Jahn Schneverdingen       | 70 | W 40 | 3       | 1:02:40 |
| 100 | 58  | Euhus, Rita          | MTV Müden                    | 69 | W 45 | 2       | 1:02:41 |
| 101 | 85  | Bromund, Christel    | Schneverdingen               | 63 | W 50 | 4       | 1:03:01 |
| 102 | 84  | Bromund, Peter       | Schneverdingen               | 51 | M 60 | 9       | 1:03:02 |
| 103 | 113 | Dekker, Daphne       | Bremen                       | 83 | W 30 | 2       | 1:03:39 |
| 104 | 108 | Corleis, Tanja       | Schneverdingen               | 71 | W 40 | 4       | 1:05:13 |
| 105 | 17  | Kück, Heinz          | TSV Bremervörde              | 55 | M 55 | 8       | 1:08:15 |
| 106 | 109 | Corleis, Jule        | TV Jahn Schneverdingen       | 00 | W HK | 4       | 1:08:33 |
| 107 | 104 | Sachtleben, Richard  | TuS Holtenau                 | 38 | M 75 | 3       | 1:09:03 |
| 108 | 95  | Voßler, Wilhelm      | SV Munster                   | 36 | M 75 | 4       | 1:10:23 |
| 109 | 83  | Enzensperger, Jasmin | TV Jahn Schneverdingen       | 99 | W HK | 5       | 1:12:31 |
| 110 | 63  | Mumbauer, Ortrud     | Hamburg                      | 50 | W 60 | 1       | 1:14:48 |
| 111 | 103 | Kirchner, Harald     | TV Langen                    | 35 | M 75 | 5       | 1:27:30 |

