

SALAH 2013 nach 8 Läufen (Abschlußliste)

Name	Vorname	Verein	Jahrgang	Gesamt- Punkte	gewertete Läufe	Amelinghausen		Scharnebeck		Thomasburg		Hohnstorf		Heidepokal		Lüneburg		Adendorf		Bleckede		Gellersen		5 beste Läufe	
						24.02.2013	Punkte	17.03.2013	Punkte	14.04.2013	Punkte	02.06.2013	Punkte	18.08.2013	Punkte	08.09.2013	Punkte	15.09.2013	Punkte	13.10.2013	Punkte	03.11.2013	Punkte		
Altersklasse WJU12, W 10/11 (Jahrg. 2002 + 2003)																									
Gehrhus	Saida		2002	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	25	25
Hensel	Luisa	Hermann-Löns-Schule Lb	2003	25	1	0	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	25
Altersklasse WJU14, W 12/13 (Jahrg. 2000 + 2001)																									
Grewe	Kira	TSV Adendorf	2001	48	2	0	0	0	0	0	0	0	0	0	0	0	1	25	2	23	0	0	0	0	48
Eimann	Janina	MTV Treubund Lüneburg	2001	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Hartz	Marlene		2001	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Bickel	Lena	Adendorf	2001	23	1	0	0	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23
Altersklasse WJU16, W 14/15 (Jahrg. 1998 + 1999)																									
Birnbach	Janine	X-Cite Trittau	1999	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Altersklasse WJU18, W 16/17 (Jahrg. 1996 + 1997)																									
Gensow	Maja	TSV Adendorf	1997	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Mnich	Larissa		1996	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	0	0	25
Rahfs	Melle	Sport-Team Lüneburg	1997	25	1	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Fischer	Lisa	LG Ludwigslust	1996	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23
Altersklasse WJU20, W 18/19 (Jahrg. 1994 + 1995)																									
DeLeeuw	Emily	Lüneburg	1995	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	0	0	0	25
Lickfett	Lilith	Fitforever	1995	25	1	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Altersklasse W 20 (Jahrg. 1984 + 1993)																									
Schröder	Kathrin		1988	112	5	6	18	3	21	0	0	1	25	0	0	2	23	0	0	0	0	1	25	112	
Lehmann	Anne	Lüneburg	1985	142	7	3	21	2	23	0	0	3	21	6	18	3	21	4	20	6	18	0	0	106	
Trenkel	Marie	Lüneburger SV	1993	100	4	0	0	0	0	0	0	0	0	0	0	1	25	1	25	1	25	1	25	100	
Koch	Kristin	Stolpertruppe Winsen	1989	92	4	2	23	1	25	0	0	0	0	0	0	0	2	23	0	0	3	21	92		
Schröder	Daniela	Bardowick	1986	77	4	0	0	0	0	0	2	23	0	0	10	14	3	21	5	19	0	0	0	77	
Lange	Kristina	EON Avacon	1984	65	3	2	23	0	0	0	0	0	3	21	3	21	0	0	0	0	0	0	0	0	65
Litzke	Julia	ohne	1985	50	2	1	25	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	50
Zacharias	Lisa	LT Amelinghausen	1993	50	2	0	0	0	0	0	0	1	25	1	25	0	0	0	0	0	0	0	0	0	50
Schröder	Julia	Lauftreff Lüneburg	1985	49	3	8	16	7	17	0	0	0	0	8	16	0	0	0	0	0	0	0	0	0	49
Ulbrich	Madeleine	Lüneburger SV	1989	43	2	0	0	0	0	0	0	0	2	23	0	0	0	0	4	20	0	0	0	0	43
Brammer	Verena	Die Sommerbecker	1986	41	2	0	0	0	0	0	0	0	4	20	0	0	0	0	3	21	0	0	0	0	41
Groth	Anne	Geesthacht	1985	38	2	0	0	5	19	0	0	5	19	0	0	0	0	0	0	0	0	0	0	0	38
Jesse	Sarah	TuS Hertha Betzendorf	1984	33	2	0	0	6	18	0	0	0	9	15	0	0	0	0	0	0	0	0	0	0	33
Brusch	Gabi	Team Erdinger Alkoholfrei	1984	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Burwitz	Susann	LLH	1987	25	1	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25
Bender	Lena-Marie	Eintracht Frankfurt	1984	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23	23	
Schrade	Svenja	ASC Lübeck	1993	23	1	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	23
Wolk	Janina		1988	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	23
Budrian	Maren	Lüneburg	1986	20	1	0	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	20
Jeschke	Lena-Marie	LT HH-Duvenstedt	1993	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	20
Moritz	Lisa	SV Ilmenau	1989	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20
Saß	Jennifer	Hamburger Deerns	1986	20	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	20	20	
Steinbeck	Joy	LG Steinbeck	1990	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20
Wolansky	Janina	MTV Soderstorf	1990	20	2	0	0	0	0	0	0	0	0	0	0	22	3	0	0	0	0	0	7	17	20
Boese	Katharina	SV Ilmenau	1991	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19
Czepuck	Nicole	MTV Treubund Lüneburg	1984	19	1	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	0	0	0	19
Dewender	Iris	HLC Hötter	1987	19	1	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	0	0	19
Petersen	Ilka	Team Amtsfeld	1985	19	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	19	19	
Döbbe	Christina	Düsseldorf	1986	18	1	0	0	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	0	18
Klenz	Joana	LLH	1989	18	1	0	0	0	0	0	0	6	18	0	0	0	0	0	0	0	0	0	0	0	18
Lühr	Ann-Kristin	Team Amtsfeld	1988	18	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	18	18	

