



13. Itzehoer Störlauf



12. Mai 2012

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|---------------|--|---------|-------------------|------------------|
| 1 | 3678 | 00:17:07 | Kirsch | Viktor | Oase Hingstheide | GER-SH | M-40 | 1 |
| 2 | 3734 | 00:17:15 | Gehring | Philipp | Sport-Club Itzehoe | GER-SH | M-JU16 | 1 |
| 3 | 3009 | 00:17:22 | Kirchknopf | Lars | LG Bremen Nord | GER-SH | M-35 | 1 |
| 4 | 2952 | 00:17:47 | Harms | Thorsten | IKK-Nord | GER-SH | M-45 | 1 |
| 5 | 2506 | 00:17:52 | Krasniqi | Xhevat | Running Mammuts / Mammut.ch | GER-SH | M-35 | 2 |
| 6 | 3712 | 00:17:54 | Voigt | Jakob | SC Itzehoe | GER-SH | M-JU18 | 1 |
| 7 | 3607 | 00:18:01 | Jeworek | Pascal | Itzehoer Versicherungen | GER-SH | M-20 | 1 |
| 8 | 2981 | 00:18:05 | Kaminsky | Steffen | Kiel Runnings | GER-SH | M-20 | 2 |
| 9 | 2459 | 00:18:15 | Sander | Henry | MTV Horst | GER-SH | M-20 | 3 |
| 10 | 3711 | 00:18:54 | Putschenkin | Evgenij | SC Itzehoe | GER-SH | M-20 | 4 |
| 11 | 2641 | 00:19:04 | Bünz | Jonas | | GER-SH | M-20 | 5 |
| 12 | 3741 | 00:19:05 | Lüders | Tim | Sport-Club Itzehoe | GER-SH | M-20 | 6 |
| 13 | 3750 | 00:19:06 | Rüter | Maximilian | Sport-Club Itzehoe | GER-SH | M-JU18 | 2 |
| 14 | 3758 | 00:19:07 | Theilken | Julius | Sport-Club Itzehoe | GER-SH | M-JU18 | 3 |
| 15 | 3721 | 00:19:13 | Lüders | Sven | SG Athletico Büdelsdorf | GER-SH | M-JU20 | 1 |
| 16 | 3584 | 00:19:16 | Suvorov | Alexei | Grundschule Sude-West 4 | GER-SH | M-40 | 2 |
| 17 | 3459 | 00:19:20 | Petermann | René | AVS Itzehoe | GER-SH | M-20 | 7 |
| 18 | 3379 | 00:19:28 | Albrecht | Jörg | Itzehoe | GER-SH | M-40 | 3 |
| 19 | 3767 | 00:19:36 | Tutat | Thies | Tennisabteilung im TSV Oldendorf e.V. | GER-SH | M-20 | 8 |
| 20 | 3393 | 00:19:46 | Fölster | Marco | Dammfleth | GER-SH | M-JU20 | 2 |
| 21 | 2480 | 00:19:46 | Pätzmann | Markus | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU20 | 3 |
| 22 | 3611 | 00:19:48 | Ludka | Felix | Itzehoer Versicherungen | GER-SH | M-JU14 | 1 |
| 23 | 3877 | 00:19:48 | Bolik Flores | Marco | KKS | GER-SH | M-JU18 | 4 |
| 24 | 3590 | 00:19:51 | Wengert | Kim Thorge | Hyundai Auto Center Itzehoe | GER-SH | M-JU20 | 4 |
| 25 | 2518 | 00:19:54 | Juckel | Bernd | SG Neukirchen-Hülchrath | GER-NRW | M-60 | 1 |
| 26 | 2582 | 00:19:58 | Rechenberg | Robbin | TSV Kremperheide | GER-SH | M-JU14 | 2 |
| 27 | 2980 | 00:20:01 | Janz | Robert | Kiel Runnings | GER-SH | M-20 | 9 |
| 28 | 1297 | 00:20:06 | Radau | Jacob Wilhelm | Freie Waldorfschule Itzehoe Klasse 7 | GER-SH | M-JU16 | 2 |
| 29 | 3037 | 00:20:09 | Specht | Andreas | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 5 |
| 30 | 3746 | 00:20:11 | Roß | Patrick | Sport-Club Itzehoe | GER-SH | M-20 | 10 |
| 31 | 2501 | 00:20:14 | Dammann | Nico | Running Mammuts / Mammut.ch | GER-SH | M-JU18 | 5 |
| 32 | 3838 | 00:20:14 | Weber | Marco | Vishay Siliconix Itzehoe GmbH | GER-SH | M-35 | 3 |
| 33 | 3727 | 00:20:16 | Lüssow | Henning | Sophie-Scholl-Gymnasium U3e | GER-SH | M-40 | 4 |
| 34 | 2576 | 00:20:18 | Schröder | Ralf | Tischler Nord | GER-SH | M-45 | 2 |
| 35 | 2503 | 00:20:23 | Funk | Mathias | Running Mammuts / Mammut.ch | GER-SH | M-40 | 5 |

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|-----|------|----------|------------|-------------------|---|--------|-------------------|------------------|
| 36 | 2059 | 00:20:26 | Köhne | Thilo | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 3 |
| 37 | 3386 | 00:20:27 | Reese | Daniel | Itzehoe | GER-SH | M-30 | 1 |
| 38 | 2881 | 00:20:29 | Friedrich | Marco | ElbeExpress | GER-SH | M-20 | 11 |
| 39 | 2928 | 00:20:29 | Krüger | Marcel | Golfclub Lutzhorn | GER-SH | M-JU18 | 6 |
| 40 | 3631 | 00:20:34 | Bittner | Lutz | Lokomotive Krempe | GER-SH | M-55 | 1 |
| 41 | 3034 | 00:20:36 | Siemers | Patrick | Philips LG Hamburg | GER-SH | M-JU16 | 3 |
| 42 | 3005 | 00:20:42 | Schmidt | Malte | Lauffreunde Hackeboe | GER-SH | M-KU12 | 1 |
| 43 | 2704 | 00:20:45 | Herrmann | Daniel | Krempe | GER-SH | M-JU18 | 7 |
| 44 | 2573 | 00:20:47 | Stüven | Mark | SV Brokdorf | GER-SH | M-JU16 | 4 |
| 45 | 1909 | 00:20:47 | von Pein | Franz | Trede & von Pein GmbH | GER-SH | M-20 | 12 |
| 46 | 2830 | 00:20:49 | Zemke | Jan Niklas | AVS Itzehoe 7b | GER-SH | M-JU14 | 4 |
| 47 | 2894 | 00:20:50 | Friedrichs | Ole | Gemeinschaftsschule Wilster 6c | GER-SH | M-JU14 | 5 |
| 48 | 2779 | 00:20:50 | Staehr | Andreas | Itzehoe | GER-SH | M-40 | 6 |
| 49 | 3605 | 00:20:56 | Faerber | Felix | Itzehoer Versicherungen | GER-SH | M-JU16 | 5 |
| 50 | 3752 | 00:20:57 | Salto | Marvin | Sport-Club Itzehoe | GER-SH | M-JU14 | 6 |
| 51 | 1898 | 00:20:58 | Moritz | Ben | Sophie Scholl Gymnasium IVd | GER-SH | M-JU14 | 7 |
| 52 | 2568 | 00:21:00 | Rave | Nils | SV Brokdorf | GER-SH | M-JU16 | 6 |
| 53 | 1908 | 00:21:05 | Gentile | Cosmo | Sportverein Kremperheide | GER-SH | M-60 | 2 |
| 54 | 2906 | 00:21:10 | Wirtz | Nico | Gemeinschaftsschule Wilster 6c | GER-SH | M-KU12 | 2 |
| 55 | 3722 | 00:21:13 | DroBard | Bennet | SG N-O-M-L C-Jugend | GER-SH | M-JU16 | 7 |
| 56 | 3662 | 00:21:23 | Randschau | Ottmar | MTV Wilster | GER-SH | M-55 | 2 |
| 57 | 1907 | 00:21:26 | Pruter | Tim | Sport-Club Itzehoe | GER-SH | M-20 | 13 |
| 58 | 1951 | 00:21:28 | Holler | Luca | Itzehoe | GER-SH | M-JU14 | 8 |
| 59 | 1952 | 00:21:29 | Holler | Stefan | Itzehoe | GER-SH | M-40 | 7 |
| 60 | 1208 | 00:21:29 | Szemler | Michael | E.ON Kernkraft | GER-SH | M-20 | 14 |
| 61 | 3732 | 00:21:30 | Frahm | Luca-Tristan | Sport-Club Itzehoe | GER-SH | M-KU12 | 3 |
| 62 | 3324 | 00:21:31 | Bergmann | Pelle | Sport-Club Itzehoe | GER-SH | M-JU14 | 9 |
| 63 | 2470 | 00:21:38 | Bernhard | Enno | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 8 |
| 64 | 2629 | 00:21:38 | Kröger | Victor | Wolfgang-Borchert-Regionalsc hule 9d | GER-SH | M-JU18 | 8 |
| 65 | 3064 | 00:21:41 | Berkhahn | Tim | SC Hohenaspe | GER-SH | M-JU14 | 10 |
| 66 | 3809 | 00:21:43 | Rogall | Ole | Trede & von Pein GmbH | GER-SH | M-20 | 15 |
| 67 | 3488 | 00:21:44 | Böhm | Marvin | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU18 | 9 |
| 68 | 3681 | 00:21:45 | Möller | Melph | Oase Hingstheide | GER-SH | M-JU18 | 10 |
| 69 | 1917 | 00:21:45 | Böthern | Jannik | Sport-Club Itzehoe | GER-SH | M-JU16 | 9 |
| 70 | 1895 | 00:21:45 | Dittrich | Jan | Sophie Scholl Gymnasium IVd | GER-SH | M-JU14 | 11 |
| 71 | 3718 | 00:21:51 | Homann | Dr. Dr. Christian | SCI | GER-SH | M-55 | 3 |
| 72 | 2103 | 00:21:51 | Büttner | Mathis | Detlefsengymnasium Glückstadt 6a | GER-SH | M-35 | 4 |
| 73 | 3387 | 00:21:52 | Detlefen | Frederik | Kiel | GER-SH | M-30 | 2 |
| 74 | 1987 | 00:21:52 | Schneider | Magnus Bo | Brokdorf | GER-SH | M-JU14 | 12 |
| 75 | 3288 | 00:21:54 | Koopmann | Simon | TUS Borstel-hohenraden | GER-SH | M-20 | 16 |
| 76 | 3710 | 00:21:55 | Michaelsen | Michael | SC Itzehoe | GER-SH | M-35 | 5 |
| 77 | 2720 | 00:21:55 | König | Rüdiger | Itzehoe | GER-SH | M-50 | 1 |
| 78 | 3588 | 00:21:59 | Manthey | Finn | Hyundai Auto Center Itzehoe | GER-SH | M-JU18 | 11 |
| 79 | 2359 | 00:22:00 | Frenzel | Marco | Heidgrabener SV | GER-SH | M-30 | 3 |
| 80 | 2508 | 00:22:01 | Rimatzi | Timo | Running Mammuts / Mammut.ch | GER-SH | M-20 | 17 |
| 81 | 3780 | 00:22:03 | Braun | Benjamin | Trede & von Pein GmbH | GER-SH | M-20 | 18 |

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|-----|------|----------|------------------|----------------|--|--------|-------------------|------------------|
| 82 | 2003 | 00:22:05 | Bohn | Tore Sebastian | AGS-Itzehoe | GER-SH | M-20 | 19 |
| 83 | 3353 | 00:22:06 | Colzi | Massimo | | ITA | M-35 | 6 |
| 84 | 3796 | 00:22:08 | Kühl | Patrick | Trede & von Pein GmbH | GER-SH | M-JU20 | 6 |
| 85 | 1453 | 00:22:09 | Block | Nick | Grundschule Op de Host Klasse 1-4 | GER-SH | M-JU14 | 13 |
| 86 | 3837 | 00:22:11 | Leue | Corwin | Vishay Siliconix Itzehoe GmbH | GER-SH | M-35 | 7 |
| 87 | 2611 | 00:22:11 | Tobien | Patrick | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-JU16 | 10 |
| 88 | 3852 | 00:22:13 | Eskildsen | Kjeld | Wohler,Aldag & Partner | GER-SH | M-JU14 | 14 |
| 89 | 2621 | 00:22:15 | Micheel | Christoph | Wolfgang Borchert Regionalschule 5c | GER-SH | M-JU16 | 11 |
| 90 | 2473 | 00:22:16 | Jabusch | Robin | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 12 |
| 91 | 2677 | 00:22:19 | Carl | Elias Manuel | Borsfleth | GER-SH | M-JU14 | 15 |
| 92 | 2627 | 00:22:20 | Kramhöft | Jan | Wolfgang-Borchert-Regionalsc hule 9d | GER-SH | M-JU18 | 12 |
| 93 | 2479 | 00:22:21 | Munells-Guerrero | Maurice | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 13 |
| 94 | 3040 | 00:22:23 | Eisenschmidt | Ingolf | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-30 | 4 |
| 95 | 2860 | 00:22:24 | Weinack | Jan | BSC Sportfreunde Itzehoe | GER-SH | M-JU14 | 16 |
| 96 | 3679 | 00:22:25 | Möller | Frank | Oase Hingstheide | GER-SH | M-45 | 3 |
| 97 | 2918 | 00:22:27 | Tobias | Nico | Gemeinschaftsschule Wilster 8b | GER-SH | M-JU16 | 14 |
| 98 | 2563 | 00:22:28 | Meyer | Bent | SV Brokdorf | GER-SH | M-JU14 | 17 |
| 99 | 2664 | 00:22:30 | Baudach | Thade | Itzehoe | GER-SH | M-JU14 | 18 |
| 100 | 1552 | 00:22:30 | Ritter | Kilian | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 4 |
| 101 | 3735 | 00:22:32 | Janke | Frank | Sport-Club Itzehoe | GER-SH | M-45 | 4 |
| 102 | 1894 | 00:22:34 | Claußen | Delf | Sophie Scholl Gymnasium IVd | GER-SH | M-JU16 | 15 |
| 103 | 2519 | 00:22:34 | Lehmbeck | Sebastian | SG Oesn | GER-SH | M-20 | 20 |
| 104 | 3754 | 00:22:34 | Spross | Finn Hagen | Sport-Club Itzehoe | GER-SH | M-KU12 | 5 |
| 105 | 1234 | 00:22:35 | Grodt | Justus Jorid | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 6 |
| 106 | 1341 | 00:22:35 | Fock | Joe | Grundschule Edendorf 3b | GER-SH | M-KU12 | 7 |
| 107 | 3726 | 00:22:35 | Fock | Moritz | Sophie-Scholl-Gymnasium U3e | GER-SH | M-JU16 | 16 |
| 108 | 1347 | 00:22:36 | Hassan | Ayman | Grundschule Edendorf 3b | GER-SH | M-KU12 | 8 |
| 109 | 2475 | 00:22:41 | Kott | Phillip | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU14 | 19 |
| 110 | 3457 | 00:22:44 | Klegin | Philipp | ALG VFL Bokel | GER-SH | M-JU16 | 17 |
| 111 | 3680 | 00:22:47 | Möller | Marten | Oase Hingstheide | GER-SH | M-JU16 | 18 |
| 112 | 2077 | 00:22:49 | Struve | Julian | AVS Itzehoe | GER-SH | M-JU18 | 13 |
| 113 | 2075 | 00:22:50 | Chalubowicz | Pascal | AVS Itzehoe | GER-SH | M-JU18 | 14 |
| 114 | 3799 | 00:22:57 | Lundström | Christof | Trede & von Pein GmbH | GER-SH | M-20 | 21 |
| 115 | 3682 | 00:22:58 | Wulf | Jan | Oase Hingstheide | GER-SH | M-JU18 | 15 |
| 116 | 2645 | 00:23:06 | Kirsch | Fabian | Lauf AG Glückstadt | GER-SH | M-JU20 | 7 |
| 117 | 3174 | 00:23:07 | Fedderson | Finn | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 20 |
| 118 | 1886 | 00:23:07 | Thoma | Fabian | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | M-KU12 | 9 |
| 119 | 2959 | 00:23:07 | Granert | Tobias | Itzehoer Versicherungen | GER-SH | M-JU14 | 21 |
| 120 | 2004 | 00:23:10 | Schlie | Marcel | ALG VFL Bokel | GER-SH | M-JU18 | 16 |
| 121 | 2852 | 00:23:11 | Perna Jado | Pedro | BSC Sportfreunde Itzehoe | GER-SH | M-50 | 2 |
| 122 | 1207 | 00:23:11 | Willmann | Gero | AVS Itzehoe 7b | GER-SH | M-JU14 | 22 |
| 123 | 3558 | 00:23:11 | Bartels | Patrick | Grundschule Sude-West 3 | GER-SH | M-JU14 | 23 |

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|-----|------|----------|---------------|------------|---|---------|-------------------|------------------|
| 124 | 3667 | 00:23:13 | Adamski | Benedict | Musikzug Oldendorf | GER-SH | M-30 | 5 |
| 125 | 1421 | 00:23:13 | Emmermann | Georg | Grundschule Oelixdorf 3 | GER-SH | M-KU10 | 1 |
| 126 | 2657 | 00:23:13 | Balk | Stefan | Münsterdorf | GER-SH | M-35 | 8 |
| 127 | 3228 | 00:23:14 | Schmoll | Jörg | SPD Itzehoe | GER-SH | M-35 | 9 |
| 128 | 1387 | 00:23:14 | Rechenberg | Janne Paul | Grundschule Kremperheide 3/4c | GER-SH | M-KU10 | 2 |
| 129 | 1388 | 00:23:14 | Stüven | Mika Andre | Grundschule Kremperheide 3/4c | GER-SH | M-KU12 | 10 |
| 130 | 3629 | 00:23:14 | Lucks | Simon | LG Wedel-Pinneberg | GER-SH | M-30 | 6 |
| 131 | 3206 | 00:23:19 | Mahlstedt | Erik | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU14 | 24 |
| 132 | 1545 | 00:23:19 | Jacobsen | Florian | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 11 |
| 133 | 2595 | 00:23:23 | Hüttmann | Lasse | Tus Krempe | GER-SH | M-KU12 | 12 |
| 134 | 3230 | 00:23:27 | Friebe | Werner | Sport-Club Itzehoe | GER-SH | M-70 | 1 |
| 135 | 2489 | 00:23:32 | Schümann | Marc-André | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU18 | 17 |
| 136 | 3155 | 00:23:33 | Kloodt | Arne | SG Salzhausen/Garlstorf | GER-NIE | M-40 | 8 |
| 137 | 1975 | 00:23:40 | Ramm | Dennis | Itzehoe | GER-SH | M-20 | 22 |
| 138 | 2887 | 00:23:41 | Gründel | Thomas | ETSV Fortuna Glückstadt | GER-SH | M-45 | 5 |
| 139 | 1841 | 00:23:42 | Ruraya | Stephen | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU16 | 19 |
| 140 | 1422 | 00:23:43 | Galonska | Rasmus | Grundschule Oelixdorf 3 | GER-SH | M-KU10 | 3 |
| 141 | 3221 | 00:23:43 | Siedenburg | Tim | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | M-JU18 | 18 |
| 142 | 3720 | 00:23:46 | Tabiou | Noah Obote | SCI | GER-SH | M-JU16 | 20 |
| 143 | 3671 | 00:23:49 | Pieper | Torben | Musikzug Oldendorf | GER-SH | M-JU20 | 8 |
| 144 | 2476 | 00:23:49 | Lempelius | Malte | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 21 |
| 145 | 3226 | 00:23:51 | Panzer | Hannes | SPD Itzehoe | GER-SH | M-JU18 | 19 |
| 146 | 2910 | 00:23:52 | Grünberg | Niklas | Gemeinschaftsschule Wilster 8b | GER-SH | M-JU16 | 22 |
| 147 | 2529 | 00:23:52 | Lohse | Noah | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-JU14 | 25 |
| 148 | 3729 | 00:23:53 | Podehl | Brian | Sport Club Itzehoe | GER-SH | M-20 | 23 |
| 149 | 1913 | 00:23:53 | Ehlers | Jannic | | GER-SH | M-KU10 | 4 |
| 150 | 2558 | 00:23:55 | Albers | Lars | SV Brokdorf | GER-SH | M-JU18 | 20 |
| 151 | 2722 | 00:23:55 | Körber | Philipp | Itzehoe | GER-SH | M-JU18 | 21 |
| 152 | 2400 | 00:23:56 | Becker | Ben | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | M-JU14 | 26 |
| 153 | 3468 | 00:23:56 | Tappe Maestro | Rafael | AVS Itzehoe 9d | GER-SH | M-JU16 | 23 |
| 154 | 1764 | 00:23:57 | Enstipp | Till | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 27 |
| 155 | 2224 | 00:23:59 | Twahirwa | Nikolas | Fehr-Schule | GER-SH | M-KU12 | 13 |
| 156 | 1296 | 00:24:01 | Harder | Jannis | Freie Waldorfschule Itzehoe Klasse 7 | GER-SH | M-JU16 | 24 |
| 157 | 2213 | 00:24:03 | Shala | Liburn | Fehr-Schule | GER-SH | M-KU12 | 14 |
| 158 | 2723 | 00:24:03 | Lagansky | Timo | Pinneberg | GER-SH | M-35 | 10 |
| 159 | 1375 | 00:24:03 | Fahl | Maximilian | Grundschule Kremperheide 3/4b | GER-SH | M-KU10 | 5 |
| 160 | 3035 | 00:24:03 | Herzig | Daniel | Rasta Running | GER-SH | M-20 | 24 |
| 161 | 2674 | 00:24:07 | Beuck | Lars | Münsterdorf | GER-SH | M-35 | 11 |
| 162 | 1280 | 00:24:08 | Baum | Jona | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 28 |
| 163 | 3348 | 00:24:08 | Nebendahl | Björn | | GER-SH | M-JU20 | 9 |
| 164 | 3347 | 00:24:08 | Hoffmann | Niclas | | GER-SH | M-JU20 | 10 |
| 165 | 1727 | 00:24:10 | Gräf | Lukas | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 25 |
| 166 | 2598 | 00:24:11 | Lucht | Christian | VfR Horst | GER-SH | M-JU14 | 29 |

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|-----|------|----------|-------------|-------------|---|--------|-------------------|------------------|
| 167 | 2565 | 00:24:13 | Ott | Christopher | SV Brokdorf | GER-SH | M-JU16 | 26 |
| 168 | 1358 | 00:24:13 | Bülow | Felix | Grundschule Kremperheide 1/2a | GER-SH | M-KU10 | 6 |
| 169 | 2128 | 00:24:13 | Thormählen | Nico | Detlefsengymnasium Glückstadt Lauf AG | GER-SH | M-JU14 | 30 |
| 170 | 3753 | 00:24:15 | Spangenberg | Jonas | Sport-Club Itzehoe | GER-SH | M-KU12 | 15 |
| 171 | 2708 | 00:24:16 | Hippe | Malte | Itzehoe | GER-SH | M-35 | 12 |
| 172 | 3220 | 00:24:17 | Roß | Benjamin | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | M-JU16 | 27 |
| 173 | 2388 | 00:24:19 | Britt | Kjell | Julianka Schule Heiligenstedten 2b | GER-SH | M-KU10 | 7 |
| 174 | 3326 | 00:24:21 | Wilcke | Uwe | Lütjensee | GER-SH | M-45 | 6 |
| 175 | 3024 | 00:24:22 | Poerschke | Kevin | MTV Wilster | GER-SH | M-20 | 25 |
| 176 | 2197 | 00:24:23 | Metzger | Philipp | Fehr-Schule | GER-SH | M-KU12 | 16 |
| 177 | 2791 | 00:24:24 | Weigel | Tim | Münsterdorf | GER-SH | M-30 | 7 |
| 178 | 3135 | 00:24:25 | Benitt | Iven Leon | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 31 |
| 179 | 1637 | 00:24:25 | Behncke | Jörn | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 17 |
| 180 | 2530 | 00:24:27 | Merkel | Pieter | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-KU12 | 18 |
| 181 | 2532 | 00:24:27 | Oehmicke | Bert | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-30 | 8 |
| 182 | 2602 | 00:24:28 | Backhaus | Jarek Jens | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-JU16 | 28 |
| 183 | 2580 | 00:24:28 | Moser | Jannik | TSV Heiligenstedten | GER-SH | M-KU12 | 19 |
| 184 | 2019 | 00:24:29 | Reese | Jakob | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | M-JU14 | 32 |
| 185 | 2063 | 00:24:30 | Möller | Jan | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-KU12 | 20 |
| 186 | 1301 | 00:24:31 | Krüger | Michel | Freie Waldorfschule Itzehoe Klasse 8 | GER-SH | M-JU16 | 29 |
| 187 | 3515 | 00:24:32 | Schermer | Jonas | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 33 |
| 188 | 2389 | 00:24:32 | Britt | Till | Julianka Schule Heiligenstedten 2b | GER-SH | M-KU10 | 8 |
| 189 | 3403 | 00:24:33 | Großmann | Hans-Günter | Itzehoe | GER-SH | M-50 | 3 |
| 190 | 3725 | 00:24:33 | Eskildsen | Mads Oke | Sophie-Scholl-Gymnasium U3e | GER-SH | M-JU16 | 30 |
| 191 | 3202 | 00:24:33 | Gräbert | Jörn | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-30 | 9 |
| 192 | 1878 | 00:24:35 | Lehmann | Frank | rbz steinburg Lehrerteam | GER-SH | M-50 | 4 |
| 193 | 3660 | 00:24:35 | Liebert | Thore | MTV Wilster | GER-SH | M-JU14 | 34 |
| 194 | 2191 | 00:24:38 | Leskien | Alexander | Fehr-Schule | GER-SH | M-KU12 | 21 |
| 195 | 3118 | 00:24:43 | Rethwisch | Phillip | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 22 |
| 196 | 2074 | 00:24:43 | Chalubowicz | Marcel | AVS Itzehoe | GER-SH | M-JU14 | 35 |
| 197 | 2469 | 00:24:44 | Nissen | Dieter | Oelixer Schützen | GER-SH | M-60 | 3 |
| 198 | 2958 | 00:24:45 | Granert | Lukas | Itzehoer Versicherungen | GER-SH | M-JU18 | 22 |
| 199 | 2957 | 00:24:45 | Granert | Kersten | Itzehoer Versicherungen | GER-SH | M-40 | 9 |
| 200 | 2879 | 00:24:46 | Witt | Hans-Peter | Die Linke | GER-SH | M-60 | 4 |
| 201 | 1430 | 00:24:47 | Makoschey | Johan | Grundschule Oelixerdorf 3 | GER-SH | M-KU10 | 9 |
| 202 | 2477 | 00:24:48 | Löbel | Kai | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU18 | 23 |
| 203 | 2581 | 00:24:49 | Trampnau | Leif | TSV Heiligenstedten | GER-SH | M-KU12 | 23 |
| 204 | 2590 | 00:24:50 | Trampnau | Dirk | TSV Oldendorf | GER-SH | M-40 | 10 |
| 205 | 2205 | 00:24:51 | Rutkowski | Philip | Fehr-Schule | GER-SH | M-KU10 | 10 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------------|----------------|---|--------|-------------------|------------------|
| 206 | 3839 | 00:24:52 | Bräuer | Hartmut | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-65 | 1 |
| 207 | 2412 | 00:24:53 | Peters | Dirk | Kaiser-Karl-Schule Lauf AG | GER-SH | M-40 | 11 |
| 208 | 3188 | 00:24:54 | Rube | Nikita | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 36 |
| 209 | 1209 | 00:24:54 | Schmidt | Ole | FC Heede von 1974 eV. | GER-SH | M-JU14 | 37 |
| 210 | 3409 | 00:24:54 | Horlitz | Jakob | Gribbohm | GER-SH | M-KU12 | 24 |
| 211 | 2662 | 00:24:55 | Baudach | Martin | Itzehoe | GER-SH | M-45 | 7 |
| 212 | 3120 | 00:24:55 | Schippmann | Julian Paul | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 25 |
| 213 | 1435 | 00:24:58 | Bruhn | Sascha | Grundschule Oelixdorf 4 | GER-SH | M-20 | 26 |
| 214 | 3100 | 00:24:58 | Ahsbahs - Diercks | Mats | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 26 |
| 215 | 3119 | 00:24:59 | Rethwisch | Sven | Schulzentrum Krempermarsch 4a | GER-SH | M-35 | 13 |
| 216 | 3792 | 00:25:00 | Kontopidis | Patrick | Trede & von Pein GmbH | GER-SH | M-20 | 27 |
| 217 | 1899 | 00:25:01 | Wolf* | Sören | Sophie Scholl Gymnasium IVd | GER-SH | M-JU16 | 31 |
| 218 | 2523 | 00:25:02 | Engels | Leif | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-KU12 | 27 |
| 219 | 3479 | 00:25:02 | Pachali | Andreas | Firma Baumland | GER-SH | M-40 | 12 |
| 220 | 3798 | 00:25:02 | Lange-Schönhoff | André | Trede & von Pein GmbH | GER-SH | M-20 | 28 |
| 221 | 2612 | 00:25:02 | Trepmann | Max | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-JU14 | 38 |
| 222 | 3763 | 00:25:03 | Haß | Phillip | Team Schröder Bauzentrum Itzehoe | GER-SH | M-20 | 29 |
| 223 | 3784 | 00:25:05 | Fuhlendorf | Kevin | Trede & von Pein GmbH | GER-SH | M-20 | 30 |
| 224 | 2020 | 00:25:05 | Stoltefuß | Björn | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | M-30 | 10 |
| 225 | 2859 | 00:25:06 | Vielstich | Marvin | BSC Sportfreunde Itzehoe | GER-SH | M-JU14 | 39 |
| 226 | 3559 | 00:25:07 | Bartels | Philipp | Grundschule Sude-West 3 | GER-SH | M-KU10 | 11 |
| 227 | 2271 | 00:25:08 | Krey | Marco | Finanzamt Itzehoe | GER-SH | M-35 | 14 |
| 228 | 3269 | 00:25:09 | Buckstöver | Sören | TS Schenefeld | GER-SH | M-KU12 | 28 |
| 229 | 2141 | 00:25:09 | Naumann | Sendrik | Ernst-Moritz-Arndt-Grundschule 4B | GER-SH | M-KU12 | 29 |
| 230 | 2129 | 00:25:09 | Bollhardt | Phil Laurin | Ernst-Moritz-Arndt-Grundschule 4B | GER-SH | M-KU12 | 30 |
| 231 | 3265 | 00:25:09 | Witt | Nils | T5KK | GER-SH | M-JU14 | 40 |
| 232 | 2311 | 00:25:10 | Petersen | Ben | Grundschule Brokstedt 4 | GER-SH | M-KU12 | 31 |
| 233 | 2945 | 00:25:10 | Ocker | Sven | HSC Hohenaspe | GER-SH | M-JU16 | 32 |
| 234 | 2309 | 00:25:11 | Marotzki | Lukas | Grundschule Brokstedt 4 | GER-SH | M-KU12 | 32 |
| 235 | 2740 | 00:25:12 | Möller | Knut-Ove | Itzehoe | GER-SH | M-45 | 8 |
| 236 | 2471 | 00:25:12 | Diercks | Jannik | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 33 |
| 237 | 2769 | 00:25:13 | Schubert | Lothar | Münsterdorf | GER-SH | M-40 | 13 |
| 238 | 3601 | 00:25:15 | Davi | Jan | Itzehoer Versicherungen | GER-SH | M-KU12 | 33 |
| 239 | 2482 | 00:25:15 | Rembacz | Jens | Regionalschule Glückstadt Lauf-AG | GER-SH | M-40 | 14 |
| 240 | 3325 | 00:25:15 | Erdtmann | Daniel | Sport-Club Itzehoe | GER-SH | M-JU18 | 24 |
| 241 | 2505 | 00:25:17 | Hanno | Johann Hinrich | Running Mammuts / Mammut.ch | GER-SH | M-50 | 5 |
| 242 | 2813 | 00:25:17 | Jensen | Kjeld | Atlética Horsens | DEN | M-60 | 5 |
| 243 | 2185 | 00:25:19 | Jensen | Jesper | Fehr-Schule | GER-SH | M-KU12 | 34 |
| 244 | 2390 | 00:25:19 | Kohnke | Dennis | Julianka Schule Heiligenstedten 2b | GER-SH | M-KU10 | 12 |
| 245 | 2855 | 00:25:19 | Rau | Christoph | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 35 |
| 246 | 2509 | 00:25:20 | Runge | Oliver | Running Mammuts / Mammut.ch | GER-SH | M-40 | 15 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|-----------------|---|--------|-------------------|------------------|
| 247 | 2593 | 00:25:23 | Lübbbers | Jörn | TSV-Lola | GER-SH | M-45 | 9 |
| 248 | 2802 | 00:25:23 | Zeidler | Thorben | Wilster | GER-SH | M-JU18 | 25 |
| 249 | 2411 | 00:25:24 | Kirstein | Mathis | Kaiser-Karl-Schule Lauf AG | GER-SH | M-JU16 | 34 |
| 250 | 3408 | 00:25:24 | Herzog | Patrick | Kremperheide | GER-SH | M-20 | 31 |
| 251 | 1485 | 00:25:24 | Lütt | Finn Hendrick | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 36 |
| 252 | 2912 | 00:25:24 | Kuklok | Michael | Gemeinschaftsschule Wilster 8b | GER-SH | M-JU18 | 26 |
| 253 | 1670 | 00:25:26 | Rösch | Theves | Grundschule Wellenkamp 4c | GER-SH | M-KU12 | 37 |
| 254 | 2372 | 00:25:26 | Beuck | Sören | Jugendfeuerwehr Oldendorf | GER-SH | M-JU14 | 41 |
| 255 | 1642 | 00:25:28 | Kruse | Jan | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 38 |
| 256 | 2009 | 00:25:28 | Helmholz | Florian | Auguste Viktoria Schule 6c | GER-SH | M-JU18 | 27 |
| 257 | 1643 | 00:25:29 | Kruse | Sven | Grundschule Wellenkamp 4a | GER-SH | M-KU10 | 13 |
| 258 | 2514 | 00:25:29 | Warnke | Finn | SC Itzehoe | GER-SH | M-KU10 | 14 |
| 259 | 2511 | 00:25:29 | Banasch-Warnke | Bernd | SC Itzehoe | GER-SH | M-50 | 6 |
| 260 | 1385 | 00:25:30 | Meyn | Felix | Grundschule Kremperheide 3/4c | GER-SH | M-KU12 | 39 |
| 261 | 3263 | 00:25:31 | Calm | Philipp | T5KK | GER-SH | M-20 | 32 |
| 262 | 3817 | 00:25:32 | Wiborg | Tjark | Trede & von Pein GmbH | GER-SH | M-20 | 33 |
| 263 | 2613 | 00:25:34 | Trepmann | Otto | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-45 | 10 |
| 264 | 1471 | 00:25:34 | Hustedt | Ole | Grundschule Op de Host Klasse 1-4 | GER-SH | M-JU14 | 42 |
| 265 | 3569 | 00:25:35 | Mohr | Latrell | Grundschule Sude-West 3 | GER-SH | M-KU12 | 40 |
| 266 | 2533 | 00:25:36 | Penz | William | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-JU14 | 43 |
| 267 | 3302 | 00:25:37 | Renk | Matthias | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-40 | 16 |
| 268 | 2977 | 00:25:38 | Leiendecker | Norbert | Kaiser-Karl-Schule Itzehoe 9d | GER-SH | M-50 | 7 |
| 269 | 3866 | 00:25:39 | Skirde | Pascal | Wohlert,Aldag & Partner | GER-SH | M-JU16 | 35 |
| 270 | 2570 | 00:25:39 | Sievers | Bernd | SV Brokdorf | GER-SH | M-40 | 17 |
| 271 | 2194 | 00:25:39 | Linde | Akim | Fehr-Schule | GER-SH | M-KU10 | 15 |
| 272 | 3241 | 00:25:41 | Reese | Stefan | Sport-Club Itzehoe | GER-SH | M-45 | 11 |
| 273 | 3810 | 00:25:42 | Rosburg | Torsten | Trede & von Pein GmbH | GER-SH | M-45 | 12 |
| 274 | 1905 | 00:25:44 | Palioudakis | Elias | Sophie Scholl Gymnasium Vld | GER-SH | M-JU14 | 44 |
| 275 | 2015 | 00:25:45 | Gohr | Niklas | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | M-KU12 | 41 |
| 276 | 2743 | 00:25:46 | Moschke | Alexander | Wilster | GER-SH | M-JU20 | 11 |
| 277 | 3319 | 00:25:46 | Schramm | Michael | Wohlert,Aldag & Partner | GER-SH | M-35 | 15 |
| 278 | 2835 | 00:25:46 | Jähncke | Marc | B.I.S. Electronics GmbH | GER-SH | M-45 | 13 |
| 279 | 2985 | 00:25:48 | Endemann | Ralf | Klinikum Itzehoe | GER-SH | M-45 | 14 |
| 280 | 2347 | 00:25:48 | Schulz | Kevin-Sebastian | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 42 |
| 281 | 1441 | 00:25:50 | Kehde | Tom | Grundschule Oelixdorf 4 | GER-SH | M-KU12 | 43 |
| 282 | 1447 | 00:25:50 | Werner | Felix | Grundschule Oelixdorf 4 | GER-SH | M-KU12 | 44 |
| 283 | 2349 | 00:25:52 | Van den Bos | Toni | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 16 |
| 284 | 1434 | 00:25:52 | Bartschat | Tim | Grundschule Oelixdorf 4 | GER-SH | M-KU12 | 45 |
| 285 | 1815 | 00:25:52 | Maruhn | Jannic | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 45 |
| 286 | 3397 | 00:25:52 | Gehm | Joachim | Dägeling | GER-SH | M-45 | 15 |
| 287 | 3445 | 00:25:52 | Tank | Christian | Hohenfelde | GER-SH | M-45 | 16 |
| 288 | 2241 | 00:25:54 | Gehring | Florian | Fehrs-Schule | GER-SH | M-KU10 | 17 |
| 289 | 2675 | 00:25:54 | Bischof | Dirk | Itzehoe | GER-SH | M-40 | 18 |
| 290 | 3648 | 00:25:55 | Sprung | André | Lokomotive Krempe | GER-SH | M-20 | 34 |
| 291 | 2192 | 00:26:00 | Leskien | Horst | Fehr-Schule | GER-SH | M-50 | 8 |

