

# Ergebnisse

## 8. Lauf im Niederlausitz-Cup 2009

20. Juni 2009 - Senftenberg/OT Großkoschen

### 32. Großkoschener Seelauf

17,7 km

Punkte

#### M 18/19

|                   |      |            |         |    |
|-------------------|------|------------|---------|----|
| 1. Wienigk, Hardy | 1991 | LC Cottbus | 1:22:21 | 30 |
|-------------------|------|------------|---------|----|

#### M 20

|                       |      |                          |         |    |
|-----------------------|------|--------------------------|---------|----|
| 1. Seher, Daniel      | 1982 | Bad Muskau               | 1:06:29 | 30 |
| 2. Sarfert, René      | 1981 | Triathlon Verein Dresden | 1:06:55 | 27 |
| 3. Schoenig, Michael  | 1988 | ESV Lok Potsdam          | 1:08:54 | 24 |
| 4. Rathenow, Jann     | 1985 | Potsdamer LC             | 1:12:38 | 22 |
| 5. Rotter, Michael    | 1982 | FLG Spremberg            | 1:14:09 | 21 |
| 6. Zschischang, Marco | 1981 | Kraußnitz                | 1:17:36 | 20 |
| 7. Habeck, David      | 1986 | LT Lausitz Hoyerswerda   | 1:27:04 | 19 |
| 8. Böttcher, Björn    | 1981 | FLB Cottbus              | 1:27:18 | 18 |
| 9. Lenz, Rico         | 1985 | LT Lausitz Hoyerswerda   | 1:28:30 | 17 |
| 10. Schiemann, Steve  | 1987 | SV Stahl Hennigsdorf     | 1:54:00 | 16 |

#### M 30

|                     |      |                                   |         |    |
|---------------------|------|-----------------------------------|---------|----|
| 1. During, Sven     | 1979 | BSG Sparkasse Spree-Neiße Cottbus | 1:07:32 | 30 |
| 2. Noffke, Torsten  | 1977 | SV Stahl Hennigsdorf              | 1:11:34 | 27 |
| 3. Kulpa, Michael   | 1975 | Lauffreunde Brandenburg           | 1:13:45 | 24 |
| 4. Kreuzler, Thomas | 1979 | Running-Team Herzberg             | 1:16:10 | 22 |
| 5. Linke, Christian | 1978 | LTSV Forst 1990                   | 1:21:29 | 21 |
| 6. Jahn, Ingo       | 1975 | RBB-Laufbewegung Cottbus          | 1:28:31 | 20 |

#### M 35

|                       |      |                            |         |    |
|-----------------------|------|----------------------------|---------|----|
| 1. Kulpa, Thomas      | 1971 | Lauffreunde Brandenburg    | 1:08:56 | 30 |
| 2. Thierfelder, Lutz  | 1972 | LTSV Forst 1990            | 1:09:38 | 27 |
| 3. Böhrenz, Lars      | 1970 | FLG Spremberg              | 1:10:27 | 24 |
| 4. Mothes, Andreas    | 1974 | Die Rennschnecken Cottbus  | 1:13:50 | 22 |
| 5. Keilwagen, René    | 1972 | NLLB Cottbus               | 1:14:47 | 21 |
| 6. Hänel, Steffen     | 1971 | Niesky                     | 1:16:32 | 20 |
| 7. Meltzer, Michael   | 1972 | Sportfreunde Bärwalder See | 1:21:46 | 19 |
| 8. Temmert, Jörn      | 1972 | Die Rennschnecken Cottbus  | 1:22:14 | 18 |
| 9. Schönemann, Frank  | 1970 | PankeRunner Panketal       | 1:33:59 | 17 |
| 10. Effenberger, René | 1971 | Running-Team Herzberg      | 1:45:24 | 16 |
| 11. Hinz, Thomas      | 1970 | SV Großräschen             | 1:52:37 | 15 |

