

34. Ratzeburger Adventslauf am 01.12.2024

Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
26 km um den Ratzeburger See									
weiblich									
1.	6102	1. W30	KÜMPERS Julia	LAC Kronshagen	0:47:41	0:52:16	1:39:58	1:39:57	
2.	6104	1. W20	FROELICH Fenna	LAC Lübeck	0:48:15	0:55:01	1:43:16	1:43:15	3:18
3.	6103	2. W20	TIMM Svea	LAC Kronshagen	0:49:23	0:54:12	1:43:36	1:43:34	3:37
4.	6316	3. W20	SIEDHOFF Susanne	SC Victoria Hockey	0:49:46	0:55:17	1:45:07	1:45:03	5:06
5.	5477	1. W50	SARMAN-LEIN	(Hamburg)	0:51:29	0:58:43	1:50:21	1:50:12	10:15
6.	6494	2. W30	FEMERLING Lisa	Triathlon Team Hamburg	0:53:11	0:57:28	1:50:47	1:50:39	10:42
7.	5442	3. W30	REHBERG Maya	SC Rönau 74	0:53:26	0:57:15	1:50:43	1:50:40	10:43
8.	6403	4. W30	KUCZIENSKY Lisa	SV Großhansdorf	0:54:35	0:59:53	1:54:32	1:54:27	14:30
9.	5099	4. W20	DEHNE Hannah	(München)	0:54:47	1:01:38	1:56:32	1:56:25	16:28
10.	6012	5. W30	RUGE Julia	Hamburg Running	0:56:38	1:00:34	1:57:15	1:57:11	17:14
11.	6514	5. W20	GÜNTHER Sina	TSG Bergedorf	0:57:24	1:02:13	1:59:50	1:59:36	19:39
12.	6513	6. W20	ARGEMBEAUX Jule	TSG Bergedorf	0:57:24	1:02:13	1:59:50	1:59:37	19:40
13.	6169	1. W40	EMMINGHAUS	LG Nord Berlin Ultrateam	0:57:18	1:02:35	2:00:12	1:59:53	19:56
14.	6512	1. W35	WULF Anna	TS Harburg	0:57:08	1:04:15	2:01:28	2:01:22	21:25
15.	6517	2. W40	DRÖGLER Manuela	TSG Wittenburg	0:58:35	1:03:19	2:02:29	2:01:54	21:57
16.	6324	3. W40	ULLMERICH Nadja	serious running	0:59:03	1:05:28	2:04:42	2:04:31	24:34
17.	6476	7. W20	STOCKRAHM Celine	Tri-Sport Lübeck	0:59:39	1:06:13	2:05:57	2:05:51	25:54
18.	6147	1. W55	WILLAMOWSKI	Laufwerk Hamburg e.V.	0:58:11	1:07:57	2:06:13	2:06:07	26:10
19.	5951	8. W20	TÜX Emma Luise	FC St Pauli Triathlon	1:00:17	1:06:00	2:06:26	2:06:16	26:19
20.	5766	9. W20	NEHRMANN Anna	ALG-VfL Bokel	0:57:56	1:08:41	2:06:45	2:06:37	26:40
21.	6032	4. W40	VOSS Katharina	Hamburger Sport Club	0:58:09	1:08:42	2:06:55	2:06:50	26:53
22.	6346	2. W35	POON Marianne	SG Wasserratten	0:59:06	1:08:35	2:07:48	2:07:41	27:44
23.	6487	2. W50	STEIDING Claudia	triabolas triathlon hamburg	1:01:27	1:06:38	2:08:08	2:08:05	28:08
24.	5949	1. W45	SCHÜTZE Christina	FC St Pauli Triathlon	1:02:07	1:06:54	2:09:05	2:09:00	29:03
25.	5513	10. W20	SCHÜMANN Carlotta	(Utecht)	1:02:50	1:06:46	2:10:32	2:09:36	29:39
26.	6078	5. W40	DITTER Regina	Kaifu Tri Team	1:01:08	1:08:32	2:09:54	2:09:40	29:43
27.	6097	1. W60	LINKE Martina	Krummesser SV	1:00:10	1:09:51	2:10:10	2:10:00	30:03
28.	6160	11. W20	KEIDEL Maya	LG Lübeck	1:00:37	1:09:57	2:10:40	2:10:34	30:37
29.	5925	2. W45	FROMM Sandra	Erdinger Active Team	1:02:52	1:07:52	2:10:53	2:10:43	30:46
30.	6263	12. W20	RUTHER Anna-Luisa	Project Way More TestTeam	1:04:16	1:07:09	2:12:02	2:11:24	31:27
31.	5833	3. W45	NIEMEYER Katja	Bodymed Fitness Mölln	1:01:46	1:09:40	2:11:35	2:11:25	31:28
32.	6261	13. W20	BURCHARD Marie	Project Way More TestTeam	1:04:17	1:07:09	2:12:02	2:11:25	31:28
33.	5559	6. W30	THANNHEISER	(Lübeck)	1:02:34	1:09:29	2:12:17	2:12:02	32:05
34.	6150	4. W45	BOHNSACK Hilke	LBV Phönix Lübeck	1:03:38	1:08:41	2:12:46	2:12:18	32:21
35.	5829	14. W20	KANEHL Marcie	Bodymed Fitness Mölln	1:01:18	1:11:07	2:12:31	2:12:24	32:27
36.	5880	6. W40	KORFFMANN Cathy	Cathys Training	1:02:44	1:09:49	2:12:40	2:12:33	32:36
37.	5372	5. W45	MENNIGEN Sandra	(Lübeck)	1:01:09	1:12:33	2:13:52	2:13:41	33:44
38.	5134	15. W20	FISCHER Insa	(Lübeck)	1:04:10	1:09:42	2:14:02	2:13:51	33:54
39.	5193	3. W35	HARM Eva-Maria	(Salzhausen)	1:04:54	1:09:00	2:14:04	2:13:54	33:57
40.	5216	7. W40	HERZOG Andrea	(Hamburg)	1:00:37	1:13:22	2:14:06	2:13:59	34:02
41.	6450	16. W20	BECKER Naya	Technische Orthopädie	1:04:11	1:09:59	2:14:11	2:14:09	34:12
42.	6151	7. W30	BURKHARDT	LBV Phönix Lübeck	1:03:36	1:10:39	2:14:43	2:14:14	34:17
43.	5182	8. W40	HAHN Anna	(Ellerdorf)	1:02:36	1:12:01	2:14:49	2:14:36	34:39
44.	5097	6. W45	DAUSTER Jacqueline	(Hamburg)	1:04:25	1:10:27	2:14:59	2:14:51	34:54
45.	6006	4. W35	MAJOOR Iris	Hamburg Running	1:06:25	1:08:37	2:15:32	2:15:01	35:04
46.	6167	17. W20	SCHWARZE Yana	LG Lübeck	1:05:32	1:09:33	2:15:17	2:15:05	35:08
47.	5721	18. W20	STECKHAN Dorothea	(Kiel)	1:04:31	1:11:07	2:16:42	2:15:38	35:41
48.	5070	8. W30	BUCHBERGER Elisa	(Göttingen)	1:04:56	1:10:56	2:17:19	2:15:52	35:55
49.	5822	1. WJ	BRAUNS Jette	Bodymed Fitness Mölln	1:04:24	1:12:07	2:16:43	2:16:30	36:33
50.	5395	5. W35	NICKEL Franziska	(Bäk)	1:04:53	1:12:32	2:17:26	2:17:25	37:28

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Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
51.	5001	2. W55	ACKERMANN Meike	(Büchen)	1:02:09	1:15:31	2:17:43	2:17:39	37:42
52.	6518	7. W45	HENKE Christina	TSG Wittenburg	1:05:54	1:11:51	2:18:19	2:17:44	37:47
53.	5575	19. W20	TÜX Johanna	(Lübeck)	1:03:45	1:14:11	2:18:05	2:17:56	37:59
54.	5403	20. W20	OHLEL Lara	(Hamburg)	1:08:03	1:09:55	2:18:50	2:17:57	38:00
55.	5136	6. W35	FLAIG Nicole	(Heiligenhafen)	1:06:54	1:11:26	2:18:59	2:18:19	38:22
56.	5913	9. W30	SCHULZ Birte	doberanner	1:08:59	1:09:41	2:19:39	2:18:40	38:43
57.	6018	21. W20	STEIGERWALD	Hamburg Running	1:07:10	1:12:07	2:20:06	2:19:16	39:19
58.	6191	7. W35	KUBASCH Jana	Lübecker Nachrichten	1:05:45	1:13:39	2:19:32	2:19:24	39:27
59.	5789	1. W65	NOWOTNY-HUPKA	BergedorfRunners	1:07:32	1:12:03	2:19:37	2:19:34	39:37
60.	5578	9. W40	ULRICH Melissa	(Lübeck)	1:08:50	1:10:54	2:20:20	2:19:44	39:47
61.	6099	8. W45	EGGERT Angelika	Küstenläufer	1:05:17	1:14:46	2:21:01	2:20:03	40:06
62.	6015	22. W20	SEMKLO Lisa	Hamburg Running	1:09:48	1:10:16	2:20:57	2:20:04	40:07
63.	6595	8. W35	HARTMANN Dagny	(Kuddewörde)	1:05:52	1:14:18	2:20:26	2:20:10	40:13
64.	5752	10. W40	GARBERS Catharina	Airbus SG Hamburg	1:04:14	1:15:57	2:20:13	2:20:10	40:13
65.	6549	3. W50	STREMMER Katja	TuS Hohnstorf/ Elbe	1:08:14	1:12:23	2:21:22	2:20:37	40:40
66.	6079	9. W35	HOLLSTEIN Christina	Kaifu Tri Team	1:07:25	1:13:17	2:21:00	2:20:42	40:45
67.	5671	11. W40	FRERICHMANN Britta	(Bad Oldesloe)	1:09:02	1:11:44	2:21:22	2:20:45	40:48
68.	5256	23. W20	JUNG Friederike	(Lübeck)	1:05:09	1:15:51	2:21:14	2:20:59	41:02
69.	5878	4. W50	BACH Eva	Cathys Training	1:06:42	1:14:33	2:21:22	2:21:15	41:18
70.	5074	12. W40	BÜNDGEN Nana	(Groß Sarau)	1:06:56	1:14:25	2:21:45	2:21:20	41:23
71.	5229	9. W45	HOFFMANN Anna	(Neustadt in Holstein)	1:09:14	1:12:20	2:22:39	2:21:33	41:36
72.	5682	24. W20	HURBE Amelie	(Rondeshagen)	1:08:14	1:13:25	2:21:56	2:21:38	41:41
73.	6299	25. W20	MEYERS Maria	Santa Bre und die	1:07:36	1:14:07	2:22:10	2:21:42	41:45
74.	6020	26. W20	STOCK Luisa-Marie	Hamburg Running	1:06:55	1:14:48	2:22:13	2:21:42	41:45
75.	6026	1. W70	HOEFT Gesine	Hamburger Laufladen	1:06:43	1:15:03	2:21:53	2:21:46	41:49
76.	6481	2. WJ	BUROH Johanna	triabolas triathlon hamburg	1:07:44	1:14:18	2:23:35	2:22:02	42:05
77.	5751	3. W55	DUX Maren	Airbus SG Hamburg	1:07:55	1:14:14	2:22:52	2:22:09	42:12
78.	6041	13. W40	STRITZ Eva	Hase	1:07:37	1:15:07	2:23:49	2:22:43	42:46
79.	6207	10. W45	BLÖDOW Anja	Möllner Ruder-Club	1:06:53	1:15:53	2:23:09	2:22:45	42:48
80.	6031	10. W30	ZIMMERMANN Nicole	Hamburger Laufladen	1:07:44	1:15:25	2:23:34	2:23:08	43:11
81.	5278	27. W20	KNEES Lina Sophie	(Düsseldorf)	1:10:31	1:12:54	2:23:57	2:23:25	43:28
82.	5117	28. W20	EINWOHLT Leoni	(Lübeck)	1:09:55	1:13:55	2:24:06	2:23:49	43:52
83.	5690	11. W30	KUROWSKI Johanna	(21400 Reinstorf)	1:11:53	1:12:02	2:25:23	2:23:55	43:58
84.	6010	29. W20	RIEPER Lina	Hamburg Running	1:09:43	1:14:14	2:24:47	2:23:56	43:59
85.	6212	30. W20	ROCKSTROH Berit	Möllner SV	1:08:52	1:15:07	2:24:17	2:23:59	44:02
86.	6258	2. W60	WIETHAKE Kerstin	Post SV Uelzen	1:08:00	1:16:05	2:24:21	2:24:04	44:07
87.	5555	10. W35	TEIFKE Elisa	(Lübeck)	1:08:06	1:16:01	2:24:18	2:24:06	44:09
88.	5234	31. W20	HOLLERMANN Carla	(Lübeck)	1:09:34	1:15:04	2:25:53	2:24:38	44:41
89.	6343	32. W20	WALTER Melissa	SG Stern Hamburg	1:07:25	1:17:18	2:25:39	2:24:42	44:45
90.	6465	33. W20	KLASS Leonie	Tri Michels	1:06:30	1:18:28	2:25:04	2:24:57	45:00
91.	6558	34. W20	SLAMA Helena	Vauhtihirmit	1:09:57	1:15:01	2:25:10	2:24:58	45:01
92.	6304	11. W45	HEUCK Sophia	SC Laage	1:11:37	1:13:23	2:26:46	2:24:59	45:02
93.	5740	5. W50	BRODNY Katja	1. LAV Rostock Lauftreff	1:11:19	1:13:46	2:26:10	2:25:04	45:07
94.	6043	14. W40	MANCKE Meike	Hausarztpraxis am Markt,	1:08:44	1:16:26	2:25:29	2:25:10	45:13
95.	6287	11. W35	CURRO Vanessa	RST Lübeck	1:11:55	1:13:24	2:26:23	2:25:19	45:22
96.	6396	35. W20	ENGELHARDT	SV 1924 Münchenbernsdorf	1:09:18	1:16:08	2:25:44	2:25:26	45:29
97.	6038	12. W35	WOLF Simone	Hapag Illoyd	1:10:12	1:15:14	2:26:18	2:25:26	45:29
98.	5547	15. W40	STRAUCH Christine	(Bremerhaven)	1:09:00	1:16:38	2:26:01	2:25:38	45:41
99.	5078	12. W30	BURMESTER	(Hamburg)	1:11:03	1:14:45	2:26:03	2:25:47	45:50
100.	5056	16. W40	BRANDNER Norina	(Scharbeutz)	1:08:53	1:17:03	2:26:34	2:25:55	45:58
101.	6126	17. W40	HINRICHSSEN	Laufgruppe Breitenfelde	1:11:02	1:14:55	2:27:14	2:25:57	46:00
102.	6419	36. W20	FLEINER Louisa	SV Wiking Kiel Wasserball	1:09:47	1:16:11	2:27:12	2:25:57	46:00
103.	5310	13. W35	KROEGE	(Lübeck)	1:11:00	1:15:04	2:26:41	2:26:04	46:07

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Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
104.	5301	18. W40	KRASSEK Michaela	(Herrnburg)	1:07:13	1:19:02	2:26:38	2:26:14	46:17
105.	5817	6. W50	KRAHN Frauke	Blomhus Frauke Krahn	1:07:15	1:19:02	2:26:38	2:26:17	46:20
106.	6037	14. W35	WOLF Corinna	Hapag Illoyd	1:10:11	1:16:07	2:27:11	2:26:17	46:20
107.	5187	37. W20	HANDKE Inken	(Kiel)	1:09:26	1:17:02	2:27:25	2:26:28	46:31
108.	5633	7. W50	WULFF Antje	(Travemünde)	1:07:35	1:18:59	2:27:00	2:26:34	46:37
109.	5480	12. W45	SCHÄFER Susanne	(Lübeck)	1:10:06	1:16:31	2:28:10	2:26:36	46:39
110.	5761	19. W40	SCHULTZ Eva	Airbus SG Hamburg	1:11:14	1:15:23	2:27:04	2:26:37	46:40
111.	6236	20. W40	MÄHL Franzi	NonStop Runners	1:13:43	1:13:12	2:28:04	2:26:54	46:57
112.	6240	38. W20	STANEK-MASLOUSKA	NonStop Runners	1:13:42	1:13:32	2:28:24	2:27:13	47:16
113.	5176	13. W45	GÜLZAU Danuta	(Hamburg)	1:12:09	1:15:19	2:28:23	2:27:27	47:30
114.	5757	15. W35	MARTENS Sina	Airbus SG Hamburg	1:11:15	1:16:33	2:28:15	2:27:47	47:50
115.	6492	4. W55	MCCARTHY-BUNGE	Triathlon Team Buxtehude	1:11:29	1:16:26	2:28:06	2:27:55	47:58
116.	5157	39. W20	GEBAUER Leandra	(Hamburg)	1:07:04	1:21:08	2:28:29	2:28:11	48:14
117.	6008	40. W20	OTTLIGE Kim	Hamburg Running	1:11:52	1:16:24	2:29:12	2:28:16	48:19
118.	4901	13. W30	CHAREC Julia	Hamburg Running	1:11:51	1:16:25	2:29:13	2:28:16	48:19
119.	5554	14. W45	TEGTMEYER Julia	(Schenefeld)	1:13:07	1:15:26	2:30:02	2:28:33	48:36
120.	6056	5. W55	BENDIXEN Alice	Holla die Waldfeen	1:15:15	1:13:28	2:29:43	2:28:42	48:45
121.	5976	41. W20	ROSNER Katharina	FC St. Pauli Radsport	1:11:19	1:17:24	2:30:09	2:28:43	48:46
122.	5285	42. W20	KOECH Alicia	(Hamburg)	1:12:47	1:16:15	2:30:04	2:29:01	49:04
123.	5697	8. W50	LOTOCKYJ	(Lübeck)	1:11:28	1:17:39	2:30:58	2:29:07	49:10
124.	5818	14. W30	ANWALD Kathi	Bodymed Fitness Mölln	1:11:08	1:18:01	2:30:00	2:29:09	49:12
125.	5455	15. W30	REKERSBRINK Tabea	(Braunschweig)	1:13:04	1:16:15	2:29:48	2:29:19	49:22
126.	6195	9. W50	HILDEBRANDT	Lübecker SC	1:10:55	1:18:25	2:29:49	2:29:20	49:23
127.	5071	16. W30	BUCHHOLZ Annelie	(Lübeck)	1:15:04	1:14:41	2:31:08	2:29:45	49:48
128.	5220	43. W20	HILDEBRAND Lisa	(Celle)	1:15:27	1:14:36	2:31:31	2:30:02	50:05
129.	5977	15. W45	NATHER Corinna	Finnys fleißige Füße	1:14:06	1:16:02	2:31:25	2:30:08	50:11
130.	5221	21. W40	HILGENDORF Lisa	(Lübeck)	1:10:22	1:19:48	2:31:08	2:30:09	50:12
131.	5348	16. W35	LOOSE Natalie	(Lübeck)	1:10:24	1:19:47	2:31:08	2:30:11	50:14
132.	6166	22. W40	SCHMUCK-BARKMAN	LG Lübeck	1:11:53	1:18:22	2:30:25	2:30:15	50:18
133.	5651	16. W45	BETHUYS Florence	(Hamburg)	1:16:15	1:14:09	2:31:08	2:30:24	50:27
134.	5406	44. W20	OSTERMAIR Johanna	(Lübeck)	1:16:01	1:14:43	2:31:52	2:30:43	50:46
135.	5422	17. W35	POHLANN Annika	(Lüdersdorf OT Wahrsow)	1:13:53	1:17:30	2:32:11	2:31:22	51:25
136.	5246	10. W50	JACOBMEYER	(23568 Lübeck)	1:12:08	1:20:13	2:32:31	2:32:20	52:23
137.	5460	17. W45	RIECKE Claudia	(Heiligenhafen)	1:10:33	1:21:49	2:33:00	2:32:21	52:24
138.	5725	45. W20	THOMSEN Johanna	(Ehndorf)	1:16:00	1:16:27	2:33:37	2:32:27	52:30
139.	5396	23. W40	NICKLAUS Kathleen	(Neustadt-Glewe)	1:15:10	1:17:40	2:33:53	2:32:50	52:53
140.	6190	24. W40	WEINERT Anna	LÜBECK LÄUFT BUNT	1:13:28	1:19:29	2:33:32	2:32:57	53:00
141.	6139	3. W60	AUSTIN Carmen	Lauftreff Geesthacht	1:16:11	1:16:51	2:34:01	2:33:02	53:05
142.	6358	6. W55	KÖPPLER-NEAS	Spiridon Club Bad Oldesloe	1:12:03	1:21:01	2:33:49	2:33:03	53:06
143.	6361	25. W40	SCHULZ	Spiridon Club Bad Oldesloe	1:11:47	1:21:39	2:33:40	2:33:25	53:28
144.	5209	17. W30	HEINS Aenne	(Breitenfelde)	1:11:17	1:22:11	2:33:52	2:33:27	53:30
145.	5239	26. W40	HOTH Claudia	(Hamburg)	1:13:09	1:20:20	2:34:57	2:33:29	53:32
146.	5795	18. W35	SCHWIER Sarah	Bessel RC Minden	1:15:55	1:17:44	2:35:20	2:33:38	53:41
147.	5453	19. W35	REISNER Sandra	(Ratzeburg)	1:10:39	1:23:00	2:33:44	2:33:39	53:42
148.	5281	20. W35	KNOFF Denise	(Ziethen)	1:10:40	1:22:59	2:33:44	2:33:39	53:42
149.	5506	27. W40	SCHULTZ Tatjana	(Berlin)	1:15:10	1:18:35	2:34:25	2:33:44	53:47
150.	5855	7. W55	HAHN Tanja	BSG Beiersdorf	1:11:27	1:22:27	2:34:06	2:33:54	53:57
151.	5188	46. W20	HANSEN	(Kiel)	1:12:49	1:21:20	2:34:42	2:34:08	54:11
152.	6028	8. W55	PAX Katrin	Hamburger Laufladen	1:11:41	1:22:47	2:34:40	2:34:27	54:30
153.	6009	47. W20	PAX Luisa	Hamburg Running	1:11:42	1:22:46	2:34:40	2:34:28	54:31
154.	5413	48. W20	PELLINEN Lena	(Hamburg)	1:14:34	1:19:57	2:35:20	2:34:31	54:34
155.	5909	9. W55	STARCK Birgit	Doberaner SV	1:13:36	1:21:17	2:35:55	2:34:52	54:55
156.	6536	2. W65	MATEJKA Ulrike	TSV Obervorschütz	1:11:25	1:23:34	2:35:47	2:34:58	55:01