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5 Km Lauf (5 Km)

5 Km Lauf M

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|-----|------|----------|--------------|----------------|---|--------|-------------------|------------------|
| 292 | 3583 | 00:26:00 | Sonnack | Mirko | Grundschule Sude-West 4 | GER-SH | M-KU12 | 46 |
| 293 | 2616 | 00:26:01 | Wojtyniak | Joel | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-JU18 | 28 |
| 294 | 2909 | 00:26:02 | Gomero | Rafael | Gemeinschaftsschule Wilster 8b | GER-SH | M-JU16 | 36 |
| 295 | 1819 | 00:26:02 | Mischok | Dominik | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU18 | 29 |
| 296 | 3639 | 00:26:03 | Gogoll | Dietmar | Lokomotive Krempe | GER-SH | M-55 | 4 |
| 297 | 2844 | 00:26:03 | Fritz | Lennard | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 47 |
| 298 | 3429 | 00:26:04 | Ott | Frank | Heiligenstedtenerkamp | GER-SH | M-50 | 9 |
| 299 | 2064 | 00:26:05 | Möller | Tim | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 46 |
| 300 | 2149 | 00:26:05 | Wudtke | Lucas | Ernst-Moritz-Armdt-Schule | GER-SH | M-KU10 | 18 |
| 301 | 1838 | 00:26:06 | Rösch | Mattis | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 47 |
| 302 | 1400 | 00:26:07 | Willmann | Veit | Grundschule Oelixdorf 1 | GER-SH | M-KU8 | 1 |
| 303 | 1399 | 00:26:08 | Willmann | Heiko | Grundschule Oelixdorf 1 | GER-SH | M-50 | 10 |
| 304 | 1937 | 00:26:09 | Dittmann | Arno | Heiligenstedten | GER-SH | M-50 | 11 |
| 305 | 2938 | 00:26:12 | Thome | Tobias | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-KU12 | 48 |
| 306 | 3335 | 00:26:13 | Witt | Raimo | Itzehoe | GER-SH | M-30 | 11 |
| 307 | 2023 | 00:26:14 | Wieczorek | Merten | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | M-KU12 | 49 |
| 308 | 3282 | 00:26:14 | Schröder | Jan - Hendrick | TSV Lola | GER-SH | M-JU16 | 37 |
| 309 | 3275 | 00:26:14 | Kardel | Hartwig | TSV Kollmar | GER-SH | M-55 | 5 |
| 310 | 3698 | 00:26:15 | Moers | Wulf von | Rotary Club Itzehoe | GER-SH | M-45 | 17 |
| 311 | 1688 | 00:26:15 | Timm | Christian | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 50 |
| 312 | 3146 | 00:26:15 | Runge | Jeldrik | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 48 |
| 313 | 2624 | 00:26:17 | Schiefelbein | Ulf | Wolfgang Borchert Regionalschule 5c | GER-SH | M-40 | 19 |
| 314 | 3527 | 00:26:18 | Langholz | Ole | Gemeinschaftsschule Wilster 6b | GER-SH | M-JU16 | 38 |
| 315 | 3808 | 00:26:18 | Reich | Martin | Trede & von Pein GmbH | GER-SH | M-40 | 20 |
| 316 | 1371 | 00:26:18 | Müller | Tom Luca | Grundschule Kremperheide 3/4a | GER-SH | M-KU12 | 51 |
| 317 | 1504 | 00:26:19 | Rehg | Lasse | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 19 |
| 318 | 1509 | 00:26:20 | Schroeder | Ben | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 52 |
| 319 | 1973 | 00:26:20 | Popp | Christian | Kudensee | GER-SH | M-KU12 | 53 |
| 320 | 1381 | 00:26:20 | Bünz | Linus | Grundschule Kremperheide 3/4c | GER-SH | M-KU10 | 20 |
| 321 | 1818 | 00:26:21 | Mischok | Daniel | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU18 | 30 |
| 322 | 3563 | 00:26:22 | Formell | Peer | Grundschule Sude-West 3 | GER-SH | M-KU10 | 21 |
| 323 | 2801 | 00:26:22 | Zeidler | Philipp | Wilster | GER-SH | M-JU14 | 49 |
| 324 | 1356 | 00:26:22 | Alexander | Frederik | Grundschule Kremperheide 1/2a | GER-SH | M-KU10 | 22 |
| 325 | 2536 | 00:26:23 | Wudtke | Johann | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-KU12 | 54 |
| 326 | 1911 | 00:26:24 | Ehlers | Henning | Grundschule Kremperheide 3/4a | GER-SH | M-KU12 | 55 |
| 327 | 2729 | 00:26:24 | Lubich | Torsten | Schmalfeld | GER-SH | M-45 | 18 |
| 328 | 3598 | 00:26:25 | Paukner | Frank | ISR Itzehoer Schrott und Recycling GmbH & Co. KG. | GER-SH | M-45 | 19 |
| 329 | 1492 | 00:26:25 | Mohr | Marek | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 56 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|---------------|---|--------|-------------------|------------------|
| 330 | 2434 | 00:26:30 | Kahl | Simon | LG TSV Breitenberg | GER-SH | M-KU10 | 23 |
| 331 | 2569 | 00:26:30 | Reimers | Leon | SV Brokdorf | GER-SH | M-JU16 | 39 |
| 332 | 2789 | 00:26:31 | Wandscher | Marco | Itzehoe | GER-SH | M-40 | 21 |
| 333 | 3776 | 00:26:32 | Beimgraben | Detlef | Trede & von Pein GmbH | GER-SH | M-40 | 22 |
| 334 | 3775 | 00:26:32 | Beimgraben | Christian | Trede & von Pein GmbH | GER-SH | M-KU12 | 57 |
| 335 | 3858 | 00:26:33 | Lehmann | Robert | Wohlerl,Aldag & Partner | GER-SH | M-45 | 20 |
| 336 | 2854 | 00:26:34 | Peter | Patrick | BSC Sportfreunde Itzehoe | GER-SH | M-40 | 23 |
| 337 | 1238 | 00:26:38 | Kahlke | Joshua | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 58 |
| 338 | 1276 | 00:26:38 | Schlüter | Rune | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | M-JU14 | 50 |
| 339 | 5198 | 00:26:38 | Oelte | Toyon | Fehrs-Schule | GER-SH | M-KU10 | 24 |
| 340 | 1239 | 00:26:39 | Nusch-Patzwahl | Carsten | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-45 | 21 |
| 341 | 3079 | 00:26:40 | Hufnagel | Nis | Schule Hohe Geest 5a | GER-SH | M-JU14 | 51 |
| 342 | 3080 | 00:26:41 | Hufnagel | Torsten | Schule Hohe Geest 5a | GER-SH | M-35 | 16 |
| 343 | 1236 | 00:26:41 | Kahlke | Bela Elias | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 59 |
| 344 | 3063 | 00:26:42 | Lennartz | Tobias | Rolandläufer Bad Bramstedt | GER-SH | M-40 | 24 |
| 345 | 3274 | 00:26:42 | Petersen | Tom | TSV Brokstedt | GER-SH | M-JU16 | 40 |
| 346 | 1602 | 00:26:42 | Meier | Philipp | Grundschule Wellenkamp 3a | GER-SH | M-KU12 | 60 |
| 347 | 3105 | 00:26:43 | Gätje | Christoph | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 61 |
| 348 | 3879 | 00:26:43 | Meier | Torben | | GER-SH | M-JU14 | 52 |
| 349 | 3273 | 00:26:45 | Petersen | Karsten | TSV Brokstedt | GER-SH | M-45 | 22 |
| 350 | 1470 | 00:26:47 | Hustedt | Jonah | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 25 |
| 351 | 2139 | 00:26:49 | Meyer | Jan | Ernst-Moritz-Arndt-Grundschule 4B | GER-SH | M-KU12 | 62 |
| 352 | 3114 | 00:26:51 | Malysz | Marc | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 63 |
| 353 | 2742 | 00:26:51 | Möller | Tobias | Oelixedorf | GER-SH | M-JU14 | 53 |
| 354 | 3106 | 00:26:52 | Gruhs | Alexander | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 64 |
| 355 | 3431 | 00:26:53 | Rehder | Christian | Dammfleth | GER-SH | M-JU14 | 54 |
| 356 | 3432 | 00:26:53 | Rehder | Gerd | Dammfleth | GER-SH | M-45 | 23 |
| 357 | 2461 | 00:26:54 | Steenbock | Thorsten | MTV Horst | GER-SH | M-45 | 24 |
| 358 | 1579 | 00:26:56 | Wiebers | Maurits | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 26 |
| 359 | 1920 | 00:26:56 | Schack | Hartmuth | Vishay Siliconix Itzehoe GmbH | GER-SH | M-50 | 12 |
| 360 | 1799 | 00:26:57 | Klähn | Tobias | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 55 |
| 361 | 2992 | 00:26:58 | Kopacz | Jan-Christoph | Klinikum Itzehoe | GER-SH | M-KU10 | 27 |
| 362 | 1533 | 00:26:59 | Larisch | Torben | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-KU10 | 28 |
| 363 | 1532 | 00:26:59 | Larisch | Björn | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-45 | 25 |
| 364 | 2559 | 00:27:00 | Albers | Luca | SV Brokdorf | GER-SH | M-JU16 | 41 |
| 365 | 3433 | 00:27:00 | Reinhold | Philipp | Itzehoe | GER-SH | M-20 | 35 |
| 366 | 3638 | 00:27:02 | Gefken | Laurenz | Lokomotive Kremppe | GER-SH | M-20 | 36 |
| 367 | 2072 | 00:27:03 | Wilhelm | Lukas | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 56 |
| 368 | 2507 | 00:27:05 | Lemke | Andreas | Running Mammuts / Mammut.ch | GER-SH | M-20 | 37 |
| 369 | 2304 | 00:27:05 | Bethke | Dan | Grundschule Brokstedt 4 | GER-SH | M-KU12 | 65 |
| 370 | 1932 | 00:27:07 | Brandt | Stefan | Steinburg | GER-SH | M-20 | 38 |
| 371 | 2988 | 00:27:07 | Engels | Leif-Jerrid | Klinikum Itzehoe | GER-SH | M-KU12 | 66 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-------------|--|---------|-------------------|------------------|
| 372 | 3620 | 00:27:08 | Rumpf | Christopher | KKS | GER-SH | M-JU14 | 57 |
| 373 | 1551 | 00:27:09 | Looft | Meeno | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 67 |
| 374 | 3184 | 00:27:09 | Möckelmann | Joshua | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 58 |
| 375 | 2054 | 00:27:10 | Hansen | Ben | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 59 |
| 376 | 2942 | 00:27:10 | Grundmann | Dieter | Heimatverein Oberlohberg e.V. | GER-NRW | M-60 | 6 |
| 377 | 1967 | 00:27:10 | Lehmann | Marc | Itzehoe | GER-SH | M-30 | 12 |
| 378 | 3117 | 00:27:12 | Radloff | René | Schulzentrum Krempermarsch 4a | GER-SH | M-35 | 17 |
| 379 | 3116 | 00:27:12 | Radloff | Fabio | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 68 |
| 380 | 2990 | 00:27:13 | Görrisch | Jonas | Klinikum Itzehoe | GER-SH | M-KU12 | 69 |
| 381 | 1953 | 00:27:13 | Johannsen | Christian | Itzehoe | GER-SH | M-KU12 | 70 |
| 382 | 3070 | 00:27:13 | Ahlf | Dominik | Schule Hohe Geest 5a | GER-SH | M-KU12 | 71 |
| 383 | 3203 | 00:27:14 | Grundmann | Felix | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU14 | 60 |
| 384 | 2940 | 00:27:14 | Mohr | Paul | Grundschule Kellinghusen | GER-SH | M-KU10 | 29 |
| 385 | 3336 | 00:27:15 | Koch | Alexander | Münsterdorfer SV | GER-SH | M-JU14 | 61 |
| 386 | 1915 | 00:27:15 | Mangelsdorf | Rune | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 72 |
| 387 | 1942 | 00:27:15 | Fischer | Per Magnus | Kaaks | GER-SH | M-KU10 | 30 |
| 388 | 3097 | 00:27:15 | Zschummel | Tilo | Schule Hohe Geest 5a | GER-SH | M-KU12 | 73 |
| 389 | 1959 | 00:27:15 | Kaisaris | Kostas | Itzehoe | GER-SH | M-35 | 18 |
| 390 | 1983 | 00:27:15 | Roll | Thore | Itzehoe | GER-SH | M-40 | 25 |
| 391 | 3036 | 00:27:16 | Abt | Viktor | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-20 | 39 |
| 392 | 3344 | 00:27:17 | Scheidemann | Lorenz | SPD Itzehoe | GER-SH | M-KU10 | 31 |
| 393 | 2759 | 00:27:18 | Scheel | Rune | Itzehoe | GER-SH | M-JU16 | 42 |
| 394 | 2933 | 00:27:18 | Harder | Michael | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-40 | 26 |
| 395 | 3637 | 00:27:19 | Gefken | Ekkehard | Lokomotive Krempe | GER-SH | M-50 | 13 |
| 396 | 2693 | 00:27:19 | Groneberg | Frank | Rethwisch | GER-SH | M-40 | 27 |
| 397 | 3266 | 00:27:21 | Hallmann | Lutz | TC Hohenaspe | GER-SH | M-70 | 2 |
| 398 | 3060 | 00:27:22 | Wohlens | Nils | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-20 | 40 |
| 399 | 3337 | 00:27:22 | Koch | Markus | Münsterdorfer SV | GER-SH | M-KU10 | 32 |
| 400 | 2386 | 00:27:22 | Zuccali | Tobias | Jugendfeuerwehr Oldendorf | GER-SH | M-JU18 | 31 |
| 401 | 2012 | 00:27:22 | Mattern | Marvin | Auguste Viktoria Schule 6c | GER-SH | M-JU14 | 62 |
| 402 | 2983 | 00:27:22 | Eder | Moritz | Klinikum Itzehoe | GER-SH | M-KU12 | 74 |
| 403 | 2382 | 00:27:23 | Rapraeger | Nico | Jugendfeuerwehr Oldendorf | GER-SH | M-JU16 | 43 |
| 404 | 3342 | 00:27:23 | Dragesser | Nico | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 63 |
| 405 | 3797 | 00:27:23 | Lange | Dennis | Trede & von Pein GmbH | GER-SH | M-30 | 13 |
| 406 | 1944 | 00:27:23 | Gravert | Jan Ole | Kudensee | GER-SH | M-KU12 | 75 |
| 407 | 2885 | 00:27:24 | Westphal | Tjorven | ESV/KKS | GER-SH | M-JU14 | 64 |
| 408 | 1974 | 00:27:24 | Popp | Manfred | Kudensee | GER-SH | M-45 | 26 |
| 409 | 1867 | 00:27:25 | Yildiz | Kazim | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU16 | 44 |
| 410 | 1817 | 00:27:26 | Michallek | Rayk | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 65 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|----------------|--|--------|-------------------|------------------|
| 411 | 2491 | 00:27:26 | Wendt | Timo | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU14 | 66 |
| 412 | 2792 | 00:27:27 | Westphal | Dirk | Kaaks | GER-SH | M-45 | 27 |
| 413 | 2488 | 00:27:27 | Schröder | Paul | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 45 |
| 414 | 2930 | 00:27:27 | Clasen | Finn | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-KU10 | 33 |
| 415 | 1383 | 00:27:28 | Erb | Malte | Grundschule Krempferheide 3/4c | GER-SH | M-KU12 | 76 |
| 416 | 2934 | 00:27:28 | Harders | Nils | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-KU10 | 34 |
| 417 | 1554 | 00:27:28 | Schneider | Claas-Peter | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-35 | 19 |
| 418 | 3029 | 00:27:30 | Ritter | Pascal | Münsterdorfer SV | GER-SH | M-KU12 | 77 |
| 419 | 1420 | 00:27:30 | Boysen | Lasse | Grundschule Oelixdorf 3 | GER-SH | M-KU12 | 78 |
| 420 | 1240 | 00:27:31 | Patzwahl | Kjell | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU10 | 35 |
| 421 | 2329 | 00:27:31 | Glindemann | Tim | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 79 |
| 422 | 1893 | 00:27:32 | Böse | Jonas | Sophie Scholl Gymnasium IVd | GER-SH | M-JU14 | 67 |
| 423 | 1897 | 00:27:33 | Koller | Julian | Sophie Scholl Gymnasium IVd | GER-SH | M-JU14 | 68 |
| 424 | 1242 | 00:27:33 | Tintelnot | Lars | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 80 |
| 425 | 3509 | 00:27:33 | Michels | Timo | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 69 |
| 426 | 3872 | 00:27:33 | Aldag | Enno | Wohler,Aldag & Partner | GER-SH | M-KU12 | 81 |
| 427 | 2328 | 00:27:34 | Glindemann | Claas | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 82 |
| 428 | 2567 | 00:27:34 | Quandt | Steffen | SV Brokdorf | GER-SH | M-JU16 | 46 |
| 429 | 1445 | 00:27:36 | Naumann | Martin | Grundschule Oelixdorf 4 | GER-SH | M-40 | 28 |
| 430 | 2330 | 00:27:37 | Hinck | Justus Clemens | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 36 |
| 431 | 3676 | 00:27:37 | Frahm | Martin | Netz- und Anlagenbau NAB | GER-SH | M-35 | 20 |
| 432 | 2300 | 00:27:38 | Raffl | Niclas | Grundschule Brokstedt 3 | GER-SH | M-KU12 | 83 |
| 433 | 3630 | 00:27:38 | Ahja | Alen | Lokomotive Krempe | GER-SH | M-35 | 21 |
| 434 | 2622 | 00:27:39 | Micheel | Steffen | Wolfgang Borchert Regionalschule 5c | GER-SH | M-JU14 | 70 |
| 435 | 1363 | 00:27:47 | Lammert | Kilian | Grundschule Krempferheide 1/2a | GER-SH | M-KU10 | 37 |
| 436 | 2839 | 00:27:47 | Albers | Neo | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 84 |
| 437 | 1748 | 00:27:48 | Beutner | Bert | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-35 | 22 |
| 438 | 1442 | 00:27:48 | Lau | Johann | Grundschule Oelixdorf 4 | GER-SH | M-KU12 | 85 |
| 439 | 3227 | 00:27:48 | Scheidemann | Leander | SPD Itzehoe | GER-SH | M-JU14 | 71 |
| 440 | 1378 | 00:27:49 | Ramlau | Maximilian | Grundschule Krempferheide 3/4b | GER-SH | M-KU12 | 86 |
| 441 | 2498 | 00:27:50 | Krieger | Torben | RKiSH | GER-SH | M-JU14 | 72 |
| 442 | 3594 | 00:27:50 | Hopp | Peter | ISR Itzehoe Schrott und Recycling GmbH & Co. KG. | GER-SH | M-50 | 14 |
| 443 | 2856 | 00:27:51 | Rohde | Malte | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 87 |
| 444 | 3596 | 00:27:52 | Kühl | Luis | ISR Itzehoe Schrott und Recycling GmbH & Co. KG. | GER-SH | M-KU12 | 88 |
| 445 | 1994 | 00:27:53 | Striepke | Dirk | Kellinghusen | GER-SH | M-JU14 | 73 |
| 446 | 1339 | 00:27:56 | Fels | Jannes | Grundschule Edendorf 3b | GER-SH | M-KU10 | 38 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|---------------|--|--------|-------------------|------------------|
| 447 | 3050 | 00:27:57 | Krohn | Bernd | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-50 | 15 |
| 448 | 2370 | 00:27:58 | Wegener | Benedikt | Itzehoer Versicherungen | GER-SH | M-20 | 41 |
| 449 | 3673 | 00:27:58 | Ploog | Keno | Musikzug Oldendorf | GER-SH | M-JU20 | 12 |
| 450 | 3170 | 00:27:58 | Brockmann | Klaus | Sophie-Scholl-Gymnasium Vc | GER-SH | M-45 | 28 |
| 451 | 2242 | 00:27:58 | Göttsche | Leon | Fehrs-Schule | GER-SH | M-KU10 | 39 |
| 452 | 2120 | 00:28:00 | Ledtje | Michel | Detlefsengymnasium Glückstadt 8b | GER-SH | M-JU16 | 47 |
| 453 | 3167 | 00:28:00 | Sander | Otis | Sophie -Scholl-Gymnasium Ve | GER-SH | M-JU14 | 74 |
| 454 | 1938 | 00:28:01 | Dummer | Stefan | Elmshorn | GER-SH | M-40 | 29 |
| 455 | 1919 | 00:28:01 | Dercho | Paul | Itzehoe | GER-SH | M-50 | 16 |
| 456 | 1211 | 00:28:02 | Hintz | Jürgen | Freie Waldorfschule Itzehoe | GER-SH | M-45 | 29 |
| 457 | 1287 | 00:28:02 | Hintz | Marco | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 75 |
| 458 | 2557 | 00:28:02 | Wetzel | Roman | Sport-Club Itzehoe | GER-SH | M-JU16 | 48 |
| 459 | 1954 | 00:28:02 | Johannsen | Constantin | Itzehoe | GER-SH | M-KU8 | 2 |
| 460 | 3410 | 00:28:02 | Horlitz | Mike | Gribbohm | GER-SH | M-40 | 30 |
| 461 | 3271 | 00:28:03 | Schwerdtle | Jakob | TS Schenefeld | GER-SH | M-KU12 | 89 |
| 462 | 3703 | 00:28:03 | Schwartkop | Bernd | Rotary Club Itzehoe | GER-SH | M-45 | 30 |
| 463 | 1605 | 00:28:04 | Renk | Jannik | Grundschule Wellenkamp 3a | GER-SH | M-KU10 | 40 |
| 464 | 1281 | 00:28:04 | Bestehorn | Dominik | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 76 |
| 465 | 3052 | 00:28:06 | Teifke | Christian | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-20 | 42 |
| 466 | 2858 | 00:28:07 | Vielstich | Justin | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 90 |
| 467 | 2173 | 00:28:07 | Goldt | Bastian | Fehr-Schule | GER-SH | M-JU14 | 77 |
| 468 | 3225 | 00:28:08 | Doll | Fabian | SPD Itzehoe | GER-SH | M-KU12 | 91 |
| 469 | 3248 | 00:28:08 | Steffens | Jesse | SSG | GER-SH | M-20 | 43 |
| 470 | 3853 | 00:28:08 | Hollesen | Bennet | Wohlert,Aldag & Partner | GER-SH | M-20 | 44 |
| 471 | 1707 | 00:28:08 | Wiggers | Bernd | Itzehoer Ruderclub | GER-SH | M-40 | 31 |
| 472 | 1210 | 00:28:09 | Wiggers | Erik | Fehr-Schule | GER-SH | M-KU10 | 41 |
| 473 | 3413 | 00:28:10 | Karczewski | Benjamin | Münsterdorf | GER-SH | M-20 | 45 |
| 474 | 3212 | 00:28:10 | Theilken | Niklas | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 49 |
| 475 | 2305 | 00:28:11 | Fischer | Arne | Grundschule Brokstedt 4 | GER-SH | M-KU12 | 92 |
| 476 | 3251 | 00:28:12 | Bornhöft | Jens | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-40 | 32 |
| 477 | 3789 | 00:28:13 | Jansen | Jörn | Trede & von Pein GmbH | GER-SH | M-45 | 31 |
| 478 | 3103 | 00:28:13 | Dibbern | Felix | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 93 |
| 479 | 3197 | 00:28:14 | Wolfsteller | Axel | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 78 |
| 480 | 3316 | 00:28:14 | Stendorf | Benjamin | Wettkampfgruppe FF Kellinghusen | GER-SH | M-20 | 46 |
| 481 | 2174 | 00:28:14 | Goldt | Bernd | Fehr-Schule | GER-SH | M-40 | 33 |
| 482 | 3213 | 00:28:14 | Theilken | Philipp | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 50 |
| 483 | 2457 | 00:28:14 | Krüger | Moritz | MTV Horst | GER-SH | M-KU12 | 94 |
| 484 | 2269 | 00:28:16 | Schilling | Frank-Michael | Feuerwehr Itzehoe | GER-SH | M-45 | 32 |
| 485 | 2087 | 00:28:17 | Sierk | Konstantin | BSC Nordoe | GER-SH | M-KU10 | 42 |
| 486 | 2652 | 00:28:17 | Witt | Niklas | | GER-SH | M-20 | 47 |
| 487 | 1931 | 00:28:17 | Brandt | Rolf | Steinburg | GER-SH | M-50 | 17 |
| 488 | 3177 | 00:28:18 | Königsmann | Nils | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 79 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|--|--------|-------------------|------------------|
| 489 | 2089 | 00:28:18 | Sierk | Michael | Bundespolizei | GER-SH | M-45 | 33 |
| 490 | 3473 | 00:28:19 | Wrage | Richard | DRK Ortsverein Itzehoe | GER-SH | M-60 | 7 |
| 491 | 3576 | 00:28:23 | Bädje | Jan-Erik | Grundschule Sude-West 4 | GER-SH | M-KU12 | 95 |
| 492 | 1890 | 00:28:23 | Aul | Julian | Sophie Scholl Gymnasium IVd | GER-SH | M-JU16 | 51 |
| 493 | 2079 | 00:28:25 | Harder | Tim Lasse | AVS Itzehoe 6a | GER-SH | M-JU14 | 80 |
| 494 | 1806 | 00:28:26 | Lauritzen | Marvin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 81 |
| 495 | 2703 | 00:28:26 | Hedt | Stephan | Itzehoe | GER-SH | M-35 | 23 |
| 496 | 2866 | 00:28:27 | Kraszewski | Nis | Detlefsengymnasium Glückstadt 6d | GER-SH | M-JU14 | 82 |
| 497 | 2296 | 00:28:28 | Marum | Luis v. | Grundschule Brokstedt 3 | GER-SH | M-KU10 | 43 |
| 498 | 1376 | 00:28:28 | Most | Lasse | Grundschule Kremperheide 3/4b | GER-SH | M-KU12 | 96 |
| 499 | 3769 | 00:28:29 | Mütznier | Thorsten | Thies GesundheitsPartner GmbH / MediCenter Medizintechnik GmbH | GER-SH | M-45 | 34 |
| 500 | 3211 | 00:28:29 | Theilken | Moritz | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 52 |
| 501 | 1651 | 00:28:29 | Hasenpusch | Lars | Grundschule Wellenkamp 4b | GER-SH | M-JU14 | 83 |
| 502 | 3045 | 00:28:30 | Gerberding | Greg | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 13 |
| 503 | 1936 | 00:28:30 | Dassau | Rene | Fitzbek | GER-SH | M-JU14 | 84 |
| 504 | 3046 | 00:28:30 | Weinkauf | Tobias | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-20 | 48 |
| 505 | 2419 | 00:28:30 | Schmidt | Ben | Kioto Itzehoe e. V. | GER-SH | M-JU16 | 53 |
| 506 | 3150 | 00:28:31 | Zander | Merlin | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-KU12 | 97 |
| 507 | 2418 | 00:28:32 | Klein | Ralph | Kioto Itzehoe e. V. | GER-SH | M-45 | 35 |
| 508 | 3863 | 00:28:32 | Schütt | Onno | Wohlert,Aldag & Partner | GER-SH | M-KU10 | 44 |
| 509 | 3038 | 00:28:33 | Benli | Sercan | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 14 |
| 510 | 3641 | 00:28:35 | Hatje | Niklas | Lokomotive Krempe | GER-SH | M-JU20 | 15 |
| 511 | 2393 | 00:28:35 | Moser | Leon | Julianka Schule Heiligenstedten 2b | GER-SH | M-KU10 | 45 |
| 512 | 2002 | 00:28:37 | Bangar | Aman | AGS-Itzehoe | GER-SH | M-20 | 49 |
| 513 | 3481 | 00:28:37 | Habig | Lucas | Firma Baumland | GER-SH | M-JU18 | 32 |
| 514 | 2539 | 00:28:38 | Krawehl | Jan | Sophie-Scholl Gymnasium 11b | GER-SH | M-JU18 | 33 |
| 515 | 1732 | 00:28:38 | Kornilov | Eugen | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU14 | 85 |
| 516 | 2483 | 00:28:39 | Rembacz | Philipp | Regionalschule Glückstadt Lauf-AG | GER-SH | M-JU16 | 54 |
| 517 | 3300 | 00:28:39 | Ott | Heiko | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-40 | 34 |
| 518 | 1527 | 00:28:40 | Calm | Christopher | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-20 | 50 |
| 519 | 1528 | 00:28:40 | Dolling | Jannes | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-KU10 | 46 |
| 520 | 2277 | 00:28:41 | Burmeister | Jan | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 47 |
| 521 | 1227 | 00:28:41 | Röh | Norbert | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-40 | 35 |
| 522 | 2864 | 00:28:41 | Gripp | Gunter | Detlefsengymnasium Glückstadt 6d | GER-SH | M-45 | 36 |
| 523 | 2574 | 00:28:42 | Moser | Ralf | SV Merkur Kleve | GER-SH | M-40 | 36 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|----------------|---|---------|-------------------|------------------|
| 524 | 1864 | 00:28:42 | Wölk | Junias | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 86 |
| 525 | 3008 | 00:28:43 | Struck | Jonas | Leibniz Schule | GER-SH | M-JU16 | 55 |
| 526 | 3396 | 00:28:43 | Gaidzik | Oliver | Neustadt | GER-NIE | M-35 | 24 |
| 527 | 1934 | 00:28:46 | Burmester | Dirk | Brokstedt | GER-SH | M-35 | 25 |
| 528 | 2730 | 00:28:47 | Lumma | Boris | Breitenburg | GER-SH | M-35 | 26 |
| 529 | 2332 | 00:28:48 | Kock | Lasse-Skjalm | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 48 |
| 530 | 2661 | 00:28:48 | Baudach | Claas | Itzehoe | GER-SH | M-KU10 | 49 |
| 531 | 2850 | 00:28:49 | Otto | Yannick | BSC Sportfreunde Itzehoe | GER-SH | M-KU10 | 50 |
| 532 | 2838 | 00:28:49 | Balk | Finn Niklas | BSC Nordoe | GER-SH | M-JU14 | 87 |
| 533 | 2849 | 00:28:49 | Otto | Jörg | BSC Sportfreunde Itzehoe | GER-SH | M-40 | 37 |
| 534 | 3518 | 00:28:50 | Speck | Finn-Ole | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU16 | 56 |
| 535 | 3183 | 00:28:52 | Möckelmann | Hans Christian | Sophie-Scholl-Gymnasium Vc | GER-SH | M-40 | 38 |
| 536 | 2092 | 00:28:52 | Hagge | Udo | Butzkies Stahlbau | GER-SH | M-55 | 6 |
| 537 | 1537 | 00:28:53 | Seemann | Marten | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-KU12 | 98 |
| 538 | 1538 | 00:28:53 | Seemann | Michael | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-40 | 39 |
| 539 | 3175 | 00:28:56 | Früchtenicht | Jannik | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 88 |
| 540 | 3190 | 00:28:56 | Schmidt | Peter | Sophie-Scholl-Gymnasium Vc | GER-SH | M-35 | 27 |
| 541 | 1740 | 00:28:56 | Schultz | Torge | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 57 |
| 542 | 3073 | 00:28:56 | Folster | Peter | Schule Hohe Geest 5a | GER-SH | M-45 | 37 |
| 543 | 3565 | 00:28:56 | Hagner | Elias | Grundschule Sude-West 3 | GER-SH | M-KU10 | 51 |
| 544 | 1294 | 00:28:57 | Werner | Yannick | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 89 |
| 545 | 1452 | 00:28:59 | Block | Matti | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 99 |
| 546 | 1450 | 00:28:59 | Bernsee | Jannik | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 52 |
| 547 | 2024 | 00:29:05 | Zanner | Jonathan | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | M-JU14 | 90 |
| 548 | 2355 | 00:29:06 | Argentieri | Frank | H+E Immobilienverwaltung GmbH | GER-SH | M-35 | 28 |
| 549 | 2312 | 00:29:06 | Schümann | Tim | Grundschule Brokstedt 4 | GER-SH | M-KU12 | 100 |
| 550 | 1223 | 00:29:07 | Haerter | Oke | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-KU10 | 53 |
| 551 | 1900 | 00:29:07 | Betz | Carsten | Sophie Scholl Gymnasium Vld | GER-SH | M-KU12 | 101 |
| 552 | 3019 | 00:29:08 | Westphalen | Daniel | MTV Itzehoe | GER-SH | M-20 | 51 |
| 553 | 1304 | 00:29:09 | Jürs | Bandick | Freie Waldorfschule Itzehoe Klasse 9 | GER-SH | M-JU18 | 34 |
| 554 | 3577 | 00:29:09 | Benthien | Christian | Grundschule Sude-West 4 | GER-SH | M-45 | 38 |
| 555 | 2513 | 00:29:09 | Steinert | Heiko | SC Itzehoe | GER-SH | M-40 | 40 |
| 556 | 2867 | 00:29:10 | Mertsch | Sven Torben | Detlefsengymnasium Glückstadt 6d | GER-SH | M-JU14 | 91 |
| 557 | 1372 | 00:29:10 | Plötz | Sebastian | Grundschule Kremperheide 3/4a | GER-SH | M-JU14 | 92 |
| 558 | 3547 | 00:29:10 | Heth | Linus | Grundschule Sude-West 2 | GER-SH | M-KU10 | 54 |
| 559 | 3441 | 00:29:11 | Schütz | Hajo | Glückstadt | GER-SH | M-60 | 8 |
| 560 | 2526 | 00:29:11 | Klose | Christoph | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-JU14 | 93 |
| 561 | 2524 | 00:29:11 | Höppner | Tilman | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-JU14 | 94 |
| 562 | 1480 | 00:29:12 | Karl | Johannes | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 55 |
| 563 | 2369 | 00:29:13 | Warstat | Dierk | Itzehoer Versicherungen | GER-SH | M-45 | 39 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|----------------|---|---------|-------------------|------------------|
| 564 | 3551 | 00:29:13 | Modlich | Frank | Grundschule Sude-West 2 | GER-SH | M-45 | 40 |
| 565 | 1284 | 00:29:13 | Dyrßen | Paul | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 95 |
| 566 | 3235 | 00:29:13 | Kühlinger | Marc | Sport-Club Itzehoe | GER-SH | M-40 | 41 |
| 567 | 3284 | 00:29:15 | Süßmann | Hans Friedrich | TSV LoLa Hohenlockstedt | GER-SH | M-60 | 9 |
| 568 | 3632 | 00:29:15 | Bunde | Joachim | Lokomotive Krempe | GER-SH | M-45 | 41 |
| 569 | 3647 | 00:29:15 | Schmidt | Oliver | Lokomotive Krempe | GER-SH | M-20 | 52 |
| 570 | 1808 | 00:29:16 | Lenzner | Kevin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU16 | 58 |
| 571 | 1665 | 00:29:17 | Lewkowitz | Niclas | Grundschule Wellenkamp 4c | GER-SH | M-KU12 | 102 |
| 572 | 2254 | 00:29:17 | Rudolph | Frank | Fehrs-Schule | GER-SH | M-40 | 42 |
| 573 | 2583 | 00:29:17 | Lähn | Sven | TSV Lägerdorf | GER-SH | M-45 | 42 |
| 574 | 2670 | 00:29:19 | Behm | Thomas | Moorhusen | GER-SH | M-30 | 14 |
| 575 | 1302 | 00:29:19 | Brandt | Julian | Freie Waldorfschule Itzehoe Klasse 9 | GER-SH | M-JU16 | 59 |
| 576 | 1956 | 00:29:20 | Juckols | Robin | Itzehoe | GER-SH | M-JU16 | 60 |
| 577 | 3417 | 00:29:21 | Krause | Jörg | Münsterdorf | GER-SH | M-40 | 43 |
| 578 | 3416 | 00:29:21 | Krause | Jonas | Münsterdorf | GER-SH | M-KU10 | 56 |
| 579 | 1669 | 00:29:23 | Rösch | Jörg | Grundschule Wellenkamp 4c | GER-SH | M-50 | 18 |
| 580 | 2510 | 00:29:23 | Siewert | Frank | Running Mammuts / Mammut.ch | GER-SH | M-35 | 29 |
| 581 | 1628 | 00:29:25 | Kuprijanov | Dieter | Grundschule Wellenkamp 3c | GER-SH | M-KU12 | 103 |
| 582 | 1622 | 00:29:25 | Gorlo | Noah Ben | Grundschule Wellenkamp 3c | GER-SH | M-KU10 | 57 |
| 583 | 2000 | 00:29:25 | Syusch | Frank | Acando GmbH | GER-HAM | M-35 | 30 |
| 584 | 1618 | 00:29:26 | Relling | Tom | Grundschule Wellenkamp 3b | GER-SH | M-KU12 | 104 |
| 585 | 3819 | 00:29:28 | Salto | Robin | TS Schenefeld | GER-SH | M-KU12 | 105 |
| 586 | 3822 | 00:29:29 | Rademacher | Felix | TSV Breitenberg | GER-SH | M-JU14 | 96 |
| 587 | 2005 | 00:29:29 | Eichler | Finn | Auguste Viktoria Schule 6c | GER-SH | M-JU14 | 97 |
| 588 | 1876 | 00:29:29 | Stöter | Oke | Norddeutsche Rundschau | GER-SH | M-20 | 53 |
| 589 | 1585 | 00:29:31 | Meinert | Nico | Grundschule Sankt Margarethen Sterne B | GER-SH | M-KU10 | 58 |
| 590 | 1511 | 00:29:33 | Schulz | Linus | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 59 |
| 591 | 3664 | 00:29:34 | Thor | Michael | MTV Wilster | GER-SH | M-50 | 19 |
| 592 | 2721 | 00:29:34 | Körber | Hauke | Itzehoe | GER-SH | M-45 | 43 |
| 593 | 3661 | 00:29:34 | Liebert | Tjark | MTV Wilster | GER-SH | M-KU12 | 106 |
| 594 | 2433 | 00:29:35 | Kahl | Sebastian | LG TSV Breitenberg | GER-SH | M-KU12 | 107 |
| 595 | 3136 | 00:29:35 | Benitt | Jan Curtis | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 98 |
| 596 | 2114 | 00:29:37 | Witt | Marvin | Detlefsengymnasium Glückstadt 6a | GER-SH | M-JU14 | 99 |
| 597 | 1710 | 00:29:38 | Balert | Stanislaw | Klinikum Itzehoe | GER-SH | M-20 | 54 |
| 598 | 2290 | 00:29:39 | Jarzombek | Nico | Grundschule Brokstedt 3 | GER-SH | M-KU10 | 60 |
| 599 | 2294 | 00:29:39 | Leuschke | Phillip | Grundschule Brokstedt 3 | GER-SH | M-KU12 | 108 |
| 600 | 2295 | 00:29:39 | Leuschke | Thomas | Grundschule Brokstedt 3 | GER-SH | M-35 | 31 |
| 601 | 1793 | 00:29:39 | Jürgens | Ruben | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 100 |
| 602 | 1491 | 00:29:39 | Mohr | Dennik | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 61 |
| 603 | 2343 | 00:29:39 | Reichelt | Tom | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 109 |
| 604 | 1650 | 00:29:40 | Dercho | Julian | Grundschule Wellenkamp 4b | GER-SH | M-KU12 | 110 |
| 605 | 1306 | 00:29:40 | Nagel | Sönke | Freie Waldorfschule Itzehoe Klasse 9 | GER-SH | M-55 | 7 |
| 606 | 3774 | 00:29:41 | Augustin | Daniel | Trede & von Pein GmbH | GER-SH | M-20 | 55 |
| 607 | 2696 | 00:29:42 | Guder | Frank | Itzehoe | GER-SH | M-50 | 20 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|------------|--|--------|-------------------|------------------|
| 608 | 2790 | 00:29:42 | Weichard | Holger | Itzehoe | GER-SH | M-50 | 21 |
| 609 | 1945 | 00:29:42 | Haberland | Martin | Süderau | GER-SH | M-40 | 44 |
| 610 | 2561 | 00:29:43 | Grüntz | Leon | SV Brokdorf | GER-SH | M-JU14 | 101 |
| 611 | 2327 | 00:29:43 | Gärtner | Bennet | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 111 |
| 612 | 3049 | 00:29:43 | Lentfer | Fynn | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-20 | 56 |
| 613 | 1824 | 00:29:44 | Niedermirtl | Taliesin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 102 |
| 614 | 3793 | 00:29:45 | Korbginski | Tobias | Trede & von Pein GmbH | GER-SH | M-20 | 57 |
| 615 | 3264 | 00:29:45 | Witt | Maik | T5KK | GER-SH | M-40 | 45 |
| 616 | 1674 | 00:29:45 | Bahr | Lennart | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 112 |
| 617 | 3764 | 00:29:46 | Wegner | Tobias | Team Schröder Bauzentrum Itzehoe | GER-SH | M-30 | 15 |
| 618 | 3840 | 00:29:46 | Kömp | Christian | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-30 | 16 |
| 619 | 1573 | 00:29:46 | Sievers | Torge | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 62 |
| 620 | 2848 | 00:29:46 | Ohr | Timon | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 113 |
| 621 | 3434 | 00:29:46 | Reinking | Hans-Peter | Westermoor | GER-SH | M-50 | 22 |
| 622 | 1633 | 00:29:48 | Strüven | Tim | Grundschule Wellenkamp 3c | GER-SH | M-KU10 | 63 |
| 623 | 2818 | 00:29:48 | Eggers | Malte | AVS Itzehoe 6b | GER-SH | M-JU14 | 103 |
| 624 | 3104 | 00:29:48 | Dohrn | Florian | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 114 |
| 625 | 2659 | 00:29:49 | Bantelmann | Jörg | Elmshorn | GER-SH | M-40 | 46 |
| 626 | 2010 | 00:29:49 | Helmholz | Valentin | Auguste Viktoria Schule 6c | GER-SH | M-JU14 | 104 |
| 627 | 2371 | 00:29:51 | Nagel | Nicklas | Jacob-Struve-Schule Horst | GER-SH | M-KU12 | 115 |
| 628 | 2384 | 00:29:52 | Trampnau | Lennart | Jugendfeuerwehr Oldendorf | GER-SH | M-JU18 | 35 |
| 629 | 3803 | 00:29:52 | Pahl | Herwig | Trede & von Pein GmbH | GER-SH | M-55 | 8 |
| 630 | 1737 | 00:29:53 | Piontek | Leif | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 61 |
| 631 | 1720 | 00:29:54 | Ahrens | Marvin | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU14 | 105 |
| 632 | 2756 | 00:29:54 | Retzlaff | Jerôme | Hohenlockstedt | GER-SH | M-20 | 58 |
| 633 | 2270 | 00:29:54 | Bergemann | Mark | FFC Itzehoe | GER-SH | M-35 | 32 |
| 634 | 2986 | 00:29:56 | Engels | Heiko | Klinikum Itzehoe | GER-SH | M-55 | 9 |
| 635 | 2610 | 00:29:56 | Tobien | Carsten | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-40 | 47 |
| 636 | 2280 | 00:29:56 | Hahn | Torben | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 64 |
| 637 | 1948 | 00:29:57 | Hahn | Torsten | Brokstedt | GER-SH | M-45 | 44 |
| 638 | 3048 | 00:29:58 | Bötel | Marcel | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 16 |
| 639 | 3341 | 00:29:58 | Stracke | Dennis | T5KK | GER-SH | M-30 | 17 |
| 640 | 2803 | 00:30:02 | zur Verth | Christoph | Itzehoe | GER-SH | M-50 | 23 |
| 641 | 3609 | 00:30:03 | Ladwig | Michael | Itzehoer Versicherungen | GER-SH | M-45 | 45 |
| 642 | 3608 | 00:30:03 | Ladwig | Len Julius | Itzehoer Versicherungen | GER-SH | M-KU10 | 65 |
| 643 | 2666 | 00:30:03 | Bauer | Jacob | Itzehoe | GER-SH | M-JU16 | 62 |
| 644 | 3685 | 00:30:04 | Bielenberg | Jens | Raphael-Apotheke Westerhorn | GER-SH | M-55 | 10 |
| 645 | 3874 | 00:30:04 | Thalmann | Hartmut | Zukunft durch Sonne | GER-SH | M-55 | 11 |
| 646 | 3069 | 00:30:04 | Ramhold | Patryk | SC Rönna 74 | GER-SH | M-KU12 | 116 |
| 647 | 1243 | 00:30:04 | Tintelnot | Ole | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 117 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|-----------------|---|--------|-------------------|------------------|
| 648 | 3124 | 00:30:04 | Ahsbahs-Diercks | Ole | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | M-KU10 | 66 |
| 649 | 1729 | 00:30:06 | Kerstan | Dominik | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 63 |
| 650 | 3233 | 00:30:06 | Greger | Dennis | Sport-Club Itzehoe | GER-SH | M-JU16 | 64 |
| 651 | 2500 | 00:30:07 | Wasserberg | Markus | RKiSH | GER-SH | M-40 | 48 |
| 652 | 2463 | 00:30:08 | von Hacht | Peter | MTV Horst | GER-SH | M-50 | 24 |
| 653 | 2787 | 00:30:08 | Töllner | Bernd | Itzehoe | GER-SH | M-45 | 46 |
| 654 | 1766 | 00:30:09 | Formeseyn | Axel | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-40 | 49 |
| 655 | 3178 | 00:30:09 | Körn | Jannis | Sophie-Scholl-Gymnasium Vc | GER-SH | M-JU14 | 106 |
| 656 | 2755 | 00:30:12 | Retzlaff | Claas | Hohenlockstedt | GER-SH | M-50 | 25 |
| 657 | 1630 | 00:30:13 | Lehmbeck | Finn-Maximilian | Grundschule Wellenkamp 3c | GER-SH | M-KU12 | 118 |
| 658 | 1203 | 00:30:13 | Böge | Niclas | Lägerdorf | GER-SH | M-KU12 | 119 |
| 659 | 2865 | 00:30:14 | Gripp | Hove | Detlefsengymnasium Glückstadt 6d | GER-SH | M-JU14 | 107 |
| 660 | 3402 | 00:30:14 | Griesbach | Jan | Itzehoe | GER-SH | M-20 | 59 |
| 661 | 1771 | 00:30:15 | Glimm | Bennet | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 108 |
| 662 | 3139 | 00:30:16 | Eisenhut | Moritz | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-35 | 33 |
| 663 | 3627 | 00:30:18 | Wodtke | Sascha Mourice | Klinikum Itzehoe | GER-SH | M-KU12 | 120 |
| 664 | 1473 | 00:30:18 | Jarisch | Nico | Grundschule Op de Host Klasse 1-4 | GER-SH | M-JU14 | 109 |
| 665 | 3328 | 00:30:20 | Hartmann | Hans | | GER-SH | M-45 | 47 |
| 666 | 1472 | 00:30:21 | Jarisch | Alexander | Grundschule Op de Host Klasse 1-4 | GER-SH | M-40 | 50 |
| 667 | 1811 | 00:30:21 | Lochefeld | Fracisco | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 110 |
| 668 | 1318 | 00:30:22 | Mansfeld | Jan Henrik | Grundschule Edendorf 1b | GER-SH | M-KU8 | 3 |
| 669 | 1380 | 00:30:23 | Westphal | Dennis | Grundschule Kremperheide 3/4b | GER-SH | M-KU12 | 121 |
| 670 | 1319 | 00:30:23 | Mansfeld | Thomas | Grundschule Edendorf 1b | GER-SH | M-35 | 34 |
| 671 | 1943 | 00:30:24 | Flohr | Peter | Lägerdorf | GER-SH | M-45 | 48 |
| 672 | 3802 | 00:30:28 | Mohr | Timo | Trede & von Pein GmbH | GER-SH | M-JU20 | 17 |
| 673 | 1991 | 00:30:28 | Spankow | Harald | Itzehoe | GER-SH | M-70 | 3 |
| 674 | 3208 | 00:30:28 | Rippert | Timon Alexander | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 65 |
| 675 | 1228 | 00:30:29 | Wenzel | Marc | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-KU10 | 67 |
| 676 | 1474 | 00:30:29 | Jarisch | Philipp | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 122 |
| 677 | 2102 | 00:30:30 | Alkofer | Tim | Detlefsengymnasium Glückstadt 6a | GER-SH | M-JU14 | 111 |
| 678 | 1733 | 00:30:31 | Kumar | Krishan | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 66 |
| 679 | 2109 | 00:30:31 | Lischack | Till | Detlefsengymnasium Glückstadt 6a | GER-SH | M-JU14 | 112 |
| 680 | 2816 | 00:30:32 | Adomat | Joshua | AVS Itzehoe 6b | GER-SH | M-JU14 | 113 |
| 681 | 2321 | 00:30:32 | Saalfrank | Tom | Grundschule Edendorf 4a | GER-SH | M-KU12 | 123 |
| 682 | 3205 | 00:30:33 | Lucht | Jorick | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU14 | 114 |
| 683 | 1889 | 00:30:35 | Unger | Niels Fredrik | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | M-KU10 | 68 |
| 684 | 2713 | 00:30:35 | Kalcher | Björn | Oldendorf | GER-SH | M-JU16 | 67 |
| 685 | 2827 | 00:30:36 | Stabenow | Eike | AVS Itzehoe 6b | GER-SH | M-JU14 | 116 |
| 686 | 2062 | 00:30:36 | Mezger | Tobias | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 115 |
| 687 | 2978 | 00:30:36 | Schulz | Laurids | Kaiser-Karl-Schule Itzehoe 9d | GER-SH | M-JU16 | 68 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|--------------|---|--------|-------------------|------------------|
| 688 | 2228 | 00:30:37 | Weitkamp | Jarl | Fehr-Schule | GER-SH | M-KU8 | 4 |
| 689 | 3557 | 00:30:37 | Tetzlaff | Torsten | Grundschule Sude-West 2 | GER-SH | M-50 | 26 |
| 690 | 3552 | 00:30:38 | Modlich | Lukas | Grundschule Sude-West 2 | GER-SH | M-KU10 | 69 |
| 691 | 3556 | 00:30:38 | Tetzlaff | Ben Jakob | Grundschule Sude-West 2 | GER-SH | M-KU10 | 70 |
| 692 | 1390 | 00:30:38 | Willmann | Lasse | Grundschule Kremperheide 3/4c | GER-SH | M-KU10 | 71 |
| 693 | 3699 | 00:30:38 | Peters | Erik | Rotary Club Itzehoe | GER-SH | M-KU10 | 72 |
| 694 | 3575 | 00:30:39 | Adam | Adrian | Grundschule Sude-West 4 | GER-SH | M-JU14 | 117 |
| 695 | 3199 | 00:30:39 | Bartels | Arik Aaron | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 69 |
| 696 | 1382 | 00:30:40 | Diel | Erik | Grundschule Kremperheide 3/4c | GER-SH | M-KU12 | 124 |
| 697 | 3700 | 00:30:41 | Peters | Jan | Rotary Club Itzehoe | GER-SH | M-35 | 35 |
| 698 | 1389 | 00:30:42 | Willmann | Gunnar | Grundschule Kremperheide 3/4c | GER-SH | M-40 | 51 |
| 699 | 3234 | 00:30:43 | Hübner | Thomas | Sport-Club Itzehoe | GER-SH | M-30 | 18 |
| 700 | 1488 | 00:30:43 | Maaß | Etienne | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 73 |
| 701 | 3728 | 00:30:45 | Zapfe | Horst | Sparkasse Westholstein | GER-SH | M-60 | 10 |
| 702 | 3592 | 00:30:46 | Hopp | Kevin | ISR Itzeoer Schrott und Recycling GmbH & Co. KG. | GER-SH | M-20 | 60 |
| 703 | 3144 | 00:30:47 | Krug | Thore | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 118 |
| 704 | 1871 | 00:30:47 | Rost | Michael | LT Störlauf | GER-SH | M-50 | 27 |
| 705 | 1870 | 00:30:47 | Rost | Bjarne | LT Störlauf | GER-SH | M-KU12 | 125 |
| 706 | 3067 | 00:30:49 | Michaelsen | Vincent | SC Itzehoe | GER-SH | M-KU8 | 5 |
| 707 | 2913 | 00:30:50 | Ledtje | Jörg | Gemeinschaftsschule Wilster 8b | GER-SH | M-50 | 28 |
| 708 | 3354 | 00:30:50 | Haufschild | Fabian-Mario | | GER-SH | M-JU14 | 119 |
| 709 | 3154 | 00:30:50 | Wilken | Christopher | SG Nordoe/Münsterdorf | GER-SH | M-KU12 | 126 |
| 710 | 1778 | 00:30:51 | Hanke | Justin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 120 |
| 711 | 3411 | 00:30:51 | Ingwersen | Wolfram | Itzehoe | GER-SH | M-45 | 49 |
| 712 | 2263 | 00:30:51 | Wilhelm | Lars | Fehrs-Schule | GER-SH | M-40 | 52 |
| 713 | 3847 | 00:30:53 | Widderich | Gerrit | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-JU14 | 121 |
| 714 | 3131 | 00:30:54 | Reimers | Lukas | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | M-KU12 | 127 |
| 715 | 2754 | 00:30:56 | Rentz | Jannik | Dägeling | GER-SH | M-JU14 | 122 |
| 716 | 2448 | 00:30:57 | Sievert | Max | Liliencronschule Lägerdorf 3 | GER-SH | M-KU10 | 74 |
| 717 | 2439 | 00:30:58 | Gercken | Norick | Liliencronschule Lägerdorf 3 | GER-SH | M-KU10 | 75 |
| 718 | 1379 | 00:30:59 | Westphal | Claus | Grundschule Kremperheide 3/4b | GER-SH | M-35 | 36 |
| 719 | 3717 | 00:31:03 | Garbers | Tobias | SCI | GER-SH | M-JU16 | 70 |
| 720 | 2078 | 00:31:04 | Barthels | Manuel | AVS Itzehoe 6a | GER-SH | M-JU14 | 123 |
| 721 | 1613 | 00:31:04 | Ackermann | Denis | Grundschule Wellenkamp 3b | GER-SH | M-KU10 | 76 |
| 722 | 2964 | 00:31:05 | Otto | Henri | Itzeoer Versicherungen | GER-SH | M-75 | 1 |
| 723 | 1414 | 00:31:05 | Makoschey | Lasse | Grundschule Oelixdorf 2 | GER-SH | M-KU10 | 77 |
| 724 | 3738 | 00:31:06 | Kapell | Ulrich | Sport-Club Itzehoe | GER-SH | M-45 | 50 |
| 725 | 1219 | 00:31:06 | Alsen | Felix | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-KU10 | 78 |
| 726 | 3562 | 00:31:06 | Formell | Frank | Grundschule Sude-West 3 | GER-SH | M-40 | 53 |
| 727 | 1493 | 00:31:06 | Mrozek | Frederik | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 128 |
| 728 | 1475 | 00:31:07 | Jessen | Luca Marcel | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 129 |

