



8. Itzehoer Störlauf

12. Mai 2007

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-------------|--|---------|-------------------|------------------|
| 1 | 4444 | 00:33:04 | Pankow | Bennet | TSG Bergedorf | GER-HAM | M-20 | 1 |
| 2 | 781 | 00:33:07 | Schimkus | Uwe | LG Wedel/Pinneberg | GER-SH | M-35 | 1 |
| 3 | 58 | 00:34:32 | Beltz | André | Gut Heil Itzehoe | GER-SH | M-20 | 2 |
| 4 | 858 | 00:34:52 | Sievers | Benjamin | Gut Heil Itzehoe | GER-SH | M-20 | 3 |
| 5 | 47 | 00:36:37 | Behrens | Christian | Gut Heil Itzehoe | GER-SH | M-30 | 1 |
| 6 | 4404 | 00:36:42 | Windbrake | Frank | Gut Heil Itzehoe | GER-SH | M-20 | 4 |
| 7 | 768 | 00:37:01 | Schättiger | Marko | LG Elmshorn | GER-SH | M-20 | 5 |
| 8 | 572 | 00:37:29 | Meyer | Nils | Gut Heil Itzehoe | GER-SH | M-20 | 6 |
| 9 | 121 | 00:37:41 | Burrichter | Niels | Sparkasse Westholstein | GER-SH | M-40 | 1 |
| 10 | 902 | 00:37:51 | Teeegen | Sven | MTV Itzehoe | GER-SH | M-20 | 7 |
| 11 | 857 | 00:37:55 | Sievers | Florian | Gut Heil Itzehoe | GER-SH | M-JA | 1 |
| 12 | 4448 | 00:38:05 | Schiefelbein | Magnus | DB Team Werk NMS | GER-SH | M-20 | 8 |
| 13 | 454 | 00:38:08 | Krause | Frank | Lägerdorf | GER-SH | M-35 | 2 |
| 14 | 844 | 00:38:12 | Schweinert | Volker | ETSV Gut Heil Itzehoe | GER-SH | M-50 | 1 |
| 15 | 986 | 00:38:49 | Westphal | Jochen | Elmshorn | GER-SH | M-40 | 2 |
| 16 | 273 | 00:39:26 | Haack | Nils | Lübeck | GER-SH | M-35 | 3 |
| 17 | 847 | 00:39:35 | Schwesig | Frank | Kellinghusen | GER-SH | M-35 | 4 |
| 18 | 4446 | 00:39:36 | Adam | Reinhold | DB Team Werk NMS | GER-SH | M-55 | 1 |
| 19 | 556 | 00:39:42 | Matlawski | Pawel | Gut Heil Itzehoe | GER-SH | M-35 | 5 |
| 20 | 65 | 00:39:50 | Bittner | Lutz | DLRG-Uetersen | GER-SH | M-50 | 2 |
| 21 | 234 | 00:40:16 | Gercke | Uwe | RSC Itzehoe | GER-SH | M-50 | 3 |
| 22 | 213 | 00:40:29 | Fründt | Hans-Jürgen | Elmshorner MTV | GER-SH | M-50 | 4 |
| 23 | 619 | 00:40:40 | Neumann | Kai | BSC Nordoe | GER-SH | M-JB | 1 |
| 24 | 8 | 00:40:43 | Alexander | Gernot | Kremperheide | GER-SH | M-35 | 6 |
| 25 | 120 | 00:40:58 | Burrichter | Kay | Sparkasse Westholstein | GER-SH | M-40 | 3 |
| 26 | 761 | 00:41:13 | Schade | Henning | TSV Beidenfleth | GER-SH | M-20 | 9 |
| 27 | 758 | 00:41:26 | Santos | Paulo | VfB Brunsbüttel | GER-SH | M-40 | 4 |
| 28 | 137 | 00:41:35 | Colmsee | Herman | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | M-20 | 10 |
| 29 | 868 | 00:41:45 | Sönnichsen | Birger | | GER-SH | M-20 | 11 |
| 30 | 960 | 00:41:56 | Wagner | Timo | MTV Itzehoe | GER-SH | M-20 | 12 |
| 31 | 956 | 00:41:57 | Waage | Andre | 1001homepage | GER-SH | M-40 | 5 |
| 32 | 930 | 00:41:58 | Kohn | Klaus-Peter | Itzehoe | GER-SH | M-45 | 1 |
| 33 | 414 | 00:42:00 | Ketels | Olaf | | GER-SH | M-45 | 2 |
| 34 | 719 | 00:42:01 | Richter | Wolfgang | | GER-SH | M-55 | 2 |
| 35 | 257 | 00:42:05 | Greve | Niels | Athletico Büdelsdorf | GER-SH | M-20 | 13 |
| 36 | 972 | 00:42:12 | Weise | Denis | Kiel | GER-SH | M-30 | 2 |
| 37 | 26 | 00:42:12 | Baltruschat | Thomas | Vaale | GER-SH | M-40 | 6 |
| 38 | 402 | 00:42:13 | Kahre | Eckart | TSV-Lola | GER-SH | M-35 | 7 |
| 39 | 188 | 00:42:15 | Fedrau | Florian | Itzehoe | GER-SH | M-JA | 2 |
| 40 | 855 | 00:42:19 | Sierk | Michael | Bundespolizei | GER-SH | M-40 | 7 |

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| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|--|---------|-------------------|------------------|
| 41 | 381 | 00:42:20 | Jannsen | Ralph | Sparkasse Westholstein | GER-SH | M-35 | 8 |
| 42 | 647 | 00:42:24 | Paulsen | Fabian | Itzehoer Versicherungen | GER-SH | M-20 | 14 |
| 43 | 475 | 00:42:29 | Kruse | Arne | Lauffreunde Itzehoe | GER-SH | M-JA | 3 |
| 44 | 4424 | 00:42:34 | Wündisch | Ubbo | Prokon Energiesysteme GmbH | GER-SH | M-35 | 9 |
| 45 | 679 | 00:42:35 | Poensgen | Jakob | Klinikum Itzehoe | GER-SH | M-SA | 1 |
| 46 | 708 | 00:42:41 | Redelin | Sven | FH Nordakademie | GER-SH | M-20 | 15 |
| 47 | 44 | 00:42:41 | Behnke | Arne | Glückstadt | GER-SH | M-JB | 2 |
| 48 | 534 | 00:42:43 | Lüdtke | Eckard | Neumünster | GER-SH | M-45 | 3 |
| 49 | 922 | 00:42:46 | Tietz | Björn | Wohlert, Aldag & Partner | GER-SH | M-20 | 16 |
| 50 | 115 | 00:42:48 | Büll | Rüdiger | Itzehoer Versicherungen | GER-SH | M-40 | 8 |
| 51 | 11 | 00:42:52 | Anders | Julian | Sophie-Scholl-Gymnasium Itzehoe U III b | GER-SH | M-SA | 2 |
| 52 | 830 | 00:42:54 | Kietzer | Björn | SV Alemannia Wilster | | M-20 | 17 |
| 53 | 189 | 00:43:21 | Feistkorn | Sebastian | Klinikum Itzehoe | GER-SH | M-30 | 3 |
| 54 | 732 | 00:43:27 | Rohde | Jan-Peter | TSV Wewelsfleth | GER-SH | M-30 | 4 |
| 55 | 994 | 00:43:29 | Albers | Fred | TSV Reher | GER-SH | M-45 | 4 |
| 56 | 155 | 00:43:33 | Dittrich | Jörg | Itzehoe | GER-SH | M-40 | 9 |
| 57 | 226 | 00:43:37 | Gehbauer | Michael | Hamburg | GER-HAM | M-45 | 5 |
| 58 | 524 | 00:43:42 | Loscher | Stefan | Itzehoer Versicherungen | GER-SH | M-20 | 18 |
| 59 | 263 | 00:43:45 | Grobler | Dirk | Neumünster | GER-SH | M-40 | 10 |
| 60 | 779 | 00:43:45 | Schiller | Henning Erik | LG Uhütten/Norby | GER-SH | M-35 | 10 |
| 61 | 369 | 00:43:46 | Ihde | Lars | LG Uhütten/Norby | GER-SH | M-35 | 11 |
| 62 | 879 | 00:43:49 | Steckel | Lars | SV Vaalia / MTV Itzehoe | GER-SH | M-35 | 12 |
| 63 | 976 | 00:43:49 | Wendtland | Dr. Jörg | MTV Itzehoe | GER-SH | M-40 | 11 |
| 64 | 762 | 00:43:50 | Schade | Marco | SVA Wilster | GER-SH | M-30 | 5 |
| 65 | 366 | 00:43:52 | Hunold | Michael | Steinbeis Temming Papier | GER-SH | M-40 | 12 |
| 66 | 138 | 00:43:54 | Colmsee | Ulrich | Kaiser Karl Schule Itzehoe 5b | GER-SH | M-50 | 5 |
| 67 | 489 | 00:43:55 | Laedtke | Volker | | GER-SH | M-40 | 13 |
| 68 | 356 | 00:43:57 | Höper | Jonas | Breitenburg | GER-SH | M-SA | 3 |
| 69 | 869 | 00:44:03 | Spanuth | Michael | Prokon Energiesysteme GmbH | GER-SH | M-35 | 13 |
| 70 | 16 | 00:44:04 | Auer | Christian | MTV Itzehoe | GER-SH | M-35 | 14 |
| 71 | 774 | 00:44:06 | Schemainda | Dirk | Itzehoer Versicherungen | GER-SH | M-40 | 14 |
| 72 | 476 | 00:44:28 | Krützelmann | Christian | Hohenaspe | GER-SH | M-40 | 15 |
| 73 | 594 | 00:44:30 | Mohr | Maik | | GER-SH | M-SA | 4 |
| 74 | 610 | 00:44:34 | Musfeldt | Eckart | TS Schenefeld | GER-SH | M-40 | 16 |
| 75 | 559 | 00:44:39 | Matthiesen | Marcus | Elmshorn | GER-SH | M-20 | 19 |
| 76 | 532 | 00:44:40 | Ludka | Uwe | Itzehoer Versicherungen | GER-SH | M-40 | 17 |
| 77 | 660 | 00:44:42 | Petersen | Jürgen | Itzehoer Kanu-Club | GER-SH | M-45 | 6 |
| 78 | 276 | 00:44:47 | Haack | Sönke | | GER-SH | M-20 | 20 |
| 79 | 900 | 00:44:52 | Tabel | Thomas | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-40 | 18 |
| 80 | 520 | 00:44:56 | Christiansen | Andre | | GER-SH | M-40 | 19 |
| 81 | 195 | 00:44:58 | Zepter | Jan Matin | Sophie-Scholl-Gymnasium Itzehoe U III b | GER-SH | M-SA | 5 |
| 82 | 430 | 00:44:58 | Klüver | Jan | FH Nordakademie | GER-SH | M-20 | 21 |
| 83 | 580 | 00:44:59 | Michels | Dr. Rolf | Klinikum Itzehoe | GER-SH | M-45 | 7 |
| 84 | 786 | 00:45:05 | Schjüt | Dietmar | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-40 | 20 |
| 85 | 4430 | 00:45:09 | Zelmer | Klaus | 1.FC LoLa | GER-SH | M-50 | 6 |
| 86 | 909 | 00:45:10 | Theede | Torge | Behrens & Haltermann | GER-SH | M-20 | 22 |
| 87 | 216 | 00:45:10 | Funk | Mathias | Wohlert, Aldag & Partner | GER-SH | M-35 | 15 |
| 88 | 98 | 00:45:16 | Brandt | Dietmar | | GER-SH | M-30 | 6 |
| 89 | 4447 | 00:45:20 | Krämer | Jovany | DB Team Werk NMS | GER-SH | M-40 | 21 |

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|-----|------|----------|---------------|--------------|--|---------|-------------------|------------------|
| 90 | 177 | 00:45:21 | Eichhorst | Jonas | FH Nordakademie | GER-SH | M-20 | 23 |
| 91 | 801 | 00:45:23 | Schmidt | Stephan | PERKIS | GER-HAM | M-40 | 22 |
| 92 | 279 | 00:45:25 | Haase | Kevin | Itzehoer Versicherungen | GER-SH | M-20 | 24 |
| 93 | 775 | 00:45:28 | Schenk | Normen | | GER-SH | M-35 | 16 |
| 94 | 669 | 00:45:31 | Pingel | Björn | | GER-SH | M-40 | 23 |
| 95 | 410 | 00:45:38 | Katzmann | Ullrich | Marathon ibbenbüren | GER-NRW | M-50 | 7 |
| 96 | 632 | 00:45:38 | Okonek | Lennart | | GER-SH | M-JB | 3 |
| 97 | 841 | 00:45:39 | Schwalbach | Stefan | Itzehoer Versicherungen | GER-SH | M-50 | 8 |
| 98 | 707 | 00:45:41 | Reicke | Klaus | WSP21 Hamburg | GER-SH | M-50 | 9 |
| 99 | 4445 | 00:45:42 | Gruel | Volker | DB Team Werk NMS | GER-SH | M-50 | 10 |
| 100 | 129 | 00:45:46 | Bylina | Thomas | Kellinghusen | GER-SH | M-35 | 17 |
| 101 | 341 | 00:45:52 | Hinze | Jens | Wohler, Aldag & Partner | GER-SH | M-45 | 8 |
| 102 | 639 | 00:45:54 | Otto | Dirk | Itzehoer Versicherungen | GER-SH | M-40 | 24 |
| 103 | 668 | 00:45:54 | Pingel | Lasse | Itzehoer Versicherungen | GER-SH | M-20 | 25 |
| 104 | 831 | 00:45:59 | Schuldt | Stephan | Münsterdorf | GER-SH | M-35 | 18 |
| 105 | 372 | 00:46:01 | Inhoven | Jens | Stadtverwaltung Itzehoe | GER-SH | M-40 | 25 |
| 106 | 722 | 00:46:01 | Rimmek | Malte | MTV Itzehoe Handball | GER-SH | M-JB | 4 |
| 107 | 399 | 00:46:02 | Kabisch | Nils-Kristof | Dägeling | GER-SH | M-JA | 4 |