## 10 km-Lauf am 30.08.2014

## Ergebnisliste - Männer

| Rng | Snr | Name, Vorname              | Verein/Ort               | Jg | Ak   | Endzeit |       |
|-----|-----|----------------------------|--------------------------|----|------|---------|-------|
| 1   | 126 | Hendriksen, Jon- Paul      | Laufwerk Hamburg         | 78 | M 35 | 1       | 34:41 |
| 2   | 74  | Stach, Mario               | LG Hopfen Schackensleben | 72 | M 40 | 1       | 37:54 |
| 3   | 68  | Dieckmann, Daniel          | Elektro Dieckmann        | 82 | M 30 | 1       | 38:02 |
| 4   | 1   | Röhrs, Dr. Michael         | TV Jahn Schneverdingen   | 63 | M 50 | 1       | 38:21 |
| 5   | 101 | Worthmann, Bastian         | Schneverdingen           | 88 | M HK | 1       | 39:19 |
| 6   | 102 | Küstermann, Nico           | Rosengarten-Nenndorf     | 73 | M 40 | 2       | 39:23 |
| 7   | 71  | Hermecke, Marco            | LG Hopfen Schackensleben | 71 | M 40 | 3       | 40:36 |
| 8   | 44  | Matys, Maik                | KSK Soltau               | 72 | M 40 | 4       | 41:29 |
| 9   | 124 | Van de Vendel, Pascal      | Noordkop                 | 75 | M 35 | 2       | 41:35 |
| 10  | 105 | Petereit, Benjamin         | Hamburg                  | 81 | M 30 | 2       | 42:16 |
| 11  | 73  | Conrad, Swen               | LG Hopfen Schackensleben | 68 | M 45 | 1       | 42:33 |
| 12  | 78  | Russ, Leon                 | Schneverdingen           | 96 | M HK | 2       | 42:37 |
| 13  | 80  | Rönn, Christoph            | SV Ludwigsburg 08        | 69 | M 45 | 2       | 42:47 |
| 14  | 86  | Ringe, Michael             | SV Schülern              | 66 | M 45 | 3       | 43:08 |
| 15  | 117 | Beyer, Yannic              | TSV Neuenkirchen         | 92 | M HK | 3       | 43:16 |
| 16  | 91  | Rühmann, Daniel            | Schneverdingen           | 87 | M HK | 4       | 43:44 |
| 17  | 39  | Ulbrich, Horst             | LC 93 Delmenhorst        | 55 | M 55 | 1       | 43:57 |
| 18  | 28  | Schmidt, Lukas             | Fintel                   | 96 | M HK | 5       | 44:05 |
| 19  | 2   | Schröder, Patrick          | TV Jahn Schneverdingen   | 83 | M 30 | 3       | 44:20 |
| 20  | 29  | Brunckhorst, Detlef        | TV Scheeßel              | 57 | M 55 | 2       | 44:46 |
| 21  | 115 | Caodzik, Boris             | Neuenkirchen             | 69 | M 45 | 4       | 45:04 |
| 22  | 52  | Kahl, Nicolas              | Schneverdingen           | 87 | M HK | 6       | 45:13 |
| 23  | 125 | Wilden, Peter              | Walsrode                 | 69 | M 45 | 5       | 45:43 |
| 24  | 82  | Gather, Sebastian          | Hamburg                  | 86 | M HK | 7       | 45:44 |
| 25  | 65  | Lang, Olaf                 | TV Stemmen               | 70 | M 40 | 5       | 45:53 |
| 26  | 72  | Schmidt, Klaus             | LG Hopfen Schackensleben | 46 | M 65 | 1       | 46:04 |
| 27  | 67  | Kiewitt, Norbert           | MTV Soltau               | 56 | M 55 | 3       | 46:14 |
| 28  | 129 | Pohnke, Jan                | LG Brunsberg             | 64 | M 50 | 2       | 46:29 |
| 29  | 119 | Harms, Bert                | LG Brunsberg             | 69 | M 45 | 6       | 46:30 |
| 30  | 49  | Richter, Boris             | Göttingen                | 82 | M 30 | 4       | 46:32 |
| 31  | 31  | Wendel, Nikolaus           | TuS Bergen               | 48 | M 65 | 2       | 46:44 |
| 32  | 89  | Pfeiffer, René             | Schneverdingen           | 90 | M HK | 8       | 46:50 |
| 33  | 40  | Persson, Markus            | Mainz                    | 71 | M 40 | 6       | 46:57 |
| 34  | 32  | Schiele, Florian           | Schneverdingen           | 90 | M HK | 9       | 47:17 |
| 35  | 96  | Majeswski, Finn            | TV Jahn Schneverdingen   | 00 | M HK | 10      | 47:41 |
| 36  | 48  | Eggers, Helmut             | MTV Bispingen            | 58 | M 55 | 4       | 47:49 |
| 37  | 12  | Jansen, Michael            | MTV Soltau               | 71 | M 40 | 7       | 48:04 |
| 38  | 51  | Gompertz, Lennart          | Fintel                   | 97 | M HK | 11      | 48:05 |
| 39  | 21  | Köhler, Wolfgang           | Lauftreff Walsrode       | 54 | M 60 | 1       | 48:16 |
| 40  | 88  | Sarnacki, Thomas           | TV Jahn Schneverdingen   | 76 | M 35 | 3       | 48:34 |
| 41  | 114 | Lange, Thomas              | Post SV Uelzen           | 67 | M 45 | 7       | 48:39 |
| 42  | 53  | Otten, Burkhard            | TV Welle                 | 70 | M 40 | 8       | 49:00 |
| 43  | 18  | Papenbaum, Heiner          | Melle                    | 55 | M 55 | 5       | 49:03 |
| 44  | 8   | Peuerle, Heiko             | TV Jahn Schneverdingen   | 65 | M 45 | 8       | 49:20 |
| 45  | 14  | Kahrs, Dieter              | TV Sottrum               | 53 | M 60 | 2       | 49:25 |
| 46  | 106 | Kurth, Werner              | Handeloh                 | 53 | M 60 | 3       | 49:46 |
| 47  | 13  | Poludniok, Karl-Heinz      | TV Scheeßel              | 52 | M 60 | 4       | 50:20 |
| 48  | 60  | Hetzer, Ralf               | TSV Wietzendorf          | 77 | M 35 | 4       | 50:30 |
| 49  | 41  | Persson, Ole               | TV Oyten                 | 99 | M HK | 12      | 50:38 |
| 50  | 122 | Hoops, Uwe                 | MTV-Amelinghausen        | 62 | M 50 | 3       | 50:47 |
| 51  | 38  | Unmack, Jan                | Paddel Klub Celle        | 68 | M 45 | 9       | 51:10 |
| 52  | 94  | Hettwer, Benno             | TV Jahn Schneverdingen   | 74 | M 40 | 9       | 51:32 |
| 53  | 111 | Otte, Felix                | Wolfsburg                | 90 | M HK | 13      | 51:39 |
| 54  | 128 | Päper, Friedrich           | Wulfsen                  | 51 | M 60 | 5       | 51:40 |
| 55  | 7   | Ebert, Ulrich              | MTV Soltau               | 56 | M 55 | 6       | 51:51 |
| 56  | 110 | Schäfer, Robert Maximilian | Wolfsburg                | 87 | M HK | 14      | 51:58 |
| 57  | 33  | Rademacher, Manfred        | SV Veersetal             | 61 | M 50 | 4       | 52:00 |
| 58  | 92  | Prengemann, Max            | Dresden                  | 92 | M HK | 15      | 52:03 |
| 59  | 43  | Vogt, Stephan              | Freudenthalschule Soltau | 54 | M 60 | 6       | 52:48 |
| 60  | 107 | Ellmers, Manfred           | Bliedersdorf             | 47 | M 65 | 3       | 52:54 |