Böttge	Kirsten	Laufftreff Lüneburg	1965	52	3	0	0	4	20	0	0	8	16	0	0	0	0	0	0	8	16	52
Drechsler	Sabine		1967	48	3	0	0	6	18	0	0	0	0	0	0	0	0	8	16	10	14	48
Gutknecht	Sabine	Fun u Run	1966	45	2	4	20	0	0	0	1	25	0	0	0	0	0	0	0	0	0	45
Goldowsky	Stephanie	Dahlenburger SK	1968	41	2	0	0	3	21	0	0	0	0	0	0	4	20	0	0	0	0	41
Frenzel	Annett	Lüneburg	1966	35	2	0	0	0	0	0	0	0	0	7	17	6	18	0	0	0	0	35
Heuer-Meyer	Karin	MTV Römstedt	1968	32	2	0	0	10	14	0	0	6	18	0	0	0	0	0	0	0	0	32
Siebrecht	Solveig	Lüneburg	1968	32	2	8	16	8	16	0	0	0	0	0	0	0	0	0	0	0	0	32
Willenborg	Christa	LLH	1966	32	2	10	14	0	0	0	6	18	0	0	0	0	0	0	0	0	0	32
Mahl	Anne-Kareen	Extreme Jogging Gr. Mooi	1968	31	2	12	12	5	19	0	0	0	0	0	0	0	0	0	0	0	0	31
Schale	Susanne	Laufftreff Lüneburg	1964	31	2	0	0	0	0	0	0	0	10	14	0	0	0	0	0	7	17	31
Bruenninski	Karin		1964	26	2	13	11	0	0	0	0	0	0	0	0	0	0	0	9	15	26	
Sprinz	Kerstin	Harsefeld	1967	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Schomerus-W	Bettina	Leben & Schreiben	1966	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23
Brede	Dorina	LG Ludwigslust	1965	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21
Strodel	Ingrid	TriTeam Lüneburg	1966	21	1	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	21
Wurmstadt	Ute		1967	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21
Decke	Birgit		1965	20	1	0	0	0	0	0	0	0	0	0	0	0	0	0	4	20	20	
Struck	Jutta		1966	20	1	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	0	20
Gerken	Anja	Weltbester Scrabbleclub	1968	19	1	0	0	0	0	0	0	0	0	0	0	0	5	19	0	0	19	
Glanert	Silke	sfa-Team	1964	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19
Kattge	Sabine		1964	19	1	0	0	0	0	0	0	0	0	0	0	0	0	5	19	0	0	19
Luy-Martin	Susanne	Lüneburg	1966	19	1	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19
Riecke	Gunda	SV Rosche	1967	19	1	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19
Beier	Henriette		1967	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18
Gangloff	Ingrid	SV-Gartow	1965	18	1	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	18
Hartkopf	Meike	MTV Amelinghausen LT	1964	18	1	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	0	18
Schönfeldt	Dagmar	Hoibütteler SV	1968	18	1	0	0	0	0	0	0	0	0	0	0	0	0	6	18	0	0	18
Böttcher	Andrea	Amelinghausen	1968	17	1	0	0	0	0	0	0	7	17	0	0	0	0	0	0	0	0	17
Breithaupt	Heike	Artlenburg	1965	17	1	0	0	0	0	0	7	17	0	0	0	0	0	0	0	0	0	17
Cordes	Martina	Leben & Schreiben	1966	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17
Hausmann	Dorle	Triathlon Team Lüneburg	1968	17	1	0	0	0	0	0	0	0	0	0	0	7	17	0	0	0	0	17
Emde	Heike	Lüneburg	1965	16	1	0	0	0	0	0	0	0	8	16	0	0	0	0	0	0	0	16
Allerding	Carmen		1968	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15
Deller	Silvia	Deller Mixed	1964	15	1	0	0	0	0	0	0	0	9	15	0	0	0	0	0	0	0	15
Kämper	Birte	LG Brunsberg	1966	14	1	10	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14
Nildt	Guna	Lauenburger SV	1964	14	1	0	0	0	0	0	10	14	0	0	0	0	0	0	0	0	0	14
Schreiner	Uta	Familie Schreiner	1967	14	1	0	0	0	0	0	0	0	0	10	14	0	0	0	0	0	0	14
Baumann	Ilke		1968	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13
Bielfed	Simone	Möllner SV	1966	13	1	0	0	0	0	0	11	13	0	0	0	0	0	0	0	0	0	13
Dürke	Brigitte		1965	13	1	0	0	0	0	0	0	0	11	13	0	0	0	0	0	0	0	13
Koepsell	Ines	LT Brunsberg	1967	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13
Derlin	Imke	Vögelsen	1964	12	1	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	0	12
Engelbrecht	Christine		1968	10	1	0	0	0	0	0	0	0	0	14	10	0	0	0	0	0	0	10
Radkau	Cerstin	Adendorf	1968	9	1	0	0	0	0	0	0	0	0	15	9	0	0	0	0	0	0	9

Altersklasse W 50 (Jahrg. 1959 + 1963)

Schwarcke	Hannelore	TuS Hohnstorf	1961	148	6	1	25	1	25	0	0	0	0	1	25	1	25	2	23	1	25	125
Hornbostel	Ulla	Stolpertruppe Winsen	1960	120	5	4	20	0	0	0	0	1	25	0	0	1	25	1	25	1	25	120
Lange	Gaby	SV Ehlbeck	1963	73	4	11	13	0	0	0	2	23	3	21	8	16	0	0	0	0	0	73
Bornemann	Cornelia	SV Ilmenau	1963	67	3	0	0	0	0	0	0	0	3	21	0	0	2	23	2	23	2	67
Morawietz	Manuela	Extreme Jogging Gr. Mooi	1960	65	3	5	19	2	23	0	0	0	2	23	0	0	0	0	0	0	0	65
Sprengard	Kerstin		1963	55	3	0	0	0	0	0	0	0	6	18	4	20	0	0	7	17	55	
Winter	Petra		1960	51	3	0	0	0	0	0	0	0	10	14	5	19	0	0	6	18	51	
Gehrckens-G	Urte	Hermann-Löns-Schule Lb	1962	48	2	0	0	0	0	0	0	0	1	25	2	23	0	0	0	0	0	48
Köhlitz	Dagmar	E.ON Energiebündel	1962	40	2	0	0	0	0	0	3	21	0	0	5	19	0	0	0	0	0	40
Schneider	Gabi	TSV Gellersen	1961	40	2	0	0	0	0	0	0	4	20	4	20	0	0	0	0	0	0	40