Sport-Club Itzehoe Gravensteiner Weg 6 25524 Itzehoe
Telefon: 04821-92040 Fax: 04821-5446 Freiwald@stoerlauf.de <http://www.stoerlauf.de>

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|------------|---|--------|-------------------|------------------|
| 729 | 1714 | 00:31:08 | Nagel | Adrian | Klinikum Itzehoe | GER-SH | M-KU10 | 79 |
| 730 | 1506 | 00:31:09 | Romann | Lasse | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 80 |
| 731 | 2842 | 00:31:09 | Bünz | Justin | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 130 |
| 732 | 1515 | 00:31:11 | Seupel | Mika | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 81 |
| 733 | 1914 | 00:31:11 | Marek | Finn | Grundschule St. Margarethen | GER-SH | M-KU10 | 82 |
| 734 | 1405 | 00:31:12 | Giese | Ben | Grundschule Oelixdorf 2 | GER-SH | M-KU10 | 83 |
| 735 | 2706 | 00:31:12 | Herzog | Reik | Heiligenstedten | GER-SH | M-KU12 | 131 |
| 736 | 2705 | 00:31:13 | Herzog | Oliver | Heiligenstedten | GER-SH | M-35 | 37 |
| 737 | 2169 | 00:31:13 | Diekmann | Nico | Fehr-Schule | GER-SH | M-KU10 | 84 |
| 738 | 3025 | 00:31:13 | Sühl | Richard | MTV Wilster | GER-SH | M-75 | 2 |
| 739 | 3023 | 00:31:15 | Peetz | Friedhelm | MTV Wilster | GER-SH | M-65 | 2 |
| 740 | 1625 | 00:31:17 | Herzog | Jonas Arik | Grundschule Wellenkamp 3c | GER-SH | M-KU12 | 132 |
| 741 | 2899 | 00:31:18 | Ludwig | Tobias | Gemeinschaftsschule Wilster 6c | GER-SH | M-JU14 | 124 |
| 742 | 1218 | 00:31:18 | Alsen | Charlie | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-50 | 29 |
| 743 | 2379 | 00:31:18 | Kreminski | Leon | Jugendfeuerwehr Oldendorf | GER-SH | M-JU14 | 125 |
| 744 | 1715 | 00:31:19 | Nagel | Andreas | Klinikum Itzehoe | GER-SH | M-45 | 51 |
| 745 | 1574 | 00:31:20 | Struve | Leon | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 85 |
| 746 | 1449 | 00:31:21 | Bahlmann | Kai | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 86 |
| 747 | 2177 | 00:31:26 | Hansen | Pascal | Fehr-Schule | GER-SH | M-KU10 | 87 |
| 748 | 3800 | 00:31:34 | Marissink | Luuk | Trede & von Pein GmbH | GER-SH | M-20 | 61 |
| 749 | 3140 | 00:31:34 | Grüger | Nik | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-KU12 | 133 |
| 750 | 2376 | 00:31:35 | Goldschmidt | Christian | Jugendfeuerwehr Oldendorf | GER-SH | M-JU16 | 71 |
| 751 | 2733 | 00:31:37 | Meinke | Lennart | Itzehoe | GER-SH | M-JU14 | 126 |
| 752 | 2577 | 00:31:37 | Becker | Klaus | TSV Breitenberg | GER-SH | M-50 | 30 |
| 753 | 1724 | 00:31:38 | Friedrichs | Bennet | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU14 | 127 |
| 754 | 2284 | 00:31:40 | Stapper | Fynn | Grundschule Brokstedt 2 | GER-SH | M-KU12 | 134 |
| 755 | 1230 | 00:31:40 | Ehlert | Jörn | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-45 | 52 |
| 756 | 1326 | 00:31:40 | Maaß | Jens | Grundschule Edendorf 1c | GER-SH | M-40 | 54 |
| 757 | 1325 | 00:31:40 | Maaß | Jaris | Grundschule Edendorf 1c | GER-SH | M-KU10 | 88 |
| 758 | 1854 | 00:31:41 | Temnur | Pascal | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU18 | 36 |
| 759 | 1443 | 00:31:42 | Lau | Marco | Grundschule Oelixdorf 4 | GER-SH | M-45 | 53 |
| 760 | 1544 | 00:31:44 | Hartmann | John | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 135 |
| 761 | 2113 | 00:31:44 | Stotz | Joost | Detlefsengymnasium Glückstadt 6a | GER-SH | M-JU14 | 128 |
| 762 | 1777 | 00:31:44 | Halbleib | Ottmar | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-45 | 54 |
| 763 | 1776 | 00:31:44 | Halbleib | Nils | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-KU10 | 89 |
| 764 | 1255 | 00:31:47 | Grimmert | Friedrich | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU12 | 136 |
| 765 | 3214 | 00:31:49 | Witten | Nils | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 72 |
| 766 | 3477 | 00:31:51 | Liebold | Eberhard | Firma Baumland | GER-SH | M-55 | 12 |
| 767 | 3690 | 00:31:52 | Bielenberg | Leon | Rotary Club Itzehoe | GER-SH | M-KU10 | 90 |
| 768 | 3701 | 00:31:53 | Schröder | Philipp | Rotary Club Itzehoe | GER-SH | M-35 | 38 |
| 769 | 3689 | 00:31:53 | Bielenberg | Benjamin | Rotary Club Itzehoe | GER-SH | M-20 | 62 |