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
157.	5848	10. W55	ADEBAHR Jenny	Börnsen Dynamics	1:14:57	1:20:11	2:36:04	2:35:08	55:11
158.	6076	18. W30	WOLLENHAUPT	Judo-Club Ahrensburg	1:15:41	1:19:30	2:36:32	2:35:11	55:14
159.	5178	49. W20	GWINNER Kathi	(Garmisch-Partenkirchen)	1:14:24	1:20:51	2:35:45	2:35:14	55:17
160.	6503	19. W30	MARQUARDT Sina	TriSport Lübeck	1:14:25	1:20:52	2:35:45	2:35:16	55:19
161.	6295	20. W30	GESING Lena	Run Fleet Hamburg	1:14:27	1:20:55	2:35:42	2:35:21	55:24
162.	5034	21. W30	BENECKE Lea	(Hamburg)	1:17:47	1:17:36	2:36:52	2:35:22	55:25
163.	6198	4. W60	PREUß Christa	Lübecker SC	1:15:19	1:20:04	2:35:57	2:35:23	55:26
164.	5965	11. W55	KLEINEMEIER Anke	FC St. Pauli Marathon	1:12:03	1:23:23	2:35:45	2:35:25	55:28
165.	5921	11. W50	WEISER Britta	Düvelsbrook Dynamics	1:14:33	1:21:01	2:36:45	2:35:33	55:36
166.	5464	22. W30	ROMPEL Alessa	(Ammersbek)	1:15:41	1:19:54	2:36:54	2:35:34	55:37
167.	6127	21. W35	HINRICHSSEN Vanessa	Laufgruppe Breitenfelde	1:11:35	1:24:07	2:37:00	2:35:41	55:44
168.	5023	50. W20	BANDLOW Merle	(Dannau)	1:11:47	1:24:01	2:36:26	2:35:48	55:51
169.	6329	12. W50	WALDMANN Silke	SG Haspa Triathlon	1:15:40	1:20:15	2:36:50	2:35:55	55:58
170.	5601	23. W30	WEIGAND Anna	(Lübeck)	1:12:43	1:23:22	2:36:38	2:36:04	56:07
171.	5779	18. W45	HARMS Katharina	Aukamper	1:17:25	1:18:45	2:37:45	2:36:10	56:13
172.	5812	12. W55	REHKOPF Carmen	Blau-Weiss Buchholz e.V.	1:12:17	1:23:55	2:36:24	2:36:12	56:15
173.	5181	51. W20	HAGEN Amelie	(Sahms)	1:14:21	1:22:01	2:37:41	2:36:21	56:24
174.	5611	52. W20	WESTPHAL Malina	(Reinbek)	1:16:18	1:20:09	2:37:12	2:36:27	56:30
175.	6235	19. W45	KUTSCHEID Denny	NonStop Runners	1:15:46	1:20:45	2:37:47	2:36:30	56:33
176.	5184	53. W20	HALSKE Greta	(Travemünde)	1:17:39	1:18:55	2:36:57	2:36:33	56:36
177.	6123	22. W35	PIELOTH Paulina	Laufen gegen Leiden e.V.	1:14:59	1:21:54	2:37:33	2:36:52	56:55
178.	5439	23. W35	RAU Verena	(Hamburg)	1:15:39	1:21:46	2:38:11	2:37:24	57:27
179.	6443	13. W50	GOLDBERG Monika	Team Triathlon Hamburger	1:15:39	1:21:46	2:38:12	2:37:24	57:27
180.	5150	28. W40	FRITSCH Daniela	(Lübeck)	1:16:24	1:21:24	2:39:10	2:37:48	57:51
181.	6597	24. W35	DAMZOG Svenja	(Hamburg)	1:18:16	1:19:33	2:39:12	2:37:49	57:52
182.	6579	20. W45	MUTTER Anne	Zarrentin	1:13:25	1:24:32	2:38:13	2:37:57	58:00
183.	5691	14. W50	KUSCH Kerstin	(Rastede)	1:16:57	1:21:03	2:38:29	2:37:59	58:02
184.	6603	15. W50	DJOMO Carole	(Schleswig)	1:17:16	1:20:49	2:39:04	2:38:05	58:08
185.	6115	2. W70	SARASA Marion Klara	Laufclub Ron Hill Berlin	1:11:36	1:26:29	2:38:18	2:38:05	58:08
186.	5844	54. W20	SCHWARZENBERG	Bodymed Fitness Mölln	1:13:37	1:24:54	2:39:22	2:38:30	58:33
187.	5509	16. W50	SCHUMACHER	(Mölln)	1:15:20	1:23:14	2:39:14	2:38:34	58:37
188.	5966	25. W35	KUTSCHIK	FC St. Pauli Marathon	1:12:34	1:26:01	2:38:57	2:38:35	58:38
189.	5887	21. W45	BEHNKE Carmen	Dat Radhuus	1:14:37	1:24:07	2:38:53	2:38:43	58:46
190.	5006	17. W50	ALERS Beatrice	(Ahrensburg)	1:15:32	1:23:18	2:39:39	2:38:49	58:52
191.	5942	24. W30	RAUSCH Fanny	Fansvan	1:13:04	1:26:04	2:39:49	2:39:08	59:11
192.	5941	25. W30	MATUSZAK Svantje	Fansvan	1:13:06	1:26:03	2:39:49	2:39:08	59:11
193.	6231	29. W40	FINDEISEN Caroline	NonStop Runners	1:16:40	1:22:30	2:40:20	2:39:10	59:13
194.	6532	13. W55	BACHLBERGER	TSV Neustadt am	1:15:35	1:23:49	2:40:20	2:39:24	59:27
195.	5705	14. W55	NAGORNY Sibylle	(Reinfeld)	1:17:35	1:22:17	2:40:51	2:39:52	59:55
196.	5049	55. W20	BOLDRICK Isabel	(Groß Sarau)	1:15:23	1:24:32	2:41:28	2:39:54	59:57
197.	5584	26. W35	VOLLMER Christina	(Ahrensburg)	1:14:56	1:25:10	2:41:06	2:40:05	60:08
198.	5127	56. W20	FANDREY Betina	(Ahrensburg)	1:14:56	1:25:09	2:41:06	2:40:05	60:08
199.	5122	26. W30	ERBEN Juliane	(Lübeck)	1:13:45	1:26:29	2:40:30	2:40:14	60:17
200.	5739	22. W45	HEINRICH Stefanie	#rostockrunningcrew	1:17:30	1:22:48	2:41:20	2:40:17	60:20
201.	6267	27. W30	ALTENA Antonia	Ratzeburger Ruderclub	1:16:14	1:24:09	2:40:27	2:40:23	60:26
202.	6530	23. W45	DÖRDELMANN	TSV Kremperheide	1:16:11	1:24:28	2:42:14	2:40:39	60:42
203.	6529	24. W45	BRANDAU Nicole	TSV Kremperheide	1:16:11	1:24:28	2:42:15	2:40:39	60:42
204.	6184	18. W50	KROLZIK Sabine	LTV Kiel-Ost	1:15:54	1:24:49	2:41:21	2:40:43	60:46
205.	5840	27. W35	SCHMITZ Sarah	Bodymed Fitness Mölln	1:16:16	1:24:36	2:41:27	2:40:51	60:54
206.	5009	57. W20	ALTENBURGER	(Lüneburg)	1:16:29	1:24:23	2:41:48	2:40:51	60:54
207.	5475	28. W35	SANDER Ann-Kristin	(Mölln)	1:16:17	1:24:37	2:41:28	2:40:53	60:56
208.	5298	25. W45	KÖSTLER Peggy	(Nusse)	1:16:27	1:24:33	2:41:39	2:41:00	61:03
209.	6484	26. W45	DOYEN Cornelia	triabolos triathlon hamburg	1:18:00	1:23:35	2:42:48	2:41:34	61:37

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
210.	6232	30. W40	GILTMANN Viktoria	NonStop Runners	1:18:46	1:22:57	2:42:56	2:41:42	61:45
211.	6101	27. W45	TROST Natascha	Küstenläufer	1:17:03	1:24:59	2:43:00	2:42:02	62:05
212.	5720	15. W55	STAUBACH Claudia	(Reppenstedt)	1:16:10	1:26:12	2:43:56	2:42:22	62:25
213.	5713	31. W40	RIEKEN Sandra	(Ratzeburg)	1:14:11	1:28:12	2:42:45	2:42:23	62:26
214.	5488	5. W60	SCHMÄDICKE Sabine	(Ratzeburg)	1:19:04	1:23:38	2:43:30	2:42:42	62:45
215.	6374	28. W30	ROSENKE Alina	SpVgg. Putlos	1:14:24	1:28:33	2:43:08	2:42:57	63:00
216.	5827	16. W55	GRAF Simone	Bodymed Fitness Mölln	1:16:18	1:27:36	2:44:19	2:43:54	63:57
217.	5854	32. W40	BÜSEN Melli	BSG Beiersdorf	1:18:01	1:26:34	2:45:04	2:44:35	64:38
218.	6418	58. W20	ADEN Rieke	SV Wiking Kiel Wasserball	1:18:42	1:26:12	2:46:08	2:44:53	64:56
219.	6053	17. W55	HERBEKE Andrea	Hoisdorfer Laufsocken	1:18:09	1:26:51	2:46:29	2:44:59	65:02
220.	5429	29. W30	PUCHERT Insa	(Hamburg)	1:20:18	1:24:48	2:46:43	2:45:06	65:09
221.	5121	6. W60	ENGST Petra	(Hamburg)	1:18:05	1:27:14	2:45:52	2:45:18	65:21
222.	5165	59. W20	GLÖCKNER Helene	(Hamburg)	1:20:30	1:25:10	2:47:11	2:45:39	65:42
223.	6436	29. W35	LÜDTKE Antonia	Team Piggycorn	1:18:17	1:27:24	2:47:10	2:45:40	65:43
224.	5591	30. W35	WAAL Karolina	(Lohe-Rickelshof)	1:20:13	1:25:38	2:47:31	2:45:50	65:53
225.	6050	30. W30	SCHMIDT Larissa	Hohenfelder TC	1:21:04	1:24:55	2:47:37	2:45:58	66:01
226.	5371	60. W20	MENHARDT Lisa	(Lübeck)	1:16:41	1:29:35	2:46:36	2:46:16	66:19
227.	5714	61. W20	ROMEIKAT Luisa	(Kiel)	1:19:06	1:27:25	2:47:57	2:46:31	66:34
228.	5305	62. W20	KREHL Leonie	(Kiel)	1:19:09	1:27:23	2:47:57	2:46:31	66:34
229.	6355	7. W60	BADE-BURCHERT	Sonntagsläufer	1:20:37	1:25:55	2:47:30	2:46:32	66:35
230.	6508	18. W55	SCHÖNE Ulrike	TriSport Schwerin	1:19:05	1:28:12	2:48:08	2:47:17	67:20
231.	5449	63. W20	REIM Lucy	(Freising)	1:20:44	1:26:33	2:48:12	2:47:17	67:20
232.	5783	19. W55	PAHLKE Manuela	Balance Schwerin e.V.	1:19:07	1:28:12	2:48:07	2:47:18	67:21
233.	5530	31. W35	SOBIK Janet	(Hamburg)	1:20:48	1:26:34	2:48:24	2:47:21	67:24
234.	6039	3. W65	FINKEISEN Martina	Happy Feet Itzehoe	1:20:24	1:27:02	2:48:37	2:47:26	67:29
235.	6469	64. W20	BRADTKE Alegria	Tri-Sport Lübeck	1:19:33	1:27:54	2:48:25	2:47:27	67:30
236.	6506	3. WJ	VON COSSART Sarah	TriSport Lübeck	1:19:33	1:27:54	2:48:26	2:47:27	67:30
237.	6600	65. W20	SEIBT Lucie	(Kiel)	1:21:00	1:26:36	2:49:00	2:47:35	67:38
238.	5550	20. W55	STROHKIRCH Marion	(Ratzeburg)	1:16:11	1:31:32	2:47:53	2:47:43	67:46
239.	6239	28. W45	SPITZBARTH Nina	NonStop Runners	1:20:00	1:27:48	2:49:04	2:47:47	67:50
240.	6132	33. W40	WITTORF Claudia	Laufgruppe Breitenfelde	1:20:03	1:28:18	2:49:44	2:48:21	68:24
241.	6131	19. W50	STAMER Tanja	Laufgruppe Breitenfelde	1:20:04	1:28:18	2:49:44	2:48:21	68:24
242.	6128	29. W45	KLETTKE Anja	Laufgruppe Breitenfelde	1:20:07	1:28:17	2:49:44	2:48:24	68:27
243.	5946	21. W55	RIEKMANN Silke	FC St Pauli Triathlon	1:21:47	1:26:48	2:49:44	2:48:34	68:37
244.	5943	30. W45	BALDY Ina	FC St Pauli Triathlon	1:21:47	1:26:48	2:49:44	2:48:35	68:38
245.	5084	22. W55	CHRISTIANS Hedda	(Hamburg)	1:21:34	1:27:15	2:49:35	2:48:49	68:52
246.	5029	8. W60	BAUS Inka	(Kronshagen)	1:22:27	1:26:45	2:50:47	2:49:11	69:14
247.	5678	20. W50	HILDEBRAND Wiebke	(Lübeck)	1:21:16	1:27:58	2:50:43	2:49:14	69:17
248.	5163	4. WJ	GILLMEISTER Jordis	(Gudow)	1:20:49	1:28:38	2:50:47	2:49:27	69:30
249.	5459	66. W20	REUTER Katja	(Hamburg)	1:15:17	1:34:15	2:49:36	2:49:31	69:34
250.	5570	31. W30	TREDER Janina	(Reinfeld)	1:20:43	1:29:12	2:51:14	2:49:54	69:57
251.	5708	67. W20	POMMEREHNE Luisa	(Schellerten)	1:17:38	1:32:23	2:50:25	2:50:00	70:03
252.	5838	32. W35	ROT Alessandra	Bodymed Fitness Mölln	1:17:23	1:32:43	2:50:32	2:50:06	70:09
253.	5607	21. W50	WENDORFF Katrin	(Neumünster)	1:22:36	1:27:31	2:51:23	2:50:06	70:09
254.	6135	31. W45	GERLACH Grit	Laufrebellen Scharnebeck	1:23:23	1:26:50	2:51:49	2:50:13	70:16
255.	5503	32. W30	SCHUEREN Arlena	(Luebeck)	1:22:37	1:27:36	2:51:49	2:50:13	70:16
256.	6275	68. W20	WRUBEL Lea	Ratzeburger SV	1:22:55	1:27:43	2:52:20	2:50:37	70:40
257.	5837	22. W50	RORICH Grit	Bodymed Fitness Mölln	1:23:00	1:27:44	2:52:21	2:50:43	70:46
258.	5075	34. W40	BUNZ Mareike	(Ratzeburg)	1:21:02	1:29:47	2:52:30	2:50:49	70:52
259.	6611	69. W20	HENTSCHEL	Laufgruppe Schwerin e.V.	1:21:00	1:30:08	2:52:10	2:51:07	71:10
260.	6047	33. W35	REIßIG-PAULS	Hoch im Norden	1:18:44	1:32:51	2:52:25	2:51:34	71:37
261.	6408	9. W60	THUMULLA Franka	SV Kirchboitzen	1:22:01	1:29:45	2:53:15	2:51:45	71:48
262.	5090	35. W40	CONRAD Christine	(Lübeck)	1:24:21	1:27:28	2:53:20	2:51:48	71:51