Liers	Julian	Runner's Club BIVLO 201	1997	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25		
Rostin	Paul	Lüneburg	1996	25	1	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	25		
Baars	Sören	Vellahn	1996	23	1	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	23		
Schilling	Jörg	Lüneburg	1996	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23		
Schreiner	Jannis	Familie Schreiner	1997	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23		
Novotny	Frederik	Lüneburg	1996	21	1	0	0	0	0	0	3	21	0	0	0	0	0	0	0	0	0	21		
Schilling	Tom	HV Lüneburg	1996	21	1	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21		
Altersklasse MJU20, M 18/19 (Jahrg. 1994 + 1995)																					0			
Quentin	Marcel	LT TSV Bienenbüttel	1995	128	6	1	25	7	17	0	0	3	21	3	21	5	19	0	0	1	25	0	0	111
Meyer	Daniel	Lüneburger SV	1994	75	3	0	0	1	25	0	0	0	0	0	1	25	0	0	0	0	1	25	75	
Harms	Tim Philip	Handorf	1994	69	3	0	0	5	19	0	0	1	25	0	0	0	1	25	0	0	0	0	69	
Timm	Fynn	LG Nordheide	1995	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	25		
Vieth	Jonathan	Lüneburg	1994	25	1	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	25		
Brütt	Christian	TSV Bardowick	1994	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	0	0	23		
Grossmann	Marvin	Hohnstorf	1994	23	1	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	23		
Nabrotzky	Leo	TSV Mechtersen/Vögelsei	1995	23	1	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23		
Steffens	Julian	TSV Schongau Trathlon	1995	23	1	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	23		
Albrecht	Julian	TSV Bardowick	1994	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21		
Endler	Arvid		1995	21	1	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	21		
Frey	Johannes	Lüneburg	1995	20	1	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	20		
Spieswinkel	Jannek	TSV Bardowick	1994	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	0	20		
Albers	Malte	Sport-Team Lüneburg	1994	18	1	0	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	18		
Schreyer	Philip	TSV Bardowick	1994	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	0	0	18		
Altersklasse M 20 (Jahrg. 1984 + 1993)																								
Piehl	Oliver	TSV Mechtersen/Vögelsei	1992	164	8	3	21	2	23	0	0	3	21	7	17	3	21	4	20	2	23	6	18	109
Piecuch	Tim	SV Scharnebeck	1990	107	5	0	0	0	0	0	4	20	8	16	0	0	1	25	1	25	3	21	107	
Riess	Stefan		1986	94	4	2	23	0	0	0	0	0	0	1	25	1	25	0	0	3	21	94		
Geisberger	Moritz	Stolpertruppe Winsen	1988	87	4	4	20	2	23	0	0	0	0	0	0	3	21	0	0	2	23	87		
Maier	Daniel		1985	118	8	6	18	13	11	0	0	8	16	16	8	11	13	8	16	5	19	7	17	86
Malec	Jan		1984	73	3	1	25	1	25	0	0	2	23	0	0	0	0	0	0	0	0	73		
Knorr	Julian	SV Ilmenau	1992	71	3	0	0	0	0	0	0	0	0	2	23	2	23	0	0	1	25	71		
Pansegrau	Florian	Unterlüß	1985	71	3	3	21	1	25	0	0	1	25	0	0	0	0	0	0	0	0	71		
Schifer	Andrej	Lüneburger	1986	67	4	5	19	5	19	0	0	6	18	13	11	0	0	0	0	0	0	67		
Sadyrov	Ruslan		1984	64	3	0	0	0	0	0	0	0	0	0	5	19	0	0	1	25	4	20	64	
Hunger	Jonathan	E.ON Energiebündel	1989	48	2	0	0	0	0	0	0	0	2	23	1	25	0	0	0	0	0	48		
Heyermann	Kevin	Scharnebeck	1992	44	3	0	0	0	0	0	0	0	15	9	9	15	0	0	4	20	0	0	44	
Lauterschlag	Dennis		1985	44	2	0	0	0	0	0	1	25	0	0	0	0	0	0	0	5	19	44		
Bullinger	Benjamin	Aufbau Boizenburg	1988	42	2	0	0	7	17	0	0	0	0	0	0	0	0	0	0	1	25	42		
Schütt	Jannik	TSV Auetal	1991	42	2	0	0	0	0	0	0	0	5	19	0	0	2	23	0	0	0	42		
Colberg	Lukas	Hamburger Laufladen	1989	41	2	0	0	0	0	0	3	21	0	0	0	0	0	0	0	4	20	41		
Szallies	Pierre	Szallies-Motorsport	1986	40	2	4	20	4	20	0	0	0	0	0	0	0	0	0	0	0	0	40		
Beeck	Nils	Triathlon Team Lüneburg	1989	37	2	5	19	6	18	0	0	0	0	0	0	0	0	0	0	0	0	37		
Dor(s)ch	Magnus	TSV Adendorf	1988	35	2	0	0	0	0	0	0	0	0	0	8	16	5	19	0	0	0	35		
Schröder	Till		1990	35	3	0	0	0	0	0	0	0	0	0	25	3	0	0	6	18	10	14	35	
Rieß	Christian	Lüneburg	1988	34	4	8	16	15	9	0	0	0	18	6	23	3	0	0	0	0	0	34		
Soyka	Rüdiger	Hamburg	1984	31	2	0	0	0	0	0	0	0	0	0	11	13	6	18	0	0	0	31		
Hamoureis	Abdellah	Lüneburger SV	1993	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	25		
Heitmann	Torsten	Lüneburger SV	1986	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25		
Celik	Abdo	Bienenbüttel	1985	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23		
Guzy	Jonas	LG Göttingen	1990	23	1	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	23		
Hümpel	Miles	Wir Leben Apotheke	1990	23	1	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	23		
Lukas	Horst	Triathlon Team Buxtehude	1992	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23	23		
Roehr	Renzo	Handorf	1988	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23	0	0	23	
Brant	Klaus		1985	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	21		
Fetchenheuer	Jan		1988	21	1	0	0	0	0	0	0	0	0	0	0	0	0	3	21	0	0	21		

Schimpf	Hartmut	Familie Schimpf	1979	16	1	0	0	0	0	0	0	0	0	0	0	8	16	0	0	0	0	16
Wenzel	Mirco	Lüneburg Marketing GmbI	1979	16	1	0	0	0	0	0	0	0	0	0	8	16	0	0	0	0	0	16
Wienecke	Björn	Haus und Hof Laufverein	1979	16	1	0	0	0	0	0	8	16	0	0	0	0	0	0	0	0	0	16
Blask	Stefan		1980	15	1	0	0	0	0	0	0	0	9	15	0	0	0	0	0	0	0	15
Steege	Stephan		1979	15	1	0	0	9	15	0	0	0	0	0	0	0	0	0	0	0	0	15
Foest	Henning		1980	14	1	0	0	0	0	0	0	0	10	14	0	0	0	0	0	0	0	14
Hahn	Robert	Lüneburg	1982	14	1	0	0	0	0	0	0	0	0	0	10	14	0	0	0	0	0	14
Jerate	Jan	Lauenburger SV	1982	14	1	0	0	0	0	0	0	10	14	0	0	0	0	0	0	0	0	14
Kötke	Matthias		1981	14	1	0	0	10	14	0	0	0	0	0	0	0	0	0	0	0	0	14
Ojemann	Marco	HSV	1982	14	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	14	14
Kreher	Vitalig		1981	13	1	0	0	0	0	0	0	0	11	13	0	0	0	0	0	0	0	13
Nixdorf	Robert	Lüneburg	1981	13	1	0	0	0	0	0	0	0	0	0	11	13	0	0	0	0	0	13
Preißer	Thomas	Norderstedt	1980	13	1	0	0	0	0	0	0	11	13	0	0	0	0	0	0	0	0	13
Moch	Nils	Lüneburg	1981	12	1	0	0	0	0	0	0	0	0	0	12	12	0	0	0	0	0	12
Schmidt	Dennis		1980	12	1	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	0	12
Dregger	Jürgen	Hamburg	1980	11	1	0	0	0	0	0	0	0	13	11	0	0	0	0	0	0	0	11
Drews	Dennis		1980	10	1	0	0	0	0	0	0	0	14	10	0	0	0	0	0	0	0	10
Lichtenstein	Sven		1982	10	1	0	0	0	0	0	0	0	0	0	14	10	0	0	0	0	0	10
Dewender	Frank	HLC Höxter	1981	9	1	0	0	0	0	0	0	0	0	0	15	9	0	0	0	0	0	9
Pfeiffer	Marco	Lüneburg	1979	8	1	0	0	0	0	0	0	0	0	0	16	8	0	0	0	0	0	8
Soer	Thorsten		1981	7	1	0	0	0	0	0	0	0	0	0	17	7	0	0	0	0	0	7