#### M 40

|                       |      |                           |         |    |
|-----------------------|------|---------------------------|---------|----|
| 1. Schäfer, Heiko     | 1967 | Langebrück                | 1:07:03 | 30 |
| 2. Riedmann, Johann   | 1969 | LT Lausitz Hoyerswerda    | 1:07:51 | 27 |
| 3. Misera, Dr. Silvio | 1969 | Die Rennschnecken Cottbus | 1:08:58 | 24 |
| 4. Stenzel, Ingo      | 1967 | SV Motor Saspow           | 1:11:50 | 22 |
| 5. Wagner, Gerald     | 1968 | Tri-Team Senftenberg      | 1:14:21 | 21 |
| 6. Unruh, René        | 1967 | LT Lausitz Hoyerswerda    | 1:14:53 | 20 |
| 7. Tasler, Jörg       | 1967 | LC Cottbus                | 1:18:39 | 19 |
| 8. Schwar, Andreas    | 1965 | LSC Großkoschen           | 1:26:30 | 18 |
| 9. Beer, Carsten      | 1967 | TSG KW Boxberg/Weißwasser | 1:28:09 | 17 |

|                           |      |                        |         |    |
|---------------------------|------|------------------------|---------|----|
| 10. Herrmann, Andreas     | 1967 | Hohenstein-Ernstthal   | 1:28:18 | 16 |
| 11. Drebinski, Thomas     | 1968 | LTSV Forst 1990        | 1:31:10 | 15 |
| 12. Grieger, Henri        | 1965 | Klettwitz              | 1:31:36 | 14 |
| 13. Miecznikowski, Volker | 1969 | Sparkassen SV Chemnitz | 1:34:29 | 13 |

#### M 45

|                        |      |                             |         |    |
|------------------------|------|-----------------------------|---------|----|
| 1. Geissler, Roland    | 1960 | SWV Lauchhammer             | 1:07:34 | 30 |
| 2. Hoffmann, Detlef    | 1963 | FLG Spremberg               | 1:07:37 | 27 |
| 3. Malig, Ralf         | 1961 | Bowlingclub Senftenberg     | 1:09:09 | 24 |
| 4. Bettle, Oliver      | 1963 | VfL Borgsdorf               | 1:09:17 | 22 |
| 5. Palm, Rainer        | 1964 | LWV Potsdam/Nuthetal        | 1:09:30 | 21 |
| 6. Berlin, Thomas      | 1963 | Die Rennschnecken Cottbus   | 1:11:39 | 20 |
| 7. Melke, Roland       | 1962 | SV Großräschen              | 1:14:51 | 19 |
| 8. Schau, Frank        | 1964 | LTSV Forst 1990             | 1:15:07 | 18 |
| 9. Graff, Steffen      | 1962 | Schipkau                    | 1:19:54 | 17 |
| 10. Münch, Gundolf     | 1961 | Cottbus                     | 1:20:05 | 16 |
| 11. Tietze, Peter      | 1962 | Lichtensee                  | 1:21:44 | 15 |
| 12. Trautmann, Enrico  | 1960 | LG Vetschau                 | 1:22:04 | 14 |
| 13. Jauer, Bernd       | 1963 | Team Sport Freigang Cottbus | 1:25:20 | 13 |
| 14. Balog, Gyula       | 1964 | SV Großräschen              | 1:26:23 | 12 |
| 15. Görsch, Harri      | 1961 | SV Wacker Komptendorf       | 1:27:15 | 11 |
| 16. Schnurre, Matthias | 1962 | Kleinkoschen                | 1:39:24 | 10 |
| 17. Göpel, Andreas     | 1961 | Laufbienchen Lübbenau       | 1:43:34 | 9  |
| 18. Budich, Andreas    | 1961 | Hosena                      | 1:45:40 | 8  |

