



25. AZ-Abendvolkslauf

Uelzen, 5 und 10 km

Freitag, 11. Juni 2010

5 km – Damen

| Name | Zeit | Akl. | Ges.-Pl. | Akl.-Pl. | Zeit 2009 |
|---------------------|---------|------|----------|----------|-----------|
| Kathrin Blumberg | 0:33:26 | W30 | 483. | 11. | 0:30:36 |
| Marion van Schwamen | 0:41:06 | W50 | 528. | 18. | --- |

5 km – Herren

| Name | Zeit | Akl. | Ges.-Pl. | Akl.-Pl. | Zeit 2009 |
|------------------|---------|------|----------|----------|-----------|
| Rüdiger Carlberg | 0:26:05 | M50 | 198. | 14. | 0:24:47 |

10 km – Damen

| Name | Zeit | Akl. | Ges.-Pl. | Akl.-Pl. | Zeit 2009 |
|----------------------|---------|------|----------|-----------|-----------|
| Daniela Roßdeutscher | 0:55:06 | W30 | 124. | 1. | --- |
| Dorit Stehr | 0:55:49 | W50 | 131. | 3. | 0:57:13 |
| Bärbel Saß | 0:54:51 | W45 | 122. | 4. | 0:49:33 |
| Margitta Goldbeck | 0:55:17 | W50 | 127. | 2. | 0:49:32 |
| Ilona Wißmann | 0:56:32 | W65 | 137. | 1. | --- |

10 km – Herren

| Name | Zeit | Akl. | Ges.-Pl. | Akl.-Pl. | Zeit 2009 |
|----------------------|---------|------|----------|-----------|-----------|
| Thorsten Wolter | 0:51:14 | M35 | 91. | 15. | --- |
| Heino Koepp | 0:42:43 | M50 | 21. | 3. | --- |
| Wilhelm Trübendorfer | 0:46:19 | M50 | 48. | 7. | --- |
| Manni Goldbeck | 0:52:41 | M50 | 103. | 10. | --- |
| Gerhard Müller | 0:48:06 | M55 | 60. | 2. | 0:46:00 |