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Ulbrich	Dennis		1978	200	8	1	25	1	25	0	0	1	25	1	25	1	25	1	25	1	25	125
Rode	Steffen	Lüneburger Heidehoppers	1974	140	6	2	23	2	23	0	0	1	25	2	23	0	0	2	23	2	23	117
Sevecke	Heinrich	SV Karze	1976	172	8	2	23	2	23	0	0	3	21	3	21	3	21	5	19	1	25	113
Wolansky	Markus	lunesport.de	1977	104	5	5	19	0	0	0	0	0	4	20	2	23	3	21	0	0	3	104
Röhling	Alexander	Lüneburg	1977	155	8	3	21	4	20	0	0	4	20	6	18	5	19	6	18	3	21	101
Marahrens	Hinrich		1977	149	8	4	20	5	19	0	0	3	21	10	14	6	18	7	17	2	23	101
Schlomski	Sven	VfL Lüneburg	1974	143	8	10	14	9	15	0	0	4	20	8	16	6	18	4	20	5	19	98
Vorrath	Stefan		1977	112	6	4	20	8	16	0	0	0	5	19	0	0	7	17	4	20	4	96
Schuler	Andre	Rat d.Stadt Lbg.	1975	81	5	6	18	6	18	0	0	0	11	13	8	16	8	16	0	0	0	81
Sorge	Mirko	LLH	1975	77	6	13	11	12	12	0	0	8	16	16	8	0	0	11	13	7	17	69
Schulz	Martin	Lüneburg	1977	53	3	0	0	0	0	0	0	0	0	0	7	17	6	18	6	18	0	53
Alemeier	Sören	alternativ-pflege	1976	42	2	3	21	3	21	0	0	0	0	0	0	0	0	0	0	0	0	42
Kaiser	Simon	VfL Suderburg	1978	42	2	0	0	0	0	0	0	0	0	0	3	21	3	21	0	0	0	42
Schoch	Markus	TSV Dorfmark	1978	39	2	5	19	4	20	0	0	0	0	0	0	0	0	0	0	0	0	39
Pohlmann	Christoph	SV Munster	1977	38	2	0	0	0	0	0	0	0	7	17	0	0	0	0	3	21	0	38
Uphoff	Jörg	Ashausen	1976	37	2	0	0	7	17	0	0	0	0	0	4	20	0	0	0	0	0	37
Deutel	Ruben	Lüneburg	1978	34	2	0	0	7	17	0	0	0	0	0	7	17	0	0	0	0	0	34
Schuchardt	Tobias	TSV Gellersen	1977	34	2	0	0	0	0	0	0	0	0	0	9	15	0	0	0	0	5	34
Markmann	Jürgen	SRLV	1974	33	2	0	0	10	14	0	0	5	19	0	0	0	0	0	0	0	0	33
Ahlschläger	Rene	Team Erdinger Alkoholfrei	1976	32	2	7	17	0	0	0	0	9	15	0	0	0	0	0	0	0	0	32
Ibe	Andreas	Harsefeld	1976	30	2	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	7	30
May	Björn	Lüneburg	1976	30	2	8	16	0	0	0	0	0	0	0	10	14	0	0	0	0	0	30
Wesa	Sven	LT Lüneburg	1976	30	2	0	0	0	0	0	0	0	9	15	0	0	9	15	0	0	0	30
Dunn	Carsten	LSV Lüneburg	1976	25	1	0	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	25
Greve	Matthias	Stolpertruppe Winsen	1975	25	2	0	0	0	0	0	0	0	15	9	0	0	0	0	8	16	0	25
Korn	Markus		1977	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	0	0	25
Lübke	Kay	Tri Team Lüneburg	1976	25	1	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	25
Mühlenhaupt	Henning	Triathlon Heidekreis	1976	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	25
Tamasik	Máté	Rodenwalde	1978	25	1	0	0	0	0	0	0	0	0	0	1	25	0	0	0	0	0	25
Christmann	Daniel	Pickenpack GmbH	1976	23	1	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	23
Granlien	Magnus	LT Duvenstedt	1975	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	23
Hoffmann	Carsten	TSG Valbert	1975	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23
Müller	Mischa	Lüneburger SV	1974	23	1	0	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	23

Schulz	Frank	SV Polly	1977	23	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	23	23		
Warneck	Marco	Wir Leben Apotheke	1978	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23	
Bresinski, von	Ronny	Tri-Team Lüneburg	1976	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Badaje	Hassan	Pinneberg	1978	20	1	0	0	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	20	
Knaack	Tobias	FC St. Pauli Triathlon	1975	20	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	20	20		
Specht	Tobias	Augsburg	1977	20	1	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	20	
Hüll	Stephan		1975	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Kuhn	Dino	Sport-As-Lüneburg	1977	19	1	0	0	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	19	
Meyer	Frank		1976	19	1	0	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19	
Behn	Markus	SV Jelmstorf	1974	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Dein, von	Lars	Bardowick	1974	18	1	0	0	0	0	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18	
Hofmann	Peter	Hermann Löns Schule Lbç	1974	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Müller	Marc		1974	18	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	18	18	
Eschen	Nik	SV Tessin-Zahrensdorf	1974	17	1	0	0	0	0	0	0	7	17	0	0	0	0	0	0	0	0	0	0	0	17
Huch	Matthias	Tri-Team Lüneburg	1974	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17
Besir	Tamas	Lüneburg	1974	16	1	0	0	0	0	0	0	0	0	0	8	16	0	0	0	0	0	0	0	0	16
Grofe	Joachim	SG Stern Hamburg	1974	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16
Wüster	Oliver		1977	16	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	16	16	
Jäger	Martin		1975	15	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9	15	15	
Koch	Maik	TSV Bienenbüttel	1975	15	1	0	0	0	0	0	0	0	0	0	0	9	15	0	0	0	0	0	0	0	15
Meinheit	Matthias		1974	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15
Dewenter	Michael		1976	14	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10	14	14	
Skubich	Bjoern	Nottensdorf	1977	14	1	0	0	0	0	0	0	0	0	0	10	14	0	0	0	0	0	0	0	0	14
Streuber	Mario	Reinstorf	1975	14	1	0	0	0	0	0	0	0	0	0	0	10	14	0	0	0	0	0	0	0	14
Heitmann	Sven		1975	13	1	0	0	0	0	0	0	0	0	0	0	11	13	0	0	0	0	0	0	0	13
Lemmen	Carsten	Hermann Löns Schule Lbç	1974	13	1	0	0	0	0	0	0	0	0	0	11	13	0	0	0	0	0	0	0	0	13
Taubert	Sandro		1978	13	1	0	0	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13
Andresen	Sebastian	TSV Eintracht Hitfeld	1978	12	1	12	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	12
Johnson	Matthew	Lüneburg	1978	12	1	0	0	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	0	0	12
Plininger	Alexander		1977	12	1	0	0	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	0	0	12
Rumrich	Thomas	Hamburg	1976	12	2	0	0	17	7	0	0	0	0	0	19	5	0	0	0	0	0	0	0	0	12
Schwarz	John	TuS Hertha Betzdf.	1978	12	1	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	0	0	0	0	12
Funke	Stephan		1975	11	1	0	0	0	0	0	0	0	13	11	0	0	0	0	0	0	0	0	0	0	11
Khuen	Timo	Laßrönne	1977	11	1	0	0	13	11	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	11
Pallasch	Gerald	Lüneburg	1974	11	1	0	0	0	0	0	0	0	0	0	13	11	0	0	0	0	0	0	0	0	11
Klay	Moritz	Sport-Team Lüneburg	1976	10	1	0	0	0	0	0	0	0	0	0	14	10	0	0	0	0	0	0	0	0	10
Lochow	Christian		1975	10	1	0	0	14	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	10
Schmidt-Rusr	Kai	TV Welle	1975	10	1	0	0	0	0	0	0	0	14	10	0	0	0	0	0	0	0	0	0	0	10
Knappe	Christian	Hermann Löns Schule Lbç	1975	9	1	0	0	0	0	0	0	0	0	15	9	0	0	0	0	0	0	0	0	0	9
Schoot, van d	Oliver		1976	9	1	0	0	15	9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9
Heidenreich	Jan-Peter		1975	8	1	0	0	16	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8
Pingel	Thorsten	MTV Treubund Lüneburg	1975	8	1	0	0	0	0	0	0	0	0	0	16	8	0	0	0	0	0	0	0	0	8
Genth	Tom	E.ON Energiebündel	1977	7	1	0	0	0	0	0	0	0	0	0	17	7	0	0	0	0	0	0	0	0	7
Bütow	Nils	Landkreis Lüneburg	1978	6	1	0	0	0	0	0	0	0	0	0	18	6	0	0	0	0	0	0	0	0	6
Schaade	Burghart		1977	6	1	0	0	18	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6
Bruns	Jan Ole	Lüneburg	1978	4	1	0	0	0	0	0	0	0	0	0	20	4	0	0	0	0	0	0	0	0	4
Kniestedt	Sven	Lüneburg	1974	3	1	0	0	0	0	0	0	0	0	0	21	3	0	0	0	0	0	0	0	0	3
Schill	Gorden	XXL-Fighter Anno 1900	1974	3	1	0	0	0	0	0	0	0	0	0	22	3	0	0	0	0	0	0	0	0	3