#### M 50

|                           |      |                               |         |    |
|---------------------------|------|-------------------------------|---------|----|
| 1. Harzbecker, Ralf       | 1957 | SC Hoyerswerda                | 1:03:30 | 30 |
| 2. Kreemke, Wolfgang      | 1955 | ESV Lok Potsdam               | 1:05:26 | 27 |
| 3. Riedel, Jörg           | 1959 | MSV Meusegast                 | 1:08:32 | 24 |
| 4. Gött, Klaus            | 1957 | VfL Brandenburg               | 1:08:52 | 22 |
| 5. Kupka, Raimund         | 1959 | SV Stahl Hennigsdorf          | 1:11:29 | 21 |
| 6. Rul, Wladimir          | 1956 | LT Lausitz Hoyerswerda        | 1:18:34 | 20 |
| 7. Schirmer, Hartmut      | 1959 | SV Wacker Komptendorf         | 1:18:57 | 19 |
| 8. Nowak, Frank           | 1958 | SV Großräschen                | 1:20:29 | 18 |
| 9. Wojciechowski, Andreas | 1959 | LSC Großkoschen               | 1:21:08 | 17 |
| 10. Hartmann, Harald      | 1958 | NLLB Cottbus                  | 1:21:24 | 16 |
| 11. Voigt, Peter          | 1956 | Lauchhammer                   | 1:24:01 | 15 |
| 12. Lies, Andreas         | 1956 | MSV Tripoint Frankfurt (Oder) | 1:26:45 | 14 |
| 13. Grahnert, Thomas      | 1955 | SV FS Rossendorf              | 1:27:05 | 13 |
| 14. Witschaß, Bernhard    | 1958 | Tätzschwitz                   | 1:28:01 | 12 |
| 15. Wilke, Eckhard        | 1958 | SV 1885 Rhinow/Großderschau   | 1:28:12 | 11 |
| 16. Heintze, Wolfram      | 1959 | Kamenz                        | 1:29:10 | 10 |
| 17. Florich, Volkmar      | 1955 | RBB-Laufbewegung Cottbus      | 1:34:28 | 9  |
| 18. Buttler, Siegfried    | 1958 | Hoyerswerda                   | 1:44:05 | 8  |

#### M 55

|                         |      |                               |         |    |
|-------------------------|------|-------------------------------|---------|----|
| 1. Voss, Detlef         | 1951 | ESV Lok Potsdam               | 1:06:54 | 30 |
| 2. Engert, Reinhardt    | 1950 | SV Stahl Hennigsdorf          | 1:11:15 | 27 |
| 3. Koal, Gerd           | 1952 | NLLB Cottbus                  | 1:13:32 | 24 |
| 4. Röthig, Gerd         | 1951 | LG Wartturm Niesky            | 1:15:37 | 22 |
| 5. Sickert, Gerd        | 1952 | Iron Igels Hoyerswerda        | 1:18:48 | 21 |
| 6. Krüger, Klaus-Stefan | 1950 | MSV Tripoint Frankfurt (Oder) | 1:19:05 | 20 |
| 7. Friebe, Bernd        | 1954 | SAP Dresden                   | 1:20:55 | 19 |
| 8. Bohn, Gunter         | 1953 | Kleinmachnow                  | 1:22:42 | 18 |
| 9. Kuttig, Ingo         | 1950 | ESV Lok Potsdam               | 1:23:55 | 17 |
| 10. Franke, Norbert     | 1950 | SV Stahl Hennigsdorf          | 1:24:31 | 16 |
| 11. Cser, Istvan        | 1953 | LTSV Forst 1990               | 1:25:04 | 15 |
| 12. Hensel, Heinz       | 1950 | Cottbus                       | 1:25:49 | 14 |
| 13. Hauptvogel, Klaus   | 1951 | Ortrand                       | 1:26:32 | 13 |

|                      |      |                              |         |    |
|----------------------|------|------------------------------|---------|----|
| 14. Roth, Peter      | 1953 | DVAG Marathon-Team Spremberg | 1:27:58 | 12 |
| 15. Zimmermann, Gerd | 1951 | RBB-Laufbewegung Cottbus     | 1:28:27 | 11 |
| 16. Pleger, Lothar   | 1950 | LG Vetschau                  | 1:28:45 | 10 |

#### M 60

|                         |      |                            |         |    |
|-------------------------|------|----------------------------|---------|----|
| 1. Butgereit, Bernd     | 1945 | ESV Lok Potsdam            | 1:12:06 | 30 |
| 2. Benda, Sven          | 1948 | Potsdamer LC               | 1:17:45 | 27 |
| 3. Oppitz, Siegbert     | 1945 | FLB Cottbus                | 1:18:23 | 24 |
| 4. Breauer, Dr. Dietmar | 1947 | NLLB Cottbus               | 1:29:59 | 22 |
| 5. Schneider, Joachim   | 1947 | LT Lausitz Hoyerswerda     | 1:30:37 | 21 |
| 6. Jadczyk, Klaus       | 1948 | WSG 81 Königs Wusterhausen | 1:30:58 | 20 |

