

| Platz | Name, Vorname          | Jg | Verein / BSG / Ort        | Zeit      | Männer<br>Ges | Männer AK  | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|------------------------|----|---------------------------|-----------|---------------|------------|---------------|-----------|---------------|
| 1     | Ohm, Sören             | 77 | Sg Atletico Büdelsdorf    | 0:35:35 h | 1             | MAK III-1  | °             | °         | 161           |
| 2     | Stibbe, Dirk           | 89 | TSV Gnutz                 | 0:40:46 h | 2             | MAK II-1   | °             | °         | 153           |
| 3     | Themm, Thorsten        | 72 | ALG-VfL Bokel             | 0:42:52 h | 3             | MAK III-2  | °             | °         | 179           |
| 4     | Hagge, Sina            | 92 | SG Athletico Büdelsdorf   | 0:43:11 h | °             | °          | 1             | WAK I-1   | 156           |
| 5     | Clausen, Jürgen        | 62 | Spiridon Schleswig        | 0:43:19 h | 4             | MAK III-3  | °             | °         | 162           |
| 6     | Augustyniak, Olga      | 90 | SG Athletico Büdelsdorf   | 0:43:26 h | °             | °          | 2             | WAK I-2   | 159           |
| 7     | Emminghaus, Nadine     | 80 | die Laufpartner           | 0:43:42 h | °             | °          | 3             | WAK II-1  | 195           |
| 8     | Giesel, Carsten        | 88 | Bredenbeker Renntiere     | 0:43:57 h | 5             | MAK II-2   | °             | °         | 200           |
| 9     | Giesel, Christian      | 87 | Bredenbeker Renntiere     | 0:45:30 h | 6             | MAK II-3   | °             | °         | 199           |
| 10    | Theimer, Christian     | 82 | Breiholz                  | 0:45:34 h | 7             | MAK II-4   | °             | °         | 190           |
| 11    | Jahncke, Sebastian     | 88 | Jevenstedt                | 0:46:43 h | 8             | MAK II-5   | °             | °         | 186           |
| 12    | Rau, Stefan            | 63 | Bredenbeker Renntiere     | 0:46:44 h | 9             | MAK III-4  | °             | °         | 155           |
| 13    | Dannenberg, Hans-Peter | 62 | Dannenberg.Training       | 0:47:13 h | 10            | MAK III-5  | °             | °         | 181           |
| 13    | Glebow, Wasili         | 79 | Christiansholm            | 0:47:13 h | 10            | MAK II-6   | °             | °         | 158           |
| 15    | Brocke, Sabine         | 84 | Hohn                      | 0:47:15 h | °             | °          | 4             | WAK II-2  | 191           |
| 16    | Wiese, Jens            | 64 | SV Nienborstel            | 0:47:34 h | 12            | MAK III-6  | °             | °         | 202           |
| 17    | Berndt, Daniel         | 74 | Todenbüttel Runners       | 0:48:09 h | 13            | MAK III-7  | °             | °         | 192           |
| 18    | Kliefoth, Kai          | 67 | Hademarschen              | 0:49:27 h | 14            | MAK III-8  | °             | °         | 193           |
| 18    | Theimer, Stefan        | 84 | Breiholz                  | 0:49:27 h | 14            | MAK II-7   | °             | °         | 189           |
| 20    | Lorenz, Beatrix        | 90 | HSG Eider Harde 2. Frauen | 0:49:36 h | °             | °          | 5             | WAK I-3   | 173           |
| 21    | Oldach, Anna           | 03 | HSG Eider Harde           | 0:49:47 h | °             | °          | 6             | WAK I-4   | 196           |
| 22    | Holstein, Thomas       | 64 | ALG-VfL Bokel             | 0:49:49 h | 16            | MAK III-9  | °             | °         | 178           |
| 23    | Grohnert, Thorsten     | 69 | SG Athletico Büdelsdorf   | 0:50:06 h | 17            | MAK III-10 | °             | °         | 188           |