**10 km-Lauf am 30.08.2014**
**Ergebnisliste - Männer**

| Rng | Snr | Name, Vorname        | Verein/Ort                   | Jg | Ak   | Endzeit |         |
|-----|-----|----------------------|------------------------------|----|------|---------|---------|
| 61  | 61  | Lorenzen, Niels      | Hamburg                      | 75 | M 35 | 5       | 52:59   |
| 62  | 24  | Vorrath, Stefan      | Laufftreff Lüneburg          | 77 | M 35 | 6       | 53:04   |
| 63  | 56  | Frischer, Horst      | VfL Jesteburg                | 46 | M 65 | 4       | 53:37   |
| 64  | 37  | Wagner, Norbert      | mare Z Buxtehude             | 44 | M 70 | 1       | 54:03   |
| 65  | 81  | Reinhold, Hans       | VfL Luhetal                  | 49 | M 65 | 5       | 54:26   |
| 66  | 46  | Schmidt, Michael     | Fintel                       | 70 | M 40 | 10      | 54:34   |
| 67  | 99  | Behrens, Peter       | Walsrode                     | 63 | M 50 | 5       | 54:40   |
| 68  | 6   | Drewke, Stefan       | MTV Soltau                   | 62 | M 50 | 6       | 54:52   |
| 69  | 25  | Poschmann, Jürgen    | TV Jahn Schneverdingen       | 72 | M 40 | 11      | 54:55   |
| 70  | 116 | Lindel, Timo         | Bremen                       | 83 | M 30 | 5       | 55:02   |
| 71  | 97  | Panke, Jürgen        | Hamburg                      | 53 | M 60 | 7       | 55:06   |
| 72  | 112 | Bartels, Nico        | SV Veersetal                 | 73 | M 40 | 12      | 55:36   |
| 73  | 54  | Renken, Volker       | SV Verdenermoor-Kükenmoor    | 79 | M 35 | 7       | 56:35   |
| 74  | 23  | Vorrath, Wilhelm     | Südergellersen               | 42 | M 70 | 2       | 57:12   |
| 75  | 79  | Wiek, Dirk           | TV Jahn Schneverdingen       | 73 | M 40 | 13      | 57:13   |
| 76  | 118 | Lilie, Tobias        | Hamburg                      | 89 | M HK | 16      | 57:53   |
| 77  | 42  | Persson, Joachim     | Oyten                        | 68 | M 45 | 10      | 58:31   |
| 78  | 22  | Tödter, Ernst-August | SHV Wesseloh                 | 60 | M 50 | 7       | 58:35   |
| 79  | 127 | Hilbig, Axel         | SV Munster                   | 59 | M 55 | 7       | 58:38   |
| 80  | 62  | Niemann, Werner      | VfL Luhetal                  | 48 | M 65 | 6       | 58:47   |
| 81  | 26  | Beel, Harold-Norman  | SV Vahlde                    | 50 | M 60 | 8       | 1:00:16 |
| 82  | 50  | Reye, Hanfried       | MTV Bispingen                | 39 | M 75 | 1       | 1:00:19 |
| 83  | 55  | Teichert, Horst      | SG Olympia 1896 Leipzig e.V. | 38 | M 75 | 2       | 1:00:25 |
| 84  | 70  | Studtmann, Joachim   | Undeloh                      | 74 | M 40 | 14      | 1:02:27 |
| 85  | 93  | Klör, Stephan        | Schneverdingen               | 64 | M 50 | 8       | 1:02:35 |
| 86  | 84  | Bromund, Peter       | Schneverdingen               | 51 | M 60 | 9       | 1:03:02 |
| 87  | 17  | Kück, Heinz          | TSV Bremervörde              | 55 | M 55 | 8       | 1:08:15 |
| 88  | 104 | Sachtleben, Richard  | TuS Holtenau                 | 38 | M 75 | 3       | 1:09:03 |
| 89  | 95  | Voßler, Wilhelm      | SV Munster                   | 36 | M 75 | 4       | 1:10:23 |
| 90  | 103 | Kirchner, Harald     | TV Langen                    | 35 | M 75 | 5       | 1:27:30 |