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5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|----------------|--|--------|-------------------|------------------|
| 770 | 3109 | 00:31:55 | Harder | Michel | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 137 |
| 771 | 1798 | 00:31:56 | Kirbach | Paul | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 129 |
| 772 | 2378 | 00:31:59 | Kloth | Hauke | Jugendfeuerwehr Oldendorf | GER-SH | M-JU14 | 130 |
| 773 | 2325 | 00:32:00 | Brockmann | Hannes | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 138 |
| 774 | 2317 | 00:32:00 | Jensen | Arne | Grundschule Edendorf 4a | GER-SH | M-40 | 55 |
| 775 | 1260 | 00:32:01 | Kästner | Milan Leopold | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU12 | 139 |
| 776 | 2398 | 00:32:03 | Zober | Pascal | Julianka Schule Heiligenstedten 2b | GER-SH | M-KU10 | 91 |
| 777 | 3549 | 00:32:05 | Millfahrt | Collin | Grundschule Sude-West 2 | GER-SH | M-KU10 | 92 |
| 778 | 2711 | 00:32:05 | Holm | Kim Marten | Itzehoe | GER-SH | M-20 | 63 |
| 779 | 1481 | 00:32:06 | Koschwitz | Tom | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 140 |
| 780 | 1465 | 00:32:07 | Hahn | Max | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 141 |
| 781 | 1295 | 00:32:08 | Cornelius | Jorge | Freie Waldorfschule Itzehoe Klasse 7 | GER-SH | M-20 | 64 |
| 782 | 2517 | 00:32:08 | Lübbbers | Lars | SCI | GER-SH | M-JU16 | 73 |
| 783 | 1692 | 00:32:10 | Fischer | Jan | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU10 | 93 |
| 784 | 1906 | 00:32:11 | Kaltenbach | Joachim | Sparkasse Westholstein | GER-SH | M-35 | 39 |
| 785 | 3299 | 00:32:11 | Jürgs | Tjorven | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-KU10 | 94 |
| 786 | 1603 | 00:32:12 | Mohrdieck | Maurice | Grundschule Wellenkamp 3a | GER-SH | M-KU12 | 142 |
| 787 | 2373 | 00:32:12 | Beuck | Thorsten | Jugendfeuerwehr Oldendorf | GER-SH | M-45 | 55 |
| 788 | 3297 | 00:32:13 | Jürgs | Kay | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-40 | 56 |
| 789 | 1519 | 00:32:13 | Steenbock | Jannik | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 143 |
| 790 | 2833 | 00:32:14 | Olsen | Till | AVS Itzehoe 8b | GER-SH | M-JU16 | 74 |
| 791 | 2562 | 00:32:14 | Meyer | Andreas | SV Brokdorf | GER-SH | M-45 | 56 |
| 792 | 1299 | 00:32:15 | Theis | Niklas | Freie Waldorfschule Itzehoe Klasse 7 | GER-SH | M-JU16 | 75 |
| 793 | 3697 | 00:32:16 | Meyer | Holger | Rotary Club Itzehoe | GER-SH | M-40 | 57 |
| 794 | 3201 | 00:32:18 | Brakel | Felix | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | M-JU16 | 76 |
| 795 | 1686 | 00:32:18 | Ralfs | Lukas | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 144 |
| 796 | 2944 | 00:32:19 | Klinger | Felix | HSC Hohenaspe | GER-SH | M-KU12 | 145 |
| 797 | 3312 | 00:32:19 | Brüggen | Benjamin | Wettkampfgruppe FF Kellinghusen | GER-SH | M-20 | 65 |
| 798 | 2744 | 00:32:20 | Mundt | Max | Hohenlockstedt | GER-SH | M-KU12 | 146 |
| 799 | 2363 | 00:32:21 | Faerber | Dietmar | Itzehoeer Versicherungen | GER-SH | M-50 | 31 |
| 800 | 3004 | 00:32:23 | Tiemann | Hans-Friedrich | Kreisverwaltung Steinburg | GER-SH | M-65 | 3 |
| 801 | 1402 | 00:32:23 | Daumann | Rene | Grundschule Oelixdorf 2 | GER-SH | M-30 | 19 |
| 802 | 2718 | 00:32:26 | Klinger | Sönke | Hohenaspe | GER-SH | M-45 | 57 |
| 803 | 1606 | 00:32:29 | Renk | Pasqual | Grundschule Wellenkamp 3a | GER-SH | M-KU12 | 147 |
| 804 | 1263 | 00:32:29 | Nödinger | Hendrik | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU12 | 148 |
| 805 | 1756 | 00:32:29 | Busch | Justus | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-KU12 | 149 |
| 806 | 1262 | 00:32:32 | Nödinger | Bjarne | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU8 | 6 |
| 807 | 2651 | 00:32:38 | Illner | Florian | | GER-SH | M-KU8 | 7 |
| 808 | 3027 | 00:32:39 | Illner | Jürgen | Münsterdorfer SV | GER-SH | M-35 | 40 |
| 809 | 1980 | 00:32:39 | Reimers | Philipp | Brokdorf | GER-SH | M-JU14 | 131 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|-----------|--|--------|-------------------|------------------|
| 810 | 2134 | 00:32:41 | Gerwins | Stefan | Ernst-Moritz-Arndt-Grundschule 4B | GER-SH | M-45 | 58 |
| 811 | 2362 | 00:32:42 | Bollhardt | Mark | Itzehoer Versicherungen | GER-SH | M-45 | 59 |
| 812 | 3652 | 00:32:44 | Zorn | Sebastian | Lokomotive Krempe | GER-SH | M-JU20 | 18 |
| 813 | 1685 | 00:32:47 | Papkala | Nikolas | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 150 |
| 814 | 2758 | 00:32:48 | Roß | Volker | Süderau | GER-SH | M-45 | 60 |
| 815 | 2757 | 00:32:48 | Roß | Terje | Süderau | GER-SH | M-KU10 | 95 |
| 816 | 2760 | 00:32:49 | Scheel | Thorge | Itzehoe | GER-SH | M-JU14 | 132 |
| 817 | 2766 | 00:32:49 | Schröder-Scheel | Thies | Itzehoe | GER-SH | M-50 | 32 |
| 818 | 3028 | 00:32:49 | Ritter | Daniel | Münsterdorfer SV | GER-SH | M-35 | 41 |
| 819 | 3143 | 00:32:52 | Krug | Sven | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 133 |
| 820 | 3516 | 00:32:53 | Schermer | Lukas | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 134 |
| 821 | 2282 | 00:32:56 | Pump | Florian | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 96 |
| 822 | 1338 | 00:32:58 | Dels | Malte | Grundschule Edendorf 3b | GER-SH | M-KU12 | 151 |
| 823 | 3469 | 00:32:58 | Lorenzen | Otto | Boxclub Itzehoe | GER-SH | M-60 | 11 |
| 824 | 1981 | 00:32:59 | Rohwer | Bernd | Brokdorf | GER-SH | M-45 | 61 |
| 825 | 3057 | 00:33:01 | Strosyk | Heiko | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 19 |
| 826 | 3053 | 00:33:01 | Nassalski | Thimo | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 20 |
| 827 | 1646 | 00:33:04 | Schwärzel | Elias | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 152 |
| 828 | 1277 | 00:33:04 | Urbatzka | Nik | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | M-KU12 | 153 |
| 829 | 1647 | 00:33:05 | Siemens | Niklas | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 154 |
| 830 | 2048 | 00:33:08 | Cetinkaya | Furkan | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-JU14 | 135 |
| 831 | 1744 | 00:33:09 | Babür | Mustafa | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 136 |
| 832 | 1225 | 00:33:10 | Jordan | Wilfried | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-45 | 62 |
| 833 | 3001 | 00:33:12 | Siedenburg | Jan | Klinikum Itzehoe | GER-SH | M-KU12 | 155 |
| 834 | 1424 | 00:33:12 | Huthoff | Björn | Grundschule Oelixdorf 3 | GER-SH | M-30 | 20 |
| 835 | 1224 | 00:33:13 | Jordan | Dennis | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-KU10 | 97 |
| 836 | 2857 | 00:33:17 | Thilow | Fynn Luca | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 156 |
| 837 | 2588 | 00:33:18 | Voigt | Jan | TSV Lola | GER-SH | M-55 | 13 |
| 838 | 2636 | 00:33:19 | Pien | Mathis | Volksbank Raiffeisenbank Itzehoe | GER-SH | M-KU12 | 157 |
| 839 | 1401 | 00:33:20 | Bartschat | Jan | Grundschule Oelixdorf 2 | GER-SH | M-KU10 | 98 |
| 840 | 1411 | 00:33:20 | Herold | Elias | Grundschule Oelixdorf 2 | GER-SH | M-KU10 | 99 |
| 841 | 3851 | 00:33:20 | Baltruschat | Bodil | Wohlert,Aldag & Partner | GER-SH | M-JU14 | 137 |
| 842 | 2221 | 00:33:20 | Stumbries | Samuel | Fehr-Schule | GER-SH | M-KU10 | 100 |
| 843 | 3032 | 00:33:21 | Zunker | Joachim | Münsterdorfer SV | GER-SH | M-55 | 14 |
| 844 | 2212 | 00:33:22 | Sermet | Cerim | Fehr-Schule | GER-SH | M-KU10 | 101 |
| 845 | 3101 | 00:33:24 | Baasch | Karsten | Schulzentrum Krempermarsch 4a | GER-SH | M-40 | 58 |
| 846 | 2504 | 00:33:25 | Funk | Tobias | Running Mammuts / Mammut.ch | GER-SH | M-30 | 21 |
| 847 | 2249 | 00:33:25 | Neymeyer | Till | Fehrs-Schule | GER-SH | M-KU12 | 158 |
| 848 | 2454 | 00:33:26 | Behnke | Horst | MTV Horst | GER-SH | M-50 | 33 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|--|--------|-------------------|------------------|
| 849 | 2189 | 00:33:26 | Küffner | Joshua | Fehr-Schule | GER-SH | M-KU12 | 159 |
| 850 | 2166 | 00:33:28 | Cohrt | Bastian | Fehr-Schule | GER-SH | M-KU12 | 160 |
| 851 | 3438 | 00:33:29 | Schuemann | Bennet | Westermoor | GER-SH | M-JU14 | 138 |
| 852 | 3586 | 00:33:29 | Mählmann | Ingo | Grundschule Sude-West 2 | GER-SH | M-35 | 42 |
| 853 | 2522 | 00:33:30 | Eisenmann | Björn | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | M-KU12 | 161 |
| 854 | 2257 | 00:33:30 | Shala | Norik | Fehrs-Schule | GER-SH | M-KU10 | 102 |
| 855 | 3595 | 00:33:30 | Kühl | Linus | ISR Itzehoe Schrott und Recycling GmbH & Co. KG. | GER-SH | M-KU10 | 103 |
| 856 | 3646 | 00:33:31 | Platzer | Patrick | Lokomotive Krempe | GER-SH | M-20 | 66 |
| 857 | 1425 | 00:33:31 | Junga | Leon | Grundschule Oelixdorf 3 | GER-SH | M-KU12 | 162 |
| 858 | 3870 | 00:33:32 | Tödt | Christian | Wohlert, Aldag & Partner | GER-SH | M-20 | 67 |
| 859 | 2272 | 00:33:33 | Seemann | Tim Lukas | Gemeinschaftschule am Lehmwold Außenstelle Heiligenstedten | GER-SH | M-KU12 | 163 |
| 860 | 2258 | 00:33:35 | Strohbecke | Jacob | Fehrs-Schule | GER-SH | M-KU10 | 104 |
| 861 | 2165 | 00:33:38 | Cohrt | Andre | Fehr-Schule | GER-SH | M-40 | 59 |
| 862 | 2167 | 00:33:38 | Cohrt | Erik | Fehr-Schule | GER-SH | M-KU10 | 105 |
| 863 | 2338 | 00:33:39 | Mordhorst | Sven | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-35 | 43 |
| 864 | 2350 | 00:33:39 | Wendeler | Tarik Ilias | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 106 |
| 865 | 1217 | 00:33:39 | Alsen | Carlos | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | M-KU10 | 107 |
| 866 | 2406 | 00:33:45 | Leimbach | Lukas | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | M-KU12 | 164 |
| 867 | 1212 | 00:33:45 | Lehmann | Jente | Freie Waldorfschule Itzehoe Klasse 1 | GER-SH | M-KU10 | 108 |
| 868 | 2631 | 00:33:48 | Reich | Benjamin | Wolfgang-Borchert-Regionalsc hule 9d | GER-SH | M-JU18 | 37 |
| 869 | 1496 | 00:33:49 | Pfleiderer | Achim | Grundschule Op de Host Klasse 1-4 | GER-SH | M-45 | 63 |
| 870 | 1961 | 00:33:50 | Kolbe | Jona | Münsterdorf | GER-SH | M-KU10 | 109 |
| 871 | 1962 | 00:33:50 | Kolbe | Tino | Münsterdorf | GER-SH | M-35 | 44 |
| 872 | 3528 | 00:33:50 | Michaelsen | Kendrik | Gemeinschaftsschule Wilster 6b | GER-SH | M-JU14 | 139 |
| 873 | 2547 | 00:33:51 | Eisenmann | Bernd | Sport-Club Itzehoe | GER-SH | M-45 | 64 |
| 874 | 1992 | 00:33:51 | Stephan | Bruno | Itzehoe | GER-SH | M-KU10 | 110 |
| 875 | 1495 | 00:33:52 | Mrozek | Sebastian | Grundschule Op de Host Klasse 1-4 | GER-SH | M-40 | 60 |
| 876 | 1960 | 00:33:52 | Köhler | Olaf | Itzehoe | GER-SH | M-45 | 65 |
| 877 | 1523 | 00:33:52 | Wiegert | Manuel | Grundschule Op de Host Klasse 1-4 | GER-SH | M-JU14 | 140 |
| 878 | 3812 | 00:33:52 | Schrade | Dieter | Trede & von Pein GmbH | GER-SH | M-50 | 34 |
| 879 | 1616 | 00:33:53 | Kuttke | Nick | Grundschule Wellenkamp 3b | GER-SH | M-KU12 | 165 |
| 880 | 3158 | 00:33:56 | Bünning | Tim | Sophie -Scholl-Gymnasium Ve | GER-SH | M-JU14 | 141 |
| 881 | 1216 | 00:33:57 | Urbatzka | Tom | Freie Waldorfschule Itzehoe Klasse 1 | GER-SH | M-40 | 61 |
| 882 | 3538 | 00:33:57 | Schwenck | Maximilian | Grundschule Sude West, Itzehoe | GER-SH | M-KU10 | 111 |
| 883 | 2404 | 00:33:57 | Kruse | Jörg | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | M-40 | 62 |
| 884 | 1275 | 00:33:57 | Lehmann | Lion | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | M-KU12 | 166 |
| 885 | 3880 | 00:33:59 | Kornilov | Artur | Grundschule Sude West | GER-SH | M-KU10 | 112 |
| 886 | 2564 | 00:33:59 | Meyer | Falk | SV Brokdorf | GER-SH | M-JU16 | 77 |
| 887 | 1343 | 00:34:00 | Gottschalk | Felix | Grundschule Edendorf 3b | GER-SH | M-KU12 | 167 |
| 888 | 2566 | 00:34:01 | Peters | Klaus | SV Brokdorf | GER-SH | M-65 | 4 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|---------------|---|--------|-------------------|------------------|
| 889 | 1344 | 00:34:01 | Gottschalk | Peter | Grundschule Edendorf 3b | GER-SH | M-45 | 66 |
| 890 | 3546 | 00:34:02 | Glock | Eduard | Grundschule Sude-West 2 | GER-SH | M-KU10 | 113 |
| 891 | 1834 | 00:34:03 | Rahn | Dominik | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 142 |
| 892 | 2209 | 00:34:05 | Schiefelbein | Tobias | Fehr-Schule | GER-SH | M-KU10 | 114 |
| 893 | 3331 | 00:34:07 | Haase | Martin | | GER-SH | M-40 | 63 |
| 894 | 2654 | 00:34:12 | Alpen | Thomas | Nortorf | GER-SH | M-35 | 45 |
| 895 | 3323 | 00:34:12 | Alpen | Kersten | Nortorf | GER-SH | M-KU10 | 115 |
| 896 | 2445 | 00:34:13 | Schmidtke | Yannik | Liliencronschule Lägerdorf 3 | GER-SH | M-KU10 | 116 |
| 897 | 3827 | 00:34:13 | Lorenzen | Sven | TSV Heiligenstedten | GER-SH | M-40 | 64 |
| 898 | 2342 | 00:34:14 | Pott | Luk Morten | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 117 |
| 899 | 2637 | 00:34:14 | Pott | Christian | | GER-SH | M-30 | 22 |
| 900 | 3261 | 00:34:14 | Wegner | René | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-JU14 | 143 |
| 901 | 1397 | 00:34:15 | Kröger | Kevin | Grundschule Oelixdorf 1 | GER-SH | M-KU8 | 8 |
| 902 | 1700 | 00:34:15 | Orfert | Alexander | Grund- u. Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU10 | 118 |
| 903 | 2444 | 00:34:15 | Przytarski | Dustin | Liliencronschule Lägerdorf 3 | GER-SH | M-KU10 | 119 |
| 904 | 1572 | 00:34:16 | Petka | Phillip | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 120 |
| 905 | 2667 | 00:34:16 | Bauer | Mirco | Itzehoe | GER-SH | M-45 | 67 |
| 906 | 1539 | 00:34:16 | Sievers | Mika | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-KU10 | 121 |
| 907 | 3076 | 00:34:21 | Haß | Jannik | Schule Hohe Geest 5a | GER-SH | M-KU12 | 168 |
| 908 | 1333 | 00:34:21 | Schnoor | Lukas | Grundschule Edendorf 1c | GER-SH | M-KU10 | 122 |
| 909 | 1328 | 00:34:22 | Rist | Kiano | Grundschule Edendorf 1c | GER-SH | M-KU8 | 9 |
| 910 | 2162 | 00:34:22 | Brandt | Tobias | Fehr-Schule | GER-SH | M-KU8 | 10 |
| 911 | 3672 | 00:34:22 | Pingel | Ulf-Jörg | Musikzug Oldendorf | GER-SH | M-50 | 35 |
| 912 | 3077 | 00:34:22 | Haß | Sönke | Schule Hohe Geest 5a | GER-SH | M-40 | 65 |
| 913 | 1329 | 00:34:23 | Rist | Lars | Grundschule Edendorf 1c | GER-SH | M-40 | 66 |
| 914 | 3864 | 00:34:23 | Schütt | Theo | Wohlert, Aldag & Partner | GER-SH | M-KU10 | 123 |
| 915 | 2495 | 00:34:26 | Krieger | Axel | RKiSH | GER-SH | M-45 | 68 |
| 916 | 2008 | 00:34:29 | Helmholz | Daniel | Auguste Viktoria Schule 6c | GER-SH | M-40 | 67 |
| 917 | 2007 | 00:34:29 | Helmholz | Constantin | Auguste Viktoria Schule 6c | GER-SH | M-KU10 | 124 |
| 918 | 2494 | 00:34:29 | Bergmohr | Armin | RKiSH | GER-SH | M-55 | 15 |
| 919 | 1958 | 00:34:30 | Jürgensen | Bernd | Hohenlockstedt | GER-SH | M-55 | 16 |
| 920 | 2607 | 00:34:32 | Rogowski | Marcel | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | M-JU16 | 78 |
| 921 | 3012 | 00:34:33 | Ackmann | Dieter | MSV Münsterdorf | GER-SH | M-40 | 68 |
| 922 | 3145 | 00:34:36 | Kuske | Tom Luca | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 144 |
| 923 | 2320 | 00:34:36 | Renz - Kiefel | Tomme | Grundschule Edendorf 4a | GER-SH | M-KU12 | 169 |
| 924 | 2968 | 00:34:39 | Frey | Alexander | Iversen und Rademann | GER-SH | M-20 | 68 |
| 925 | 1312 | 00:34:41 | Duitsmann | Nico | Grundschule Edendorf 1b | GER-SH | M-KU10 | 125 |
| 926 | 1308 | 00:34:42 | Althoff | Bent | Grundschule Edendorf 1b | GER-SH | M-KU8 | 11 |
| 927 | 1351 | 00:34:42 | Ostwald | Christopher | Grundschule Edendorf 3b | GER-SH | M-KU10 | 126 |
| 928 | 1487 | 00:34:42 | Maaß | Christophe | Grundschule Op de Host Klasse 1-4 | GER-SH | M-45 | 69 |
| 929 | 1342 | 00:34:42 | Froböse-Ostwald | Ekkard | Grundschule Edendorf 3b | GER-SH | M-45 | 70 |
| 930 | 3013 | 00:34:43 | Ackmann | Nantke | MSV Münsterdorf | GER-SH | M-KU10 | 127 |
| 931 | 2809 | 00:34:44 | Arp | Jan-Friedrich | ALG VFL Bokel | GER-SH | M-65 | 5 |
| 932 | 1309 | 00:34:44 | Althoff | Jost | Grundschule Edendorf 1b | GER-SH | M-50 | 36 |
| 933 | 2679 | 00:34:45 | Claussen | Jan | Münsterdorf | GER-SH | M-40 | 69 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-------------|---|---------|-------------------|------------------|
| 934 | 3321 | 00:34:46 | Simon | Jan | BSC Sportfreunde Itzehoe | GER-SH | M-KU12 | 170 |
| 935 | 2997 | 00:34:46 | Meyer | Marc-Henric | Klinikum Itzehoe | GER-SH | M-40 | 70 |
| 936 | 3351 | 00:34:47 | Dilschmann | Thore | Sport-Club Itzehoe | GER-SH | M-KU8 | 12 |
| 937 | 3121 | 00:34:47 | Schöning | Finn Ole | Schulzentrum Krempermarsch 4a | GER-SH | M-KU12 | 171 |
| 938 | 1330 | 00:34:48 | Rook | Dietmar | Grundschule Edendorf 1c | GER-SH | M-40 | 71 |
| 939 | 3318 | 00:34:48 | Kürbis | Marc-Jan | Wohler,Aldag & Partner | GER-SH | M-JU14 | 145 |
| 940 | 3350 | 00:34:49 | Dilschmann | Enna | Sport-Club Itzehoe | GER-SH | M-KU10 | 128 |
| 941 | 3572 | 00:34:50 | Smolak | Jasper | Grundschule Sude-West 3 | GER-SH | M-KU10 | 129 |
| 942 | 3826 | 00:34:53 | Wittke | Nis Andreas | TSV Breitenberg | GER-SH | M-KU10 | 130 |
| 943 | 1272 | 00:34:53 | Basse | Cornelius | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | M-KU12 | 172 |
| 944 | 2771 | 00:34:53 | Schütt | Boris | Itzehoe | GER-SH | M-35 | 46 |
| 945 | 2775 | 00:34:54 | Schütt | Tobias | Itzehoe | GER-SH | M-KU10 | 131 |
| 946 | 2415 | 00:34:54 | Schneider | Klaus | Kanzlei Schneider, Schreiber, Venizeleas | GER-SH | M-55 | 17 |
| 947 | 1366 | 00:34:54 | Schuldt | Maximilian | Grundschule Kremperheide 1/2a | GER-SH | M-KU10 | 132 |
| 948 | 3787 | 00:34:55 | Hangert | Benjamin | Trede & von Pein GmbH | GER-SH | M-20 | 69 |
| 949 | 2278 | 00:34:55 | Freitag | Nico | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 133 |
| 950 | 1417 | 00:34:59 | Vasel | Jan Luca | Grundschule Oelixdorf 2 | GER-SH | M-KU10 | 134 |
| 951 | 3439 | 00:35:00 | Schuemann | Matthis | Westermoor | GER-SH | M-KU10 | 135 |
| 952 | 1947 | 00:35:02 | Hahn | Björn | Brokstedt | GER-SH | M-KU12 | 173 |
| 953 | 1993 | 00:35:04 | Stieper | André | Kellinghusen | GER-SH | M-30 | 23 |
| 954 | 2553 | 00:35:05 | Rapillus | Sven | Sport-Club Itzehoe | GER-SH | M-40 | 72 |
| 955 | 3148 | 00:35:06 | Semmelhaack | Lasse | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 146 |
| 956 | 1291 | 00:35:12 | Krüger | Malte | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | M-JU14 | 147 |
| 957 | 3138 | 00:35:16 | Boldt-Mehl | Dennis | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | M-JU14 | 148 |
| 958 | 1039 | 00:35:17 | Student | Dirk | Wohler,Aldag & Partner | GER-SH | M-45 | 71 |
| 959 | 3650 | 00:35:18 | Wilckens | Andreas | Lokomotive Krempe | GER-SH | M-35 | 47 |
| 960 | 2690 | 00:35:21 | Fitzner | Matthias | Bahrenfleth | GER-SH | M-40 | 73 |
| 961 | 1245 | 00:35:21 | Werner | Jona | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 174 |
| 962 | 3164 | 00:35:21 | Meenken | Jörn | Sophie -Scholl-Gymnasium Ve | GER-SH | M-40 | 74 |
| 963 | 1202 | 00:35:23 | Ballnus | Andreas | Altenholz | GER-SH | M-40 | 75 |
| 964 | 3277 | 00:35:23 | Werner | Rolf | TSV Kremperheide | GER-SH | M-65 | 6 |
| 965 | 1995 | 00:35:23 | Tatari | Matin | Fitzbek | GER-SH | M-JU14 | 149 |
| 966 | 1201 | 00:35:23 | Ballnus | Alexander | München | GER-BAY | M-KU10 | 136 |
| 967 | 1645 | 00:35:24 | Schmid | Malte | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 175 |
| 968 | 2339 | 00:35:26 | Nesper | Tjark | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU12 | 176 |
| 969 | 3111 | 00:35:26 | Jurczyk | Stefan | Schulzentrum Krempermarsch 4a | GER-SH | M-30 | 24 |
| 970 | 1336 | 00:35:27 | Betz | Jörn | Grundschule Edendorf 3b | GER-SH | M-40 | 76 |
| 971 | 2331 | 00:35:29 | Jordan | Philipp | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 137 |
| 972 | 2902 | 00:35:30 | Ott | Niklas | Gemeinschaftsschule Wilster 6c | GER-SH | M-JU14 | 150 |
| 973 | 2556 | 00:35:35 | Wetzel | Cassian | Sport-Club Itzehoe | GER-SH | M-JU14 | 151 |
| 974 | 3440 | 00:35:35 | Schumacher | Jan | Itzehoe | GER-SH | M-JU14 | 152 |
| 975 | 2764 | 00:35:35 | Schönrock | Fritz | Hamburg | GER-HAM | M-70 | 4 |

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5 Km Lauf M

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|------|------|----------|--------------|-------------|--|---------|-------------------|------------------|
| 976 | 3560 | 00:35:39 | Beckenknecht | Christoph | Grundschule Sude-West 3 | GER-SH | M-KU12 | 177 |
| 977 | 2179 | 00:35:39 | Heesch | Hauke | Fehr-Schule | GER-SH | M-40 | 77 |
| 978 | 1730 | 00:35:42 | Kerstan | Fabian | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | M-JU16 | 79 |
| 979 | 2929 | 00:35:42 | Cera | Luka | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-KU10 | 138 |
| 980 | 1770 | 00:35:43 | Knispel | Anton | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU18 | 38 |
| 981 | 1614 | 00:35:43 | Klein | Niklas | Grundschule Wellenkamp 3b | GER-SH | M-KU12 | 178 |
| 982 | 1794 | 00:35:46 | Kadatz | Ben | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-KU12 | 179 |
| 983 | 1844 | 00:35:47 | Schoppe | Kelvin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 153 |
| 984 | 3112 | 00:35:48 | Keller | Heinz | Schulzentrum Krempermarsch 4a | GER-SH | M-45 | 72 |
| 985 | 1763 | 00:35:48 | Elkabbaoui | Ahmed | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 154 |
| 986 | 3857 | 00:35:51 | Kröger | Gerhard | Wohler,Aldag & Partner | GER-SH | M-65 | 7 |
| 987 | 3238 | 00:35:51 | Möller | Tjare | Sport-Club Itzehoe | GER-SH | M-KU10 | 139 |
| 988 | 1556 | 00:35:55 | Stieben | Alexander | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-KU12 | 180 |
| 989 | 1611 | 00:35:59 | Vollenwender | Julian | Grundschule Wellenkamp 3a | GER-SH | M-KU12 | 181 |
| 990 | 2716 | 00:36:01 | Klein | Holger | Itzehoe | GER-SH | M-35 | 48 |
| 991 | 3065 | 00:36:01 | Klein | Lasse | SC Itzehoe | GER-SH | M-KU10 | 140 |
| 992 | 2895 | 00:36:04 | Klein | Jendrik | Gemeinschaftsschule Wilster 6c | GER-SH | M-KU12 | 182 |
| 993 | 2745 | 00:36:08 | Nebke | Markus | Heiligenstedten | GER-SH | M-40 | 78 |
| 994 | 1507 | 00:36:08 | Schenk | Julian | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 183 |
| 995 | 2137 | 00:36:11 | Krieter | Andris | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | M-KU12 | 184 |
| 996 | 1249 | 00:36:13 | Engel | Gernot | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-35 | 49 |
| 997 | 2825 | 00:36:17 | Oehlers | Johannes | AVS Itzehoe 6b | GER-SH | M-JU14 | 155 |
| 998 | 1229 | 00:36:17 | Ehlert | Ben | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 185 |
| 999 | 1345 | 00:36:17 | Grünekle | Folko | Grundschule Edendorf 3b | GER-SH | M-40 | 79 |
| 1000 | 2424 | 00:36:22 | Jochimsen | Bernd | Klinikum Itzehoe | GER-SH | M-40 | 80 |
| 1001 | 3693 | 00:36:23 | Erdt | Hans-Werner | Rotary Club Itzehoe | GER-SH | M-75 | 3 |
| 1002 | 2442 | 00:36:23 | Krassow | Sven | Liliencronschule Lägerdorf 3 | GER-SH | M-40 | 81 |
| 1003 | 1564 | 00:36:23 | Hellerich | Hannes | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 141 |
| 1004 | 3534 | 00:36:25 | Schütt | Philip | Gemeinschaftsschule Wilster 6b | GER-SH | M-JU14 | 156 |
| 1005 | 1977 | 00:36:28 | Ratjen | Christoph | Fitzbek | GER-SH | M-KU12 | 186 |
| 1006 | 1508 | 00:36:30 | Schenk | Ulrich | Grundschule Op de Host Klasse 1-4 | GER-SH | M-40 | 82 |
| 1007 | 1576 | 00:36:31 | Timm | Rene | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU12 | 187 |
| 1008 | 1590 | 00:36:31 | Timm | Andreas | Grundschule Sankt Margarethen Sterne B | GER-SH | M-35 | 50 |
| 1009 | 1591 | 00:36:32 | Timm | Pascal | Grundschule Sankt Margarethen Sterne B | GER-SH | M-KU12 | 188 |
| 1010 | 1969 | 00:36:35 | Lottemoser | Stefan | Hamburg | GER-HAM | M-45 | 73 |
| 1011 | 1580 | 00:36:37 | Auffurth | Torsten | Grundschule Sankt Margarethen Sterne B | GER-SH | M-35 | 51 |
| 1012 | 1248 | 00:36:41 | Engel | Bendix | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU12 | 189 |
| 1013 | 1231 | 00:36:41 | Ehlert | Tim | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-KU12 | 190 |

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5 Km Lauf M

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|------|------|----------|------------|-----------|--|--------|-------------------|------------------|
| 1014 | 1546 | 00:36:42 | Krey | Andreas | Grundschule Sankt Margarethen Klasse 4 | GER-SH | M-35 | 52 |
| 1015 | 1612 | 00:36:43 | Ziglarski | Erik | Grundschule Wellenkamp 3a | GER-SH | M-KU12 | 191 |
| 1016 | 1374 | 00:36:49 | Sinke | Patrick | Grundschule Kremperheide 3/4a | GER-SH | M-KU12 | 192 |
| 1017 | 1324 | 00:36:52 | Koch | Levi | Grundschule Edendorf 1c | GER-SH | M-KU10 | 142 |
| 1018 | 1687 | 00:36:53 | Reese | Maurice | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 193 |
| 1019 | 1244 | 00:36:53 | Tintelnot | Thorten | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | M-40 | 83 |
| 1020 | 1391 | 00:36:54 | Deepen | Henrik | Grundschule Oelixdorf 1 | GER-SH | M-30 | 25 |
| 1021 | 1668 | 00:36:57 | Reszies | Alexander | Grundschule Wellenkamp 4c | GER-SH | M-KU12 | 194 |
| 1022 | 3165 | 00:36:58 | Mußmann | Tjark | Sophie -Scholl-Gymnasium Ve | GER-SH | M-JU16 | 80 |
| 1023 | 1695 | 00:36:59 | Hauschildt | Marcel | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU10 | 143 |
| 1024 | 1702 | 00:36:59 | Serrahn | Lennart | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU10 | 144 |
| 1025 | 3490 | 00:37:00 | Brosius | Bastian | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU16 | 81 |
| 1026 | 3086 | 00:37:01 | Lachnit | Oskar | Schule Hohe Geest 5a | GER-SH | M-KU12 | 195 |
| 1027 | 2236 | 00:37:01 | Crivello | Vincenzo | Fehrs-Schule | GER-SH | M-KU12 | 196 |
| 1028 | 1694 | 00:37:01 | Grundmann | Nils | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU10 | 145 |
| 1029 | 2045 | 00:37:01 | Besier | Pascal | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-KU12 | 197 |
| 1030 | 1750 | 00:37:03 | Böge | Timo | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 157 |
| 1031 | 1570 | 00:37:09 | Nielsen | Jannik | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU8 | 13 |
| 1032 | 2599 | 00:37:09 | Nowak | Ingo | VISK Itzehoe | GER-SH | M-40 | 84 |
| 1033 | 2422 | 00:37:16 | Beiersdorf | Sven | Klinikum Itzehoe | GER-SH | M-40 | 85 |
| 1034 | 2243 | 00:37:18 | Haß | Phebe | Fehrs-Schule | GER-SH | M-KU10 | 146 |
| 1035 | 2908 | 00:37:18 | Wittgrefe | Levin | Gemeinschaftsschule Wilster 6c | GER-SH | M-JU14 | 158 |
| 1036 | 2160 | 00:37:20 | Bödicker | Jason | Fehr-Schule | GER-SH | M-KU10 | 147 |
| 1037 | 2935 | 00:37:21 | Magens | Mika | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | M-KU10 | 148 |
| 1038 | 1998 | 00:37:23 | Witt | Carsten | Itzehoe | GER-SH | M-35 | 53 |
| 1039 | 2265 | 00:37:23 | Witt | Carsten | Fehrs-Schule | GER-SH | M-35 | 54 |
| 1040 | 3043 | 00:37:26 | Gierth | Marcel | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | M-JU20 | 21 |
| 1041 | 3295 | 00:37:27 | Gärtner | Robin | VFL Kellinghusen | GER-SH | M-KU8 | 14 |
| 1042 | 3653 | 00:37:35 | Füst | Gerhard | LT Störlauf | GER-SH | M-65 | 8 |
| 1043 | 1677 | 00:37:36 | Fedder | Simon | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 198 |
| 1044 | 2681 | 00:37:40 | De Vries | Lukas | Kellinghusen | GER-SH | M-KU12 | 199 |
| 1045 | 1654 | 00:37:41 | Schittko | Dominik | Grundschule Wellenkamp 4b | GER-SH | M-KU12 | 200 |
| 1046 | 1359 | 00:37:43 | Diel | Lorenz | Grundschule Kremperheide 1/2a | GER-SH | M-KU8 | 15 |
| 1047 | 3126 | 00:37:43 | Dost | Norbert | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | M-40 | 86 |
| 1048 | 2199 | 00:37:48 | Migge | Alexander | Fehr-Schule | GER-SH | M-KU10 | 149 |
| 1049 | 1595 | 00:37:48 | Woidt | Leon Thor | Grundschule Sankt Margarethen Sterne B | GER-SH | M-KU10 | 150 |
| 1050 | 1596 | 00:37:49 | Woidt | Marcel | Grundschule Sankt Margarethen Sterne B | GER-SH | M-40 | 87 |
| 1051 | 3129 | 00:37:49 | Grunewald | Simon | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | M-KU10 | 151 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|---------------|-------------|--|--------|-------------------|------------------|
| 1052 | 3865 | 00:37:54 | Siebert | Frank | Wohlerl,Aldag & Partner | GER-SH | M-50 | 37 |
| 1053 | 3511 | 00:37:55 | Pasqualicchio | Luca | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 159 |
| 1054 | 2178 | 00:37:56 | Haufschild | Tobias | Fehr-Schule | GER-SH | M-KU12 | 201 |
| 1055 | 2579 | 00:37:56 | Behr | Helmut | TSV Brunsbüttel | GER-SH | M-70 | 5 |
| 1056 | 3497 | 00:37:56 | Heimann | Joel Steve | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU18 | 39 |
| 1057 | 1409 | 00:37:58 | Gräf | Oliver | Grundschule Oelixdorf 2 | GER-SH | M-40 | 88 |
| 1058 | 2011 | 00:37:59 | Heuer | Herbert | Auguste Viktoria Schule 6c | GER-SH | M-JU14 | 160 |
| 1059 | 3415 | 00:38:01 | Krause | Fabian | Münsterdorf | GER-SH | M-KU12 | 202 |
| 1060 | 3508 | 00:38:02 | Meyer | Andreas | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 161 |
| 1061 | 1273 | 00:38:02 | Becken | Maurice | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | M-JU14 | 162 |
| 1062 | 2176 | 00:38:29 | Gülen | Devin | Fehr-Schule | GER-SH | M-KU12 | 203 |
| 1063 | 2143 | 00:38:36 | Raczek | Leonardo | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | M-KU12 | 204 |
| 1064 | 2668 | 00:38:45 | Behm | Manfred | Itzehoe | GER-SH | M-55 | 18 |
| 1065 | 1267 | 00:38:46 | Weinert | Jona | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | M-KU12 | 205 |
| 1066 | 2620 | 00:38:47 | Duitsmann | Rene | Wolfgang Borchert Regionalschule 5c | GER-SH | M-KU12 | 206 |
| 1067 | 3253 | 00:39:02 | Hauschild | Björn | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-JU16 | 82 |
| 1068 | 2170 | 00:39:07 | Fiebig | Peter | Fehr-Schule | GER-SH | M-40 | 89 |
| 1069 | 2217 | 00:39:08 | Speer | Malin | Fehr-Schule | GER-SH | M-KU8 | 16 |
| 1070 | 2750 | 00:39:08 | Petersen | Finn | Itzehoe | GER-SH | M-KU10 | 152 |
| 1071 | 2817 | 00:39:09 | Antosch | Eric | AVS Itzehoe 6b | GER-SH | M-JU14 | 163 |
| 1072 | 2140 | 00:39:21 | Morgo | Sven | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | M-KU12 | 207 |
| 1073 | 3635 | 00:39:24 | Friedrich | Thorsten | Lokomotive Krempe | GER-SH | M-45 | 74 |
| 1074 | 1852 | 00:39:27 | Tanke | Lars-Erik | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 164 |
| 1075 | 2644 | 00:39:28 | Hansen | Tom | Grundschule Brokstedt | GER-SH | M-KU8 | 17 |
| 1076 | 3392 | 00:39:43 | Flathmann | Thomas | Itzehoe | GER-SH | M-45 | 75 |
| 1077 | 3634 | 00:39:46 | Dreier | Walter | Lokomotive Krempe | GER-SH | M-50 | 38 |
| 1078 | 2274 | 00:39:48 | Behling | Tim | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 153 |
| 1079 | 3539 | 00:39:56 | Berg | Lorenz | Grundschule Sude-West 1 | GER-SH | M-KU10 | 154 |
| 1080 | 3768 | 00:39:57 | Berg | Paul | Thies GesundheitsPartner GmbH / MediCenter Medizintechnik GmbH | GER-SH | M-30 | 26 |
| 1081 | 2232 | 00:39:59 | Wünsch | Tim | Fehr-Schule | GER-SH | M-KU12 | 208 |
| 1082 | 2183 | 00:40:00 | Hubrich | Lars | Fehr-Schule | GER-SH | M-KU12 | 209 |
| 1083 | 2427 | 00:40:08 | Merkel | Fritjof | Klinikum Itzehoe | GER-SH | M-KU10 | 155 |
| 1084 | 2428 | 00:40:11 | Merkel | Maik | Klinikum Itzehoe | GER-SH | M-45 | 76 |
| 1085 | 2288 | 00:40:15 | Wilczek | Lukas | Grundschule Brokstedt 2 | GER-SH | M-KU10 | 156 |
| 1086 | 1536 | 00:40:33 | Sallach | Manfred | Grundschule Sankt Margarethen Klasse 3 | GER-SH | M-45 | 77 |
| 1087 | 1782 | 00:40:35 | Heimann | Fynn | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 165 |
| 1088 | 1638 | 00:40:39 | Böckmann | Bjarne Nino | Grundschule Wellenkamp 4a | GER-SH | M-KU12 | 210 |
| 1089 | 1617 | 00:40:45 | Kutuzov | Daniel | Grundschule Wellenkamp 3b | GER-SH | M-KU12 | 211 |
| 1090 | 3704 | 00:40:46 | Teifke | Jürgen | Rotary Club Itzehoe | GER-SH | M-60 | 12 |
| 1091 | 1845 | 00:40:57 | Schumann | Erik | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 166 |
| 1092 | 2919 | 00:41:12 | Böhm | Simon | GesundheitsInfothek | GER-SH | M-20 | 70 |
| 1093 | 3320 | 00:41:22 | Feddersen | Marcel | Wolfgang Borchert Regionalschule | GER-SH | M-JU14 | 167 |
| 1094 | 1772 | 00:41:26 | Gollnik | Timon | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 168 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|--------------|----------------|---|--------|-------------------|------------------|
| 1095 | 1979 | 00:41:27 | Ratjen | Philipp | Fitzbek | GER-SH | M-KU10 | 157 |
| 1096 | 1866 | 00:41:36 | Yagmur | Emre | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 169 |
| 1097 | 1863 | 00:41:36 | Wessel | Noah | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 170 |
| 1098 | 2688 | 00:41:52 | Ergün | Soner | Itzehoe | GER-SH | M-KU12 | 212 |
| 1099 | 2377 | 00:41:53 | Jank | Lennard | Jugendfeuerwehr Oldendorf | GER-SH | M-JU14 | 171 |
| 1100 | 2381 | 00:41:55 | Meyer | Dennis | Jugendfeuerwehr Oldendorf | GER-SH | M-JU18 | 40 |
| 1101 | 3544 | 00:41:59 | Assad | Mardjan | Grundschule Sude-West 2 | GER-SH | M-KU10 | 158 |
| 1102 | 2776 | 00:42:15 | Siems | Finn Alexander | Lägerdorf | GER-SH | M-KU12 | 213 |
| 1103 | 3255 | 00:42:22 | Kay | Lucas | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-20 | 71 |
| 1104 | 1368 | 00:42:27 | Alex | Oliver | Grundschule Kremperheide 1/2b | GER-SH | M-35 | 55 |
| 1105 | 3531 | 00:42:27 | Radke | Youri | Gemeinschaftsschule Wilster 6b | GER-SH | M-JU14 | 172 |
| 1106 | 3254 | 00:42:30 | Junge | Finn-Ole | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-KU12 | 214 |
| 1107 | 2326 | 00:42:33 | Fischer | Paul | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 159 |
| 1108 | 3345 | 00:42:35 | Lorenz | Reinhard | | GER-SH | M-55 | 19 |
| 1109 | 3526 | 00:42:42 | Holm | Lucas | Gemeinschaftsschule Wilster 6b | GER-SH | M-JU14 | 173 |
| 1110 | 3084 | 00:42:59 | Lachnit | Axel | Schule Hohe Geest 5a | GER-SH | M-45 | 78 |
| 1111 | 3781 | 00:43:11 | Brenner | Detlef | Trede & von Pein GmbH | GER-SH | M-30 | 27 |
| 1112 | 3794 | 00:43:11 | Krause | Andreas | Trede & von Pein GmbH | GER-SH | M-50 | 39 |
| 1113 | 1882 | 00:43:15 | Hoffmann | Nick | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | M-KU10 | 160 |
| 1114 | 1881 | 00:43:16 | Hoffmann | Sascha | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | M-30 | 28 |
| 1115 | 1484 | 00:43:17 | Lüdemann | Malwin | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU10 | 161 |
| 1116 | 1743 | 00:43:29 | Asmussen | Erik | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 174 |
| 1117 | 1675 | 00:43:33 | Burmeister | Finn-Marten | Grundschule Wellenkamp 4d | GER-SH | M-KU12 | 215 |
| 1118 | 1317 | 00:43:37 | Hollm | Lasse | Grundschule Edendorf 1b | GER-SH | M-KU8 | 18 |
| 1119 | 1587 | 00:44:03 | Müggenburg | Jens | Grundschule Sankt Margarethen Sterne B | GER-SH | M-30 | 29 |
| 1120 | 1563 | 00:44:04 | Ehmcke | Laas Thade | Grundschule Sankt Margarethen Sterne A | GER-SH | M-KU10 | 162 |
| 1121 | 2383 | 00:44:10 | Thun | Jark | Jugendfeuerwehr Oldendorf | GER-SH | M-JU18 | 41 |
| 1122 | 1500 | 00:44:19 | Polley | Max | Grundschule Op de Host Klasse 1-4 | GER-SH | M-KU12 | 216 |
| 1123 | 1505 | 00:44:19 | Romann | David | Grundschule Op de Host Klasse 1-4 | GER-SH | M-35 | 56 |
| 1124 | 3834 | 00:44:33 | Krey | Hauke | TuS Krempe | GER-SH | M-45 | 79 |
| 1125 | 2340 | 00:44:36 | Nonnast | Nick Vinzenz | Grundschule Kellinghusen Klasse 2-4 | GER-SH | M-KU10 | 163 |
| 1126 | 1671 | 00:44:44 | Schöllermann | Ricardo | Grundschule Wellenkamp 4c | GER-SH | M-JU14 | 175 |
| 1127 | 2226 | 00:44:44 | Wandner | Florian | Fehr-Schule | GER-SH | M-KU12 | 217 |
| 1128 | 1745 | 00:45:45 | Behrendsen | Marcel | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU14 | 176 |
| 1129 | 2240 | 00:45:52 | Folgmann | Constantin | Fehrs-Schule | GER-SH | M-KU10 | 164 |
| 1130 | 3262 | 00:46:00 | Wessel | Fynn | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-JU18 | 42 |
| 1131 | 3330 | 00:46:00 | Heyroth | Markus | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | M-35 | 57 |
| 1132 | 2203 | 00:46:01 | Piotrowski | Piotr | Fehr-Schule | GER-SH | M-KU10 | 165 |
| 1133 | 2251 | 00:46:01 | Pesch | Nataniel | Fehrs-Schule | GER-SH | M-KU10 | 166 |
| 1134 | 2248 | 00:47:28 | Möller | Andre-Kilian | Fehrs-Schule | GER-SH | M-KU10 | 167 |