| 24    | Luer, Christiane       | 68 | Dannenberg.Training       | 0:50:41 h | °             | °          | 7             | WAK III-1 | 194           |
| 25    | Jürgens, Nina          | 96 | Dellstedt                 | 0:52:58 h | °             | °          | 8             | WAK I-5   | 203           |
| 26    | Bruhn, Milla           | 11 | HSG Eider Harde           | 0:53:08 h | °             | °          | 9             | WAK I-6   | 183           |
| 26    | Rohwer, Margit         | 95 | Eider Harde               | 0:53:08 h | °             | °          | 9             | WAK I-6   | 165           |
| 28    | Greve, Silja           | 74 | Westerrönfeld             | 0:53:17 h | °             | °          | 11            | WAK III-2 | 198           |
| 29    | Kortum, Celina         | 03 | Eider Harde               | 0:53:36 h | °             | °          | 12            | WAK I-8   | 166           |
| 30    | Delfs, Femke           | 95 | Eider Harde               | 0:53:48 h | °             | °          | 13            | WAK I-9   | 164           |
| 31    | Nielson, Werner        | 51 | Bredenbeker Renntiere     | 0:54:02 h | 18            | MAK IV-1   | °             | °         | 187           |
| 31    | Dammann, Rolf          | 66 | TuS Jevenstedt            | 0:54:02 h | 18            | MAK III-11 | °             | °         | 185           |
| 33    | Schmidt, Ida           | 11 | HSG Eider Harde           | 0:54:22 h | °             | °          | 14            | WAK I-10  | 184           |
| 34    | Faber, Nelly Johanna   | 00 | Rendsburg                 | 0:54:37 h | °             | °          | 15            | WAK I-11  | 170           |
| 35    | Bregas, Klaus-Peter    | 70 | Hamdorf                   | 0:55:57 h | 20            | MAK III-12 | °             | °         | 201           |
| 36    | Lührig-Otto, Ellen     | 67 | TSV Fahrdorf              | 0:56:26 h | °             | °          | 16            | WAK III-3 | 174           |

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|-------|----------------------|----|------------------------|-----------|---------------|------------|---------------|-----------|---------------|
| 37    | Schulz-Soltau, Frank | 58 | Welt in Schwung Halter | 0:56:32 h | 21            | MAK III-13 | °             | °         | 182           |
| 38    | Muhl, Birthe         | 70 | TSV Fahrdorf           | 0:56:44 h | °             | °          | 17            | WAK III-4 | 175           |
| 39    | Oldach, Christine    | 99 | Hamdorf                | 0:57:02 h | °             | °          | 18            | WAK I-12  | 197           |
| 40    | Kalischke, Olivia    | 92 | ALG-VfL Bokel          | 0:57:04 h | °             | °          | 19            | WAK I-13  | 176           |
| 41    | Bock, Karl Willi     | 61 | Bredenbeker Renntiere  | 0:57:30 h | 22            | MAK III-14 | °             | °         | 172           |
| 42    | Nörregaard, Uwe      | 53 | ALG-VfL Bokel          | 0:58:15 h | 23            | MAK IV-2   | °             | °         | 180           |
| 43    | Plähn, Nils          | 78 | TSV Breiholz           | 0:58:40 h | 24            | MAK II-8   | °             | °         | 157           |
| 44    | Gross, Birgit        | 63 | VfB Brunsbüttel        | 0:59:02 h | °             | °          | 20            | WAK III-5 | 152           |
| 45    | Hagge, Frederike     | 98 | Eider Harde            | 1:00:45 h | °             | °          | 21            | WAK I-14  | 167           |
| 46    | Baber, Ina           | 69 | Run4Fun                | 1:01:00 h | °             | °          | 22            | WAK III-6 | 171           |
| 47    | Lucht, Soenke        | 64 | TSV-05 NMS             | 1:02:44 h | 25            | MAK III-15 | °             | °         | 154           |