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Allmer	Hartwig	TuS Barendorf	1969	171	7	2	23	1	25	0	0	1	25	0	1	25	2	23	1	25	1	25	125
Temmen	Alexander		1972	112	5	3	21	2	23	0	0	0	6	18	0	0	0	1	25	1	25	112	
Schwarz	Marcus	Deutsch Evern	1973	130	7	9	15	0	0	0	3	21	13	11	3	21	3	21	3	21	4	20	104
Gerhus	Mario	SV Scharnebeck	1971	120	6	7	17	7	17	0	0	2	23	0	2	23	4	20	4	20	0	0	103
Masurek	Claes	BSG Justiz Hamburg	1970	100	5	0	0	10	14	0	0	3	21	5	19	2	23	0	0	0	2	23	100
Brötzmann	Jörg	TSV Bienenbüttel	1972	99	5	5	19	5	19	0	0	0	9	15	0	0	0	0	2	23	2	23	99

Jahnke	Rainer	Laufftreff Jahnke	1970	98	4	0	0	0	0	0	0	1	25	2	23	1	25	1	25	0	0	0	0	98	
Plesse	Frank		1972	112	7	7	17	4	20	0	0	0	0	14	10	14	10	6	18	4	20	7	17	92	
Jacob	Arne	LT Bienenbüttel	1969	103	6	5	19	0	0	0	0	7	17	12	12	9	15	5	19	3	21	0	0	91	
Boknecht	Thorsten	Triathlon Team Lüneburg	1973	91	5	16	8	2	23	0	0	0	0	7	17	4	20	0	0	2	23	0	0	91	
Wolter	Andre	Die Patchworker	1973	95	6	4	20	8	16	0	0	15	9	0	0	10	14	7	17	5	19	0	0	86	
Kowalenko	Konstantin	Dahlenburger SK	1973	80	5	6	18	0	0	0	0	9	15	0	0	11	13	8	16	0	0	6	18	80	
Schnatz	Wolfgang	LG Häcklingen	1971	76	5	13	11	0	0	0	0	4	20	17	7	0	0	5	19	0	0	5	19	76	
Bartz	Olaf	Triathlon Team Lüneburg	1973	67	3	2	23	3	21	0	0	0	0	0	0	0	0	2	23	0	0	0	0	67	
Dobrick	Mathias	Team Erdinger Alkoholfrei	1973	64	5	15	9	15	9	0	0	5	19	0	0	0	0	15	9	0	0	6	18	64	
Klemmer	Frank	Dahlenburger SK	1969	58	5	0	0	0	0	0	0	12	12	19	5	0	0	11	13	6	18	14	10	58	
Grewe	Reinhold	TSV Adendorf	1969	61	7	0	0	0	17	7	0	0	16	8	24	3	26	3	13	11	7	17	12	12	55
Horn	Carsten	VfL Suderburg	1971	50	2	0	0	0	0	0	0	0	0	1	25	0	0	1	25	0	0	0	0	50	
Schütze	Mark-Michael	TuS Wieren	1969	50	2	1	25	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	50	
Tönse	Ulf	TR Running Devision	1973	48	3	8	16	0	0	0	0	11	13	0	0	0	0	0	0	0	0	5	19	48	
Unger	Jens	Team Erdinger Alkoholfrei	1970	48	4	0	0	12	12	0	0	6	18	0	0	19	5	0	0	0	0	11	13	48	
Zielinski	Dieter	Triathl.T.Lb.	1972	46	2	1	25	0	0	0	0	0	0	3	21	0	0	0	0	0	0	0	0	46	
Scholz	Andreas	Happy Diggits	1972	47	6	18	6	12	12	0	0	13	11	20	4	25	3	0	0	0	0	13	11	44	
Menkhaus	Mario	Lüneburg	1969	42	3	12	12	0	0	0	0	0	0	0	0	13	11	0	0	5	19	0	0	42	
Petersen	Claus	FG Tangendorf	1970	38	4	13	11	6	18	0	0	0	0	18	6	21	3	0	0	0	0	0	0	38	
Bohr	Markus	Thomasburger SV	1973	37	3	0	0	7	17	0	0	0	0	0	0	18	6	10	14	0	0	0	0	37	
Mohr	Axel	Handorf	1971	37	2	0	0	0	0	0	0	0	0	0	0	7	17	4	20	0	0	0	0	37	
Wilde	Nico	TSG Wittenburg e.V.	1973	37	2	3	21	0	0	0	0	8	16	0	0	0	0	0	0	0	0	0	0	37	
Naß	Holger	LLH	1969	34	3	0	0	0	0	0	0	21	3	0	0	10	14	7	17	0	0	0	0	34	
Piecha	Karl		1973	33	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	11	13	4	20	33	
Rüter	Mark	Reiterhof Rüter	1973	35	6	20	4	19	5	0	0	0	0	28	3	35	3	0	0	12	12	16	8	32	
Rumpf	Dirk	Geesthacht	1969	26	2	0	0	0	0	0	0	10	14	0	0	12	12	0	0	0	0	0	0	26	
Helms	Marek	MTV Treubund Lüneburg	1969	25	2	0	0	16	8	0	0	0	0	0	0	0	0	0	7	17	0	0	25		
Koch	Jan	Laufen gegen Leiden	1969	24	3	0	0	0	0	0	0	0	27	3	24	3	6	18	0	0	0	0	24		
Posekardt	Jan	Adendorf	1970	23	2	16	8	9	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23	
Sumfeth	Markus	Team 24 Std.-Lauf Fleest	1970	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23	
Behrens	Achim	TV Asendorf	1973	21	1	0	0	0	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	21	
Jansen	Michael	MTV Soltau	1971	21	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	21	21		
Loth	Henning	TSV Berkentin	1972	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Stein	Andreas	BSV Buxtehude	1970	21	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	21	21		
Wittkop	Carsten		1971	21	1	0	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21	
Brandt	Maik	TSV Tessin-Zahrendorf	1972	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	0	0	20	
Gänzler	Tobias	Lüneburg	1971	20	1	0	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	20	
Machel	Carsten	Post SV Uelzen	1970	20	1	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	0	20	
Plöger	Holger		1969	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	
Quadejacob	Nils	Buxtehuder SV	1971	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	
Emmerich	Bernd	Barendorf	1972	19	3	0	0	0	0	0	0	18	6	22	3	0	0	14	10	0	0	0	0	19	
Klein	Jochen	Casas Rurales	1969	19	1	0	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19	
Sacht	Stefan	Lauenburg	1970	19	1	0	0	0	0	0	0	5	19	0	0	0	0	0	0	0	0	0	0	19	
Schmidt	Mathias	MTV Römstedt	1969	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Schröder	Marcus	Scala	1972	19	1	0	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19	
Behning	Malte	Lauenburg	1973	18	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	18	0	0	18	
Kaatz	Jens	Uelzen	1970	18	1	0	0	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	18	
Krüger	Sven		1969	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Meyer-Herma	Hans		1969	18	2	0	0	0	0	0	0	0	25	3	0	0	0	0	0	0	0	9	15	18	
Römer	Steffen	Tri-Bandits/TSG Bergedor	1972	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Rund	Matthias	Hitbergen	1970	18	1	0	0	0	0	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18	
Winkelmann	Olaf	Schwanheide	1970	18	1	0	0	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	18	
Anderson	Jens	SG Aufbau Boizenburg	1972	17	1	0	0	0	0	0	0	7	17	0	0	0	0	0	0	0	0	0	0	17	
Batshoun	Manuel-Elias	Die Sommerbecker	1972	17	2	0	0	0	0	0	0	0	0	29	3	0	0	0	0	10	14	0	0	17	
Meywald	Martin		1971	17	1	0	0	0	0	0	0	0	0	0	0	7	17	0	0	0	0	0	0	17	

