



9. Itzehoe Störlauf

17. Mai 2008

Ergebnis M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - 20

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|------------|------|--|---------|----------------|
| 1 | 90 | 00:33:53 | Bötel | Hanno | 1988 | Nordakadmie | GER-SH | 1 |
| 2 | 53 | 00:33:55 | Beltz | André | 1979 | Gut Heil Itzehoe | GER-SH | 2 |
| 3 | 1071 | 00:34:19 | Windbracke | Frank | 1980 | Itzehoe Versicherungen Speed Alliance | GER-SH | 3 |
| 4 | 888 | 00:36:09 | Sievers | Benjamin | 1986 | ETSV Gut Heil Itzehoe | GER-SH | 5 |
| 5 | 579 | 00:36:34 | Meyer | Nils | 1983 | Itzehoe Versicherungen Speed Alliance | GER-SH | 7 |
| 6 | 320 | 00:38:38 | Held | Daniel | 1987 | Nordakadmie | GER-SH | 16 |
| 7 | 1021 | 00:39:03 | Wagner | Timo | 1985 | Gut Heil Itzehoe Triathlon | GER-SH | 20 |
| 8 | 816 | 00:40:05 | Schiefelbein | Ronny-Nico | 1981 | ALG VFL Bokel | GER-SH | 28 |
| 9 | 477 | 00:40:19 | Kudlowski | Jean Marc | 1982 | TC Schenefeld | GER-SH | 30 |
| 10 | 622 | 00:40:33 | Neubauer | Kai | 1979 | Team Lunge | GER-HAM | 36 |
| 11 | 561 | 00:40:48 | Matthiesen | Marcus | 1982 | Elmshorn | GER-SH | 40 |
| 12 | 280 | 00:42:10 | Haase | Kevin | 1981 | Itzehoe Versicherungen | GER-SH | 46 |
| 13 | 277 | 00:43:19 | Haack | Sönke | 1981 | MTV Wilster | GER-SH | 61 |
| 14 | 476 | 00:44:11 | Krzykowski | André | 1980 | Itzehoe Versicherungen | GER-SH | 75 |
| 15 | 137 | 00:44:24 | Christ | Norman | 1979 | Nordakadmie | GER-SH | 78 |
| 16 | 584 | 00:44:28 | Meyn | Hendrik | 1988 | SG Hochdonn/Süderhastedt/Burg | GER-SH | 80 |
| 17 | 349 | 00:44:28 | Hölck | Tobias | 1984 | Eimsbüttler TV | GER-HAM | 81 |
| 18 | 1007 | 00:45:04 | Von Holdt | Mischa | 1986 | E.ON Kernkraft | GER-SH | 90 |
| 19 | 386 | 00:45:06 | Junge | Töns | 1979 | E.ON Kernkraft | GER-SH | 91 |
| 20 | 189 | 00:45:10 | Engels | Michael | 1984 | Glückstädter Werkstätten | GER-SH | 96 |
| 21 | 890 | 00:45:36 | Sülaue | Claas | 1985 | Gut Heil Itzehoe | GER-SH | 106 |
| 22 | 730 | 00:46:02 | Redelin | Sven | 1987 | Nordakadmie | GER-SH | 120 |
| 23 | 287 | 00:46:22 | Hagemann | Mogens | 1988 | Westermoor | GER-SH | 126 |
| 24 | 345 | 00:46:26 | Hofmann | Rene | 1985 | Nordakadmie | GER-SH | 127 |
| 25 | 129 | 00:46:32 | Büschking | Lars | 1979 | Wohlert, Aldag & Partner | GER-SH | 128 |
| 26 | 574 | 00:46:40 | Menzel | Sebastian | 1982 | Itzehoe | GER-SH | 131 |
| 27 | 884 | 00:46:52 | Sickert | Torben | 1987 | TSV Brunsbüttel | GER-SH | 137 |
| 28 | 142 | 00:46:56 | Claussen | Janis | 1986 | Itzehoe | GER-SH | 139 |
| 29 | 510 | 00:47:05 | Link | Torben | 1979 | Elmshorn | GER-SH | 144 |
| 30 | 485 | 00:47:18 | Labusch | Timo | 1979 | Elmshorn | GER-SH | 150 |
| 31 | 535 | 00:47:38 | Lüker | Jacob | 1982 | Klinikum Itzehoe | GER-SH | 163 |
| 32 | 61 | 00:47:57 | Roya | Michael | 1984 | Itzehoe | GER-SH | 172 |
| 33 | 817 | 00:47:57 | Schildhauer | Thilo | 1988 | Schröder Bauzentrum Team | GER-SH | 173 |
| 34 | 52 | 00:47:58 | Klapettker | Henning | 1983 | Lehrinstitut für Rettungsmedizin GmbH Itzehoe | GER-SH | 174 |
| 35 | 330 | 00:47:58 | Herdzin | Christoph | 1986 | Schröder Bauzentrum Team | GER-SH | 175 |
| 36 | 812 | 00:48:18 | Scheppelmann | Christoph | 1979 | Hamburg | GER-HAM | 186 |
| 37 | 804 | 00:48:28 | Scharf | Tino | 1984 | Baumland | GER-SH | 196 |
| 38 | 570 | 00:48:48 | Meinert | Knut | 1979 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 203 |

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10 Km Lauf (10 Km)

10 Km Lauf M - 20

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---|---------|-----|------------|
| 39 | 36 | 00:48:54 | Bawolski | André | 1986 | Schröder Bauzentrum Team | GER-SH | | 208 |
| 40 | 19 | 00:49:17 | Baasch | Henrik | 1987 | Sparkasse Westholstein | GER-SH | | 215 |
| 41 | 556 | 00:49:45 | Martens | Axel | 1979 | Warringholz | GER-SH | | 228 |
| 42 | 958 | 00:49:47 | Thede | Torge | 1982 | Behrens & Haltermann | GER-SH | | 229 |
| 43 | 1064 | 00:50:08 | Wilde | Tim | 1985 | Nordakadmie | GER-SH | | 234 |
| 44 | 1043 | 00:50:28 | Wendt | Christian | 1987 | E.ON Kernkraft | GER-SH | | 245 |
| 45 | 691 | 00:50:59 | Pingel | Lasse | 1986 | Itzehoeer Versicherungen | GER-SH | | 257 |
| 46 | 225 | 00:51:17 | Fröhlich | Christian | 1981 | Hamburg | GER-HAM | | 267 |
| 47 | 803 | 00:51:18 | Schäpe | Timo | 1980 | Hamburg | GER-HAM | | 268 |
| 48 | 1034 | 00:51:19 | Weigel | Tim | 1981 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | | 270 |
| 49 | 659 | 00:51:46 | Paulsen | Christian | 1982 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 282 |
| 50 | 17 | 00:52:04 | Anke | Sascha | 1985 | Nordakadmie | GER-SH | | 291 |
| 51 | 313 | 00:52:35 | Heinbockel | Oliver | 1987 | Kiel | GER-SH | | 303 |
| 52 | 332 | 00:52:38 | Herzog | Christian | 1987 | MTV Horst | GER-SH | | 304 |
| 53 | 114 | 00:52:41 | Brode | Martin | 1983 | Nordakadmie | GER-SH | | 305 |
| 54 | 1054 | 00:52:43 | Westphalen | Stefan | 1980 | Münsterdorfer SV - Fußball | GER-SH | | 306 |
| 55 | 354 | 00:53:19 | Holm | Sascha | 1980 | MSC Vaale | GER-SH | | 327 |
| 56 | 462 | 00:53:27 | Krey | Lennart | 1987 | Klinikum Itzehoe | GER-SH | | 333 |
| 57 | 314 | 00:53:30 | Heinbockel | Tobias | 1987 | Wirtschaftsakademie Schleswig-Holstein | GER-SH | | 335 |
| 58 | 106 | 00:53:51 | Breiholz | Christoph | 1987 | Hohenlockstedt | GER-SH | | 349 |
| 59 | 333 | 00:53:52 | Herzog | Patrick | 1985 | Kremperheide | GER-SH | | 351 |
| 60 | 851 | 00:54:23 | Schrooten | Marc | 1985 | Heiligenstedten | GER-SH | | 373 |
| 61 | 146 | 00:54:25 | Dahm | Florian | 1986 | Nordakadmie | GER-SH | | 375 |
| 62 | 1047 | 00:54:39 | Wenzlaff | Christian | 1984 | Itzehoe | GER-SH | | 386 |
| 63 | 777 | 00:55:39 | Rühmann | Florian | 1986 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | | 425 |
| 64 | 183 | 00:56:15 | Eichler | Sebastian | 1983 | Münsterdorf | GER-SH | | 447 |
| 65 | 382 | 00:56:16 | Jordan | Manuel | 1983 | Heiligenstedtenerkamp | GER-SH | | 449 |
| 66 | 170 | 00:56:33 | Dunker | Stefan | 1988 | Musikzug Oldendorf | GER-SH | | 456 |
| 67 | 678 | 00:56:39 | Pfeiffer | Marco | 1979 | Meldorf | GER-SH | | 463 |
| 68 | 671 | 00:56:51 | Peters | Matthias | 1983 | Schenefeld | GER-SH | | 469 |
| 69 | 1032 | 00:56:54 | Wegener | Matthias | 1985 | Nordakadmie | GER-SH | | 472 |
| 70 | 993 | 00:57:03 | Ulrich | Marcel | 1986 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 477 |
| 71 | 739 | 00:58:43 | Reimers | Florian | 1985 | Itzehoe | GER-SH | | 515 |
| 72 | 492 | 00:59:05 | Langfeld | Michael | 1982 | Itzehoe | GER-SH | | 522 |
| 73 | 630 | 00:59:41 | Niebuhr | Philipp | 1988 | Klein Nordende | GER-SH | | 538 |
| 74 | 818 | 01:00:19 | Schill | Holger | 1983 | Nordakadmie | GER-SH | | 549 |
| 75 | 668 | 01:01:40 | Peters | Hanno | 1986 | Glückstadt | GER-SH | | 568 |
| 76 | 42 | 01:01:45 | Behm | Thomas | 1982 | Nortorf | GER-SH | | 570 |
| 77 | 696 | 01:05:03 | Plieger | Chris | 1981 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 607 |
| 78 | 822 | 01:06:29 | Schlewitt | Mike | 1983 | PROKON Energiesysteme GmbH | GER-SH | | 615 |
| 79 | 421 | 01:08:55 | Knop | Christian | 1979 | PROKON Energiesysteme GmbH | GER-SH | | 626 |

10 Km Lauf M - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
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| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-----------------|------------|------|---|---------|-----|------------|
| 1 | 994 | 00:38:24 | van de Bergh | Marc | 1976 | Borener SV | GER-SH | | 14 |
| 2 | 424 | 00:38:46 | Knüppel | Michael | 1974 | Wohlert, Aldag & Partner | GER-SH | | 17 |
| 3 | 880 | 00:40:44 | Senf | Jan | 1975 | Bahrenfleth | GER-SH | | 39 |
| 4 | 201 | 00:42:37 | Feistkorn | Sebastian | 1976 | Klinikum Itzehoe | GER-SH | | 51 |
| 5 | 297 | 00:44:06 | Harder | Jörn | 1977 | Justiz läuft | GER-SH | | 72 |
| 6 | 977 | 00:44:56 | Tietz | Björn | 1978 | Wohlert, Aldag & Partner | GER-SH | | 87 |
| 7 | 913 | 00:45:00 | Losch | Torge | 1978 | E.ON Kernkraft | GER-SH | | 89 |
| 8 | 289 | 00:45:17 | Hahn | Christoph | 1977 | Bokel | GER-SH | | 100 |
| 9 | 644 | 00:45:22 | Ohm | Nils | 1975 | Itzehoe | GER-SH | | 102 |
| 10 | 828 | 00:45:37 | Schmidt | Martin | 1977 | Itzehoer Versicherungen | GER-SH | | 107 |
| 11 | 275 | 00:45:50 | Haack | Mirco | 1975 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 112 |
| 12 | 1022 | 00:46:13 | Waller | Mathias | 1975 | Wohlert, Aldag & Partner | GER-SH | | 123 |
| 13 | 647 | 00:46:15 | Oster | Benjamin | 1978 | E.ON Kernkraft | GER-SH | | 125 |
| 14 | 342 | 00:46:42 | Hochstein | Volker | 1976 | Lutzhorn | GER-SH | | 133 |
| 15 | 883 | 00:47:29 | Seyer | Arne | 1974 | Brunsbüttel | GER-SH | | 154 |
| 16 | 571 | 00:48:07 | Meinert | Torben | 1975 | E.ON Kernkraft | GER-SH | | 180 |
| 17 | 784 | 00:48:19 | Rust | Alfred | 1975 | Justiz läuft | GER-SH | | 188 |
| 18 | 438 | 00:48:23 | Konradt | Ralf | 1975 | Hamburg | GER-SH | | 191 |
| 19 | 846 | 00:48:28 | Schramm-Bünning | Christian | 1977 | Sparkasse Westholstein | GER-SH | | 195 |
| 20 | 924 | 00:48:33 | Stegemann | Patrick | 1978 | Helmut Schmidt Universität | GER-HAM | | 197 |
| 21 | 360 | 00:49:19 | Hübner | Markus | 1974 | Münsterdorfer SV | GER-SH | | 216 |
| 22 | 173 | 00:49:24 | Eckelt | Kjer Malte | 1978 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | | 221 |
| 23 | 416 | 00:50:09 | Klemm | Ralf | 1974 | TSV Wedel | GER-HAM | | 235 |
| 24 | 208 | 00:50:11 | Nielsen | Kai | 1974 | Justiz läuft | GER-SH | | 236 |
| 25 | 405 | 00:50:23 | Kempa | Henning | 1975 | Itzehoe | GER-SH | | 244 |
| 26 | 1090 | 00:50:39 | Woosmann | Marco | 1974 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 248 |
| 27 | 681 | 00:51:33 | Picht | Volker | 1974 | Itzehoer Versicherungen | GER-SH | | 277 |
| 28 | 724 | 00:51:36 | Räse | Lars | 1975 | Behrens & Haltermann | GER-SH | | 279 |
| 29 | 266 | 00:52:00 | Grap | Jens | 1978 | Hamburg | GER-HAM | | 287 |
| 30 | 927 | 00:52:26 | Steingräber | Heiko | 1977 | Schröder Bauzentrum Team | GER-SH | | 301 |
| 31 | 652 | 00:53:11 | Ouedraogo | Romarc | 1977 | Itzehoe | BUR | | 323 |
| 32 | 235 | 00:53:47 | Gehle | Daniel | 1978 | Itzehoe | GER-SH | | 344 |
| 33 | 278 | 00:54:15 | Haack | Stephan | 1977 | Sparkasse Westholstein | GER-SH | | 364 |
| 34 | 646 | 00:54:19 | Önel | Gökmen | 1975 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | | 367 |
| 35 | 850 | 00:54:23 | Schroeder | Philipp | 1977 | Rotary Club | GER-SH | | 372 |
| 36 | 831 | 00:54:29 | Schmidt | Peter | 1974 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 379 |
| 37 | 274 | 00:54:44 | Gummerlich | Torge | 1975 | Trede & von Pein | GER-SH | | 387 |
| 38 | 1084 | 00:55:03 | Wobig | Mathias | 1977 | Technische Fachschule Heinze | GER-SH | | 403 |
| 39 | 580 | 00:55:28 | Meyer | Roland | 1976 | Itzehoe | GER-SH | | 415 |
| 40 | 226 | 00:55:56 | Illner | Jürgen | 1975 | | GER-SH | | 435 |
| 41 | 950 | 00:56:00 | Südel | Matthias | 1975 | Lehrinstitut für Rettungsmedizin GmbH Itzehoe | GER-SH | | 439 |
| 42 | 613 | 00:56:35 | Mundt | Christian | 1974 | Herzog & Meyer | GER-SH | | 458 |
| 43 | 465 | 00:56:37 | Kröger | Timm | 1977 | Münsterdorf | GER-SH | | 462 |
| 44 | 232 | 00:57:19 | Gasdorf | Frank | 1976 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 482 |
| 45 | 460 | 00:57:43 | Kreutzer | Sascha | 1975 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 494 |
| 46 | 664 | 00:58:27 | Peper | Sönke | 1977 | Buchhandlung Gerbers | GER-SH | | 511 |
| 47 | 745 | 00:59:12 | Reinhold | Björn | 1976 | Nordakadmie | GER-SH | | 525 |
| 48 | 1026 | 00:59:13 | Warzecha | Christoph | 1976 | Hamburg | GER-HAM | | 526 |