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5 Km Lauf (5 Km)

5 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|-----------|----------|---|--------|-------------------|------------------|
| 1135 | 2050 | 00:47:41 | Engel | Jürgen | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | M-50 | 40 |
| 1136 | 2153 | 00:48:55 | Aydogan | Cem | Fehr-Schule | GER-SH | M-KU10 | 168 |
| 1137 | 2193 | 00:50:24 | Lettau | Kevin | Fehr-Schule | GER-SH | M-JU14 | 177 |
| 1138 | 1365 | 00:50:27 | Manns | Jordi | Grundschule Kremperheide 1/2a | GER-SH | M-KU8 | 19 |
| 1139 | 1699 | 00:51:50 | Möller | Timo | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | M-KU12 | 218 |
| 1140 | 1398 | 00:51:50 | Peters | Ole | Grundschule Oelixdorf 1 | GER-SH | M-KU8 | 20 |
| 1141 | 1847 | 00:52:13 | Sievers | Patrick | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU18 | 43 |
| 1142 | 1791 | 00:52:13 | John | Jonas | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU16 | 83 |
| 1143 | 1810 | 00:52:13 | Lindemann | Felix | Klosterhof-Schule Itzehoe 5-9 | GER-SH | M-JU16 | 84 |
| 1144 | 2904 | 00:57:16 | Stange | Flemming | Gemeinschaftsschule Wilster 6c | GER-SH | M-KU12 | 219 |
| 1145 | 3513 | 00:59:15 | Puceika | Simonas | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU16 | 85 |
| 1146 | 3493 | 00:59:15 | Clausen | Sören | Gemeinschaftsschule Lübscher Kamp | GER-SH | M-JU14 | 178 |
| 1147 | 2901 | 00:59:49 | Nagel | Mathis | Gemeinschaftsschule Wilster 6c | GER-SH | M-KU12 | 220 |

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-------------------|--|---------|-------------------|------------------|
| 1 | 3733 | 00:17:09 | Gehring | Anna | Sport-Club Itzehoe | GER-SH | W-JU18 | 1 |
| 2 | 3603 | 00:19:06 | Eim | Nina | Itzehoer Versicherungen | GER-SH | W-JU16 | 1 |
| 3 | 3756 | 00:19:43 | Stölting | Alicia | Sport-Club Itzehoe | GER-SH | W-JU16 | 2 |
| 4 | 1879 | 00:20:23 | Koch | Iris | Running Mammuts / Mammut.ch | GER-SH | W-35 | 1 |
| 5 | 3604 | 00:20:44 | Eim | Sabine | Itzehoer Versicherungen | GER-SH | W-40 | 1 |
| 6 | 3156 | 00:20:51 | Brunner | Lara | SG Wasserratten Norderstedt | GER-HAM | W-JU14 | 1 |
| 7 | 3458 | 00:21:08 | Tschullik | Meirit | ALG VFL Bokel | GER-SH | W-JU18 | 2 |
| 8 | 2886 | 00:22:07 | Gründel | Nina | ETSV Fortuna Glückstadt | GER-SH | W-JU14 | 2 |
| 9 | 3709 | 00:22:15 | Michaelson | Alexa | SC Itzehoe | GER-SH | W-KU10 | 1 |
| 10 | 2081 | 00:22:22 | Kahre | Sarah | AVS Itzehoe 7a | GER-SH | W-JU14 | 3 |
| 11 | 3247 | 00:22:28 | Menke | Friederike Anneke | Sportfreunde Menke | DEN | W-JU18 | 3 |
| 12 | 3349 | 00:22:32 | Grell | Johanna | ETSV Fortuna Glückstadt | GER-SH | W-KU12 | 1 |
| 13 | 2025 | 00:22:42 | Emmermann | Nina | Auguste-Viktoria-Schule 5a | GER-SH | W-KU12 | 2 |
| 14 | 3610 | 00:22:47 | Ludka | Beate | Itzehoer Versicherungen | GER-SH | W-JU14 | 4 |
| 15 | 3306 | 00:23:07 | Gloy | Jule | Voltgier- u.RV Heiligenstedten-Krempermarsc h e.V. | GER-SH | W-KU12 | 3 |
| 16 | 1916 | 00:23:08 | Böthern | Mia | Sport-Club Itzehoe | GER-SH | W-KU12 | 4 |
| 17 | 2725 | 00:23:38 | Lendzion | Julia | Drochtersen | GER-NIE | W-JU20 | 1 |
| 18 | 3606 | 00:23:39 | Harbs | Carolin | Itzehoer Versicherungen | GER-SH | W-KU12 | 5 |
| 19 | 2481 | 00:23:47 | Rathsach | Sarah | Regionalschule Glückstadt Lauf-AG | GER-SH | W-JU18 | 4 |
| 20 | 3333 | 00:23:48 | Ringel | Merle | | GER-SH | W-JU16 | 3 |
| 21 | 2868 | 00:23:51 | Roß | Godje | Detlefsengymnasium Glückstadt 6d | GER-SH | W-JU14 | 5 |
| 22 | 2812 | 00:24:01 | Jensen | Helle | Atlética Horsens | DEN | W-55 | 1 |
| 23 | 2663 | 00:24:04 | Baudach | Steffi | Itzehoe | GER-SH | W-45 | 1 |
| 24 | 3484 | 00:24:05 | Müller-Bergh | Dorothea | Flotte Fersen Tegelhorn | GER-SH | W-JU14 | 6 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-------------|---|---------|-------------------|------------------|
| 25 | 3512 | 00:24:18 | Peters | Dana Lea | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 7 |
| 26 | 3612 | 00:24:20 | Ludka | Franziska | Itzehoer Versicherungen | GER-SH | W-45 | 2 |
| 27 | 2171 | 00:24:23 | Gehring | Luisa | Fehr-Schule | GER-SH | W-KU12 | 6 |
| 28 | 3287 | 00:24:26 | Wolniewicz | Michelle | TSV Wacken | GER-SH | W-JU16 | 4 |
| 29 | 2544 | 00:24:28 | Bornholdt | Inga | Sport-Club Itzehoe | GER-SH | W-50 | 1 |
| 30 | 3456 | 00:24:34 | Zöller | Afra | Itzehoe | GER-SH | W-JU18 | 5 |
| 31 | 1739 | 00:24:36 | Sadler | Marie | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU14 | 8 |
| 32 | 3665 | 00:24:36 | Thun | Dana | MTV Wister | GER-SH | W-JU16 | 5 |
| 33 | 1735 | 00:24:38 | Mehlert | Carola | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-35 | 2 |
| 34 | 3657 | 00:24:39 | Harder | Carolin | MTV Wilster | GER-SH | W-JU16 | 6 |
| 35 | 1765 | 00:24:41 | Fischer | Friederike | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 9 |
| 36 | 3081 | 00:24:42 | Johne | Ann-Katrin | Schule Hohe Geest 5a | GER-SH | W-JU20 | 2 |
| 37 | 3749 | 00:24:43 | Rüter | Anne | Sport-Club Itzehoe | GER-SH | W-JU16 | 7 |
| 38 | 1431 | 00:24:49 | Profé | Sophie | Grundschule Oelixdorf 3 | GER-SH | W-KU10 | 2 |
| 39 | 1868 | 00:24:50 | Martens | Irina | Lokomotive Schulamt | GER-SH | W-30 | 1 |
| 40 | 3669 | 00:24:57 | Möbius | Natalia | Musikzug Oldendorf | GER-SH | W-JU20 | 3 |
| 41 | 3466 | 00:25:04 | Rühmann | Isabella | AVS Itzehoe 9d | GER-SH | W-JU16 | 8 |
| 42 | 2882 | 00:25:05 | Scharlibbe | Meike | ElbeExpress | GER-SH | W-20 | 1 |
| 43 | 3461 | 00:25:08 | Carstens | Lena | AVS Itzehoe 9d | GER-SH | W-JU16 | 9 |
| 44 | 2053 | 00:25:09 | Hampel | Ainoa | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-JU14 | 10 |
| 45 | 3465 | 00:25:10 | Krebs | Svenja | AVS Itzehoe 9d | GER-SH | W-JU18 | 6 |
| 46 | 2145 | 00:25:10 | Rauschelbach | Johanna | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 7 |
| 47 | 2893 | 00:25:11 | Friedrichs | Joana | Gemeinschaftsschule Wilster 6c | GER-SH | W-JU14 | 11 |
| 48 | 2905 | 00:25:15 | Wambui | Margret | Gemeinschaftsschule Wilster 6c | GER-SH | W-JU14 | 12 |
| 49 | 3658 | 00:25:17 | Harder | Pia | MTV Wilster | GER-SH | W-KU12 | 8 |
| 50 | 3467 | 00:25:18 | Siebert | Deike | AVS Itzehoe 9d | GER-SH | W-JU16 | 10 |
| 51 | 3356 | 00:25:20 | Rudolph | Ines | | GER-SH | W-20 | 2 |
| 52 | 3520 | 00:25:23 | Zietz | Neele | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 13 |
| 53 | 2965 | 00:25:26 | Schemainda | Anna | Itzehoer Versicherungen | GER-SH | W-JU18 | 7 |
| 54 | 2836 | 00:25:26 | Möller | Thanee Lara | B.I.S. Electronics GmbH | GER-SH | W-JU16 | 11 |
| 55 | 2966 | 00:25:26 | Schemainda | Jana | Itzehoer Versicherungen | GER-SH | W-JU20 | 4 |
| 56 | 3448 | 00:25:26 | Vogel | Lynn Inga | Hamburg | GER-HAM | W-30 | 2 |
| 57 | 3216 | 00:25:32 | Jafke | Sina | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | W-20 | 3 |
| 58 | 2014 | 00:25:32 | Boll | Kristin | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | W-JU14 | 14 |
| 59 | 3061 | 00:25:36 | Böge | Birgit | Reit- u. Fahrverein Nutteln | GER-SH | W-40 | 2 |
| 60 | 1929 | 00:25:43 | Boll | Doris | Itzehoe | GER-SH | W-55 | 2 |
| 61 | 3707 | 00:25:45 | Looß | Annika | Sakura | GER-SH | W-JU18 | 8 |
| 62 | 3782 | 00:25:49 | Brümmer | Anne | Trede & von Pein GmbH | GER-SH | W-20 | 4 |
| 63 | 3702 | 00:25:52 | Schultz | Amalie | Rotary Club Itzehoe | GER-SH | W-JU16 | 12 |
| 64 | 2076 | 00:25:56 | Frehse | Sophie | AVS Itzehoe | GER-SH | W-JU20 | 5 |
| 65 | 2204 | 00:26:01 | Rosenberg | Alicia | Fehr-Schule | GER-SH | W-KU10 | 3 |
| 66 | 3668 | 00:26:06 | Gogolin | Stina | Musikzug Oldendorf | GER-SH | W-JU18 | 9 |
| 67 | 2144 | 00:26:06 | Raquet | Lia-Marie | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 9 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|-------------|--|--------|-------------------|------------------|
| 68 | 2623 | 00:26:10 | Schiefelbein | Alisa | Wolfgang Borchert Regionalschule 5c | GER-SH | W-KU12 | 10 |
| 69 | 2676 | 00:26:12 | Carl | Catharina | Borsfleth | GER-SH | W-JU20 | 6 |
| 70 | 2037 | 00:26:14 | Schmidt | Lara | Auguste-Viktoria-Schule 5a | GER-SH | W-JU14 | 15 |
| 71 | 3270 | 00:26:15 | Schwarz | Esther | TS Schenefeld | GER-SH | W-JU20 | 7 |
| 72 | 2038 | 00:26:15 | Schmidt | Malin | Auguste-Viktoria-Schule 5a | GER-SH | W-JU14 | 16 |
| 73 | 3283 | 00:26:16 | Schröder | Lena Sophie | TSV Lola | GER-SH | W-JU14 | 17 |
| 74 | 3622 | 00:26:19 | Hanke | Karoline | Klinikum Itzehoe | GER-SH | W-20 | 5 |
| 75 | 2455 | 00:26:21 | Günther | Nele | MTV Horst | GER-SH | W-JU14 | 18 |
| 76 | 3684 | 00:26:23 | Bielenberg | Gladys | Raphael-Apotheke Westerhorn | GER-SH | W-35 | 3 |
| 77 | 3777 | 00:26:23 | Beimgraben | Kathrin | Trede & von Pein GmbH | GER-SH | W-KU10 | 4 |
| 78 | 3296 | 00:26:24 | Jacobs | Merle | VfR Horst | GER-SH | W-20 | 6 |
| 79 | 3861 | 00:26:25 | Reiter | Finja | Wohlert,Aldag & Partner | GER-SH | W-KU12 | 11 |
| 80 | 2735 | 00:26:25 | Meißner | Yasmin | Kremperheide | GER-SH | W-JU14 | 19 |
| 81 | 2367 | 00:26:27 | Schumacher | Anna | Itzehoer Versicherungen | GER-SH | W-55 | 3 |
| 82 | 1901 | 00:26:27 | Böse | Annika | Sophie Scholl Gymnasium Vld | GER-SH | W-KU12 | 12 |
| 83 | 3623 | 00:26:31 | Kretschmer | Julia | Klinikum Itzehoe | GER-SH | W-30 | 3 |
| 84 | 2601 | 00:26:33 | Liebelt | Marieke | Wilhelm-Käber-Schule Hohenlockstedt 5a | GER-SH | W-JU14 | 20 |
| 85 | 3000 | 00:26:37 | Rohse | Olivia | Klinikum Itzehoe | GER-SH | W-KU10 | 5 |
| 86 | 2994 | 00:26:38 | Lucki | Signe | Klinikum Itzehoe | GER-SH | W-KU12 | 13 |
| 87 | 2410 | 00:26:39 | Dittmann | Mirja | Kaiser-Karl-Schule Lauf AG | GER-SH | W-JU14 | 21 |
| 88 | 1891 | 00:26:40 | Baudach | Madita | Sophie Scholl Gymnasium IVd | GER-SH | W-JU16 | 13 |
| 89 | 1459 | 00:26:41 | Gerteis | Johanna | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 6 |
| 90 | 1757 | 00:26:43 | Clausen | Julia | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 14 |
| 91 | 1892 | 00:26:44 | Bogenreiter | Anne | Sophie Scholl Gymnasium IVd | GER-SH | W-JU14 | 22 |
| 92 | 2976 | 00:26:46 | Hüffer | Frederike | Kaiser-Karl-Schule Itzehoe 9d | GER-SH | W-JU16 | 14 |
| 93 | 2678 | 00:26:47 | Clasen | Anja | Glückstadt | GER-SH | W-20 | 7 |
| 94 | 2497 | 00:26:47 | Krieger | Shannon | RKiSH | GER-SH | W-JU16 | 15 |
| 95 | 1822 | 00:26:48 | Nagel | Ann-Kathrin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 23 |
| 96 | 1904 | 00:26:48 | Wendtland | Anne | Sophie Scholl Gymnasium Vld | GER-SH | W-JU14 | 24 |
| 97 | 2006 | 00:26:49 | Hawerlantt | Henriette | Auguste Viktoria Schule 6c | GER-SH | W-JU14 | 25 |
| 98 | 1857 | 00:26:49 | Timm | Celina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 15 |
| 99 | 1843 | 00:26:50 | Schallmo | Joelina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 16 |
| 100 | 1826 | 00:26:51 | Öge | Neslihan | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 26 |
| 101 | 3860 | 00:26:52 | Rauschelbach | Nele | Wohlert,Aldag & Partner | GER-SH | W-JU14 | 27 |
| 102 | 2360 | 00:26:53 | Schnell | Jutta | IKK-Nord | GER-SH | W-35 | 4 |
| 103 | 1423 | 00:26:54 | Hansen | Lena | Grundschule Oelixdorf 3 | GER-SH | W-KU12 | 16 |
| 104 | 2460 | 00:26:56 | Steenbock | Jenny | MTV Horst | GER-SH | W-JU14 | 28 |
| 105 | 2490 | 00:26:56 | Tschirner | Maleen | Regionalschule Glückstadt Lauf-AG | GER-SH | W-JU16 | 17 |
| 106 | 2655 | 00:26:57 | Andersen | Freya | Wewelsfleth | GER-SH | W-JU16 | 18 |
| 107 | 2208 | 00:26:58 | Schiefelbein | Meike | Fehr-Schule | GER-SH | W-KU12 | 17 |
| 108 | 2135 | 00:27:00 | Grundmann | Annika | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 18 |
| 109 | 2609 | 00:27:02 | Schuldt | Pia-Marie | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | W-JU14 | 29 |
| 110 | 3293 | 00:27:04 | Brüning | Carina | VFL Kellinghusen | GER-SH | W-JU14 | 30 |
| 111 | 3054 | 00:27:05 | Niehuus | Leonie | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 8 |

Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|----------------|--|--------|-------------------|------------------|
| 112 | 2883 | 00:27:07 | Köhne | Sinja | Elektro- & IT-Service Thomas Köhne | GER-SH | W-JU14 | 31 |
| 113 | 2571 | 00:27:08 | Sievers | Imke | SV Brokdorf | GER-SH | W-JU14 | 32 |
| 114 | 2151 | 00:27:09 | Andersson | Elida | Fehr-Schule | GER-SH | W-KU12 | 19 |
| 115 | 1560 | 00:27:09 | Binder | Shirin | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 7 |
| 116 | 2943 | 00:27:10 | Beck | Brigitte | Herzglück | GER-SH | W-50 | 2 |
| 117 | 2950 | 00:27:10 | Fischer | Lara | HSG Kremperheide/Münsterdorf | GER-SH | W-JU14 | 33 |
| 118 | 3404 | 00:27:15 | Großmann | Joy-Emily | Itzehoe | GER-SH | W-JU14 | 34 |
| 119 | 2487 | 00:27:15 | Schröder | Marie | Regionalschule Glückstadt Lauf-AG | GER-SH | W-JU14 | 35 |
| 120 | 2358 | 00:27:18 | Schröder | Celina | Hamburger Sport Verein / HSV | GER-SH | W-KU12 | 20 |
| 121 | 1510 | 00:27:18 | Schulz | Julika | Grundschule Op de Host Klasse 1-4 | GER-SH | W-JU16 | 19 |
| 122 | 2525 | 00:27:18 | Jannsen | Anna | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-JU14 | 36 |
| 123 | 1428 | 00:27:23 | Lau | Amelie | Grundschule Oelixedorf 3 | GER-SH | W-KU12 | 21 |
| 124 | 3437 | 00:27:23 | Rumpf | Rabea | Itzehoe | GER-SH | W-40 | 3 |
| 125 | 3762 | 00:27:26 | Herrmann | Bettina | SV Großenaspe | GER-SH | W-45 | 3 |
| 126 | 3862 | 00:27:26 | Reiter | Katja | Wohlert,Aldag & Partner | GER-SH | W-40 | 4 |
| 127 | 2880 | 00:27:26 | Adomeit | Lara | DLRG Itzehoe e.V. | GER-SH | W-JU16 | 20 |
| 128 | 1553 | 00:27:27 | Rohwer | Joline | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-KU12 | 22 |
| 129 | 1555 | 00:27:27 | Schneider | Nane | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-KU12 | 23 |
| 130 | 1486 | 00:27:31 | Maaß | Christelle | Grundschule Op de Host Klasse 1-4 | GER-SH | W-JU14 | 37 |
| 131 | 3869 | 00:27:33 | Thoma | Svea | Wohlert,Aldag & Partner | GER-SH | W-JU14 | 38 |
| 132 | 3871 | 00:27:34 | Weitkamp | Elin | Wohlert,Aldag & Partner | GER-SH | W-JU14 | 39 |
| 133 | 2596 | 00:27:35 | Hüttmann | Martje | Tus Krempe | GER-SH | W-JU14 | 40 |
| 134 | 2594 | 00:27:36 | Hüttmann | Birte | Tus Krempe | GER-SH | W-40 | 5 |
| 135 | 3731 | 00:27:38 | Frahm | Laura-Angelina | Sport-Club Itzehoe | GER-SH | W-KU12 | 24 |
| 136 | 2615 | 00:27:40 | Wochnowski | Karina | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | W-JU14 | 41 |
| 137 | 3719 | 00:27:41 | Marnau | Vitja | SCI | GER-SH | W-JU18 | 10 |
| 138 | 2303 | 00:27:42 | Schroedter | Lenja | Grundschule Brokstedt 3 | GER-SH | W-KU10 | 8 |
| 139 | 2996 | 00:27:43 | Lucki | Ulrike | Klinikum Itzehoe | GER-SH | W-40 | 6 |
| 140 | 3196 | 00:27:46 | Wolfsteller | Anne | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 42 |
| 141 | 3210 | 00:27:47 | Schwabrow | Kaja Leonah | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | W-JU14 | 43 |
| 142 | 2840 | 00:27:47 | Albers | Saskia | BSC Sportfreunde Itzehoe | GER-SH | W-JU14 | 44 |
| 143 | 3585 | 00:27:48 | Suvorova | Jana-Marie | Grundschule Sude-West 4 | GER-SH | W-KU12 | 25 |
| 144 | 1549 | 00:27:49 | Lindemann | Jana | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-KU12 | 26 |
| 145 | 3582 | 00:27:49 | Podwitz | Jennifer | Grundschule Sude-West 4 | GER-SH | W-KU12 | 27 |
| 146 | 1497 | 00:27:49 | Pfleiderer | Marie | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 28 |
| 147 | 1498 | 00:27:50 | Pfleiderer | Marion | Grundschule Op de Host Klasse 1-4 | GER-SH | W-40 | 7 |
| 148 | 2030 | 00:27:52 | Haida | Malija | Auguste-Viktoria-Schule 5a | GER-SH | W-KU12 | 29 |
| 149 | 2086 | 00:27:53 | Ingwersen-Britt | Nicole | Brittish Runners | GER-SH | W-35 | 5 |
| 150 | 3625 | 00:27:54 | Wedekind | Annie | Klinikum Itzehoe | GER-SH | W-JU18 | 11 |
| 151 | 2187 | 00:27:55 | König | Marie | Fehr-Schule | GER-SH | W-KU10 | 9 |
| 152 | 3018 | 00:27:56 | Oelte | Pia | MTV Itzehoe | GER-SH | W-JU14 | 45 |
| 153 | 3171 | 00:27:57 | Brockmann | Lena | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 46 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|--------------|---|--------|-------------------|------------------|
| 154 | 3460 | 00:27:59 | Rohwedder | Nadja | AVS Itzehoe | GER-SH | W-JU20 | 9 |
| 155 | 3016 | 00:28:00 | Andersen | Tamara | MTV Itzehoe | GER-SH | W-JU16 | 21 |
| 156 | 1955 | 00:28:02 | Johannsen | Stephanie | Itzehoe | GER-SH | W-40 | 8 |
| 157 | 2465 | 00:28:03 | Wunderlich | Friederike | MTV Horst | GER-SH | W-20 | 8 |
| 158 | 3107 | 00:28:04 | Grunewald | Anna | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 30 |
| 159 | 3502 | 00:28:06 | Koch | Rebekka | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 47 |
| 160 | 3876 | 00:28:08 | Beyer | Jette | Kremperheide | GER-SH | W-JU14 | 48 |
| 161 | 2963 | 00:28:10 | Ott | Irma | Itzehoer Versicherungen | GER-SH | W-55 | 4 |
| 162 | 1653 | 00:28:10 | Mattern | Fine-Sophie | Grundschule Wellenkamp 4b | GER-SH | W-KU12 | 31 |
| 163 | 2032 | 00:28:12 | Huttner | Marie Sophie | Auguste-Viktoria-Schule 5a | GER-SH | W-JU14 | 49 |
| 164 | 1437 | 00:28:12 | Gülen | Nilay | Grundschule Oelixdorf 4 | GER-SH | W-KU12 | 32 |
| 165 | 3172 | 00:28:13 | Dethlefs | Jonna | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 50 |
| 166 | 2429 | 00:28:14 | Schmidtke | Julia | Klinikum Itzehoe | GER-SH | W-JU14 | 51 |
| 167 | 3157 | 00:28:15 | Löning | Franziska | Sophie Scholl Gym. | GER-SH | W-JU16 | 22 |
| 168 | 2870 | 00:28:16 | Sandmeir | Marieke | Detlefsengymnasium Glückstadt 6d | GER-SH | W-JU14 | 52 |
| 169 | 2516 | 00:28:18 | Jannsen | Lena | SCI | GER-SH | W-JU14 | 53 |
| 170 | 2831 | 00:28:23 | Jessen | Annika | AVS Itzehoe 8b | GER-SH | W-JU16 | 23 |
| 171 | 2291 | 00:28:23 | Jürgens | Janina | Grundschule Brokstedt 3 | GER-SH | W-JU14 | 54 |
| 172 | 3272 | 00:28:24 | Schwerdtle | Laura | TS Schenefeld | GER-SH | W-JU14 | 55 |
| 173 | 3285 | 00:28:28 | Fuhlendorf | Dörte | TSV Vorwärts Hademarschen | GER-SH | W-45 | 4 |
| 174 | 2456 | 00:28:28 | Huckfeldt | Pia | MTV Horst | GER-SH | W-JU18 | 12 |
| 175 | 3462 | 00:28:28 | Hauschildt | Sarah | AVS Itzehoe 9d | GER-SH | W-JU18 | 13 |
| 176 | 3078 | 00:28:29 | Hufnagel | Heinke | Schule Hohe Geest 5a | GER-SH | W-40 | 9 |
| 177 | 2806 | 00:28:30 | zur Verth | Silvia | Itzehoe | GER-SH | W-45 | 5 |
| 178 | 2357 | 00:28:31 | Wiebe | Sylvia | H+E Immobilienverwaltung GmbH | GER-SH | W-40 | 10 |
| 179 | 2542 | 00:28:33 | Weimann | Theresa | Sophie-Scholl Gymnasium 11b | GER-SH | W-JU18 | 14 |
| 180 | 2537 | 00:28:34 | Barzen | Charlotte | Sophie-Scholl Gymnasium 11b | GER-SH | W-JU16 | 24 |
| 181 | 3062 | 00:28:35 | Rheinländer | Lena | Rheinländer Running Class | GER-SH | W-JU16 | 25 |
| 182 | 1999 | 00:28:36 | Wulf | Christa | Kiel | GER-SH | W-55 | 5 |
| 183 | 3278 | 00:28:37 | Fischer | Liane | TSV Lola | GER-SH | W-50 | 3 |
| 184 | 1226 | 00:28:41 | Röh | Lenya Sophie | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | W-KU10 | 10 |
| 185 | 1939 | 00:28:41 | Encke | Heidi | Oelixdorf | GER-SH | W-40 | 11 |
| 186 | 2058 | 00:28:43 | Jesse | Jennifer | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 33 |
| 187 | 1814 | 00:28:44 | Martens | Carolin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 56 |
| 188 | 1283 | 00:28:46 | Cordes | Bettina | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 57 |
| 189 | 1292 | 00:28:46 | Mahnke | Mette Marie | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 58 |
| 190 | 2804 | 00:28:47 | zur Verth | Johanna | Itzehoe | GER-SH | W-JU14 | 59 |
| 191 | 2685 | 00:28:48 | Dibbern | Saskia | Grevenkop | GER-SH | W-JU14 | 60 |
| 192 | 2188 | 00:28:49 | Krebs | Maritt | Fehr-Schule | GER-SH | W-KU12 | 34 |
| 193 | 1624 | 00:28:53 | Götz | Lara Maria | Grundschule Wellenkamp 3c | GER-SH | W-KU12 | 35 |
| 194 | 3191 | 00:28:54 | Schmidt | Sarah | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 61 |
| 195 | 3430 | 00:28:55 | Raddatz | Sina | Heiligenstedten | GER-SH | W-JU20 | 10 |
| 196 | 1725 | 00:28:57 | Friedrichsen | Merve | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU16 | 26 |
| 197 | 3068 | 00:29:01 | Moeckelmann | Jytte | SC Itzehoe | GER-SH | W-JU16 | 27 |
| 198 | 3760 | 00:29:01 | Block | Susanne | Sportverein Kremperheide | GER-SH | W-40 | 12 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|---|--------|-------------------|------------------|
| 199 | 1903 | 00:29:02 | Kurztusch | Johanna | Sophie Scholl Gymnasium Vld | GER-SH | W-JU14 | 62 |
| 200 | 1721 | 00:29:02 | Behrens | Laura | Klosterhof-Gemeinschaftsschule Itzehoe 7a | GER-SH | W-JU14 | 63 |
| 201 | 2600 | 00:29:03 | Kawalek | Kim Marie | Wilhelm-Käber-Schule Hohenlockstedt 5a | GER-SH | W-JU14 | 64 |
| 202 | 3474 | 00:29:03 | Thamling | Jutta | Elmshorner MTV | GER-SH | W-50 | 4 |
| 203 | 3705 | 00:29:04 | von Hobe | Gesa | Rotary Club Itzehoe | GER-SH | W-50 | 5 |
| 204 | 1469 | 00:29:07 | Hornig | Yara Leonie | Grundschule Op de Host Klasse 1-4 | GER-SH | W-JU14 | 65 |
| 205 | 3089 | 00:29:07 | Meyer | Birthe | Schule Hohe Geest 5a | GER-SH | W-35 | 6 |
| 206 | 2289 | 00:29:08 | Appen | Janika v. | Grundschule Brokstedt 3 | GER-SH | W-KU12 | 36 |
| 207 | 3640 | 00:29:08 | Hatje | Britta | Lokomotive Krempe | GER-SH | W-45 | 6 |
| 208 | 2512 | 00:29:09 | Steinert | Charlotte | SC Itzehoe | GER-SH | W-KU10 | 11 |
| 209 | 3186 | 00:29:09 | Prüß | Sopie | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 66 |
| 210 | 3162 | 00:29:09 | Lorenzen | Stella | Sophie -Scholl-Gymnasium Ve | GER-SH | W-JU14 | 67 |
| 211 | 2920 | 00:29:09 | Härich | Jacky | GesundheitsInfothek | GER-SH | W-20 | 9 |
| 212 | 2863 | 00:29:10 | Greif | Janina | Detlefsengymnasium Glückstadt 6d | GER-SH | W-JU14 | 68 |
| 213 | 3656 | 00:29:10 | Engel | Bettina | MTV Wilster | GER-SH | W-40 | 13 |
| 214 | 2697 | 00:29:11 | Harders | Anna Luise | Kaaks | GER-SH | W-KU10 | 12 |
| 215 | 1869 | 00:29:12 | Zimmermann | Gisela | Lokomotive Schulamt | GER-SH | W-60 | 1 |
| 216 | 3322 | 00:29:12 | Specovius | Gabriele | Iversen und Rademann | GER-SH | W-45 | 7 |
| 217 | 3380 | 00:29:12 | Aßmann | Ramona | Hohenaspe | GER-SH | W-20 | 10 |
| 218 | 2888 | 00:29:12 | Peters | Martina | ETSV Fortuna Glückstadt | GER-SH | W-55 | 6 |
| 219 | 2195 | 00:29:13 | Martens | Jill | Fehr-Schule | GER-SH | W-KU12 | 37 |
| 220 | 3636 | 00:29:15 | Gabel | Sabine | Lokomotive Krempe | GER-SH | W-20 | 11 |
| 221 | 2255 | 00:29:16 | Rudolph | Maria | Fehrs-Schule | GER-SH | W-KU12 | 38 |
| 222 | 2540 | 00:29:18 | Lemor | Leonie | Sophie-Scholl Gymnasium 11b | GER-SH | W-JU18 | 15 |
| 223 | 3343 | 00:29:19 | Sander | Jonas Arne | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 39 |
| 224 | 2230 | 00:29:21 | Wrobel | Melina | Fehr-Schule | GER-SH | W-KU12 | 40 |
| 225 | 3564 | 00:29:21 | Formell | Renee | Grundschule Sude-West 3 | GER-SH | W-KU12 | 41 |
| 226 | 2780 | 00:29:22 | Starck | Beritt | Beidenfleth | GER-SH | W-JU20 | 11 |
| 227 | 3039 | 00:29:23 | Dibbern | Isabell | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 12 |
| 228 | 3425 | 00:29:23 | Maaß | Simone | Wewelsfleth | GER-SH | W-20 | 12 |
| 229 | 2702 | 00:29:24 | Hedt | Maria | Itzehoe | GER-SH | W-30 | 4 |
| 230 | 2619 | 00:29:24 | Dominiak | Beeke | Wolfgang Borchert Regionalschule 5c | GER-SH | W-KU12 | 42 |
| 231 | 2734 | 00:29:25 | Meinke | Sophie | Itzehoe | GER-SH | W-JU20 | 13 |
| 232 | 3250 | 00:29:25 | Bleich | Wilma | Steinbeis Papier | GER-SH | W-65 | 1 |
| 233 | 2368 | 00:29:25 | Warstat | Bente | Itzehoer Versicherungen | GER-SH | W-JU16 | 28 |
| 234 | 3654 | 00:29:27 | Ott | Sophia | MTV Itzehoe | GER-SH | W-JU14 | 69 |
| 235 | 1436 | 00:29:27 | Eichler | Felicia | Grundschule Oelixdorf 4 | GER-SH | W-KU12 | 43 |
| 236 | 2047 | 00:29:28 | Böhm | Jule | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 44 |
| 237 | 1444 | 00:29:29 | Naumann | Emma | Grundschule Oelixdorf 4 | GER-SH | W-KU12 | 45 |
| 238 | 3740 | 00:29:29 | Lange | Frederike | Sport-Club Itzehoe | GER-SH | W-JU16 | 29 |
| 239 | 3412 | 00:29:30 | Vollstedt | Sina | Kremperheide | GER-SH | W-JU14 | 70 |
| 240 | 2634 | 00:29:31 | Pien | Marion | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-35 | 7 |
| 241 | 1455 | 00:29:31 | Block | Verena | Grundschule Op de Host Klasse 1-4 | GER-SH | W-45 | 8 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|------------------|--|---------|-------------------|------------------|
| 242 | 1542 | 00:29:32 | Bolling | Svea | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-KU12 | 46 |
| 243 | 2916 | 00:29:32 | Rohwedder | Ina | Gemeinschaftsschule Wilster 8b | GER-SH | W-JU18 | 16 |
| 244 | 3599 | 00:29:35 | Büll | Annika | Itzehoer Versicherungen | GER-SH | W-JU14 | 71 |
| 245 | 2955 | 00:29:35 | Bauer | Leonie | Itzehoer Versicherungen | GER-SH | W-KU12 | 47 |
| 246 | 1568 | 00:29:36 | Klein | Silvana | Grundschule Sankt Margarethen Sterne A | GER-SH | W-35 | 8 |
| 247 | 3655 | 00:29:36 | Ott | Theresa | MTV Itzehoe | GER-SH | W-KU12 | 48 |
| 248 | 3600 | 00:29:36 | Büll | Kolina | Itzehoer Versicherungen | GER-SH | W-KU12 | 49 |
| 249 | 3475 | 00:29:37 | Weist | Jasmin | ETSV Fortuna Glückstadt | GER-SH | W-JU18 | 17 |
| 250 | 3724 | 00:29:38 | Geron | Victoria Sabrina | SG Wacken/Vaale Grundschule Wacken | GER-SH | W-KU12 | 50 |
| 251 | 3687 | 00:29:38 | Böge | Pia | Reit- u. Fahrverein Nutteln | GER-SH | W-JU14 | 72 |
| 252 | 3688 | 00:29:39 | Böge | Anna Lena | Reit- und Fahrverein Nutteln | GER-SH | W-KU12 | 51 |
| 253 | 3443 | 00:29:39 | Tams | Katharina | Greifswald | GER-MVP | W-20 | 13 |
| 254 | 2987 | 00:29:39 | Engels | Jule-Malin | Klinikum Itzehoe | GER-SH | W-KU10 | 13 |
| 255 | 2229 | 00:29:39 | Wiechmann | Sophie | Fehr-Schule | GER-SH | W-KU10 | 14 |
| 256 | 3778 | 00:29:40 | Beimgraben | Nicole | Trede & von Pein GmbH | GER-SH | W-40 | 14 |
| 257 | 1252 | 00:29:41 | Fischer | Namira | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-40 | 15 |
| 258 | 2299 | 00:29:41 | Momsen | Kaja | Grundschule Brokstedt 3 | GER-SH | W-KU10 | 15 |
| 259 | 2420 | 00:29:42 | Asmus | Julia | Klinikum Itzehoe | GER-SH | W-20 | 14 |
| 260 | 2700 | 00:29:42 | Harders | Martje | Kaaks | GER-SH | W-KU12 | 52 |
| 261 | 3663 | 00:29:44 | Struve | Kerstin | MTV Wilster | GER-SH | W-50 | 6 |
| 262 | 3291 | 00:29:44 | Sulz | Saskia | TuS Krempe | GER-SH | W-20 | 15 |
| 263 | 2660 | 00:29:45 | Bantelmann | Meret | Elmshorn | GER-SH | W-KU12 | 53 |
| 264 | 1395 | 00:29:45 | Junga | Michelle | Grundschule Oelixdorf 1 | GER-SH | W-KU8 | 1 |
| 265 | 1877 | 00:29:46 | Stöter | Sunna | Norddeutsche Rundschau | GER-SH | W-JU20 | 14 |
| 266 | 3824 | 00:29:47 | Reinking | Lea | TSV Breitenberg | GER-SH | W-JU16 | 30 |
| 267 | 3841 | 00:29:47 | Lemke | Martina | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-50 | 7 |
| 268 | 1222 | 00:29:48 | Gertz | Saskia | Freie Waldorfschule Itzehoe Klasse 2 | GER-SH | W-40 | 16 |
| 269 | 3113 | 00:29:49 | Keller | Rebecca | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 54 |
| 270 | 1935 | 00:29:50 | Burmester | Nikolina | Brokstedt | GER-SH | W-35 | 9 |
| 271 | 2991 | 00:29:50 | Horn | Taeve | Klinikum Itzehoe | GER-SH | W-KU10 | 16 |
| 272 | 2638 | 00:29:51 | Schulz | Leonie Therese | Vfl Oldesloe | GER-SH | W-KU10 | 17 |
| 273 | 1775 | 00:29:54 | Halbleib | Frederike | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 73 |
| 274 | 3751 | 00:29:55 | Rüter | Susanne | Sport-Club Itzehoe | GER-SH | W-50 | 8 |
| 275 | 2892 | 00:29:55 | Erichsen | Sonja | Gemeinschaftsschule Wilster 6c | GER-SH | W-35 | 10 |
| 276 | 1350 | 00:29:56 | Mansfeld | Wiebke | Grundschule Edendorf 3b | GER-SH | W-KU10 | 18 |
| 277 | 2227 | 00:29:56 | Weitkamp | Freja | Fehr-Schule | GER-SH | W-KU12 | 55 |
| 278 | 3047 | 00:29:57 | Michniewicz | Nicole | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 15 |
| 279 | 2432 | 00:29:57 | Kahl | Christine | LG TSV Breitenberg | GER-SH | W-35 | 11 |
| 280 | 3675 | 00:29:57 | Frahm | Bettina | Netz- und Anlagenbau NAB | GER-SH | W-35 | 12 |
| 281 | 2550 | 00:29:59 | Mages | Christina | Sport-Club Itzehoe | GER-SH | W-JU18 | 18 |
| 282 | 1731 | 00:29:59 | Komoß | Nina | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU14 | 74 |
| 283 | 3098 | 00:30:00 | Ladwig | Jana | Schule Hohe Geest Hohenwestedt 5a | GER-SH | W-KU12 | 56 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|---------------|---|---------|-------------------|------------------|
| 284 | 3075 | 00:30:00 | Grünhagen | Lara | Schule Hohe Geest 5a | GER-SH | W-KU12 | 57 |
| 285 | 3083 | 00:30:00 | Kaeming | Angelina | Schule Hohe Geest 5a | GER-SH | W-JU14 | 75 |
| 286 | 2805 | 00:30:02 | zur Verth | Olivia | Itzehoe | GER-SH | W-KU12 | 58 |
| 287 | 2671 | 00:30:02 | Berg | Kornelia | Bad Vilbel | GER-HES | W-35 | 13 |
| 288 | 3486 | 00:30:02 | Reimers | Antje | Für Mich | GER-SH | W-50 | 9 |
| 289 | 3020 | 00:30:03 | Westphalen | Laura | MTV Itzehoe | GER-SH | W-JU16 | 31 |
| 290 | 3249 | 00:30:05 | Oldenburg | Hannah | SSG Itzehoe | GER-SH | W-KU12 | 59 |
| 291 | 2001 | 00:30:06 | Tessmann | Rubina | Acando GmbH | GER-HAM | W-20 | 16 |
| 292 | 1849 | 00:30:07 | Specht | Evelyn | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 76 |
| 293 | 2464 | 00:30:08 | von Hacht | Yvonne | MTV Horst | GER-SH | W-20 | 17 |
| 294 | 2788 | 00:30:08 | Töllner | Friederike | Itzehoe | GER-SH | W-KU10 | 19 |
| 295 | 1872 | 00:30:09 | Formeseyn | Marlene | Münsterdorfer SV | GER-SH | W-KU10 | 20 |
| 296 | 3334 | 00:30:09 | Tomberger | Fiona Leonore | | GER-SH | W-KU12 | 60 |
| 297 | 2876 | 00:30:10 | Weiß | Hanna Maria | Detlefsengymnasium Glückstadt 6d | GER-SH | W-JU14 | 77 |
| 298 | 1853 | 00:30:10 | Tautenhahn | Anna-Lena | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 61 |
| 299 | 2146 | 00:30:13 | Samiloglu | Dilara | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 62 |
| 300 | 2777 | 00:30:17 | Sommer | Janna Marie | Itzehoe | GER-SH | W-KU12 | 63 |
| 301 | 3593 | 00:30:18 | Hopp | Lana-Michelle | ISR Itzehoer Schrott und Recycling GmbH & Co. KG. | GER-SH | W-JU14 | 78 |
| 302 | 3147 | 00:30:18 | Schröder | Bentje | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | W-20 | 18 |
| 303 | 3807 | 00:30:20 | Rehkugler | Sabine | Trede & von Pein GmbH | GER-SH | W-45 | 9 |
| 304 | 2956 | 00:30:21 | Bauer | Svetlana | Itzehoer Versicherungen | GER-SH | W-30 | 5 |
| 305 | 2499 | 00:30:21 | Warns | Nadja | RKiSH | GER-SH | W-30 | 6 |
| 306 | 1362 | 00:30:23 | Kaldewey | Marieca | Grundschule Kremperheide 1/2a | GER-SH | W-KU10 | 21 |
| 307 | 2846 | 00:30:24 | Hagner | Fiona | BSC Sportfreunde Itzehoe | GER-SH | W-KU12 | 64 |
| 308 | 2778 | 00:30:27 | Speer | Patricia | Kremperheide | GER-SH | W-JU20 | 16 |
| 309 | 3832 | 00:30:29 | Maaß | Julika | TSV Oldendorf | GER-SH | W-JU14 | 79 |
| 310 | 1251 | 00:30:30 | Fischer | Malina | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-JU20 | 17 |
| 311 | 2413 | 00:30:32 | Gehlhaar | Melanie | Kanzlei Schneider, Schreiber, Venizeleas | GER-HAM | W-35 | 14 |
| 312 | 1918 | 00:30:32 | Dercho | Tamara | Itzehoe | GER-SH | W-45 | 10 |
| 313 | 3831 | 00:30:34 | Spross | Malin Finja | TSV Lola | GER-SH | W-KU10 | 22 |
| 314 | 1599 | 00:30:34 | Hülsemann | Lara | Grundschule Wellenkamp 3a | GER-SH | W-KU12 | 65 |
| 315 | 2356 | 00:30:34 | Terbach | Kristina | H+E Immobilienverwaltung GmbH | GER-SH | W-20 | 19 |
| 316 | 2246 | 00:30:35 | Meyer | India | Fehrs-Schule | GER-SH | W-KU10 | 23 |
| 317 | 2587 | 00:30:35 | Ninow | Josefine | TSV Lola | GER-SH | W-KU12 | 66 |
| 318 | 2896 | 00:30:36 | Kraushaar | Lisa-Marie | Gemeinschaftsschule Wilster 6c | GER-SH | W-JU14 | 80 |
| 319 | 2684 | 00:30:37 | Dibbern | Lucy | Grevenkop | GER-SH | W-JU16 | 32 |
| 320 | 2979 | 00:30:37 | Schulz | Merle | Kaiser-Karl-Schule Itzehoe 9d | GER-SH | W-JU18 | 19 |
| 321 | 1751 | 00:30:38 | Brusco | Vanessa | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 81 |
| 322 | 3444 | 00:30:39 | Tams | Tamara | Schlotfeld | GER-SH | W-JU20 | 18 |
| 323 | 3446 | 00:30:40 | Thedens | Christina | Reher | GER-SH | W-JU18 | 20 |
| 324 | 3383 | 00:30:40 | Brandes | Joana | Heiligenstedten | GER-SH | W-JU18 | 21 |
| 325 | 1887 | 00:30:41 | Trede | Lea | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | W-KU12 | 67 |
| 326 | 1880 | 00:30:41 | Degru | Amira | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | W-KU10 | 24 |

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5 Km Lauf W

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|-----|------|----------|-------------|-------------|--|---------|-------------------|------------------|
| 327 | 3708 | 00:30:42 | Looß | Gabriele | Sakura | GER-SH | W-45 | 11 |
| 328 | 1821 | 00:30:42 | Moldenhauer | Sara | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 33 |
| 329 | 1833 | 00:30:42 | Pusch | Alina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 82 |
| 330 | 1762 | 00:30:43 | Ehrenberg | Melanie | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 34 |
| 331 | 2824 | 00:30:43 | Löbel | Miriam | AVS Itzehoe 6b | GER-SH | W-JU14 | 83 |
| 332 | 2829 | 00:30:43 | Zemke | Annika | AVS Itzehoe 6b | GER-SH | W-KU12 | 68 |
| 333 | 3181 | 00:30:44 | Mellüh | Vienna | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 84 |
| 334 | 1940 | 00:30:44 | Fischer | Anne Mette | Kaaks | GER-SH | W-KU12 | 69 |
| 335 | 2041 | 00:30:45 | Petermann | Marieke | Auguste-Viktoria-Schule 7c | GER-SH | W-JU14 | 85 |
| 336 | 2057 | 00:30:45 | Hartmann | Ann-Kathrin | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 70 |
| 337 | 2416 | 00:30:45 | Schneider | Merle | Kanzlei Schneider, Schreiber, Venizeleas | GER-SH | W-JU20 | 19 |
| 338 | 1257 | 00:30:46 | Haerter | Pauline | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-JU16 | 35 |
| 339 | 3042 | 00:30:47 | Garbers | Juliana | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU18 | 22 |
| 340 | 3179 | 00:30:47 | Lemm | Mette | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 86 |
| 341 | 3801 | 00:30:48 | Meier | Sarah | Trede & von Pein GmbH | GER-SH | W-JU20 | 20 |
| 342 | 1253 | 00:30:48 | Fischer | Natalie | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-JU18 | 23 |
| 343 | 2068 | 00:30:49 | Schack | Pia | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 71 |
| 344 | 2915 | 00:30:50 | Ledtje | Stina | Gemeinschaftsschule Wilster 8b | GER-SH | W-JU16 | 36 |
| 345 | 2264 | 00:30:50 | Wilhelm | Nele | Fehrs-Schule | GER-SH | W-KU12 | 72 |
| 346 | 3715 | 00:30:50 | Abt | Julia | Sport-Club Itzehoe | GER-SH | W-JU18 | 24 |
| 347 | 1754 | 00:30:50 | Burkhardt | Linn | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 87 |
| 348 | 2040 | 00:30:51 | Karrenberg | Sonja | Auguste-Viktoria-Schule 7c | GER-SH | W-20 | 20 |
| 349 | 2847 | 00:30:51 | Ohrt | Lena -Marie | BSC Sportfreunde Itzehoe | GER-SH | W-JU16 | 37 |
| 350 | 2043 | 00:30:51 | Thomaschky | Nele | Auguste-Viktoria-Schule 7c | GER-SH | W-JU16 | 38 |
| 351 | 1896 | 00:30:52 | Juckols | Ronja | Sophie Scholl Gymnasium IVd | GER-SH | W-JU16 | 39 |
| 352 | 2220 | 00:30:53 | Strzysio | Xenia | Fehr-Schule | GER-SH | W-KU12 | 73 |
| 353 | 3811 | 00:30:53 | Schoodt | Ann-Katrin | Trede & von Pein GmbH | GER-SH | W-20 | 21 |
| 354 | 2630 | 00:30:54 | Matchall | Celina | Wolfgang-Borchert-Regionalsc hule 9d | GER-SH | W-JU16 | 40 |
| 355 | 3476 | 00:30:55 | Weist | Susanne | ETSV Fortuna Glückstadt | GER-SH | W-45 | 12 |
| 356 | 2060 | 00:30:56 | Krüger | Mona | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 74 |
| 357 | 1256 | 00:30:56 | Haerter | Lina-Sophie | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU12 | 75 |
| 358 | 2731 | 00:30:56 | Maaß | Tomke | Hohenlockstedt | GER-SH | W-JU14 | 88 |
| 359 | 1286 | 00:30:57 | Haerter | Jule | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 89 |
| 360 | 3846 | 00:30:57 | Widderich | Dorle | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-45 | 13 |
| 361 | 1984 | 00:30:59 | Rosenow | Clarissa | Drestedt | GER-NIE | W-KU12 | 76 |
| 362 | 3066 | 00:30:59 | Michaelsen | Sarah | SC Itzehoe | GER-SH | W-30 | 7 |
| 363 | 3313 | 00:30:59 | Debus | Nadine | Wettkampfgruppe FF Kellinghusen | GER-SH | W-20 | 22 |
| 364 | 1985 | 00:30:59 | Rosenow | Maren | Drestedt | GER-NIE | W-35 | 15 |
| 365 | 2052 | 00:30:59 | Groß | Lea | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-JU14 | 90 |
| 366 | 2414 | 00:31:00 | Peglow | Iris | Kanzlei Schneider, Schreiber, Venizeleas | GER-SH | W-35 | 16 |

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5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|----------------|--|---------|-------------------|------------------|
| 367 | 2021 | 00:31:02 | Töllner | Annica | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | W-KU12 | 77 |
| 368 | 3450 | 00:31:02 | Wagner | Nadin | Neuenbrook | GER-SH | W-35 | 17 |
| 369 | 2694 | 00:31:03 | Groneberg | Katja | Rethwisch | GER-SH | W-40 | 17 |
| 370 | 3821 | 00:31:03 | Rademacher | Anja | TSV Breitenberg | GER-SH | W-40 | 18 |
| 371 | 2184 | 00:31:03 | Jaeger-Jensen | Karen | Fehr-Schule | GER-SH | W-40 | 19 |
| 372 | 2260 | 00:31:03 | Tautenhahn | Marlene | Fehrs-Schule | GER-SH | W-KU12 | 78 |
| 373 | 3122 | 00:31:03 | Stehen | Dörte | Schulzentrum Krempermarsch 4a | GER-SH | W-50 | 10 |
| 374 | 3160 | 00:31:03 | Kammholz | Kathrin | Sophie -Scholl-Gymnasium Ve | GER-SH | W-35 | 18 |
| 375 | 1758 | 00:31:04 | Conrad | Lea | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 91 |
| 376 | 3059 | 00:31:06 | Willgalis | Sabrina | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 21 |
| 377 | 3044 | 00:31:06 | Hansen | Svenja | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 22 |
| 378 | 3185 | 00:31:07 | Paulsen | Neele | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 92 |
| 379 | 2768 | 00:31:09 | Schröer | Vivian | Hamburg | GER-HAM | W-35 | 19 |
| 380 | 2843 | 00:31:09 | Bünz | Petra | BSC Sportfreunde Itzehoe | GER-SH | W-35 | 20 |
| 381 | 1722 | 00:31:09 | Burde | Lea | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU16 | 41 |
| 382 | 3298 | 00:31:10 | Jürgs | Merle | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-JU14 | 93 |
| 383 | 2898 | 00:31:10 | Kuklok | Michelle | Gemeinschaftsschule Wilster 6c | GER-SH | W-JU14 | 94 |
| 384 | 2088 | 00:31:11 | Thomaschky | Anke | BSC Nordoe | GER-SH | W-40 | 20 |
| 385 | 2814 | 00:31:11 | Möller | Lissi | Atlética Horsens | DEN | W-60 | 2 |
| 386 | 3090 | 00:31:12 | Meyer | Hanna Marie | Schule Hohe Geest 5a | GER-SH | W-KU12 | 79 |
| 387 | 3095 | 00:31:12 | Zölitz | Birgit | Schule Hohe Geest 5a | GER-SH | W-40 | 21 |
| 388 | 3561 | 00:31:16 | Formell | Anja | Grundschule Sude-West 3 | GER-SH | W-40 | 22 |
| 389 | 3099 | 00:31:16 | Schmidt | Luca Marie | Schule Hohe Geest Hohenwestedt 5a | GER-SH | W-KU12 | 80 |
| 390 | 2695 | 00:31:18 | Grüning | Victoria Maria | Münsterdorf | GER-SH | W-JU14 | 95 |
| 391 | 2819 | 00:31:18 | Fröhlich | Darleen | AVS Itzehoe 6b | GER-SH | W-JU14 | 96 |
| 392 | 2094 | 00:31:21 | Peters | Jana | Butzkies Stahlbau | GER-SH | W-JU20 | 23 |
| 393 | 3017 | 00:31:21 | Münster | Nicole | MTV Itzehoe | GER-SH | W-35 | 21 |
| 394 | 1598 | 00:31:22 | Harders | Melina | Grundschule Wellenkamp 3a | GER-SH | W-JU14 | 97 |
| 395 | 2770 | 00:31:22 | Schuster | Tina | Itzehoe | GER-SH | W-20 | 23 |
| 396 | 3006 | 00:31:23 | Neumann | Britta | Laufgruppe Friedrichskoog | GER-SH | W-40 | 23 |
| 397 | 2534 | 00:31:25 | Steinert | Charlyn | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-JU14 | 98 |
| 398 | 2897 | 00:31:25 | Krebs | Minne | Gemeinschaftsschule Wilster 6c | GER-SH | W-JU14 | 99 |
| 399 | 2917 | 00:31:26 | Sievers | Stefanie | Gemeinschaftsschule Wilster 8b | GER-SH | W-JU18 | 25 |
| 400 | 1502 | 00:31:26 | Rathmann | Franziska | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 25 |
| 401 | 3795 | 00:31:26 | Kroos | Tanja | Trede & von Pein GmbH | GER-SH | W-30 | 8 |
| 402 | 1982 | 00:31:27 | Rohwer-Reimers | Martina | Brokdorf | GER-SH | W-45 | 14 |
| 403 | 1738 | 00:31:27 | Ritter | Samantha | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU16 | 42 |
| 404 | 2736 | 00:31:27 | Mentzel | Tanja | Heiligenstedtenerkamp | GER-SH | W-40 | 24 |
| 405 | 2395 | 00:31:27 | Reese | Marion | Julianka Schule Heiligenstedten 2b | GER-SH | W-40 | 25 |