Denecke	Florian		1973	3	1	0	0	0	0	0	0	0	0	0	34	3	0	0	0	0	0	3
Dieckmann	Thorsten	XXL-Fighter Anno 1900	1970	3	1	0	0	0	0	0	0	0	0	0	47	3	0	0	0	0	0	3
Dreeßen	Jochen	Adendorf	1972	3	1	0	0	0	0	0	0	0	0	0	31	3	0	0	0	0	0	3
Düffert	Mark	Bardowick	1970	3	1	0	0	0	0	0	0	0	0	0	48	3	0	0	0	0	0	3
Fiebig	Mathias		1971	3	1	0	0	0	0	0	0	0	0	0	28	3	0	0	0	0	0	3
Fischer	Stephann		1971	3	1	21	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
Gawlitler	Wolfgang		1973	3	1	0	0	0	0	0	0	0	0	0	36	3	0	0	0	0	0	3
Gümmer	Ralf	Hermann Löns Schule Lb	1970	3	1	0	0	0	0	0	0	0	0	0	42	3	0	0	0	0	0	3
Hansen	Sven	XXL-Fighter Anno 1900	1970	3	1	0	0	0	0	0	0	0	0	0	44	3	0	0	0	0	0	3
Hein	Christian	TuS Barendorf	1973	3	1	0	0	0	0	0	0	0	0	0	30	3	0	0	0	0	0	3
Kneipp	Sascha	Lüneburg	1973	3	1	0	0	0	0	0	0	0	0	0	43	3	0	0	0	0	0	3
Lühns	Kai		1973	3	1	0	0	0	0	0	0	0	30	3	0	0	0	0	0	0	0	3
Matthias	Stefan		1973	3	1	0	0	0	0	0	0	0	0	0	38	3	0	0	0	0	0	3
Meyer	Michael		1969	3	1	0	0	0	0	0	0	0	0	0	45	3	0	0	0	0	0	3
Modlich	Peter	Lüneburg	1972	3	1	0	0	0	0	0	0	0	0	0	46	3	0	0	0	0	0	3
Peters	Jens	Wittorf	1971	3	1	0	0	0	0	0	0	0	0	0	33	3	0	0	0	0	0	3
Schmöckel	Pascal	Häcklinger Laufwunder	1971	3	1	0	0	21	3	0	0	0	0	0	0	0	0	0	0	0	0	3
Seiferth	Markus	Müssen	1972	3	1	0	0	0	0	0	0	22	3	0	0	0	0	0	0	0	0	3
Seitz	Bernhard	Lüneburg	1969	3	1	0	0	0	0	0	0	0	0	0	29	3	0	0	0	0	0	3
Soetebeer	Stephan	XXL-Fighter Anno 1900	1970	3	1	0	0	0	0	0	0	0	0	0	41	3	0	0	0	0	0	3
Sonnenkalb	Mark	TSV 08 Eppendorf/Groß E	1973	3	1	0	0	0	0	0	0	0	23	3	0	0	0	0	0	0	0	3
Thiede	Henrik	SV Ehlbeck	1971	3	1	0	0	0	0	0	0	0	21	3	0	0	0	0	0	0	0	3
Tubic	Marinko	Lüneburg	1971	3	1	0	0	0	0	0	0	0	0	0	22	3	0	0	0	0	0	3
Westphal	Frank	TuS Hertha Betzendorf	1970	3	1	0	0	0	0	0	0	0	26	3	0	0	0	0	0	0	0	3
Wodarz	Thorsten		1971	3	1	0	0	0	0	0	0	0	0	0	39	3	0	0	0	0	0	3

Altersklasse M 45 (Jahrg. 1964 + 1968)

Frischmuth	Matthias	Sport AS Lüneburg	1965	124	6	1	25	25	3	0	0	3	21	0	0	1	25	1	25	1	25	0	0	121
Blank	Joachim	Team 40 up	1968	132	6	4	20	2	23	0	0	6	18	0	0	2	23	1	25	0	0	2	23	114
Menke	Christian	TSV Altenmedingen	1965	154	7	4	20	1	25	0	0	0	0	2	23	2	23	3	21	3	21	3	21	113
Wilsdorf	Torsten		1966	150	7	3	21	6	18	0	0	0	0	3	21	3	21	2	23	2	23	2	23	111
Rößler	Jörg	2. AufklLehrBtl 3 Lüneburg	1967	130	7	11	13	4	20	0	0	3	21	8	16	4	20	4	20	4	20	0	0	101
Pöthe	Thomas	Triathlon Team Lüneburg	1966	96	5	6	18	2	23	0	0	0	6	18	6	18	5	19	0	0	0	0	0	96
Novotny	André	1. SCL	1965	95	5	7	17	3	21	0	0	5	19	9	15	0	0	0	2	23	0	0	0	95
Safft	Andreas	VfL Lüneburg	1964	102	6	9	15	0	0	0	0	6	18	7	17	7	17	7	17	0	0	6	18	87
Kurfürst	Uwe	MTV Treubund Lüneburg	1965	83	4	3	21	0	0	0	0	7	17	0	0	0	0	0	1	25	4	20	0	83
Schulze	Martin		1966	75	3	0	0	0	0	0	0	1	25	0	0	1	25	0	0	0	0	1	25	75
Schill	Andreas	Lüneburg	1966	82	6	0	0	0	0	0	0	8	16	16	8	11	13	12	12	6	18	9	15	74
Baumann	Cajetan	MTV Treubund Lüneburg	1968	65	6	18	6	13	11	0	0	0	0	33	3	11	13	6	18	10	14	0	0	62
Bickel	Klaus	Adendorf	1965	68	7	17	7	17	7	0	0	23	3	17	7	15	9	8	16	0	0	5	19	58
Hartz	Gerhard	AC/DC Fan Lbg.	1964	61	6	30	3	16	8	0	0	16	8	0	0	13	11	4	20	0	0	13	11	58
Suhm	Michael	Lauftreff TSV Bienenbütte	1965	57	5	12	12	0	0	0	0	15	9	14	10	17	7	0	0	5	19	0	0	57
Schäfer	Dirk		1968	60	7	16	8	10	14	0	0	0	0	22	3	25	3	14	10	8	16	18	6	54
Rösler	Mario	Laufgruppe Ludwigslust	1967	53	5	15	9	0	0	0	0	12	12	29	3	12	12	7	17	0	0	0	0	53
Gomell	Holger	Deutsch-Evern	1964	52	3	15	9	0	0	0	0	0	0	0	4	20	2	23	0	0	0	0	0	52
Unruh	Andreas	SV Wendisch Evern	1964	52	3	8	16	0	0	0	0	8	16	0	0	0	0	0	0	0	0	4	20	52
Breitschuh	Gernot	FG Tangendorf	1967	50	2	1	25	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	0	50
Kalisch	Günter	Kensho Lüneburg	1965	50	4	17	7	0	0	0	0	0	0	11	13	12	12	6	18	0	0	0	0	50
Hacker	Hartmut	der Dahlenburger Ford-Se	1965	48	3	0	0	9	15	0	0	0	0	10	14	0	0	0	0	0	0	5	19	48
Boße	Thomas	Lüneburg	1966	47	3	0	0	0	0	0	0	10	14	0	0	0	0	11	13	4	20	0	0	47
Pofahl	Andreas		1968	46	5	26	3	15	9	0	0	14	10	0	0	0	0	0	12	12	12	12	12	46
Lühmann	Martin	XXL-Fighter Anno 1900	1965	51	7	22	3	14	10	0	0	16	8	23	3	34	3	15	9	9	15	0	0	45
Mosel	Wolfgang	Aufbau Boitzenburg	1964	44	2	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	3	21	44
Bormann	Matthias	SV Barnstedt	1964	42	3	0	0	15	9	0	0	0	0	0	0	0	0	0	7	17	8	16	42	
Hornberger	Wolfgang	Deutsch Evern	1968	40	2	0	0	0	0	0	0	4	20	4	20	0	0	0	0	0	0	0	0	40
Ochmann	Michael	TSV Gellersen	1965	38	2	0	0	0	0	0	0	5	19	0	0	5	19	0	0	0	0	0	0	38