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10 Km Lauf M - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|-----------|------|---|---------|-----|------------|
| 49 | 972 | 00:59:14 | Tiedemann | Jörg | 1976 | Nordakademie | GER-SH | | 527 |
| 50 | 1067 | 00:59:45 | Wilms | Michael | 1975 | Glückstädter Werkstätten | GER-SH | | 540 |
| 51 | 444 | 01:00:11 | Kopp | Marco | 1978 | Itzehoe | GER-SH | | 545 |
| 52 | 621 | 01:01:25 | Netzel | Danilo | 1977 | Berlin | GER-BER | | 565 |
| 53 | 697 | 01:01:40 | Ploog | Henning | 1975 | MTV Itzehoe | GER-SH | | 569 |
| 54 | 979 | 01:03:21 | Timm | Andreas | 1974 | Osterbünger Laufrunde | GER-SH | | 584 |
| 55 | 963 | 01:04:18 | Thießen | Sascha | 1975 | TSV Heiligenstedten | GER-SH | | 599 |
| 56 | 412 | 01:06:06 | Kieselbach | Christian | 1977 | Siedlergemeinschaft Kamper Weg-Wellenkamp | GER-SH | | 613 |
| 57 | 1095 | 01:08:58 | Wüst | Ivo | 1978 | PROKON Energiesysteme GmbH | GER-SH | | 627 |

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| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------------|-------------|------|--|---------|-----|------------|
| 1 | 838 | 00:36:48 | Schmitz | Volker | 1972 | LG Elmshorn | GER-SH | | 8 |
| 2 | 453 | 00:38:29 | Krause | Frank | 1970 | Lägerdorf | GER-SH | | 15 |
| 3 | 874 | 00:39:00 | Schwesig | Frank | 1971 | Kellinghusen | GER-SH | | 18 |
| 4 | 1035 | 00:39:35 | Weinrich | Stephan | 1973 | Team Lunge | GER-HAM | | 24 |
| 5 | 548 | 00:39:44 | Mahler | Stephan | 1972 | LG Kehdingen | GER-NIE | | 25 |
| 6 | 12 | 00:39:50 | Alexander | Gernot | 1969 | Kremperheide | GER-SH | | 26 |
| 7 | 228 | 00:41:47 | Funk | Mathias | 1970 | Wohlert, Aldag & Partner | GER-SH | | 43 |
| 8 | 855 | 00:42:17 | Schuhardt | Bernd | 1970 | Team Zeitenjäger | GER-SH | | 47 |
| 9 | 396 | 00:42:31 | Kahre | Eckart | 1969 | TSV-Lola | GER-SH | | 49 |
| 10 | 857 | 00:43:24 | Schuldt | Stefan | 1970 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 62 |
| 11 | 987 | 00:43:56 | Trampnau | Dirk | 1971 | TSV Oldendorf | GER-SH | | 68 |
| 12 | 921 | 00:44:02 | Steckel | Lars | 1972 | MTV Itzehoe | GER-SH | | 70 |
| 13 | 905 | 00:44:02 | Spanuth | Michael | 1971 | PROKON Energiesysteme GmbH | GER-SH | | 71 |
| 14 | 928 | 00:44:07 | Steinhardt | Marc | 1971 | Heiligenstedten | GER-SH | | 74 |
| 15 | 423 | 00:44:33 | Knudsen | Lars | 1970 | Itzehoer Versicherungen | GER-SH | | 83 |
| 16 | 413 | 00:45:57 | Klatte | Frank | 1969 | TS Schenefeld | GER-SH | | 114 |
| 17 | 801 | 00:45:57 | Schamerowski | Jan | 1969 | MTV Itzehoe | GER-SH | | 115 |
| 18 | 768 | 00:45:58 | Rose | Jan-Hendrik | 1972 | VFL Kellinghusen | GER-SH | | 117 |
| 19 | 684 | 00:46:00 | Piening | Jan | 1972 | Sparkasse Westholstein | GER-SH | | 118 |
| 20 | 1005 | 00:46:01 | Vollstedt | Stefan | 1969 | MTV Itzehoe | GER-SH | | 119 |
| 21 | 955 | 00:46:39 | Tesch | Jan | 1972 | Heiligenstedten | GER-SH | | 130 |
| 22 | 122 | 00:46:42 | Bülow | Dirk | 1970 | Kremperheide | GER-SH | | 132 |
| 23 | 379 | 00:46:44 | Johannsen | Sönke | 1970 | BSG Sparkasse Südholstein | GER-SH | | 134 |
| 24 | 441 | 00:46:53 | Kooistra | Oliver | 1970 | Dägeling | GER-SH | | 138 |
| 25 | 552 | 00:47:10 | Mallon | Alexander | 1973 | Elmshorn | GER-SH | | 147 |
| 26 | 1093 | 00:47:30 | Rudolph | Frank | 1972 | Justiz läuft | GER-SH | | 155 |
| 27 | 461 | 00:47:50 | Krey | Harm | 1969 | TSV Neuenkirchen | GER-SH | | 166 |
| 28 | 411 | 00:47:54 | Kienappel | Robert | 1969 | Wirtschaftsjunioren Kreis Pinneberg | GER-SH | | 169 |
| 29 | 792 | 00:48:00 | Sass | Stephan | 1970 | Itzehoer Versicherungen Speed Alliance | GER-SH | | 177 |
| 30 | 991 | 00:48:08 | Lühmann | Lars | 1972 | Itzehoe | GER-SH | | 181 |
| 31 | 172 | 00:48:53 | Duwe | Oliver | 1970 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 207 |
| 32 | 515 | 00:49:04 | Geerken | Martin | 1972 | Itzehoer Versicherungen | GER-SH | | 212 |
| 33 | 338 | 00:49:24 | Hinck | Dr. Daniel | 1972 | Klinikum Itzehoe | GER-SH | | 220 |

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10 Km Lauf (10 Km)

10 Km Lauf M - 35

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|-----|------|----------|------------------|--------------|------|---|---------|-----|------------|
| 34 | 392 | 00:49:58 | Kahl | Axel | 1970 | Breitenberg | GER-SH | | 232 |
| 35 | 491 | 00:50:15 | Lange | Jan | 1969 | Itzehoe Versicherungen | GER-SH | | 240 |
| 36 | 377 | 00:50:17 | Jiménez-Aguilera | Manuel | 1971 | Wilster | GER-SH | | 242 |
| 37 | 713 | 00:50:42 | Radau | Georg | 1972 | Dägeling | GER-SH | | 249 |
| 38 | 1066 | 00:51:55 | Wille | Matthias | 1973 | Dägeling | GER-SH | | 285 |
| 39 | 797 | 00:52:06 | Schade | Sven | 1972 | Hamburg | GER-HAM | | 292 |
| 40 | 829 | 00:52:18 | Schmidt | Matthias | 1970 | Klinikum Itzehoe | GER-SH | | 300 |
| 41 | 637 | 00:52:28 | Nissen | Jan | 1971 | Klinikum Itzehoe | GER-SH | | 302 |
| 42 | 618 | 00:52:45 | Nagel | Dr. Riever | 1973 | Justiz läuft | GER-SH | | 307 |
| 43 | 914 | 00:52:56 | Stadtkus | Dirk | 1973 | Klinikum Itzehoe | GER-SH | | 311 |
| 44 | 962 | 00:53:01 | Thiessen | Bernd | 1970 | VfR Horst | GER-SH | | 313 |
| 45 | 889 | 00:53:08 | Sievers | Dirk | 1971 | Kiebitzreihe | GER-SH | | 318 |
| 46 | 150 | 00:53:10 | Dau | Andreas | 1969 | Neumünster | GER-SH | | 322 |
| 47 | 544 | 00:53:43 | Maaß | Ralf | 1970 | Oldendorf | GER-SH | | 341 |
| 48 | 572 | 00:53:51 | Melzig | Thomas | 1971 | Kellinghusen | GER-SH | | 348 |
| 49 | 325 | 00:54:02 | Henneberg | Dr. Bernhard | 1971 | Justiz läuft | GER-SH | | 355 |
| 50 | 897 | 00:54:14 | Sode | Gerrit | 1969 | Itzehoe | GER-SH | | 360 |
| 51 | 253 | 00:54:14 | Gohr | Joachim | 1970 | Itzehoe | GER-SH | | 362 |
| 52 | 81 | 00:54:21 | Boldt | Marco | 1971 | Eimsbütteler TV | GER-HAM | | 370 |
| 53 | 992 | 00:54:24 | Uhl | Marcus | 1969 | E.ON Kernkraft | GER-SH | | 374 |
| 54 | 329 | 00:54:28 | Hensel | Holger | 1969 | Freie Waldorfschule Itzehoe Kl. 4 | GER-SH | | 378 |
| 55 | 174 | 00:54:31 | Eckmann | Sven | 1970 | VfR Horst | GER-SH | | 380 |
| 56 | 800 | 00:54:36 | Schäfer | Knut | 1971 | Itzehoe | GER-SH | | 382 |
| 57 | 4628 | 00:54:38 | Zobich | Günther | 1969 | Trede & von Pein | GER-SH | | 384 |
| 58 | 542 | 00:54:57 | Maaß | Michael | 1971 | Buxtehude | GER-NIE | | 397 |
| 59 | 825 | 00:55:31 | Schmid | Dr. Helmut | 1969 | Tornesch | GER-SH | | 420 |
| 60 | 577 | 00:56:06 | Meyer | Marc | 1969 | Elmshorn | GER-SH | | 442 |
| 61 | 877 | 00:56:07 | Ackermann | Kai | 1969 | | GER-SH | | 443 |
| 62 | 353 | 00:56:08 | Holm | Reimer | 1969 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 444 |
| 63 | 276 | 00:56:28 | Haack | Oliver | 1972 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 451 |
| 64 | 250 | 00:56:30 | Gille | Michael | 1972 | SV Heiligenstedtenerkamp | GER-SH | | 453 |
| 65 | 640 | 00:57:01 | Nottelmann | Volker | 1969 | Schröder Bauzentrum Team | GER-SH | | 475 |
| 66 | 67 | 00:57:19 | Block | Sven | 1973 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | | 483 |
| 67 | 555 | 00:57:28 | Marschall | Bolko | 1969 | Alsterdrachen | GER-SH | | 485 |
| 68 | 700 | 00:57:31 | Podszun | Matthias | 1969 | LG "Die Kaputten" | GER-SH | | 487 |
| 69 | 578 | 00:57:41 | Meyer | Matthias | 1971 | Itzehoe | GER-SH | | 490 |
| 70 | 762 | 00:57:44 | Rode | Axel | 1973 | Hamburg | GER-HAM | | 496 |
| 71 | 1096 | 00:58:13 | Zacharias | Robert | 1972 | Herzog & Meyer | GER-SH | | 505 |
| 72 | 533 | 00:58:57 | Lüdke | Sven | 1973 | Itzehoe | GER-SH | | 518 |
| 73 | 869 | 00:59:11 | Schwarzin | Sven | 1971 | Itzehoe | GER-SH | | 524 |
| 74 | 614 | 00:59:19 | Mundt | Jens | 1971 | Hohenaspe | GER-SH | | 528 |
| 75 | 827 | 00:59:24 | Schmidt | Martin | 1969 | MTV Itzehoe | GER-SH | | 530 |
| 76 | 452 | 00:59:39 | Krämer | Berndt | 1973 | Itzehoe Versicherungen | GER-SH | | 537 |
| 77 | 193 | 01:00:32 | Falkenbach | Heiko | 1973 | Buchhandlung Gerbers | GER-SH | | 553 |
| 78 | 28 | 01:00:52 | Bahrs | Markus | 1971 | Holcim | GER-SH | | 560 |
| 79 | 653 | 01:01:29 | Pahl | Marco | 1973 | Schröder Bauzentrum Team | GER-SH | | 566 |
| 80 | 1037 | 01:02:15 | Weise | Karsten | 1971 | Hodorf | GER-SH | | 576 |
| 81 | 1000 | 01:02:44 | Vogel | Peter | 1972 | Christuszentrum Itzehoe | GER-SH | | 582 |
| 82 | 876 | 01:03:21 | Seemann | Michael | 1969 | TSV Sankt Margarethen | GER-SH | | 585 |

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10 Km Lauf (10 Km)

10 Km Lauf M - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|---------|------|-----------------------|--------|----------------|
| 83 | 887 | 01:04:58 | Sievers | Andreas | 1971 | Die Bekdorfer | GER-SH | 606 |
| 84 | 1058 | 01:05:11 | Wieck | Martin | 1971 | Heiligenstedtenerkamp | GER-SH | 608 |
| 85 | 466 | 01:06:13 | Kroll | Marco | 1973 | Itzehoe | GER-SH | 614 |
| 86 | 705 | 01:07:39 | Pommee | Bernd | 1970 | Henstedt-Ulzburg | GER-SH | 622 |
| 87 | 677 | 01:08:59 | Petscheleit | Knut | 1970 | Klinikum Itzehoe | GER-SH | 628 |
| 88 | 984 | 01:12:41 | Tomaszewski | André | 1972 | MSSWAT-Hohenfelde | GER-SH | 636 |
| 89 | 68 | 01:14:15 | Blum | Helge | 1973 | Kremperheide | GER-SH | 639 |