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
263.	5218	36. W40	HIEBSCH Antje	(Lübeck)	1:24:21	1:27:27	2:53:19	2:51:48	71:51
264.	5025	33. W30	BAUMANN Theresia	(Buxtehude)	1:21:42	1:30:24	2:53:08	2:52:05	72:08
265.	5302	34. W30	KRAT Julia	(Lübeck)	1:12:35	1:39:37	2:52:23	2:52:12	72:15
266.	5003	23. W55	AHRENS Silke	(Neumünster)	1:23:48	1:28:42	2:53:43	2:52:29	72:32
267.	5590	23. W50	VOßHARDT Andrea	(Verden)	1:19:21	1:33:12	2:52:53	2:52:33	72:36
268.	5813	32. W45	WALDOW Corinna	Blau-Weiss Buchholz e.V.	1:21:53	1:30:42	2:53:02	2:52:34	72:37
269.	6590	24. W50	PREIßINGER Dagmar	(Seevetal)	1:21:53	1:30:42	2:53:02	2:52:35	72:38
270.	5675	33. W45	HAHN Katja	(Hamburg)	1:22:05	1:30:30	2:53:24	2:52:35	72:38
271.	5324	70. W20	LANGSTEIN Pia	(Rostock)	1:15:17	1:37:22	2:52:56	2:52:38	72:41
272.	5417	71. W20	PETERSEN Frederike	(Lübeck)	1:18:20	1:34:19	2:53:52	2:52:39	72:42
273.	6171	37. W40	WAGNER Vanessa	LG Oberelbe	1:18:16	1:34:39	2:54:15	2:52:54	72:57
274.	5882	38. W40	REICHERT Janine	Cathys Training	1:22:41	1:30:30	2:53:23	2:53:10	73:13
275.	5579	39. W40	URBAN Kathrin	(Lübeck)	1:21:14	1:32:06	2:54:33	2:53:20	73:23
276.	5334	72. W20	LEDER Annica	(Kiel)	1:16:43	1:36:38	2:54:37	2:53:21	73:24
277.	5283	40. W40	KOCH-WOLLENBERG	(Malente)	1:22:00	1:31:41	2:55:23	2:53:40	73:43
278.	5776	25. W50	SAB Manon	ATSV Stockelsdorf	1:17:46	1:36:02	2:54:28	2:53:48	73:51
279.	6379	34. W35	BERNHARD Marlen	Sri Chinmoy Marathon Team	1:21:05	1:32:55	2:55:38	2:54:00	74:03
280.	6058	34. W45	ÖZER Vanessa	Holla die Waldfeen	1:20:33	1:33:42	2:54:44	2:54:15	74:18
281.	6057	41. W40	DAHL Sandra	Holla die Waldfeen	1:20:33	1:33:43	2:54:44	2:54:15	74:18
282.	5576	35. W45	UBBEN Sonja	(Bad Bramstedt)	1:20:06	1:34:21	2:55:32	2:54:27	74:30
283.	6400	4. W65	SAUCKE Beate	SV Elbufer	1:22:48	1:31:48	2:56:08	2:54:35	74:38
284.	5522	73. W20	SEIDEL Anna	(Hamburg)	1:21:27	1:33:14	2:55:23	2:54:41	74:44
285.	5100	74. W20	DELLING Jasmin	(Hamburg)	1:21:28	1:33:14	2:55:23	2:54:42	74:45
286.	6562	75. W20	NGHIEM Constanze	Verklingselt Altona	1:21:28	1:33:14	2:55:23	2:54:42	74:45
287.	6082	76. W20	KARSTEN Antonia	Kaltenkirchener TS Triathlon	1:20:44	1:34:21	2:56:04	2:55:04	75:07
288.	5205	24. W55	HEIDER Susanne	(Ahrensburg)	1:23:17	1:32:31	2:56:47	2:55:47	75:50
289.	5204	77. W20	HEIDER Anna	(Ahrensburg)	1:23:17	1:32:31	2:56:47	2:55:47	75:50
290.	6049	26. W50	MUUB Manuela	Hohenfelder TC	1:22:36	1:33:31	2:57:47	2:56:07	76:10
291.	6051	27. W50	STREY Tanja	Hohenfelder TC	1:22:37	1:33:31	2:57:47	2:56:08	76:11
292.	5738	25. W55	JAEGER Kati	#OurgreatHumanRace	1:20:41	1:35:45	2:57:26	2:56:26	76:29
293.	5124	42. W40	ERMONEIT Silke	(Rieps)	1:21:38	1:34:59	2:56:57	2:56:36	76:39
294.	5886	43. W40	HOPPE Frauke	Dahlenburger SK	1:22:41	1:34:03	2:58:16	2:56:43	76:46
295.	5102	44. W40	DENKEWITZ Sarena	(Büchen)	1:20:44	1:36:09	2:58:31	2:56:52	76:55
296.	5657	45. W40	BRUNNHOFER	(Hamburg)	1:22:36	1:34:35	2:58:29	2:57:10	77:13
297.	5255	36. W45	JOHNSSON-FYHR	(Neumünster)	1:22:26	1:34:52	2:58:32	2:57:17	77:20
298.	5222	46. W40	HILLEBRAND	(Hamburg)	1:25:39	1:32:11	2:59:23	2:57:50	77:53
299.	5669	35. W35	FITZNER Lena	(Schmilau)	1:24:10	1:34:03	2:59:36	2:58:12	78:15
300.	5433	35. W30	RADLOFF Jannika	(Lübeck)			3:00:16	2:59:00	79:03
301.	5630	47. W40	WOLTER Ina	(Lübeck)	1:24:21	1:34:46	3:00:37	2:59:06	79:09
302.	6183	26. W55	SUCHY Eva	LTV Kiel-Ost	1:19:47	1:39:51	3:01:03	2:59:37	79:40
303.	5401	78. W20	OESTREICH Hanna	(Lübeck)	1:26:39	1:33:12	3:00:57	2:59:50	79:53
304.	5534	10. W60	SOYK Dagmar	(Lübeck)	1:25:19	1:34:50	3:01:44	3:00:08	80:11
305.	5444	36. W30	REHMANN Cara	(Marschacht)	1:22:42	1:37:36	3:01:58	3:00:17	80:20
306.	5327	48. W40	LAPORTE	(Bargtheide)	1:24:12	1:36:50	3:02:16	3:01:02	81:05
307.	5183	5. WJ	HALANK Frida	(Ratzeburg)	1:25:35	1:35:31	3:01:48	3:01:05	81:08
308.	5264	28. W50	KAILUWEIT Bettina	(Reinbek)	1:22:42	1:38:32	3:01:49	3:01:13	81:16
309.	6121	27. W55	JÜNGLING Anne	Laufen gegen Leiden e.V.	1:24:36	1:37:12	3:02:41	3:01:48	81:51
310.	5877	37. W45	WILLERT Yvonne	Captains Crew Ostholstein	1:28:01	1:33:48	3:03:35	3:01:49	81:52
311.	5747	49. W40	LEITE DE OLIVEIRA	111erz	1:22:16	1:40:26	3:03:14	3:02:41	82:44
312.	5609	38. W45	WERDER Sandra	(Drage)	1:22:10	1:40:44	3:03:32	3:02:53	82:56
313.	5922	39. W45	BEPERLING Kerstin	Eintracht Frankfurt	1:26:45	1:36:32	3:04:30	3:03:16	83:19
314.	6293	40. W45	SASS Bianca	RSV	1:23:31	1:39:57	3:03:31	3:03:27	83:30
315.	5260	79. W20	KÄBEL Celina	(Marschacht)	1:24:07	1:39:31	3:04:15	3:03:38	83:41

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
316.	5279	50. W40	KNEPPER Jessica	(Karstädt)	1:28:45	1:36:08	3:05:53	3:04:52	84:55
317.	5852	51. W40	OTTO Katharina	Braveheart	1:28:46	1:36:06	3:05:52	3:04:52	84:55
318.	5094	11. W60	DANNHAUER-SCHRA	(Ahrensburg)	1:23:15	1:41:44	3:05:50	3:04:59	85:02
319.	5258	80. W20	JÜRGES Dana	(Lübeck)	1:31:03	1:34:05	3:06:24	3:05:08	85:11
320.	5920	28. W55	STEENFATT Martina	Düvelsbrook Dynamics	1:23:07	1:43:02	3:07:21	3:06:09	86:12
321.	5885	41. W45	TIEKEN Anke	Cathys Training	1:22:40	1:45:00	3:07:53	3:07:39	87:42
322.	6075	36. W35	DANKWARTH Lea	Judo-Club Ahrensburg	1:25:42	1:42:09	3:08:21	3:07:51	87:54
323.	5054	37. W30	BÖTTGE Hanne	(Lüneburg)	1:24:30	1:43:38	3:09:27	3:08:08	88:11
324.	5055	29. W55	BÖTTGE Katja	(Kochendorf)	1:24:30	1:43:39	3:09:28	3:08:08	88:11
325.	5804	37. W35	LÜDERS Katharina	Bimöhler SV	1:28:19	1:41:24	3:11:27	3:09:43	89:46
326.	6199	12. W60	SCHÄPERS Angela	Lübecker SC	1:31:32	1:38:47	3:11:41	3:10:18	90:21
327.	6257	81. W20	JOHANNSEN Wiebke	Post Sport Verein Hannover	1:30:59	1:40:41	3:12:39	3:11:39	91:42
328.	5989	82. W20	UHRBROOK	Gemütliche Meter			3:12:25	3:11:55	91:58
329.	6259	83. W20	BRUNN Johanna	Postsportverein Hannover	1:31:58	1:40:41	3:12:39	3:12:39	92:42
330.	5265	38. W35	KALKA Janina	(Hamburg)	1:31:15	1:41:36	3:14:26	3:12:50	92:53
331.	5679	52. W40	HILLER Susann	(Hamburg)	1:28:47	1:44:33	3:13:43	3:13:20	93:23
332.	5409	39. W35	PARIES Monique	(Klein	1:29:03	1:44:29	3:15:03	3:13:31	93:34
333.	5132	29. W50	FILLER Julia	(Tangstedt)	1:25:38	1:48:05	3:13:59	3:13:43	93:46
334.	5347	53. W40	LOHSE Christina	(Lübeck)	1:32:52	1:41:02	3:14:25	3:13:54	93:57
335.	5198	84. W20	HARTKOPF Merle	(Kiel)	1:28:15	1:45:55	3:15:15	3:14:10	94:13
336.	6496	54. W40	FEIOCK-PETROVICKI	Triathlon-Heldinnen	1:31:11	1:43:10	3:15:31	3:14:20	94:23
337.	6120	55. W40	DAHL Julia	Laufen gegen Leiden e.V.	1:31:10	1:43:11	3:15:31	3:14:20	94:23
338.	5472	42. W45	RUF Nina	(Lübeck)	1:32:24	1:42:34	3:16:18	3:14:57	95:00
339.	5649	85. W20	BEIER Melena	(Geesthacht)	1:27:36	1:51:43	3:20:59	3:19:18	99:21
340.	6140	13. W60	TANDETZKI-RIEBE	Lauftreff Geesthacht	1:23:33	1:56:27	3:20:59	3:20:00	100:03
341.	6470	43. W45	BRADTKE Ewelina	Tri-Sport Lübeck	1:29:18	1:50:48	3:21:17	3:20:05	100:08
342.	5138	44. W45	FRANZ Veronika	(Ratzeburg)	1:31:11	1:49:12	3:22:12	3:20:22	100:25
343.	6440	40. W35	DONNER Silvie	Team Sesamstraße	1:31:32	1:50:37	3:23:02	3:22:08	102:11
344.	5825	56. W40	ELMGREN	Bodymed Fitness Mölln	1:32:51	1:53:29	3:27:26	3:26:20	106:23
345.	6248	30. W50	LANG Ingeborg	Onlyperfekt	1:31:29	1:55:54	3:29:06	3:27:22	107:25
346.	6497	14. W60	VOß Sabine	Triathlon-Heldinnen	1:31:11	1:56:35	3:28:57	3:27:46	107:49
347.	5155	86. W20	GÄTHJE Annika	(Schleswig)	1:33:33	1:54:37	3:29:29	3:28:09	108:12
348.	5491	87. W20	SCHMIDT Lina	(Lübeck)	1:33:33	1:54:38	3:29:29	3:28:10	108:13
349.	5971	88. W20	TIEDE Vanessa	FC St. Pauli Marathon	1:35:51	1:54:00	3:30:13	3:29:51	109:54
350.	6294	89. W20	SOJAK Finja	RSV	1:40:00	2:18:35	3:59:20	3:58:34	138:37
351.	6252	45. W45	PAHL Julia	OTK	1:35:16	1:55:56	3:32:57	DSQ	111:15
	5096	W40	DARIUS Stefanie	(Lübeck)				DNF	

männlich

1.	6473	1. M20	MÜLLER Simon	Tri-Sport Lübeck	0:42:03	0:46:25	1:28:29	1:28:28	
2.	5498	2. M20	SCHRÖDER Julius	(Hamburg)	0:41:52	0:47:02	1:28:54	1:28:54	0:26
3.	6277	3. M20	WELLER Jonas	Ratzeburger SV - Triathlon	0:42:30	0:49:00	1:31:30	1:31:30	3:02
4.	5008	4. M20	ALLERS Leon	(Hamburg)	0:44:40	0:52:10	1:36:50	1:36:49	8:21
5.	6176	1. M35	JEBEN Sören	LT Haspa Marathon Hamburg	0:46:56	0:50:49	1:37:46	1:37:44	9:16
6.	6417	5. M20	WÜRSCH Guillaume	SV Werder Bremen	0:46:21	0:51:57	1:38:18	1:38:17	9:49
7.	5870	1. M40	BABUSCI Luigi	BSG Siemens	0:46:29	0:52:11	1:38:45	1:38:40	10:12
8.	5710	1. M45	REICHERT Steffen	(Salzhausen)	0:47:56	0:51:45	1:39:41	1:39:41	11:13
9.	5750	6. M20	HOFFMANN Elias	Adidas Runners Hamburg	0:47:05	0:52:48	1:39:54	1:39:52	11:24
10.	5398	7. M20	NOREN Peter	(Hamburg)	0:48:19	0:51:52	1:40:12	1:40:11	11:43
11.	5999	2. M35	HAHN Tobias	Hamburg Running	0:46:55	0:53:37	1:40:33	1:40:31	12:03
12.	5763	2. M45	WECKWERTH Stefan	Airbus SG Hamburg	0:47:21	0:53:29	1:40:51	1:40:50	12:22
13.	6466	8. M20	RUCH Patrick	Tri Sport Lübeck e.V.	0:47:41	0:53:37	1:41:19	1:41:17	12:49
14.	5632	9. M20	WULF Yannick	(Hamburg)	0:47:20	0:54:01	1:41:24	1:41:21	12:53

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
15.	5839	2. M40	ROT Ede	Bodymed Fitness Mölln	0:47:46	0:53:39	1:41:26	1:41:24	12:56
16.	6410	1. M30	KÖBKE Christian	SV Schifffahrt & Hafen	0:48:05	0:54:01	1:42:10	1:42:06	13:38
17.	6402	10. M20	BÜRK Benedikt	SV Großhansdorf	0:48:20	0:54:04	1:42:25	1:42:24	13:56
18.	6262	3. M35	PILZ Patrick	Project Way More TestTeam	0:47:08	0:55:34	1:42:43	1:42:42	14:14
19.	6067	4. M35	BOHRISCH Jakob	Inselrunners	0:49:12	0:53:54	1:43:07	1:43:05	14:37
20.	6414	11. M20	MEIE Lukas	SV Werder Bremen	0:49:15	0:54:07	1:43:22	1:43:21	14:53
21.	5557	3. M45	TESCHE Volker	(Rostock)	0:48:11	0:55:14	1:43:26	1:43:24	14:56
22.	6464	4. M45	GOHSE Patrick	Tri Michels	0:49:39	0:54:39	1:44:20	1:44:17	15:49
23.	6360	12. M20	MOHAMMAD Farhan	Spiridon Club Bad Oldesloe	0:52:00	0:52:34	1:44:47	1:44:33	16:05
24.	5799	3. M40	SCHMIDT Birger	Bestestieg Running	0:49:22	0:55:30	1:44:54	1:44:52	16:24
25.	5888	5. M45	LEROYER Romain	Dat Radhuus	0:49:24	0:55:32	1:44:58	1:44:56	16:28
26.	6522	2. M30	GAST Karl	TSV Empor Zarrentin	0:49:10	0:55:54	1:45:05	1:45:03	16:35
27.	5083	5. M35	CHÉRIAUX Yolan	(Norderstedt)	0:47:58	0:57:32	1:45:29	1:45:29	17:01
28.	5626	4. M40	WITTMAR Johannes	(Hamburg)	0:50:52	0:55:19	1:46:28	1:46:11	17:43
29.	6163	5. M40	MIETZ Richard	LG Lübeck	0:49:48	0:56:34	1:46:24	1:46:22	17:54
30.	6065	3. M30	BETTEN Christoph	Inselrunners	0:49:45	0:57:09	1:46:56	1:46:53	18:25
31.	6609	13. M20	SCHULTZE Henri	(Ratzeburg)	0:51:52	0:55:12	1:47:15	1:47:04	18:36
32.	6284	1. MJ	KODAL Henry	RRC Ratzeburg	0:52:29	0:54:45	1:47:22	1:47:13	18:45
33.	5543	6. M35	STEINER Robert	(Hamburg)	0:51:08	0:56:23	1:47:33	1:47:31	19:03
34.	5031	4. M30	BEILER Marten	(Bremerhaven)	0:51:05	0:56:45	1:47:55	1:47:50	19:22
35.	6007	14. M20	MAVDIUK Andrii	Hamburg Running	0:52:24	0:55:31	1:47:56	1:47:54	19:26
36.	6164	7. M35	OTTE Christoph	LG Lübeck	0:50:20	0:57:43	1:48:07	1:48:03	19:35
37.	5794	15. M20	DOMKE Niklas	Berliner Hochschulsport	0:50:48	0:57:22	1:48:12	1:48:09	19:41
38.	5905	8. M35	HAMANN Johan	DLRG Lübeck	0:51:34	0:56:38	1:48:14	1:48:12	19:44
39.	5637	6. M40	ZANDER Malte	(Lübeck)	0:51:02	0:57:31	1:48:42	1:48:33	20:05
40.	5103	5. M30	DIERCK Simon	(Kiel)	0:52:29	0:56:36	1:49:12	1:49:04	20:36
41.	5732	1. M50	WEINRICH-MORY	(Hamburg)	0:52:24	0:56:41	1:49:19	1:49:04	20:36
42.	6591	6. M30	SCHWIEN Marijan	(Bad Schwartau)	0:50:43	0:58:22	1:49:10	1:49:05	20:37
43.	6095	9. M35	PULST-DÜRR	KRAFT runners	0:52:31	0:57:15	1:49:51	1:49:45	21:17
44.	6447	6. M45	ZIEGENBEIN Timo	Team Zoot Europe	0:52:44	0:57:05	1:49:55	1:49:48	21:20
45.	5538	7. M30	STAHLKOPF Gerd	(Büchen)	0:49:24	1:00:48	1:50:13	1:50:11	21:43
46.	5828	16. M20	HÖMSKE Louis	Bodymed Fitness Mölln	0:52:33	0:57:55	1:50:31	1:50:27	21:59
47.	6159	7. M40	HEINRICH Mattias	LG Lübeck	0:53:36	0:56:56	1:50:31	1:50:31	22:03
48.	5998	17. M20	FRERICHS Malte	Hamburg Running	0:53:37	0:56:59	1:50:39	1:50:36	22:08
49.	6016	10. M35	SIMON Michael	Hamburg Running	0:53:38	0:56:58	1:50:39	1:50:36	22:08
50.	6156	11. M35	WEIß Marcel	LBV Phönix Lübeck	0:53:23	0:57:25	1:50:48	1:50:48	22:20
51.	5773	1. M55	KRASTEV Ulli	Athletico Bacardi	0:52:37	0:58:40	1:51:18	1:51:16	22:48
52.	6456	12. M35	GOALEC	Tide Runners	0:53:22	0:58:01	1:51:44	1:51:22	22:54
53.	5843	8. M30	SCHWARTZ Randolf	Bodymed Fitness Mölln	0:52:32	0:59:24	1:52:00	1:51:55	23:27
54.	6581	2. M50	DRISSEN Guido	Zippel's Läuferwelt Lübeck	0:52:30	0:59:52	1:52:22	1:52:22	23:54
55.	6027	13. M35	KOWALCZYK Tomasz	Hamburger Laufladen	0:53:51	0:58:45	1:52:51	1:52:36	24:08
56.	5115	14. M35	EICHLER Dirk	(Stockelsdorf)	0:52:38	1:00:00	1:52:44	1:52:38	24:10
57.	6569	18. M20	SCHMIDT Anton	Vienna Running Collective	0:55:33	0:57:06	1:52:49	1:52:38	24:10
58.	6604	9. M30	SCHAWWE Maximilian	LG Lübeck	0:54:19	0:58:24	1:52:51	1:52:42	24:14
59.	6221	19. M20	BADORREK	MTV Lüdingworth	0:55:38	0:57:06	1:52:52	1:52:43	24:15
60.	5749	20. M20	OSTENDORF Paul	adidas runners Berlin	0:55:38	0:57:06	1:52:52	1:52:44	24:16
61.	6030	3. M50	ZIMMERMANN Jan	Hamburger Laufladen	0:52:21	1:00:30	1:52:52	1:52:50	24:22
62.	5360	21. M20	MANDEL Niklas	(Hamburg)	0:52:31	1:00:27	1:53:07	1:52:57	24:29
63.	6605	22. M20	SCHMIDT Maurice	Deutsche	0:55:27	0:57:49	1:53:24	1:53:15	24:47
64.	6412	7. M45	ANDERS Sebastian	SV Werder Bremen	0:54:03	0:59:18	1:53:22	1:53:20	24:52
65.	5798	8. M45	PIECYK Sebastian	Bestestieg Running	0:51:20	1:02:01	1:53:26	1:53:21	24:53
66.	6003	15. M35	KRÜGER Marian	Hamburg Running	0:53:40	0:59:47	1:53:29	1:53:26	24:58
67.	6505	16. M35	THIELKE Sascha	TriSport Lübeck	0:55:46	0:57:46	1:53:31	1:53:31	25:03