| 108 | 631 | 00:46:04 | Ohm | Nils | | GER-SH | M-30 | 7 |
| 109 | 615 | 00:46:05 | Naumann | Rolf | Gut Heil Itzehoe | GER-SH | M-55 | 3 |
| 110 | 999 | 00:46:06 | Wiesemborski | Ulf | Flensburg | GER-SH | M-45 | 9 |
| 111 | 287 | 00:46:08 | Hahn | Christoph | Itzehoer Versicherungen | GER-SH | M-30 | 8 |
| 112 | 884 | 00:46:08 | Stein | Andreas | Justiz läuft | GER-SH | M-30 | 9 |
| 113 | 360 | 00:46:17 | Howe | Thomas | Bundespolizei | GER-SH | M-40 | 26 |
| 114 | 629 | 00:46:20 | Ohlsen | Wulf | ISV 09 | GER-SH | M-45 | 10 |
| 115 | 219 | 00:46:23 | Gabriel | Kurt | Hohenlockstedt | GER-SH | M-35 | 19 |
| 116 | 682 | 00:46:25 | Ponick | Bastian | Itzehoe | GER-SH | M-SA | 6 |
| 117 | 94 | 00:46:25 | Boyke | Reinhard | Justiz läuft | GER-SH | M-55 | 4 |
| 118 | 557 | 00:46:27 | Matthes | Felix | MTV Itzehoe | GER-SH | M-JB | 5 |
| 119 | 157 | 00:46:30 | Domrös | Thure | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | M-SB | 1 |
| 120 | 127 | 00:46:34 | Butenschön | Carsten | Kaaks | GER-SH | M-35 | 20 |
| 121 | 207 | 00:46:37 | Friebe | Werner | Gut Heil Itzehoe | GER-SH | M-65 | 1 |
| 122 | 117 | 00:46:42 | Bülow | Dirk | Kremperheide | GER-SH | M-35 | 21 |
| 123 | 458 | 00:46:42 | Krey | Harm | Grevenkop | GER-SH | M-35 | 22 |
| 124 | 230 | 00:46:46 | Gentile | Cosmos | Itzehoe | GER-SH | M-55 | 5 |
| 125 | 888 | 00:46:49 | Steinmann | Dennis | Itzehoer Versicherungen | GER-SH | M-JB | 6 |
| 126 | 929 | 00:46:51 | Trampnau | Dirk | Kleve | GER-SH | M-35 | 23 |
| 127 | 766 | 00:46:54 | Scharf | Wolfgang | | GER-SH | M-45 | 11 |
| 128 | 432 | 00:46:54 | Knudsen | Lars | Itzehoer Versicherungen | GER-SH | M-35 | 24 |
| 129 | 848 | 00:46:54 | Schwormstede | Frank | Wilster | GER-SH | M-40 | 27 |
| 130 | 122 | 00:46:56 | Burych | Marlo | TSV Lola | GER-SH | M-30 | 10 |
| 131 | 317 | 00:46:57 | Heidekrüger | Ralf | GutHeil Itzehoe | GER-SH | M-50 | 11 |
| 132 | 298 | 00:47:01 | Hamschmidt | Uwe | Itzehoe | GER-SH | M-40 | 28 |
| 133 | 89 | 00:47:01 | Bolten-Söhren | Holger | Stadtwerke Itzehoe | GER-SH | M-35 | 25 |
| 134 | 382 | 00:47:12 | Jargstorff | Arne | LG Uhütten/Norby | GER-SH | M-35 | 26 |
| 135 | 183 | 00:47:17 | Engels | Michael | Itzehoe | GER-SH | M-20 | 26 |
| 136 | 988 | 00:47:18 | Westphal | Timo | Kleve | GER-SH | M-20 | 27 |
| 137 | 667 | 00:47:18 | Piening | Jan | Sparkasse Westholstein | GER-SH | M-35 | 27 |
| 138 | 759 | 00:47:19 | Saß | Stephan | Wittenbergen | GER-SH | M-35 | 28 |
| 139 | 90 | 00:47:20 | Borras | Harald | E.ON Kernkraft | GER-SH | M-50 | 12 |
| 140 | 688 | 00:47:21 | Ramm | Lasse | MTV Herzhorn | GER-SH | M-JB | 7 |

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|-----|------|----------|------------------|----------------|--|---------|-------------------|------------------|
| 141 | 840 | 00:47:21 | Schuster | Uwe | E.ON Kernkraft | GER-SH | M-50 | 13 |
| 142 | 277 | 00:47:22 | Haack | Mirco | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-30 | 11 |
| 143 | 932 | 00:47:24 | Ücker | Michael | Itzehoe | GER-SH | M-35 | 29 |
| 144 | 374 | 00:47:24 | Irek | Branko | Stadtverwaltung Itzehoe | GER-SH | M-55 | 6 |
| 145 | 364 | 00:47:25 | Humfeldt | Adolf-Heinrich | | GER-SH | M-55 | 7 |
| 146 | 449 | 00:47:26 | Kossiski | Frank | MTV Itzehoe | GER-SH | M-35 | 30 |
| 147 | 285 | 00:47:26 | Hagemann | Mogens | Westermoor | GER-SH | M-JA | 5 |
| 148 | 575 | 00:47:27 | Meyhoff | Jürgen | Lauffreunde Itzehoe | GER-SH | M-40 | 29 |
| 149 | 887 | 00:47:32 | Steinmann | Stefan | Itzehoer Versicherungen | GER-SH | M-40 | 30 |
| 150 | 113 | 00:47:33 | Buchholz | Christoph | Wohlert, Aldag & Partner | GER-SH | M-20 | 28 |
| 151 | 542 | 00:47:34 | Maaß | Alexander | Beidenfleth | GER-SH | M-JB | 8 |
| 152 | 132 | 00:47:40 | Chilcott | Peter | Hamburg | GER-HAM | M-40 | 31 |
| 153 | 866 | 00:47:41 | Sommerkorn | Thorge | Bad Oldeslohe | GER-SH | M-30 | 12 |
| 154 | 570 | 00:47:42 | Merten-Burzlauff | Berndt | Elmshorn | GER-SH | M-45 | 12 |
| 155 | 617 | 00:47:44 | Neidenberger | Karl-Heinz | Elmshorn | GER-SH | M-50 | 14 |
| 156 | 131 | 00:47:44 | Carstensen | Lukas | LG am Hang | GER-SH | M-JB | 9 |
| 157 | 621 | 00:47:48 | Nimschik | Michael | | GER-SH | M-50 | 15 |
| 158 | 765 | 00:47:48 | Schamerowski | Jan | MTV Itzehoe | GER-SH | M-35 | 31 |
| 159 | 654 | 00:47:49 | Peters | Leonhard | Itzehoe | GER-SH | M-40 | 32 |
| 160 | 202 | 00:47:54 | Freese | Christopher | Grundschule Edendorf 4b | GER-SH | M-SC | 1 |
| 161 | 203 | 00:48:04 | Freitag | Uwe | Kulturgruppe Malle | GER-SH | M-45 | 13 |
| 162 | 377 | 00:48:05 | Jaeger | Carsten | Handball | GER-SH | M-40 | 33 |
| 163 | 626 | 00:48:06 | Oellerich | Dirk | Wohlert, Aldag & Partner | GER-SH | M-35 | 32 |
| 164 | 156 | 00:48:09 | Domrös | Sascha | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | M-SB | 2 |
| 165 | 955 | 00:48:10 | Meyer | Jörg | SG Wasserratten Norderstedt | GER-SH | M-30 | 13 |
| 166 | 38 | 00:48:17 | Beck | Thomas | | GER-SH | M-30 | 14 |
| 167 | 383 | 00:48:18 | Jaschik | Tim | Itzehoe | GER-SH | M-20 | 29 |
| 168 | 459 | 00:48:21 | Krieter | Bernd | Sparkasse Westholstein | GER-SH | M-40 | 34 |
| 169 | 286 | 00:48:22 | Hagenow | Thomas | Kiel | GER-SH | M-35 | 33 |
| 170 | 21 | 00:48:25 | Bachmann | Dr. Georg | Oldendorf | GER-SH | M-50 | 16 |
| 171 | 97 | 00:48:26 | Brandt | Hartmut | Bilsen | GER-SH | M-40 | 35 |
| 172 | 443 | 00:48:33 | Kooistra | Oliver | Dägeling | GER-SH | M-35 | 34 |
| 173 | 140 | 00:48:35 | Croppenstedt | Hendrik | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-SB | 3 |
| 174 | 998 | 00:48:37 | Wiese | Daniel | Wohlert, Aldag & Partner | GER-SH | M-50 | 17 |
| 175 | 124 | 00:48:37 | Büschking | Lars | Wohlert, Aldag & Partner | GER-SH | M-20 | 30 |
| 176 | 39 | 00:48:38 | Becker | Tule | Handball | GER-SH | M-SB | 4 |
| 177 | 311 | 00:48:39 | Hasche | Jochen | SV Merkur Kleve | GER-SH | M-50 | 18 |
| 178 | 963 | 00:48:40 | Waller | Matthias | Wohlert, Aldag & Partner | GER-SH | M-30 | 15 |
| 179 | 396 | 00:48:40 | Kabisch | Hans Joachim | Potsdammer Lauf-Club PLC | GER-BRA | M-60 | 1 |
| 180 | 346 | 00:48:45 | Höhs | Ralf | | GER-SH | M-45 | 14 |
| 181 | 590 | 00:48:45 | Mohr | Stefan | | GER-SH | M-40 | 36 |
| 182 | 262 | 00:48:49 | Grewling | Frank | | GER-SH | M-40 | 37 |
| 183 | 69 | 00:48:51 | Blendow | Richard | Itzehoe | GER-SH | M-20 | 31 |
| 184 | 641 | 00:48:51 | Pacewicz | Markus | | GER-SH | M-40 | 38 |
| 185 | 560 | 00:48:51 | Matthiessen | Henke | | GER-NIE | M-30 | 16 |
| 186 | 670 | 00:48:52 | Pingel | Helmut | Itzehoer Versicherungen | GER-SH | M-55 | 8 |
| 187 | 540 | 00:48:53 | Senf | Frank | | GER-SH | M-40 | 39 |
| 188 | 958 | 00:48:53 | Wagner | Björn | E.ON Kernkraft | GER-SH | M-30 | 17 |
| 189 | 595 | 00:48:54 | Mohrdieck | Erich | Kremperheide | GER-SH | M-45 | 15 |

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|-----|------|----------|--------------|------------|---|---------|-------------------|------------------|
| 190 | 176 | 00:48:55 | Eichholz | Jörg | TS Schenefeld | GER-SH | M-45 | 16 |
| 191 | 816 | 00:48:55 | Schonscheck | Torsten | Itzehoe | GER-SH | M-40 | 40 |
| 192 | 241 | 00:48:59 | Gilles | Oliver | | GER-NIE | M-30 | 18 |
| 193 | 983 | 00:49:01 | Werner | Alexander | | GER-SH | M-40 | 41 |
| 194 | 907 | 00:49:04 | Tessmer | Lutz | Ottendorf | GER-SH | M-40 | 42 |
| 195 | 597 | 00:49:04 | Möller | Jörg | Itzehoe | GER-SH | M-40 | 43 |
| 196 | 992 | 00:49:06 | Wetterau | Sascha | Sparkasse Westholstein | GER-SH | M-20 | 32 |
| 197 | 776 | 00:49:07 | Scheppmann | Dirk | Lohbarbek | GER-SH | M-35 | 35 |
| 198 | 194 | 00:49:07 | Flocken | Stefan | MTV Itzehoe | GER-SH | M-40 | 44 |
| 199 | 997 | 00:49:09 | Wien | Wolfgang | BSG ESW/STN | GER-SH | M-65 | 2 |
| 200 | 860 | 00:49:11 | Simonsen | Andre | Behrens & Haltermann | GER-SH | M-20 | 33 |
| 201 | 329 | 00:49:12 | Herrmann | Matthias | Hamburg | GER-HAM | M-40 | 45 |
| 202 | 870 | 00:49:15 | Speer | Bernd | | GER-SH | M-35 | 36 |
| 203 | 200 | 00:49:16 | Franck | Kersten | Münsterdorfer SV | GER-SH | M-35 | 37 |
| 204 | 863 | 00:49:18 | Sode | Gerrit | Itzehoe | GER-SH | M-35 | 38 |
| 205 | 212 | 00:49:18 | Fritsche | Gunnar | Kremperheide | GER-SH | M-55 | 9 |
| 206 | 605 | 00:49:21 | Mühlich | Matthias | TuS Esingen | GER-SH | M-45 | 17 |
| 207 | 312 | 00:49:22 | Haß | Nils | FH Nordakademie | GER-SH | M-20 | 34 |
| 208 | 288 | 00:49:23 | Hahn | Tobias | BSG Amt Itzehoe-Land | GER-SH | M-JA | 6 |
| 209 | 497 | 00:49:25 | Lau | Volker | E.ON Kernkraft | GER-SH | M-50 | 19 |
| 210 | 737 | 00:49:27 | Diercks | Karsten | MTV Heide | GER-SH | M-35 | 39 |
| 211 | 513 | 00:49:28 | Lohmann | Jan | Lohmann family & friends | GER-HES | M-20 | 35 |
| 212 | 743 | 00:49:28 | Roth | Stefan | Sparkasse Westholstein | GER-SH | M-30 | 19 |
| 213 | 681 | 00:49:30 | Pollmann | Guenter | MTV Wilster | GER-SH | M-50 | 20 |
| 214 | 586 | 00:49:31 | Mittendorf | Detlef | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-45 | 18 |
| 215 | 70 | 00:49:34 | Block | Sven | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-30 | 20 |
| 216 | 380 | 00:49:37 | Jakobsen | Erich | Itzehoe | GER-SH | M-50 | 21 |