Büsching	Heino		1964	37	2	0	0	0	0	0	0	0	0	0	8	16	3	21	0	0	0	0	37	
Piepenbrink	Heiko	D.-Evern	1968	37	3	14	10	0	0	0	0	0	18	6	0	0	0	0	3	21	0	0	37	
Schaefer	Gabriel	Triathlon Team Lüneburg	1968	35	2	10	14	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	35	
Bieber	Dirk	BSG Justiz Laufgruppe	1964	34	5	16	8	0	0	0	13	11	19	5	0	0	22	3	0	0	17	7	34	
Holzhausen	Jörg	Hamburg	1966	34	2	0	0	5	19	0	0	0	0	9	15	0	0	0	0	0	0	0	34	
Steenfatt	Thomas		1964	33	5	27	3	19	5	0	0	17	7	0	0	16	8	0	0	0	0	14	10	33
Badel	Udo		1968	31	2	0	0	7	17	0	0	0	0	0	10	14	0	0	0	0	0	0	31	
Weseloh	Eckerhard		1965	31	4	23	3	10	14	0	0	0	0	26	3	0	0	0	0	0	0	13	11	31
Flügge	Thomas	Lüneburg	1965	30	4	24	3	19	5	0	0	7	17	0	0	19	5	0	0	0	0	0	30	
Middeke	Ralf	Team Erdinger Alkoholfrei	1967	29	3	0	0	0	0	0	0	17	7	25	3	0	0	0	5	19	0	0	29	
Oetzmann	Mario		1967	28	5	21	3	0	0	0	0	10	14	32	3	33	3	0	0	0	0	19	5	28
Sturm	Jörg		1965	28	4	0	0	18	6	0	0	0	0	0	15	9	0	0	14	10	21	3	28	
Wesenick	Jonas		1966	27	2	0	0	9	15	0	0	0	0	0	0	0	0	0	0	0	12	12	27	
Zender	Markus	VfL Lüneburg	1968	27	2	0	0	0	0	0	0	0	12	12	0	0	9	15	0	0	0	0	27	
Lemcke	Uwe, Dr.		1968	26	3	22	3	0	0	0	0	15	9	0	0	10	14	0	0	0	0	0	26	
Kupper	Frank	Post SV Buxtehude	1964	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	25	25	
Moritz	Ulrich	Hamburger Hasen	1966	25	1	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	0	25	
Ohrmund	Thilo	LT Hemsbach	1967	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25	
Stülb	Georg	TV Hermeskeil	1966	25	2	13	11	0	0	0	0	0	0	0	0	0	0	0	0	0	10	14	25	
Elwart	Matthias	Team Erdinger Alkoholfrei	1964	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23	
Epke	Manuel	LKC Lüneburg	1967	23	2	0	0	14	10	0	0	0	0	0	0	0	0	0	11	13	0	0	23	
Lerbs	Bernd	SG Aufbau Boitzenburg	1967	23	1	0	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	23	
Mummert	Christopher	Bienenbüttel	1968	23	1	2	23	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23	
Behrens	Thomas	MTV Amelinghausen LT	1964	21	5	0	0	0	0	0	0	25	3	0	0	54	3	24	3	15	9	23	3	21
Mainka	Jens		1964	21	2	19	5	8	16	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Münster	Thomas	SV-Gartow	1965	21	1	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21	
Büttner	Ulrich		1965	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	20	
Kardel	Jan	TuS Brietlingen	1967	20	1	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	0	20	
Ahlef	Dr. Sven	TuS Brietlingen	1966	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Bäßler	Jürgen		1965	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Buhr	Michael	TSV Wrestedt/Stederdorf	1966	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Glowik	Thomas	SV Scharnebeck	1968	19	2	11	13	0	0	0	0	18	6	0	0	0	0	0	0	0	0	0	19	
Laser	Jörg	Lüneburg	1966	19	1	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19	
Roloff	Udo	Buchholz	1965	19	1	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	0	0	19	
Wendland	Norbert	Dachtmissen	1964	19	1	0	0	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	19	
Börnicke	Peter		1966	18	1	0	0	0	0	0	0	0	0	0	0	0	0	0	6	18	0	0	18	
Klingenspor	Joern		1964	18	1	0	0	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Meier	Philip		1968	18	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	18	18	
Münster	Henning	Barendorf	1964	18	3	0	0	0	0	0	0	0	20	4	21	3	13	11	0	0	0	0	18	
Reimann	Wolfgang	VFL-Jesteburg	1964	18	1	6	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	
Salewski	Rainer	Uelzen	1967	18	1	0	0	0	0	0	0	0	0	0	6	18	0	0	0	0	0	0	18	
Schlademann	Fred	THC Lüneburg	1964	18	2	21	3	0	0	0	0	0	0	0	9	15	0	0	0	0	0	0	18	
Bässler	Patrick		1965	17	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	17	17	
Breitschuh	Albrecht	MTV Treubund Lüneburg	1965	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17	
Horn	Markus		1966	17	3	0	0	0	0	0	0	0	0	0	31	3	18	6	0	0	16	8	17	
Jörg	Axel		1966	17	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	17	17	
Konik	Jens-Peter	TuS Hertha Betzdf.	1967	17	1	0	0	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	17	
Kubsch	Thomas	LG Ludwigslust	1966	17	1	0	0	0	0	0	0	0	0	0	7	17	0	0	0	0	0	0	17	
Adolphi	Ulrich	Lüneburg	1968	16	1	0	0	0	0	0	0	0	0	0	8	16	0	0	0	0	0	0	16	
Behrens	Hans-Christian	Hamburg Wasser	1964	16	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	8	16	16	
Cordes	Christoph	Leben & Schreiben	1964	16	1	8	16	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16	
Dirbach	Matthias	Walmsburg	1966	16	2	23	3	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	16	
Oetjens	Christoph		1968	16	1	0	0	8	16	0	0	0	0	0	0	0	0	0	0	0	0	0	16	
Schaldach	Gerd	BSG EON Hanse	1965	16	2	19	5	13	11	0	0	0	0	0	0	0	0	0	0	0	0	0	16	
Tipp	Matthias	Toppenstedt	1964	16	1	0	0	0	0	0	0	0	0	0	0	0	8	16	0	0	0	0	16	