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
68.	5501	23. M20	SCHRÖDER Timm	(Kiel)	0:51:42	1:02:01	1:53:53	1:53:43	25:15
69.	5421	9. M45	PLEIKIS Jan Dirk	(Aukrug)	0:52:28	1:01:24	1:53:53	1:53:51	25:23
70.	5702	2. MJ	MEYER Marek	(Schülp)	0:50:22	1:03:34	1:54:10	1:53:56	25:28
71.	5744	10. M45	FALK Michael	1001 Strecken	0:53:35	1:00:27	1:54:03	1:54:02	25:34
72.	6338	4. M50	LAMBRACHT Gerald	SG Stern Hamburg	0:54:08	1:00:05	1:54:13	1:54:12	25:44
73.	5588	5. M50	VON NETZ Hilmar	(Reinfeld / Holstein)	0:52:48	1:01:27	1:54:17	1:54:15	25:47
74.	6291	17. M35	LAVADO Joao	RST Lübeck	0:55:06	0:59:24	1:54:32	1:54:29	26:01
75.	6230	8. M40	EBELING Thomas	NonStop Runners	0:53:21	1:01:15	1:54:45	1:54:36	26:08
76.	6001	10. M30	JAITHARAM Sairam	Hamburg Running	0:55:41	0:58:57	1:56:11	1:54:38	26:10
77.	6081	18. M35	RANKE Philipp	Kaifu Tri Team	0:56:08	0:58:58	1:55:10	1:55:05	26:37
78.	5430	24. M20	PÜTZ Jona	(Wingst)	0:56:40	0:58:29	1:55:39	1:55:09	26:41
79.	5560	11. M30	THIER Lennard	(Hamburg)	0:55:08	1:00:10	1:55:24	1:55:17	26:49
80.	5990	25. M20	BRAUN Lukas	Geschwister-Prenski-Schule	0:55:50	0:59:30	1:56:10	1:55:19	26:51
81.	6432	12. M30	KLEINHANS Lukas	Team Lauch	0:55:26	0:59:55	1:55:28	1:55:20	26:52
82.	6472	26. M20	MARTENSEN Lars	Tri-Sport Lübeck	0:55:00	1:00:34	1:55:39	1:55:33	27:05
83.	6614	3. MJ	SCHAPER Julius	Tri-Sport Lübeck e.V.	0:55:01	1:00:33	1:55:39	1:55:34	27:06
84.	5366	11. M45	MAY Dirk	(Schönberg)	0:55:01	1:00:33	1:55:39	1:55:34	27:06
85.	5203	6. M50	HEGERDING Nils	(Hamburg)	0:55:44	0:59:55	1:56:42	1:55:39	27:11
86.	5412	13. M30	PEILER Lars	(Hamburg)	0:55:21	1:00:25	1:56:05	1:55:46	27:18
87.	6405	9. M40	MOYA Angel	SV Großhansdorf	0:54:19	1:01:38	1:56:01	1:55:57	27:29
88.	6326	19. M35	OLDENBURG Stefan	SG Buxtehude-Altkloster	0:55:58	1:00:12	1:56:22	1:56:10	27:42
89.	6404	10. M40	MAMEROW Jenja	SV Großhansdorf	0:51:18	1:05:12	1:56:33	1:56:30	28:02
90.	5963	14. M30	KIRSCH Konstantin	FC St. Pauli Marathon	0:56:39	1:00:00	1:56:51	1:56:38	28:10
91.	6573	12. M45	TIETZ Björn	WAP Steuerberatung	0:51:37	1:05:08	1:56:48	1:56:45	28:17
92.	5634	15. M30	WULFF Tim	(Hamburg)	0:55:05	1:01:59	1:57:06	1:57:03	28:35
93.	5768	27. M20	SOMMER Timo	Alsterpiraten Club	0:55:43	1:01:27	1:57:12	1:57:09	28:41
94.	6471	13. M45	KLOTZ Tobias	Tri-Sport Lübeck	0:54:03	1:03:07	1:57:12	1:57:10	28:42
95.	5934	11. M40	SEMDNER Martin	Erdinger Active Team	0:56:57	1:00:34	1:57:50	1:57:31	29:03
96.	6477	2. M55	THIEL Michael	Tri-Sport Lübeck	0:52:42	1:04:49	1:57:31	1:57:31	29:03
97.	6426	20. M35	NEUMANN Christian	TC FIKO Rostock	0:54:47	1:02:50	1:57:39	1:57:36	29:08
98.	5250	28. M20	JAITNER Malte	(Wiesbaden)	0:56:50	1:00:50	1:57:56	1:57:39	29:11
99.	6288	16. M30	FLOHR Elias	RST Lübeck	0:56:18	1:01:22	1:57:59	1:57:40	29:12
100.	6148	17. M30	ASMUSSEN David	LBV Phönix Lübeck	0:53:18	1:04:41	1:58:01	1:57:58	29:30
101.	6613	21. M35	LAMPRECHT Patrick	TSG Wittenburg	0:57:04	1:01:21	1:58:58	1:58:24	29:56
102.	6561	18. M30	NGHIEM Antony	Verklingelt Altona	0:56:59	1:01:28	1:58:37	1:58:26	29:58
103.	5524	29. M20	SEITLER Niklas	(Hamburg)	0:56:59	1:01:28	1:58:37	1:58:27	29:59
104.	6586	19. M30	FALTIN Sebastian	(München)	1:00:29	0:58:07	2:00:30	1:58:35	30:07
105.	5865	3. M55	ROCKSTROH Roland	BSG Kreissparkasse	0:55:59	1:02:43	1:58:46	1:58:41	30:13
106.	6092	14. M45	BENNEK Patrick	Kolping Azubiwohnen HH-St.	0:54:38	1:04:08	1:58:49	1:58:45	30:17
107.	6610	30. M20	SCHRÖDER Johannes	(Dechow)	0:51:54	1:07:00	1:59:05	1:58:53	30:25
108.	5380	12. M40	MOHR Matthias	(23558 Lübeck)	0:55:25	1:03:36	1:59:22	1:59:00	30:32
109.	5007	15. M45	ALICH Tobias	(Wismar)	0:56:38	1:02:22	1:59:07	1:59:00	30:32
110.	6433	20. M30	WIKTOREK Dawid	Team Lauch	0:57:41	1:01:21	1:59:09	1:59:01	30:33
111.	5526	22. M35	SHUNKO Yauheni	(Hamburg)	0:57:03	1:02:04	1:59:17	1:59:06	30:38
112.	5352	7. M50	GRETEMEIER Dennis	(Hamburg)	0:56:31	1:02:42	1:59:19	1:59:12	30:44
113.	5368	4. M55	MEIER Ralf	(Hetlingen)	0:56:19	1:02:58	1:59:21	1:59:17	30:49
114.	5765	13. M40	BRADE Torben	ALG-VfL Bokel	0:58:27	1:00:52	1:59:38	1:59:18	30:50
115.	6211	5. M55	QUANDT Matthias	Möllner SV	0:55:58	1:03:30	1:59:32	1:59:27	30:59
116.	5098	23. M35	DE LORENT Lukas	(Hamburg)	0:57:40	1:02:02	1:59:47	1:59:41	31:13
117.	5402	6. M55	OETTINGER	(Hamburg)	0:57:58	1:01:52	1:59:54	1:59:49	31:21
118.	5800	14. M40	SCHÜMMANN Björn	Bestestieg Running	0:53:17	1:06:49	2:00:10	2:00:06	31:38
119.	6375	15. M40	IIEVLIEV Maksym	Squad UA Runners	0:57:52	1:02:15	2:00:09	2:00:06	31:38
120.	5519	16. M45	SEEBAHN Torsten	(Reppenstedt)	0:56:37	1:03:33	2:00:17	2:00:10	31:42

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
121.	5746	21. M30	KOOP Axel	1001 Strecken	0:54:28	1:05:44	2:00:37	2:00:12	31:44
122.	5376	16. M40	MLYNEK Jonas	(Berlin)	0:56:05	1:04:12	2:00:20	2:00:17	31:49
123.	6587	22. M30	SCHLÜTER Luca	(Hamburg)	0:57:45	1:02:37	2:00:27	2:00:21	31:53
124.	5599	17. M40	WECKWERTH Felix	(Lübeck)	0:57:36	1:02:52	2:00:35	2:00:28	32:00
125.	6474	18. M40	NIEMANN Jonathan	Tri-Sport Lübeck	0:56:07	1:04:41	2:00:49	2:00:47	32:19
126.	5468	8. M50	ROTH Lars	(Lübeck)	0:58:12	1:02:42	2:00:58	2:00:53	32:25
127.	6479	23. M30	PAETOW Oliver	Tri-Sport Lübeck e.V.	0:57:47	1:03:31	2:01:42	2:01:18	32:50
128.	5201	31. M20	HECHLER Pepe	(Hamburg)	0:56:12	1:05:15	2:01:31	2:01:26	32:58
129.	6209	24. M35	LENK Lennart	Möllner SV	0:57:20	1:04:15	2:01:38	2:01:34	33:06
130.	6017	24. M30	STACH Thomas	Hamburg Running	1:00:00	1:01:44	2:02:44	2:01:44	33:16
131.	6014	32. M20	SCHÜTTE Niklas	Hamburg Running	0:59:56	1:01:50	2:02:49	2:01:45	33:17
132.	6021	19. M40	VAN DE VELDE	Hamburg Running	0:59:55	1:01:56	2:02:55	2:01:51	33:23
133.	5756	20. M40	KURCH Sebastian	Airbus SG Hamburg	0:56:51	1:05:03	2:01:56	2:01:53	33:25
134.	6285	33. M20	GARCÍA	RSC Lüneburg Triathlon	0:58:00	1:03:54	2:02:02	2:01:54	33:26
135.	6268	17. M45	OLDENBURG Dirk	Ratzeburger Ruderclub	0:58:19	1:03:39	2:02:00	2:01:57	33:29
136.	6271	18. M45	STEINGRÖVER Wilm	Ratzeburger Ruderclub	0:58:19	1:03:48	2:02:10	2:02:06	33:38
137.	5859	25. M35	WÖSTMANN	BSG CL Design	0:58:04	1:04:03	2:02:18	2:02:07	33:39
138.	5653	21. M40	BOHLEN Dirk	(Rostock)	0:58:12	1:04:00	2:02:18	2:02:12	33:44
139.	5337	34. M20	LEITHÄUSER Philipp	(Gießen)	0:59:28	1:03:00	2:02:45	2:02:28	34:00
140.	6197	22. M40	NIELANDT Johannes	Lübecker SC	0:58:23	1:04:12	2:02:59	2:02:34	34:06
141.	6533	1. M65	MASSNY Peter	TSV Neustadt in Holstein	0:58:20	1:04:41	2:03:05	2:03:01	34:33
142.	5850	25. M30	AUSMEIER Christian	BPOL	0:57:35	1:05:27	2:03:20	2:03:01	34:33
143.	5062	19. M45	BRÜCKNER	(Eckernförde)	0:58:26	1:04:39	2:03:40	2:03:05	34:37
144.	6208	7. M55	ENGEL Dirk	Möllner SV	0:58:58	1:04:09	2:03:17	2:03:07	34:39
145.	6350	35. M20	REINKE Tjark	SIG Elmenhorst	1:01:54	1:01:14	2:03:27	2:03:07	34:39
146.	5035	36. M20	BENECKE Lennart	(Hamburg)	0:58:28	1:04:43	2:04:41	2:03:11	34:43
147.	5863	23. M40	GRIMM Nico	BSG HZB e.V.	0:59:40	1:03:38	2:03:26	2:03:17	34:49
148.	6024	8. M55	BÖTTCHER Dirk	Hamburger Laufladen	0:58:14	1:05:13	2:03:34	2:03:27	34:59
149.	6366	1. M60	CLAUSEN Jürgen	Spiridon Schleswig	0:59:19	1:04:13	2:03:46	2:03:32	35:04
150.	5553	26. M30	TAMKE Julian	(Rosengarten)	0:59:15	1:04:26	2:04:14	2:03:40	35:12
151.	5767	9. M50	THEMM Thorsten	ALG-VfL Bokel	0:58:12	1:05:28	2:03:58	2:03:40	35:12
152.	5465	24. M40	ROSE Thorsten	(Hamburg)	1:01:08	1:02:49	2:05:09	2:03:56	35:28
153.	5689	25. M40	KULL Marcus	(Rostock)	0:56:50	1:07:10	2:04:09	2:03:59	35:31
154.	6205	10. M50	KLOK Gerrit-Jan	MC-Pirate e.V.	0:57:23	1:06:44	2:04:12	2:04:06	35:38
155.	6144	11. M50	GIESEN Frank	Laufwerk Hamburg e.V.	0:59:25	1:04:47	2:04:28	2:04:12	35:44
156.	6524	26. M40	KAMP - DUBSLAFF	TSV Gudow	1:00:00	1:04:18	2:04:41	2:04:17	35:49
157.	6255	2. M60	HAMER Steffan	Polizei Sportverein Hamburg	0:57:40	1:06:54	2:04:40	2:04:34	36:06
158.	6213	3. M60	WITTFHOHT Rüdiger	Möllner SV	0:59:17	1:05:18	2:04:39	2:04:34	36:06
159.	6204	37. M20	HINRICHS Maurice	MC-Pirate e.V.	0:57:17	1:07:31	2:05:02	2:04:47	36:19
160.	5762	12. M50	VAN SCHIE John	Airbus SG Hamburg	0:59:08	1:05:47	2:05:01	2:04:54	36:26
161.	6243	26. M35	WÖLKE Torben	NonStop Runners	0:56:40	1:08:18	2:06:06	2:04:58	36:30
162.	5661	20. M45	DEMMERT Markus	(Lübeck)	0:59:43	1:05:17	2:05:18	2:04:59	36:31
163.	5562	27. M35	THONKE Pascal	(Hamburg)	1:04:13	1:00:47	2:05:46	2:05:00	36:32
164.	6335	38. M20	HUPFER Phil	SG Stern Hamburg	1:01:13	1:04:03	2:06:03	2:05:15	36:47
165.	5316	27. M40	KUICH Lennart	(Börnsen)	1:01:19	1:03:59	2:05:37	2:05:17	36:49
166.	5228	39. M20	HODEL Mike	(Lübeck)	0:59:06	1:06:19	2:05:35	2:05:24	36:56
167.	6352	27. M30	ARIOLI Fabian	Snerz Runners	1:01:37	1:03:48	2:05:40	2:05:25	36:57
168.	5835	28. M30	PROLINGHEUER	Bodymed Fitness Mölln	0:57:15	1:08:20	2:05:55	2:05:35	37:07
169.	5492	21. M45	SCHMITT Torsten	(Sauensiek)	1:01:27	1:04:27	2:07:07	2:05:53	37:25
170.	5823	40. M20	BRUNS Marcel	Bodymed Fitness Mölln	0:58:03	1:07:59	2:06:15	2:06:01	37:33
171.	5065	28. M40	BRUHN Mitja	(Hamburg)	0:59:25	1:06:54	2:06:32	2:06:18	37:50
172.	6133	13. M50	KAHL Oliver	Laufgruppe Schwerin e.V.	0:59:16	1:07:05	2:06:22	2:06:20	37:52
173.	6229	29. M40	DAMMANN Dirk	NonStop Runners	1:03:10	1:03:16	2:07:34	2:06:26	37:58