10 Km Lauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------------|--------------|------|---|---------|----------------|
| 1 | 558 | 00:35:48 | Mathiesen | Niels | 1966 | Atlética Horsens | DEN | 4 |
| 2 | 457 | 00:36:19 | Krauße | Mike | 1967 | Team Lunge | GER-HAM | 6 |
| 3 | 321 | 00:37:04 | Heller | Franz-Josef | 1968 | TSV Dinkelsbühl | GER-BAY | 9 |
| 4 | 765 | 00:37:20 | Rohwedder | Maikel | 1968 | LG Elmshorn | GER-SH | 10 |
| 5 | 802 | 00:37:54 | Schamerowski | Oleg | 1966 | TC Lütjenburg | GER-SH | 11 |
| 6 | 1018 | 00:39:33 | Waage | Andre | 1964 | Www.schaumland.de | GER-SH | 23 |
| 7 | 886 | 00:40:23 | Sierk | Michael | 1964 | Bundespolizei | GER-SH | 32 |
| 8 | 445 | 00:40:34 | Kossiski | Frank | 1968 | MTV Itzehoe | GER-SH | 37 |
| 9 | 667 | 00:41:47 | Peters | Dirk | 1968 | SVA Wilster | GER-HAM | 44 |
| 10 | 199 | 00:42:34 | Feddersen | Stefan | 1965 | Team Zeitenjäger | GER-SH | 50 |
| 11 | 371 | 00:42:40 | Jannsen | Ralph | 1968 | Sparkasse Westholstein | GER-SH | 52 |
| 12 | 810 | 00:42:48 | Schemainda | Dirk | 1965 | Itzehoer Versicherungen | GER-SH | 55 |
| 13 | 121 | 00:42:50 | Büll | Rüdiger | 1966 | Itzehoer Versicherungen | GER-SH | 56 |
| 14 | 651 | 00:43:06 | Otto | Dirk | 1965 | Itzehoer Versicherungen | GER-SH | 59 |
| 15 | 138 | 00:43:37 | Christiansen | André | 1965 | Glückstädter Werkstätten | GER-SH | 64 |
| 16 | 845 | 00:44:30 | Schonscheck | Thorsten | 1966 | Itzehoe | GER-SH | 82 |
| 17 | 475 | 00:44:41 | Krützelmann | Christian | 1964 | Hohenaspe | GER-SH | 85 |
| 18 | 159 | 00:45:12 | Doering | Ulrich | 1967 | Elmshorn | GER-SH | 99 |
| 19 | 364 | 00:45:38 | Inhoven | Jens | 1967 | Albersdorf | GER-SH | 108 |
| 20 | 222 | 00:45:44 | Freygang | Nils | 1965 | Itzehoe | GER-SH | 111 |
| 21 | 43 | 00:45:54 | Behncke | Stefan | 1965 | Heiligenstedtenerkamp | GER-SH | 113 |
| 22 | 615 | 00:46:09 | Musfeldt | Eckart | 1965 | TS Schenefeld | GER-SH | 122 |
| 23 | 879 | 00:46:44 | Senf | Frank | 1967 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 135 |
| 24 | 99 | 00:47:04 | Brahmstaedt | Kai-Uwe | 1966 | E.ON Kernkraft | GER-SH | 143 |
| 25 | 669 | 00:47:08 | Peters | Leonhard | 1967 | Itzehoe | GER-SH | 146 |
| 26 | 505 | 00:47:31 | Leppert | Sven | 1967 | Klinikum Itzehoe | GER-SH | 156 |
| 27 | 604 | 00:47:31 | Möller-Heister | Ewald | 1968 | SV Neuenbrook/Rethwisch | GER-SH | 157 |
| 28 | 946 | 00:47:47 | Sturm | Klaus | 1964 | TUS 1911 Berlin | GER-BER | 165 |
| 29 | 907 | 00:47:52 | Sperber | Axel | 1967 | MTV Itzehoe | GER-SH | 168 |
| 30 | 875 | 00:47:54 | Seeba | Jürgen | 1964 | Tornesch | GER-SH | 170 |
| 31 | 641 | 00:48:05 | Oellerich | Dirk | 1968 | Wohlert, Aldag & Partner | GER-SH | 179 |
| 32 | 119 | 00:48:09 | Bublitz | Gerold | 1966 | Wrist | GER-SH | 182 |
| 33 | 956 | 00:48:13 | Tessmer | Lutz | 1966 | Osterbruch | GER-NIE | 183 |
| 34 | 989 | 00:48:23 | Trede | Hans-Joachim | 1964 | MTV Itzehoe | GER-SH | 190 |
| 35 | 554 | 00:48:26 | Marnau | Björn | 1966 | Gut Heil Itzehoe | GER-SH | 192 |
| 36 | 384 | 00:48:27 | Juers | Ocke | 1967 | Oldendorf | GER-SH | 194 |
| 37 | 373 | 00:49:20 | Jegust | Thomas | 1968 | Wohlert, Aldag & Partner | GER-SH | 218 |
| 38 | 599 | 00:49:23 | Mohr | Stefan | 1964 | BMTV | GER-SH | 219 |

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10 Km Lauf (10 Km)

10 Km Lauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|--------------------------------|------|--|---------|----------------|
| 39 | 206 | 00:49:39 | Flocken | Stefan | 1964 | Oelixdorf | GER-SH | 225 |
| 40 | 385 | 00:49:44 | Jung | Roland | 1965 | BSC-Nordoe | GER-SH | 227 |
| 41 | 809 | 00:50:02 | Scheiba | Dieter | 1964 | ITZEHOE | GER-SH | 233 |
| 42 | 788 | 00:50:13 | Samulewicz | Michael | 1964 | Elmshorn | GER-SH | 237 |
| 43 | 528 | 00:50:15 | Lucht | Heiko | 1964 | ST Stoerlauf | GER-SH | 239 |
| 44 | 497 | 00:50:44 | Lechtenberg | Dr. Frank | 1965 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 250 |
| 45 | 731 | 00:50:44 | Redmann | Fred | 1964 | Bahrenfleth | GER-SH | 251 |
| 46 | 58 | 00:50:46 | Bettenhausen | Uwe | 1964 | Hamburg | GER-HAM | 253 |
| 47 | 682 | 00:51:08 | Pickert | Stefan | 1965 | Wohlert, Aldag & Partner | GER-SH | 259 |
| 48 | 852 | 00:51:14 | Schröter | Andree | 1966 | SC Ellerau | GER-SH | 265 |
| 49 | 135 | 00:51:23 | Chilcott | Peter | 1965 | Hamburg | GER-HAM | 274 |
| 50 | 986 | 00:51:51 | Tosch | Thilo | 1966 | Kiel | GER-SH | 283 |
| 51 | 4632 | 00:51:53 | Zickau | Andreas | 1966 | Itzehoe | GER-SH | 284 |
| 52 | 147 | 00:52:01 | Dammann | Claus-Wilhelm | 1965 | Sparkasse Westholstein | GER-SH | 288 |
| 53 | 596 | 00:52:01 | Mohr | Jan | 1966 | Horst | GER-SH | 289 |
| 54 | 346 | 00:52:06 | Hofmann | Ulrich | 1967 | Itzehoe | GER-SH | 293 |
| 55 | 447 | 00:52:09 | Kossiski | Stephan | 1966 | TSV Lägerdorf | GER-SH | 295 |
| 56 | 624 | 00:52:58 | Neuhaus | Uwe | 1967 | Nordakademie | GER-SH | 312 |
| 57 | 508 | 00:53:08 | Lindner | Michael | 1968 | Itzehoe | GER-SH | 316 |
| 58 | 198 | 00:53:08 | Feddersen | Rainer | 1964 | Oldendorf | GER-SH | 317 |
| 59 | 657 | 00:53:08 | Paulsen | Andreas | 1968 | Sparkasse Westholstein | GER-SH | 319 |
| 60 | 566 | 00:53:14 | Meifort | Dirk | 1965 | Elmshorn | GER-SH | 326 |
| 61 | 781 | 00:53:25 | Rusch | Peter | 1968 | Weddingstedt | GER-SH | 331 |
| 62 | 11 | 00:53:26 | Aldag | Stephan | 1965 | Wohlert, Aldag & Partner | GER-SH | 332 |
| 63 | 506 | 00:53:45 | Lichtenberg | Andre | 1964 | Hohenlockstedt | GER-SH | 342 |
| 64 | 673 | 00:53:50 | Petersen | Andreas | 1964 | Itzehoe | GER-SH | 347 |
| 65 | 608 | 00:54:05 | Müller | Dipl. Ing. Architekt Jürgen | 1966 | Kollmar | GER-SH | 356 |
| 66 | 774 | 00:54:11 | Rückert | Stephan | 1966 | Elmshorn | GER-SH | 359 |
| 67 | 294 | 00:54:25 | Hanisch | Thomas | 1966 | Wilster | GER-SH | 376 |
| 68 | 204 | 00:54:48 | Flick | Thomas | 1966 | VfR Horst | GER-SH | 390 |
| 69 | 710 | 00:54:48 | Preuß | Andreas | 1966 | Wirtschaftsjunioren Kreis Pinneberg | GER-SH | 391 |
| 70 | 431 | 00:54:55 | Köhler | Olaf | 1967 | Itzehoe | GER-SH | 396 |
| 71 | 221 | 00:55:26 | Freiwald | Stephan | 1968 | Oelixdorf | GER-SH | 412 |
| 72 | 120 | 00:55:30 | Buck | Sven | 1965 | F.I.R.M.A. | GER-SH | 419 |
| 73 | 1024 | 00:55:34 | Warstat | Dierk | 1965 | Itzehoe Versicherungen | GER-SH | 424 |
| 74 | 202 | 00:55:50 | Fidan | Yusuf | 1966 | Tönning | GER-SH | 429 |
| 75 | 563 | 00:55:52 | Meier | Andreas | 1968 | KSG Arashi | GER-SH | 430 |
| 76 | 813 | 00:55:53 | Scheppmann | Dirk | 1968 | Lohbarbek | GER-SH | 432 |
| 77 | 171 | 00:56:15 | Duske | Frank | 1967 | Neuenbrook | GER-SH | 448 |
| 78 | 1049 | 00:56:37 | Werner | Oliver | 1964 | Oelixdorfer Schützen | GER-SH | 461 |
| 79 | 109 | 00:56:41 | Brenke | Dennis | 1968 | LG Die Kaputten | GER-SH | 466 |
| 80 | 878 | 00:56:48 | Seitzinger | Borris | 1965 | Itzehoe | GER-SH | 467 |
| 81 | 1009 | 00:56:57 | Von Leesen | Reimer | 1967 | Sparkasse Westholstein | GER-SH | 473 |
| 82 | 861 | 00:57:42 | Schulz | Heiko | 1965 | MTV Itzehoe | GER-SH | 491 |
| 83 | 966 | 00:57:43 | Thomsen | Jens | 1968 | Lüneburg | GER-NIE | 495 |
| 84 | 175 | 00:58:02 | Eder | Andreas | 1965 | Wohlert, Aldag & Partner | GER-SH | 503 |
| 85 | 1098 | 00:58:24 | Zehle | Edgar | 1968 | Autoliv Betriebssport | GER-SH | 509 |
| 86 | 942 | 00:58:24 | Strang | Heiko | 1964 | ETSV Gut Heil Itzehoe | GER-SH | 510 |
| 87 | 50 | 00:58:28 | Beil | Dirk | 1965 | Hamburg | GER-HAM | 512 |

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10 Km Lauf (10 Km)

10 Km Lauf M - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|-----------|------|---|---------|----------------|
| 88 | 2 | 00:58:41 | Adam | Robert | 1967 | Klinikum Itzehoe | GER-SH | 514 |
| 89 | 864 | 00:58:55 | Schurbohm | Christian | 1966 | Glückstadt | GER-SH | 517 |
| 90 | 123 | 00:59:01 | Bünz | Gerd | 1966 | Münsterdorfer SV | GER-SH | 520 |
| 91 | 231 | 00:59:02 | Garbers | Andreas | 1964 | Itzehoe | GER-SH | 521 |
| 92 | 306 | 00:59:26 | Hasselmeyer | Lars | 1966 | Halstenbek | GER-SH | 532 |
| 93 | 509 | 00:59:33 | Lindschau | Matthias | 1968 | Heiligenstedten | GER-SH | 535 |
| 94 | 305 | 00:59:42 | Hasselmeyer | Hayo | 1968 | | GER-SH | 539 |
| 95 | 527 | 01:00:12 | Lösche | Holger | 1964 | Itzehoe | GER-SH | 548 |
| 96 | 933 | 01:00:35 | Steppat | Thomas | 1964 | Glückstadt | GER-SH | 554 |
| 97 | 791 | 01:00:56 | Sandkamp | Torsten | 1965 | Münsterdorf | GER-SH | 563 |
| 98 | 110 | 01:01:04 | Brenneiser | Arnd | 1965 | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | 564 |
| 99 | 837 | 01:02:21 | Görrisch | Frank | 1966 | Klinikum Itzehoe | GER-SH | 577 |
| 100 | 255 | 01:02:35 | Goos | Dirk | 1967 | Brokdorf | GER-SH | 580 |
| 101 | 582 | 01:03:47 | Meyerhold | Dirk | 1967 | Itzehoer Versicherungen | GER-SH | 591 |
| 102 | 526 | 01:03:52 | Lorenzen | Sven | 1968 | TSV Heiligenstedten | GER-SH | 592 |
| 103 | 128 | 01:04:05 | Busch | Olaf | 1966 | SV Neuenbrook/Rethwisch | GER-SH | 594 |
| 104 | 301 | 01:04:11 | Hartmann | Peter | 1966 | VFL Kellinghusen | GER-SH | 597 |
| 105 | 531 | 01:04:20 | Waller | Frederik | 1967 | Itzehoer Versicherungen | GER-SH | 600 |
| 106 | 20 | 01:06:59 | Bacher | Christoph | 1965 | Aachen | GER-NRW | 617 |
| 107 | 926 | 01:07:04 | Steiling | Thorsten | 1964 | Wolfenbüttel | GER-NIE | 618 |
| 108 | 726 | 01:07:23 | Rathjen | Marcus | 1966 | Fanprojekt Mönchengladbach | GER-SH | 621 |
| 109 | 501 | 01:08:49 | Leins | Frank | 1964 | Glückstädter Werkstätten | GER-SH | 624 |
| 110 | 281 | 01:08:52 | Hackbarth | Heiko | 1965 | Itzehoe | GER-SH | 625 |
| 111 | 976 | 01:10:20 | Tietjen | Thomas | 1964 | MS SWAT Hohenfelde | GER-SH | 631 |
| 112 | 693 | 01:12:28 | Piotrowski | René | 1968 | Itzehoe | GER-SH | 635 |
| 113 | 298 | 01:12:42 | Harder | Jürgen | 1968 | Trede & von Pein | GER-SH | 638 |

10 Km Lauf M - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|----------|------|-----------------------------|---------|----------------|
| 1 | 786 | 00:39:18 | Ryszka | Josef | 1963 | Bsg gehe pharma handel | GER-HAM | 21 |
| 2 | 27 | 00:40:06 | Bahnßen | Alfred | 1962 | SV Frisia 03 Risum-Lindholm | GER-SH | 29 |
| 3 | 1008 | 00:40:27 | von Holt | Rainer | 1963 | LG Kehdingen | GER-NIE | 33 |
| 4 | 177 | 00:41:17 | Ketels | Dr. Olaf | 1959 | Kiel | GER-SH | 41 |
| 5 | 761 | 00:43:00 | Roberts | Gregor | 1959 | Prisdorf | GER-SH | 57 |
| 6 | 486 | 00:43:08 | Laedtke | Volker | 1963 | Elmshorn | GER-SH | 60 |
| 7 | 687 | 00:44:06 | Pingel | Björn | 1963 | Itzehoer SV 09 | GER-SH | 73 |
| 8 | 675 | 00:44:34 | Petersen | Jürgen | 1959 | Itzehoer Kanu-Club | GER-SH | 84 |
| 9 | 234 | 00:45:11 | Gehbauer | Michael | 1961 | Hamburg | GER-HAM | 97 |
| 10 | 176 | 00:45:27 | Ederer | Robert | 1959 | Tornesch | GER-SH | 103 |
| 11 | 930 | 00:45:28 | Steinmann | Stefan | 1963 | Itzehoer Versicherungen | GER-SH | 104 |
| 12 | 600 | 00:46:52 | Mohrdieck | Erich | 1961 | Kremperheide | GER-SH | 136 |
| 13 | 362 | 00:47:21 | Husmann | Volker | 1960 | Lägerdorf | GER-SH | 152 |
| 14 | 612 | 00:47:34 | Mumm | Udo | 1962 | BW Borssum | GER-SH | 159 |
| 15 | 573 | 00:47:51 | Menke | Frank | 1960 | Ratzeburg | GER-SH | 167 |
| 16 | 583 | 00:48:18 | Meyhoff | Jürgen | 1963 | Lauffreunde Itzehoe | GER-SH | 187 |
| 17 | 601 | 00:48:37 | Möller | Kai | 1963 | E.ON Kernkraft | GER-SH | 198 |
| 18 | 427 | 00:48:51 | Koch | Sören | 1962 | Itzehoe | GER-SH | 206 |
| 19 | 398 | 00:48:55 | Kaltenstein | Jens | 1963 | Kiel | GER-SH | 209 |