| 217 | 171 | 00:49:42 | Eckelt | Kjer Malte | Itzehoe | GER-SH | M-20 | 36 |
| 218 | 493 | 00:49:42 | Lange | Jan | Itzehoer Versicherungen | GER-SH | M-35 | 40 |
| 219 | 665 | 00:49:42 | Pickert | Stefan | Wohlert, Aldag & Partner | GER-SH | M-40 | 46 |
| 220 | 504 | 00:49:43 | Leppert | Sven | Hohenlockstedt | GER-SH | M-40 | 47 |
| 221 | 50 | 00:49:44 | Behrens | Jens | MTV Wilster | GER-SH | M-40 | 48 |
| 222 | 242 | 00:49:50 | Glüheisen | Jörg | Beidenfleth | GER-SH | M-45 | 19 |
| 223 | 883 | 00:49:52 | Stegemann | Patrick | Störlauf-Lauftreff | GER-SH | M-20 | 37 |
| 224 | 467 | 00:49:54 | Krüger | Fynn | Heiligenstedtenerkamp | GER-SH | M-JB | 10 |
| 225 | 423 | 00:49:55 | Kleinschmidt | Jörg | Handball | GER-SH | M-50 | 22 |
| 226 | 673 | 00:49:56 | Pingel | Gerhard | Lauftreff Münsterdorf | GER-SH | M-55 | 10 |
| 227 | 897 | 00:50:00 | Sturm | Rainer | Lauftreff Münsterdorf | GER-SH | M-50 | 23 |
| 228 | 725 | 00:50:00 | Rißmann | Ulf | Sparkasse Westholstein | GER-SH | M-35 | 41 |
| 229 | 209 | 00:50:01 | Friedrichs | Kai | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-20 | 38 |
| 230 | 135 | 00:50:03 | Clausen | Jörg | MTSV Hohenwestedt | GER-SH | M-40 | 49 |
| 231 | 566 | 00:50:03 | Meinert | Knut | Thies GesundheitsPartner/MediCente r Medizintechnik | GER-SH | M-20 | 39 |
| 232 | 694 | 00:50:04 | Räse | Lars | Behrens & Haltermann | GER-SH | M-30 | 21 |
| 233 | 954 | 00:50:05 | Voss | Bernd | Stadtverwaltung Itzehoe | GER-SH | M-50 | 24 |
| 234 | 125 | 00:50:08 | Butenschön | Thomas | Hohenwestedt | GER-SH | M-35 | 42 |
| 235 | 684 | 00:50:10 | Rabe | Tim | AVS Itzehoe | GER-SH | M-JA | 7 |
| 236 | 4433 | 00:50:12 | Ziegler | Bernhard | Klinikum Itzehoe | GER-SH | M-50 | 25 |
| 237 | 4449 | 00:50:12 | Thoms | Michael | DB Team Werk NMS | GER-SH | M-40 | 50 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|--------------|--|---------|-------------------|------------------|
| 238 | 390 | 00:50:16 | Jürs | Ocke | Oldendorf | GER-SH | M-40 | 51 |
| 239 | 388 | 00:50:16 | Johannssen | Niels | Realschule Wilster 5A | GER-SH | M-30 | 22 |
| 240 | 772 | 00:50:18 | Scheiba | Dieter | Itzehoe | GER-SH | M-40 | 52 |
| 241 | 243 | 00:50:23 | Glumm | Karsten | Thies GesundheitsPartner/MediCenter Medizintechnik | GER-SH | M-35 | 43 |
| 242 | 579 | 00:50:25 | Michel | Andreas | Halstenbek | GER-HAM | M-50 | 26 |
| 243 | 441 | 00:50:26 | Konradt | Ralf | Hamburg | GER-HAM | M-30 | 23 |
| 244 | 485 | 00:50:30 | Küpper | Tillmann | Itzehoer Ruderclub | GER-SH | M-40 | 53 |
| 245 | 685 | 00:50:31 | Radau | Georg | Osterrönhofeld | GER-SH | M-35 | 44 |
| 246 | 901 | 00:50:37 | Tanke | Ralph | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-45 | 20 |
| 247 | 703 | 00:50:41 | Redmann | Fred | Bahrenfleth | GER-SH | M-40 | 54 |
| 248 | 827 | 00:50:41 | Schrooten | Marc | | GER-SH | M-20 | 40 |
| 249 | 738 | 00:50:44 | Rolfs | Jan-Peter | Trede & von Pein | GER-SH | M-30 | 24 |
| 250 | 730 | 00:50:46 | Roge | Michael | Gut Heil Itzehoe | GER-SH | M-20 | 41 |
| 251 | 400 | 00:50:48 | Kahl | Axel | Breitenberg | GER-SH | M-35 | 45 |
| 252 | 734 | 00:50:48 | Rohde | Jann | | GER-SH | M-30 | 25 |
| 253 | 796 | 00:50:55 | Schmedtje | Martin | BSG Amt Itzehoe-Land | GER-SH | M-40 | 55 |
| 254 | 64 | 00:50:56 | Birkenheyer | Klaus | Itzehoe | GER-SH | M-45 | 21 |
| 255 | 674 | 00:50:56 | Pinkerneil | Volker | Oldendorf | GER-SH | M-45 | 22 |
| 256 | 145 | 00:51:00 | Dau | Andreas | Neumünster | GER-SH | M-35 | 46 |
| 257 | 79 | 00:51:01 | Böge | Peter | TSV Lägerdorf | GER-SH | M-50 | 27 |
| 258 | 984 | 00:51:02 | Westensee | Dieter | Ostroher SC | GER-SH | M-65 | 3 |
| 259 | 565 | 00:51:04 | Meifort | Dirk | Elmshorn | GER-SH | M-40 | 56 |
| 260 | 833 | 00:51:06 | Schulz | Michael | Dägeling | GER-SH | M-40 | 57 |
| 261 | 160 | 00:51:08 | Dorloff | Manfred | Dentaltechnik Itzehoe | GER-SH | M-50 | 28 |
| 262 | 514 | 00:51:09 | Lohmann | Henrik | Lohmann family & friends | GER-HAM | M-20 | 42 |
| 263 | 517 | 00:51:10 | Lohmann | Dr. Wolfgang | Lohmann family & friends | GER-SH | M-55 | 11 |
| 264 | 477 | 00:51:10 | Krzykowski | André | Itzehoer Versicherungen | GER-SH | M-20 | 43 |
| 265 | 598 | 00:51:12 | Möller | Kai | | GER-SH | M-40 | 58 |
| 266 | 37 | 00:51:13 | Beck | Heiko | | GER-SH | M-35 | 47 |
| 267 | 471 | 00:51:15 | Krusche | Ralf | Sparkasse Westholstein | GER-SH | M-40 | 59 |
| 268 | 613 | 00:51:16 | Nagel | Oliver | TS Schenefeld | GER-SH | M-30 | 26 |
| 269 | 130 | 00:51:18 | Campe | Bernd | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-40 | 60 |
| 270 | 4407 | 00:51:18 | Witt | Andreas | Witt | GER-SH | M-35 | 48 |
| 271 | 691 | 00:51:23 | Ramm | Dietmar | MTV Itzehoe | GER-SH | M-45 | 23 |
| 272 | 101 | 00:51:28 | Braun | Werner | Itzehoe | GER-SH | M-45 | 24 |
| 273 | 791 | 00:51:28 | Schlick | Heinrich | Itzehoer Versicherungen | GER-SH | M-55 | 12 |
| 274 | 877 | 00:51:29 | Stange | Jens | Flensburg | GER-SH | M-50 | 29 |
| 275 | 4422 | 00:51:32 | Wulf | Udo | | GER-SH | M-50 | 30 |
| 276 | 785 | 00:51:33 | Schittko | Bernd | Brunsbüttel | GER-SH | M-50 | 31 |
| 277 | 865 | 00:51:33 | Soltwedel | Fritz | | GER-SH | M-45 | 25 |
| 278 | 927 | 00:51:34 | Timmermann | Hauke | | GER-SH | M-40 | 61 |
| 279 | 874 | 00:51:34 | Spross | Jürgen | Hohenlockstedt | GER-SH | M-40 | 62 |
| 280 | 227 | 00:51:39 | Gehle | Daniel | Itzehoe | GER-SH | M-20 | 44 |
| 281 | 274 | 00:51:40 | Haack | Stephan | Sparkasse Westholstein | GER-SH | M-30 | 27 |
| 282 | 4439 | 00:51:40 | Zeeck | Matthias | | GER-SH | M-40 | 63 |
| 283 | 85 | 00:51:40 | Boldt | Marco | Eimsbüttler TV | GER-HAM | M-35 | 49 |
| 284 | 940 | 00:51:40 | Vock | Rolf | MTV Itzehoe | GER-SH | M-20 | 45 |
| 285 | 911 | 00:51:41 | Theel | Manfred | Mudo Kwan | GER-SH | M-50 | 32 |
| 286 | 553 | 00:51:42 | Martens | Axel | Warringholz | GER-SH | M-20 | 46 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|------------|---|--------|-------------------|------------------|
| 287 | 689 | 00:51:44 | Ramm | Lukas | SV Alemannia Wilster | GER-SH | M-JB | 11 |
| 288 | 375 | 00:51:46 | Jacobsen | Harry | | GER-SH | M-30 | 28 |
| 289 | 342 | 00:51:48 | Hochfeld | Jannik | SV Vaalia | GER-SH | M-JA | 8 |
| 290 | 422 | 00:51:50 | Kleinke | Ingo | Itzehoe | GER-SH | M-35 | 50 |
| 291 | 419 | 00:51:53 | Kleensang | Reinhard | Itzehoer Versicherungen | GER-SH | M-60 | 2 |
| 292 | 912 | 00:51:53 | Thiermann | Thomas | LT Itzehoe | GER-SH | M-45 | 26 |
| 293 | 4411 | 00:51:54 | Wittkuhn | Jan | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-35 | 51 |
| 294 | 754 | 00:51:55 | Rust | Alfred | Justiz läuft | GER-SH | M-30 | 29 |
| 295 | 771 | 00:51:58 | Scheerer | Nico | Itzehoer Versicherungen | GER-SH | M-JB | 12 |
| 296 | 46 | 00:51:59 | Behrends | Finn Ole | Freie Waldorfschule Itzehoe 3 | GER-SH | M-SC | 2 |
| 297 | 295 | 00:52:00 | Hamdorf | Dr. Kai | Justiz läuft | GER-SH | M-30 | 30 |
| 298 | 434 | 00:52:02 | Koch | Sören | Itzehoe | GER-SH | M-45 | 27 |
| 299 | 180 | 00:52:02 | Eisenmann | Dieter | Gut Heil Itzehoe | GER-SH | M-65 | 4 |
| 300 | 453 | 00:52:03 | Krapf | Mike | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-30 | 31 |
| 301 | 4429 | 00:52:05 | Zarp | Jörg | Elmshorn | GER-SH | M-35 | 52 |
| 302 | 291 | 00:52:13 | Hamann | Niclas | Sophie-Scholl-Gymnasium IV c | GER-SH | M-SA | 7 |
| 303 | 153 | 00:52:15 | Dittmann | Arno | Heiligenstedten | GER-SH | M-45 | 28 |
| 304 | 886 | 00:52:16 | Steinhardt | Marc | Heiligenstedten | GER-SH | M-35 | 53 |
| 305 | 158 | 00:52:19 | Dörfling | Dirk | Sparkasse Westholstein | GER-SH | M-40 | 64 |
| 306 | 174 | 00:52:20 | Ehlers | Julius | AC Planergruppe | GER-SH | M-65 | 5 |
| 307 | 662 | 00:52:22 | Pfeil | Jörg | Krempe | GER-SH | M-30 | 32 |
| 308 | 407 | 00:52:23 | Kastenbein | Rainer | Lägerdorf | GER-SH | M-50 | 33 |
| 309 | 108 | 00:52:25 | Brill | Karl | Kellinghusen | GER-SH | M-45 | 29 |
| 310 | 109 | 00:52:25 | Brill | Adolf | Brunsbüttel | GER-SH | M-50 | 34 |
| 311 | 463 | 00:52:26 | Kruchten | Harald | Itzehoe | GER-SH | M-45 | 30 |
| 312 | 473 | 00:52:26 | Kus | Andreas | Wirtschaftsjunioren Pinneberg | GER-SH | M-40 | 65 |
| 313 | 519 | 00:52:27 | Looft | Gerd | Trede & von Pein | GER-SH | M-40 | 66 |
| 314 | 318 | 00:52:28 | Heinbockel | Oliver | Itzehoe | GER-SH | M-20 | 47 |
| 315 | 661 | 00:52:29 | Pfeiffer | Marco | Meldorf | GER-SH | M-20 | 48 |
| 316 | 573 | 00:52:31 | Meyer | Uwe | Wewelsfleth | GER-SH | M-45 | 31 |
| 317 | 728 | 00:52:32 | Rogall | Jan | Trede & von Pein | GER-SH | M-20 | 49 |
| 318 | 87 | 00:52:32 | Boll | Constantin | Realschule Wilster 8b | GER-SH | M-SA | 8 |
| 319 | 82 | 00:52:33 | Möller | Tibor | WKS Hohenlockstedt WPK Fitness | GER-SH | M-JB | 13 |
| 320 | 238 | 00:52:36 | Gierling | Lars | VFL Kellinghusen | GER-SH | M-35 | 54 |
| 321 | 141 | 00:52:39 | Croppenstedt | Jörg | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-45 | 32 |
| 322 | 558 | 00:52:40 | Matthiesen | Hartmut | Elmshorn | GER-SH | M-50 | 35 |
| 323 | 448 | 00:52:41 | Kossiski | Stephan | TSV Lägerdorf | GER-SH | M-40 | 67 |
| 324 | 401 | 00:52:42 | Kahre | Detlev | Winseldorf | GER-SH | M-65 | 6 |