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
174.	5139	22. M45	FRANZKE Christoph	(Buxtehude)	1:01:22	1:05:09	2:06:52	2:06:30	38:02
175.	5268	28. M35	KAYSER Steffen	(Kassel)	1:01:43	1:04:48	2:06:53	2:06:31	38:03
176.	5810	29. M35	MALINOWSKI Fabian	Blau-Weiss Buchholz e.V.	1:02:11	1:04:21	2:07:04	2:06:31	38:03
177.	5320	4. MJ	LANDMAN Luca	(Lüneburg)	1:02:10	1:04:29	2:07:07	2:06:39	38:11
178.	5137	23. M45	FRANKE Alexander	(Lübeck)	1:00:14	1:06:34	2:06:47	2:06:47	38:19
179.	6391	9. M55	SPERLING Klaas	Stolpertruppe Winsen	1:00:30	1:06:19	2:06:57	2:06:49	38:21
180.	5059	29. M30	BROSKA Simon	(Lübeck)	1:00:19	1:06:46	2:07:20	2:07:05	38:37
181.	5629	30. M30	WOLSKI Tobias	(Wahrsow)	1:01:59	1:05:13	2:07:48	2:07:11	38:43
182.	5605	41. M20	WELTER Fynn Lars	(Kierspe)	1:02:34	1:04:40	2:07:31	2:07:14	38:46
183.	5148	31. M30	FRIEDRICHS Torben	(Lübeck)	1:00:27	1:06:50	2:07:16	2:07:16	38:48
184.	6511	24. M45	PIETSCHAK Bernd	TS Harburg	0:59:35	1:07:45	2:07:25	2:07:19	38:51
185.	6330	25. M45	FIRYN Heiko	SG Stern	1:01:59	1:05:23	2:07:36	2:07:21	38:53
186.	5214	4. M60	HERBA Wiktor	(Zarrentin am Schaalsee)	1:00:42	1:06:47	2:07:30	2:07:29	39:01
187.	6087	30. M35	MERZ Simon	Klub am Rupenhorn	0:56:46	1:10:44	2:07:33	2:07:29	39:01
188.	5304	32. M30	KRAUTH Jens	(Lübeck)	1:01:35	1:06:05	2:07:57	2:07:40	39:12
189.	6480	10. M55	BERGMANN Martin	triabolos triathlon hamburg	1:02:42	1:05:11	2:08:12	2:07:53	39:25
190.	5939	33. M30	FABIAN Sönke	Eutin 08	1:02:13	1:05:43	2:08:26	2:07:55	39:27
191.	6502	26. M45	BRAUER Eik	TriSport Lübeck	0:57:06	1:10:52	2:08:00	2:07:58	39:30
192.	5474	14. M50	RYBACK Dirk	(Hamburg)	1:01:26	1:06:38	2:08:07	2:08:04	39:36
193.	5076	30. M40	BURMEISTER Jens	(Ratzeburg)	1:02:56	1:05:12	2:08:41	2:08:07	39:39
194.	5038	31. M40	BERN Kolja	(Lübeck)	1:01:24	1:06:44	2:08:30	2:08:07	39:39
195.	6165	42. M20	REVANDER Carl	LG Lübeck	0:58:31	1:09:50	2:08:37	2:08:21	39:53
196.	5655	43. M20	BORN Philipp	(Lübeck)	1:02:05	1:06:17	2:09:26	2:08:21	39:53
197.	5955	11. M55	GERKEN Niels	FC St. Pauli	1:00:41	1:07:51	2:08:46	2:08:32	40:04
198.	5317	44. M20	KUROWSKI Philipp	(Rostock)	0:56:38	1:12:03	2:10:09	2:08:41	40:13
199.	5962	15. M50	GENSING Patrick	FC St. Pauli Marathon	1:01:01	1:07:41	2:08:52	2:08:42	40:14
200.	6210	2. M65	MEWS Martin	Möllner SV	1:01:36	1:07:18	2:08:55	2:08:53	40:25
201.	5931	27. M45	NEUGEBAUER Jörg	Erdinger Active Team	1:04:36	1:04:27	2:10:22	2:09:03	40:35
202.	5168	16. M50	GÖRKE Peer	(Achim)	1:00:57	1:08:13	2:09:23	2:09:10	40:42
203.	5042	31. M35	BICHELS Henrik	(Lübeck)	1:01:25	1:07:55	2:09:41	2:09:19	40:51
204.	6237	45. M20	MASLOUSKI Mikita	NonStop Runners	1:01:26	1:07:54	2:10:27	2:09:20	40:52
205.	5777	28. M45	SCHEIBE Timo	ATSV Stockelsdorf	1:00:07	1:09:13	2:09:40	2:09:20	40:52
206.	5834	29. M45	PLAMBECK Lars	Bodymed Fitness Mölln	1:02:10	1:07:21	2:09:43	2:09:31	41:03
207.	5915	17. M50	MÖLLER Oliver	Dräger Running	0:55:21	1:14:13	2:09:38	2:09:33	41:05
208.	5286	34. M30	KÖHLER Christoph	(Gnemern)	1:04:24	1:05:13	2:10:11	2:09:37	41:09
209.	6273	32. M40	DOMKE Andreas	Ratzeburger SV	1:01:53	1:07:44	2:09:45	2:09:37	41:09
210.	5077	32. M35	BURMEISTER	(Lübeck)	1:00:18	1:09:25	2:09:59	2:09:42	41:14
211.	5318	46. M20	KYAS Johannes	(Trittau)	0:57:41	1:12:04	2:09:48	2:09:45	41:17
212.	5341	33. M40	LEWANDOWSKI	(Lübeck)	1:01:38	1:08:10	2:09:58	2:09:47	41:19
213.	6394	47. M20	NGO Luu Minh Vinh	Studio EJB	0:57:46	1:12:05	2:09:57	2:09:50	41:22
214.	6223	48. M20	MAYER Kai	MTV Stuttgart Triathlon	0:57:45	1:12:06	2:09:57	2:09:51	41:23
215.	6411	30. M45	KLATT Marcus	SV Sülfeld	1:03:11	1:06:45	2:10:11	2:09:55	41:27
216.	5644	18. M50	ZUG Rainhard	(Groß Rönna)	1:01:17	1:08:42	2:10:07	2:09:58	41:30
217.	5596	33. M35	WANKE Malte	(Hamwarde)	1:04:01	1:06:04	2:11:04	2:10:04	41:36
218.	5917	5. M60	EHLER Jens	Düvelsbrook Dynamics	1:02:21	1:07:49	2:10:15	2:10:09	41:41
219.	5851	49. M20	WOPPERER Etienne	BPOL	1:02:18	1:07:53	2:10:29	2:10:10	41:42
220.	6369	19. M50	OSTER Henrik	Sport-Club Itzehoe	1:03:24	1:06:56	2:11:09	2:10:20	41:52
221.	5680	50. M20	HÜLSMEYER Mark	(Hamburg)	1:04:20	1:06:02	2:11:48	2:10:21	41:53
222.	4931	20. M50	MIELING Dirk	Sport-Club Itzehoe	1:03:26	1:06:56	2:11:09	2:10:22	41:54
223.	5904	34. M40	BISCHOFF Björn	DieSchweinehunde	1:01:11	1:09:20	2:10:39	2:10:30	42:02
224.	5930	21. M50	MÖLLER Ringo	Erdinger Active Team	1:02:53	1:07:52	2:10:53	2:10:45	42:17
225.	5724	34. M35	THIER Sebastian	(Hamburg)	1:00:50	1:10:03	2:11:00	2:10:53	42:25
226.	5760	22. M50	SCHÖN Malte	Airbus SG Hamburg	1:01:12	1:09:42	2:10:59	2:10:53	42:25

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
227.	6180	6. M60	VOIGT Norbert	LTV Kiel-Ost	1:01:47	1:09:18	2:11:43	2:11:04	42:36
228.	5026	7. M60	BAUMERT Torsten	(Neu Thulendorf)	1:02:45	1:08:22	2:11:26	2:11:06	42:38
229.	5868	31. M45	FRIEDRICHSEN Nils	BSG Schleswig-Holstein Netz	1:01:25	1:09:43	2:11:14	2:11:08	42:40
230.	5824	35. M40	DREWS Harald	Bodymed Fitness Mölln	1:03:27	1:07:43	2:11:26	2:11:09	42:41
231.	6381	36. M40	ANDERS Thorsten	Stadtpark-Runners	1:01:32	1:09:43	2:11:14	2:11:14	42:46
232.	5017	51. M20	BACHMANN Jakob	(Heidelberg)	1:03:06	1:08:10	2:11:50	2:11:15	42:47
233.	5274	35. M30	KLOEHN Jaspar	(Norderstedt)	1:00:18	1:10:58	2:11:24	2:11:16	42:48
234.	5375	36. M30	MEYER Sascha	(Lübeck)	1:03:51	1:07:25	2:11:42	2:11:16	42:48
235.	6362	8. M60	SELLMER Torsten	Spiridon Club Bad Oldesloe	1:02:45	1:08:33	2:11:31	2:11:17	42:49
236.	6359	52. M20	MARX Sebastian	Spiridon Club Bad Oldesloe	1:05:01	1:06:22	2:12:26	2:11:22	42:54
237.	5940	35. M35	STEINFADT Werner	Eutin 08	1:04:26	1:07:03	2:12:01	2:11:28	43:00
238.	5018	37. M40	BACKEBERG Marco	(Wittorf)	1:04:35	1:07:01	2:12:28	2:11:35	43:07
239.	5259	32. M45	JÜRS Dirk	(Hamburg)	1:03:14	1:08:24	2:11:49	2:11:37	43:09
240.	6119	12. M55	BODDENBERG	Laufen gegen Leiden e.V.	1:04:37	1:07:03	2:12:31	2:11:39	43:11
241.	5706	13. M55	PATZER Ralf	(Hamburg)	1:03:45	1:08:03	2:12:05	2:11:48	43:20
242.	5826	38. M40	FLACK Björn	Bodymed Fitness Mölln	1:01:29	1:10:22	2:12:44	2:11:51	43:23
243.	5512	14. M55	SCHUMACHER Marius	(Mölln)	1:02:18	1:09:42	2:13:31	2:12:00	43:32
244.	6247	36. M35	KROLL Kristoffer	Olympus	0:59:21	1:12:41	2:12:02	2:12:02	43:34
245.	6331	15. M55	DÖRR Ole	SG Stern Hamburg	1:03:20	1:08:42	2:12:35	2:12:02	43:34
246.	5619	37. M35	WIND Björn	(Wedel)	1:02:26	1:09:38	2:12:12	2:12:03	43:35
247.	6149	23. M50	BARRE Matthias	LBV Phönix Lübeck	1:03:38	1:08:42	2:12:46	2:12:20	43:52
248.	5842	37. M30	SCHULZ Christopher	Bodymed Fitness Mölln	1:02:32	1:10:08	2:13:29	2:12:40	44:12
249.	5493	39. M40	SCHÖNHERR Erik	(Hamburg)	1:02:23	1:10:22	2:12:59	2:12:45	44:17
250.	5053	53. M20	BÖTTCHER Nick	(Hamburg)	1:02:55	1:09:51	2:13:08	2:12:45	44:17
251.	6416	33. M45	WIDLITZKI-EGGERS	SV Werder Bremen	1:05:18	1:07:33	2:13:17	2:12:50	44:22
252.	6033	16. M55	HOFMANN Peter	Hamburger Sportclub	1:02:49	1:10:02	2:13:14	2:12:50	44:22
253.	5938	34. M45	POSINGIS Ingmar	ESV Schwerin e.V.	1:04:56	1:07:59	2:14:38	2:12:54	44:26
254.	6444	35. M45	HAUCK Michael	Team Triathlon Hamburger	1:05:05	1:07:53	2:13:05	2:12:58	44:30
255.	6459	38. M30	HENKE Philipp	Tierheim Schwarzenbek	1:03:17	1:09:45	2:13:34	2:13:01	44:33
256.	6572	9. M60	WIND Franz	Waldenau Läufer	1:01:39	1:11:25	2:13:11	2:13:03	44:35
257.	5351	24. M50	LUMMA Nico	(Hamburg)	1:03:06	1:10:01	2:13:34	2:13:06	44:38
258.	5797	40. M40	FREESE Marc	Bestestieg Running	1:00:43	1:12:29	2:13:11	2:13:11	44:43
259.	5784	25. M50	MARYNEK Kai	Barsbütteler SV trizebs	1:03:44	1:09:30	2:13:52	2:13:14	44:46
260.	6486	26. M50	PARGNEY Vincent	triabolos triathlon hamburg	1:04:45	1:08:39	2:13:37	2:13:24	44:56
261.	6589	10. M60	SCHÜREN Ludger	Stornoway Running Club	1:04:59	1:08:31	2:13:56	2:13:30	45:02
262.	5574	17. M55	TULEWEIT Thomas	(Lübeck)	1:04:44	1:08:47	2:13:58	2:13:30	45:02
263.	6096	41. M40	TUROWSKI Thore	Kreisverwaltung Steinburg	1:02:54	1:10:42	2:13:45	2:13:35	45:07
264.	5620	38. M35	WINKELER Tobias	(Uetersen)	1:05:21	1:08:16	2:14:42	2:13:36	45:08
265.	5541	42. M40	STEGEMANN Robert	(Bad Bramstedt)	1:04:14	1:09:27	2:14:27	2:13:41	45:13
266.	5270	18. M55	KIEWITT Michael	(Rondeshagen)	1:03:30	1:10:19	2:14:09	2:13:49	45:21
267.	6557	54. M20	LI Haozhe	Vauhtihirmit	1:02:36	1:11:17	2:14:06	2:13:53	45:25
268.	6399	43. M40	HENNING	SV Dassow 24	0:59:06	1:14:53	2:14:08	2:13:58	45:30
269.	5063	36. M45	BRÜGMANN Michael	(Zürich)	1:03:11	1:10:51	2:14:15	2:14:02	45:34
270.	6449	19. M55	BECKER Jens	Technische Orthopädie	1:04:11	1:09:59	2:14:11	2:14:10	45:42
271.	5297	39. M35	KOST Henry	(Borstorf)	1:05:29	1:08:44	2:15:30	2:14:13	45:45
272.	5452	55. M20	REISER Lorenz	(Landau in der Pfalz)	1:04:07	1:10:16	2:14:42	2:14:22	45:54
273.	5814	37. M45	WETZEL Steffen	Blau-Weiss Buchholz e.V.	1:03:38	1:10:52	2:14:34	2:14:30	46:02
274.	5040	20. M55	BEUTEL Christian	(Rellingen)	1:04:56	1:09:43	2:15:17	2:14:39	46:11
275.	6535	44. M40	WOLF Dirk	TSV Neustadt in Holstein	1:05:10	1:09:40	2:15:44	2:14:50	46:22
276.	6570	11. M60	RAAB Michael	Vierbeiner in Not	1:03:53	1:11:00	2:15:08	2:14:53	46:25
277.	5510	40. M35	SCHUMACHER	(Bad Schwartau)	1:06:00	1:08:54	2:16:07	2:14:53	46:25
278.	5481	38. M45	SCHEEL Martin	(Lübeck)	1:05:01	1:09:55	2:15:11	2:14:56	46:28
279.	6162	45. M40	MEYER Martin	LG Lübeck	1:05:33	1:09:30	2:15:14	2:15:03	46:35

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
280.	6434	27. M50	VON WUSSOW	Team Paula	1:05:40	1:09:24	2:16:05	2:15:03	46:35
281.	5936	12. M60	WANNAGS Ralf	Erdinger Active Team	1:06:10	1:09:00	2:15:58	2:15:10	46:42
282.	6334	41. M35	HEIDUSCH Christian	SG Stern Hamburg	1:04:18	1:10:59	2:16:06	2:15:17	46:49
283.	6029	39. M45	PEPPEL Andreas	Hamburger Laufladen	1:05:16	1:10:02	2:15:43	2:15:18	46:50
284.	6181	3. M65	LEEMHUIS Jens	LTV Kiel-Ost	1:04:35	1:10:44	2:15:40	2:15:18	46:50
285.	6531	56. M20	SCHULZ Andrzej	TSV Nesse	1:03:59	1:11:21	2:15:30	2:15:20	46:52
286.	6042	46. M40	MANCKE Falk	Hausarztpraxis am Markt,	0:56:25	1:18:56	2:15:39	2:15:21	46:53
287.	6234	42. M35	JEZNI Karwan	NonStop Runners	1:05:36	1:09:50	2:16:35	2:15:26	46:58
288.	5173	28. M50	GREIWR Edward	(Lüneburg)	1:06:24	1:09:02	2:15:33	2:15:26	46:58
289.	6201	47. M40	AHRENS Timo	Lübecker Turnerschaft	1:03:39	1:11:52	2:15:48	2:15:31	47:03
290.	6540	29. M50	MÖRBITZ Maik	TSV Travemünde	1:02:19	1:13:12	2:15:49	2:15:31	47:03
291.	5275	30. M50	KLOTZ Stefan	(Lübeck)	1:02:27	1:13:07	2:15:37	2:15:33	47:05
292.	6521	43. M35	HUSSUNG Alexander	TSV Bargteheide Triathlon	1:01:00	1:14:36	2:15:44	2:15:36	47:08
293.	5160	21. M55	GELHAUSEN Olaf	(Hamburg)	1:04:58	1:10:44	2:16:09	2:15:41	47:13
294.	5884	31. M50	RÖMER Steffen	Cathys Training	1:00:37	1:15:05	2:15:47	2:15:42	47:14
295.	5643	48. M40	ZSCHIMMER Enrico	(Ratzeburg)	1:10:20	1:05:25	2:17:21	2:15:45	47:17
296.	5194	57. M20	HARMS Henrik	(Hamburg)	1:06:34	1:09:17	2:16:19	2:15:51	47:23
297.	5991	49. M40	ORLOFF Sven	Glashütter SV von 1924	1:05:27	1:10:26	2:16:16	2:15:52	47:24
298.	5303	44. M35	KRATZ Markus	(Mollhagen)	1:05:34	1:10:37	2:17:14	2:16:10	47:42
299.	6279	32. M50	ARNDT Andy	Recknitztallaufverein e.V. &	1:05:17	1:10:55	2:16:47	2:16:11	47:43
300.	6395	33. M50	PIOTROWSKI	SuS Waldenau	1:04:08	1:12:04	2:16:41	2:16:12	47:44
301.	6280	50. M40	FLEGEL Sten	Recknitztallaufverein e.V. &	1:05:18	1:10:55	2:16:47	2:16:12	47:44
302.	6142	22. M55	HABENICHT Dirk	Lauftreff-Sachsenwald	1:04:51	1:11:36	2:16:43	2:16:27	47:59
303.	5361	45. M35	MANGELSDORFF	(Hamburg)	1:05:50	1:10:41	2:16:47	2:16:30	48:02
304.	5200	58. M20	HARTMANN	(Borgholz)	1:02:17	1:14:24	2:16:59	2:16:40	48:12
305.	5267	34. M50	KARGER Christian	(Geesthacht)	1:06:12	1:10:34	2:17:30	2:16:45	48:17
306.	6130	35. M50	RÖMER Mirco	Laufgruppe Breitenfelde	1:03:59	1:13:03	2:17:16	2:17:01	48:33
307.	5846	51. M40	VOLKMANN Daniel	Bodymed Fitness Mölln	1:03:59	1:13:05	2:17:16	2:17:03	48:35
308.	5353	39. M30	LÜNEBURG Henning	(Büchen)	1:07:53	1:09:16	2:18:35	2:17:08	48:40
309.	5060	40. M30	BROWN David	(Tornesch)	1:04:51	1:12:18	2:17:23	2:17:08	48:40
310.	5816	36. M50	KÖSTER Henri	Blau-Weiß Grevesmühlen	1:03:04	1:14:04	2:17:17	2:17:08	48:40
311.	6468	46. M35	BLUHM Henning	Tri-Sport Lübeck	1:04:13	1:12:58	2:17:17	2:17:11	48:43
312.	5345	47. M35	LIESKE Kai	(Wahrsow)	1:06:42	1:10:30	2:18:15	2:17:11	48:43
313.	6452	52. M40	WAIZNER Klaus	Technische Orthopädie	1:04:15	1:12:59	2:17:18	2:17:13	48:45
314.	6556	4. M65	HOEFT Jens	USC Kiel e.V.	1:02:54	1:14:23	2:17:23	2:17:16	48:48
315.	6582	48. M35	KUNKEL GENANNT	Zippel's Läuferwelt Lübeck	1:05:20	1:12:00	2:17:26	2:17:20	48:52
316.	5332	41. M30	LAUTER Simon	(Alt Meteln)	1:11:31	1:05:51	2:18:41	2:17:22	48:54
317.	5437	53. M40	RATHJE Matthias	(Brunsbüttel)	1:08:39	1:08:45	2:18:00	2:17:24	48:56
318.	5595	54. M40	WÄLZ Heiko	(Ammersbek)	1:08:53	1:08:39	2:18:52	2:17:32	49:04
319.	5469	42. M30	ROTHER Felix	(Großhansdorf)	1:03:17	1:14:28	2:18:08	2:17:44	49:16
320.	6565	43. M30	BEHLING	VfL Oldesloe	1:03:05	1:14:49	2:18:18	2:17:53	49:25
321.	5473	37. M50	RUNDE Stefan	(Melsdorf)	1:02:09	1:15:46	2:18:29	2:17:55	49:27
322.	5051	23. M55	BORST Ulrich	(Kiel)	1:05:57	1:11:59	2:18:56	2:17:55	49:27
323.	5622	59. M20	WINKLER Sebastian	(Hamburg)	1:08:03	1:09:55	2:18:51	2:17:58	49:30
324.	6192	13. M60	BEHNCK Thomas	Lübecker SC	1:05:49	1:12:14	2:18:27	2:18:02	49:34
325.	6386	55. M40	BALITZKI Sebastian	Starck & Mack	1:05:20	1:12:50	2:18:16	2:18:09	49:41
326.	5537	44. M30	STAHLBUHK Malte	(Hamburg)	1:01:25	1:16:48	2:18:16	2:18:12	49:44
327.	6526	40. M45	BREDE Kai	TSV Heiligenhafen	1:03:56	1:14:18	2:18:55	2:18:13	49:45
328.	5146	56. M40	FRIEBORG Benjamin	(Hamburg)	1:06:56	1:11:24	2:18:58	2:18:20	49:52
329.	5862	14. M60	BEHRENS	BSG Hamburg Wasser	1:06:25	1:12:03	2:18:34	2:18:28	50:00
330.	5123	45. M30	ERBEN Niclas	(Lübeck)	1:05:00	1:13:29	2:18:47	2:18:29	50:01
331.	6217	57. M40	KOHFELD Marcus	MTV Amelinghausen	1:06:31	1:12:02	2:18:58	2:18:32	50:04
332.	5273	41. M45	KLEINHANS Manuel	(Hamburg)	1:04:20	1:14:14	2:19:07	2:18:34	50:06