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10 Km Lauf M - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|------------|------|---|---------|----------------|
| 20 | 953 | 00:49:04 | Tanke | Ralph | 1961 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 211 |
| 21 | 304 | 00:49:20 | Haß | Jürgen | 1962 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 217 |
| 22 | 323 | 00:49:41 | Henke | Peter | 1963 | HSG Kremperheide/Münsterdorf | GER-SH | 226 |
| 23 | 789 | 00:50:14 | Sander | Bernd | 1963 | Itzehoe | GER-SH | 238 |
| 24 | 938 | 00:50:17 | Stollenwerk | Cornelius | 1963 | Itzehoe | GER-SH | 241 |
| 25 | 737 | 00:50:32 | Reimers | Artur | 1960 | Itzehoe | GER-SH | 246 |
| 26 | 720 | 00:50:36 | Ramm | Dietmar | 1961 | Itzehoe | GER-SH | 247 |
| 27 | 522 | 00:50:45 | Looft | Gerhard | 1963 | Trede & von Pein | GER-SH | 252 |
| 28 | 1069 | 00:50:47 | Wind | Gert | 1959 | Atlética Horsens | DEN | 254 |
| 29 | 418 | 00:50:53 | Kloetzling | Dr. Axel | 1961 | Kronsmoor | GER-SH | 255 |
| 30 | 103 | 00:51:11 | Braun | Werner | 1959 | Itzehoe | GER-SH | 262 |
| 31 | 821 | 00:51:17 | Schlegel | Uwe | 1959 | Glückstädter Werkstätten | GER-SH | 266 |
| 32 | 625 | 00:51:20 | Neumann | Andreas | 1960 | BSC Nordoe | GER-SH | 272 |
| 33 | 1078 | 00:51:22 | Wißemborski | Gerd | 1960 | Laufpiraten Bekhof | GER-SH | 273 |
| 34 | 62 | 00:51:30 | Birkenheyer | KLaus | 1959 | Itzehoe | GER-SH | 276 |
| 35 | 592 | 00:51:34 | Mittendorf | Detlef | 1961 | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | 278 |
| 36 | 467 | 00:51:40 | Krüchten | Harald | 1961 | Itzehoe | GER-SH | 280 |
| 37 | 483 | 00:51:57 | Kwetkus | Ralf-Peter | 1962 | Wewelsfleth | GER-SH | 286 |
| 38 | 661 | 00:52:02 | Paulsen | Matthias | 1960 | BSC Nordoe | GER-SH | 290 |
| 39 | 6 | 00:52:06 | Ahrens | Thomas | 1963 | Neuenbrook | GER-SH | 294 |
| 40 | 328 | 00:52:17 | Hense | Andreas | 1963 | Itzehoer Wasser Wanderer | GER-SH | 298 |
| 41 | 436 | 00:52:49 | Konrad | Holger | 1961 | Oeschebüttel | GER-SH | 309 |
| 42 | 968 | 00:52:50 | Wolfsteller | Thorsten | 1963 | Oldendorf | GER-SH | 310 |
| 43 | 285 | 00:53:02 | Häfner | Jörg | 1962 | E.ON Kernkraft | GER-SH | 314 |
| 44 | 182 | 00:53:12 | Eichholz | Jörg | 1961 | TS Schenefeld | GER-SH | 325 |
| 45 | 4 | 00:53:33 | Ahrens | Bodo | 1961 | Kronsmoor | GER-SH | 336 |
| 46 | 529 | 00:53:37 | Lucht | Peter | 1961 | Beidenfleth | GER-SH | 339 |
| 47 | 743 | 00:53:49 | Reinhardt | Henry | 1961 | Ostroher SC | GER-SH | 345 |
| 48 | 145 | 00:53:49 | Croppenstedt | Jörg | 1960 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 346 |
| 49 | 101 | 00:53:54 | Brandenburg | Rolf | 1961 | Puls | GER-SH | 353 |
| 50 | 717 | 00:54:07 | Raezke | Eggert | 1959 | Autoliv Betriebssport | GER-SH | 357 |
| 51 | 375 | 00:54:14 | Jensen | Ole Møller | 1959 | Atlética Horsens | DEN | 361 |
| 52 | 433 | 00:54:15 | Köller | Norbert | 1960 | MTV Heide | GER-SH | 363 |
| 53 | 242 | 00:54:34 | Gellrich | Marcus | 1962 | Rotary Club | GER-SH | 381 |
| 54 | 917 | 00:54:38 | Stampa | Michael | 1961 | VfL Börnsen | GER-SH | 385 |
| 55 | 1077 | 00:54:44 | Winter | Dirk | 1963 | Gut Heil Itzehoe | GER-SH | 388 |
| 56 | 512 | 00:54:47 | Lipp | Heiko | 1959 | Itzehoer Versicherungen | GER-SH | 389 |
| 57 | 692 | 00:54:50 | Pinkerneil | Volker | 1959 | Oldendorf | GER-SH | 392 |
| 58 | 1060 | 00:54:53 | Wied | Bernd | 1963 | Kellinghusen | GER-SH | 393 |
| 59 | 741 | 00:54:55 | Reimers | Jürgen | 1962 | MTV Itzehoe | GER-SH | 395 |
| 60 | 553 | 00:55:02 | Manske | Volker | 1959 | LT Störlauf | GER-SH | 402 |
| 61 | 32 | 00:55:04 | Barthel | Burkhard | 1961 | TSV Lägerdorf | GER-SH | 404 |
| 62 | 611 | 00:55:05 | Müller-Bergh | Dr. Jens | 1962 | Flinke Fersen Tegelhörn | GER-SH | 405 |
| 63 | 1055 | 00:55:19 | Widderich | Jens | 1962 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 409 |
| 64 | 112 | 00:55:27 | Brill | Karl | 1959 | Kellinghusen | GER-SH | 413 |
| 65 | 1001 | 00:55:29 | Voigt | Pitt | 1962 | Bendorf | GER-SH | 417 |
| 66 | 738 | 00:55:30 | Reimers | Detlef | 1961 | Katlenburg-Lindau | GER-NIE | 418 |

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| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|----------|------|--|---------|----------------|
| 67 | 459 | 00:55:32 | Kreutz | Rainer | 1960 | IWW | GER-SH | 422 |
| 68 | 1027 | 00:55:43 | Wasmund | Bernd | 1960 | MTV St. Michaelisdonn | GER-SH | 426 |
| 69 | 794 | 00:55:43 | Schack | Hartmut | 1961 | Vishay Siliconix Itzehoe GmbH | GER-SH | 427 |
| 70 | 1028 | 00:55:46 | Weber | Jens | 1959 | LT JEMARA | GER-SH | 428 |
| 71 | 318 | 00:55:54 | Heister | Werner | 1961 | Nordakadmie | GER-SH | 433 |
| 72 | 490 | 00:55:56 | Lange | Dirk | 1960 | Heiligenstedtenerkamp | GER-SH | 436 |
| 73 | 463 | 00:55:58 | Krey | Volker | 1959 | Klinikum Itzehoe | GER-SH | 437 |
| 74 | 458 | 00:56:10 | Krebs | Olaf | 1961 | MTV Itzehoe | GER-SH | 445 |
| 75 | 152 | 00:56:17 | Davids | Torsten | 1963 | Pinneberg | GER-SH | 450 |
| 76 | 514 | 00:56:29 | Lippka | Karsten | 1961 | Itzehoe | GER-SH | 452 |
| 77 | 310 | 00:56:32 | Heerwagen | Stephan | 1960 | Itzehoe | GER-SH | 454 |
| 78 | 38 | 00:56:34 | Beck | Michael | 1963 | Itzehoe | GER-SH | 457 |
| 79 | 7 | 00:56:39 | Albers | Peter | 1961 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 464 |
| 80 | 469 | 00:56:49 | Krüger | Ralf | 1961 | Itzehoe | GER-SH | 468 |
| 81 | 181 | 00:57:11 | Ehrenberg | Thomas | 1961 | F.I.R.M.A. | GER-SH | 479 |
| 82 | 1003 | 00:57:12 | Volkman | Henry | 1962 | Itzehoe | GER-SH | 480 |
| 83 | 1006 | 00:57:31 | Von Hacht | Peter | 1962 | MTV Horst | GER-SH | 486 |
| 84 | 586 | 00:57:33 | Mibach | Frank | 1960 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 488 |
| 85 | 54 | 00:57:48 | Bensch | Burkhard | 1962 | Dägeling | GER-SH | 499 |
| 86 | 358 | 00:57:53 | Hopp | Peter | 1959 | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | 501 |
| 87 | 824 | 00:58:22 | Schlingmann | Andreas | 1961 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 508 |
| 88 | 882 | 00:58:48 | Senne | Bernd | 1963 | TSV LOLA | GER-SH | 516 |
| 89 | 327 | 00:59:24 | Hennings | Rainer | 1960 | Sparkasse Westholstein | GER-SH | 531 |
| 90 | 729 | 00:59:28 | Rebesky | Michael | 1962 | Elmshorn | GER-SH | 533 |
| 91 | 787 | 00:59:35 | Sambale | Jan | 1960 | Squash elmshorn | GER-SH | 536 |
| 92 | 833 | 00:59:46 | Schmidt | Uwe | 1963 | Breitenberg | GER-SH | 541 |
| 93 | 388 | 01:00:11 | Jürgens | Martin | 1959 | LT Tielenhemme | GER-HAM | 546 |
| 94 | 419 | 01:00:42 | Kluge | Peter | 1961 | Itzehoer Versicherungen | GER-SH | 556 |
| 95 | 906 | 01:00:52 | Specht | Rolf | 1961 | Siedlergemeinschaft Kamper Weg-Wellenkamp | GER-SH | 559 |
| 96 | 88 | 01:00:54 | Borchardt | Max | 1963 | Waldersee-Jogger | GER-SH | 562 |
| 97 | 785 | 01:02:27 | Rüter | Hartmut | 1963 | Münsterdorf | GER-SH | 579 |
| 98 | 125 | 01:02:51 | Busch | Dirk | 1960 | Schröder Bauzentrum Team | GER-SH | 583 |
| 99 | 284 | 01:04:41 | Hafemeister | Torsten | 1962 | Itzehoe | GER-SH | 605 |
| 100 | 1075 | 01:05:50 | Wink | Roland | 1960 | Rotary Club | GER-SH | 612 |

10 Km Lauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|---------|------|---------------------------------|---------|----------------|
| 1 | 63 | 00:39:32 | Bittner | Lutz | 1957 | Tornesch-Uetersener-Triathleten | GER-SH | 22 |
| 2 | 870 | 00:39:53 | Schweinert | Volker | 1957 | ETSV Gut Heil Itzehoe | GER-SH | 27 |
| 3 | 246 | 00:40:36 | Gercke | Uwe | 1955 | Autoliv Betriebssport | GER-SH | 38 |
| 4 | 1062 | 00:43:29 | Wiese | Daniel | 1956 | Wohlert, Aldag & Partner | GER-SH | 63 |
| 5 | 256 | 00:43:48 | Göppert | Bernd | 1954 | LG Kehdingen | GER-NIE | 67 |
| 6 | 4630 | 00:44:00 | Zelmer | Klaus | 1956 | 1. FC Lola | GER-SH | 69 |
| 7 | 239 | 00:44:19 | Gehrke | Rainer | 1954 | TSV Wedel | GER-SH | 77 |
| 8 | 643 | 00:44:45 | Ohlsen | Wulf | 1958 | Itzehoer SV09 | GER-SH | 86 |