| 325 | 425 | 00:52:44 | Klingebiel | Wolfgang | | GER-SH | M-45 | 33 |
| 326 | 29 | 00:52:47 | Bär | Thomas | | GER-SH | M-40 | 68 |
| 327 | 28 | 00:52:50 | Bär | Burkhard | TuS Krempe | GER-SH | M-40 | 69 |
| 328 | 853 | 00:52:51 | Siegmond | Günter | Mühlenbarbek | GER-SH | M-50 | 36 |
| 329 | 527 | 00:52:53 | Lucht | Peter | Beidenfleth | GER-SH | M-45 | 34 |
| 330 | 112 | 00:52:53 | Bublitz | Gerold | Wrist | GER-SH | M-40 | 70 |
| 331 | 699 | 00:52:55 | Ratjen | Henning | TSV Brokstedt | GER-SH | M-40 | 71 |
| 332 | 945 | 00:52:56 | von Bargaen | Jörg | Horst | GER-SH | M-45 | 35 |
| 333 | 367 | 00:52:57 | Husmann | Volker | Lägerdorf | GER-SH | M-45 | 36 |
| 334 | 355 | 00:52:59 | Holst | Matthias | | GER-SH | M-45 | 37 |
| 335 | 86 | 00:53:00 | Boll | Karsten | Gut Heil Itzehoe | GER-SH | M-30 | 33 |

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10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|---------------|--|--------|-------------------|------------------|
| 336 | 683 | 00:53:01 | Preuß | Andreas | Wirtschaftsjunioren Pinneberg | GER-SH | M-40 | 72 |
| 337 | 531 | 00:53:01 | Lüders-Bahlmann | Peter | Laufwerk Hamburg e.V. Hamburg e.V. | GER-SH | M-40 | 73 |
| 338 | 56 | 00:53:03 | Beller | Maximilian | FH Nordakademie | GER-SH | M-20 | 50 |
| 339 | 110 | 00:53:05 | Brodersen | Börge | Technisches Hilfswerk Itzehoe | GER-SH | M-20 | 51 |
| 340 | 486 | 00:53:08 | Kwetkus | Ralf-Peter | TSV Wewelsfleth | GER-SH | M-45 | 38 |
| 341 | 608 | 00:53:09 | Müller-Bergh | Dr. med. Jens | Flinke Fersen Tegelhörn | GER-SH | M-45 | 39 |
| 342 | 511 | 00:53:12 | Lipp | Heiko | Itzehoer Versicherungen | GER-SH | M-45 | 40 |
| 343 | 416 | 00:53:13 | Kienappel | Robert | Wirtschaftsjunioren Pinneberg | GER-SH | M-35 | 55 |
| 344 | 763 | 00:53:15 | Paulsen | Rolf | Sparkasse Westholstein | GER-SH | M-45 | 41 |
| 345 | 282 | 00:53:16 | Häfner | Jörg | Kernkraftwerk Brokdorf | GER-SH | M-45 | 42 |
| 346 | 937 | 00:53:19 | Veit | Jens-Uwe | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | M-40 | 74 |
| 347 | 353 | 00:53:21 | Holm | Sascha | | GER-SH | M-20 | 52 |
| 348 | 398 | 00:53:21 | Kabisch | Michael | Dägeling | GER-SH | M-50 | 37 |
| 349 | 315 | 00:53:22 | Hatje | Lars | Wedel | GER-SH | M-45 | 43 |
| 350 | 55 | 00:53:23 | Beimgraben | Kay | Beidenfleth | GER-SH | M-30 | 34 |
| 351 | 793 | 00:53:25 | Fontius | Christian | | GER-SH | M-JB | 14 |
| 352 | 142 | 00:53:29 | Dammann | Claus-Wilhelm | Sparkasse Westholstein | GER-SH | M-40 | 75 |
| 353 | 403 | 00:53:30 | Kallenbach | Hansjörg | Kiel | GER-SH | M-45 | 44 |
| 354 | 4409 | 00:53:35 | Witt | Gerd | Itzehoer Rennschnecken | GER-SH | M-50 | 38 |
| 355 | 118 | 00:53:36 | Bünz | Gerd | Kremperheide | GER-SH | M-40 | 76 |
| 356 | 828 | 00:53:41 | Schröter | Friedemann | Beidenfleth | GER-SH | M-50 | 39 |
| 357 | 607 | 00:53:42 | Müller | Jürgen | | GER-SH | M-40 | 77 |
| 358 | 871 | 00:53:43 | Sprenger | Nils | MTV Heide | GER-SH | M-SA | 9 |
| 359 | 678 | 00:53:43 | Podszun | Matthias | | GER-SH | M-35 | 56 |
| 360 | 664 | 00:53:48 | Philipp | Marvin | | GER-SH | M-SA | 10 |
| 361 | 804 | 00:53:54 | Schmitt | Uwe | Tornesch | GER-SH | M-40 | 78 |
| 362 | 4427 | 00:53:54 | Zapfe | Mirko | Itzehoe | GER-SH | M-30 | 35 |
| 363 | 462 | 00:53:57 | Kropius | Andreas | BSC Nordoe | GER-SH | M-40 | 79 |
| 364 | 343 | 00:53:59 | Hoffmann | Wolfgang | Itzehoer Ruderclub | GER-SH | M-50 | 40 |
| 365 | 327 | 00:53:59 | Hennings | Rainer | Sparkasse Westholstein | GER-SH | M-45 | 45 |
| 366 | 787 | 00:54:01 | Schlegel | Uwe | Itzehoe | GER-SH | M-45 | 46 |
| 367 | 589 | 00:54:02 | Mohr | Arne | Kremperheide | GER-SH | M-SB | 5 |
| 368 | 987 | 00:54:02 | Westphal | Warin | | GER-SH | M-SC | 3 |
| 369 | 344 | 00:54:03 | Hofmann | Ulrich | | GER-SH | M-40 | 80 |
| 370 | 548 | 00:54:06 | Mallon | Alexander | THW Kiel | GER-SH | M-30 | 36 |
| 371 | 4432 | 00:54:06 | Zickau | Andreas | Itzehoe | GER-SH | M-40 | 81 |
| 372 | 233 | 00:54:07 | Gerbers | Björn | Team Gerbooks | GER-SH | M-45 | 47 |
| 373 | 4408 | 00:54:11 | Witt | Uwe | TSV Breitenberg | GER-SH | M-50 | 41 |
| 374 | 845 | 00:54:13 | Schwellies | Andreas | Heiligenstedten | GER-SH | M-45 | 48 |
| 375 | 328 | 00:54:13 | Hensel | Holger | Freie Waldorfschule Itzehoe 3 | GER-SH | M-35 | 57 |
| 376 | 1 | 00:54:16 | Abt | Florian | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | M-SA | 11 |
| 377 | 564 | 00:54:16 | Meier | Jörg | FH Nordakademie | GER-SH | M-50 | 42 |
| 378 | 440 | 00:54:18 | Konrad | Holger | | GER-SH | M-45 | 49 |
| 379 | 169 | 00:54:19 | Duske | Frank | Neuenbrook | GER-SH | M-40 | 82 |
| 380 | 4423 | 00:54:19 | Wullweber | Dietmar | Justiz läuft | GER-SH | M-55 | 13 |
| 381 | 76 | 00:54:20 | Bodenstein | Axel | Handball | GER-SH | M-50 | 43 |
| 382 | 990 | 00:54:21 | Westphalen | Stefan | Stadtverwaltung Itzehoe | GER-SH | M-20 | 53 |
| 383 | 290 | 00:54:23 | Hamann | Sven | Brokdorf | GER-SH | M-35 | 58 |
| 384 | 824 | 00:54:26 | Schröder | Philipp | | GER-SH | M-30 | 37 |

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10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|-----------|---|---------|-------------------|------------------|
| 385 | 74 | 00:54:27 | Böckel | Dieter | Itzehoe | GER-SH | M-55 | 14 |
| 386 | 748 | 00:54:28 | Rückert | Stephan | Elmshorn | GER-SH | M-40 | 83 |
| 387 | 894 | 00:54:35 | Stollenwerk | Cornelius | Itzehoe | GER-SH | M-40 | 84 |
| 388 | 549 | 00:54:35 | Manske | Volker | Störlauf | GER-SH | M-45 | 50 |
| 389 | 587 | 00:54:37 | Mohr | Jan | Horst | GER-SH | M-40 | 85 |
| 390 | 60 | 00:54:38 | Berndt | Wolfgang | Dentaltechnik Itzehoe | GER-SH | M-50 | 44 |
| 391 | 4412 | 00:54:38 | Wobig | Wlil | Münsterdorf | GER-SH | M-70 | 1 |
| 392 | 256 | 00:54:43 | Greulich | Matthias | Itzehoe | GER-SH | M-45 | 51 |
| 393 | 93 | 00:54:44 | Bottema | Johannes | Itzehoe | GER-SH | M-45 | 52 |
| 394 | 993 | 00:54:44 | Widderich | Jens | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-45 | 53 |
| 395 | 439 | 00:54:45 | König | Moritz | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-20 | 54 |
| 396 | 706 | 00:54:45 | Reichardt | Tim | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-20 | 55 |
| 397 | 6 | 00:54:49 | Aldag | Stephan | Wohlert, Aldag & Partner | GER-SH | M-40 | 86 |
| 398 | 386 | 00:54:55 | Jimenez-Aguilera | Manuel | Wilster | GER-SH | M-35 | 59 |
| 399 | 231 | 00:54:59 | Gerbers | Roman | Team Gerbooks | GER-SH | M-JA | 9 |
| 400 | 31 | 00:55:00 | Barthel | Burkhard | TSV Lägerdorf | GER-SH | M-45 | 54 |
| 401 | 162 | 00:55:03 | Spötter | Andreas | Sparkasse Westholstein | GER-SH | M-50 | 45 |
| 402 | 139 | 00:55:07 | Conrad | Clemens | FH Nordakademie | GER-SH | M-20 | 56 |
| 403 | 633 | 00:55:07 | Önel | Gökmen | Thies GesundheitsPartner/MediCente r Medizintechnik | GER-SH | M-30 | 38 |
| 404 | 53 | 00:55:12 | Beimgraben | Torge | ETSV Gut-Heil-Itzehoe | GER-SH | M-35 | 60 |
| 405 | 9 | 00:55:13 | Alpers | Christian | Münsterdorf | GER-SH | M-40 | 87 |
| 406 | 4440 | 00:55:16 | Illner | Jürgen | | GER-SH | M-30 | 39 |
| 407 | 91 | 00:55:19 | Borrmann | Dirk | Kiel | GER-SH | M-40 | 88 |
| 408 | 4418 | 00:55:22 | Wolfsteller | Thorsten | Oldendorf | GER-SH | M-40 | 89 |
| 409 | 361 | 00:55:24 | Hübner | Markus | Münsterdorfer SV | GER-SH | M-30 | 40 |
| 410 | 236 | 00:55:25 | Geschke | Peter | Münsterdorfer SV | GER-SH | M-50 | 46 |
| 411 | 413 | 00:55:26 | Ketels | Rolf | MSV Münsterdorf | GER-SH | M-60 | 3 |
| 412 | 924 | 00:55:27 | Tillwick | Kevin | Thies GesundheitsPartner/MediCente r Medizintechnik | GER-SH | M-JA | 10 |
| 413 | 357 | 00:55:28 | Hopp | Peter | ISR Itzehoeer Schrott und Recycling GmbH & Co. | GER-SH | M-45 | 55 |
| 414 | 571 | 00:55:29 | Meyer | Marc | | GER-SH | M-35 | 61 |
| 415 | 815 | 00:55:30 | Schöniger | Gunther | SHZ | GER-SH | M-50 | 47 |
| 416 | 466 | 00:55:40 | Krüger | Ralf | Itzehoe | GER-SH | M-45 | 56 |
| 417 | 408 | 00:55:41 | Kasüske | Rudolf | Stadtverwaltung Itzehoe | GER-SH | M-60 | 4 |
| 418 | 891 | 00:55:45 | Stimming | Jürgen | Kaaks | GER-SH | M-55 | 15 |
| 419 | 224 | 00:55:52 | Gefken | Laurenz | Lokomotive Krempe | GER-SH | M-JA | 11 |
| 420 | 914 | 00:55:53 | Thiessen | Bernd | Vfr Horst | GER-SH | M-35 | 62 |
| 421 | 554 | 00:55:56 | Martens | Uwe | Itzehoe | GER-SH | M-45 | 57 |
| 422 | 864 | 00:55:57 | Soliman | Munir | MTV Itzehoe | GER-SH | M-JB | 15 |
| 423 | 482 | 00:55:58 | Kümmel | Timo | Berlin | GER-BER | M-30 | 41 |
| 424 | 967 | 00:56:03 | Wegener | Stefan | Itzehoe | GER-SH | M-40 | 90 |
| 425 | 246 | 00:56:06 | Göring | Bernd | Ölixdorfer Schützen | GER-SH | M-40 | 91 |
| 426 | 469 | 00:56:08 | Krüger | Uwe | Heiligenstedtenerkamp | GER-SH | M-45 | 58 |
| 427 | 337 | 00:56:11 | Heutmann | Torben | Wilster | GER-SH | M-SA | 12 |
| 428 | 959 | 00:56:13 | Wagner | Sven | Norderstedt | GER-SH | M-20 | 57 |
| 429 | 809 | 00:56:13 | Schmude | Olaf | Störlauf | GER-SH | M-60 | 5 |
| 430 | 41 | 00:56:16 | Beermann | Jörg | Klinikum Itzehoe | GER-SH | M-50 | 48 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|---|---------|-------------------|------------------|
| 431 | 297 | 00:56:17 | Hamminger | Alexander | Tornesch | GER-SH | M-40 | 92 |