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
333.	6019	46. M30	STEIGERWALD	Hamburg Running	1:08:38	1:09:58	2:19:27	2:18:35	50:07
334.	5089	49. M35	COHRS Michael	(Wittorf)	0:59:07	1:19:29	2:18:46	2:18:36	50:08
335.	5428	42. M45	PRANGE Gerrit	(Kiel)	1:06:43	1:11:56	2:19:25	2:18:39	50:11
336.	6415	38. M50	MEYER Jens	SV Werder Bremen	1:07:06	1:11:33	2:19:06	2:18:39	50:11
337.	6407	43. M45	SEVECKE Heinrich	SV Karze	1:06:56	1:11:55	2:19:34	2:18:50	50:22
338.	5681	60. M20	HÜLSMEYER Nick	(Hamburg)	1:06:04	1:12:53	2:20:23	2:18:56	50:28
339.	5390	58. M40	NARODETSKI	(Hamburg)	1:07:54	1:11:04	2:19:56	2:18:58	50:30
340.	6547	24. M55	KLOEHN Sievert	TuS Felde	1:04:55	1:14:07	2:19:10	2:19:01	50:33
341.	5715	59. M40	RÜCKBRODT Ole	(Hamburg)	1:05:04	1:14:01	2:19:19	2:19:04	50:36
342.	5731	60. M40	WARDIUS Robert	(Braunschweig)	1:07:14	1:12:01	2:19:31	2:19:15	50:47
343.	6250	44. M45	RIPKE Carsten	OSC Hamburg	1:04:57	1:14:22	2:20:01	2:19:18	50:50
344.	5238	15. M60	HÖPER Hanno	(Lensahn)	1:06:03	1:13:32	2:19:38	2:19:35	51:07
345.	6098	61. M40	FROMMHOLZ Jonas	Kurz vor Berger	1:08:52	1:10:54	2:20:20	2:19:46	51:18
346.	5248	47. M30	JÄGER-BATZLAFF	(Kiel)	1:07:42	1:12:07	2:20:11	2:19:48	51:20
347.	6602	50. M35	PANTLOFSKY Jan	Bundespolizei Ratzeburg	1:07:43	1:12:07	2:20:12	2:19:49	51:21
348.	5043	61. M20	BIENERT Leon	(Bäk)	1:07:43	1:12:07	2:20:12	2:19:50	51:22
349.	6134	48. M30	RODENBECK Pierre	Laufgruppe Sonnenschein	1:08:51	1:11:03	2:20:41	2:19:53	51:25
350.	6509	39. M50	SCHMIDT-TAZIR	TriTeam Elbe / Wedel	1:06:46	1:13:21	2:21:03	2:20:06	51:38
351.	5314	51. M35	KUCZIENSKY Marvin	(Ammersbek)	1:03:05	1:17:02	2:20:20	2:20:07	51:39
352.	6000	49. M30	HILL Simon	Hamburg Running	1:09:51	1:10:16	2:20:58	2:20:07	51:39
353.	6179	25. M55	WEISE Jörg	LT Reinfeld	1:07:04	1:13:07	2:20:57	2:20:10	51:42
354.	5185	26. M55	HAMANN Jan-Robert	(Hamburg)	1:07:05	1:13:12	2:20:55	2:20:17	51:49
355.	5425	27. M55	PORTER John	(Lübeck)	1:04:44	1:15:35	2:20:47	2:20:18	51:50
356.	5386	40. M50	MÜNCH Marcel	(Gülzow)	1:06:19	1:14:02	2:20:41	2:20:21	51:53
357.	6387	45. M45	GRIEGER Björn	Starck & Mack	1:07:50	1:12:44	2:20:42	2:20:33	52:05
358.	6388	62. M40	GRIEGER Oliver	Starck & Mack	1:07:51	1:12:43	2:20:42	2:20:34	52:06
359.	5483	16. M60	SCHEFFLER Rolf	(Klinkrade)	1:05:34	1:15:07	2:20:56	2:20:40	52:12
360.	5192	17. M60	HANSEN Ulrich	(Itzehoe)	1:06:00	1:14:41	2:20:51	2:20:41	52:13
361.	5874	46. M45	VON BRESINSKI	Bundespolizei Ratzeburg	1:03:01	1:17:42	2:20:44	2:20:42	52:14
362.	5191	52. M35	HANSEN Martin	(Großhansdorf)	1:04:31	1:16:20	2:21:20	2:20:50	52:22
363.	5722	53. M35	STIER Fabian	(Ahrensburg)	1:08:36	1:12:15	2:21:53	2:20:51	52:23
364.	5581	54. M35	VAN DER VEER	(Hamburg)	1:13:13	1:07:43	2:22:39	2:20:56	52:28
365.	5159	50. M30	GEHN Marcel	(Appen)	1:05:20	1:15:38	2:22:04	2:20:58	52:30
366.	5343	63. M40	LICHER Simon	(Ziethen)	1:07:04	1:14:05	2:21:51	2:21:08	52:40
367.	6112	41. M50	SEEHUSEN Lars	Langenhagener	1:09:37	1:11:32	2:22:22	2:21:08	52:40
368.	5569	55. M35	TOPLAK Kay	(Hamburg)	1:02:58	1:18:20	2:21:29	2:21:17	52:49
369.	5384	62. M20	MORENO Mateo	(Ratzeburg)	1:05:34	1:15:44	2:22:35	2:21:18	52:50
370.	5566	51. M30	TIMM Philipp	(Hamburg)	1:05:41	1:15:43	2:21:29	2:21:24	52:56
371.	6116	47. M45	BERGER Thorsten	Laufen für die	1:08:51	1:12:42	2:22:08	2:21:33	53:05
372.	5447	63. M20	REIDEL Adrian	(Hamburg)	1:08:12	1:13:27	2:21:56	2:21:39	53:11
373.	5311	28. M55	KRÜGER Sven	(Lübeck)	1:06:48	1:14:53	2:21:49	2:21:40	53:12
374.	6363	5. M65	SKROBLIN Joachim	Spiridon Club Bad Oldesloe	1:08:36	1:13:04	2:21:54	2:21:40	53:12
375.	6607	64. M40	RAHLF Till	(Lübeck)	1:09:50	1:12:00	2:23:22	2:21:50	53:22
376.	5781	52. M30	SPRÖTGE Tim	b.a.r.	1:09:48	1:12:03	2:23:02	2:21:50	53:22
377.	5047	64. M20	BLUMENWITZ Paul	(München)	1:06:25	1:15:26	2:22:10	2:21:51	53:23
378.	5162	42. M50	GIESEN Reinhard	(Lübeck)	1:02:35	1:19:18	2:23:59	2:21:52	53:24
379.	5895	29. M55	HACKER Hartmut	Der Dahlenburger Ford	1:11:03	1:10:53	2:23:42	2:21:55	53:27
380.	6431	48. M45	KERKMANN Christof	Team Laminat Depot	1:08:19	1:13:58	2:22:17	2:22:17	53:49
381.	5249	53. M30	JAHN Michael	(Alzey)	1:11:02	1:11:16	2:22:34	2:22:18	53:50
382.	5032	43. M50	BEINROTH Mathias	(Hamburg)	1:10:15	1:12:06	2:22:41	2:22:20	53:52
383.	5133	65. M20	FISCHER Carlos	(Berkenthin)	1:12:01	1:10:27	2:23:50	2:22:27	53:59
384.	5419	65. M40	PFEIFFER Torben	(Ratzeburg)	1:08:03	1:14:25	2:22:54	2:22:27	53:59
385.	5393	66. M20	NEITZEL Milan	(Ziethen)	1:12:03	1:10:26	2:23:50	2:22:28	54:00

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Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
386.	5899	30. M55	STOLL Michael	Die Kneifer	1:04:50	1:17:41	2:22:35	2:22:30	54:02
387.	5404	67. M20	OHLESEN Jasper	(Hamburg)	1:13:39	1:08:55	2:24:00	2:22:33	54:05
388.	6601	5. MJ	ROEMER Mattis	(Breitenfelde)	1:04:40	1:18:06	2:23:02	2:22:46	54:18
389.	5110	54. M30	DÜMCKE Jannes	(Lübeck)	1:12:28	1:10:18	2:23:53	2:22:46	54:18
390.	6085	31. M55	SEILHEIMER	KC Lola & die Resis	1:08:51	1:13:56	2:24:29	2:22:46	54:18
391.	6371	66. M40	BUDDE Nils	Sportinternat Ratzeburg	1:11:49	1:11:07	2:24:39	2:22:56	54:28
392.	5911	44. M50	KNOCH Andreas	doberanner	1:08:58	1:14:10	2:24:07	2:23:08	54:40
393.	6327	32. M55	HEGEMANN Bernd	SG Gruner+Jahr e.V.	1:06:11	1:16:59	2:23:12	2:23:09	54:41
394.	5958	33. M55	BERTRAM Heribert	FC St. Pauli Marathon	1:07:37	1:15:43	2:23:41	2:23:19	54:51
395.	6106	68. M20	OHLENDORF	LAC Lübeck	1:09:39	1:13:42	2:24:24	2:23:21	54:53
396.	6301	34. M55	HAMANN Ralf	SaunaWerk hamburg	1:10:18	1:13:10	2:25:07	2:23:27	54:59
397.	5219	45. M50	HILDEBRAND Felix	(Mölln)	1:08:32	1:14:57	2:24:49	2:23:28	55:00
398.	6461	49. M45	GROTH Bastian	Treppenbau Voß Reinfeld	1:06:15	1:17:19	2:24:05	2:23:33	55:05
399.	6084	46. M50	SCHRADER Michael	Kathletics	1:05:01	1:18:33	2:23:49	2:23:34	55:06
400.	5582	67. M40	VOIGT Dominik	(Schlagsdorf)	1:07:24	1:16:13	2:24:09	2:23:36	55:08
401.	6089	55. M30	WEHRHAHN	km/h	1:12:22	1:11:17	2:24:46	2:23:39	55:11
402.	5245	69. M20	ISCHEN Nikolas	(Lüneburg)	1:04:10	1:19:29	2:24:23	2:23:39	55:11
403.	6111	47. M50	SEEHUSEN Axel	Langenhagener	1:10:14	1:13:27	2:24:53	2:23:40	55:12
404.	6063	48. M50	MAY Andreas	IDAA Deutschland	1:07:31	1:16:10	2:24:17	2:23:40	55:12
405.	5759	18. M60	SCHMIDT Gunter	Airbus SG Hamburg	1:08:21	1:15:21	2:23:56	2:23:41	55:13
406.	5435	19. M60	RAMM Jürgen	(Herrnburg)	1:09:06	1:14:40	2:24:36	2:23:45	55:17
407.	6220	49. M50	KARSTENS Thorsten	MTV Heide	1:08:52	1:14:55	2:23:58	2:23:47	55:19
408.	5147	20. M60	FRIEDL Thomas	(Geschendorf)	1:08:28	1:15:20	2:23:51	2:23:47	55:19
409.	6154	35. M55	PAUL Dieter	LBV Phönix Lübeck	1:05:50	1:18:09	2:24:28	2:23:58	55:30
410.	5335	56. M30	LEHMANN Lars	(Lübeck)	1:10:23	1:13:54	2:24:53	2:24:16	55:48
411.	5700	57. M30	MANLEITNER Birger	(Lübeck)	1:10:24	1:13:53	2:24:52	2:24:17	55:49
412.	5496	50. M50	SCHRADER Carsten	(Ahrensburg)	1:09:01	1:15:18	2:24:57	2:24:18	55:50
413.	5296	70. M20	KOSMOL Malte	(Hamburg)	1:06:33	1:17:56	2:24:58	2:24:28	56:00
414.	5741	36. M55	FRIND Steffen	1. LAV Rostock Lauftreff	1:10:10	1:14:24	2:25:38	2:24:33	56:05
415.	6451	68. M40	KÖHN Christian	Technische Orthopädie	1:04:21	1:20:16	2:24:46	2:24:37	56:09
416.	6080	37. M55	MORDHORST Claus	Kaifu Tri Team	1:09:03	1:15:36	2:25:06	2:24:39	56:11
417.	6333	58. M30	GIBHARDT Dennis	SG Stern Hamburg	1:07:25	1:17:18	2:25:39	2:24:42	56:14
418.	5363	56. M35	MARXEN Julian	(Bosau)	1:05:53	1:18:51	2:25:08	2:24:43	56:15
419.	5467	57. M35	RÖßMANN Philipp	(Hamburg)	1:08:37	1:16:14	2:25:18	2:24:50	56:22
420.	5242	21. M60	HUGER Mario	(Trittau)	1:08:12	1:16:39	2:25:24	2:24:51	56:23
421.	5811	22. M60	MERSEBURGER	Blau-Weiss Buchholz e.V.	1:08:55	1:16:03	2:25:12	2:24:58	56:30
422.	6463	51. M50	GERLACH Stephan	Tri Michels	1:06:29	1:18:29	2:25:05	2:24:58	56:30
423.	5336	71. M20	LEHMANN Nicholas	(Krummesse)	1:11:10	1:13:51	2:26:19	2:25:00	56:32
424.	5981	72. M20	BRÜTT Robin	Fraunhofer IMTE	1:07:26	1:17:36	2:25:59	2:25:01	56:33
425.	5982	59. M30	SEVECKE Florian	Fraunhofer IMTE	1:07:27	1:17:36	2:25:59	2:25:02	56:34
426.	5742	38. M55	RADTKE Ringo	1. LAV Rostock Lauftreff	1:11:19	1:13:46	2:26:10	2:25:05	56:37
427.	5369	50. M45	MEIßNER Stefan	(Papendorf)	1:06:57	1:18:16	2:25:43	2:25:12	56:44
428.	6242	51. M45	TAUER Marcel	NonStop Runners	1:13:42	1:11:30	2:26:23	2:25:12	56:44
429.	5755	69. M40	KEIL Florian	Airbus SG Hamburg	1:08:35	1:16:40	2:25:31	2:25:15	56:47
430.	6313	52. M45	HITTENBECK Jörg	SC Rönau74	1:10:06	1:15:12	2:25:36	2:25:17	56:49
431.	6520	70. M40	DAHMS Erik	TSV Bargteheide Triathlon	1:12:05	1:13:20	2:25:33	2:25:24	56:56
432.	5131	23. M60	FIEBACH Halkert	(Lensahn)	1:06:03	1:19:23	2:25:29	2:25:25	56:57
433.	6114	73. M20	HAGEN Alexander	Lauenburgische	1:09:20	1:16:07	2:25:46	2:25:26	56:58
434.	6319	53. M45	FINK Daniell	Schiffahrt und Hafen	1:08:59	1:16:29	2:25:35	2:25:27	56:59
435.	6311	52. M50	TÖPFFER Sönke	SC Rönau 74	1:10:05	1:15:24	2:25:49	2:25:29	57:01
436.	5358	60. M30	MAHLKE André	(Lübeck)	1:13:33	1:11:59	2:26:28	2:25:31	57:03
437.	5487	39. M55	SCHLEICHER Carsten	(Ratzeburg)	1:09:37	1:15:59	2:27:12	2:25:36	57:08
438.	6216	54. M45	ROHWEDER Eike	MTSV Hohenwestedt	1:09:05	1:16:34	2:27:04	2:25:38	57:10

