

| Platz | Name, Vorname        | Jg | Verein / BSG / Ort      | Zeit      | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|----------------------|----|-------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1     | Michaelis, Kai       | 70 | Hasloh                  | 0:35:05 h | 1             | M50-1     | °             | °         | 118           |
| 2     | Beutel, Christian    | 65 | Rellinger Turnverein    | 0:35:43 h | 2             | M55-1     | °             | °         | 120           |
| 3     | Abler, Mika          | 05 | Tangstedt               | 0:37:49 h | 3             | MJ U16-1  | °             | °         | 121           |
| 4     | Heinrich, Finn       | 98 |                         | 0:38:12 h | 4             | MJ U23-1  | °             | °         | 126           |
| 5     | Piochatz, Matthias   | 75 | VfL Börnsen             | 0:40:44 h | 5             | M45-1     | °             | °         | 113           |
| 6     | Schwien, Jasper      | 04 | Tangstedter SV          | 0:41:28 h | 6             | MJ U18-1  | °             | °         | 124           |
| 7     | Detjens, Kevin       | 92 | TSV Seestermüher Marsch | 0:44:52 h | 7             | M-1       | °             | °         | 123           |
| 8     | Pechan, Patrice Noel | 03 | HSG Pinnau              | 0:45:10 h | 8             | MJ U18-2  | °             | °         | 127           |
| 9     | Lietz, Florian       | 71 | Amüsemang               | 0:45:24 h | 9             | M45-2     | °             | °         | 125           |
| 10    | Mecklenburg, Sven    | 86 | Tangstedt               | 0:47:15 h | 10            | M30-1     | °             | °         | 116           |
| 11    | Rumlich, Alexander   | 72 | Nur die 1. Alte         | 0:48:04 h | 11            | M45-3     | °             | °         | 114           |
| 12    | Vielwog, Steffen     | 88 | Saufen statt Laufen     | 0:48:08 h | 12            | M30-2     | °             | °         | 112           |
| 13    | Remy, Katharina      | 91 | Hamburg                 | 0:48:13 h | °             | °         | 1             | W-1       | 115           |
| 14    | Wilken, Maren        | 78 | #norderstedtläuft       | 0:48:27 h | °             | °         | 2             | W40-1     | 111           |
| 15    | Miller, Christin     | 87 | Tangstedt               | 0:54:06 h | °             | °         | 3             | W30-1     | 117           |
| 16    | Spaller, Merle       | 81 |                         | 0:54:25 h | °             | °         | 4             | W35-1     | 122           |