**10 km-Lauf am 30.08.2014**
**Ergebnisliste - Frauen**

| Rng | Snr | Name, Vorname        | Verein/Ort             | Jg | Ak   | Endzeit |         |
|-----|-----|----------------------|------------------------|----|------|---------|---------|
| 1   | 45  | Matys, Denise        | KSK Soltau             | 69 | W 45 | 1       | 45:33   |
| 2   | 87  | Sarnacki, Ilka       | Schneverdingen         | 76 | W 35 | 1       | 48:42   |
| 3   | 75  | Stach, Katrin        | LG Socken Wellen e. V. | 80 | W 30 | 1       | 49:29   |
| 4   | 57  | Schröder, Marita     | TSV Otterndorf         | 74 | W 40 | 1       | 54:27   |
| 5   | 59  | Strampe, Katja       | MTV Müden              | 64 | W 50 | 1       | 55:14   |
| 6   | 47  | Schröder, Kathrin    | Freising               | 85 | W HK | 1       | 56:28   |
| 7   | 5   | Wruck, Ilona         | TV Jahn Schneverdingen | 63 | W 50 | 2       | 56:32   |
| 8   | 123 | Hartkopf, Meike      | MTV-Amelinghausen      | 64 | W 50 | 3       | 56:46   |
| 9   | 15  | Lühmann, Stefanie    | Hannover               | 85 | W HK | 2       | 56:56   |
| 10  | 34  | Böhling, Wencke      | Westerholz             | 85 | W HK | 3       | 58:33   |
| 11  | 120 | Goldbeck, Margitta   | MTV-Amelinghausen      | 58 | W 55 | 1       | 58:37   |
| 12  | 36  | Tietje, Astrid       | Westerholz             | 71 | W 40 | 2       | 58:42   |
| 13  | 9   | Müller, Antje        | TV Jahn Schneverdingen | 77 | W 35 | 2       | 1:00:21 |
| 14  | 98  | Wetzler, Kerstin     | TV Jahn Schneverdingen | 70 | W 40 | 3       | 1:02:40 |
| 15  | 58  | Euhus, Rita          | MTV Müden              | 69 | W 45 | 2       | 1:02:41 |
| 16  | 85  | Bromund, Christel    | Schneverdingen         | 63 | W 50 | 4       | 1:03:01 |
| 17  | 113 | Dekker, Daphne       | Bremen                 | 83 | W 30 | 2       | 1:03:39 |
| 18  | 108 | Corleis, Tanja       | Schneverdingen         | 71 | W 40 | 4       | 1:05:13 |
| 19  | 109 | Corleis, Jule        | TV Jahn Schneverdingen | 00 | W HK | 4       | 1:08:33 |
| 20  | 83  | Enzensperger, Jasmin | TV Jahn Schneverdingen | 99 | W HK | 5       | 1:12:31 |
| 21  | 63  | Mumbauer, Ortrud     | Hamburg                | 50 | W 60 | 1       | 1:14:48 |

| 10 km-Lauf am 30.08.2014        |     |                            |                        |    |      |    |         |
|---------------------------------|-----|----------------------------|------------------------|----|------|----|---------|
| Ergebnisliste - Männer Hauptkl. |     |                            |                        |    |      |    |         |
| Rng                             | Snr | Name, Vorname              | Verein/Ort             | Jg | Ak   |    | Endzeit |
| 1                               | 101 | Worthmann, Bastian         | Schneverdingen         | 88 | M HK | 1  | 39:19   |
| 2                               | 78  | Russ, Leon                 | Schneverdingen         | 96 | M HK | 2  | 42:37   |
| 3                               | 117 | Beyer, Yannic              | TSV Neuenkirchen       | 92 | M HK | 3  | 43:16   |
| 4                               | 91  | Rühmann, Daniel            | Schneverdingen         | 87 | M HK | 4  | 43:44   |
| 5                               | 28  | Schmidt, Lukas             | Fintel                 | 96 | M HK | 5  | 44:05   |
| 6                               | 52  | Kahl, Nicolas              | Schneverdingen         | 87 | M HK | 6  | 45:13   |
| 7                               | 82  | Gather, Sebastian          | Hamburg                | 86 | M HK | 7  | 45:44   |
| 8                               | 89  | Pfeiffer, René             | Schneverdingen         | 90 | M HK | 8  | 46:50   |
| 9                               | 32  | Schiele, Florian           | Schneverdingen         | 90 | M HK | 9  | 47:17   |
| 10                              | 96  | Majeswski, Finn            | TV Jahn Schneverdingen | 00 | M HK | 10 | 47:41   |
| 11                              | 51  | Gompertz, Lennart          | Fintel                 | 97 | M HK | 11 | 48:05   |
| 12                              | 41  | Persson, Ole               | TV Oyten               | 99 | M HK | 12 | 50:38   |
| 13                              | 111 | Otte, Felix                | Wolfsburg              | 90 | M HK | 13 | 51:39   |
| 14                              | 110 | Schäfer, Robert Maximilian | Wolfsburg              | 87 | M HK | 14 | 51:58   |
| 15                              | 92  | Prengemann, Max            | Dresden                | 92 | M HK | 15 | 52:03   |
| 16                              | 118 | Lilie, Tobias              | Hamburg                | 89 | M HK | 16 | 57:53   |