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
439.	6606	40. M55	HIMMELDORF Jörg	(Hamburg)	1:06:42	1:19:03	2:25:51	2:25:45	57:17
440.	5197	53. M50	HÄRTEL Christoph	(Würzburg)	1:12:29	1:13:23	2:26:53	2:25:51	57:23
441.	5659	55. M45	BRUST Roland	(Berlin)	1:05:23	1:20:31	2:26:40	2:25:54	57:26
442.	5521	56. M45	SEESEMANN Arne	(Lübeck)	1:07:26	1:18:30	2:26:37	2:25:56	57:28
443.	5754	41. M55	JAKOBSEN Frank	Airbus SG Hamburg	1:10:37	1:15:21	2:26:24	2:25:57	57:29
444.	5970	58. M35	SCHÜLERMANN	FC St. Pauli Marathon	1:09:55	1:16:07	2:26:22	2:26:02	57:34
445.	5564	24. M60	TIEDE Michael	(Bu)	1:09:59	1:16:05	2:26:27	2:26:04	57:36
446.	5972	59. M35	WEILER Manuel	FC St. Pauli Marathon	1:09:57	1:16:07	2:26:22	2:26:04	57:36
447.	5959	60. M35	BOSAK Martin	FC St. Pauli Marathon	1:09:58	1:16:06	2:26:22	2:26:04	57:36
448.	5196	61. M30	HARNACK Rob	(Breitenfelde)	1:11:45	1:14:27	2:27:24	2:26:11	57:43
449.	5515	6. M65	SCHWABE Kurt	(Bad Schwartau)	1:08:25	1:17:52	2:26:42	2:26:17	57:49
450.	6202	61. M35	GOTTWALD Max	Lübecker Turnerschaft	1:07:50	1:18:29	2:26:36	2:26:19	57:51
451.	5516	57. M45	SCHWARZ Piet	(Lütjensee)	1:03:31	1:22:58	2:26:40	2:26:28	58:00
452.	6298	74. M20	GAYDOS Timon	Santa Bre und die	1:07:36	1:18:57	2:27:01	2:26:32	58:04
453.	5947	42. M55	ROOS Arne	FC St Pauli Triathlon	1:11:38	1:15:02	2:28:03	2:26:40	58:12
454.	5673	71. M40	GROßKURTH Manuel	(Breitenburg)	1:05:47	1:21:04	2:27:03	2:26:51	58:23
455.	6550	58. M45	SCHRIEBER Lars	TV 1846 Eberbach	1:11:18	1:15:35	2:28:22	2:26:53	58:25
456.	5753	59. M45	GISZAS Heiner	Airbus SG Hamburg	1:11:18	1:15:36	2:28:22	2:26:53	58:25
457.	6222	25. M60	BECHTLOFF Ralf	MTV Römstedt	1:08:26	1:18:29	2:27:19	2:26:55	58:27
458.	6332	60. M45	EREN Levent	SG Stern Hamburg	1:07:23	1:19:33	2:27:42	2:26:55	58:27
459.	6424	43. M55	HARMS Thomas	TC FIKO Rostock	1:09:26	1:17:35	2:27:32	2:27:01	58:33
460.	5652	62. M35	BEWARDER Henrik	(Hamburg)	1:10:19	1:16:52	2:28:02	2:27:11	58:43
461.	6306	44. M55	HASE Michael	SC Poppenbüttel	1:07:42	1:19:34	2:27:58	2:27:15	58:47
462.	5315	54. M50	KÜHL Karsten	(Bremen)	1:04:17	1:23:06	2:27:33	2:27:22	58:54
463.	5177	61. M45	GÜLZAU Hauke	(Hamburg)	1:12:06	1:15:19	2:28:23	2:27:25	58:57
464.	5482	72. M40	SCHEFFING	(Mölln)	1:12:43	1:14:44	2:28:57	2:27:26	58:58
465.	5227	55. M50	HJETTING Sven	(Otter)	1:10:21	1:17:07	2:27:54	2:27:28	59:00
466.	5226	56. M50	HJETTING Lars	(Hamburg)	1:10:20	1:17:09	2:27:54	2:27:28	59:00
467.	6457	45. M55	ROTH Sven	Tide Runners	1:11:04	1:16:25	2:28:33	2:27:29	59:01
468.	5663	7. M65	DUMKE Rolf	(Schülpl)	1:11:37	1:15:54	2:28:07	2:27:31	59:03
469.	6022	26. M60	BABINSKY Dierk	Hamburger Laufladen	1:11:22	1:16:09	2:27:57	2:27:31	59:03
470.	6025	27. M60	FREITAG Jens	Hamburger Laufladen	1:11:24	1:16:10	2:27:57	2:27:33	59:05
471.	5206	62. M30	HEIMANN Daniel	(Lübeck)	1:11:35	1:16:04	2:28:08	2:27:39	59:11
472.	5573	62. M45	TRÖGER Mathias	(Tostedt)	1:10:51	1:16:53	2:28:20	2:27:44	59:16
473.	5253	63. M30	JOCHMANN Kevin	(Ratzeburg)	1:12:16	1:15:31	2:29:01	2:27:47	59:19
474.	5166	57. M50	GLÖCKNER Jens	(Lübeck)	1:11:01	1:16:55	2:28:53	2:27:56	59:28
475.	6174	63. M45	STECKHAN Marcus	Lokomotive Wiemersdorf	1:13:05	1:14:53	2:29:28	2:27:58	59:30
476.	5027	58. M50	BAUMGÄRTNER	(Neustadt)	1:11:43	1:16:20	2:28:56	2:28:02	59:34
477.	5996	64. M30	BANTIN Tim	Hamburg Running	1:11:41	1:16:32	2:29:13	2:28:13	59:45
478.	5994	64. M45	ALBRECHT Florian	Hamburg Running	1:11:44	1:16:30	2:29:11	2:28:13	59:45
479.	5995	75. M20	ARNDT Justus Lewin	Hamburg Running	1:11:50	1:16:24	2:29:12	2:28:14	59:46
480.	6155	76. M20	SCHWEWE Bjarne	LBV Phönix Lübeck	1:07:00	1:21:16	2:28:23	2:28:15	59:47
481.	6172	59. M50	THIELER Alexander	LG Steinbek	1:08:20	1:19:59	2:28:45	2:28:18	59:50
482.	6249	8. M65	ROSNER Ingo	Open-Sports Hamburg	1:10:53	1:17:30	2:28:50	2:28:22	59:54
483.	5686	28. M60	KAFKE Peter	(Birkenwerder)	1:10:49	1:17:35	2:29:26	2:28:23	59:55
484.	5346	63. M35	LOHMANN Benny	(Berkenthin)	1:08:12	1:20:18	2:28:40	2:28:29	60:01
485.	6430	60. M50	DUBE Jan	Team Laminat Depot	1:08:02	1:20:37	2:28:56	2:28:39	60:11
486.	6086	65. M45	HARDRATH Nico	Kieler SV Holstein	1:09:15	1:19:29	2:28:56	2:28:43	60:15
487.	5389	1. M70	NAGOWIZYN	(Hamburg)	1:07:42	1:21:16	2:29:01	2:28:57	60:29
488.	5261	61. M50	KÄBEL Mark	(Reinbek)	1:13:38	1:15:23	2:29:36	2:29:01	60:33
489.	6110	64. M35	SCHÖNWALD Marcus	Lake Runners Schwerin	1:13:44	1:15:19	2:30:24	2:29:03	60:35
490.	6109	65. M30	PROHASKA Sönke	Lake Runners Schwerin	1:13:43	1:15:20	2:30:24	2:29:03	60:35
491.	6308	73. M40	ILGMANN Conrad	SC Rönau 74	1:11:59	1:17:05	2:29:24	2:29:04	60:36

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
492.	5819	65. M35	ANWALD Niels	Bodymed Fitness Mölln	1:11:06	1:17:59	2:29:58	2:29:04	60:36
493.	5685	66. M35	JÜLICH Patrick	(Winsen)	1:12:30	1:16:39	2:30:39	2:29:08	60:40
494.	5321	66. M30	LANDSBERGER Chris	(Mölln)	1:12:30	1:16:39	2:30:39	2:29:09	60:41
495.	5479	29. M60	SASS Jan	(Ritzerau)	1:10:12	1:19:05	2:29:30	2:29:16	60:48
496.	5975	30. M60	ROSNER Frank	FC St. Pauli Radsport	1:11:21	1:17:59	2:30:45	2:29:19	60:51
497.	5068	46. M55	BRUNS Axel	(Hamburg)	1:06:54	1:22:32	2:29:26	2:29:25	60:57
498.	5523	77. M20	SEIDEL Michel Ben	(Hamburg)	1:11:04	1:18:37	2:30:47	2:29:40	61:12
499.	5667	74. M40	FELDMANN-HAHN	(Lübeck)	1:11:36	1:18:07	2:30:11	2:29:42	61:14
500.	6421	75. M40	VON ESSEN Mathias	Bodymed Fitness Mölln	1:09:52	1:19:53	2:30:59	2:29:45	61:17
501.	5052	76. M40	BOSCH Daniel	(Brietlingen)	1:10:16	1:19:38	2:30:04	2:29:53	61:25
502.	5787	47. M55	DROST Jan	BergedorfRunners	1:12:49	1:17:15	2:31:31	2:30:04	61:36
503.	5786	77. M40	BRACHVOGEL	BergedorfRunners	1:12:50	1:17:15	2:31:30	2:30:04	61:36
504.	5923	66. M45	BRANDT Dennis	Erdinger Active Team	1:14:06	1:16:01	2:31:25	2:30:07	61:39
505.	6233	67. M35	IGBA Joel	NonStop Runners	1:11:29	1:18:46	2:31:25	2:30:15	61:47
506.	5357	6. MJ	MAEMPEL Thore	(Bad Schwartau)	1:10:30	1:19:46	2:30:46	2:30:15	61:47
507.	5775	67. M45	KUHLE Björn	ATSV Stockelsdorf	1:11:57	1:18:48	2:31:26	2:30:45	62:17
508.	5325	9. M65	LANGWAGEN	(Mölln)	1:08:22	1:22:26	2:31:01	2:30:47	62:19
509.	6491	78. M40	KLOTH Tobias	Triathlon Club Nord e.V.	1:09:52	1:20:55	2:32:21	2:30:47	62:19
510.	5293	48. M55	KÖRNER Thomas	(Boiensdorf)	1:11:27	1:19:30	2:31:55	2:30:56	62:28
511.	5600	68. M35	WEIDNER Michael	(Lübeck)	1:13:01	1:18:05	2:32:48	2:31:05	62:37
512.	6594	79. M40	HARTMANN	(Kuddewörde)	1:11:05	1:20:06	2:31:29	2:31:10	62:42
513.	5289	69. M35	KOLLENBRANDT	(Berkenthin)	1:04:58	1:26:13	2:31:33	2:31:10	62:42
514.	5262	80. M40	KACZMAREK	(Lübeck)	1:10:26	1:20:47	2:31:17	2:31:13	62:45
515.	5277	81. M40	KLUGE Peter	(Potsdam)	1:10:26	1:20:47	2:31:17	2:31:13	62:45
516.	5254	70. M35	JOHN Fabian	(Lübeck)	1:13:08	1:18:07	2:32:46	2:31:15	62:47
517.	5641	71. M35	ZIMMERMANN	(Lübeck)	1:13:09	1:18:07	2:32:47	2:31:16	62:48
518.	5202	62. M50	HEESE Andreas	(Mölln)	1:09:41	1:21:35	2:32:05	2:31:16	62:48
519.	5140	67. M30	FRASE Cassian	(Herrnburg)	1:12:36	1:18:44	2:32:26	2:31:19	62:51
520.	5670	49. M55	FOLSTER Jörn	(Rellingen)	1:14:09	1:17:10	2:32:35	2:31:19	62:51
521.	5527	68. M45	SIEGELE Volker	(Bargteheide)	1:12:03	1:19:22	2:31:35	2:31:25	62:57
522.	5788	72. M35	GOETZ Martin	BergedorfRunners	1:12:50	1:18:39	2:32:55	2:31:28	63:00
523.	5061	78. M20	BRÜCKNER Hannes	(Lüneburg)	1:10:04	1:21:25	2:31:52	2:31:28	63:00
524.	5448	68. M30	REIM Alexander	(Grassbrunn)	1:11:25	1:20:04	2:32:25	2:31:29	63:01
525.	5646	79. M20	ZWEIHOFF Jahn	(Lüneburg)	1:10:05	1:21:26	2:31:54	2:31:31	63:03
526.	5841	69. M30	SCHULZ Alexander	Bodymed Fitness Mölln	1:04:28	1:27:13	2:31:51	2:31:40	63:12
527.	5048	50. M55	BÖHME Jörg	(Bardowick)	1:13:21	1:18:20	2:33:02	2:31:41	63:13
528.	6585	73. M35	DANIELS Sascha	(Stepenitztal)	1:06:28	1:25:25	2:32:34	2:31:53	63:25
529.	5394	31. M60	NEUMANN Christof	(Wentorf)	1:09:02	1:22:57	2:32:11	2:31:59	63:31
530.	5656	82. M40	BRAKE Klaus	(Glinde)	1:09:34	1:22:42	2:32:35	2:32:15	63:47
531.	5978	69. M45	SCHADOW Kai	Fitnessmaschinen	1:09:35	1:22:41	2:32:34	2:32:16	63:48
532.	6577	63. M50	FRASZCZAK Carsten	WeRun4Fun e.V.	1:12:21	1:20:02	2:32:37	2:32:22	63:54
533.	5391	70. M30	NAUJOKAT Torben	(Lübeck)	1:13:03	1:19:20	2:33:05	2:32:23	63:55
534.	6382	51. M55	TIMMERMANN Dirk	Stadtpark-Runners	1:10:04	1:22:20	2:32:33	2:32:23	63:55
535.	5808	32. M60	HEITMANN Rolf	Blau-Weiss Buchholz e.V.	1:12:20	1:20:04	2:32:36	2:32:24	63:56
536.	6072	80. M20	SCHMARGENDORF	Jesus is KING	1:14:18	1:18:07	2:32:31	2:32:25	63:57
537.	6073	81. M20	STRUNCK Niklas	Jesus is KING	1:14:19	1:18:07	2:32:31	2:32:25	63:57
538.	5073	70. M45	BÜLCK Björn	(Schönhorst)	1:11:38	1:20:50	2:32:54	2:32:28	64:00
539.	5470	33. M60	ROTHER Thomas	(Hamburg)	1:14:53	1:17:42	2:33:01	2:32:35	64:07
540.	6124	83. M40	SIMDON Sebastian	Laufen gegen Leiden e.V.	1:10:13	1:22:31	2:33:04	2:32:43	64:15
541.	6189	71. M45	SALS Markus	LÜBECK LÄUFT BUNT	1:13:40	1:19:04	2:34:14	2:32:44	64:16
542.	6516	84. M40	DRÖGLER Maik	TSG Wittenburg	1:13:45	1:19:02	2:33:24	2:32:47	64:19
543.	5956	10. M65	RAMBATZ Wolf	FC St. Pauli	1:14:24	1:18:28	2:34:17	2:32:52	64:24
544.	6187	72. M45	OSENBERG Arne	LÜBECK LÄUFT BUNT	1:13:28	1:19:29	2:33:32	2:32:57	64:29

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
545.	6052	34. M60	JOPPIEN Malte	Hoisdüttel	1:12:19	1:20:43	2:33:33	2:33:01	64:33
546.	6425	73. M45	HERRMANN Ronny	TC FIKO Rostock	1:08:57	1:24:13	2:33:42	2:33:10	64:42
547.	5145	52. M55	FRICKE Niels	(Ahrensburg)	1:12:59	1:20:18	2:33:47	2:33:16	64:48
548.	5608	64. M50	WERBEL Normann	(Alt Mölln)	1:08:34	1:24:47	2:33:36	2:33:20	64:52
549.	6347	82. M20	BORN Lukas	SIG Elmenhorst	1:12:19	1:21:04	2:33:44	2:33:22	64:54
550.	6349	83. M20	MÖLLER Ben	SIG Elmenhorst	1:12:21	1:21:05	2:33:45	2:33:25	64:57
551.	5263	35. M60	KAHLEYSS Christoph	(Hamburg)	1:12:15	1:21:28	2:34:30	2:33:42	65:14
552.	5461	71. M30	ROHDE Martin	(Lübeck)	1:13:50	1:20:07	2:35:22	2:33:56	65:28
553.	5625	7. MJ	WISCHKE Yannik	(Hamburg)	1:13:09	1:21:04	2:34:52	2:34:13	65:45
554.	6064	72. M30	LÜDERSDORF Ivo	IKEA Altona Lauftreff	1:14:33	1:19:43	2:35:09	2:34:15	65:47
555.	6062	36. M60	DOMMNICH Frank	IBAST Baustatik	1:10:47	1:23:36	2:34:42	2:34:22	65:54
556.	5199	73. M30	HARTMANN Jakob	(Berlin)	1:14:33	1:19:59	2:35:38	2:34:31	66:03
557.	6188	84. M20	RIGLIANO Riccardo	LÜBECK LÄUFT BUNT	0:56:38	1:37:58	2:34:47	2:34:35	66:07
558.	5624	53. M55	WISCHKE Christian	(Hamburg)	1:13:08	1:21:29	2:35:17	2:34:37	66:09
559.	5207	65. M50	HEINE Dennis	(Tornesch)	1:11:25	1:23:33	2:35:39	2:34:57	66:29
560.	5307	74. M30	KREUTZER Kaspar	(Hamburg)	1:18:15	1:16:47	2:36:27	2:35:02	66:34
561.	5308	74. M35	KREUTZER Robert	(21107 Hamburg)	1:18:17	1:16:47	2:36:27	2:35:03	66:35
562.	5692	54. M55	KUSCH Stephan	(Rastede)	1:14:56	1:20:12	2:35:26	2:35:07	66:39
563.	5580	66. M50	VADERSEN Jens	(Hillerse)	1:13:06	1:22:12	2:36:02	2:35:18	66:50
564.	5408	75. M35	PAHL Patrick	(Hamburg)	1:14:25	1:21:06	2:36:55	2:35:30	67:02
565.	6117	74. M45	GROSE Christian	Laufen für die	1:13:16	1:22:16	2:35:41	2:35:31	67:03
566.	6568	75. M45	SEILER Tobias	VfL Oldesloe	1:14:51	1:20:53	2:36:14	2:35:44	67:16
567.	5161	2. M70	GENTILE Cosmo	(Itzehoe)	1:10:39	1:25:10	2:36:08	2:35:48	67:20
568.	5497	67. M50	SCHRAMM Nils	(Hamburg)	1:16:51	1:18:59	2:37:30	2:35:50	67:22
569.	5639	37. M60	ZÄNKERT Stefan	(Groß Sarau)	1:10:12	1:25:46	2:36:25	2:35:57	67:29
570.	5082	76. M35	BUß Maximilian	(Mölln)	1:11:38	1:24:20	2:36:10	2:35:57	67:29
571.	5919	68. M50	PAAPE Jens	Düvelsbrook Dynamics	1:15:45	1:20:18	2:37:14	2:36:03	67:35
572.	6059	55. M55	NELTNER Martin	HT16	1:16:30	1:19:34	2:37:10	2:36:04	67:36
573.	5195	85. M20	HARMS Nico	(Lübeck)	1:12:44	1:23:22	2:36:38	2:36:05	67:37
574.	5309	75. M30	KRISTANDT Julian	(22307)	1:14:04	1:22:06	2:37:38	2:36:09	67:41
575.	5416	56. M55	PETERS Werner	(Lüneburg)	1:15:50	1:20:20	2:37:29	2:36:10	67:42
576.	5780	76. M45	STEENSEN Sönke	Aukamper	1:17:26	1:18:45	2:37:45	2:36:11	67:43
577.	5565	77. M35	TIETGEN Peter	(Lübeck)			2:37:00	2:36:17	67:49
578.	6438	77. M45	BUSCH Christian	Team Schadeland	1:15:54	1:20:25	2:38:04	2:36:19	67:51
579.	5241	57. M55	HUBEL Jochen	(Hamburg)	1:14:34	1:21:45	2:37:07	2:36:19	67:51
580.	5367	58. M55	MEIER Dirk	(Lübeck)	1:13:07	1:23:17	2:37:28	2:36:24	67:56
581.	6274	11. M65	OSTERROTH Thomas	Ratzeburger SV	1:12:59	1:23:33	2:37:01	2:36:32	68:04
582.	5356	86. M20	MACKUS Vincent	(Hannover)	1:17:37	1:18:55	2:36:57	2:36:32	68:04
583.	6088	76. M30	FLAIG Hennes	km/h	1:17:22	1:19:26	2:37:57	2:36:48	68:20
584.	6397	87. M20	SCHMIDT Torben	SV Azadî Lübeck	1:15:40	1:21:11	2:36:51	2:36:51	68:23
585.	6401	78. M45	AUST Cisco	SV Großhansdorf	1:15:19	1:21:33	2:37:59	2:36:51	68:23
586.	6534	85. M40	SEEMANN Jens	TSV Neustadt in Holstein	1:11:43	1:25:09	2:37:45	2:36:51	68:23
587.	6583	12. M65	SCHNEIDER Gerd	Zossen	1:13:27	1:23:25	2:37:55	2:36:52	68:24
588.	5022	88. M20	BALUSCHEK	(Lübeck)	1:12:16	1:24:53	2:38:24	2:37:09	68:41
589.	5081	89. M20	BUSCHMANN Jannik	(Hamburg)	1:15:04	1:22:21	2:37:46	2:37:24	68:56
590.	6060	59. M55	BRÜGGEMANN	HT16 Triathlon Team	1:16:24	1:21:00	2:38:29	2:37:24	68:56
591.	5898	60. M55	MARGRAF Matthias	Die Gurken	1:15:50	1:21:36	2:38:13	2:37:25	68:57
592.	6246	69. M50	PATH Niels	Nordlicht	1:15:11	1:22:24	2:38:45	2:37:34	69:06
593.	5658	70. M50	BRÜSSAU Kai	(Hamburg)	1:13:00	1:24:35	2:39:21	2:37:35	69:07
594.	5929	71. M50	LENZ Olaf	Erdinger Active Team	1:15:16	1:22:20	2:39:17	2:37:36	69:08
595.	5382	86. M40	MÖLLER Axel	(Schürensöhlen)	1:15:13	1:22:28	2:39:04	2:37:41	69:13
596.	6596	78. M35	DAMZOG Timo	(Hamburg)	1:18:16	1:19:27	2:39:05	2:37:42	69:14
597.	5719	61. M55	SONNENBURG	(Hamburg)	1:12:09	1:25:43	2:38:10	2:37:51	69:23