Dorsch	Armin	TSV Adendorf	1958	67	3	0	0	0	0	0	0	0	0	0	0	3	21	1	25	0	0	3	21	67
Düngefeld	Rolf	LT TSV Gellersen	1956	66	4	6	18	0	0	0	8	16	7	17	9	15	0	0	0	0	0	0	0	66
Fortmann	Alex	TSV Stelle	1955	61	3	4	20	0	0	0	0	0	0	0	6	18	2	23	0	0	0	0	61	
Wiebe	Thomas	Lüneburger SK	1956	60	3	0	0	0	0	0	0	0	0	0	7	17	4	20	2	23	0	0	60	
Cordes	Henry	VFL Fredenbeck	1955	55	3	0	0	9	15	0	4	20	0	0	0	0	0	4	20	0	0	0	55	
Stumpenhaus	Willhelm	Lauftreff Lüneburg	1954	55	5	0	0	16	8	0	0	0	14	10	0	0	8	16	10	14	17	7	55	
Lange	Eckhard	SV Ehlbeck	1955	50	4	10	14	0	0	0	10	14	11	13	15	9	0	0	0	0	0	0	50	
Meyer	Wolfgang	Neetze	1958	47	4	0	0	0	0	0	0	0	16	8	17	7	7	17	9	15	0	0	47	
Müller	Gerhard	MTV Amelinghausen LT	1954	47	3	0	0	10	14	0	0	0	0	0	8	16	0	0	7	17	0	0	47	
Goldbeck	Manfred	MTV Amelinghausen LT	1956	46	3	0	0	0	0	0	9	15	0	0	16	8	2	23	0	0	0	0	46	
Drebold	Jörg	Lauftreff Lüneburg	1955	45	4	10	14	0	0	0	0	0	12	12	13	11	0	0	0	0	16	8	45	
Rexhausen	Wolfgang	Thomasburger SV	1954	40	4	0	0	18	6	0	0	0	17	7	0	0	9	15	12	12	0	0	40	
Hahn	Volker	MTV Handorf	1958	38	2	6	18	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	38	
Hansen	Uwe	SV Kirchboitzen	1956	30	2	7	17	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
Schulze	Jörg	Lüneburg	1957	29	3	0	0	0	0	0	12	12	13	11	18	6	0	0	0	0	0	0	29	
Grünberg	Harald	SV Kravag	1957	27	2	8	16	0	0	0	0	0	0	0	0	0	0	0	0	13	11	0	27	
Klaer	Welf-Heinrich	TV Jahn Schneverdingen	1956	25	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	25	25	
Köhler	Hans-Jürgen	TuS Bergen	1957	25	1	0	0	0	0	0	0	0	1	25	0	0	0	0	0	0	0	0	25	
Suse	Hans-Werner	Team Erdinger Alkoholfrei	1957	25	1	0	0	1	25	0	0	0	0	0	0	0	0	0	0	0	0	0	25	
Bolle	Thomas	Artlenburg	1957	23	1	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23	
Christmann	Oliver	VfL Lüneburg	1956	23	1	0	0	2	23	0	0	0	0	0	0	0	0	0	0	0	0	0	23	
Jeschke	Ottmar	LT Duvenstedt	1958	23	1	0	0	0	0	0	2	23	0	0	0	0	0	0	0	0	0	0	23	
Kröger	Eckard	TuS Reppenstedt	1957	23	1	0	0	0	0	0	0	0	0	0	2	23	0	0	0	0	0	0	23	
Bauer-Ohlber	Alfons	MTV Treubund Lüneburg	1957	21	1	0	0	0	0	0	0	0	0	0	3	21	0	0	0	0	0	0	21	
Bodendiek	Klaus	Stolpertruppe Winsen	1957	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Leder	Rainhard	Uelzen	1955	21	1	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Schwardt	Ulrich	Roter Stern Lübeck	1956	21	1	0	0	3	21	0	0	0	0	0	0	0	0	0	0	0	0	0	21	
Amtsfeld	Joachim	Team Amtsfeld	1957	20	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4	20	20	
Barton	Axel		1956	20	2	0	0	17	7	0	0	0	0	0	0	0	0	0	11	13	0	0	20	
Knebel	Norbert	SC Soltau	1955	20	1	0	0	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	20	
Müller	Detlef	TuS Bergen	1955	20	1	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	0	0	20	
Süß	Lothar		1958	20	1	4	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	
Wolf	Matthias	Lüneburg	1955	20	1	0	0	0	0	0	0	0	0	0	4	20	0	0	0	0	0	0	20	
Hagen	Frank	VfL Suderburg	1954	19	1	0	0	0	0	0	0	0	0	0	5	19	0	0	0	0	0	0	19	
Kuhleemann	Manfred	Stolpertruppe Winsen	1956	19	1	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Piehl	Ullrich	TSV Mechtersen/Vögelsee	1957	19	1	0	0	5	19	0	0	0	0	0	0	0	0	0	0	0	0	0	19	
Kloss	Stephan	LT Sachsenwald	1955	18	1	0	0	0	0	0	6	18	0	0	0	0	0	0	0	0	0	0	18	
Schaper	Jürgen		1955	18	1	0	0	0	0	0	0	0	0	0	0	0	0	6	18	0	0	0	18	
Reuter	Michael		1958	17	1	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	17	
Trübendörfer	Wilhelm	LT Kolping Markt Schwab	1956	17	1	0	0	7	17	0	0	0	0	0	0	0	0	0	0	0	0	0	17	
Turau	Volker	LG Brunsberg	1957	17	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	7	17	0	17	
Komorski, vor	Norbert		1955	15	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9	15	15	
Rapelius	Klaus		1957	15	1	9	15	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	
Bast	Manfred	LT TSV Bienenbüttel	1957	13	1	11	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	13	
Felmet	Siegmar	TSV Bienenbüttel	1957	13	1	0	0	0	0	0	11	13	0	0	0	0	0	0	0	0	0	0	13	
Thies	Jürgen	Fitforever	1957	12	1	0	0	0	0	0	0	0	0	0	12	12	0	0	0	0	0	0	12	
Haustein	Jochen		1958	11	1	0	0	0	0	0	13	11	0	0	0	0	0	0	0	0	0	0	11	
Frerichs	Hinrich	FG Tangendorf	1957	10	1	0	0	14	10	0	0	0	0	0	0	0	0	0	0	0	0	0	10	
Lohanßon	Heinz-Walter	TSV Gellersen	1957	10	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14	10	0	10	
Lohmann	Joern	VfL Jesteburg	1958	10	1	0	0	0	0	0	0	0	0	0	14	10	0	0	0	0	0	0	10	
Braun	Christian	Amelinghausen	1957	9	1	0	0	0	0	0	0	15	9	0	0	0	0	0	0	0	0	0	9	
Steinbeck	Fred	SG Steinbeck	1955	9	1	0	0	15	9	0	0	0	0	0	0	0	0	0	0	0	0	0	9	
Zeller	Hans-Jürgen	Lüneburger Laufschiule	1958	9	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	15	9	0	9	
Weiser	Arne		1958	6	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	18	6	0	6	