| 432 | 240 | 00:56:18 | Gille | Michael | Heiligenstedtenerkamp | GER-SH | M-35 | 63 |
| 433 | 491 | 00:56:23 | Lake | Günter | Realschule Wilster 8b | GER-SH | M-45 | 59 |
| 434 | 335 | 00:56:23 | Herzig | Dieter | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-70 | 2 |
| 435 | 211 | 00:56:23 | Frings | Timo | Kiel | GER-SH | M-20 | 58 |
| 436 | 711 | 00:56:26 | Reinhardt | Henry | Ostroher SC | GER-SH | M-45 | 60 |
| 437 | 584 | 00:56:30 | Mikoleit | Gerd | MTV Itzehoe | GER-SH | M-55 | 16 |
| 438 | 148 | 00:56:31 | Denzau | Stefan | Brokdorf | GER-SH | M-35 | 64 |
| 439 | 733 | 00:56:37 | Rohde | Andreas | Heiligenstedten | GER-SH | M-40 | 93 |
| 440 | 161 | 00:56:38 | Dose | Rainer | Sparkasse Westholstein | GER-SH | M-50 | 49 |
| 441 | 4419 | 00:56:39 | Wolfsteller | Thorsten | Oldendorf | GER-SH | M-40 | 94 |
| 442 | 618 | 00:56:41 | Neuhaus | Uwe | FH Nordakademie | GER-SH | M-40 | 95 |
| 443 | 749 | 00:56:44 | Ruf | Waldemar | Itzehoe | GER-SH | M-65 | 7 |
| 444 | 363 | 00:56:46 | Hülß | Torsten | Herzhorn | GER-SH | M-35 | 65 |
| 445 | 812 | 00:56:51 | Schnoor | Kai | Ehndorf | GER-SH | M-40 | 96 |
| 446 | 811 | 00:56:51 | Schneider | Thomas | Handball | GER-SH | M-45 | 61 |
| 447 | 313 | 00:56:52 | Hasselmeyer | Lars | Halstenbek | GER-SH | M-40 | 97 |
| 448 | 289 | 00:56:54 | Hamann | Mathias | Hohenlockstedt | GER-SH | M-35 | 66 |
| 449 | 951 | 00:56:55 | von Pein | Knut | Trede & von Pein | GER-SH | M-50 | 50 |
| 450 | 506 | 00:56:56 | Lichtenberg | Andre | Lichtenberg | GER-SH | M-40 | 98 |
| 451 | 472 | 00:56:58 | Kruse | Sören | | GER-SH | M-30 | 42 |
| 452 | 193 | 00:56:58 | Flick | Thomas | VfR Horst | GER-SH | M-40 | 99 |
| 453 | 856 | 00:56:58 | Sießenbüttel | Sönke | BSG Amt Itzehoe-Land | GER-SH | M-45 | 62 |
| 454 | 567 | 00:56:59 | Meinert | Horst | Münsterdorfer SV | GER-SH | M-55 | 17 |
| 455 | 789 | 00:57:02 | Schleu | Hellmuth | Osdorf | GER-SH | M-50 | 51 |
| 456 | 582 | 00:57:09 | Mielke | Holger | | GER-SH | M-45 | 63 |
| 457 | 677 | 00:57:10 | Podehl | Erwin | Gut Heil Itzehoe | GER-SH | M-55 | 18 |
| 458 | 603 | 00:57:12 | Muetzner | Thorsten | Thies GesundheitsPartner/MediCente r Medizintechnik | GER-SH | M-40 | 100 |
| 459 | 196 | 00:57:13 | Flor | Dr. Bernhard | Justiz läuft | GER-SH | M-50 | 52 |
| 460 | 498 | 00:57:16 | Lechtenberg | Frank | Itzehoe | GER-SH | M-40 | 101 |
| 461 | 123 | 00:57:17 | Busch | Eddy | Itzehoe | GER-SH | M-55 | 19 |
| 462 | 147 | 00:57:28 | Davids | Torsten | Pinneberg | GER-SH | M-40 | 102 |
| 463 | 351 | 00:57:29 | Holm | Reimer | Siezbüttel | GER-SH | M-35 | 67 |
| 464 | 819 | 00:57:30 | Tietz | Rainer | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-55 | 20 |
| 465 | 981 | 00:57:33 | Werner | Oliver | Oelixdorf | GER-SH | M-40 | 103 |
| 466 | 114 | 00:57:34 | Buck | Sven | Itzehoe | GER-SH | M-40 | 104 |
| 467 | 752 | 00:57:35 | Rupsch | Christian | | GER-SH | M-35 | 68 |
| 468 | 676 | 00:57:35 | Ploppa | Egon | Lauftreff Rendsburg | GER-SH | M-60 | 6 |
| 469 | 499 | 00:57:38 | Lechtenberg | Ansgar | | GER-SH | M-SA | 13 |
| 470 | 835 | 00:57:38 | Schulz | Heiko | MTV Itzehoe | GER-SH | M-40 | 105 |
| 471 | 836 | 00:57:38 | Schulz | Tarek | MTV Itzehoe | GER-SH | M-SB | 6 |
| 472 | 751 | 00:57:43 | Rühmann | Florian | Thies GesundheitsPartner/MediCente r Medizintechnik | GER-SH | M-20 | 59 |
| 473 | 7 | 00:57:45 | Eder | Andreas | Wohlert, Aldag & Partner | GER-SH | M-40 | 106 |
| 474 | 331 | 00:57:46 | Schmidt | Matthias | | GER-SH | M-35 | 69 |
| 475 | 770 | 00:57:47 | Strang | Heiko | | GER-SH | M-40 | 107 |
| 476 | 808 | 00:57:49 | Schmonsees | Rolf | | GER-NIE | M-60 | 7 |
| 477 | 420 | 00:57:50 | Klein | Holger | Itzehoe | GER-SH | M-30 | 43 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|---|---------|-------------------|------------------|
| 478 | 159 | 00:57:52 | Dörfling | Michel | Sparkasse Westholstein | GER-SH | M-SB | 7 |
| 479 | 778 | 00:57:56 | Schill | Holger | FH Nordakademie | GER-SH | M-20 | 60 |
| 480 | 105 | 00:57:57 | Breitenstein | Manfred | BSG Gehe Pharma | GER-SH | M-50 | 53 |
| 481 | 4436 | 00:57:59 | Zuehlke | Andreas | Sparkasse Westholstein | GER-SH | M-45 | 64 |
| 482 | 66 | 00:58:02 | Bittrich | Eckhard | Kaaks | GER-SH | M-60 | 8 |
| 483 | 106 | 00:58:03 | Brenke | Dennis | | GER-SH | M-35 | 70 |
| 484 | 267 | 00:58:04 | Groth | Mathias | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-30 | 44 |
| 485 | 314 | 00:58:04 | Hasselmeyer | Hayo | Hamburg | GER-HAM | M-35 | 71 |
| 486 | 933 | 00:58:05 | Uhl | Marcus | E.ON Kernkraft | GER-SH | M-35 | 72 |
| 487 | 962 | 00:58:13 | Waller | Frederik | Itzehoer Versicherungen | GER-SH | M-45 | 65 |
| 488 | 259 | 00:58:13 | Grewe | Sascha | Triathlon Team Gut Heil Itzehoe | GER-SH | M-20 | 61 |
| 489 | 741 | 00:58:16 | Rosing | Anton | Lauffreunde Itzehoe | GER-SH | M-45 | 66 |
| 490 | 529 | 00:58:17 | Lucht | Sven | Itzehoe | GER-SH | M-30 | 45 |
| 491 | 12 | 00:58:23 | Anders | Bodo | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | M-40 | 108 |
| 492 | 245 | 00:58:26 | Goldt | Otto | SV Hörnerkirchen | GER-SH | M-70 | 3 |
| 493 | 755 | 00:58:27 | Rüter | Hartmut | Sparkasse Westholstein | GER-SH | M-45 | 67 |
| 494 | 461 | 00:58:31 | Krohn | Michel | Itzehoe | GER-SH | M-SC | 4 |
| 495 | 460 | 00:58:32 | Krohn | Bernd | Itzehoe | GER-SH | M-45 | 68 |
| 496 | 445 | 00:58:33 | Kopp | Marco | Itzehoe | GER-SH | M-20 | 62 |
| 497 | 325 | 00:58:34 | Henneberg | Dr. Bernhard | Justiz läuft | GER-SH | M-35 | 73 |
| 498 | 943 | 00:58:38 | Voigt | Mark | Boxclub Itzehoe | GER-SH | M-30 | 46 |
| 499 | 843 | 00:58:43 | Schweigert | Axel | Sparkasse Westholstein | GER-SH | M-50 | 54 |
| 500 | 316 | 00:58:45 | Hedt | Stephan | Itzehoe | GER-SH | M-30 | 47 |
| 501 | 185 | 00:58:45 | Falkenbach | Heiko | Team Gerbooks | GER-SH | M-30 | 48 |
| 502 | 949 | 00:58:48 | von Leesen | Reimer | Sparkasse Westholstein | GER-SH | M-40 | 109 |
| 503 | 99 | 00:58:51 | Brandt | Jens | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-40 | 110 |
| 504 | 40 | 00:58:53 | Beckmann | Andreas | Münsterdorf | GER-SH | M-40 | 111 |
| 505 | 968 | 00:58:54 | Weidlich | Finn-Lennard | Dägeling | GER-SH | M-SB | 8 |
| 506 | 269 | 00:58:56 | Grygo | Klaus | | GER-SH | M-45 | 69 |
| 507 | 846 | 00:59:14 | Schwenck | Christoph | Itzehoer Versicherungen | GER-SH | M-JB | 16 |
| 508 | 223 | 00:59:15 | Gatz | Mathias | FH Nordakademie | GER-SH | M-20 | 63 |
| 509 | 107 | 00:59:18 | Brenneiser | Arnd | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-40 | 112 |
| 510 | 36 | 00:59:19 | Beck | Christian | | GER-SH | M-SC | 5 |
| 511 | 488 | 00:59:26 | Ladwig | Michael | Kreishandwerkerschaft Westholstein | GER-SH | M-40 | 113 |
| 512 | 293 | 00:59:28 | Hamann | Klaus | VFL Kellinghusen | GER-SH | M-60 | 9 |
| 513 | 961 | 00:59:35 | Wahls | Torsten | Elmshorn | GER-SH | M-20 | 64 |
| 514 | 515 | 00:59:39 | Eichen | Lars | Lohmann family & friends | GER-SH | M-20 | 65 |
| 515 | 697 | 00:59:40 | Rathjen | Christian | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | M-35 | 74 |
| 516 | 447 | 00:59:49 | Körber | Holger | Elmshorn | GER-SH | M-40 | 114 |
| 517 | 612 | 00:59:52 | Nagel | Riever | Justiz läuft | GER-SH | M-30 | 49 |
| 518 | 83 | 00:59:53 | Bohn | Hugo | | GER-SH | M-60 | 10 |
| 519 | 330 | 00:59:58 | Herms | Gebhard | VFL Kellinghusen | GER-SH | M-60 | 11 |
| 520 | 35 | 00:59:58 | Beck | Michael | | GER-SH | M-40 | 115 |
| 521 | 925 | 00:59:59 | Timm | Hans-Joachim | Itzehoe | GER-SH | M-55 | 21 |
| 522 | 944 | 01:00:00 | Völker | Erik | Itzehoe | GER-SH | M-35 | 75 |
| 523 | 882 | 01:00:02 | Steffens | Dieter | Klein Nordende | GER-SH | M-50 | 55 |
| 524 | 798 | 01:00:02 | Schmidt | Werner | Tornesch | GER-SH | M-50 | 56 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-----------------|--|---------|-------------------|------------------|
| 525 | 533 | 01:00:03 | Lüdke | Sven | | GER-SH | M-30 | 50 |
| 526 | 780 | 01:00:05 | Schilling | Frank-Michael | | GER-SH | M-40 | 116 |
| 527 | 275 | 01:00:07 | Haack | Oliver | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | M-35 | 76 |
| 528 | 601 | 01:00:07 | Monarcha | Günter | Herzhorn | GER-SH | M-50 | 57 |
| 529 | 551 | 01:00:08 | Marschal | Andree | TSV Lägerdorf | GER-SH | M-35 | 77 |
| 530 | 880 | 01:00:19 | Steen | Rolf | Klausdorf /Schw. | GER-SH | M-60 | 12 |
| 531 | 395 | 01:00:24 | Jürgens | Martin | LT Tielenhemme | GER-SH | M-45 | 70 |
| 532 | 583 | 01:00:25 | Mikolajewicz | Michael | Itzehoe | GER-SH | M-35 | 78 |
| 533 | 538 | 01:00:34 | Luther | Andreas | Kummerfeld | GER-SH | M-40 | 117 |
| 534 | 4420 | 01:00:50 | Wrobel | Hanjo | KG Ludwig Melosch | GER-SH | M-35 | 79 |
| 535 | 389 | 01:00:54 | Jörgensen | Volker | Gut Heil Itzehoe | GER-SH | M-45 | 71 |
| 536 | 832 | 01:00:56 | Schulte | Eckhard | Nehnten / Sepel | GER-SH | M-40 | 118 |
| 537 | 710 | 01:00:56 | Reimers | Jürgen | Holstenniendorf | GER-SH | M-45 | 72 |
| 538 | 756 | 01:00:57 | Sambale | Jan | Ottenbüttel | GER-SH | M-45 | 73 |
| 539 | 792 | 01:00:58 | Schlodenski | Manfred | Itzehoer Versicherungen | GER-SH | M-45 | 74 |