| 10 km-Lauf am 30.08.2014        |     |                      |                        |    |      |   |         |
|---------------------------------|-----|----------------------|------------------------|----|------|---|---------|
| Ergebnisliste - Frauen Hauptkl. |     |                      |                        |    |      |   |         |
| Rng                             | Snr | Name, Vorname        | Verein/Ort             | Jg | Ak   |   | Endzeit |
| 1                               | 47  | Schröder, Kathrin    | Freising               | 85 | W HK | 1 | 56:28   |
| 2                               | 15  | Lühmann, Stefanie    | Hannover               | 85 | W HK | 2 | 56:56   |
| 3                               | 34  | Böhling, Wencke      | Westerholz             | 85 | W HK | 3 | 58:33   |
| 4                               | 109 | Corleis, Jule        | TV Jahn Schneverdingen | 00 | W HK | 4 | 1:08:33 |
| 5                               | 83  | Enzensperger, Jasmin | TV Jahn Schneverdingen | 99 | W HK | 5 | 1:12:31 |

| 10 km-Lauf am 30.08.2014      |     |                    |                        |    |      |   |         |
|-------------------------------|-----|--------------------|------------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 30 |     |                    |                        |    |      |   |         |
| Rng                           | Snr | Name, Vorname      | Verein/Ort             | Jg | Ak   |   | Endzeit |
| 1                             | 68  | Dieckmann, Daniel  | Elektro Dieckmann      | 82 | M 30 | 1 | 38:02   |
| 2                             | 105 | Petereit, Benjamin | Hamburg                | 81 | M 30 | 2 | 42:16   |
| 3                             | 2   | Schröder, Patrick  | TV Jahn Schneverdingen | 83 | M 30 | 3 | 44:20   |
| 4                             | 49  | Richter, Boris     | Göttingen              | 82 | M 30 | 4 | 46:32   |
| 5                             | 116 | Lindel, Timo       | Bremen                 | 83 | M 30 | 5 | 55:02   |

| 10 km-Lauf am 30.08.2014         |     |                |                        |    |      |   |         |
|----------------------------------|-----|----------------|------------------------|----|------|---|---------|
| Ergebnisliste - Seniorinnen W 30 |     |                |                        |    |      |   |         |
| Rng                              | Snr | Name, Vorname  | Verein/Ort             | Jg | Ak   |   | Endzeit |
| 1                                | 75  | Stach, Katrin  | LG Socken Wellen e. V. | 80 | W 30 | 1 | 49:29   |
| 2                                | 113 | Dekker, Daphne | Bremen                 | 83 | W 30 | 2 | 1:03:39 |

| 10 km-Lauf am 30.08.2014      |     |                       |                        |    |      |   |         |
|-------------------------------|-----|-----------------------|------------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 35 |     |                       |                        |    |      |   |         |
| Rng                           | Snr | Name, Vorname         | Verein/Ort             | Jg | Ak   |   | Endzeit |
| 1                             | 126 | Hendriksen, Jon- Paul | Laufwerk Hamburg       | 78 | M 35 | 1 | 34:41   |
| 2                             | 124 | Van de Vendel, Pascal | Noordkop               | 75 | M 35 | 2 | 41:35   |
| 3                             | 88  | Sarnacki, Thomas      | TV Jahn Schneverdingen | 76 | M 35 | 3 | 48:34   |
| 4                             | 60  | Hetzer, Ralf          | TSV Wietzendorf        | 77 | M 35 | 4 | 50:30   |
| 5                             | 61  | Lorenzen, Niels       | Hamburg                | 75 | M 35 | 5 | 52:59   |

| 10 km-Lauf am 30.08.2014      |     |                 |                           |    |      |         |
|-------------------------------|-----|-----------------|---------------------------|----|------|---------|
| Ergebnisliste - Senioren M 35 |     |                 |                           |    |      |         |
| Rng                           | Snr | Name, Vorname   | Verein/Ort                | Jg | Ak   | Endzeit |
| 6                             | 24  | Vorrath, Stefan | Lauftreff Lüneburg        | 77 | M 35 | 6 53:04 |
| 7                             | 54  | Renken, Volker  | SV Verdenermoor-Kükenmoor | 79 | M 35 | 7 56:35 |

| 10 km-Lauf am 30.08.2014         |     |                |                        |    |      |           |
|----------------------------------|-----|----------------|------------------------|----|------|-----------|
| Ergebnisliste - Seniorinnen W 35 |     |                |                        |    |      |           |
| Rng                              | Snr | Name, Vorname  | Verein/Ort             | Jg | Ak   | Endzeit   |
| 1                                | 87  | Sarnacki, Ilka | Schneverdingen         | 76 | W 35 | 1 48:42   |
| 2                                | 9   | Müller, Antje  | TV Jahn Schneverdingen | 77 | W 35 | 2 1:00:21 |