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Ergebnis

M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|-------------|------|---|---------|----------------|
| 9 | 866 | 00:45:09 | Schwalbach | Stefan | 1954 | Itzehoe Versicherungen | GER-SH | 95 |
| 10 | 312 | 00:45:11 | Heidekrüger | Ralf | 1954 | GutHeil Itzehoe | GER-SH | 98 |
| 11 | 369 | 00:47:00 | Jakobsen | Erich | 1957 | Itzehoe | GER-SH | 140 |
| 12 | 620 | 00:47:14 | Neidenberger | Karl-Heinz | 1954 | Elmshorn | GER-SH | 148 |
| 13 | 89 | 00:47:33 | Borras | Harald | 1955 | E.ON Kernkraft | GER-SH | 158 |
| 14 | 156 | 00:48:42 | Dittmann | Arno | 1958 | Heiligenstedten | GER-SH | 200 |
| 15 | 390 | 00:48:45 | Kabisch | Michael | 1957 | Dägeling | GER-SH | 201 |
| 16 | 540 | 00:48:50 | Maack | Rainer | 1957 | Mobil.fit | GER-SH | 205 |
| 17 | 909 | 00:49:10 | Splieth | Joachim | 1954 | Kellinghusen | GER-SH | 214 |
| 18 | 959 | 00:49:34 | Theel | Manfred | 1957 | SC Ellerau | GER-SH | 224 |
| 19 | 291 | 00:51:05 | Hamann | Christian | 1956 | TV Meckelfeld | GER-HAM | 258 |
| 20 | 587 | 00:51:09 | Michel | Andreas | 1957 | Halstenbek | GER-SH | 260 |
| 21 | 493 | 00:51:13 | Lau | Volker | 1955 | E.ON Kernkraft | GER-SH | 263 |
| 22 | 435 | 00:51:13 | König | Klaus | 1954 | VfB Brunsbüttel | GER-SH | 264 |
| 23 | 1016 | 00:51:19 | Voss | Bernd | 1954 | MTV Itzehoe | GER-SH | 269 |
| 24 | 359 | 00:51:25 | Horn | Lothar | 1957 | TSV Wacken | GER-SH | 275 |
| 25 | 820 | 00:51:46 | Schittko | Bernd | 1954 | Brunsbüttel | GER-SH | 281 |
| 26 | 708 | 00:52:13 | Praefke | Bodo | 1957 | Münsterdorf | GER-SH | 297 |
| 27 | 585 | 00:53:09 | Meyn | Lüder | 1956 | MTV Herzhorn | GER-SH | 321 |
| 28 | 1063 | 00:53:22 | Wieters | Dietmar | 1958 | Itzehoe | GER-SH | 328 |
| 29 | 871 | 00:53:22 | Schwellies | Andreas | 1958 | Heiligenstedten | GER-SH | 329 |
| 30 | 704 | 00:53:24 | Pollmann | Günter | 1956 | Mtv wilster | GER-SH | 330 |
| 31 | 1081 | 00:53:33 | Witt | Uwe | 1954 | TSV Breitenberg | GER-SH | 337 |
| 32 | 93 | 00:53:40 | Böttger | Joachim | 1954 | Itzehoe | GER-SH | 340 |
| 33 | 357 | 00:53:54 | Jahn | Just | 1958 | Sparkasse Westholstein | GER-SH | 352 |
| 34 | 151 | 00:54:00 | Dautz | Thomas | 1957 | Post SV Heide | GER-SH | 354 |
| 35 | 57 | 00:54:18 | Beste | Jörg | 1957 | MTV Itzehoe | GER-SH | 366 |
| 36 | 842 | 00:54:20 | Schneider | Thomas | 1958 | MTV Itzehoe | GER-SH | 368 |
| 37 | 163 | 00:55:09 | Dose | Rainer | 1955 | Sparkasse Westholstein | GER-SH | 406 |
| 38 | 957 | 00:55:22 | Thalmann | Hartmut | 1956 | MTV Itzehoe | GER-SH | 411 |
| 39 | 111 | 00:55:28 | Brill | Adolf | 1956 | Kellinghusen | GER-SH | 416 |
| 40 | 450 | 00:55:31 | Köster | Horst | 1956 | TSV LOLA | GER-SH | 421 |
| 41 | 454 | 00:55:53 | Krause | Hans-Georg | 1957 | Nordakadmie | GER-SH | 431 |
| 42 | 97 | 00:55:55 | Braasch | Bernd | 1956 | BSC Nordoe | GER-SH | 434 |
| 43 | 158 | 00:55:59 | Dittrich | Michael | 1956 | Norder TV | GER-NIE | 438 |
| 44 | 268 | 00:56:05 | Greulich | Matthias | 1958 | Itzehoe | GER-SH | 441 |
| 45 | 960 | 00:56:41 | Thiermann | Thomas | 1958 | LT Itzehoe | GER-SH | 465 |
| 46 | 1012 | 00:56:53 | von Pein | Knut | 1954 | Trede & von Pein | GER-SH | 471 |
| 47 | 560 | 00:57:34 | Matthiesen | Hans-Werner | 1955 | BSC Nordoe | GER-SH | 489 |
| 48 | 488 | 00:57:46 | Lake | Günter | 1958 | Realschule Wilster 9a | GER-SH | 497 |
| 49 | 1082 | 00:57:50 | Wobig | Burkhard | 1954 | TC RW Wilster | GER-SH | 500 |
| 50 | 695 | 00:58:21 | Plesmann | Cord | 1954 | Rotary Club | GER-SH | 507 |
| 51 | 4631 | 00:59:19 | Zimmermann | Frank | 1957 | | GER-SH | 529 |
| 52 | 629 | 01:00:20 | Niebuhr | Henning | 1956 | Klein Nordende | GER-SH | 550 |
| 53 | 215 | 01:00:52 | Frank | Erhard | 1954 | Siedlergemeinschaft Kamper Weg-Wellenkamp | GER-SH | 561 |
| 54 | 263 | 01:02:09 | Göttsche | Kurt | 1955 | Die Bekdorfer | GER-SH | 573 |
| 55 | 192 | 01:02:15 | Fabian | Jürgen | 1956 | Hanerau-Hademarschen | GER-SH | 575 |
| 56 | 428 | 01:02:22 | Kock | Andreas | 1957 | LT JEMARA | GER-SH | 578 |
| 57 | 402 | 01:03:24 | Kelting | Matthias | 1955 | Die Bekdorfer | GER-SH | 586 |
| 58 | 835 | 01:03:34 | Schmidt-May | Jenss | 1956 | Wrist | GER-SH | 589 |
| 59 | 383 | 01:03:36 | Jörgensen | Volker | 1958 | Itzehoe | GER-SH | 590 |

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Ergebnis

M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|---------------|--------------|------|-------------------------------|--------|-----|------------|
| 60 | 758 | 01:04:18 | Rimmek | Lutz | 1956 | Hamburg | GER-SH | | 598 |
| 61 | 954 | 01:04:21 | Tenfelde | Manfred | 1956 | Rotary Club | GER-SH | | 601 |
| 62 | 368 | 01:05:34 | Jahn | Klaus | 1957 | Schröder Bauzentrum Team | GER-SH | | 610 |
| 63 | 832 | 01:07:10 | Schmidt | Ulrich | 1956 | Vishay Siliconix Itzehoe GmbH | GER-SH | | 619 |
| 64 | 830 | 01:11:12 | Schmidt | Peter | 1954 | Justiz läuft | GER-SH | | 632 |
| 65 | 356 | 01:11:58 | Holschemacher | Knut | 1958 | Wulfsmoor | GER-SH | | 633 |
| 66 | 778 | 01:12:42 | Runge | Hans-Joachim | 1954 | Kellinghusen | GER-SH | | 637 |

10 Km Lauf M - 55

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|--------------|--------------|------|---|---------|-----|------------|
| 1 | 904 | 00:40:31 | Sørensen | Ole | 1950 | Atlética Horsens | DEN | | 35 |
| 2 | 95 | 00:44:15 | Boyke | Reinhard | 1951 | Justiz läuft | GER-SH | | 76 |
| 3 | 144 | 00:45:08 | Colmsee | Ulrich | 1953 | Kaiser-Karl-Schule 6b | GER-SH | | 92 |
| 4 | 1094 | 00:47:07 | Wüpper | Manfred | 1953 | PSV Neumünster | GER-SH | | 145 |
| 5 | 922 | 00:47:16 | Sturm | Rainer | 1953 | | GER-SH | | 149 |
| 6 | 394 | 00:47:59 | Kahnt | Werner | 1950 | Lägerdorf | GER-SH | | 176 |
| 7 | 365 | 00:48:14 | Irek | Branko | 1949 | Stadtverwaltung Itzehoe | GER-SH | | 184 |
| 8 | 934 | 00:48:27 | Stimming | Jürgen | 1951 | Kaaks | GER-SH | | 193 |
| 9 | 4700 | 00:48:50 | Cosmo | Gentile | 1950 | | GER-SH | | 204 |
| 10 | 688 | 00:49:09 | Pingel | Gerhard | 1951 | Münsterdorf | GER-SH | | 213 |
| 11 | 919 | 00:52:11 | Stange | Jens | 1951 | Flensburg | GER-SH | | 296 |
| 12 | 78 | 00:53:12 | Böge | Peter | 1953 | TSV Lägerdorf | GER-SH | | 324 |
| 13 | 948 | 00:53:29 | Stüven | Helmut | 1952 | Itzehoe | GER-SH | | 334 |
| 14 | 981 | 00:54:10 | Timm | Hans-Joachim | 1950 | Itzehoe | GER-SH | | 358 |
| 15 | 699 | 00:54:37 | Podehl | Erwin | 1949 | ETSV Gut Heil Itzehoe | GER-SH | | 383 |
| 16 | 569 | 00:54:53 | Meinert | Horst | 1949 | Münsterdorfer SV | GER-SH | | 394 |
| 17 | 903 | 00:55:16 | Sönnichsen | Uwe | 1950 | HSH Nordbank e.V. | GER-HAM | | 407 |
| 18 | 343 | 00:55:20 | Hoffmann | Wolfgang | 1953 | Itzehoer Ruderclub von 1966 e.V. | GER-SH | | 410 |
| 19 | 279 | 00:55:28 | Haase | Kai | 1950 | Itzehoer Versicherungen | GER-SH | | 414 |
| 20 | 73 | 00:56:52 | Bodenstein | Axel | 1953 | MTV Itzehoe | GER-SH | | 470 |
| 21 | 140 | 00:56:59 | Christiansen | Ralf | 1950 | Kellinghusen | GER-SH | | 474 |
| 22 | 589 | 00:57:13 | Mikoleit | Gerd | 1949 | MTV Itzehoe | GER-SH | | 481 |
| 23 | 999 | 00:57:43 | Viehöfer | Lothar | 1950 | Blumenthal | GER-SH | | 493 |
| 24 | 834 | 00:57:54 | Schmidt | Werner | 1953 | Tornesch | GER-SH | | 502 |
| 25 | 105 | 00:59:46 | Bregler | Willi | 1950 | Lokomotive Krempe | GER-BAW | | 542 |
| 26 | 126 | 01:00:06 | Busch | Eddy | 1952 | Lehrinstitut für Rettungsmedizin GmbH Itzehoe | GER-SH | | 544 |
| 27 | 920 | 01:00:23 | Tietz | Rainer | 1951 | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | | 552 |
| 28 | 525 | 01:01:35 | Lorenzen | Otto | 1949 | Box-Club-Itzehoe | GER-SH | | 567 |
| 29 | 862 | 01:03:33 | Schulz | Juergen | 1950 | Muehlenbarbek | GER-SH | | 588 |
| 30 | 1053 | 01:04:06 | Westphal | Klaus | 1951 | Kleve | GER-SH | | 596 |
| 31 | 591 | 01:08:09 | Mintzlauff | Wolfgang | 1951 | Laufftreff Störlauf | GER-SH | | 623 |

10 Km Lauf M - 60

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|--------|------|---------|-----|--------------|------|-----|------------|
|-----|------|--------|------|---------|-----|--------------|------|-----|------------|

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Ergebnis

M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - 60

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|-------------|------|---|---------|----------------|
| 1 | 689 | 00:47:23 | Pingel | Helmut | 1948 | Itzehoer Versicherungen | GER-SH | 153 |
| 2 | 823 | 00:47:55 | Schlick | Heinrich | 1948 | Itzehoer Versicherungen | GER-SH | 171 |
| 3 | 64 | 00:57:01 | Bittrich | Eckhard | 1946 | Kaaks | GER-SH | 476 |
| 4 | 80 | 00:57:11 | Bohn | Hugo | 1944 | Hamburg | GER-HAM | 478 |
| 5 | 400 | 00:58:21 | Kasüske | Rudolf | 1947 | Sude 1919 | GER-SH | 506 |
| 6 | 440 | 00:59:31 | Kooistra | Karl-Martin | 1947 | Itzehoe | GER-SH | 534 |
| 7 | 836 | 01:03:56 | Schmischke | Rüdiger | 1948 | Itzehoe | GER-SH | 593 |
| 8 | 229 | 01:04:23 | Füst | Gerhard | 1946 | LT Störlauf | GER-SH | 602 |
| 9 | 1050 | 01:05:38 | Werner | Rolf | 1947 | Siedlergemeinschaft Kamper Weg-Wellenkamp | GER-SH | 611 |
| 10 | 628 | 01:07:14 | Niebuhr | Detlev | 1945 | Klein Nordende | GER-SH | 620 |

10 Km Lauf M - 65

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|---------------|------|---|---------|----------------|
| 1 | 415 | 00:46:36 | Kleinert | Herbert | 1940 | SVE | GER-HAM | 129 |
| 2 | 432 | 00:47:36 | Koldkjær | Leif | 1943 | Atlética Horsens | DEN | 161 |
| 3 | 223 | 00:48:15 | Friebe | Werner | 1941 | Gut-Heil Itzehoe (warum gibt es unseren Verein nicht in der Liste !!!???) | GER-SH | 185 |
| 4 | 1061 | 00:49:29 | Wien | Wolfgang | 1940 | BSG ESW/STN e.V | GER-SH | 222 |
| 5 | 1052 | 00:53:05 | Westensee | Dieter | 1939 | Ostroher SC | GER-SH | 315 |
| 6 | 1013 | 00:53:52 | von Torklus | Helmar | 1943 | Dägeling | GER-SH | 350 |
| 7 | 896 | 00:54:17 | Smilgies | Heinz-Dietmar | 1943 | ETSV Gut Heil Itzehoe | GER-SH | 365 |
| 8 | 859 | 00:54:59 | Schultz | Heinz-Jürgen | 1942 | Itzehoe | GER-SH | 399 |
| 9 | 839 | 00:55:18 | Schmude | Olaf | 1943 | LT Störlauf | GER-SH | 408 |
| 10 | 775 | 00:56:32 | Ruf | Waldemar | 1939 | Itzehoe | GER-SH | 455 |
| 11 | 594 | 00:59:56 | Mohr | Adolf | 1941 | TSV Neuenkirchen | GER-SH | 543 |
| 12 | 197 | 01:00:22 | Feddersen | Peter | 1939 | Krempermoor | GER-SH | 551 |
| 13 | 1040 | 01:02:02 | Weiß | Eberhard | 1942 | Lokomotive Krempe | GER-BAW | 571 |
| 14 | 610 | 01:04:26 | Müller-Bergh | Dr. Hans | 1939 | Flinke Fersen Tegelhörn | GER-SH | 604 |
| 15 | 46 | 01:12:05 | Behr | Helmut | 1941 | TSV Brunsbüttel | GER-SH | 634 |

10 Km Lauf M - 70

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|---------------|---------|------|----------------------|--------|----------------|
| 1 | 395 | 00:53:37 | Kahre | Detlev | 1938 | Winseldorf | GER-SH | 338 |
| 2 | 1085 | 00:55:02 | Wobig | Willi | 1937 | Münsterdorf | GER-SH | 401 |
| 3 | 82 | 00:56:01 | Bolinski | Helmut | 1938 | Glückstadt | GER-SH | 440 |
| 4 | 254 | 00:58:59 | Goldt | Otto | 1935 | SV Hörnerkirchen | GER-SH | 519 |
| 5 | 748 | 01:00:48 | Rentzsch | Oscar | 1938 | Behrens & Haltermann | GER-SH | 557 |
| 6 | 503 | 01:00:49 | Lemor | Rainer | 1937 | Heikendorf | GER-SH | 558 |
| 7 | 190 | 01:02:10 | Engelskirchen | Adolf | 1938 | Wesselburen | GER-SH | 574 |
| 8 | 581 | 01:05:25 | Meyerer | Ralf | 1937 | Gut Heil Itzehoe | GER-SH | 609 |
| 9 | 155 | 01:06:34 | Detlefsen | Helmut | 1935 | Die Bekdorfer | GER-SH | 616 |

Ergebnis

M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - 75

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------|--------------|------|-----------------------|--------|----------------|
| 1 | 776 | 01:09:28 | Ruhland | Hans-Jürgen | 1932 | Gut Heil Itzehoe e.V. | GER-SH | 630 |
| 2 | 725 | 01:28:06 | Rasmussen | Otto Milland | 1930 | | DEN | 640 |

10 Km Lauf M - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|--------------|------|--|--------|----------------|
| 1 | 911 | 00:37:58 | Splieth | Oliver | 1990 | TSV LOLA | GER-SH | 12 |
| 2 | 44 | 00:39:02 | Behnke | Arne | 1990 | Glückstadt | GER-SH | 19 |
| 3 | 200 | 00:41:33 | Fedrau | Florian | 1989 | Itzehoe | GER-SH | 42 |
| 4 | 391 | 00:42:07 | Kabisch | Nils-Kristof | 1989 | Dägeling | GER-SH | 45 |
| 5 | 478 | 00:42:30 | Kühl | Peter Niclas | 1990 | Krempenheide | GER-SH | 48 |
| 6 | 951 | 00:43:05 | Suganuma | Shohei | 1989 | Lokomotive Krempe | JPN | 58 |
| 7 | 782 | 00:43:46 | Rusnac | Adrian | 1990 | Lokomotive Krempe | MLD | 66 |
| 8 | 721 | 00:46:08 | Ramm | Lasse | 1990 | MTV Herzhorn | GER-SH | 121 |
| 9 | 290 | 00:46:14 | Hahn | Tobias | 1989 | Norddeutsche Rundschau | GER-SH | 124 |
| 10 | 918 | 00:47:35 | Stampa | Sebastian | 1990 | VfL Börnsen | GER-SH | 160 |
| 11 | 674 | 00:49:33 | Petersen | Christoph | 1990 | TUS Krempe | GER-SH | 223 |
| 12 | 434 | 00:50:20 | Fontias | Christian | 1990 | Münsterdorf | GER-SH | 243 |
| 13 | 251 | 00:55:01 | Gimm | Jan-Hendrik | 1989 | Buchhandlung Gerbers | GER-SH | 400 |
| 14 | 808 | 00:55:33 | Scheerer | Nico | 1990 | Itzehoer Versicherungen | GER-SH | 423 |
| 15 | 1017 | 00:57:28 | Voß | Fabian | 1989 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 484 |
| 16 | 969 | 00:58:06 | Thums | Manuel | 1989 | Itzehoe | GER-SH | 504 |
| 17 | 96 | 00:58:29 | Braag | Marcel | 1989 | Glückstädter Werkstätten | GER-SH | 513 |
| 18 | 518 | 01:00:41 | Hildebrandt | Julian | 1990 | AVS Quinta b | GER-SH | 555 |
| 19 | 793 | 01:02:39 | Sauer | Marcus | 1990 | Steinburg-Schule, Itzehoe Steinburg-Flitzer | GER-SH | 581 |