| 540 | 942 | 01:01:06 | Vogt | Dr. Tom Michael | Klinikum Itzehoe | GER-SH | M-35 | 80 |
| 541 | 220 | 01:01:44 | Garbers | Andreas | Itzehoe | GER-SH | M-40 | 119 |
| 542 | 310 | 01:01:57 | Hartmann | Felix | VFL Kellinghusen | GER-SH | M-SC | 6 |
| 543 | 592 | 01:02:03 | Mohr | Adolf | TSV Neuenkirchen | GER-SH | M-65 | 8 |
| 544 | 253 | 01:02:06 | Gramer | Michael | MTV Itzehoe | GER-SH | M-35 | 81 |
| 545 | 523 | 01:02:08 | Lösche | Holger | Itzehoe | GER-SH | M-40 | 120 |
| 546 | 283 | 01:02:10 | Hagemann | Thorsten | Westermoor | GER-SH | M-45 | 75 |
| 547 | 724 | 01:02:27 | Rimmek | Lutz | Hamburg | GER-HAM | M-50 | 58 |
| 548 | 24 | 01:02:34 | Bahrs | Markus | Winseldorf | GER-SH | M-35 | 82 |
| 549 | 702 | 01:02:39 | Rebesky | Michael | Elmshorn | GER-SH | M-45 | 76 |
| 550 | 915 | 01:02:40 | Thiessen | Sascha | Krummendiek | GER-SH | M-30 | 51 |
| 551 | 546 | 01:02:44 | Magnus | Olaf | | GER-SH | M-40 | 121 |
| 552 | 309 | 01:02:51 | Hartmann | Peter | VFL Kellinghusen | GER-SH | M-40 | 122 |
| 553 | 187 | 01:03:27 | Feddersen | Peter | Krempermoor | GER-SH | M-65 | 9 |
| 554 | 826 | 01:03:41 | Schroeder | Bernd | Itzehoe | GER-SH | M-55 | 22 |
| 555 | 578 | 01:03:43 | Mibach | Frank | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | M-45 | 77 |
| 556 | 653 | 01:03:44 | Peters | Klaus | SV Brokdorf | GER-SH | M-60 | 13 |
| 557 | 777 | 01:03:45 | Schierbecker | Volker | Itzehoer Rennschnecken | GER-SH | M-45 | 78 |
| 558 | 451 | 01:03:46 | Kraemer | Berndt | Itzehoer Versicherungen | GER-SH | M-30 | 52 |
| 559 | 904 | 01:03:47 | Tenfelde | Manfred | Rotary Club Itzehoe | GER-SH | M-50 | 59 |
| 560 | 802 | 01:03:53 | Schmidt | Uwe | Breitenberg | GER-SH | M-40 | 123 |
| 561 | 757 | 01:04:01 | Sandkamp | Torsten | Münsterdorf | GER-SH | M-40 | 124 |
| 562 | 336 | 01:04:04 | Herzog | Joachim | TS Schenefeld | GER-SAN | M-40 | 125 |
| 563 | 717 | 01:04:33 | Rentzsch | Oskar | Itzehoe | GER-SH | M-65 | 10 |
| 564 | 740 | 01:04:42 | Roschak | Roman | Klinikum Itzehoe | GER-SH | M-35 | 83 |
| 565 | 736 | 01:04:43 | Rohrmann | Lars | Thies GesundheitsPartner/MediCenter Medizintechnik | GER-SH | M-20 | 66 |
| 566 | 606 | 01:04:51 | Müller | Ronny | Kiel | GER-SH | M-30 | 53 |
| 567 | 232 | 01:05:09 | Gerbers | Rollo | Team Gerbooks | GER-SH | M-JB | 17 |
| 568 | 301 | 01:05:16 | Hanisch | Thomas | MTV Wilster | GER-SH | M-40 | 126 |
| 569 | 494 | 01:05:21 | Faerber | Dennis | | GER-SH | M-SC | 7 |
| 570 | 528 | 01:05:22 | Lucht | Heiko | LT Störlauf | GER-SH | M-40 | 127 |
| 571 | 980 | 01:05:27 | Wenzlaff | Christian | Itzehoe | GER-SH | M-20 | 67 |
| 572 | 484 | 01:05:27 | Kuppe | Frank | LT Störlauf | GER-SH | M-60 | 14 |
| 573 | 675 | 01:05:34 | Ploog | Henning | Itzehoe | GER-SH | M-30 | 54 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|--------------|---|---------|-------------------|------------------|
| 574 | 716 | 01:05:37 | Herbig | Christopher | | GER-SH | M-35 | 84 |
| 575 | 803 | 01:06:03 | Schmidt-May | Jenss | Wrist | GER-SH | M-50 | 60 |
| 576 | 714 | 01:06:10 | Wendt | Benny | Marnerdeich | GER-SH | M-45 | 79 |
| 577 | 4406 | 01:06:12 | Wink | Christopher | | GER-SH | M-SC | 8 |
| 578 | 268 | 01:06:25 | Gründer | Mike | | GER-SH | M-20 | 68 |
| 579 | 574 | 01:07:24 | Meyerhold | Dirk | Itzehoer Versicherungen | GER-SH | M-40 | 128 |
| 580 | 437 | 01:07:35 | Köllgen | Heinz | Wirtschaftsjunioren Pinneberg | GER-SH | M-45 | 80 |
| 581 | 941 | 01:07:41 | Vogel | Peter | Christuszentrum Itzehoe | GER-SH | M-35 | 85 |
| 582 | 4 | 01:07:54 | Albrecht | Wolfgang | Itzehoe | GER-SH | M-55 | 23 |
| 583 | 179 | 01:08:00 | Einfeld | Knut | Itzehoer Versicherungen | GER-SH | M-45 | 81 |
| 584 | 376 | 01:09:02 | Jaeger | Wolfgang | | GER-SH | M-55 | 24 |
| 585 | 982 | 01:09:17 | Werner | Rolf | Siedlergemeinschaft Kamper Weg-Wellenkamp | GER-SH | M-60 | 15 |
| 586 | 354 | 01:09:23 | Holschemacher | Knut | | GER-SH | M-45 | 82 |
| 587 | 42 | 01:09:32 | Behm | Thomas | Wilster | GER-SH | M-20 | 69 |
| 588 | 790 | 01:09:32 | Schlewitt | Maik | Prokon Energiesysteme GmbH | GER-SH | M-20 | 70 |
| 589 | 797 | 01:09:52 | Schmidt | Hans-Peter | Justiz läuft | GER-SH | M-50 | 61 |
| 590 | 820 | 01:10:00 | Schott | Rainer | Schönkirchen | GER-SH | M-45 | 83 |
| 591 | 45 | 01:10:36 | Behr | Helmut | TSV Brunsbüttel | GER-SH | M-65 | 11 |
| 592 | 150 | 01:10:42 | Detlefsen | Helmut | Gut Heil Itzehoe | GER-SH | M-70 | 4 |
| 593 | 332 | 01:11:22 | Zimmermann | Frank | FH Nordakademie | GER-SH | M-50 | 62 |
| 594 | 272 | 01:11:23 | Guttenberg | Helmut | FH Nordakademie | GER-SH | M-45 | 84 |
| 595 | 4402 | 01:11:53 | Wilms | Michael | Itzehoe | GER-SH | M-30 | 55 |
| 596 | 192 | 01:11:54 | Flach | Ole | Itzehoe | GER-SH | M-35 | 86 |
| 597 | 502 | 01:11:56 | Leidig | Ingo | Elmshorn | GER-SH | M-45 | 85 |
| 598 | 4431 | 01:12:04 | Zerle | Michael | TuS Germania Schnelsen | GER-HAM | M-45 | 86 |
| 599 | 745 | 01:12:32 | Rottgardt | Nils Hendrik | Köln | GER-NRW | M-20 | 71 |
| 600 | 103 | 01:12:33 | Breiholz | Sönke | TSV Frestedt | GER-SH | M-35 | 87 |
| 601 | 218 | 01:13:13 | Füst | Gerhard | LT Störlauf | GER-SH | M-60 | 16 |
| 602 | 431 | 01:13:53 | Knop | Christian | Prokon Energiesysteme GmbH | GER-SH | M-20 | 72 |
| 603 | 4425 | 01:13:57 | Wüst | Ivo | Prokon Energiesysteme GmbH | GER-SH | M-20 | 73 |
| 604 | 495 | 01:14:18 | Langmaack | Bernd | MTV Itzehoe | GER-SH | M-50 | 63 |
| 605 | 77 | 01:19:13 | Rasmussen | Otto Milland | | DEN | M-75 | 1 |

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|----------|-------------------------------|---------|-------------------|------------------|
| 1 | 507 | 00:39:23 | Liedtke | Christin | | GER-SH | W-SA | 1 |
| 2 | 417 | 00:42:34 | Böhme | Andrea | | GER-SH | W-40 | 1 |
| 3 | 4450 | 00:43:08 | Schiefelbein | Elvira | DB Team Werk NMS | GER-SH | W-20 | 1 |
| 4 | 837 | 00:45:18 | Schuppan | Nadine | MTV Heide | GER-SH | W-30 | 1 |
| 5 | 111 | 00:45:21 | Brügge | Roswitha | BSG Amt Itzehoe-Land | GER-SH | W-40 | 2 |
| 6 | 260 | 00:47:05 | Griem | Bärbel | Bundeswehrkrankenhaus Hamburg | GER-SH | W-35 | 1 |
| 7 | 479 | 00:47:11 | Kühl | Ulrike | MTV Itzehoe | GER-SH | W-JA | 1 |
| 8 | 34 | 00:47:47 | Woyan-Oberle | Catrin | MTSV Hohenwestedt | GER-SH | W-40 | 3 |
| 9 | 4438 | 00:47:58 | Reumann | Nadia | | GER-NIE | W-30 | 2 |
| 10 | 78 | 00:48:18 | Boehm | Helga | Itzehoe | GER-SH | W-40 | 4 |
| 11 | 680 | 00:48:32 | Pohlmeier | Katja | TSV Brokstedt | GER-SH | W-35 | 2 |
| 12 | 663 | 00:48:54 | Pfoertner | Heike | Gut Heil Itzehoe | GER-SH | W-45 | 1 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-----------------|--|---------|-------------------|------------------|
| 13 | 769 | 00:48:56 | Schättiger | Heike | Heidgrabener SV | GER-SH | W-45 | 2 |
| 14 | 536 | 00:49:01 | Lühr | Ines | | GER-SH | W-20 | 2 |
| 15 | 258 | 00:49:04 | Fontius | Mirjam | Itzehoe | GER-SH | W-40 | 5 |
| 16 | 116 | 00:49:06 | Bülow | Tanja | Kremperheide | GER-SH | W-35 | 3 |
| 17 | 48 | 00:49:36 | Behrens | Moana | MTV Wilster | GER-SH | W-SB | 1 |
| 18 | 875 | 00:49:54 | Stäcker | Ina | Schenefeld | GER-SH | W-JA | 2 |
| 19 | 384 | 00:50:05 | Jegus | Urte | Wohlert, Aldag & Partner | GER-SH | W-35 | 4 |
| 20 | 455 | 00:50:09 | Krause | Ute | Klinikum Itzehoe | GER-SH | W-40 | 6 |
| 21 | 563 | 00:50:36 | Meier | Aneke | Münsterdorfer SV | GER-SH | W-20 | 3 |
| 22 | 178 | 00:50:57 | Eim | Sabine | Itzehoer Versicherungen | GER-SH | W-35 | 5 |
| 23 | 4443 | 00:51:03 | Eicke | Katrin | | GER-SH | W-20 | 4 |
| 24 | 20 | 00:51:08 | Bacher | Jutta | Aachen | GER-NRW | W-40 | 7 |
| 25 | 672 | 00:51:17 | Rave | Marita | | GER-SH | W-50 | 1 |
| 26 | 795 | 00:51:33 | Schlüter | Regina | TSV Brokstedt | GER-SH | W-40 | 8 |
| 27 | 991 | 00:51:36 | Wethje | Heinke | Dentaltechnik Itzehoe | GER-SH | W-40 | 9 |
| 28 | 270 | 00:51:48 | Gulde | Hedda | Itzehoe | GER-SH | W-50 | 2 |
| 29 | 492 | 00:51:49 | Lamke | Sybille | Gut Heil Itzehoe | GER-SH | W-30 | 3 |
| 30 | 861 | 00:51:55 | Sjut | Uta | Brunsbüttel | GER-SH | W-40 | 10 |
| 31 | 362 | 00:51:57 | Hühn | Raffaella | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | W-20 | 5 |
| 32 | 906 | 00:52:38 | ter Haseborg | Frauke | | GER-SH | W-50 | 3 |
| 33 | 525 | 00:52:48 | Luba | Levonets | | GER-SH | W-30 | 4 |
| 34 | 978 | 00:52:52 | Wengert | Petra | MTV Itzehoe | GER-SH | W-45 | 3 |
| 35 | 712 | 00:52:54 | Reinhardt | Birgit | Ostroher SC | GER-SH | W-45 | 4 |
| 36 | 251 | 00:52:56 | Gragert | Kirsten | Wedel | GER-SH | W-40 | 11 |
| 37 | 464 | 00:52:58 | Krueger | Jana | FH Nordakademie | GER-SH | W-20 | 6 |
| 38 | 609 | 00:53:07 | Müller-Bergh | Ann-Kathrein | Flinke Fersen Tegelhörn | GER-SH | W-SC | 1 |
| 39 | 347 | 00:53:18 | Höhs | Susanne | | GER-SH | W-40 | 12 |
| 40 | 905 | 00:53:18 | ter Haeborg | Lea | | GER-SH | W-JA | 3 |
| 41 | 936 | 00:53:20 | Veit | Christine | Auguste Victoria-Schule Itzehoe Lauf-AG | GER-SH | W-30 | 5 |
| 42 | 244 | 00:53:24 | Gnieser | Petra Alexandra | Itzehoe | GER-SH | W-35 | 6 |
| 43 | 700 | 00:53:25 | Ratjen | Anke | TSV Brokstedt | GER-SH | W-35 | 7 |
| 44 | 197 | 00:53:32 | Fock | Maren | Münsterdorfer SV | GER-SH | W-45 | 5 |