#### M 65

|                                |      |                               |         |    |
|--------------------------------|------|-------------------------------|---------|----|
| 1. Wolf, Dr. Horst             | 1942 | Bernauer Lauffreunde          | 1:20:49 | 30 |
| 2. Klotzbücher, Jürgen         | 1941 | SV Müggelpark Gosen           | 1:21:48 | 27 |
| 3. Sarembe, Wolfgang           | 1944 | LWV Potsdam/Nuthetal          | 1:25:39 | 24 |
| 4. Kley, Bernd                 | 1944 | NLLB Cottbus                  | 1:27:22 | 22 |
| 5. Kloß, Klaus-Dieter          | 1944 | LT Lausitz Hoyerswerda        | 1:29:16 | 21 |
| 6. Bogs, Jürgen                | 1941 | MSV Tripoint Frankfurt (Oder) | 1:30:07 | 20 |
| 7. Leistikow, Manfred          | 1942 | ESV Lok Potsdam               | 1:31:44 | 19 |
| 8. Katzmann, Karl              | 1941 | LG Vetschau                   | 1:33:41 | 18 |
| 9. Frieß, Horst                | 1940 | LTSV Forst 1990               | 1:35:49 | 17 |
| 10. Gotsch, Bernhard           | 1944 | LT Lausitz Hoyerswerda        | 1:36:05 | 16 |
| 11. Freitag, Manfred           | 1941 | Schwarzheide                  | 1:42:41 | 15 |
| 12. Redetzky, Prof. Dr. Robert | 1940 | SV FH Lausitz Senftenberg     | 1:47:20 | 14 |

#### M 70

|                        |      |                           |         |    |
|------------------------|------|---------------------------|---------|----|
| 1. Primke, Siegfried   | 1939 | LTSV Forst 1990           | 1:19:00 | 30 |
| 2. Schmidt, Hans-Georg | 1938 | TSV Dresden               | 1:20:25 | 27 |
| 3. Schindler, Ernst    | 1937 | LWV Potsdam/Nuthetal      | 1:27:48 | 24 |
| 4. Strubel, Hansjörg   | 1939 | LG Havelblitze Brieselang | 1:49:38 | 22 |

#### M 75

|                 |      |                   |         |    |
|-----------------|------|-------------------|---------|----|
| 1. Zosel, Armin | 1934 | TSV 1862 Radeburg | 1:25:17 | 30 |
| 2. Linke, Horst | 1932 | NLLB Cottbus      | 1:50:12 | 27 |

#### M 80

|                      |      |              |         |    |
|----------------------|------|--------------|---------|----|
| 1. Noack, Karl-Heinz | 1928 | NLLB Cottbus | 1:54:19 | 30 |
|----------------------|------|--------------|---------|----|

#### W 20

|                    |      |                       |         |    |
|--------------------|------|-----------------------|---------|----|
| 1. Sardisong, Grit | 1982 | Senftenberg           | 1:45:20 | 16 |
| 2. Kuske, Karina   | 1981 | Running-Team Herzberg | 1:52:22 | 15 |
| 3. Kuske, Nicole   | 1981 | Running-Team Herzberg | 1:52:22 | 14 |

#### W 35

|                     |      |            |         |    |
|---------------------|------|------------|---------|----|
| 1. Oswald, Maret    | 1972 | Bersteland | 1:36:25 | 20 |
| 2. Hohäuser, Astrid | 1973 | Pulsnitz   | 1:44:43 | 19 |

#### W 40

|                       |      |                           |         |    |
|-----------------------|------|---------------------------|---------|----|
| 1. Hofmann, Katrin    | 1967 | TSV Dresden               | 1:22:00 | 16 |
| 2. Berlin, Birgit     | 1965 | Die Rennschnecken Cottbus | 1:22:18 | 15 |
| 3. Lauterbach, Sabine | 1968 | Altmittweida              | 1:34:16 | 14 |
| 4. Schröter, Simone   | 1967 | Berlin                    | 1:36:27 | 13 |
| 5. Bronk, Doreen      | 1965 | Calau                     | 1:41:57 | 12 |
| 6. Schreiber, Katrin  | 1969 | SC Hoyerswerda            | 1:42:46 | 11 |