10 Km Lauf M - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|-------------|------|-------------------------------|--------|----------------|
| 1 | 626 | 00:38:17 | Neumann | Kai | 1991 | LT Störlauf Itzehoe | GER-SH | 13 |
| 2 | 5 | 00:40:19 | Ahrens | Erck | 1991 | Hohenaspe | GER-SH | 31 |
| 3 | 541 | 00:40:28 | Maaß | Alexander | 1991 | Realschule Wilster 9a | GER-SH | 34 |
| 4 | 513 | 00:42:41 | Lipp | Sebastian | 1992 | Itzehoer Versicherungen | GER-SH | 53 |
| 5 | 709 | 00:44:25 | Praefke | Lukas | 1992 | Münsterdorf | GER-SH | 79 |
| 6 | 665 | 00:44:59 | Petereit | Markus | 1992 | AVS-ITZEHOE OIII | GER-SH | 88 |
| 7 | 645 | 00:45:08 | Ohonek | Lennart | 1991 | AVS-ITZEHOE OIII | GER-SH | 93 |
| 8 | 133 | 00:45:08 | Carstensen | Lukas | 1991 | LG Hang | GER-SH | 94 |
| 9 | 764 | 00:45:41 | Röhr | Hanjo | 1992 | AVS-ITZEHOE OIII | GER-SH | 110 |
| 10 | 504 | 00:47:03 | Lentfer | Fynn | 1992 | Realschule Wilster 9a | GER-SH | 142 |
| 11 | 468 | 00:48:45 | Krüger | Fynn | 1991 | Heiligenstedtenerkamp | GER-SH | 202 |
| 12 | 241 | 00:50:58 | Gellrich | Finn | 1992 | Rotary Club | GER-SH | 256 |
| 13 | 636 | 00:54:21 | Niklas | John Pierre | 1991 | Kotzenbüll | GER-SH | 369 |
| 14 | 244 | 00:54:58 | Gerbers | Rollo | 1991 | AVS-ITZEHOE OIII | GER-SH | 398 |
| 15 | 744 | 00:56:10 | Reinhardt | Jonas | 1991 | Ostroher SC | GER-SH | 446 |
| 16 | 186 | 00:59:09 | Endemann | Christian | 1992 | Klinikum Itzehoe | GER-SH | 523 |
| 17 | 407 | 01:03:28 | Key | Lucas Aaron | 1991 | PROKON Energiesysteme GmbH | GER-SH | 587 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------|---------|------|-----------------------|--------|----------------|
| 18 | 551 | 01:04:23 | Mahrt | Hein | 1991 | Realschule Wilster 9a | GER-SH | 603 |

10 Km Lauf M - SA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|------------|------|-----------------------|--------|----------------|
| 1 | 422 | 00:42:43 | Knopik | Nicolas | 1993 | AVS-ITZEHOE OIII | GER-SH | 54 |
| 2 | 707 | 00:43:38 | Ponick | Bastian | 1993 | SV Wellenkamp | GER-SH | 65 |
| 3 | 597 | 00:45:20 | Mohr | Maik | 1993 | LG Elmshorn | GER-SH | 101 |
| 4 | 160 | 00:45:57 | Domrös | Thure | 1994 | Heiligenstedtenerkamp | GER-SH | 116 |
| 5 | 83 | 00:47:18 | Boll | Constantin | 1993 | Realschule Wilster 9a | GER-SH | 151 |
| 6 | 712 | 00:47:36 | Prigge | Jonas | 1994 | Dägeling | GER-SH | 162 |
| 7 | 685 | 00:48:01 | Pieper | Mirko | 1994 | Oldendorfer Musikzug | GER-SH | 178 |
| 8 | 496 | 00:48:56 | Lechtenberg | Ansgar | 1993 | Itzehoe | GER-SH | 210 |
| 9 | 335 | 00:49:48 | Heutmann | Torben | 1993 | Wilster | GER-SH | 231 |
| 10 | 598 | 00:51:19 | Mohr | Phillipp | 1993 | AVS-ITZEHOE OIII | GER-SH | 271 |
| 11 | 826 | 00:52:18 | Schmidt | Bennet | 1994 | Klinikum Itzehoe | GER-SH | 299 |
| 12 | 686 | 00:53:45 | Pieper | Torben | 1994 | Oldendorfen Musikzug | GER-SH | 343 |
| 13 | 1030 | 00:56:37 | Wefelberg | Lennart | 1994 | Itzehoer Hockey-Club | GER-SH | 460 |
| 14 | 403 | 01:00:11 | Kelting | Ole | 1994 | Die Bekdorfer | GER-SH | 547 |
| 15 | 264 | 01:02:03 | Göttsche | Tobias | 1994 | Die Bekdorfer | GER-SH | 572 |

10 Km Lauf M - SB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|-------------|------|---------------------------------------|--------|----------------|
| 1 | 217 | 00:45:29 | Freese | Christopher | 1996 | Kaiser-Karl-Schule Itzehoe Sexta b | GER-SH | 105 |
| 2 | 1045 | 00:47:01 | Wendtland | David | 1995 | MTV Itzehoe | GER-SH | 141 |
| 3 | 136 | 00:47:45 | Chionidis | Nico | 1995 | Sophie-Scholl-Gymnasium 6e | GER-SH | 164 |
| 4 | 937 | 00:48:40 | Stollenwerk | Christoph | 1996 | Itzehoe | GER-SH | 199 |
| 5 | 299 | 00:49:47 | Hartmann | Felix | 1996 | VFL Kellinghusen | GER-SH | 230 |
| 6 | 470 | 00:52:48 | Krusche | Ralf | 1996 | Münsterdorf | GER-SH | 308 |
| 7 | 37 | 00:54:22 | Beck | Christian | 1996 | Itzehoe | GER-SH | 371 |
| 8 | 740 | 00:54:26 | Reimers | Henning | 1995 | Sophie-Scholl-Gymnasium 6e | GER-SH | 377 |
| 9 | 863 | 00:57:42 | Schulz | Tarek | 1995 | MTV Itzehoe | GER-SH | 492 |
| 10 | 295 | 00:57:47 | Hansen | Michel | 1995 | Freie Waldorfschule Itzehoe Kl. 6 | GER-SH | 498 |
| 11 | 494 | 01:09:18 | Läu | Lasse | 1995 | Wulfsmoor | GER-SH | 629 |

10 Km Lauf M - SC

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------|----------|------|--------------------------------------|--------|----------------|
| 1 | 47 | 00:45:39 | Behrends | Finn-Ole | 1997 | Freie Waldorfschule Itzehoe Kl. 4 | GER-SH | 109 |
| 2 | 990 | 00:48:22 | Trede | Henning | 1997 | MTV Itzehoe | GER-SH | 189 |
| 3 | 161 | 00:51:10 | Doormann | David | 1997 | MTV Itzehoe | GER-SH | 261 |
| 4 | 711 | 00:53:09 | Prigge | Jesse | 1997 | Dägeling | GER-SH | 320 |
| 5 | 945 | 00:56:36 | Strüven | Rowan | 1997 | SV Neuenbrook/Rethwisch | GER-SH | 459 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf M - SC

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------|---------|------|-------------------------|--------|----------------|
| 6 | 127 | 01:04:05 | Busch | Lennert | 1998 | SV Neuenbrook/Rethwisch | GER-SH | 595 |

10 Km Lauf W - 20

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|-------------|------|--|---------|----------------|
| 1 | 753 | 00:36:40 | Richter | Rhea | 1986 | MTV Itzehoe | GER-SH | 1 |
| 2 | 815 | 00:42:53 | Schiefelbein | Elvira | 1981 | ALG VFL Bokel | GER-SH | 2 |
| 3 | 214 | 00:44:20 | Fontius | Mirjam | 1987 | Breitenburg | GER-SH | 3 |
| 4 | 216 | 00:45:09 | Franke | Kristine | 1981 | Team Lunge | GER-HAM | 4 |
| 5 | 220 | 00:46:03 | Freiwald | Eike | 1986 | Team Lunge | GER-HAM | 7 |
| 6 | 891 | 00:49:43 | Siewert | Jana | 1979 | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | 15 |
| 7 | 33 | 00:50:25 | Bartmann | Nina | 1981 | Itzehoer Versicherungen | GER-SH | 18 |
| 8 | 662 | 00:53:10 | Paustian | Nina | 1985 | Itzehoe | GER-SH | 38 |
| 9 | 484 | 00:53:40 | Laackmann | Janine | 1983 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 45 |
| 10 | 798 | 00:54:09 | Schade | Sylvia | 1979 | Hamburg | GER-HAM | 51 |
| 11 | 546 | 00:55:31 | Madanchi | Nadine | 1988 | Nordakadmie | GER-SH | 64 |
| 12 | 331 | 00:55:45 | Hermer | Jana | 1987 | Nordakadmie | GER-SH | 66 |
| 13 | 1080 | 00:56:01 | Witt | Britta | 1982 | Kellinghusen | GER-SH | 76 |
| 14 | 557 | 00:56:14 | Martens | Sinja | 1986 | Rotary Club | GER-SH | 83 |
| 15 | 13 | 00:56:15 | Alexander | Katharina | 1985 | | GER-HAM | 84 |
| 16 | 309 | 00:56:38 | Hebel | Anne | 1982 | VfB Lübeck | GER-SH | 94 |
| 17 | 489 | 00:57:45 | Lange | Ann Kathrin | 1987 | Nordakadmie | GER-SH | 110 |
| 18 | 898 | 00:58:42 | Sohrt | Marlies | 1987 | Uetersen | GER-SH | 124 |
| 19 | 576 | 00:58:50 | Meyer | Imke | 1988 | Nordakadmie | GER-SH | 129 |
| 20 | 1048 | 00:59:07 | Wenzlaff | Frederike | 1987 | Itzehoe | GER-SH | 142 |
| 21 | 706 | 00:59:25 | Pomperein | Janina | 1985 | Nordakadmie | GER-SH | 151 |
| 22 | 84 | 00:59:56 | Bollmann | Sandra | 1980 | Bokel | GER-SH | 158 |
| 23 | 747 | 01:00:48 | Renner | Lea | 1988 | Garding | GER-SH | 169 |
| 24 | 663 | 01:00:56 | Pedersen | Bente | 1982 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 170 |
| 25 | 124 | 01:01:09 | Burmester | Alicia | 1988 | Nordakadmie | GER-SH | 173 |
| 26 | 734 | 01:01:15 | Rehse | Dorothee | 1987 | Münsterdorfer SV | GER-SH | 175 |
| 27 | 568 | 01:01:50 | Meinert | Alexandra | 1979 | Carport Running Team | GER-SH | 181 |
| 28 | 973 | 01:04:15 | Tiedemann | Karin | 1980 | Trede & von Pein | GER-SH | 209 |
| 29 | 616 | 01:04:17 | Musmeci | Daniela | 1981 | TSV Wacken | GER-SH | 210 |
| 30 | 848 | 01:05:06 | Schröder | Katja | 1980 | Klinikum Itzehoe | GER-SH | 221 |
| 31 | 430 | 01:06:23 | Kohl | Daniela | 1979 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 230 |
| 32 | 341 | 01:06:33 | Hirsch | Nele | 1982 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 236 |
| 33 | 261 | 01:07:05 | Gottschalk | Sabrina | 1984 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 244 |
| 34 | 22 | 01:08:23 | Bade | Sabrina | 1986 | Lehrinstitut für Rettungsmedizin GmbH Itzehoe | GER-SH | 259 |
| 35 | 1039 | 01:08:58 | Weiß | Doreen | 1982 | PROKON Energiesysteme GmbH | GER-SH | 264 |
| 36 | 315 | 01:10:14 | Heinsohn | Sandra | 1986 | MS SWAT Hohenfelde | GER-SH | 267 |
| 37 | 885 | 01:11:55 | Siemßen | Daniela | 1980 | TuS Holstein Quickborn | GER-SH | 272 |
| 38 | 167 | 01:17:54 | Dreyer | Vanessa | 1979 | Hohenfelde | GER-SH | 279 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 30

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------------|------------|------|--|---------|----------------|
| 1 | 1042 | 00:46:41 | Wendorff | Katrin | 1974 | Realschule Wilster 9a | GER-SH | 9 |
| 2 | 184 | 00:53:45 | Eicke | Katrin | 1978 | Münsterdorfer SV | GER-SH | 46 |
| 3 | 417 | 00:54:01 | Kloetzing | Cathrin | 1974 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 49 |
| 4 | 982 | 00:55:24 | Tinnefeld | Anke | 1974 | Tri EMTV Elmshorn | GER-SH | 61 |
| 5 | 967 | 00:57:21 | Thomsen | Nina | 1977 | Buchhandlung Gerbers | GER-SH | 106 |
| 6 | 1072 | 00:57:45 | Windels | Hilke | 1974 | Itzehoe | GER-SH | 109 |
| 7 | 141 | 00:58:49 | Christofferson | Andrea | 1974 | C & L GmbH Itzehoe | GER-SH | 128 |
| 8 | 543 | 00:59:05 | Maaß | Nina | 1977 | Ottenbüttel | GER-SH | 141 |
| 9 | 783 | 00:59:34 | Russo | Daniela | 1977 | Vishay Siliconix Itzehoe GmbH | GER-SH | 153 |
| 10 | 873 | 00:59:34 | Schwerdtle | Anke | 1975 | TS Schenefeld | GER-SH | 154 |
| 11 | 754 | 01:00:23 | Richter | Stefanie | 1977 | Baumland | GER-SH | 162 |
| 12 | 642 | 01:00:26 | Offt | Kerstin | 1977 | Klinikum Itzehoe | GER-SH | 163 |
| 13 | 538 | 01:00:47 | Lypke | Tanja | 1975 | Armstedt | GER-SH | 168 |
| 14 | 939 | 01:01:13 | Stork | Maxi | 1977 | Justiz läuft | GER-SH | 174 |
| 15 | 1014 | 01:03:52 | von Torklus | Katrin | 1974 | Dägeling | GER-SH | 204 |
| 16 | 507 | 01:03:58 | Lindemann | Halina | 1975 | Justiz läuft | GER-SH | 206 |
| 17 | 39 | 01:04:52 | Becker | Karina | 1974 | Itzehoer Versicherungen | GER-SH | 215 |
| 18 | 307 | 01:05:05 | Hatsakis | Alexandra | 1977 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 220 |
| 19 | 148 | 01:07:17 | Dammann | Susanne | 1977 | Hamburg | GER-HAM | 250 |
| 20 | 113 | 01:07:56 | Brink | Stefanie | 1976 | Itzehoe | GER-SH | 254 |
| 21 | 840 | 01:08:23 | Schneider | Anne-Marte | 1975 | Lehrinstitut für Rettungsmedizin GmbH Itzehoe | GER-SH | 258 |
| 22 | 773 | 01:12:50 | Roussell | Melanie | 1974 | Sparkasse Westholstein | GER-SH | 274 |
| 23 | 414 | 01:16:52 | Klawitter | Anja | 1975 | Karlsruhe | GER-BAW | 278 |