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5 Km Lauf W

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|-----|------|----------|---------------|---------------|---|--------|-------------------|------------------|
| 406 | 2635 | 00:31:28 | Pien | Mette | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-KU10 | 26 |
| 407 | 2394 | 00:31:28 | Reese | Jolina | Julianka Schule Heiligenstedten 2b | GER-SH | W-KU10 | 27 |
| 408 | 1290 | 00:31:29 | Krombach | Ina | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 100 |
| 409 | 1451 | 00:31:30 | Bielenberg | Lena | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 28 |
| 410 | 2984 | 00:31:32 | Endemann | Heike | Klinikum Itzehoe | GER-SH | W-40 | 26 |
| 411 | 3716 | 00:31:32 | Garbers | Meike | SCI | GER-SH | W-45 | 15 |
| 412 | 2828 | 00:31:32 | Unterdünhofen | Lina-Marie | AVS Itzehoe 6b | GER-SH | W-JU14 | 101 |
| 413 | 2017 | 00:31:33 | Heerwagen | Fee | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | W-JU14 | 102 |
| 414 | 1293 | 00:31:35 | Schack | Grete Marie | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 103 |
| 415 | 3483 | 00:31:35 | Slawirska | Isabell | Firma Baumland | GER-SH | W-20 | 24 |
| 416 | 3022 | 00:31:35 | Friedrichs | Sabine | MTV Wilster | GER-SH | W-40 | 27 |
| 417 | 2949 | 00:31:36 | Asmussen | Lina | HSG Kremperheide/Münsterdorf | GER-SH | W-KU12 | 81 |
| 418 | 2951 | 00:31:37 | Wilken | Yvonne | HSG Kremperheide/Münsterdorf | GER-SH | W-KU12 | 82 |
| 419 | 1957 | 00:31:37 | Jürgensen | Annika | Kotzenbüll | GER-SH | W-20 | 25 |
| 420 | 1930 | 00:31:41 | Boll | Jacqueline | Itzehoe | GER-SH | W-JU18 | 26 |
| 421 | 1797 | 00:31:43 | Kersten | Ina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-30 | 9 |
| 422 | 3855 | 00:31:43 | Hüffel | Martina | Wohler,Aldag & Partner | GER-SH | W-40 | 28 |
| 423 | 3581 | 00:31:43 | Michael | Martina | Grundschule Sude-West 4 | GER-SH | W-40 | 29 |
| 424 | 2453 | 00:31:45 | Basel | Vanessa | MTV Horst | GER-SH | W-JU14 | 104 |
| 425 | 2462 | 00:31:45 | Stein | Larissa | MTV Horst | GER-SH | W-JU14 | 105 |
| 426 | 2632 | 00:31:45 | Rentz | Sophie | Wolfgang-Borchert-Regionalsc hule 9d | GER-SH | W-JU16 | 43 |
| 427 | 1719 | 00:31:46 | Zöllner | Andrea | Klinikum Itzehoe | GER-SH | W-40 | 30 |
| 428 | 2219 | 00:31:46 | Strzysio | Frances | Fehr-Schule | GER-SH | W-KU12 | 83 |
| 429 | 2186 | 00:31:47 | Kazilas | Vanessa | Fehr-Schule | GER-SH | W-KU12 | 84 |
| 430 | 1254 | 00:31:47 | Fischer | Verena | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU12 | 85 |
| 431 | 1266 | 00:31:48 | Patzwahl | Nanda | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU12 | 86 |
| 432 | 1274 | 00:31:49 | Kästner | Gislene Ahina | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | W-JU14 | 106 |
| 433 | 1607 | 00:31:50 | Schädlich | Jana | Grundschule Wellenkamp 3a | GER-SH | W-KU12 | 87 |
| 434 | 3694 | 00:31:50 | Henningsen | Katharina | Rotary Club Itzehoe | GER-SH | W-20 | 26 |
| 435 | 1609 | 00:31:50 | Stöker | Louisa Marie | Grundschule Wellenkamp 3a | GER-SH | W-KU10 | 29 |
| 436 | 3169 | 00:31:50 | Block | Pia | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 107 |
| 437 | 3193 | 00:31:50 | von Possel | Hannah | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 108 |
| 438 | 1259 | 00:31:53 | Jürs | Linnea | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU12 | 88 |
| 439 | 3422 | 00:31:54 | Low | Roxanne | Itzehoe | GER-SH | W-JU20 | 24 |
| 440 | 1950 | 00:31:54 | Heinig | Andrea | Elmshorn | GER-SH | W-40 | 31 |
| 441 | 1439 | 00:31:54 | Hinrichs | Christina | Grundschule Oelixdorf 4 | GER-SH | W-KU12 | 89 |
| 442 | 2245 | 00:31:55 | Lauth | Aliga | Fehrs-Schule | GER-SH | W-KU10 | 30 |
| 443 | 2973 | 00:31:56 | Stier | Bianca | Iversen und Rademann | GER-SH | W-20 | 27 |
| 444 | 3405 | 00:31:57 | Hennings | Vivien | Wewelsfleth | GER-SH | W-JU16 | 44 |
| 445 | 2738 | 00:31:57 | Mischok | Jasmin | Oelixdorf | GER-SH | W-JU20 | 25 |
| 446 | 1438 | 00:31:57 | Harnack | Saskia | Grundschule Oelixdorf 4 | GER-SH | W-KU12 | 90 |
| 447 | 2324 | 00:31:58 | Beernink | Annika | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 91 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|---------------|--|---------|-------------------|------------------|
| 448 | 2322 | 00:31:58 | Van Ohlen | Fenna | Grundschule Edendorf 4a | GER-SH | W-KU12 | 92 |
| 449 | 3695 | 00:31:59 | Holzer | Lilli | Rotary Club Itzehoe | GER-SH | W-30 | 10 |
| 450 | 1600 | 00:32:01 | Kämpfert | Emely | Grundschule Wellenkamp 3a | GER-SH | W-KU12 | 93 |
| 451 | 3492 | 00:32:04 | Bülow | Milena | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 109 |
| 452 | 2797 | 00:32:07 | Will | Karin | Brunsbüttel | GER-SH | W-55 | 7 |
| 453 | 2375 | 00:32:07 | Courvoisier | Lena | Jugendfeuerwehr Oldendorf | GER-SH | W-JU20 | 26 |
| 454 | 3505 | 00:32:08 | Krey | Bianca | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-35 | 22 |
| 455 | 2031 | 00:32:09 | Harder | Ina Marie | Auguste-Viktoria-Schule 5a | GER-SH | W-KU12 | 94 |
| 456 | 3388 | 00:32:11 | Drechsler | Ann-Kathrin | Bendestorf | GER-NIE | W-20 | 28 |
| 457 | 3555 | 00:32:12 | Schramm | Janne | Grundschule Sude-West 2 | GER-SH | W-KU10 | 31 |
| 458 | 1683 | 00:32:12 | Meyer | Yannika | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 95 |
| 459 | 2692 | 00:32:14 | Grage | Maike | Itzehoe | GER-SH | W-40 | 32 |
| 460 | 1233 | 00:32:16 | Grodt | Jarla Gardina | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | W-KU10 | 32 |
| 461 | 2238 | 00:32:16 | Erdtmann | Katarina | Fehrs-Schule | GER-SH | W-KU10 | 33 |
| 462 | 2972 | 00:32:17 | Schümann | Ilka | Iversen und Rademann | GER-SH | W-45 | 16 |
| 463 | 1460 | 00:32:19 | Gerteis | Maria | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 96 |
| 464 | 2065 | 00:32:20 | Nagel | Isabel | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 97 |
| 465 | 3315 | 00:32:20 | Schlichting | Liane | Wettkampfgruppe FF Kellinghusen | GER-SH | W-20 | 29 |
| 466 | 2202 | 00:32:21 | Piel | Jillian | Fehr-Schule | GER-SH | W-KU12 | 98 |
| 467 | 3859 | 00:32:22 | Obenhausen | Nicole | Wohler,Aldag & Partner | GER-SH | W-20 | 30 |
| 468 | 1634 | 00:32:22 | Weihausen | Wiebke | Grundschule Wellenkamp 3c | GER-SH | W-KU10 | 34 |
| 469 | 2256 | 00:32:23 | Ruraya | Mary | Fehrs-Schule | GER-SH | W-KU12 | 99 |
| 470 | 1403 | 00:32:23 | Evers | Marleen | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 35 |
| 471 | 2267 | 00:32:26 | Wrobel | Maya | Fehrs-Schule | GER-SH | W-KU10 | 36 |
| 472 | 3187 | 00:32:27 | Ringst | Merle | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 110 |
| 473 | 1741 | 00:32:28 | Adameck | Carina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-20 | 31 |
| 474 | 2948 | 00:32:28 | Rüdiger | Sophie | HSC Hohenaspe | GER-SH | W-KU12 | 100 |
| 475 | 3223 | 00:32:29 | Rusche | Regina | Sparkasse Westholstein | GER-SH | W-20 | 32 |
| 476 | 1604 | 00:32:29 | Nordmann | Gabriele | Grundschule Wellenkamp 3a | GER-SH | W-50 | 11 |
| 477 | 3428 | 00:32:31 | Mohr | Rebekka | Hamburg | GER-SH | W-20 | 33 |
| 478 | 3236 | 00:32:31 | Lau | Delia | Sport-Club Itzehoe | GER-SH | W-JU20 | 27 |
| 479 | 2346 | 00:32:32 | Schmidt | Marit | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 101 |
| 480 | 2823 | 00:32:34 | Leutfeld | Anja | AVS Itzehoe 6b | GER-SH | W-JU14 | 111 |
| 481 | 3532 | 00:32:34 | Richeling | Lara | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 112 |
| 482 | 2821 | 00:32:34 | Holm | Katharina | AVS Itzehoe 6b | GER-SH | W-JU14 | 113 |
| 483 | 2642 | 00:32:37 | Gruemmer | Katharina | | GER-SH | W-JU20 | 28 |
| 484 | 3301 | 00:32:37 | Renk | Julia | Volksbank Raiffeisenbank Itzehoe | GER-SH | W-JU14 | 114 |
| 485 | 3536 | 00:32:38 | Struve | Madeleine | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 115 |
| 486 | 1747 | 00:32:40 | Berisha | Aurora | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 116 |
| 487 | 2098 | 00:32:40 | Gripp | Rieke | Detlefsengymnasium | GER-SH | W-JU16 | 45 |
| 488 | 3041 | 00:32:41 | Frietsch | Hannah | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU18 | 27 |
| 489 | 3736 | 00:32:41 | Janke | Melanie | Sport-Club Itzehoe | GER-SH | W-40 | 33 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-------------------|---|--------|-------------------|------------------|
| 490 | 3141 | 00:32:42 | Huismann | Nantke | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | W-JU14 | 117 |
| 491 | 1656 | 00:32:44 | Schwie | Anna-Lena | Grundschule Wellenkamp 4b | GER-SH | W-JU14 | 118 |
| 492 | 3535 | 00:32:45 | Stelzer | Luisa | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 119 |
| 493 | 2603 | 00:32:46 | Kruse | Josephine | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | W-JU16 | 46 |
| 494 | 1640 | 00:32:47 | Hahnkamm | Louisa | Grundschule Wellenkamp 4a | GER-SH | W-KU12 | 102 |
| 495 | 1786 | 00:32:48 | Höser | Eva | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-40 | 34 |
| 496 | 2281 | 00:32:49 | Kirstein | Johanna | Grundschule Brokstedt 2 | GER-SH | W-KU12 | 103 |
| 497 | 2584 | 00:32:49 | Gerull | Ida Hjördis Leena | TSV Lola | GER-SH | W-KU10 | 37 |
| 498 | 3626 | 00:32:50 | Wedekind | Carola | Klinikum Itzehoe | GER-SH | W-45 | 17 |
| 499 | 2334 | 00:32:51 | Krüger | Jara | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU10 | 38 |
| 500 | 2333 | 00:32:52 | Kränbring | Victoria | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 104 |
| 501 | 1413 | 00:32:52 | Lau | Frederike | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 39 |
| 502 | 1964 | 00:32:57 | Krüger | Jessika | Kellinghusen | GER-SH | W-35 | 23 |
| 503 | 2438 | 00:32:58 | Schmidt | Wenke | LG TSV Breitenberg | GER-SH | W-KU10 | 40 |
| 504 | 3503 | 00:32:58 | Kohl | Laura-Sophie | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 120 |
| 505 | 3435 | 00:33:00 | Reuleke | Leonore | Itzehoe | GER-SH | W-JU18 | 28 |
| 506 | 1258 | 00:33:02 | Jordan | Helen | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU12 | 105 |
| 507 | 1270 | 00:33:02 | Wethje | Heinke | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-45 | 18 |
| 508 | 3659 | 00:33:03 | Harders | Katja | MTV Wilster | GER-SH | W-40 | 35 |
| 509 | 1525 | 00:33:03 | Binder | Samira | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU10 | 41 |
| 510 | 2900 | 00:33:04 | Miebrodt | Birgit | Gemeinschaftsschule Wilster 6c | GER-SH | W-50 | 12 |
| 511 | 2435 | 00:33:06 | Rückerl | Sophia | LG TSV Breitenberg | GER-SH | W-KU10 | 42 |
| 512 | 1541 | 00:33:06 | Witt | Lilly | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU10 | 43 |
| 513 | 1426 | 00:33:07 | Kehde | Pauline | Grundschule Oelixdorf 3 | GER-SH | W-KU10 | 44 |
| 514 | 1432 | 00:33:07 | Rentz | Jördis | Grundschule Oelixdorf 3 | GER-SH | W-KU10 | 45 |
| 515 | 1726 | 00:33:10 | Göregen | Gülistan | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU16 | 47 |
| 516 | 2148 | 00:33:10 | Zanner | Sarah | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 106 |
| 517 | 2042 | 00:33:13 | Schaacke | Mirka | Auguste-Viktoria-Schule 7c | GER-SH | W-JU16 | 48 |
| 518 | 1206 | 00:33:13 | Niedermirtl | Charis | Itzehoe | GER-SH | W-KU12 | 107 |
| 519 | 1581 | 00:33:16 | Birner | Anna | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU10 | 46 |
| 520 | 3850 | 00:33:20 | Aldag | Philine | Wohler,Aldag & Partner | GER-SH | W-JU14 | 121 |
| 521 | 2335 | 00:33:20 | Lenkeit | Pia | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU10 | 47 |
| 522 | 2348 | 00:33:21 | Siemsen | Finja | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU10 | 48 |
| 523 | 2345 | 00:33:22 | Rose | Bente | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU10 | 49 |
| 524 | 1988 | 00:33:22 | Sermet | Iris | Itzehoe | GER-SH | W-35 | 24 |
| 525 | 3102 | 00:33:24 | Baasch | Kimberly | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 108 |
| 526 | 3123 | 00:33:24 | Weise | Viktoria | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 109 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|------------------|--|--------|-------------------|------------------|
| 527 | 2502 | 00:33:25 | Funk | Jette | Running Mammuts / Mammut.ch | GER-SH | W-KU10 | 50 |
| 528 | 3742 | 00:33:25 | Mühler | Christine | Sport-Club Itzehoe | GER-SH | W-45 | 19 |
| 529 | 3127 | 00:33:26 | Gätje | Carolin | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | W-KU10 | 51 |
| 530 | 3759 | 00:33:26 | Töllner | Julia | Sport-Club Itzehoe | GER-SH | W-JU16 | 49 |
| 531 | 1440 | 00:33:28 | Hinrichs | Kerstin | Grundschule Oelixdorf 4 | GER-SH | W-35 | 25 |
| 532 | 3771 | 00:33:29 | Sommer | Nadine | Thies GesundheitsPartner GmbH / MediCenter Medizintechnik GmbH | GER-SH | W-35 | 26 |
| 533 | 3580 | 00:33:30 | Lange | Celine | Grundschule Sude-West 4 | GER-SH | W-KU12 | 110 |
| 534 | 2351 | 00:33:31 | Wolfrath | Emily | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 111 |
| 535 | 3391 | 00:33:31 | Flathmann | Isabella | Itzehoe | GER-SH | W-JU14 | 122 |
| 536 | 2767 | 00:33:34 | Schröer | Gillian | Elmshorn | GER-SH | W-20 | 34 |
| 537 | 3389 | 00:33:34 | Ehlers | Tara Tanita | Itzehoe | GER-SH | W-JU14 | 123 |
| 538 | 3478 | 00:33:38 | Liebold | Karin | Firma Baumland | GER-SH | W-50 | 13 |
| 539 | 1215 | 00:33:40 | Urbatzka | Jule Marie | Freie Waldorfschule Itzehoe Klasse 1 | GER-SH | W-KU10 | 52 |
| 540 | 1785 | 00:33:41 | Holzke | Annika | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 124 |
| 541 | 2237 | 00:33:41 | Gräff | Fabienne | Fehrs-Schule | GER-SH | W-KU10 | 53 |
| 542 | 1232 | 00:33:42 | Engel | Ayla | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | W-KU12 | 112 |
| 543 | 3543 | 00:33:42 | Richnow | Mathilda | Grundschule Sude-West 1 | GER-SH | W-KU8 | 2 |
| 544 | 2408 | 00:33:43 | Tegen | Romy | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | W-KU12 | 113 |
| 545 | 2190 | 00:33:43 | Lenzner | Ronja | Fehr-Schule | GER-SH | W-KU10 | 54 |
| 546 | 1235 | 00:33:45 | Groth | Joy Gardina | Freie Waldorfschule Itzehoe Klasse 3 | GER-SH | W-40 | 36 |
| 547 | 3382 | 00:33:46 | Block | Gitta | Itzehoe | GER-SH | W-35 | 27 |
| 548 | 1499 | 00:33:48 | Pfleiderer | Sara | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 55 |
| 549 | 3252 | 00:33:51 | Borucki | Janina | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-30 | 11 |
| 550 | 1540 | 00:33:53 | Thomsen | Lea | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU12 | 114 |
| 551 | 2403 | 00:33:54 | Kloetzing | Leonie | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | W-KU12 | 115 |
| 552 | 2401 | 00:33:55 | Garms | Stine | Kaiser-Karl-Schule Itzehoe 5d | GER-SH | W-JU14 | 125 |
| 553 | 3743 | 00:33:56 | Mühler | Katharina | Sport-Club Itzehoe | GER-SH | W-JU14 | 126 |
| 554 | 2211 | 00:33:56 | Schurat | Caroline | Fehr-Schule | GER-SH | W-KU12 | 116 |
| 555 | 3587 | 00:33:56 | Mählmann | Laura | Grundschule Sude-West 2 | GER-SH | W-KU10 | 56 |
| 556 | 1458 | 00:33:57 | Flick | Rica | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 57 |
| 557 | 1534 | 00:33:58 | Mangelsdorf | Lova | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU12 | 117 |
| 558 | 2323 | 00:33:58 | Willumeit | Hannah | Grundschule Edendorf 4a | GER-SH | W-KU12 | 118 |
| 559 | 1279 | 00:33:59 | Wenzel | Marie | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | W-JU14 | 127 |
| 560 | 2443 | 00:33:59 | Plett | Annemieke | Liliencronschule Lägerdorf 3 | GER-SH | W-KU12 | 119 |
| 561 | 2560 | 00:34:01 | Grüntz | Julia | SV Brokdorf | GER-SH | W-JU18 | 29 |
| 562 | 2811 | 00:34:01 | Hansen | Gitte | Atlética Horsens | DEN | W-45 | 20 |
| 563 | 2449 | 00:34:04 | Sindermann | Amelie | Liliencronschule Lägerdorf 3 | GER-SH | W-KU12 | 120 |
| 564 | 3507 | 00:34:05 | Lorenzen | Lea Sophie | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 128 |
| 565 | 2207 | 00:34:05 | Schiefelbein | Anja | Fehr-Schule | GER-SH | W-35 | 28 |
| 566 | 3332 | 00:34:07 | Haase | Sophie Charlotte | | GER-SH | W-KU12 | 121 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-----------------|-------------|--|--------|-------------------|------------------|
| 567 | 3499 | 00:34:08 | Holstein | Nele | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 129 |
| 568 | 3498 | 00:34:08 | Hinnrichsen | Finja | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 130 |
| 569 | 2467 | 00:34:11 | Kooistra | Daniela | Münsterdorfer SV | GER-SH | W-40 | 37 |
| 570 | 3217 | 00:34:11 | Janke | Anna | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | W-JU18 | 30 |
| 571 | 1448 | 00:34:12 | Asmus-Mrozek | Birgit | Grundschule Op de Host Klasse 1-4 | GER-SH | W-40 | 38 |
| 572 | 1494 | 00:34:12 | Mrozek | Katharina | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 58 |
| 573 | 3835 | 00:34:13 | Lorenzen | Siri | VFL Heiligenstedten | GER-SH | W-KU12 | 122 |
| 574 | 1396 | 00:34:14 | Kröger | Daniela | Grundschule Oelixdorf 1 | GER-SH | W-40 | 39 |
| 575 | 1701 | 00:34:15 | Orfert | Nicole | Grund- u. Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-JU16 | 50 |
| 576 | 2353 | 00:34:15 | Wulf | Jette | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 123 |
| 577 | 2691 | 00:34:16 | Flick-Schönrock | Kerstin | Heiligenstedten | GER-SH | W-45 | 21 |
| 578 | 1946 | 00:34:16 | Haberland | Merle | Süderau | GER-SH | W-JU14 | 131 |
| 579 | 2247 | 00:34:17 | Meyer | Lina | Fehrs-Schule | GER-SH | W-KU12 | 124 |
| 580 | 3058 | 00:34:17 | Theede | Theresa | Regionales Berufsbildungszentrum des Kreises Steinburg 11 Klasse BFS II | GER-SH | W-JU20 | 29 |
| 581 | 3229 | 00:34:18 | Böge | Neele | Sport-Club Itzehoe | GER-SH | W-20 | 35 |
| 582 | 1676 | 00:34:18 | Faust | Stine | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 125 |
| 583 | 2387 | 00:34:18 | Bolten | Emma | Julianka Schule Heiligenstedten 2b | GER-SH | W-KU10 | 59 |
| 584 | 2133 | 00:34:19 | Gerwins | Anabel | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 126 |
| 585 | 2136 | 00:34:20 | Haltermann | Charlotte | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 127 |
| 586 | 2155 | 00:34:20 | Bahr | Rowena | Fehr-Schule | GER-SH | W-KU10 | 60 |
| 587 | 2196 | 00:34:21 | Meints | Lana-Noelle | Fehr-Schule | GER-SH | W-KU10 | 61 |
| 588 | 2939 | 00:34:21 | Trede | Hannah | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | W-KU10 | 62 |
| 589 | 2316 | 00:34:21 | Faerber | Karlotta | Grundschule Edendorf 4a | GER-SH | W-KU12 | 128 |
| 590 | 2669 | 00:34:21 | Behm | Silvana | Moorhusen | GER-SH | W-30 | 12 |
| 591 | 2318 | 00:34:22 | Kowaljaw | Viktorija | Grundschule Edendorf 4a | GER-SH | W-KU12 | 129 |
| 592 | 2911 | 00:34:22 | Krause | Viktorija | Gemeinschaftsschule Wilster 8b | GER-SH | W-JU16 | 51 |
| 593 | 2606 | 00:34:22 | Peter | Nicole | Wilhelm-Käber-Schule Hohenlockstedt 7b | GER-SH | W-JU18 | 31 |
| 594 | 2914 | 00:34:22 | Ledtje | Lisa | Gemeinschaftsschule Wilster 8b | GER-SH | W-JU16 | 52 |
| 595 | 2235 | 00:34:22 | Alpen | Jula | Fehrs-Schule | GER-SH | W-KU10 | 63 |
| 596 | 2225 | 00:34:22 | Ulrich | Dana | Fehr-Schule | GER-SH | W-KU10 | 64 |
| 597 | 2890 | 00:34:23 | Nebke | Anna-Lena | Gemeinschaftsschule am Lehmwohld | GER-SH | W-JU14 | 132 |
| 598 | 3307 | 00:34:23 | Kastl-Gloy | Ute | Voltigier- u. RV Heiligenstedten-Krempermarsch e.V. | GER-SH | W-45 | 22 |
| 599 | 3867 | 00:34:23 | Student | Anna | Wohlert, Aldag & Partner | GER-SH | W-KU8 | 3 |
| 600 | 1285 | 00:34:25 | Franzen | Charlene | Freie Waldorfschule Itzehoe Klasse 6 | GER-SH | W-JU14 | 133 |
| 601 | 2807 | 00:34:26 | zur Verth | Svenja | Itzehoe | GER-SH | W-JU16 | 53 |
| 602 | 2496 | 00:34:26 | Krieger | Bianca | RKISH | GER-SH | W-35 | 29 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|---------------|--|---------|-------------------|------------------|
| 603 | 1769 | 00:34:27 | Giwakowski | Jasmin | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 130 |
| 604 | 2084 | 00:34:27 | Loos | Nele Anike | AVS Itzehoe 7a | GER-SH | W-JU16 | 54 |
| 605 | 1865 | 00:34:28 | Wolter | Kyara | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 134 |
| 606 | 3180 | 00:34:29 | Lüdke | Lea | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 135 |
| 607 | 3182 | 00:34:29 | Millfahrt | Tabea | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 136 |
| 608 | 3091 | 00:34:33 | Spörke | Amedea | Schule Hohe Geest 5a | GER-SH | W-KU12 | 131 |
| 609 | 3071 | 00:34:34 | Akdag | Rana | Schule Hohe Geest 5a | GER-SH | W-JU14 | 137 |
| 610 | 2106 | 00:34:35 | Günther | Marie-Sophie | Detlefsengymnasium Glückstadt 6a | GER-SH | W-JU14 | 138 |
| 611 | 2110 | 00:34:35 | Meyer | Maruscha | Detlefsengymnasium Glückstadt 6a | GER-SH | W-JU14 | 139 |
| 612 | 3785 | 00:34:36 | Grabo | Annalena | Trede & von Pein GmbH | GER-SH | W-20 | 36 |
| 613 | 2105 | 00:34:36 | Fietz | Alina | Detlefsengymnasium Glückstadt 6a | GER-SH | W-JU14 | 140 |
| 614 | 3816 | 00:34:36 | Trulsen | Meike | Trede & von Pein GmbH | GER-SH | W-20 | 37 |
| 615 | 1883 | 00:34:37 | Keller | Catharina | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | W-KU10 | 65 |
| 616 | 1910 | 00:34:37 | Knispel | Llywela | Pattensen | GER-NIE | W-JU14 | 141 |
| 617 | 3548 | 00:34:37 | Ibs | Svea | Grundschule Sude-West 2 | GER-SH | W-KU10 | 66 |
| 618 | 3305 | 00:34:38 | Bochnik | Ira | Voltigier- u.RV Heiligenstedten-Krempermarsch h e.V. | GER-SH | W-35 | 30 |
| 619 | 3309 | 00:34:38 | Leistner | Lilly | Voltigier- u.RV Heiligenstedten-Krempermarsch h e.V. | GER-SH | W-KU12 | 132 |
| 620 | 1412 | 00:34:39 | Kawalek | Nina | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 67 |
| 621 | 1406 | 00:34:40 | Göring | Katja | Grundschule Oelixdorf 2 | GER-SH | W-35 | 31 |
| 622 | 3014 | 00:34:40 | Claussen | Merrit | MSV Münsterdorf | GER-SH | W-KU10 | 68 |
| 623 | 1407 | 00:34:40 | Göring | Sonka | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 69 |
| 624 | 2096 | 00:34:40 | Spiegl | Claudia | Butzkies Stahlbau | GER-SH | W-40 | 40 |
| 625 | 1680 | 00:34:40 | Kasjanenko | Julia | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 133 |
| 626 | 3026 | 00:34:41 | Illner | Julia | Münsterdorfer SV | GER-SH | W-KU10 | 70 |
| 627 | 1278 | 00:34:41 | Wenzel | Julia | Freie Waldorfschule Itzehoe Klasse 5 | GER-SH | W-JU16 | 55 |
| 628 | 1418 | 00:34:43 | Vock | Fina | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 71 |
| 629 | 1419 | 00:34:43 | Vock | Vanessa | Grundschule Oelixdorf 2 | GER-SH | W-35 | 32 |
| 630 | 3579 | 00:34:43 | Lähn | Luisa | Grundschule Sude-West 4 | GER-SH | W-KU12 | 134 |
| 631 | 3566 | 00:34:43 | Katzmann | Ilona | Grundschule Sude-West 3 | GER-SH | W-40 | 41 |
| 632 | 3567 | 00:34:43 | Kühne | Vanessa-Marie | Grundschule Sude-West 3 | GER-SH | W-KU10 | 72 |
| 633 | 3573 | 00:34:43 | Wettwer | Leonie | Grundschule Sude-West 3 | GER-SH | W-KU10 | 73 |
| 634 | 1410 | 00:34:43 | Harnack | Arnika | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 74 |
| 635 | 2998 | 00:34:46 | Meyer | Nele | Klinikum Itzehoe | GER-SH | W-KU10 | 75 |
| 636 | 1801 | 00:34:47 | Kohnke | Merle | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 135 |
| 637 | 1353 | 00:34:48 | Rook | Anna | Grundschule Edendorf 3b | GER-SH | W-KU10 | 76 |
| 638 | 1803 | 00:34:50 | Kumar | Nikita | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 142 |
| 639 | 3545 | 00:34:51 | Eberst | Gloria Emilie | Grundschule Sude-West 2 | GER-SH | W-KU10 | 77 |
| 640 | 2592 | 00:34:51 | Breuer | Lea | TSV-Kremperheide | GER-SH | W-JU20 | 30 |
| 641 | 3352 | 00:34:51 | Dilschmann | Renia | Sport-Club Itzehoe | GER-SH | W-35 | 33 |
| 642 | 1846 | 00:34:52 | Shala | Suzane | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 56 |
| 643 | 3239 | 00:34:52 | Puls | Paula | Sport-Club Itzehoe | GER-SH | W-KU10 | 78 |
| 644 | 1526 | 00:34:52 | Birner | Lucy | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU12 | 136 |
| 645 | 1816 | 00:34:53 | Meyer | Patricia | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU18 | 32 |
| 646 | 1265 | 00:34:53 | Patzwahl | Kristin | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-45 | 23 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------------|----------------|---|--------|-------------------|------------------|
| 647 | 1337 | 00:34:53 | Betz | Regina | Grundschule Edendorf 3b | GER-SH | W-KU10 | 79 |
| 648 | 1307 | 00:34:54 | Stege | Marlena | Freie Waldorfschule Itzehoe Klasse 9 | GER-SH | W-JU18 | 33 |
| 649 | 3215 | 00:34:55 | Gollnick | Svenja | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | W-JU18 | 34 |
| 650 | 3830 | 00:34:55 | Großmann | Karin | TSV Lola | GER-SH | W-65 | 2 |
| 651 | 2285 | 00:34:55 | Stapper | Leonie | Grundschule Brokstedt 2 | GER-SH | W-KU10 | 80 |
| 652 | 2286 | 00:34:55 | Stapper | Michelle | Grundschule Brokstedt 2 | GER-SH | W-JU16 | 57 |
| 653 | 2056 | 00:34:59 | Harms | Miriam | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 137 |
| 654 | 2689 | 00:34:59 | Fischer | Klara | Itzehoe | GER-SH | W-JU14 | 143 |
| 655 | 1571 | 00:34:59 | Nielsen | Sabine | Grundschule Sankt Margarethen Sterne A | GER-SH | W-40 | 42 |
| 656 | 3218 | 00:35:00 | Lähn | Sina | Sophie-Scholl-Gymnasium Itzehoe 9f | GER-SH | W-JU18 | 35 |
| 657 | 3836 | 00:35:01 | Schuemann | Katja | VFL Kellinghusen | GER-SH | W-40 | 43 |
| 658 | 1608 | 00:35:01 | Stöker | Johanna Sophie | Grundschule Wellenkamp 3a | GER-SH | W-JU14 | 144 |
| 659 | 3021 | 00:35:02 | Wichmann | Sabine | MTV Itzehoe | GER-SH | W-JU16 | 58 |
| 660 | 2308 | 00:35:03 | Marotzki | Lena | Grundschule Brokstedt 4 | GER-SH | W-KU12 | 138 |
| 661 | 1610 | 00:35:04 | Stöker - Tetzner | Britta | Grundschule Wellenkamp 3a | GER-SH | W-45 | 24 |
| 662 | 2552 | 00:35:05 | Rapillus | Lea | Sport-Club Itzehoe | GER-SH | W-KU10 | 81 |
| 663 | 2313 | 00:35:06 | Tormählen | Kim | Grundschule Brokstedt 4 | GER-SH | W-KU12 | 139 |
| 664 | 2315 | 00:35:06 | Brünnicke | Denise | Grundschule Edendorf 4a | GER-SH | W-JU14 | 145 |
| 665 | 1635 | 00:35:07 | Wülpern | Kimberly | Grundschule Wellenkamp 3c | GER-SH | W-KU12 | 140 |
| 666 | 1349 | 00:35:07 | Maaß | Lara | Grundschule Edendorf 3b | GER-SH | W-KU12 | 141 |
| 667 | 1340 | 00:35:07 | Fischer | Helene | Grundschule Edendorf 3b | GER-SH | W-KU12 | 142 |
| 668 | 2921 | 00:35:08 | Bobrowski | Anabell | Gesundheitszentrum Klosterforst | GER-SH | W-20 | 38 |
| 669 | 1305 | 00:35:09 | Mahnke | Lotta Marie | Freie Waldorfschule Itzehoe Klasse 9 | GER-SH | W-JU16 | 59 |
| 670 | 1548 | 00:35:12 | Kruse | Martina | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-45 | 25 |
| 671 | 3142 | 00:35:12 | Hülß | Luisa | Schulzentrum Krempermarsch, Grund- und Gemeinschaftsschule Krempe 5 | GER-SH | W-KU12 | 143 |
| 672 | 3168 | 00:35:14 | Bechthum | Johanna | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 146 |
| 673 | 3194 | 00:35:14 | Werner | Jule | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 147 |
| 674 | 3243 | 00:35:14 | Rosenberg | Nicole | Sport-Club Itzehoe | GER-SH | W-20 | 39 |
| 675 | 2319 | 00:35:14 | Maaß | Monja | Grundschule Edendorf 4a | GER-SH | W-JU14 | 148 |
| 676 | 3242 | 00:35:14 | Rosenberg | Merissa | Sport-Club Itzehoe | GER-SH | W-KU8 | 4 |
| 677 | 3339 | 00:35:15 | Lyding Hofacker | Simone | Dialyse Rendsburg | GER-SH | W-35 | 34 |
| 678 | 3854 | 00:35:16 | Hollmann | Katharina | Wohler, Aldag & Partner | GER-SH | W-45 | 26 |
| 679 | 3163 | 00:35:20 | Meenken | Lina | Sophie -Scholl-Gymnasium Ve | GER-SH | W-JU14 | 149 |
| 680 | 1468 | 00:35:20 | Hornig | Mirja Marie | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU8 | 5 |
| 681 | 3713 | 00:35:20 | Rasmussen | Sarah | Schlüssel- und Sicherheitstechnik Lappe und Rasmussen GbR | GER-SH | W-20 | 40 |
| 682 | 3237 | 00:35:21 | Lehmann | Ingke | Sport-Club Itzehoe | GER-SH | W-70 | 1 |
| 683 | 3281 | 00:35:22 | Gerhards | Berit | TSV Lola | GER-SH | W-30 | 13 |
| 684 | 3310 | 00:35:24 | Steinforth | Lilly | Voltigier- u.RV Heiligenstedten-Krempermarsch h e.V. | GER-SH | W-KU10 | 82 |
| 685 | 3132 | 00:35:26 | Schmidt | Vanessa | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | W-KU8 | 6 |
| 686 | 3128 | 00:35:26 | Grundmann | Darleen | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | W-KU12 | 144 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|---------------|-------------------|---|--------|-------------------|------------------|
| 687 | 3110 | 00:35:26 | Jurczyk | Nele | Schulzentrum Krempermarsch 4a | GER-SH | W-KU12 | 145 |
| 688 | 1550 | 00:35:27 | Looft | Claudia | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-45 | 27 |
| 689 | 2035 | 00:35:32 | Mohr | Emilie | Auguste-Viktoria-Schule 5a | GER-SH | W-KU12 | 146 |
| 690 | 2210 | 00:35:33 | Schröder | Yella | Fehr-Schule | GER-SH | W-KU8 | 7 |
| 691 | 3304 | 00:35:34 | Bochnik | Ann-Sophie | Voltgier- u.RV Heiligenstedten-Krempermarsch e.V. | GER-SH | W-KU8 | 8 |
| 692 | 1788 | 00:35:35 | Iwan | Sina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 150 |
| 693 | 1827 | 00:35:36 | Olandt | Lia-Julie | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 151 |
| 694 | 2751 | 00:35:36 | Petersen | Julita | Itzehoe | GER-SH | W-30 | 14 |
| 695 | 1837 | 00:35:38 | Reymann | Kimberly | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 60 |
| 696 | 1812 | 00:35:38 | Mälk | Jana | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 61 |
| 697 | 2180 | 00:35:39 | Heesch | Sophia | Fehr-Schule | GER-SH | W-KU8 | 9 |
| 698 | 2658 | 00:35:39 | Balk-Schwipps | Gisela | Oelixdorf | GER-SH | W-60 | 3 |
| 699 | 2125 | 00:35:40 | Warnke | Kaja | Detlefsengymnasium Glückstadt 8b | GER-SH | W-JU16 | 62 |
| 700 | 2975 | 00:35:41 | Hüffer | Claudia | Kaiser-Karl-Schule Itzehoe 9d | GER-SH | W-45 | 28 |
| 701 | 2119 | 00:35:41 | Kohstall | Anne | Detlefsengymnasium Glückstadt 8b | GER-SH | W-JU16 | 63 |
| 702 | 3423 | 00:35:45 | Lucht | Mona | Beidenfleth | GER-SH | W-JU18 | 36 |
| 703 | 1466 | 00:35:46 | Hansen | Celina Sophie | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 83 |
| 704 | 3290 | 00:35:48 | Fischer | Annika | Kaiser-Karl-Schule | GER-SH | W-KU12 | 147 |
| 705 | 1457 | 00:35:48 | Eschenbach | Alina | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 84 |
| 706 | 3424 | 00:35:48 | Lucht | Tessa | Beidenfleth | GER-SH | W-JU18 | 37 |
| 707 | 2028 | 00:35:48 | Gaycken | Lena-Maria | Auguste-Viktoria-Schule 5a | GER-SH | W-JU14 | 152 |
| 708 | 2029 | 00:35:48 | Grebin | Karoline Gretchen | Auguste-Viktoria-Schule 5a | GER-SH | W-JU14 | 153 |
| 709 | 2739 | 00:35:51 | Möller | Claudia | Münsterdorf | GER-SH | W-40 | 44 |
| 710 | 3574 | 00:35:51 | Zieleniewski | Daria | Grundschule Sude-West 3 | GER-SH | W-KU10 | 85 |
| 711 | 3340 | 00:35:52 | Witt | Nina | | GER-SH | W-KU12 | 148 |
| 712 | 3192 | 00:35:53 | Schönfeld | Jessica | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 154 |
| 713 | 2717 | 00:35:54 | Klinger | Sabrina | Hohenaspe | GER-SH | W-40 | 45 |
| 714 | 2293 | 00:35:56 | Leonhard | Kiara | Grundschule Brokstedt 3 | GER-SH | W-KU10 | 86 |
| 715 | 2292 | 00:35:56 | Jürgens | Tabea | Grundschule Brokstedt 3 | GER-SH | W-KU12 | 149 |
| 716 | 3447 | 00:35:58 | Trennert | Marlies | Itzehoe | GER-SH | W-50 | 14 |
| 717 | 1902 | 00:35:59 | Kopacz | Paula Nele | Sophie Scholl Gymnasium Vld | GER-SH | W-JU14 | 155 |
| 718 | 3524 | 00:36:00 | Grassing | Chantal | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 156 |
| 719 | 3385 | 00:36:00 | Bunge-Loos | Manuela | Itzehoe | GER-SH | W-45 | 29 |
| 720 | 3525 | 00:36:00 | Helmcke | Jessica | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 157 |
| 721 | 1926 | 00:36:00 | Beisel | Natalie | Itzehoe | GER-SH | W-35 | 35 |
| 722 | 3346 | 00:36:00 | Oehlich | Jennifer | | GER-SH | W-20 | 41 |
| 723 | 1682 | 00:36:00 | Kühn | Constance | Grundschule Wellenkamp 4d | GER-SH | W-40 | 46 |
| 724 | 1657 | 00:36:00 | Staenke | Jessica | Grundschule Wellenkamp 4b | GER-SH | W-KU12 | 150 |
| 725 | 3195 | 00:36:02 | Wessel | Benthe | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 158 |
| 726 | 1557 | 00:36:02 | Stieben | Irene | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-40 | 47 |
| 727 | 3355 | 00:36:02 | Lyding | Lara-Marie | | GER-SH | W-JU16 | 64 |
| 728 | 1588 | 00:36:02 | Stieben | Emely | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU10 | 87 |
| 729 | 1577 | 00:36:04 | von Thun | Josephine | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 88 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|---------------|--|---------|-------------------|------------------|
| 730 | 1759 | 00:36:04 | Dieckmann | Julie | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 159 |
| 731 | 1752 | 00:36:04 | Buchheim | Tanja | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 160 |
| 732 | 1559 | 00:36:05 | Averhoff | Michelle | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 89 |
| 733 | 2752 | 00:36:05 | Ramhold | Lea-Maria | Strenglin | GER-SH | W-JU16 | 65 |
| 734 | 2989 | 00:36:06 | Görrisch | Claudia | Klinikum Itzehoe | GER-SH | W-40 | 48 |
| 735 | 1717 | 00:36:07 | Storm | Diana | Klinikum Itzehoe | GER-SH | W-35 | 36 |
| 736 | 2974 | 00:36:08 | Nebke | Emma | Julianka-Schule | GER-SH | W-KU10 | 90 |
| 737 | 1578 | 00:36:11 | von Thun | Manuela | Grundschule Sankt Margarethen Sterne A | GER-SH | W-30 | 15 |
| 738 | 1972 | 00:36:12 | Pohlmeyer | Anka | Fitzbek | GER-SH | W-JU14 | 161 |
| 739 | 1978 | 00:36:12 | Ratjen | Katharina | Fitzbek | GER-SH | W-KU12 | 151 |
| 740 | 1250 | 00:36:12 | Engel | Linns | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-KU8 | 10 |
| 741 | 1768 | 00:36:14 | Gatke | Johanna | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 152 |
| 742 | 2426 | 00:36:14 | Jürgensen | Rieke | Klinikum Itzehoe | GER-SH | W-KU10 | 91 |
| 743 | 2746 | 00:36:16 | Mehner-Vogel | Sabine | Laufftreff Geesthacht | GER-SH | W-55 | 8 |
| 744 | 1346 | 00:36:16 | Grünekle | Ponke | Grundschule Edendorf 3b | GER-SH | W-KU10 | 92 |
| 745 | 1314 | 00:36:17 | Fels | Marieke | Grundschule Edendorf 1b | GER-SH | W-KU8 | 11 |
| 746 | 1761 | 00:36:18 | Duchow | Leah-Jennifer | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 162 |
| 747 | 2468 | 00:36:20 | Kooistra | Mia Grietje | Münsterdorfer SV | GER-SH | W-KU10 | 93 |
| 748 | 1530 | 00:36:22 | Köhler | Uschi | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-40 | 49 |
| 749 | 2425 | 00:36:22 | Jochimsen | Jette | Klinikum Itzehoe | GER-SH | W-KU8 | 12 |
| 750 | 2441 | 00:36:22 | Krassow | Dana | Liliencronschule Lägerdorf 3 | GER-SH | W-KU10 | 94 |
| 751 | 2070 | 00:36:28 | Struck | Patricia | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-JU14 | 163 |
| 752 | 2069 | 00:36:28 | Sierks | Anne | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 153 |
| 753 | 2672 | 00:36:30 | Berkhahn | Alicia | Hohenaspe | GER-SH | W-JU16 | 66 |
| 754 | 2937 | 00:36:30 | Seyfert | Celina | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | W-KU10 | 95 |
| 755 | 1503 | 00:36:30 | Rehg | Emily | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 154 |
| 756 | 1483 | 00:36:30 | Lüdemann | Imke | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 155 |
| 757 | 1968 | 00:36:31 | Lottemoser | Marie | Hamburg | GER-HAM | W-KU12 | 156 |
| 758 | 2931 | 00:36:31 | Diercks | Laura | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | W-KU10 | 96 |
| 759 | 1997 | 00:36:31 | Wanke | Ingrid | Hamburg | GER-HAM | W-40 | 50 |
| 760 | 2936 | 00:36:31 | Ralfs | Nele | Grund- und Gemeinschaftsschule Krempermarsch Delfin-Klasse | GER-SH | W-KU12 | 157 |
| 761 | 2430 | 00:36:32 | Schmidtke | Ramona | Klinikum Itzehoe | GER-SH | W-35 | 37 |
| 762 | 2698 | 00:36:34 | Harders | Foelke | Kaaks | GER-SH | W-40 | 51 |
| 763 | 1582 | 00:36:37 | Göser | Zoe | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU8 | 13 |
| 764 | 3875 | 00:36:38 | Grygo | Kornelia | Elmshorner MTV | GER-SH | W-55 | 9 |
| 765 | 3828 | 00:36:38 | Breiholz | Sabine | TSV Lola | GER-SH | W-50 | 15 |
| 766 | 3407 | 00:36:38 | Herzog | Liangying | Krempferheide | GER-SH | W-20 | 42 |
| 767 | 1517 | 00:36:40 | Stapelfeldt | Pia | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 158 |
| 768 | 1352 | 00:36:42 | Paulsen | Sina | Grundschule Edendorf 3b | GER-SH | W-KU12 | 159 |
| 769 | 1547 | 00:36:42 | Krey | Rebecca | Grundschule Sankt Margarethen Klasse 4 | GER-SH | W-KU12 | 160 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------|----------------|---|--------|-------------------|------------------|
| 770 | 1323 | 00:36:42 | Goldau | Nike | Grundschule Edendorf 1c | GER-SH | W-KU10 | 97 |
| 771 | 1332 | 00:36:42 | Schinnagel | Brigitte | Grundschule Edendorf 1c | GER-SH | W-45 | 30 |
| 772 | 1313 | 00:36:43 | Fels | Daniela | Grundschule Edendorf 1b | GER-SH | W-30 | 16 |
| 773 | 1749 | 00:36:45 | Bille | Michelle | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 161 |
| 774 | 1840 | 00:36:45 | Runge | Lena | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 162 |
| 775 | 2302 | 00:36:46 | Schlüter | Farah | Grundschule Brokstedt 3 | GER-SH | W-KU12 | 163 |
| 776 | 2013 | 00:36:46 | Zelewski | Johanna | Auguste Viktoria Schule 6c | GER-SH | W-JU14 | 164 |
| 777 | 2301 | 00:36:51 | Ruwisch | Ida-Friederike | Grundschule Brokstedt 3 | GER-SH | W-KU10 | 98 |
| 778 | 2306 | 00:36:52 | Jürgens | Alena | Grundschule Brokstedt 4 | GER-SH | W-KU12 | 164 |
| 779 | 3487 | 00:36:52 | Blum | Julia | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 165 |
| 780 | 1392 | 00:36:53 | Deepen | Lia-Jolie | Grundschule Oelixdorf 1 | GER-SH | W-KU10 | 99 |
| 781 | 1753 | 00:36:53 | Budyłski | Nicole | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 165 |
| 782 | 1856 | 00:36:54 | Theede | Michelle | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 166 |
| 783 | 1830 | 00:36:54 | Pasqualicchio | Letizia | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 167 |
| 784 | 3311 | 00:36:54 | Rehberg | Celine | Wbr | GER-SH | W-JU16 | 67 |
| 785 | 3550 | 00:36:56 | Millfahrt | Doris | Grundschule Sude-West 2 | GER-SH | W-40 | 52 |
| 786 | 2314 | 00:36:56 | Bandt | Lea Marthe | Grundschule Edendorf 4a | GER-SH | W-KU12 | 166 |
| 787 | 2527 | 00:36:59 | Lehmann | Linn | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-JU14 | 168 |
| 788 | 2535 | 00:37:00 | Wefelnberg | Emma | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-KU12 | 167 |
| 789 | 1693 | 00:37:02 | Grundmann | Bärbel | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-45 | 31 |
| 790 | 2307 | 00:37:04 | Krüger | Lina | Grundschule Brokstedt 4 | GER-SH | W-KU12 | 168 |
| 791 | 1357 | 00:37:05 | Blum | Sophia | Grundschule Krempersheide 1/2a | GER-SH | W-KU10 | 100 |
| 792 | 1567 | 00:37:06 | Klein | Celina | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 101 |
| 793 | 2130 | 00:37:07 | Boye | Anna-Lena | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 169 |
| 794 | 2727 | 00:37:11 | Lorentzen | Anke | Itzehoe | GER-SH | W-30 | 17 |
| 795 | 2253 | 00:37:11 | Rakotonanahary | Lisa | Fehrs-Schule | GER-SH | W-KU12 | 170 |
| 796 | 2421 | 00:37:16 | Beiersdorf | Frieda | Klinikum Itzehoe | GER-SH | W-KU12 | 171 |
| 797 | 2625 | 00:37:17 | Zöllner | Finja | Wolfgang Borchert Regionalschule 5c | GER-SH | W-JU14 | 169 |
| 798 | 3151 | 00:37:18 | Scharre | Birgit | SCI | GER-SH | W-45 | 32 |
| 799 | 2164 | 00:37:19 | Brorsen | Sophia | Fehr-Schule | GER-SH | W-KU10 | 102 |
| 800 | 2266 | 00:37:19 | Witt | Franka | Fehrs-Schule | GER-SH | W-KU10 | 103 |
| 801 | 2159 | 00:37:20 | Bödicker | Domenice | Fehr-Schule | GER-SH | W-35 | 38 |
| 802 | 2163 | 00:37:21 | Brorsen | Angelique | Fehr-Schule | GER-SH | W-KU12 | 172 |
| 803 | 2995 | 00:37:22 | Lucki | Solvej | Klinikum Itzehoe | GER-SH | W-KU12 | 173 |
| 804 | 2999 | 00:37:22 | Rohse | Camilla | Klinikum Itzehoe | GER-SH | W-KU12 | 174 |
| 805 | 1836 | 00:37:23 | Reicke | Klara | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 170 |
| 806 | 1742 | 00:37:23 | Asmussen | Alexandra | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 171 |
| 807 | 2132 | 00:37:24 | Engel | Sharon | Ernst-Moritz-Armdt-Grundschule 4B | GER-SH | W-KU12 | 175 |
| 808 | 3240 | 00:37:24 | Puls | Susanne | Sport-Club Itzehoe | GER-SH | W-40 | 53 |
| 809 | 2701 | 00:37:25 | Hasenöhr | Beate | Kellinghusen | GER-SH | W-45 | 33 |
| 810 | 3308 | 00:37:25 | Krüger | Julia | Voltigier- u.RV Heiligenstedten-Krempersmarsch e.V. | GER-SH | W-KU10 | 104 |
| 811 | 3294 | 00:37:27 | Gärtner | Antonia | VFL Kellinghusen | GER-SH | W-JU16 | 68 |
| 812 | 2450 | 00:37:28 | Zdrzalek | Michelle | Liliencronschule Lägerdorf 3 | GER-SH | W-KU12 | 176 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|----------------------|--------------|---|--------|-------------------|------------------|
| 813 | 3133 | 00:37:29 | Winter | Janine | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | W-KU12 | 177 |
| 814 | 2922 | 00:37:29 | Bolick | Jessica | Gesundheitszentrum Klosterforst | GER-SH | W-30 | 18 |
| 815 | 2947 | 00:37:33 | Rüdiger | Josefin | HSC Hohenaspe | GER-SH | W-KU10 | 105 |
| 816 | 3329 | 00:37:38 | Schmidt | Bettina | | GER-SH | W-45 | 34 |
| 817 | 1565 | 00:37:38 | Hellerich | Konni | Grundschule Sankt Margarethen Sterne A | GER-SH | W-40 | 54 |
| 818 | 1649 | 00:37:40 | Böckmann | Julia | Grundschule Wellenkamp 4b | GER-SH | W-KU12 | 178 |
| 819 | 3482 | 00:37:42 | Schemmel | Meike | Firma Baumland | GER-SH | W-35 | 39 |
| 820 | 3327 | 00:37:42 | Hartmann | Cecilia | | GER-SH | W-45 | 35 |
| 821 | 3125 | 00:37:43 | Dost | Jette | Schulzentrum Krempermarsch Pinguine 1-3 | GER-SH | W-KU8 | 14 |
| 822 | 2298 | 00:37:45 | Möhring | Venezia | Grundschule Brokstedt 3 | GER-SH | W-KU12 | 179 |
| 823 | 2528 | 00:37:46 | Liedtke | Svea | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-JU14 | 172 |
| 824 | 2073 | 00:37:47 | Ziegenbein | Marlin | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 180 |
| 825 | 1355 | 00:37:48 | Wiese | Sina | Grundschule Edendorf 3b | GER-SH | W-KU10 | 106 |
| 826 | 2521 | 00:37:50 | Bangert | Liv | Sophie Scholl Gymnasium Itzehoe 5a | GER-SH | W-KU12 | 181 |
| 827 | 2946 | 00:37:52 | Reichelt | Svenja | HSC Hohenaspe | GER-SH | W-20 | 43 |
| 828 | 1996 | 00:37:52 | Tobien | Britta | Hohenlockstedt | GER-SH | W-40 | 55 |
| 829 | 2297 | 00:37:52 | Mohrdieck | Kaja | Grundschule Brokstedt 3 | GER-SH | W-KU10 | 107 |
| 830 | 2261 | 00:37:55 | Tempel | Marie | Fehrs-Schule | GER-SH | W-KU12 | 182 |
| 831 | 1408 | 00:37:58 | Gräf | Lilly | Grundschule Oelixdorf 2 | GER-SH | W-KU10 | 108 |
| 832 | 3533 | 00:38:00 | Schneidmiller | Julia | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 173 |
| 833 | 3568 | 00:38:02 | Miller | Lena | Grundschule Sude-West 3 | GER-SH | W-KU12 | 183 |
| 834 | 1467 | 00:38:04 | Hornig | Claudia | Grundschule Op de Host Klasse 1-4 | GER-SH | W-40 | 56 |
| 835 | 3245 | 00:38:04 | Wiemken | Fenja | Sport-Club Itzehoe | GER-SH | W-JU14 | 174 |
| 836 | 3176 | 00:38:05 | Gärtner | Anne-Kathrin | Sophie-Scholl-Gymnasium Vc | GER-SH | W-JU14 | 175 |
| 837 | 2198 | 00:38:09 | Mezger | Samira | Fehr-Schule | GER-SH | W-KU8 | 15 |
| 838 | 2396 | 00:38:11 | Seemann | Svea | Julianka Schule Heiligenstedten 2b | GER-SH | W-KU10 | 109 |
| 839 | 2273 | 00:38:13 | Ratjen | Hanna | Grundschule Brokstedt | GER-SH | W-KU12 | 184 |
| 840 | 1691 | 00:38:13 | Conrad | Jana | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-KU10 | 110 |
| 841 | 1697 | 00:38:13 | Mielke | Laura | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-KU12 | 185 |
| 842 | 3645 | 00:38:14 | Montonen | Vilma | Lokomotive Krempe | GER-SH | W-JU20 | 31 |
| 843 | 3633 | 00:38:15 | Detjens | Renate | Lokomotive Krempe | GER-SH | W-50 | 16 |
| 844 | 2231 | 00:38:15 | Wünsch | Lilly | Fehr-Schule | GER-SH | W-KU8 | 16 |
| 845 | 2175 | 00:38:20 | Goldt | Mona | Fehr-Schule | GER-SH | W-KU12 | 186 |
| 846 | 2971 | 00:38:23 | Schultz | Alina | Iversen und Rademann | GER-SH | W-JU14 | 176 |
| 847 | 1690 | 00:38:26 | Clasen | Nina | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-KU12 | 187 |
| 848 | 2656 | 00:38:29 | Bahr-Crome | Ursula | Itzehoe | GER-SH | W-60 | 4 |
| 849 | 2215 | 00:38:32 | Softsi | Maria | Fehr-Schule | GER-SH | W-30 | 19 |
| 850 | 2216 | 00:38:32 | Softsi | Sofia | Fehr-Schule | GER-SH | W-KU10 | 111 |
| 851 | 2156 | 00:38:32 | Bär | Leonie | Fehr-Schule | GER-SH | W-KU10 | 112 |
| 852 | 2287 | 00:38:32 | Tormählen | Liv | Grundschule Brokstedt 2 | GER-SH | W-KU10 | 113 |
| 853 | 2275 | 00:38:33 | Bethke | Emi | Grundschule Brokstedt 2 | GER-SH | W-KU10 | 114 |
| 854 | 2239 | 00:38:36 | Eskildsen-Strohbecke | Ilka | Fehrs-Schule | GER-SH | W-40 | 57 |
| 855 | 1619 | 00:38:37 | Sivka | Lea-Mira | Grundschule Wellenkamp 3b | GER-SH | W-KU12 | 188 |