#### W 45

|                        |      |                      |         |    |
|------------------------|------|----------------------|---------|----|
| 1. Stiller, Ulrike     | 1963 | LWV Potsdam/Nuthetal | 1:21:01 | 18 |
| 2. Stascheit, Cornelia | 1962 | SV Empor Köpenick    | 1:32:02 | 17 |

|                           |      |                            |         |    |
|---------------------------|------|----------------------------|---------|----|
| 3. Dolezych, Dr. Martina  | 1960 | SC Hoyerswerda             | 1:42:50 | 16 |
| 4. Betram, Katrin         | 1960 | Laufbienchen Lübbenau      | 1:48:15 | 15 |
| <b>W 50</b>               |      |                            |         |    |
| 1. Delang, Annemarie      | 1957 | LSC Großkoschen            | 1:33:36 | 18 |
| <b>W 55</b>               |      |                            |         |    |
| 1. Zimmermann, Kriemhild  | 1952 | RBB-Laufbewegung Cottbus   | 1:28:27 | 21 |
| <b>10 km</b>              |      |                            |         |    |
| <b>M 12/13</b>            |      |                            |         |    |
| 1. Noack, Paul            | 1996 | 1. SV Hoyerswerda          | 49:03   | 22 |
| <b>M 16/17</b>            |      |                            |         |    |
| 1. Trux, Patrick          | 1993 | 1. SV Hoyerswerda          | 42:05   | 30 |
| 2. Gansler, Eric          | 1993 | SV Großräschen             | 43:21   | 27 |
| 3. Schulz, Nico           | 1993 | SV Großräschen             | 48:34   | 24 |
| 4. Schmidtchen, Philipp   | 1993 | SV Großräschen             | 56:47   | 22 |
| <b>M 18/19</b>            |      |                            |         |    |
| 1. Kutschbach, Tino       | 1990 | WSG 81 Königs Wusterhausen | 51:23   | 27 |
| <b>M 20</b>               |      |                            |         |    |
| 1. Tzschoppe, Oliver      | 1989 | TSV Blau-Weiß Gröditz      | 37:32   | 15 |
| 2. Effenberg, Thomas      | 1985 | Tätzschwitz                | 38:41   | 14 |
| 3. Bossan, René           | 1988 | SV Großräschen             | 42:29   | 13 |
| 4. Wagner, Manuel         | 1989 | SV Großräschen             | 46:06   | 12 |
| <b>M 30</b>               |      |                            |         |    |
| 1. Lehmann, Jens          | 1976 | Horn                       | 38:27   | 19 |
| 2. Kretschel, Olaf        | 1975 | Tri-Team Senftenberg       | 41:48   | 18 |
| <b>M 35</b>               |      |                            |         |    |
| 1. Kuntzsch, Holger       | 1970 | Pirrlliepausen Senftenberg | 40:54   | 14 |
| <b>M 40</b>               |      |                            |         |    |
| 1. Möbius, Karsten        | 1969 | Großkoschen                | 41:34   | 12 |
| 2. Kutschbach, Kay        | 1965 | WSG 81 Königs Wusterhausen | 51:25   | 11 |
| 3. Baumann, Ingolf        | 1965 | Dresden                    | 55:02   | 10 |
| <b>M 45</b>               |      |                            |         |    |
| 1. Hanke, Christian       | 1963 | Kippenfuchse Lauchhammer   | 44:44   | 7  |
| 2. Richter, Lutz          | 1964 | Riesa                      | 54:04   | 6  |
| <b>M 55</b>               |      |                            |         |    |
| 1. Grünwald, Günter Franz | 1952 | NLLB Cottbus               | 54:51   | 9  |
| <b>M 60</b>               |      |                            |         |    |
| 1. Schaetzel, Waldemar    | 1947 | NLLB Cottbus               | 44:38   | 19 |
| 2. Wockenfuß, Wilfried    | 1946 | LTSV Forst 1990            | 48:45   | 18 |
| 3. Rademann, Reiner       | 1948 | BSV Senftenberg            | 57:56   | 17 |
| <b>M 65</b>               |      |                            |         |    |
| 1. Wallborn, Bernd        | 1943 | SV Neptun 08 Finsterwalde  | 51:10   | 13 |
| <b>M 70</b>               |      |                            |         |    |
| 1. Tinius, Hans           | 1935 | NLLB Cottbus               | 53:19   | 21 |