10 Km Lauf W - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------------|-----------------|------|--|---------|----------------|
| 1 | 269 | 00:46:02 | Griem | Bärbel | 1970 | Wentorf | GER-SH | 6 |
| 2 | 814 | 00:50:45 | Scheumer | Bettina | 1971 | Hamburg | GER-HAM | 21 |
| 3 | 350 | 00:50:46 | Hollstein | Katrin | 1971 | Team Lunge | GER-HAM | 22 |
| 4 | 703 | 00:51:03 | Pohlmeyer | Katja | 1969 | BROFI ROADRUNNERS | GER-SH | 25 |
| 5 | 1033 | 00:51:20 | Weidlich | Nicole | 1970 | E.ON Kernkraft | GER-SH | 27 |
| 6 | 91 | 00:52:58 | Böttcher | Tanja | 1972 | Klinikum Itzehoe | GER-SH | 35 |
| 7 | 1015 | 00:53:29 | von Winterfeld | Sabine | 1972 | Itzehoe | GER-SH | 40 |
| 8 | 352 | 00:53:32 | Holm | Maike | 1969 | TS Schenefeld | GER-SH | 41 |
| 9 | 623 | 00:53:39 | Neufeld | Merle | 1971 | Itzehoe | GER-SH | 44 |
| 10 | 230 | 00:54:09 | Gahtow | Ellen | 1970 | LT JEMARA | GER-SH | 50 |
| 11 | 252 | 00:55:03 | Gnieser | Petra Alexandra | 1970 | Baumland | GER-SH | 56 |
| 12 | 500 | 00:55:45 | Lehr | Claudia | 1970 | Klinikum Itzehoe | GER-SH | 67 |
| 13 | 964 | 00:55:49 | Thilow | Christiane | 1971 | Hohenlockstedt | GER-SH | 68 |
| 14 | 257 | 00:55:59 | Göring | Katja | 1973 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 74 |
| 15 | 267 | 00:55:59 | Greschuchna | Larissa | 1969 | ITV Itzehoe | GER-SH | 75 |
| 16 | 209 | 00:56:06 | Floßmann | Marion | 1971 | Hohenaspe | GER-SH | 79 |
| 17 | 856 | 00:56:15 | Schuhardt | Ilka | 1973 | Team Zeitenjäger | GER-SH | 85 |
| 18 | 530 | 00:56:20 | Lucht | Telse | 1969 | TSV Heiligenstedten | GER-SH | 88 |
| 19 | 56 | 00:56:41 | Bertermann | Yvonne | 1972 | Kiel | GER-SH | 95 |
| 20 | 1031 | 00:56:55 | Wegener | Anja | 1969 | Klinikum Itzehoe | GER-SH | 98 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 35

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|-----------|------|---|---------|----------------|
| 21 | 727 | 00:56:57 | Ratjen | Anke | 1969 | BROFI ROADRUNNERS | GER-SH | 99 |
| 22 | 79 | 00:58:31 | Böhmer | Elke | 1969 | Brunsbüttel | GER-SH | 120 |
| 23 | 941 | 00:58:32 | Hüning | Martina | 1969 | LT Störlauf | GER-SH | 122 |
| 24 | 48 | 00:58:45 | Behrens | Anja | 1970 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 126 |
| 25 | 442 | 00:58:51 | Kooistra | Simone | 1969 | Münsterdorf | GER-SH | 130 |
| 26 | 378 | 00:58:57 | Johannsen | Jutta | 1970 | BSG Sparkasse Südholstein | GER-SH | 132 |
| 27 | 1025 | 00:58:58 | Wartenberg | Jana | 1972 | Hamburg | GER-HAM | 133 |
| 28 | 732 | 00:59:13 | Reese | Maren | 1970 | Wilster | GER-SH | 146 |
| 29 | 935 | 00:59:26 | Stoldt | Kasia | 1970 | Ottenbüttel | GER-SH | 152 |
| 30 | 714 | 01:00:16 | Radebold | Birgit | 1970 | Glückstadt | GER-SH | 161 |
| 31 | 227 | 01:00:37 | Funk | Heike | 1972 | Wohlert, Aldag & Partner | GER-SH | 164 |
| 32 | 892 | 01:02:09 | Sindelar | Maren | 1969 | Itzehoe Eagles | GER-SH | 189 |
| 33 | 168 | 01:02:42 | Driesel | Ute | 1969 | Steinburg-Schule, Itzehoe Steinburg-Flitzer | GER-SH | 193 |
| 34 | 780 | 01:02:55 | Rüsch | Anja | 1971 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 196 |
| 35 | 807 | 01:03:30 | Scheel | Britta | 1972 | Itzehoe | GER-SH | 202 |
| 36 | 393 | 01:04:01 | Kahl | Christine | 1973 | Breitenberg | GER-SH | 208 |
| 37 | 429 | 01:05:10 | Kockel | Christina | 1973 | Bremen | GER-BRE | 224 |
| 38 | 65 | 01:06:23 | Blascheck | Mona | 1971 | Thies GesundheitsPartner & MediCenter Medizintechnik | GER-SH | 231 |
| 39 | 499 | 01:06:36 | Lehmann | Kerrin | 1971 | Itzehoe | GER-SH | 237 |
| 40 | 881 | 01:06:43 | Senger | Christina | 1970 | Elmshorn | GER-SH | 239 |
| 41 | 425 | 01:07:56 | Koberg | Katja | 1973 | Itzehoe | GER-SH | 255 |
| 42 | 860 | 01:11:46 | Schultz | Katharina | 1969 | MTV Itzehoe | GER-SH | 271 |
| 43 | 15 | 01:14:14 | Büsing | Dorothee | 1969 | | GER-SH | 276 |
| 44 | 69 | 01:14:14 | Blum | Verena | 1973 | Kremperheide | GER-SH | 277 |

10 Km Lauf W - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|------------|------|---------------------------|---------|----------------|
| 1 | 10 | 00:46:38 | Aldag | Edith | 1964 | Wohlert, Aldag & Partner | GER-SH | 8 |
| 2 | 456 | 00:47:02 | Krause | Ute | 1966 | Klinikum Itzehoe | GER-SH | 10 |
| 3 | 74 | 00:47:06 | Boehm | Helga | 1965 | Itzehoe | GER-SH | 11 |
| 4 | 437 | 00:49:09 | Konrad | Jutta | 1966 | Optik Fuhlendorf | GER-SH | 14 |
| 5 | 1041 | 00:50:25 | Weltmeyer | Sabine | 1968 | Bendorf | GER-SH | 17 |
| 6 | 149 | 00:50:36 | Dankleff | Ingke | 1968 | MTV Itzehoe | GER-SH | 19 |
| 7 | 293 | 00:51:06 | Hanisch | Catrin | 1966 | Wilster | GER-SH | 26 |
| 8 | 21 | 00:51:26 | Bacher | Jutta | 1965 | Aachen | GER-NRW | 28 |
| 9 | 157 | 00:51:34 | Dittrich | Karin | 1964 | ETSV Gut Heil Itzehoe | GER-SH | 30 |
| 10 | 23 | 00:52:55 | Badtke | Britta | 1967 | Team Zeitenjäger | GER-SH | 34 |
| 11 | 347 | 00:53:03 | Hölck | Anja | 1967 | Itzehoe | GER-SH | 36 |
| 12 | 649 | 00:53:09 | Ott | Sabine | 1968 | Förderverein Wellenkamp | GER-SH | 37 |
| 13 | 409 | 00:53:35 | Kiederle | Heidi | 1968 | Atlética Horsens | DEN | 42 |
| 14 | 511 | 00:53:57 | Lipp | Antje | 1964 | Itzehoer Versicherungen | GER-SH | 47 |
| 15 | 363 | 00:54:51 | Ibs | Andrea | 1968 | Sparkasse Westholstein | GER-SH | 54 |
| 16 | 399 | 00:55:51 | Karstens | Ute | 1964 | Sv Frisia 03 | GER-SH | 72 |
| 17 | 85 | 00:55:53 | Bolln | Christiane | 1968 | Itzehoe | GER-SH | 73 |
| 18 | 595 | 00:56:03 | Mohr | Heidi | 1965 | Münsterdorfer Sportverein | GER-SH | 77 |
| 19 | 30 | 00:56:05 | Balschuweit | Gerlinde | 1968 | ITZEHOE | GER-SH | 78 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 40

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|---------------|-------------|------|--|---------|----------------|
| 20 | 9 | 00:56:34 | Albrecht-Beck | Britta | 1965 | Itzehoe | GER-SH | 91 |
| 21 | 895 | 00:56:36 | Skubel | Martina | 1964 | Autoliv Betriebssport | GER-SH | 93 |
| 22 | 108 | 00:56:52 | Breitenstein | Silke | 1968 | BSG Gehe Pharma | GER-SH | 97 |
| 23 | 795 | 00:57:08 | Schack | Maren | 1967 | Itzehoer Versicherungen | GER-SH | 101 |
| 24 | 218 | 00:57:15 | Freese | Marina | 1965 | Kaiser-Karl-Schule Itzehoe Sexta b | GER-SH | 105 |
| 25 | 474 | 00:57:42 | Krützelmann | Anne-Katrin | 1968 | Hohenaspe | GER-SH | 107 |
| 26 | 796 | 00:57:44 | Schack | Silke | 1966 | Hohenlockstedt | GER-SH | 108 |
| 27 | 603 | 00:57:48 | Möller-Bensch | Cornelia | 1965 | Dägeling | GER-SH | 111 |
| 28 | 547 | 00:58:24 | Mages | Lydia | 1967 | ETSV Gut Heil Itzehoe | GER-SH | 116 |
| 29 | 683 | 00:58:27 | Piechotta | Gundula | 1967 | Hohenaspe | GER-SH | 119 |
| 30 | 790 | 00:58:31 | Sander | Renate | 1964 | MTV Horst | GER-SH | 121 |
| 31 | 1059 | 00:58:41 | Wieck | Michaela | 1964 | Heiligenstedtenerkamp | GER-SH | 123 |
| 32 | 426 | 00:58:44 | Koch | Hilke | 1967 | Itzehoe | GER-SH | 125 |
| 33 | 472 | 00:58:48 | Kruse | Jacqueline | 1968 | Elmshorn | GER-SH | 127 |
| 34 | 448 | 00:59:00 | Koßiski-Bünz | Andrea | 1965 | TSV Kremperheide | GER-SH | 137 |
| 35 | 326 | 00:59:24 | Hennings | Kirsten | 1965 | Sparkasse Westholstein | GER-SH | 149 |
| 36 | 1089 | 00:59:25 | Wolfsteller | Angela | 1965 | TS Schenefeld | GER-SH | 150 |
| 37 | 952 | 00:59:44 | Tabel | Eike | 1966 | ISR Itzehoer Schrott und Recycling GmbH & Co. | GER-SH | 155 |
| 38 | 899 | 00:59:46 | Soliman | Katja | 1964 | MTV Itzehoe | GER-SH | 156 |
| 39 | 401 | 01:00:46 | Kaufmann | Susanne | 1964 | Kellinghusen | GER-SH | 167 |
| 40 | 868 | 01:01:20 | Schwantes | Irini | 1967 | Wrist | GER-SH | 176 |
| 41 | 965 | 01:01:27 | Thomsen | Doerte | 1965 | Laufftreff Ehndorf | GER-SH | 177 |
| 42 | 180 | 01:01:28 | Ehmke | Heidi | 1965 | Elmshorn | GER-SH | 178 |
| 43 | 516 | 01:01:52 | Lochmann | Tuula | 1968 | Die Bekdorfer | GER-SH | 182 |
| 44 | 819 | 01:01:59 | Schippmann | Heidi | 1966 | Elmshorn | GER-SH | 184 |
| 45 | 66 | 01:02:07 | Blender | Dörte | 1964 | Klinikum Itzehoe | GER-SH | 186 |
| 46 | 166 | 01:02:30 | Drewes | Manuela | 1967 | Lüneburg | GER-NIE | 191 |
| 47 | 517 | 01:02:43 | Lohff | Sonja | 1964 | Laufftreff Ehndorf | GER-SH | 194 |
| 48 | 520 | 01:02:50 | Lohse | Maren | 1966 | Klinikum Itzehoe | GER-SH | 195 |
| 49 | 117 | 01:03:26 | Bruhn | Harriet | 1968 | Itzehoe | GER-SH | 200 |
| 50 | 334 | 01:03:52 | Hesebek | Ulrike | 1967 | Itzehoer Versicherungen | GER-SH | 205 |
| 51 | 619 | 01:04:24 | Nebling | Manuela | 1965 | Winsen | GER-SH | 212 |
| 52 | 102 | 01:06:37 | Schmidt | Kathrin | 1965 | Elmshorn | GER-SH | 238 |
| 53 | 970 | 01:06:52 | Thyke | Ute | 1965 | Tornesch | GER-SH | 241 |
| 54 | 300 | 01:07:08 | Hartmann | Gudrun | 1968 | VFL Kellinghusen | GER-SH | 245 |
| 55 | 31 | 01:07:10 | Bärhold | Anne-Katrin | 1967 | Justiz läuft | GER-SH | 246 |
| 56 | 1038 | 01:07:11 | Weiß | Angela | 1967 | Kaaks | GER-SH | 247 |
| 57 | 311 | 01:08:16 | Heidekrüger | Kerstin | 1968 | Paderborn | GER-NRW | 257 |
| 58 | 212 | 01:08:32 | Fock | Verena | 1968 | Münsterdorf | GER-SH | 262 |
| 59 | 728 | 01:10:38 | Rauschelbach | Gabriele | 1966 | Wohlert, Aldag & Partner | GER-SH | 268 |

10 Km Lauf W - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|---------|------|-----------------------|--------|----------------|
| 1 | 337 | 00:45:11 | Himmerkus | Frauke | 1963 | Gut-Heil Itzehoe | GER-SH | 5 |
| 2 | 806 | 00:47:56 | Schättiger | Heike | 1960 | Heidgrabener SV | GER-SH | 12 |
| 3 | 680 | 00:49:01 | Pförtner | Heike | 1962 | ETSV Gut Heil Itzehoe | GER-SH | 13 |
| 4 | 893 | 00:50:43 | Sjut | Uta | 1963 | MTV-Wilster | GER-SH | 20 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 45