| 10 km-Lauf am 30.08.2014      |     |                    |                          |    |      |            |
|-------------------------------|-----|--------------------|--------------------------|----|------|------------|
| Ergebnisliste - Senioren M 40 |     |                    |                          |    |      |            |
| Rng                           | Snr | Name, Vorname      | Verein/Ort               | Jg | Ak   | Endzeit    |
| 1                             | 74  | Stach, Mario       | LG Hopfen Schackensleben | 72 | M 40 | 1 37:54    |
| 2                             | 102 | Küstermann, Nico   | Rosengarten-Nenndorf     | 73 | M 40 | 2 39:23    |
| 3                             | 71  | Hermecke, Marco    | LG Hopfen Schackensleben | 71 | M 40 | 3 40:36    |
| 4                             | 44  | Matys, Maik        | KSK Soltau               | 72 | M 40 | 4 41:29    |
| 5                             | 65  | Lang, Olaf         | TV Stemmen               | 70 | M 40 | 5 45:53    |
| 6                             | 40  | Persson, Markus    | Mainz                    | 71 | M 40 | 6 46:57    |
| 7                             | 12  | Jansen, Michael    | MTV Soltau               | 71 | M 40 | 7 48:04    |
| 8                             | 53  | Otten, Burkhard    | TV Welle                 | 70 | M 40 | 8 49:00    |
| 9                             | 94  | Hettwer, Benno     | TV Jahn Schneverdingen   | 74 | M 40 | 9 51:32    |
| 10                            | 46  | Schmidt, Michael   | Fintel                   | 70 | M 40 | 10 54:34   |
| 11                            | 25  | Poschmann, Jürgen  | TV Jahn Schneverdingen   | 72 | M 40 | 11 54:55   |
| 12                            | 112 | Bartels, Nico      | SV Veersetal             | 73 | M 40 | 12 55:36   |
| 13                            | 79  | Wiek, Dirk         | TV Jahn Schneverdingen   | 73 | M 40 | 13 57:13   |
| 14                            | 70  | Studtmann, Joachim | Undeloh                  | 74 | M 40 | 14 1:02:27 |

| 10 km-Lauf am 30.08.2014         |     |                  |                        |    |      |           |
|----------------------------------|-----|------------------|------------------------|----|------|-----------|
| Ergebnisliste - Seniorinnen W 40 |     |                  |                        |    |      |           |
| Rng                              | Snr | Name, Vorname    | Verein/Ort             | Jg | Ak   | Endzeit   |
| 1                                | 57  | Schröder, Marita | TSV Otterndorf         | 74 | W 40 | 1 54:27   |
| 2                                | 36  | Tietje, Astrid   | Westerholz             | 71 | W 40 | 2 58:42   |
| 3                                | 98  | Wetzler, Kerstin | TV Jahn Schneverdingen | 70 | W 40 | 3 1:02:40 |
| 4                                | 108 | Corleis, Tanja   | Schneverdingen         | 71 | W 40 | 4 1:05:13 |

| 10 km-Lauf am 30.08.2014      |     |                  |                          |    |      |          |
|-------------------------------|-----|------------------|--------------------------|----|------|----------|
| Ergebnisliste - Senioren M 45 |     |                  |                          |    |      |          |
| Rng                           | Snr | Name, Vorname    | Verein/Ort               | Jg | Ak   | Endzeit  |
| 1                             | 73  | Conrad, Swen     | LG Hopfen Schackensleben | 68 | M 45 | 1 42:33  |
| 2                             | 80  | Rönn, Christoph  | SV Ludwigsburg 08        | 69 | M 45 | 2 42:47  |
| 3                             | 86  | Ringe, Michael   | SV Schülern              | 66 | M 45 | 3 43:08  |
| 4                             | 115 | Caodzick, Boris  | Neuenkirchen             | 69 | M 45 | 4 45:04  |
| 5                             | 125 | Wilden, Peter    | Walsrode                 | 69 | M 45 | 5 45:43  |
| 6                             | 119 | Harms, Bert      | LG Brunsberg             | 69 | M 45 | 6 46:30  |
| 7                             | 114 | Lange, Thomas    | Post SV Uelzen           | 67 | M 45 | 7 48:39  |
| 8                             | 8   | Peuerle, Heiko   | TV Jahn Schneverdingen   | 65 | M 45 | 8 49:20  |
| 9                             | 38  | Unmack, Jan      | Paddel Klub Celle        | 68 | M 45 | 9 51:10  |
| 10                            | 42  | Persson, Joachim | Oyten                    | 68 | M 45 | 10 58:31 |