**M 75**

|                  |      |                 |         |    |
|------------------|------|-----------------|---------|----|
| 1. Beyer, Klaus  | 1932 | LG Vetschau     | 57:41   | 24 |
| 2. Miek, Ehrhard | 1933 | LTSV Forst 1990 | 58:44   | 22 |
| 3. Gadacz, Georg | 1934 | NLLB Cottbus    | 1:01:23 | 21 |

**W 14/15**

|                       |      |                        |         |    |
|-----------------------|------|------------------------|---------|----|
| 1. Deutschmann, Elisa | 1994 | LT Lausitz Hoyerswerda | 1:01:05 | 21 |
|-----------------------|------|------------------------|---------|----|

**W 16/17**

|                   |      |                |       |    |
|-------------------|------|----------------|-------|----|
| 1. Melke, Carolin | 1993 | SV Großräschen | 52:31 | 30 |
| 2. Balog, Lisa    | 1992 | SV Großräschen | 53:03 | 27 |

**W 18/19**

|                  |      |                      |         |    |
|------------------|------|----------------------|---------|----|
| 1. Kunitz, Mandy | 1990 | SV Stahl Hennigsdorf | 49:15   | 30 |
| 2. Balog, Susan  | 1991 | SV Großräschen       | 1:00:34 | 27 |

**W 20**

|                     |      |                         |         |    |
|---------------------|------|-------------------------|---------|----|
| 1. Hermann, Diana   | 1982 | LTSV Forst 1990         | 47:48   | 30 |
| 2. Sägebarth, Nancy | 1986 | Potsdam                 | 49:24   | 27 |
| 3. Brocke, Bianca   | 1985 | SV Großräschen          | 50:16   | 24 |
| 4. Krüger, Doreen   | 1980 | Team 94,5 Radio Cottbus | 54:06   | 22 |
| 5. Huber, Linda     | 1982 | FLB Cottbus             | 55:21   | 21 |
| 6. Schmid, Janine   | 1986 | LT Lausitz Hoyerswerda  | 58:34   | 20 |
| 7. Delang, Christin | 1983 | Großkoschen             | 1:09:22 | 19 |
| 8. Dubrau, Ramona   | 1982 | LT Lausitz Hoyerswerda  | 1:15:30 | 18 |
| 9. Melisch, Katja   | 1982 | SV Großräschen          | 1:16:05 | 17 |

**W 30**

|                         |      |                           |         |    |
|-------------------------|------|---------------------------|---------|----|
| 1. Skeries, Alexandra   | 1978 | BSG Pneumant Fürstenwalde | 44:10   | 30 |
| 2. Thierfelder, Kerstin | 1977 | LTSV Forst 1990           | 44:48   | 27 |
| 3. Koczessa, Kathrin    | 1977 | Team Oberhavel            | 45:24   | 24 |
| 4. Hedt, Yvonne         | 1978 | SV Großräschen            | 45:48   | 22 |
| 5. Melisch, Jeanette    | 1979 | SV Großräschen            | 51:13   | 21 |
| 6. Janke, Sabine        | 1978 | SV Großräschen            | 1:08:44 | 20 |

**W 35**

|                      |      |                         |       |    |
|----------------------|------|-------------------------|-------|----|
| 1. Dehlitsch, Ulrike | 1970 | SV 1919 Hoyerwerda      | 48:10 | 30 |
| 2. Heymann, Ines     | 1971 | Tri-Team Senftenberg    | 52:47 | 27 |
| 3. Heller, Sylvia    | 1971 | Team 94,5 Radio Cottbus | 54:23 | 24 |
| 4. Adam, Juliane     | 1973 | Cottbus                 | 56:52 | 22 |