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|-------------------|------------|------|--------------------------|---------|-----|------------|
| 5 | 487 | 00:52:38 | Lagers-Aldag | Martina | 1963 | Wohlert, Aldag & Partner | GER-SH | | 32 |
| 6 | 656 | 00:52:52 | Wengert | Petra | 1962 | | GER-SH | | 33 |
| 7 | 980 | 00:54:00 | Timm | Gabi | 1962 | Münsterdorfer SV | GER-SH | | 48 |
| 8 | 188 | 00:54:17 | Engel | Kerstin | 1961 | Brunsbüttel | GER-SH | | 52 |
| 9 | 742 | 00:55:24 | Reinhardt | Birgit | 1962 | Ostroher SC | GER-SH | | 60 |
| 10 | 908 | 00:55:26 | Splieth | Daniela | 1963 | Kellinghusen | GER-SH | | 62 |
| 11 | 1051 | 00:55:30 | Wesemann | Sabine | 1960 | Laufftreff Ehndorf | GER-SH | | 63 |
| 12 | 196 | 00:56:13 | Feddersen | Gesche | 1963 | Team Zeitenjäger | GER-SH | | 82 |
| 13 | 565 | 00:56:17 | Meier | Ute | 1963 | Kremperheide | GER-SH | | 86 |
| 14 | 947 | 00:56:21 | Stute | Inga | 1963 | BSG ESW/STN e.V | GER-SH | | 89 |
| 15 | 319 | 00:58:26 | Heitmann-Greulich | Susanne | 1959 | Itzehoe | GER-SH | | 118 |
| 16 | 757 | 00:58:58 | Riese | Angela | 1962 | Ottenbüttel | GER-SH | | 135 |
| 17 | 132 | 00:59:02 | Carstensen | Evelin | 1960 | Hohenfelde | GER-SH | | 139 |
| 18 | 1076 | 00:59:03 | Winkler | Sonja | 1959 | SV Frisia 03 | GER-SH | | 140 |
| 19 | 191 | 00:59:12 | Erfle | Susanne | 1961 | Heikendorf | GER-SH | | 145 |
| 20 | 162 | 00:59:23 | Dose | Heike | 1959 | Sparkasse Westholstein | GER-SH | | 148 |
| 21 | 559 | 00:59:55 | Matthiesen | Angela | 1960 | Waldersee-jogger | GER-SH | | 157 |
| 22 | 602 | 01:00:45 | Möller | Helle | 1960 | Atlética Horsens | DEN | | 166 |
| 23 | 1086 | 01:00:57 | Wohllebe | Kirsten | 1962 | Oldendorf | GER-SH | | 171 |
| 24 | 1070 | 01:01:55 | Wind | Susanne | 1961 | Klinikum Itzehoe | GER-SH | | 183 |
| 25 | 770 | 01:02:08 | Rosing | Petra | 1960 | Rethwisch | GER-SH | | 187 |
| 26 | 16 | 01:02:20 | Anger | Kirsten | 1960 | Münsterdorf | GER-SH | | 190 |
| 27 | 549 | 01:03:12 | Mahn | Andrea | 1963 | Trede & von Pein | GER-SH | | 197 |
| 28 | 676 | 01:03:12 | Petersen | Ulrike | 1961 | Trede & von Pein | GER-SH | | 198 |
| 29 | 633 | 01:04:00 | Nielsen | Tora | 1960 | Atlética Horsens | DEN | | 207 |
| 30 | 324 | 01:04:21 | Henke | Sabine | 1962 | Münsterdorfer SV | GER-SH | | 211 |
| 31 | 404 | 01:04:42 | Kelting | Petra | 1960 | Die Bekdorfer | GER-SH | | 213 |
| 32 | 339 | 01:05:02 | Hinrichs | Heike | 1959 | Sparkasse Westholstein | GER-SH | | 218 |
| 33 | 77 | 01:05:04 | Böge | Ingrid | 1962 | Krempermoor | GER-SH | | 219 |
| 34 | 550 | 01:05:09 | Mahncke | Maren | 1963 | Halstenbek | GER-SH | | 223 |
| 35 | 1074 | 01:05:49 | Wink | Petra | 1961 | Itzehoe | GER-SH | | 226 |
| 36 | 41 | 01:06:13 | Beckmann | Marlis | 1959 | Gut Heil Itzehoe | GER-SH | | 229 |
| 37 | 752 | 01:06:26 | Richter | Angelika | 1960 | F.I.R.M.A. | GER-SH | | 234 |
| 38 | 240 | 01:06:53 | Geist | Christiane | 1963 | Tornesch | GER-SH | | 242 |
| 39 | 521 | 01:07:13 | Lojen | Lydia | 1962 | Hohenwestedt | GER-SH | | 248 |
| 40 | 270 | 01:08:30 | Griesbach | Christine | 1960 | MTV Itzehoe | GER-SH | | 261 |
| 41 | 203 | 01:08:51 | Fischbach | Sabine | 1962 | Frankfurt(Oder) | GER-BRA | | 263 |
| 42 | 932 | 01:11:03 | Stender-Pesara | Bettina | 1963 | Itzehoe | GER-SH | | 269 |

10 Km Lauf W - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos | Gesamtfeld |
|-----|------|----------|------------|----------|------|------------------|---------|-----|------------|
| 1 | 865 | 00:50:52 | Schwalbach | Gabriele | 1954 | Justiz läuft | GER-SH | | 23 |
| 2 | 524 | 00:53:16 | Lorenzen | Elvira | 1956 | TSV RW Niebüll | GER-SH | | 39 |
| 3 | 273 | 00:53:38 | Gulde | Hedda | 1957 | Itzehoe | GER-SH | | 43 |
| 4 | 1088 | 00:54:38 | Wolf | Gabriele | 1958 | Hamburg | GER-HAM | | 53 |
| 5 | 29 | 00:54:56 | Baier | Brigitte | 1954 | LG Elmshorn | GER-SH | | 55 |
| 6 | 961 | 00:55:10 | Thiesl | Waltraud | 1954 | TS Schenefeld | GER-SH | | 57 |
| 7 | 1011 | 00:55:19 | von Pein | Birge | 1958 | Trede & von Pein | GER-SH | | 59 |
| 8 | 539 | 00:55:51 | Lysdal | Dorthe | 1955 | TS Schenefeld | GER-SH | | 70 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 50

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------------------|------------|------|--|--------|----------------|
| 9 | 296 | 00:56:08 | Harder | Elsbeth | 1956 | Gut Heil Itzehoe | GER-SH | 80 |
| 10 | 915 | 00:56:46 | Stahl | Ellen | 1957 | Grevenkop | GER-SH | 96 |
| 11 | 648 | 00:57:07 | Ott | Irma | 1954 | Itzehoe Versicherungen | GER-SH | 100 |
| 12 | 139 | 00:58:21 | Christiansen | Dörte | 1954 | Kellinghusen | GER-SH | 115 |
| 13 | 481 | 00:59:02 | Kuhnke | Helga | 1955 | Glückstadt | GER-SH | 138 |
| 14 | 1010 | 00:59:22 | von Ondarza-Plesmann | Estrellita | 1956 | Rotary Club | GER-SH | 147 |
| 15 | 847 | 01:00:09 | Schröder | Inken | 1957 | Grevenkop | GER-SH | 159 |
| 16 | 443 | 01:00:10 | Kopp | Kirsten | 1955 | Itzehoe | GER-SH | 160 |
| 17 | 971 | 01:00:42 | Tiedemann | Heike | 1957 | Münsterdorfer SV | GER-SH | 165 |
| 18 | 654 | 01:01:38 | Passauer | Bärbel | 1954 | BKK Gruner + Jahr - Die Präventionskasse | GER-SH | 179 |
| 19 | 670 | 01:01:47 | Peters | Martina | 1957 | ETSV Fortuna Glückstadt | GER-SH | 180 |
| 20 | 949 | 01:02:00 | Stüven | Susanna | 1958 | Itzehoe | GER-SH | 185 |
| 21 | 567 | 01:03:28 | Meiners | Anne | 1955 | ETSV Fortuna Glückstadt | GER-SH | 201 |
| 22 | 759 | 01:06:50 | Rimmek | Sabine | 1958 | Sparkasse Westholstein | GER-SH | 240 |
| 23 | 348 | 01:07:16 | Hölk | Birgit | 1957 | Borgdorf | GER-SH | 249 |
| 24 | 387 | 01:07:20 | Jürgens | Dorit | 1956 | SC Hohenaspe | GER-SH | 251 |
| 25 | 590 | 01:08:08 | Mintzlaff | Regina | 1954 | Laufftreff Störlauf | GER-SH | 256 |
| 26 | 45 | 01:09:25 | Behnke | Beate | 1954 | MTV Itzehoe | GER-SH | 265 |
| 27 | 283 | 01:09:25 | Haeger-Wenzlaff | Renate | 1955 | Itzehoe | GER-SH | 266 |
| 28 | 35 | 01:11:57 | Bauer | Marita | 1954 | Klinikum Itzehoe | GER-SH | 273 |

10 Km Lauf W - 55

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|------------|-----------|------|-----------------------------|--------|----------------|
| 1 | 205 | 00:57:59 | Fliegner | Sybille | 1953 | Klinikum Itzehoe | GER-SH | 113 |
| 2 | 70 | 00:58:58 | Blunk | Ilse | 1952 | Klinikum Itzehoe | GER-SH | 134 |
| 3 | 635 | 00:59:11 | Nießner | Anita | 1951 | VFL Kellinghusen | GER-SH | 144 |
| 4 | 760 | 01:02:09 | Röbel | Karin | 1951 | Behrens & Haltermann | GER-SH | 188 |
| 5 | 519 | 01:02:42 | Lohmann | Wiebke | 1953 | Lohmann-familie-and-friends | GER-SH | 192 |
| 6 | 766 | 01:05:01 | Røjgaard | Jette | 1949 | Atlética Horsens | DEN | 216 |
| 7 | 1097 | 01:05:02 | Zapfe | Rosemarie | 1953 | Sparkasse Westholstein | GER-SH | 217 |
| 8 | 750 | 01:06:01 | Reschke | Hannelore | 1953 | Wesselburen | GER-SH | 228 |
| 9 | 867 | 01:07:50 | Schwamborn | Henriette | 1949 | Atlética Horsens | DEN | 252 |
| 10 | 376 | 01:07:54 | Jensen | Tove | 1952 | Atlética Horsens | DEN | 253 |
| 11 | 75 | 01:11:28 | Böge | Hanni | 1953 | TSV Lägerdorf | GER-SH | 270 |

10 Km Lauf W - 60

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|----------|------|-----------------------|--------|----------------|
| 1 | 632 | 00:55:35 | Nielsen | Gunil | 1945 | Atlética Horsens | DEN | 65 |
| 2 | 194 | 01:06:25 | Falkenström | Sofie | 1945 | Atlética Horsens | DEN | 233 |
| 3 | 249 | 01:06:32 | Gille | Anita | 1948 | Heiligenstedtenerkamp | GER-SH | 235 |
| 4 | 841 | 01:08:25 | Schneider | Brigitte | 1947 | Wilster | GER-SH | 260 |
| 5 | 25 | 01:13:25 | Baganz | Jutta | 1944 | ETSV Gut Heil | GER-SH | 275 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - 65

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|----------|---------|------|------------------|--------|----------------|
| 1 | 410 | 00:52:31 | Kiederle | Inger | 1942 | Atlética Horsens | DEN | 31 |
| 2 | 1083 | 00:56:19 | Wobig | Eva | 1941 | Münsterdorf | GER-SH | 87 |
| 3 | 498 | 01:05:31 | Lehmann | Ingge | 1939 | Itzehoe | GER-SH | 225 |
| 4 | 985 | 01:06:25 | Tømmerby | Birte | 1941 | Atlética Horsens | DEN | 232 |

10 Km Lauf W - JA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------|---------|------|------------------|--------|----------------|
| 1 | 910 | 00:55:16 | Splieth | Julika | 1989 | Kellinghusen | GER-SH | 58 |
| 2 | 575 | 00:55:49 | Meyenburg | Dorina | 1990 | Itzehoe | GER-SH | 69 |
| 3 | 658 | 00:56:09 | Paulsen | Bente | 1990 | Münsterdorf | GER-SH | 81 |
| 4 | 211 | 00:57:11 | Fock | Sarah | 1989 | Münsterdorfer SV | GER-SH | 102 |

10 Km Lauf W - JB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-----------|------------|------|---|--------|----------------|
| 1 | 322 | 00:50:54 | Henke | Katrin | 1992 | AVS OIII | GER-SH | 24 |
| 2 | 666 | 00:55:51 | Petermann | Marisa | 1991 | Münsterdorf | GER-SH | 71 |
| 3 | 660 | 00:56:25 | Paulsen | Frederike | 1992 | BSC Nordoe | GER-SH | 90 |
| 4 | 389 | 00:57:12 | Kabisch | Maj-Britt | 1991 | Dägeling | GER-SH | 103 |
| 5 | 480 | 00:57:54 | Vock | Carolin | 1991 | | GER-SH | 112 |
| 6 | 502 | 01:01:07 | Lemke | Sarina | 1991 | Volksbank Raiffeisenbank eG, Itzehoe | GER-SH | 172 |
| 7 | 1002 | 01:04:50 | Jahn | Lesley-Ann | 1992 | Schröder Bauzentrum Team | GER-SH | 214 |

10 Km Lauf W - SA

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|------------|------|-------------------------|---------|----------------|
| 1 | 936 | 00:50:11 | Stollenwerk | Christiane | 1994 | Itzehoe | GER-SH | 16 |
| 2 | 564 | 00:56:34 | Meier | Christina | 1994 | MTV Herzhorn | GER-SH | 92 |
| 3 | 912 | 00:58:18 | Sprenger | Janina | 1993 | Itzehoer Fussballverein | GER-SH | 114 |
| 4 | 545 | 00:58:59 | Maaß | Selina | 1993 | Realschule Wilster 9a | GER-SH | 136 |
| 5 | 811 | 01:03:22 | Schemainda | Jana | 1994 | Itzehoer Versicherungen | GER-SH | 199 |
| 6 | 631 | 01:05:53 | Niehuus | Leonie | 1994 | Heiligenstedtenerkamp | GER-SH | 227 |
| 7 | 925 | 01:07:03 | Steiling | Lisa | 1993 | Gymnasium im Schloss | GER-NIE | 243 |

10 Km Lauf W - SB

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|-------------|-----------|------|--|--------|----------------|
| 1 | 237 | 00:57:13 | Gehring | Anna | 1996 | Gesundheitszentrum Klosterforst Itzehoe | GER-SH | 104 |
| 2 | 351 | 00:58:25 | Holm | Karoline | 1996 | KKS Itzehoe | GER-SH | 117 |
| 3 | 1029 | 00:58:55 | Wefelnberg | Charlotte | 1996 | MTV Itzehoe | GER-SH | 131 |
| 4 | 772 | 00:59:08 | Rotzinger | Hannah | 1995 | TSV LOLA | GER-SH | 143 |
| 5 | 107 | 01:03:34 | Hildebrandt | Isabelle | 1995 | AVS Quita b | GER-SH | 203 |

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M / W - Altersklassen

10 Km Lauf (10 Km)

10 Km Lauf W - SC

| Pos | StNr | Gesamt | Name | Vorname | Jg. | Verein / Ort | Nat. | Pos Gesamtfeld |
|-----|------|----------|--------------|--------------|------|-------------------------|--------|----------------|
| 1 | 609 | 00:51:28 | Müller-Bergh | Ann-Kathrein | 1997 | Flinke Fersen Tegelhorn | GER-SH | 29 |
| 2 | 756 | 01:05:09 | Riedeberger | Joele | 1997 | Münsterdorfer SV | GER-SH | 222 |

Einträge in der Liste: 919