| 10 km-Lauf am 30.08.2014         |     |               |            |    |      |           |
|----------------------------------|-----|---------------|------------|----|------|-----------|
| Ergebnisliste - Seniorinnen W 45 |     |               |            |    |      |           |
| Rng                              | Snr | Name, Vorname | Verein/Ort | Jg | Ak   | Endzeit   |
| 1                                | 45  | Matys, Denise | KSK Soltau | 69 | W 45 | 1 45:33   |
| 2                                | 58  | Euhus, Rita   | MTV Müden  | 69 | W 45 | 2 1:02:41 |

| 10 km-Lauf am 30.08.2014      |     |                      |                        |    |      |           |
|-------------------------------|-----|----------------------|------------------------|----|------|-----------|
| Ergebnisliste - Senioren M 50 |     |                      |                        |    |      |           |
| Rng                           | Snr | Name, Vorname        | Verein/Ort             | Jg | Ak   | Endzeit   |
| 1                             | 1   | Röhrs, Dr. Michael   | TV Jahn Schneverdingen | 63 | M 50 | 1 38:21   |
| 2                             | 129 | Pohnke, Jan          | LG Brunsberg           | 64 | M 50 | 2 46:29   |
| 3                             | 122 | Hoops, Uwe           | MTV-Amelinghausen      | 62 | M 50 | 3 50:47   |
| 4                             | 33  | Rademacher, Manfred  | SV Veersetal           | 61 | M 50 | 4 52:00   |
| 5                             | 99  | Behrens, Peter       | Walsrode               | 63 | M 50 | 5 54:40   |
| 6                             | 6   | Drewke, Stefan       | MTV Soltau             | 62 | M 50 | 6 54:52   |
| 7                             | 22  | Tödter, Ernst-August | SHV Wesseloh           | 60 | M 50 | 7 58:35   |
| 8                             | 93  | Klör, Stephan        | Schneverdingen         | 64 | M 50 | 8 1:02:35 |

| 10 km-Lauf am 30.08.2014         |     |                   |                        |    |      |           |
|----------------------------------|-----|-------------------|------------------------|----|------|-----------|
| Ergebnisliste - Seniorinnen W 50 |     |                   |                        |    |      |           |
| Rng                              | Snr | Name, Vorname     | Verein/Ort             | Jg | Ak   | Endzeit   |
| 1                                | 59  | Strampe, Katja    | MTV Müden              | 64 | W 50 | 1 55:14   |
| 2                                | 5   | Wruck, Ilona      | TV Jahn Schneverdingen | 63 | W 50 | 2 56:32   |
| 3                                | 123 | Hartkopf, Meike   | MTV-Amelinghausen      | 64 | W 50 | 3 56:46   |
| 4                                | 85  | Bromund, Christel | Schneverdingen         | 63 | W 50 | 4 1:03:01 |

| 10 km-Lauf am 30.08.2014      |     |                    |                   |    |      |           |
|-------------------------------|-----|--------------------|-------------------|----|------|-----------|
| Ergebnisliste - Senioren M 55 |     |                    |                   |    |      |           |
| Rng                           | Snr | Name, Vorname      | Verein/Ort        | Jg | Ak   | Endzeit   |
| 1                             | 39  | Ulbrich, Horst     | LC 93 Delmenhorst | 55 | M 55 | 1 43:57   |
| 2                             | 29  | Brunkhorst, Detlef | TV Scheeßel       | 57 | M 55 | 2 44:46   |
| 3                             | 67  | Kiewitt, Norbert   | MTV Soltau        | 56 | M 55 | 3 46:14   |
| 4                             | 48  | Eggers, Helmut     | MTV Bispingen     | 58 | M 55 | 4 47:49   |
| 5                             | 18  | Papenbaum, Heiner  | Melle             | 55 | M 55 | 5 49:03   |
| 6                             | 7   | Ebert, Ulrich      | MTV Soltau        | 56 | M 55 | 6 51:51   |
| 7                             | 127 | Hilbig, Axel       | SV Munster        | 59 | M 55 | 7 58:38   |
| 8                             | 17  | Kück, Heinz        | TSV Bremervörde   | 55 | M 55 | 8 1:08:15 |

| 10 km-Lauf am 30.08.2014         |     |                    |                   |    |      |         |
|----------------------------------|-----|--------------------|-------------------|----|------|---------|
| Ergebnisliste - Seniorinnen W 55 |     |                    |                   |    |      |         |
| Rng                              | Snr | Name, Vorname      | Verein/Ort        | Jg | Ak   | Endzeit |
| 1                                | 120 | Goldbeck, Margitta | MTV-Amelinghausen | 58 | W 55 | 1 58:37 |