**W 40**

|                          |      |                             |       |    |
|--------------------------|------|-----------------------------|-------|----|
| 1. Richter, Kerstin      | 1967 | SV Großräschen              | 43:30 | 30 |
| 2. Grothe-Kraft, Anja    | 1969 | LC Dosse Wittstock          | 43:52 | 27 |
| 3. Palm, Kathrin         | 1965 | LWV Potsdam/Nuthetal        | 44:40 | 24 |
| 4. Busse, Sibylle        | 1965 | Team Sport Freigang Cottbus | 46:54 | 22 |
| 5. Deutschmann, Jeanette | 1966 | LT Lausitz Hoyerswerda      | 48:51 | 21 |
| 6. Illmer, Bettina       | 1968 | SV Wacker Komptendorf       | 49:54 | 20 |
| 7. Stenzel, Gritt        | 1968 | SV Motor Saspow             | 52:21 | 19 |
| 8. Barber, Kathrin       | 1966 | Tri-Team Senftenberg        | 55:10 | 18 |

**W 45**

|                      |      |                        |       |    |
|----------------------|------|------------------------|-------|----|
| 1. Sammulat, Grit    | 1964 | LC Cottbus             | 43:45 | 30 |
| 2. Semper, Anette    | 1963 | Team Oberhavel         | 48:21 | 27 |
| 3. Handreck, Petra   | 1962 | LTSV Forst 1990        | 48:26 | 24 |
| 4. Hoffmann, Kerstin | 1964 | LT Lausitz Hoyerswerda | 52:20 | 22 |
| 5. Röhle, Marlies    | 1963 | LG Wartturm Niesky     | 54:47 | 21 |
| 6. Mallon, Elke      | 1961 | LT Lausitz Hoyerswerda | 56:20 | 20 |

**W 50**

|                        |      |                            |         |    |
|------------------------|------|----------------------------|---------|----|
| 1. Neumann, Cornelia   | 1959 | LC Cottbus                 | 44:24   | 30 |
| 2. Jachmann, Christina | 1956 | LTSV Forst 1990            | 49:24   | 27 |
| 3. Walter, Christine   | 1958 | WSG 81 Königs Wusterhausen | 49:57   | 24 |
| 4. Förster, Ingrid     | 1958 | LTSV Forst 1990            | 52:11   | 22 |
| 5. Reiter, Petra       | 1956 | LTSV Forst 1990            | 1:01:59 | 21 |
| 6. Geissler, Carmen    | 1959 | SWV Lauchhammer            | 1:02:24 | 20 |
| 7. Zimmermann, Christa | 1957 | LTSV Forst 1990            | 1:02:39 | 19 |

**W 55**

|                      |      |                               |         |    |
|----------------------|------|-------------------------------|---------|----|
| 1. Krüger, Sigrid    | 1950 | MSV Tripoint Frankfurt (Oder) | 48:00   | 30 |
| 2. Braeuer, Adelheid | 1953 | NLLB Cottbus                  | 1:03:07 | 27 |
| 3. Gärtner, Elke     | 1954 | Running-Team Herzberg         | 1:07:16 | 24 |

**W 60**

|                       |      |                 |         |    |
|-----------------------|------|-----------------|---------|----|
| 1. Koal, Ingrid       | 1949 | NLLB Cottbus    | 46:46   | 30 |
| 2. Nattke, Gisela     | 1945 | LTSV Forst 1990 | 1:07:04 | 27 |
| 3. Katzmann, Ingeborg | 1947 | LG Vetschau     | 1:08:42 | 24 |
| 4. Bolz, Brigitte     | 1948 | ESV Lok Potsdam | 1:17:25 | 22 |

**5 km****M 06/11**

|                      |      |                 |       |    |
|----------------------|------|-----------------|-------|----|
| 1. Paulenz, Lukas    | 1999 | Welzow          | 23:08 | 30 |
| 2. Richter, Vincent  | 1999 | SV Großräschen  | 23:55 | 27 |
| 3. Schmidtchen, Paul | 1998 | SV Großräschen  | 27:20 | 24 |
| 4. Maiwald, Justin   | 1999 | ASB KV Lübbenau | 34:14 | 22 |
| 5. Linke, Eric       | 1998 | ASB KV Lübben   | 34:17 | 21 |
| 6. Anton, Sebastian  | 1999 | ASB KV Lübben   | 40:49 | 20 |
| 7. Werner, Jason     | 2001 | ASB KV Lübben   | 42:46 | 19 |