| 45 | 323 | 00:53:38 | Hellpoldt | Nicole | | GER-SH | W-JB | 1 |
| 46 | 767 | 00:53:42 | Scharf | Iris | Itzehoe | GER-SH | W-40 | 13 |
| 47 | 926 | 00:53:51 | Timm | Gabi | Münsterdorfer SV | GER-SH | W-45 | 6 |
| 48 | 465 | 00:54:00 | Kruetzelmann | Anne-Katrin | Hohenaspe | GER-SH | W-35 | 8 |
| 49 | 4416 | 00:54:07 | Wolf | Gabriele | | GER-HAM | W-45 | 7 |
| 50 | 143 | 00:54:10 | Dankleff | Ingke | Störlauf-Lauftreff | GER-SH | W-35 | 9 |
| 51 | 913 | 00:54:14 | Thies | Waltraud | TS Schenefeld | GER-SH | W-50 | 4 |
| 52 | 876 | 00:54:18 | Stahl | Ellen | Grevenkop | GER-SH | W-50 | 5 |
| 53 | 84 | 00:54:25 | Paulsen | Bente | Sparkasse Westholstein | GER-SH | W-JB | 2 |
| 54 | 969 | 00:54:28 | Weidlich | Nicole | E.ON Kernkraft | GER-SH | W-35 | 10 |
| 55 | 893 | 00:54:34 | Stollenwerk | Christiane | Sophie-Scholl-Gymnasium IV c | GER-SH | W-SB | 2 |
| 56 | 352 | 00:54:37 | Holm | Maike | TS Schenefeld | GER-SH | W-35 | 11 |
| 57 | 916 | 00:55:00 | Thilow | Christiane | Hohenlockstedt | GER-SH | W-35 | 12 |
| 58 | 409 | 00:55:01 | Katkowski | Selina | WKS Hohenlockstedt H7und H8 | GER-SH | W-SA | 2 |
| 59 | 650 | 00:55:04 | Pein von | Birge | Trede & von Pein | GER-SH | W-45 | 8 |
| 60 | 487 | 00:55:23 | Laackmann | Janine | Thies GesundheitsPartner/MediCenter Medizintechnik | GER-SH | W-20 | 7 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|--------------|--|---------|-------------------|------------------|
| 61 | 237 | 00:55:23 | Geschke | Janina | Münsterdorfer SV | GER-SH | W-20 | 8 |
| 62 | 88 | 00:55:26 | Bolten | Anneke | Itzehoer Versicherungen | GER-SH | W-20 | 9 |
| 63 | 427 | 00:55:28 | Kloetzing | Cathrin | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | W-30 | 6 |
| 64 | 348 | 00:55:30 | Hölck | Anja | Itzehoe | GER-SH | W-40 | 14 |
| 65 | 468 | 00:55:34 | Krüger | Ina | Appen | GER-SH | W-20 | 10 |
| 66 | 168 | 00:55:34 | Dunker | Silke | Seestermühe | GER-HAM | W-20 | 11 |
| 67 | 303 | 00:55:37 | Hansen | Barbara | Seglervereinigung Wilster SVW | GER-SH | W-30 | 7 |
| 68 | 628 | 00:55:37 | Offt | Anja | Looft | GER-SH | W-40 | 15 |
| 69 | 165 | 00:55:42 | Dreeßen | Svea | Itzehoe | GER-SH | W-JB | 3 |
| 70 | 600 | 00:55:49 | Möller-Bensch | Cornelia | Dägeling | GER-SH | W-40 | 16 |
| 71 | 622 | 00:55:53 | Nisius | Susanne | Itzehoer Rennschnecken | GER-SH | W-45 | 9 |
| 72 | 593 | 00:55:57 | Mohr | Heidi | Münsterdorfer Sportverein | GER-SH | W-40 | 17 |
| 73 | 903 | 00:56:02 | Tempel-Daumann | Diane | Agethorst | USA | W-45 | 10 |
| 74 | 635 | 00:56:13 | Ott | Sabine | Heiligenstedtenerkamp | GER-SH | W-35 | 13 |
| 75 | 63 | 00:56:15 | Bezjak | Garonne | Justiz läuft | GER-SH | W-30 | 8 |
| 76 | 18 | 00:56:17 | Baasch | Maren | BarmstedterMTV | GER-SH | W-40 | 18 |
| 77 | 368 | 00:56:19 | Ibs | Andrea | Sparkasse Westholstein | GER-SH | W-35 | 14 |
| 78 | 666 | 00:56:26 | Piehl | Silke | Brunsbüttel | GER-SH | W-20 | 12 |
| 79 | 503 | 00:56:29 | Leppert | Christine | Stadtverwaltung Itzehoe | GER-SH | W-35 | 15 |
| 80 | 204 | 00:56:31 | Freiwald | Angela | Nordhastedt | GER-SH | W-20 | 13 |
| 81 | 885 | 00:56:32 | Stein | Angelika | Justiz läuft | GER-SH | W-35 | 16 |
| 82 | 68 | 00:56:33 | Blender | Dörte | Klinikum Itzehoe | GER-SH | W-40 | 19 |
| 83 | 247 | 00:56:34 | Göring | Katja | Gut Heil Itzehoe | GER-SH | W-30 | 9 |
| 84 | 814 | 00:56:36 | Scholz | Christiane | TSV Schafstedt | GER-SH | W-50 | 6 |
| 85 | 899 | 00:56:47 | Tabel | Eike | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | W-40 | 20 |
| 86 | 718 | 00:56:53 | Richeling | Christiane | Itzehoer Versicherungen | GER-SH | W-30 | 10 |
| 87 | 604 | 00:56:55 | Mühlich | Dorthe J.-S. | TuS Esingen | DEN | W-45 | 11 |
| 88 | 4421 | 00:56:56 | Wulf | Gabi | Wedel | GER-SH | W-40 | 21 |
| 89 | 4413 | 00:56:57 | Wobig | Eva | Münsterdorf | GER-SH | W-65 | 1 |
| 90 | 305 | 00:57:00 | Hanßen | Silvia | Itzehoe | GER-SH | W-35 | 17 |
| 91 | 530 | 00:57:03 | Frey | Birgit | | GER-SH | W-50 | 7 |
| 92 | 480 | 00:57:06 | Kühnberger | Kirsten | | GER-SH | W-40 | 22 |
| 93 | 214 | 00:57:07 | Fuchs | Martina | Kiel | GER-SH | W-40 | 23 |
| 94 | 760 | 00:57:17 | Schack | Maren | Itzehoer Versicherungen | GER-SH | W-40 | 24 |
| 95 | 636 | 00:57:18 | Ott | Irma | Itzehoer Versicherungen | GER-SH | W-50 | 8 |
| 96 | 250 | 00:57:19 | Goelz | Friederike | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | W-30 | 11 |
| 97 | 690 | 00:57:21 | Ramm | Anke | Itzehoe | GER-SH | W-40 | 25 |
| 98 | 320 | 00:57:33 | Heinrich | Maria | Itzehoe | GER-SH | W-20 | 14 |
| 99 | 555 | 00:57:40 | Masuch | Frauuke | Holstenniendorf | GER-SH | W-40 | 26 |
| 100 | 545 | 00:57:47 | Mages | Lydia | | GER-SH | W-40 | 27 |
| 101 | 415 | 00:57:49 | Ketelsen | Barbara | Lensahn | GER-SH | W-35 | 18 |
| 102 | 406 | 00:57:51 | Kasrtens | Ute | | GER-SH | W-40 | 28 |
| 103 | 561 | 00:57:53 | Meier | Ute | Kremperheide | GER-SH | W-40 | 29 |
| 104 | 715 | 00:57:54 | Renner | Lea | Itzehoe | GER-SH | W-JA | 4 |
| 105 | 541 | 00:57:56 | Lysdal | Dorthe | TS Schenefeld | GER-SH | W-50 | 9 |
| 106 | 104 | 00:57:57 | Breitenstein | Silke | BSG Gehe Pharma | GER-SH | W-35 | 19 |
| 107 | 698 | 00:58:09 | Rathjens | Beate | Krempermoor | GER-SH | W-35 | 20 |
| 108 | 59 | 00:58:10 | Feddersen | Gesche | Team Zeitjäger | GER-SH | W-40 | 30 |
| 109 | 878 | 00:58:12 | Stawicki | Martina | Kremperheide | GER-SH | W-40 | 31 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------------|--------------|--|---------|-------------------|------------------|
| 110 | 946 | 00:58:13 | von der Geest | Annika | Klinikum Itzehoe | GER-SH | W-30 | 12 |
| 111 | 989 | 00:58:16 | Westphalen | Maren | Blomesche Wildnis | GER-SH | W-40 | 32 |
| 112 | 481 | 00:58:17 | Kuhnke | Helga | Glückstadt | GER-SH | W-50 | 10 |
| 113 | 322 | 00:58:40 | Heitmann-Greulich | Susanne | Itzehoe | GER-SH | W-45 | 12 |
| 114 | 543 | 00:58:44 | Magatzki | Nina | Team Gerbooks | GER-SH | W-30 | 13 |
| 115 | 957 | 00:58:45 | Wagner | Monika | | GER-SH | W-40 | 33 |
| 116 | 57 | 00:58:46 | Below | Monika | | GER-SH | W-35 | 21 |
| 117 | 4401 | 00:58:49 | Will | Karin | Brunsbüttel | GER-SH | W-50 | 11 |
| 118 | 52 | 00:59:01 | Beimgraben | Kirsten | Hamburg | GER-HAM | W-30 | 14 |
| 119 | 4417 | 00:59:01 | Wolfsteller | Angela | TS Schenefeld | GER-SH | W-40 | 34 |
| 120 | 568 | 00:59:02 | Meissner | Winni | ETSV Gut-Heil-Itzehoe | GER-SH | W-40 | 35 |
| 121 | 4410 | 00:59:06 | Wittek | Kestin | | GER-SH | W-35 | 22 |
| 122 | 849 | 00:59:07 | Seifert | Regina | | GER-SH | W-35 | 23 |
| 123 | 429 | 00:59:11 | Kloß | Karen | Elmshorn | GER-SH | W-35 | 24 |
| 124 | 412 | 00:59:13 | Kemper-Mohr | Wiebke | Horst | GER-SH | W-35 | 25 |
| 125 | 918 | 00:59:17 | Thode | Martina | TSV Brokstedt | GER-SH | W-30 | 15 |
| 126 | 15 | 00:59:19 | Anger | Kirsten | Münsterdorf | GER-SH | W-45 | 13 |
| 127 | 867 | 00:59:21 | Sonnabend | Marion | Heiligenstedten | GER-SH | W-35 | 26 |
| 128 | 895 | 00:59:23 | Stover | Martina | Itzehoe | GER-SH | W-35 | 27 |
| 129 | 872 | 00:59:30 | Sprenger | Janina | ISV Itzehoe | GER-SH | W-SA | 3 |
| 130 | 222 | 00:59:30 | Gärtner | Julia | Justiz läuft | GER-SH | W-30 | 16 |
| 131 | 10 | 00:59:37 | Anders | Wiebke | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | W-35 | 28 |
| 132 | 562 | 00:59:50 | Meier | Christina | Kremperheide | GER-SH | W-SB | 3 |
| 133 | 5 | 00:59:58 | Albrecht-Beck | Britta | | GER-SH | W-40 | 36 |
| 134 | 350 | 01:00:00 | Holin | Dunja | Itzehoe | GER-SH | W-45 | 14 |
| 135 | 280 | 01:00:01 | Haedrich | Jessica | Pinneberg | GER-SH | W-35 | 29 |
| 136 | 119 | 01:00:02 | Burow | Andrea | Averlak | GER-SH | W-35 | 30 |
| 137 | 265 | 01:00:04 | Großmann | Monika | Norderstdt | GER-SH | W-45 | 15 |
| 138 | 126 | 01:00:05 | Butenschön | Christel | Kaaks | GER-SH | W-30 | 17 |
| 139 | 371 | 01:00:05 | Ingwersen-Britt | Nicole | Krummendiek | GER-SH | W-30 | 18 |
| 140 | 49 | 01:00:06 | Behrens | Anja | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | W-35 | 31 |
| 141 | 446 | 01:00:08 | Kopp | Heinke | Klinikum Itzehoe | GER-SH | W-45 | 16 |
| 142 | 701 | 01:00:08 | Ratjen | Sabine | TSV Brokstedt | GER-SH | W-35 | 32 |
| 143 | 397 | 01:00:10 | Kabisch | Silja-Mareen | Dägeling | GER-SH | W-SB | 4 |
| 144 | 25 | 01:00:13 | Baltruschat | Andrea | SV Vaalia Vaale | GER-SH | W-40 | 37 |
| 145 | 539 | 01:00:26 | Luther | Manuela | Kummerfeld | GER-SH | W-40 | 38 |
| 146 | 784 | 01:00:29 | Schinke | Janina | Lauftreff Uetersen | GER-SH | W-20 | 15 |
| 147 | 995 | 01:00:36 | Wieck | Michaela | Heiligenstedtenerkamp | GER-SH | W-40 | 39 |
| 148 | 521 | 01:00:47 | Lorenzen | Astrid | Klinikum Itzehoe | GER-SH | W-40 | 40 |
| 149 | 638 | 01:00:58 | Ottmar-Siemers | Brigitte | | GER-SH | W-40 | 41 |
| 150 | 920 | 01:00:59 | Thomsen | Dörte | Ehndorf | GER-SH | W-40 | 42 |
| 151 | 713 | 01:01:04 | Reinitzhuber | Marion | | GER-SH | W-20 | 16 |
| 152 | 190 | 01:01:06 | Fetzner | Ute | Klinikum Itzehoe | GER-SH | W-35 | 33 |
| 153 | 433 | 01:01:20 | Koch | Hilke | Itzehoe | GER-SH | W-40 | 43 |
| 154 | 862 | 01:01:22 | Skubel | Martina | | GER-SH | W-40 | 44 |
| 155 | 478 | 01:01:24 | Kühl | Claudia | Team Zeitjäger | GER-SH | W-30 | 19 |