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5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|---|--------|-------------------|------------------|
| 856 | 1860 | 00:38:37 | Vidanovic | Felicitas | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 69 |
| 857 | 2150 | 00:38:41 | Ahlunt | Josephine | Fehr-Schule | GER-SH | W-KU12 | 189 |
| 858 | 2158 | 00:38:41 | Bischke | Michelle | Fehr-Schule | GER-SH | W-KU12 | 190 |
| 859 | 1269 | 00:38:45 | Weinert | Zoe | Freie Waldorfschule Itzehoe Klasse 4 | GER-SH | W-JU14 | 177 |
| 860 | 2067 | 00:38:48 | Rückerl | Sarah | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 191 |
| 861 | 2157 | 00:38:48 | Bischke | Annelie | Fehr-Schule | GER-SH | W-KU8 | 17 |
| 862 | 2440 | 00:38:52 | Jochimsen | Jordis | Liliencronschule Lägerdorf 3 | GER-SH | W-KU12 | 192 |
| 863 | 2926 | 00:38:52 | von Reith | Lisa | Gesundheitszentrum Klosterforst | GER-SH | W-20 | 44 |
| 864 | 2923 | 00:38:53 | Gosch | Heike | Gesundheitszentrum Klosterforst | GER-SH | W-20 | 45 |
| 865 | 3514 | 00:38:55 | Röh | Jasmin | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU16 | 70 |
| 866 | 3377 | 00:38:55 | Brüdersorf | Yellena | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU16 | 71 |
| 867 | 2392 | 00:38:56 | Martens | Meike | Julianka Schule Heiligenstedten 2b | GER-SH | W-KU10 | 115 |
| 868 | 1709 | 00:39:00 | Wiggers | Henrike | Itzehoer Ruderclub | GER-SH | W-KU8 | 18 |
| 869 | 1531 | 00:39:00 | Kuklok | Miriam | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU10 | 116 |
| 870 | 1708 | 00:39:00 | Wiggers | Frauke | Itzehoer Ruderclub | GER-SH | W-40 | 58 |
| 871 | 2071 | 00:39:03 | Tiedemann | Iben | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 193 |
| 872 | 3257 | 00:39:03 | Lembke | Nicole | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-KU12 | 194 |
| 873 | 2066 | 00:39:03 | Petermann | Christina | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 195 |
| 874 | 2927 | 00:39:05 | Welz | Kathrin | Gesundheitszentrum Klosterforst | GER-SH | W-JU18 | 38 |
| 875 | 2643 | 00:39:05 | Rathjen | Charlotte | | GER-SH | W-KU10 | 117 |
| 876 | 2578 | 00:39:05 | Böge | Jana | TSV Breitenberg | GER-SH | W-KU10 | 118 |
| 877 | 2737 | 00:39:09 | Migge | Alina | Itzehoe | GER-SH | W-JU16 | 72 |
| 878 | 3259 | 00:39:10 | Ruge | Simone | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-40 | 59 |
| 879 | 2016 | 00:39:15 | Gumm | Luisa | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | W-KU12 | 196 |
| 880 | 2749 | 00:39:16 | Petersen | Antje | Itzehoe | GER-SH | W-45 | 36 |
| 881 | 1713 | 00:39:18 | Kewitz | Ulrike | Klinikum Itzehoe | GER-SH | W-30 | 20 |
| 882 | 3338 | 00:39:18 | Ohm | Anke | Münsterdorfer SV | GER-SH | W-40 | 60 |
| 883 | 2446 | 00:39:25 | Shargh | Sarah | Liliencronschule Lägerdorf 3 | GER-SH | W-30 | 21 |
| 884 | 3696 | 00:39:25 | Lange | Ann Kristin | Rotary Club Itzehoe | GER-SH | W-20 | 46 |
| 885 | 2515 | 00:39:28 | Frey | Cara Marie | SCI | GER-SH | W-KU10 | 119 |
| 886 | 1464 | 00:39:31 | Hahn | Ina | Grundschule Op de Host Klasse 1-4 | GER-SH | W-JU14 | 178 |
| 887 | 2046 | 00:39:36 | Biyik | Ebru | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 197 |
| 888 | 1463 | 00:39:37 | Hahn | Claudia | Grundschule Op de Host Klasse 1-4 | GER-SH | W-45 | 37 |
| 889 | 3390 | 00:39:42 | Flathmann | Adriana | Itzehoe | GER-SH | W-KU10 | 120 |
| 890 | 3644 | 00:39:46 | Mohr | Kirsten | Lokomotive Krempe | GER-SH | W-35 | 40 |
| 891 | 2097 | 00:39:56 | Ziemann | Jenny | Butzkies Stahlbau | GER-SH | W-20 | 47 |
| 892 | 1684 | 00:39:58 | Ozsimsek | Melike | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 198 |
| 893 | 2925 | 00:40:03 | Möller | Anna-Lena | Gesundheitszentrum Klosterforst | GER-SH | W-JU20 | 32 |
| 894 | 1477 | 00:40:05 | Kahl | Jente | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 121 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|-------------|---|--------|-------------------|------------------|
| 895 | 3209 | 00:40:07 | Rohweder | Ina | Sophie-Scholl-Gymnasium Itzehoe 7a | GER-SH | W-JU16 | 73 |
| 896 | 2117 | 00:40:08 | Gesing | Theresa | Detlefsengymnasium Glückstadt 8b | GER-SH | W-JU16 | 74 |
| 897 | 2126 | 00:40:08 | Wilckens | Margaux | Detlefsengymnasium Glückstadt 8b | GER-SH | W-JU16 | 75 |
| 898 | 1790 | 00:40:15 | Jeß | Vanessa | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 179 |
| 899 | 1989 | 00:40:22 | Shala | Dafina | Itzehoe | GER-SH | W-30 | 22 |
| 900 | 3303 | 00:40:26 | Bellgardt | Tia | Voltgier- u.RV Heiligenstedten-Krempermarsch h e.V. | GER-SH | W-JU14 | 180 |
| 901 | 1990 | 00:40:27 | Soltau | Heidi | Huje | GER-SH | W-40 | 61 |
| 902 | 2276 | 00:40:29 | Björnson | Kaya | Grundschule Brokstedt 2 | GER-SH | W-KU10 | 122 |
| 903 | 3621 | 00:40:33 | Eckardt | Alexandra | Klinikum Itzehoe | GER-SH | W-40 | 62 |
| 904 | 1535 | 00:40:33 | Sallach | Kim | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU12 | 199 |
| 905 | 1627 | 00:40:35 | Holtz | Lena | Grundschule Wellenkamp 3c | GER-SH | W-KU12 | 200 |
| 906 | 2447 | 00:40:37 | Siems | Zoe | Liliencronschule Lägerdorf 3 | GER-SH | W-KU10 | 123 |
| 907 | 1521 | 00:40:40 | Weingärtner | Jana | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 124 |
| 908 | 1888 | 00:40:41 | Trede | Pia | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | W-KU10 | 125 |
| 909 | 1478 | 00:40:41 | Kahl | Line | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 127 |
| 910 | 1476 | 00:40:41 | Jürgens | Kaja | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 126 |
| 911 | 1626 | 00:40:43 | Hintz | Meret | Grundschule Wellenkamp 3c | GER-SH | W-KU10 | 128 |
| 912 | 1631 | 00:40:43 | Ralfs | Ronja | Grundschule Wellenkamp 3c | GER-SH | W-KU12 | 201 |
| 913 | 1850 | 00:40:44 | Stoltenberg | Hannah | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 181 |
| 914 | 1513 | 00:40:44 | Seeth tho | Matilda | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU8 | 19 |
| 915 | 3159 | 00:40:48 | Jürgensen | Jette | Sophie -Scholl-Gymnasium Ve | GER-SH | W-JU14 | 182 |
| 916 | 1518 | 00:40:55 | Stapelfeldt | Vanessa | Grundschule Op de Host Klasse 1-4 | GER-SH | W-35 | 41 |
| 917 | 3489 | 00:40:56 | Borowiak | Christine | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 183 |
| 918 | 3166 | 00:40:56 | Plett | Julia | Sophie -Scholl-Gymnasium Ve | GER-SH | W-JU14 | 184 |
| 919 | 3510 | 00:40:59 | Morgalla | Corinna-Lea | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 185 |
| 920 | 3161 | 00:41:02 | Kunysz | Julia | Sophie -Scholl-Gymnasium Ve | GER-SH | W-JU14 | 186 |
| 921 | 1966 | 00:41:04 | Langenbach | Ruthild | Itzehoe | GER-SH | W-45 | 38 |
| 922 | 3376 | 00:41:04 | Behncke | Fatima | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU16 | 76 |
| 923 | 2555 | 00:41:04 | Sode | Bente | Sport-Club Itzehoe | GER-SH | W-KU10 | 129 |
| 924 | 2549 | 00:41:05 | Langenbach | Katja Marie | Sport-Club Itzehoe | GER-SH | W-KU10 | 130 |
| 925 | 3517 | 00:41:12 | Schröder | Joelina | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU16 | 77 |
| 926 | 3541 | 00:41:13 | Junga | Sabine | Grundschule Sude-West 1 | GER-SH | W-45 | 39 |
| 927 | 3096 | 00:41:14 | Zöltz | Lina | Schule Hohe Geest 5a | GER-SH | W-JU14 | 187 |
| 928 | 3643 | 00:41:14 | Konnemann | Irina | Lokomotive Krempe | GER-SH | W-35 | 42 |
| 929 | 3540 | 00:41:15 | Junga | Johanna | Grundschule Sude-West 1 | GER-SH | W-KU8 | 20 |
| 930 | 1767 | 00:41:17 | Fresemann | Svenja | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-35 | 43 |
| 931 | 1696 | 00:41:19 | Jurczyk | Elisa | Grund-u.Gemeinschaftsschule Krempermarsch Kägurus 3a | GER-SH | W-KU10 | 131 |
| 932 | 3873 | 00:41:22 | Zimmermann | Yannalina | Wohlert,Aldag & Partner | GER-SH | W-KU12 | 202 |
| 933 | 3849 | 00:41:28 | Aldag | Louisa | Wohlert,Aldag & Partner | GER-SH | W-JU18 | 39 |
| 934 | 1976 | 00:41:31 | Ratjen | Anke | Fitzbek | GER-SH | W-45 | 40 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------|----------------|---|--------|-------------------|------------------|
| 935 | 2810 | 00:41:40 | Hansen | Christine | Atlética Horsens | DEN | W-20 | 48 |
| 936 | 3491 | 00:41:41 | Broßiens | Natalie | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 188 |
| 937 | 3500 | 00:41:41 | Jaschik | Katharina | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-JU14 | 189 |
| 938 | 3495 | 00:41:41 | Fuhrmann | Frauke | Gemeinschaftsschule Lübscher Kamp | GER-SH | W-55 | 10 |
| 939 | 3615 | 00:41:45 | Puttrus | Isabelle | Junge Union Kreisverband Steinburg | GER-SH | W-JU20 | 33 |
| 940 | 1583 | 00:41:48 | Gravert | Jette | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU10 | 132 |
| 941 | 1529 | 00:41:52 | Kantler | Jenna | Grundschule Sankt Margarethen Klasse 3 | GER-SH | W-KU12 | 203 |
| 942 | 1593 | 00:41:52 | Wilstermann | Manuela | Grundschule Sankt Margarethen Sterne B | GER-SH | W-40 | 63 |
| 943 | 1592 | 00:41:52 | Wiechmann | Esther-Cäcilie | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU8 | 21 |
| 944 | 2380 | 00:41:54 | Krog | Lena-Marie | Jugendfeuerwehr Oldendorf | GER-SH | W-JU14 | 190 |
| 945 | 1562 | 00:42:00 | Bolling | Martje | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 133 |
| 946 | 3542 | 00:42:00 | Knapp | Karen | Grundschule Sude-West 1 | GER-SH | W-40 | 64 |
| 947 | 1584 | 00:42:06 | Igel | Celine | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU10 | 134 |
| 948 | 2597 | 00:42:06 | Römer | Margarete | VFL Pinneberg | GER-SH | W-60 | 5 |
| 949 | 1561 | 00:42:07 | Bolling | Martina | Grundschule Sankt Margarethen Sterne A | GER-SH | W-40 | 65 |
| 950 | 1681 | 00:42:09 | Kreth | Katharina | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 204 |
| 951 | 1884 | 00:42:13 | Kruse | Mareike | Schulzentrum Krempermarsch, Krempe 3b "Tiger" | GER-SH | W-KU10 | 135 |
| 952 | 3256 | 00:42:13 | Kühl | Alica | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-KU12 | 205 |
| 953 | 3258 | 00:42:13 | Rößler | Helle | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-35 | 44 |
| 954 | 2341 | 00:42:13 | Özdal | Havva | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU12 | 206 |
| 955 | 2168 | 00:42:14 | Dibbern | Emelie | Fehr-Schule | GER-SH | W-KU10 | 136 |
| 956 | 2344 | 00:42:15 | Reidath | Lena | Grundschule Kellinghusen Klasse 2-4 | GER-SH | W-KU10 | 137 |
| 957 | 3260 | 00:42:17 | Trotzki | Sarah | Steinburg-Schule Itzehoe "Steinburg-Flitzer" Klasse M- W | GER-SH | W-JU14 | 191 |
| 958 | 1369 | 00:42:22 | Marek | Finja | Grundschule Kremperheide 1/2b | GER-SH | W-KU10 | 138 |
| 959 | 3814 | 00:42:22 | Schwarz | Melina | Trede & von Pein GmbH | GER-SH | W-JU20 | 34 |
| 960 | 1862 | 00:42:22 | Welling | Solveig | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU16 | 78 |
| 961 | 2252 | 00:42:23 | Picht | Jana | Fehrs-Schule | GER-SH | W-KU8 | 22 |
| 962 | 2222 | 00:42:25 | Tolksdorf | Alexandra | Fehr-Schule | GER-SH | W-20 | 49 |
| 963 | 2223 | 00:42:25 | Tolksdorf | Zoe | Fehr-Schule | GER-SH | W-KU8 | 23 |
| 964 | 2437 | 00:42:27 | Schallmo | Uta | LG TSV Breitenberg | GER-SH | W-35 | 45 |
| 965 | 3529 | 00:42:27 | Nagel | Nadina | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 192 |
| 966 | 1367 | 00:42:28 | Alex | Joann Emily | Grundschule Kremperheide 1/2b | GER-SH | W-KU10 | 139 |
| 967 | 3537 | 00:42:35 | Zwolack | Lisa | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 193 |
| 968 | 3523 | 00:42:35 | Flötenmeyer | Lina | Gemeinschaftsschule Wilster 6b | GER-SH | W-JU14 | 194 |
| 969 | 2206 | 00:42:40 | Ryzko | Ebru | Fehr-Schule | GER-SH | W-KU10 | 140 |
| 970 | 3521 | 00:42:42 | Böhnisch | Natascha | Gemeinschaftsschule Wilster 6b | GER-SH | W-35 | 46 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|-------------|---------------------|--|--------|-------------------|------------------|
| 971 | 1621 | 00:42:50 | Bemmè | Shary Jean | Grundschule Wellenkamp 3c | GER-SH | W-KU12 | 207 |
| 972 | 3094 | 00:42:59 | Vacher | Meloe | Schule Hohe Geest 5a | GER-SH | W-KU12 | 208 |
| 973 | 3085 | 00:42:59 | Lachnit | Greta | Schule Hohe Geest 5a | GER-SH | W-KU8 | 24 |
| 974 | 2436 | 00:43:03 | Schallmo | Emily | LG TSV Breitenberg | GER-SH | W-KU10 | 141 |
| 975 | 1823 | 00:43:03 | Naucke | Kim-Luka | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 195 |
| 976 | 1851 | 00:43:03 | Stoltenberg | Lea | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 209 |
| 977 | 2085 | 00:43:15 | Stark | Yoomee | AVS Itzehoe 7a | GER-SH | W-JU16 | 79 |
| 978 | 1652 | 00:43:15 | Martirosjan | Susanna | Grundschule Wellenkamp 4a | GER-SH | W-KU12 | 210 |
| 979 | 1315 | 00:43:24 | Franke | Rabea | Grundschule Edendorf 1b | GER-SH | W-KU10 | 142 |
| 980 | 1655 | 00:43:30 | Schnabel | Chassandra-Michelle | Grundschule Wellenkamp 4b | GER-SH | W-KU12 | 211 |
| 981 | 1678 | 00:43:33 | Fedder | Sophie | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 212 |
| 982 | 1601 | 00:43:35 | Kosemund | Mascha | Grundschule Wellenkamp 3a | GER-SH | W-KU10 | 143 |
| 983 | 1316 | 00:43:38 | Hader | Yara Joana | Grundschule Edendorf 1b | GER-SH | W-KU10 | 144 |
| 984 | 3072 | 00:43:40 | Folster | Betty | Schule Hohe Geest 5a | GER-SH | W-KU10 | 145 |
| 985 | 2122 | 00:43:46 | Peters | Lorena | Detlefsengymnasium Glückstadt 8b | GER-SH | W-JU16 | 80 |
| 986 | 1566 | 00:43:51 | Holz | Maja | Grundschule Sankt Margarethen Sterne A | GER-SH | W-KU10 | 146 |
| 987 | 1703 | 00:43:52 | Stoldt | Lilly | Grund-u.Gemeinschaftsschule Krempersmarsch Kägurus 3a | GER-SH | W-KU10 | 147 |
| 988 | 1689 | 00:43:53 | Chrobok | Sarah | Grund-u.Gemeinschaftsschule Krempersmarsch Kägurus 3a | GER-SH | W-KU10 | 148 |
| 989 | 1586 | 00:43:54 | Müggenburg | Hanna | Grundschule Sankt Margarethen Sterne B | GER-SH | W-KU10 | 149 |
| 990 | 3074 | 00:43:56 | Folster | Stephanie | Schule Hohe Geest 5a | GER-SH | W-35 | 47 |
| 991 | 2820 | 00:44:03 | Hennings | Nathalie | AVS Itzehoe 6b | GER-SH | W-JU14 | 196 |
| 992 | 2822 | 00:44:04 | Kehl | Laura | AVS Itzehoe 6b | GER-SH | W-JU14 | 197 |
| 993 | 1912 | 00:44:05 | Kalcher | Silke | Grundschule Wellenkamp 3c | GER-SH | W-45 | 41 |
| 994 | 1679 | 00:44:05 | Frank | Vivian | Grundschule Wellenkamp 4d | GER-SH | W-KU12 | 213 |
| 995 | 1641 | 00:44:07 | Kaminski | Anna-Lena | Grundschule Wellenkamp 4a | GER-SH | W-KU12 | 214 |
| 996 | 1639 | 00:44:07 | Große | Jule | Grundschule Wellenkamp 4a | GER-SH | W-KU12 | 215 |
| 997 | 2374 | 00:44:10 | Courvoisier | Jessica | Jugendfeuerwehr Oldendorf | GER-SH | W-JU18 | 40 |
| 998 | 1667 | 00:44:30 | Moritz | Noelle | Grundschule Wellenkamp 4c | GER-SH | W-KU12 | 216 |
| 999 | 1662 | 00:44:39 | Kämpfert | Kiara | Grundschule Wellenkamp 4c | GER-SH | W-JU14 | 198 |
| 1000 | 1664 | 00:44:48 | Künzel | Joelina | Grundschule Wellenkamp 4c | GER-SH | W-KU12 | 217 |
| 1001 | 1456 | 00:44:52 | Ehlers | Jule Marit | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 150 |
| 1002 | 1855 | 00:45:03 | Tempel | Celine | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU18 | 41 |
| 1003 | 1636 | 00:45:24 | Bauer | Konstancia | Grundschule Wellenkamp 4a | GER-SH | W-KU12 | 218 |
| 1004 | 1779 | 00:45:25 | Haß | Alina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 219 |
| 1005 | 1334 | 00:45:42 | Sülau | Lara | Grundschule Edendorf 1c | GER-SH | W-KU8 | 25 |
| 1006 | 1831 | 00:46:05 | Phillip | Nina | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 199 |
| 1007 | 1370 | 00:46:13 | Ledtje | Kaya | Grundschule Krempersheide 3/4a | GER-SH | W-KU10 | 151 |
| 1008 | 2218 | 00:47:12 | Strauß | Jaqueline | Fehr-Schule | GER-SH | W-KU12 | 220 |
| 1009 | 1848 | 00:47:30 | Sommer | Tabea | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 200 |
| 1010 | 2061 | 00:47:41 | Martirosjan | Ani | Auguste-Viktoria-Schule Itzehoe Klasse 5 c/d | GER-SH | W-KU12 | 221 |
| 1011 | 1734 | 00:47:45 | Lindemann | Alexandra | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU14 | 201 |
| 1012 | 1736 | 00:47:45 | Nothnagel | Johanna | Klosterhof-Gemeinschaftsschul e Itzehoe 7a | GER-SH | W-JU14 | 202 |
| 1013 | 2018 | 00:48:06 | Kilic | Esra | Auguste Viktoria-Schule Itzehoe 5b | GER-SH | W-KU12 | 222 |
| 1014 | 2082 | 00:48:06 | Kilic | Tugba | AVS Itzehoe 7a | GER-SH | W-KU12 | 223 |

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Ergebnis M / W - gesamt

5 Km Lauf (5 Km)

5 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|------|------|----------|------------|------------|--------------------------------------|--------|-------------------|------------------|
| 1015 | 2201 | 00:48:27 | Özbey | Neslihan | Fehr-Schule | GER-SH | W-KU10 | 152 |
| 1016 | 1672 | 00:48:45 | Suhr | Lisa Marie | Grundschule Wellenkamp 4c | GER-SH | W-KU12 | 224 |
| 1017 | 1658 | 00:48:45 | Stange | Vivien | Grundschule Wellenkamp 4b | GER-SH | W-KU12 | 225 |
| 1018 | 1632 | 00:48:58 | Rett | Antonia | | GER-SH | W-KU12 | 226 |
| 1019 | 1829 | 00:49:13 | Omozore | Maria | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-KU12 | 227 |
| 1020 | 1661 | 00:49:13 | Hardenberg | Luisa | Grundschule Wellenkamp 4c | GER-SH | W-KU12 | 228 |
| 1021 | 2161 | 00:50:26 | Bostanci | Cagla | Fehr-Schule | GER-SH | W-KU12 | 229 |
| 1022 | 1461 | 00:50:27 | Gvozden | Lea-Sophie | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU10 | 153 |
| 1023 | 1462 | 00:50:28 | Gvozden | Malina | Grundschule Op de Host Klasse 1-4 | GER-SH | W-KU12 | 230 |
| 1024 | 1364 | 00:50:28 | Manns | Andrea | Grundschule Kremperheide 1/2a | GER-SH | W-35 | 48 |
| 1025 | 1804 | 00:51:57 | Kutsch | Nicole | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 203 |
| 1026 | 1746 | 00:55:58 | Behrens | Alissa | Klosterhof-Schule Itzehoe 5-9 | GER-SH | W-JU14 | 204 |

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