**M 12/13**

|                        |      |                 |       |    |
|------------------------|------|-----------------|-------|----|
| 1. Hartmann, Christian | 1997 | NLLB Cottbus    | 21:52 | 30 |
| 2. Kuka, Sebastian     | 1996 | LSC Großkoschen | 21:56 | 27 |
| 3. Golk, Marius        | 1996 | SV Großräschen  | 27:11 | 24 |

**M 14/15**

|                     |      |                |       |    |
|---------------------|------|----------------|-------|----|
| 1. Klotz, Stefan    | 1995 | SV Großräschen | 21:16 | 30 |
| 2. Seifert, Paul    | 1994 | ASB KV Lübben  | 30:59 | 27 |
| 3. Reimer, Brian    | 1995 | ASB KV Lübben  | 31:56 | 24 |
| 4. Schreiber, Ramon | 1995 | ASB KV Lübben  | 37:23 | 22 |

**M 16/17**

|                     |      |               |       |    |
|---------------------|------|---------------|-------|----|
| 1. Friedrich, Ronny | 1992 | ASB KV Lübben | 26:44 | 21 |
|---------------------|------|---------------|-------|----|

**M 18/19**

|                      |      |               |       |    |
|----------------------|------|---------------|-------|----|
| 1. Schubert, Michael | 1991 | ASB KV Lübben | 21:48 | 24 |
|----------------------|------|---------------|-------|----|

**M 45**

|                   |      |                       |       |   |
|-------------------|------|-----------------------|-------|---|
| 1. Wienigk, Frank | 1961 | TSV Blau-Weiß Gröditz | 19:47 | 5 |
|-------------------|------|-----------------------|-------|---|

**M 55**

|                    |      |                 |       |   |
|--------------------|------|-----------------|-------|---|
| 1. Krause, Manfred | 1952 | ASB KV Lübbenau | 42:51 | 8 |
|--------------------|------|-----------------|-------|---|

**W 06/11**

|                    |      |                           |       |    |
|--------------------|------|---------------------------|-------|----|
| 1. Beer, Jasmin    | 1998 | TSG KW Boxberg/Weißwasser | 22:45 | 30 |
| 2. Walter, Elisa   | 1998 | Rheinsberg                | 24:26 | 27 |
| 3. Pannier, Nicole | 1998 | ASB KV Lübben             | 37:39 | 24 |
| 4. Reimer, Svenja  | 1998 | ASB KV Lübben             | 40:44 | 22 |

**W 14/15**

|                    |      |                 |       |    |
|--------------------|------|-----------------|-------|----|
| 1. Hanke, Adrienne | 1995 | Lauchhammer     | 23:20 | 30 |
| 2. Schultze, Lisa  | 1994 | Potsdamer LC    | 24:12 | 27 |
| 3. Röhnisch, Laura | 1995 | SV Großräschen  | 29:04 | 24 |
| 4. Kuka, Julia     | 1994 | LSC Großkoschen | 29:05 | 22 |

**W 16/17**

|                      |      |               |       |    |
|----------------------|------|---------------|-------|----|
| 1. Stock, Anne-Marie | 1993 | ASB KV Lübben | 40:38 | 24 |
|----------------------|------|---------------|-------|----|

**W 35**

|                  |      |          |       |    |
|------------------|------|----------|-------|----|
| 1. Zilz, Bettina | 1972 | Kolkwitz | 26:03 | 21 |
|------------------|------|----------|-------|----|

**W 40**

|                   |      |                          |       |    |
|-------------------|------|--------------------------|-------|----|
| 1. Hanke, Manuela | 1966 | Kippenfuchse Lauchhammer | 30:15 | 17 |
|-------------------|------|--------------------------|-------|----|

**W 45**

|                  |      |                       |       |    |
|------------------|------|-----------------------|-------|----|
| 1. Brandt, Liane | 1960 | Laufbienchen Lübbenau | 31:02 | 19 |
|------------------|------|-----------------------|-------|----|

**W 55**

|                   |      |             |       |    |
|-------------------|------|-------------|-------|----|
| 1. Rose, Angelika | 1953 | Hoyerswerda | 31:44 | 22 |
|-------------------|------|-------------|-------|----|