| 156 | 851 | 01:01:44 | Sewert | Birgitt | Heidgrabener SV | GER-SH | W-45 | 17 |
| 157 | 128 | 01:01:46 | Buttkewitz | Alexandra | Sommerland | GER-SH | W-20 | 17 |
| 158 | 421 | 01:01:50 | Klein | Telse | Itzehoe | GER-SH | W-50 | 12 |
| 159 | 152 | 01:01:53 | Dirksen | Doris | Klinikum Itzheoe | GER-SH | W-50 | 13 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|------------|--|---------|-------------------|------------------|
| 160 | 842 | 01:02:01 | Schwantes | Irini | Wrist | GER-SH | W-40 | 45 |
| 161 | 149 | 01:02:03 | Denzau | Bettina | | GER-SH | W-35 | 34 |
| 162 | 252 | 01:02:05 | Gramer | Inge | Itzehoe | GER-SH | W-30 | 20 |
| 163 | 30 | 01:02:11 | Barrett | Corinna | Hamburg | GER-HAM | W-40 | 46 |
| 164 | 839 | 01:02:14 | Schürmann | Anke | Itzehoer Rennschnecken | GER-SH | W-45 | 18 |
| 165 | 720 | 01:02:21 | Riese | Angela | Ottenbüttel | GER-SH | W-45 | 19 |
| 166 | 611 | 01:02:37 | Musmeci | Daniela | Heiligenstedten | GER-SH | W-20 | 18 |
| 167 | 255 | 01:02:38 | Greßmann | Mia | Münsterdorf | GER-SH | W-SB | 5 |
| 168 | 547 | 01:02:38 | Mahncke | Maren | Halstenbek | GER-SH | W-40 | 47 |
| 169 | 172 | 01:02:39 | Eckhoff | Christa | | GER-SH | W-45 | 20 |
| 170 | 709 | 01:02:44 | Reimers | Christina | | GER-SH | W-35 | 35 |
| 171 | 966 | 01:02:46 | Wegener | Anja | Itzehoe | GER-SH | W-35 | 36 |
| 172 | 686 | 01:02:57 | Rademacher | Anja | BSG Amt Itzehoe-Land | GER-SH | W-35 | 37 |
| 173 | 358 | 01:03:01 | Hoppe | Simone | Itzehoe | GER-SH | W-50 | 14 |
| 174 | 264 | 01:03:07 | Groneberg | Katja | Rethwisch | GER-SH | W-35 | 38 |
| 175 | 228 | 01:03:34 | Gehring | Anna | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | W-SC | 2 |
| 176 | 474 | 01:03:36 | Kruse | Anne-marie | Hohenlockstedt | GER-SH | W-40 | 48 |
| 177 | 404 | 01:03:36 | Kampf | Susanne | Bilsen | GER-SH | W-40 | 49 |
| 178 | 577 | 01:03:43 | Mibach | Anna Lena | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | W-JA | 5 |
| 179 | 652 | 01:03:44 | Peters | Regina | SV Brokdorf | GER-SH | W-60 | 1 |
| 180 | 378 | 01:03:45 | Jäger | Jutta | Schenefeld | GER-HAM | W-40 | 50 |
| 181 | 649 | 01:03:49 | Pedersen | Bente | Volksbank Raiffeisenbank eG Itzehoe | GER-SH | W-20 | 19 |
| 182 | 813 | 01:03:51 | Schnoor | Annett | Ehndorf | GER-SH | W-40 | 51 |
| 183 | 509 | 01:03:56 | Limper | Agnes | LT Störlauf | GER-SH | W-50 | 15 |
| 184 | 4426 | 01:04:03 | Zakrzewski | Hilke | ETSV Fortuna Glückstadt | GER-SH | W-60 | 2 |
| 185 | 896 | 01:04:04 | Stöver | Anne | LT Störlauf Itzehoe | GER-SH | W-JB | 4 |
| 186 | 4400 | 01:04:09 | Wiggers | Dr. Frauke | Justiz läuft | GER-SH | W-35 | 39 |
| 187 | 616 | 01:04:10 | Nebling | Manuela | | GER-NIE | W-40 | 52 |
| 188 | 370 | 01:04:13 | Ingwersen | Annika | Marner Sportsfreunde | GER-SH | W-20 | 20 |
| 189 | 825 | 01:04:21 | Schröder | Inken | Grevenkop | GER-SH | W-50 | 16 |
| 190 | 175 | 01:04:21 | Ehmke | Heidi | Elmshorn | GER-SH | W-40 | 53 |
| 191 | 215 | 01:04:27 | Funk | Heike | Wohlert, Aldag & Partner | GER-SH | W-35 | 40 |
| 192 | 727 | 01:04:32 | Röbel | Karin | Itzehoe | GER-SH | W-55 | 1 |
| 193 | 296 | 01:04:38 | Hammermann | Erika | Heidgrabener SV | GER-SH | W-65 | 2 |
| 194 | 391 | 01:04:44 | Junemann | Julia | Kremperheide | GER-SH | W-20 | 21 |
| 195 | 450 | 01:04:45 | Koßiski-Bünz | Andrea | Kremperheide | GER-SH | W-40 | 54 |
| 196 | 324 | 01:04:47 | Henke | Sabine | Münsterdorfer SV | GER-SH | W-45 | 21 |
| 197 | 746 | 01:04:59 | Rotzinger | Hannah | | GER-SH | W-SB | 6 |
| 198 | 642 | 01:05:06 | Panje | Ingrid | Kellinghusen | GER-SH | W-60 | 3 |
| 199 | 569 | 01:05:08 | Mentzel | Tanja | Heiligenstedtenerkamp | GER-SH | W-35 | 41 |
| 200 | 974 | 01:05:11 | Wend | Andrea | Oldendorf | GER-SH | W-40 | 55 |
| 201 | 300 | 01:05:15 | Hanisch | Anna | MTV Wilster | GER-SH | W-JB | 5 |
| 202 | 136 | 01:05:18 | Clement | Elina | Itzehoe | GER-SH | W-20 | 22 |
| 203 | 4428 | 01:05:19 | Zapfe | Rosemarie | Sparkasse Westholstein | GER-SH | W-50 | 17 |
| 204 | 696 | 01:05:22 | Storm | Dagmar | | GER-SH | W-50 | 18 |
| 205 | 723 | 01:05:23 | Rimmek | Sabine | Sparkasse Westholstein | GER-SH | W-45 | 22 |
| 206 | 271 | 01:05:30 | Gundlach | Nicole | Klinikum Itzehoe | GER-SH | W-35 | 42 |
| 207 | 418 | 01:05:39 | Klawitter | Anja | Karlsruhe | GER-BAW | W-30 | 21 |
| 208 | 394 | 01:05:41 | Jürgens | Dorit | Sc hohenaspe | GER-SH | W-50 | 19 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|----------------|--|---------|-------------------|------------------|
| 209 | 307 | 01:05:50 | Harnau | Elke | Klinikum Itzehoe | GER-SH | W-45 | 23 |
| 210 | 964 | 01:05:53 | Wangermann | Ute | | GER-HAM | W-30 | 22 |
| 211 | 144 | 01:05:57 | Dattner | Britta | Oelixdorf | GER-SH | W-40 | 56 |
| 212 | 965 | 01:05:58 | Wefelnberg | Charlotte | Gut Heil Trampolin | GER-SH | W-SC | 3 |
| 213 | 852 | 01:06:08 | Wendt | Heike | Marnerdeich | GER-SH | W-40 | 57 |
| 214 | 13 | 01:06:09 | Andrich | Christa | Heiligenstedten | GER-SH | W-60 | 4 |
| 215 | 4405 | 01:06:12 | Wink | Petra | | GER-SH | W-45 | 24 |
| 216 | 239 | 01:06:30 | Gille | Anita | Heiligenstedtenerkamp | GER-SH | W-55 | 2 |
| 217 | 248 | 01:06:32 | Görrisch | Claudia | Klinikum Itzehoe | GER-SH | W-35 | 43 |
| 218 | 627 | 01:06:33 | Offt | Kerstin | Klinikum Itzehoe | GER-SH | W-30 | 23 |
| 219 | 773 | 01:06:34 | Schemainda | Jana | Itzehoer Versicherungen | GER-SH | W-SB | 7 |
| 220 | 2 | 01:06:34 | Barde | Gisela | | GER-SH | W-40 | 58 |
| 221 | 470 | 01:07:08 | Krüger | Meike | Seestermühe | GER-SH | W-30 | 24 |
| 222 | 979 | 01:07:17 | Wenzlaff | Frederike | Itzehoe | GER-SH | W-20 | 23 |
| 223 | 67 | 01:07:22 | Blascheck | Mona | Thies GesundheitsPartner/MediCenter Medizintechnik | GER-SH | W-35 | 44 |
| 224 | 500 | 01:07:43 | Lehmann | Ingke | Itzehoe | GER-SH | W-65 | 3 |
| 225 | 788 | 01:07:52 | Schleu | Annegret | Osdorf | GER-SH | W-50 | 20 |
| 226 | 889 | 01:07:56 | Stender-Pesara | Bettina | Itzehoe | GER-SH | W-40 | 59 |
| 227 | 4437 | 01:08:06 | Zühlke | Birgit | Kellinghusen | GER-SH | W-45 | 25 |
| 228 | 501 | 01:08:07 | Lehmann | Kerrin | Itzehoe | GER-SH | W-35 | 45 |
| 229 | 73 | 01:08:14 | Bluhm | Melanie | | GER-SH | W-35 | 46 |
| 230 | 284 | 01:08:15 | Hagemann | Birgit | Westermoor | GER-SH | W-40 | 60 |
| 231 | 266 | 01:08:46 | Großmann | Karin | Kaaks | GER-SH | W-60 | 5 |
| 232 | 623 | 01:09:00 | Noll | Anke | Oelixdorf | GER-SH | W-55 | 3 |
| 233 | 947 | 01:09:00 | von Drathen | Catrin | Wirtschaftsjunioren Pinneberg | GER-SH | W-40 | 61 |
| 234 | 643 | 01:09:01 | Pankratz-Jaeger | Petra | | GER-SH | W-50 | 21 |
| 235 | 80 | 01:09:04 | Böge | Ingrid | Krempermoor | GER-SH | W-45 | 26 |
| 236 | 585 | 01:09:14 | Mintzlaff | Regina | | GER-SH | W-50 | 22 |
| 237 | 645 | 01:09:15 | Passauer | Bärbel | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | W-50 | 23 |
| 238 | 308 | 01:09:18 | Hartmann | Gudrun | VFL Kellinghusen | GER-SH | W-40 | 62 |
| 239 | 254 | 01:09:38 | Grebe-Bondesen | Marion | MTV Horst | GER-SH | W-40 | 63 |
| 240 | 201 | 01:09:52 | Franck | Ulrike | Münsterdorfer SV | GER-SH | W-30 | 25 |
| 241 | 657 | 01:09:57 | Petersen | Antje Dorothea | Itzehoe | GER-SH | W-40 | 64 |
| 242 | 229 | 01:10:00 | Geist | Christiane | | GER-SH | W-40 | 65 |
| 243 | 602 | 01:10:00 | Mörker | Birgit | Tornesch | GER-SH | W-40 | 66 |
| 244 | 326 | 01:10:09 | Hennings | Margret | Klinikum Itzehoe | GER-SH | W-45 | 27 |
| 245 | 850 | 01:10:38 | Senger | Christina | | GER-SH | W-35 | 47 |
| 246 | 646 | 01:11:27 | Pauls | Karina | Itzehoe | GER-SH | W-20 | 24 |
| 247 | 854 | 01:11:55 | Siemssen | Stephanie | Itzehoe | GER-SH | W-35 | 48 |
| 248 | 72 | 01:11:58 | Bluhm | Kerstin | | GER-SH | W-35 | 49 |
| 249 | 599 | 01:12:10 | Heinecke | Bianca | | GER-SH | W-35 | 50 |
| 250 | 508 | 01:12:23 | Liedtke | Michaela | Itzehoe | GER-SH | W-35 | 51 |
| 251 | 61 | 01:12:32 | Bertelsmann | Renate Regina | Köln | GER-NRW | W-20 | 25 |
| 252 | 166 | 01:12:59 | Dreyer | Vanessa | Hohenfelde | GER-SH | W-20 | 26 |
| 253 | 747 | 01:13:04 | Roussell | Melanie | Sparkasse Westholstein | GER-SH | W-30 | 26 |
| 254 | 23 | 01:13:29 | Baganz | Jutta | ETSV Gut-Heil-Itzehoe | GER-SH | W-60 | 6 |
| 255 | 33 | 01:13:50 | Barz | Verena | Heist | GER-SH | W-35 | 52 |
| 256 | 973 | 01:13:55 | Weiß | Doreen | Prokon Energiesysteme GmbH | GER-SH | W-20 | 27 |
| 257 | 505 | 01:14:47 | Leppert | Britta | LECKERDING.de | GER-SH | W-30 | 27 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|---------|-------------------------------|--------|-------------------|------------------|
| 258 | 516 | 01:15:13 | Lohmann | Wiebke | Lohmann family & friends | GER-SH | W-50 | 24 |
| 259 | 54 | 01:16:12 | Beimgraben | Anke | Beidenfleth | GER-SH | W-40 | 67 |
| 260 | 102 | 01:16:23 | Braun | Katrin | Klinikum Itzehoe | GER-SH | W-20 | 28 |
| 261 | 735 | 01:17:28 | Rohde | Janine | | GER-SH | W-30 | 28 |
| 262 | 935 | 01:18:46 | Uphues | Katrin | Wirtschaftsjunioren Pinneberg | GER-SH | W-35 | 53 |
| 263 | 821 | 01:26:08 | Schotte | Susanne | Hohenfelde | GER-SH | W-35 | 54 |

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