| 10 km-Lauf am 30.08.2014      |     |                       |                          |    |      |   |         |
|-------------------------------|-----|-----------------------|--------------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 60 |     |                       |                          |    |      |   |         |
| Rng                           | Snr | Name, Vorname         | Verein/Ort               | Jg | Ak   |   | Endzeit |
| 1                             | 21  | Köhler, Wolfgang      | Lauftreff Walsrode       | 54 | M 60 | 1 | 48:16   |
| 2                             | 14  | Kahrs, Dieter         | TV Sottrum               | 53 | M 60 | 2 | 49:25   |
| 3                             | 106 | Kurth, Werner         | Handeloh                 | 53 | M 60 | 3 | 49:46   |
| 4                             | 13  | Poludniok, Karl-Heinz | TV Scheeßel              | 52 | M 60 | 4 | 50:20   |
| 5                             | 128 | Päper, Friedrich      | Wulfsen                  | 51 | M 60 | 5 | 51:40   |
| 6                             | 43  | Vogt, Stephan         | Freudenthalschule Soltau | 54 | M 60 | 6 | 52:48   |
| 7                             | 97  | Panke, Jürgen         | Hamburg                  | 53 | M 60 | 7 | 55:06   |
| 8                             | 26  | Beel, Harold-Norman   | SV Vahde                 | 50 | M 60 | 8 | 1:00:16 |
| 9                             | 84  | Bromund, Peter        | Schneverdingen           | 51 | M 60 | 9 | 1:03:02 |

| 10 km-Lauf am 30.08.2014         |     |                  |            |    |      |   |         |
|----------------------------------|-----|------------------|------------|----|------|---|---------|
| Ergebnisliste - Seniorinnen W 60 |     |                  |            |    |      |   |         |
| Rng                              | Snr | Name, Vorname    | Verein/Ort | Jg | Ak   |   | Endzeit |
| 1                                | 63  | Mumbauer, Ortrud | Hamburg    | 50 | W 60 | 1 | 1:14:48 |

| 10 km-Lauf am 30.08.2014      |     |                  |                          |    |      |   |         |
|-------------------------------|-----|------------------|--------------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 65 |     |                  |                          |    |      |   |         |
| Rng                           | Snr | Name, Vorname    | Verein/Ort               | Jg | Ak   |   | Endzeit |
| 1                             | 72  | Schmidt, Klaus   | LG Hopfen Schackensleben | 46 | M 65 | 1 | 46:04   |
| 2                             | 31  | Wendel, Nikolaus | TuS Bergen               | 48 | M 65 | 2 | 46:44   |
| 3                             | 107 | Ellmers, Manfred | Bliedersdorf             | 47 | M 65 | 3 | 52:54   |
| 4                             | 56  | Frischer, Horst  | VfL Jesteburg            | 46 | M 65 | 4 | 53:37   |
| 5                             | 81  | Reinhold, Hans   | VfL Luhetal              | 49 | M 65 | 5 | 54:26   |
| 6                             | 62  | Niemann, Werner  | VfL Luhetal              | 48 | M 65 | 6 | 58:47   |

| 10 km-Lauf am 30.08.2014      |     |                  |                  |    |      |   |         |
|-------------------------------|-----|------------------|------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 70 |     |                  |                  |    |      |   |         |
| Rng                           | Snr | Name, Vorname    | Verein/Ort       | Jg | Ak   |   | Endzeit |
| 1                             | 37  | Wagner, Norbert  | mare Z Buxtehude | 44 | M 70 | 1 | 54:03   |
| 2                             | 23  | Vorrath, Wilhelm | Südergellersen   | 42 | M 70 | 2 | 57:12   |

| 10 km-Lauf am 30.08.2014      |     |                     |                              |    |      |   |         |
|-------------------------------|-----|---------------------|------------------------------|----|------|---|---------|
| Ergebnisliste - Senioren M 75 |     |                     |                              |    |      |   |         |
| Rng                           | Snr | Name, Vorname       | Verein/Ort                   | Jg | Ak   |   | Endzeit |
| 1                             | 50  | Reye, Hanfried      | MTV Bispingen                | 39 | M 75 | 1 | 1:00:19 |
| 2                             | 55  | Teichert, Horst     | SG Olympia 1896 Leipzig e.V. | 38 | M 75 | 2 | 1:00:25 |
| 3                             | 104 | Sachtleben, Richard | TuS Holtenau                 | 38 | M 75 | 3 | 1:09:03 |
| 4                             | 95  | Voßler, Wilhelm     | SV Munster                   | 36 | M 75 | 4 | 1:10:23 |
| 5                             | 103 | Kirchner, Harald    | TV Langen                    | 35 | M 75 | 5 | 1:27:30 |