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Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
598.	6315	87. M40	WALK Matthias	SC Rönna74	1:15:58	1:21:57	2:38:14	2:37:55	69:27
599.	5129	88. M40	FEILERT Fabian	(Schwerin)	1:11:43	1:26:15	2:38:27	2:37:57	69:29
600.	5640	62. M55	ZEISLER Michael	(Hamburg)	1:18:17	1:20:12	2:39:49	2:38:28	70:00
601.	5831	72. M50	KLINGER Sven	Bodymed Fitness Mölln	1:14:27	1:24:03	2:39:48	2:38:30	70:02
602.	5290	13. M65	KOLLENBRANDT	(Berkenthin)	1:10:24	1:28:09	2:38:56	2:38:33	70:05
603.	5235	90. M20	HOLST Valentin	(Kiel)	1:13:00	1:25:35	2:39:47	2:38:34	70:06
604.	6398	14. M65	VOß Wolfgang	SV Blankenese	1:14:48	1:23:47	2:39:44	2:38:34	70:06
605.	6337	38. M60	KAUFMANN Andreas	SG Stern Hamburg	1:13:39	1:24:58	2:39:25	2:38:37	70:09
606.	5080	63. M55	BUSCHMANN Ingo	(Bad Oldesloe)	1:14:37	1:24:04	2:39:04	2:38:40	70:12
607.	6345	64. M55	FITZ Manni	SG Wasserratten	1:14:15	1:24:31	2:38:56	2:38:45	70:17
608.	5693	39. M60	LECKEBUSCH	(Ahrensburg)	1:15:35	1:23:12	2:39:37	2:38:47	70:19
609.	6224	79. M45	EBERT Manfred	Mudfreak Bootcamp	1:15:30	1:23:21	2:40:28	2:38:50	70:22
610.	6353	77. M30	WETTACH Tobias	Snerz Runners	1:07:04	1:31:52	2:39:12	2:38:56	70:28
611.	5964	65. M55	KLEES Martin	FC St. Pauli Marathon	1:13:46	1:25:16	2:39:26	2:39:01	70:33
612.	5282	89. M40	KOBERGER Philipp	(Hamburg)			2:40:46	2:39:02	70:34
613.	5683	80. M45	IMIELA Robert	(Hamburg)	1:17:00	1:22:04	2:40:46	2:39:03	70:35
614.	6225	78. M30	LIDZBARSKI Kevin	Mudfreak Bootcamp	1:16:00	1:23:06	2:40:39	2:39:06	70:38
615.	5701	79. M30	MARTEN Lorenz	(Essen)	1:20:11	1:19:04	2:40:46	2:39:15	70:47
616.	5030	40. M60	BAUS Stefan	(Kronshagen)	1:18:19	1:20:57	2:40:51	2:39:15	70:47
617.	5974	90. M40	BERK-HEGNER	FC St. Pauli Radsport	1:12:40	1:26:42	2:39:46	2:39:22	70:54
618.	5735	81. M45	WOLF Andy	(Hamburg)	1:19:20	1:20:03	2:40:25	2:39:23	70:55
619.	5896	8. MJ	KONDRAT Arvid	Die Gurken	1:15:56	1:23:44	2:40:28	2:39:39	71:11
620.	6485	91. M40	KLINGENHOF Tim	triabolas triathlon hamburg	1:18:16	1:21:26	2:41:03	2:39:42	71:14
621.	5397	79. M35	NODOP Christoph	(Groß Sarau)	1:15:23	1:24:32	2:41:28	2:39:54	71:26
622.	5064	82. M45	BRUHN Marc	(Henstedt-Ulzburg)	1:15:54	1:24:05	2:41:00	2:39:59	71:31
623.	5438	73. M50	RAU Torben	(Henstedt-Ulzburg)	1:15:57	1:24:03	2:40:59	2:40:00	71:32
624.	6266	74. M50	WOLFRAM Frank	Ratzeburger Adventslauf	1:15:56	1:24:05	2:40:59	2:40:00	71:32
625.	5542	91. M20	STEIN Dominik	(Reinfeld)	1:16:06	1:23:59	2:40:47	2:40:05	71:37
626.	6226	75. M50	MUTTER Jan	NAVY	1:14:06	1:26:01	2:40:23	2:40:07	71:39
627.	5113	92. M40	EFFLAND Andreè	(Sereetz)	1:16:09	1:23:59	2:40:47	2:40:07	71:39
628.	5125	80. M30	ETTL Tom	(Lübeck)	1:13:48	1:26:25	2:40:31	2:40:13	71:45
629.	5890	83. M45	HANSEN Rory	De Has un de Swinegel	1:19:25	1:20:49	2:41:20	2:40:14	71:46
630.	5891	80. M35	KASCHKE Fabian	De Has un de Swinegel	1:17:29	1:22:48	2:41:20	2:40:17	71:49
631.	5889	76. M50	BLUDSZUWEIT Mark	De Has un de Swinegel	1:19:26	1:20:59	2:41:29	2:40:25	71:57
632.	5892	77. M50	WEDEMEIER Andre	De Has un de Swinegel	1:17:29	1:22:58	2:41:30	2:40:27	71:59
633.	5511	81. M30	SCHUMACHER Jan	(Langenlehsten)	1:09:53	1:30:43	2:40:42	2:40:36	72:08
634.	5758	84. M45	QUATMANN Frank	Airbus SG Hamburg	1:15:19	1:25:27	2:41:30	2:40:46	72:18
635.	6118	81. M35	REDLICH Randy	Laufen für die	1:09:52	1:30:54	2:40:56	2:40:46	72:18
636.	5912	78. M50	MONARDO	doberanner	1:09:28	1:31:24	2:41:53	2:40:51	72:23
637.	5086	92. M20	CLAUSEN Mathis	(Kiel)	1:16:28	1:24:24	2:41:48	2:40:52	72:24
638.	5650	82. M30	BEREND Lukas	(Berlin)	1:16:32	1:24:24	2:41:47	2:40:56	72:28
639.	5845	66. M55	TIEGELKAMP Ulrich	Bodymed Fitness Mölln	1:15:36	1:25:26	2:42:22	2:41:02	72:34
640.	6445	41. M60	BALCERZAK-KOCHAN	Team Zoot Europe	1:18:00	1:23:07	2:41:40	2:41:07	72:39
641.	5960	67. M55	DREISE Gösta	FC St. Pauli Marathon	1:13:01	1:28:22	2:41:45	2:41:23	72:55
642.	5893	79. M50	ADELHARDT Michael	De Schlick Brüder	1:20:04	1:21:20	2:43:05	2:41:23	72:55
643.	5737	68. M55	FRISCHMUTH Sven	"Alt und langsam"	1:19:29	1:21:58	2:42:52	2:41:27	72:59
644.	6423	42. M60	PÖSCHMANN Roland	TC FIKO	1:15:18	1:26:10	2:42:40	2:41:28	73:00
645.	5847	69. M55	WAGNER Jochen	Bodymed Fitness Mölln	1:15:14	1:26:33	2:42:21	2:41:46	73:18
646.	5223	82. M35	HINKOFER Aaron	(Bargteheide)	1:17:26	1:24:24	2:43:02	2:41:50	73:22
647.	5432	70. M55	RADKE Dirk	(Ritzerau)	1:15:28	1:26:33	2:42:16	2:42:01	73:33
648.	6312	93. M40	ARNDT Torben	SC Rönna74	1:15:54	1:26:10	2:42:27	2:42:03	73:35
649.	6178	85. M45	AHLERS Marcel	LT Reinfeld	1:16:50	1:25:16	2:42:54	2:42:05	73:37
650.	6475	71. M55	POHL Andreas	Tri-Sport Lübeck	1:18:36	1:23:46	2:43:06	2:42:22	73:54

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
651.	5745	86. M45	KOCH Ingo	1001 Strecken	1:16:02	1:26:23	2:42:50	2:42:24	73:56
652.	5016	72. M55	BACHMANN Heiner	(Bordesholm)	1:12:08	1:30:26	2:43:08	2:42:33	74:05
653.	5660	80. M50	CHORS Marcel	(Hamburg)	1:10:25	1:32:14	2:43:23	2:42:38	74:10
654.	6571	81. M50	SZABÓ Reno	Wagrien Runners	1:14:25	1:28:33	2:43:09	2:42:57	74:29
655.	5820	43. M60	BECKER Torsten	Bodymed Fitness Mölln	1:16:32	1:26:29	2:43:35	2:43:01	74:33
656.	5508	15. M65	SCHULZE	(Zarrentin)	1:12:56	1:30:31	2:45:02	2:43:26	74:58
657.	5050	93. M20	BOLLOW Finn	(23560)	1:19:24	1:24:20	2:45:08	2:43:44	75:16
658.	5269	94. M20	KIEWITT Anton	(Kiel)	1:19:24	1:24:21	2:45:09	2:43:45	75:17
659.	5937	16. M65	WENDLAND Volker	Erdinger Active Team	1:18:04	1:25:49	2:44:37	2:43:53	75:25
660.	5635	95. M20	YAY Fabian	(Hamburg)	1:18:24	1:25:33	2:45:20	2:43:56	75:28
661.	5299	17. M65	KÖTTER Aloys	(Buchholz)	1:16:18	1:27:38	2:44:22	2:43:56	75:28
662.	5623	44. M60	WIPPERSTEG Uwe	(Jork)	1:20:46	1:23:24	2:46:01	2:44:10	75:42
663.	6314	45. M60	SCHANDER Johann	SC Rönau74	1:18:22	1:25:55	2:45:04	2:44:17	75:49
664.	5164	46. M60	GLIßMANN Klaus	(Uelzen)	1:18:45	1:25:46	2:46:02	2:44:31	76:03
665.	5119	73. M55	ENGELS Clemens	(Lübeck)	1:19:33	1:25:19	2:46:42	2:44:51	76:23
666.	6420	96. M20	ZUMKELLER Jonas	SV Wiking Kiel Wasserball	1:09:48	1:35:06	2:46:08	2:44:54	76:26
667.	5805	87. M45	RÜSBÜLDT Ole	Bimöhler SV	1:21:34	1:23:28	2:46:38	2:45:02	76:34
668.	5694	97. M20	LEIBROCK Hannes	(Hamburg)	1:20:18	1:24:48	2:46:42	2:45:06	76:38
669.	6054	74. M55	KARGE Mario	Hoisdorfer Laufsocken	1:18:11	1:27:00	2:46:38	2:45:11	76:43
670.	5594	83. M30	WALDT Sönke	(Lübeck)	1:09:14	1:36:16	2:46:56	2:45:29	77:01
671.	5984	94. M40	HORATSCHEK Peter	fuß brothers Jena	1:20:30	1:25:10	2:47:11	2:45:40	77:12
672.	6435	95. M40	ANDERSSON Matti	Team Piggycorn	1:18:16	1:27:24	2:47:10	2:45:40	77:12
673.	5108	83. M35	DÖRR Thorsten	(Lübeck)	1:16:37	1:29:05	2:46:11	2:45:41	77:13
674.	6090	75. M55	WOHLRAB Klaus	km/h	1:15:47	1:30:00	2:46:54	2:45:46	77:18
675.	5276	84. M30	KLUFT Lukas	(Hamburg)	1:20:53	1:24:55	2:47:17	2:45:48	77:20
676.	5615	98. M20	WIEMANN Christian	(Bad Oldesloe)	1:21:30	1:24:20	2:47:46	2:45:49	77:21
677.	5349	88. M45	LUCHT Tino	(Ratzeburg)	1:15:33	1:30:28	2:47:50	2:46:00	77:32
678.	6429	47. M60	DE JONG Olaf	Team KAO Architekten	1:21:36	1:24:39	2:46:59	2:46:14	77:46
679.	5284	99. M20	KOCH Thore	(Ziethen)	1:18:54	1:27:25	2:47:37	2:46:19	77:51
680.	5709	100. M20	PRZYBYLLA Timo	(Hamburg)	1:14:57	1:31:37	2:48:00	2:46:33	78:05
681.	5355	85. M30	MAACK Mats	(Hamburg)	1:17:23	1:29:19	2:47:49	2:46:42	78:14
682.	5771	82. M50	LAU Andreas	Andreas Lau	1:17:16	1:29:27	2:47:31	2:46:43	78:15
683.	6193	18. M65	DOSE Michael	Lübecker SC	1:18:36	1:28:17	2:47:23	2:46:53	78:25
684.	6045	89. M45	MEIER Bernd	High on running	1:20:07	1:26:49	2:48:29	2:46:55	78:27
685.	5531	19. M65	SOBIK Michael	(Seedorf)	1:20:49	1:26:33	2:48:23	2:47:21	78:53
686.	6354	86. M30	WACHHOLZ Dennis	Solidarische	1:17:06	1:30:16	2:48:08	2:47:22	78:54
687.	6328	3. M70	RAABE Jürgen	AG Hamburg West	1:20:07	1:27:23	2:48:40	2:47:29	79:01
688.	6599	101. M20	KRÜGER Niels	(Kiel)	1:21:00	1:26:36	2:49:00	2:47:36	79:08
689.	6251	48. M60	PLAUTZ Carsten	OstseeRunner	1:20:20	1:27:25	2:49:29	2:47:44	79:16
690.	6244	83. M50	WÜRPEL Nico	NonStop Runners	1:20:01	1:27:48	2:49:04	2:47:48	79:20
691.	6357	96. M40	EHLERT Mark	Spiridon Club Bad Oldesloe	1:18:14	1:29:38	2:48:59	2:47:51	79:23
692.	6044	97. M40	SCHENKIES Jens	Heidgrabener SV	1:17:55	1:30:08	2:49:05	2:48:02	79:34
693.	5927	90. M45	HINRICHS Thomas	Erdinger Active Team	1:18:43	1:29:27	2:49:32	2:48:09	79:41
694.	6286	49. M60	MACHANDER Ulf	Tri Bandits Hamburg	1:20:43	1:27:29	2:49:44	2:48:12	79:44
695.	6292	76. M55	BRAASCH Frank	RSV	1:18:27	1:29:55	2:48:36	2:48:22	79:54
696.	6584	50. M60	FROHN Alexander	(Hamburg)	1:22:12	1:26:11	2:48:56	2:48:22	79:54
697.	5172	77. M55	GREBE Frank	(22337)	1:18:31	1:29:54	2:49:01	2:48:24	79:56
698.	6501	91. M45	BRADTKE Thomas	TriSport Lübeck	1:20:31	1:27:55	2:48:27	2:48:25	79:57
699.	6040	20. M65	PLAUMANN Edmund	Hase	1:18:21	1:30:06	2:49:32	2:48:26	79:58
700.	5563	84. M35	THORN Ronald	(Lübeck)	1:21:30	1:27:03	2:49:24	2:48:33	80:05
701.	5621	92. M45	WINKLER Jens	(Berlin)	1:15:11	1:33:32	2:49:23	2:48:43	80:15
702.	5344	98. M40	LIEBERAM Lars	(Wakendorf II)	1:12:16	1:36:29	2:49:03	2:48:45	80:17
703.	5230	102. M20	HOFFMANN Julian	(Lübeck)	1:16:53	1:32:12	2:49:53	2:49:04	80:36

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
704.	5793	84. M50	BÄHNE Jost	Bergwacht Dresden	1:21:16	1:27:58	2:50:43	2:49:13	80:45
705.	5866	85. M35	SCHULDT Oliver	BSG Kreissparkasse	1:16:12	1:33:04	2:49:48	2:49:15	80:47
706.	5410	86. M35	PAßON Riccardo	(Hamburg)	1:16:12	1:33:04	2:49:48	2:49:16	80:48
707.	6061	85. M50	KLEIN Fabrice	HT16 Triathlon Team	1:16:12	1:33:34	2:51:00	2:49:45	81:17
708.	6265	51. M60	MEYER Thomas	Ratzeburger Adventslauf	1:23:21	1:26:51	2:51:49	2:50:12	81:44
709.	5606	99. M40	WENDLAND	(Bad Segeberg)	1:16:56	1:33:31	2:50:47	2:50:26	81:58
710.	5295	86. M50	KORTE Andreas	(Kiel)	1:20:12	1:30:18	2:51:13	2:50:30	82:02
711.	6194	21. M65	GRONAU Jörg	Lübecker SC	1:23:57	1:26:44	2:52:34	2:50:41	82:13
712.	5252	87. M35	JENKEL Jan	(Bröthen)	1:19:04	1:31:47	2:52:32	2:50:51	82:23
713.	5154	87. M30	GAST Lennard	(Bröthen)	1:19:05	1:31:47	2:52:32	2:50:52	82:24
714.	5036	100. M40	BENTELE Denis	(Hamburg)	1:20:34	1:30:19	2:51:36	2:50:53	82:25
715.	5647	103. M20	BANNING Robin	(Geesthacht)	1:21:18	1:29:37	2:52:33	2:50:54	82:26
716.	6507	88. M35	GÖTSCH Danilo	TriSport Schwerin	1:20:59	1:30:08	2:52:10	2:51:07	82:39
717.	6290	78. M55	HAMANN Lars	RST Lübeck	1:18:57	1:32:29	2:52:07	2:51:26	82:58
718.	5875	87. M50	PLOG Dennis	Bundeswehr	1:18:44	1:32:51	2:52:25	2:51:34	83:06
719.	5687	101. M40	KARSTEN Christian	(Bad Oldesloe)	1:09:02	1:42:42	2:52:21	2:51:43	83:15
720.	5628	104. M20	WOLF Jacob	(Ratzeburg)	1:22:28	1:29:36	2:52:48	2:52:03	83:35
721.	5385	88. M30	MÜLLER Stani	(Lübeck)	1:12:34	1:39:37	2:52:23	2:52:11	83:43
722.	6336	89. M35	JANSEN Matthias	SG Stern Hamburg	1:20:03	1:32:23	2:53:16	2:52:25	83:57
723.	6515	93. M45	STARK Jöran	TSG Bergedorf	1:15:40	1:36:49	2:54:02	2:52:28	84:00
724.	5801	79. M55	ECKHOLT Jörg	Bimöhler SV	1:20:24	1:32:17	2:54:22	2:52:40	84:12
725.	5969	94. M45	SCHNEIDER Tobias	FC St. Pauli Marathon	1:18:51	1:34:11	2:53:22	2:53:01	84:33
726.	6055	52. M60	VAN MARWICK	Hoisdorfer Laufsocken	1:18:08	1:34:54	2:54:29	2:53:02	84:34
727.	5528	95. M45	SILBERBACH Steffen	(Norderstedt)	1:17:34	1:35:56	2:55:16	2:53:30	85:02
728.	6302	88. M50	RUSSMANN Daniel	SC Delphin Bad Schwartau	1:21:57	1:31:42	2:55:24	2:53:38	85:10
729.	6580	89. M50	OMIC Sanel	Zenica TT	1:16:23	1:37:21	2:53:50	2:53:44	85:16
730.	5106	90. M50	DOETZKIES Thomas	(Reinbek)	1:01:58	1:51:56	2:54:06	2:53:54	85:26
731.	5502	80. M55	SCHROEDER Philip	(Lübeck)	1:20:07	1:34:14	2:55:39	2:54:21	85:53
732.	5636	105. M20	ZANDER Elias	(Mechow)	1:20:45	1:33:40	2:55:31	2:54:24	85:56
733.	5551	91. M50	SUHR Malte	(Kiel)	1:20:21	1:34:11	2:55:17	2:54:32	86:04
734.	6592	106. M20	MARINOVIC Luka	(Kiel)	1:22:39	1:31:55	2:55:31	2:54:34	86:06
735.	6077	81. M55	RISCHKE Uwe	Just4Fun	1:21:30	1:33:21	2:56:48	2:54:51	86:23
736.	5664	82. M55	ERDTMANN Jörg	(Hornburg)	1:18:02	1:36:54	2:55:15	2:54:55	86:27
737.	6083	107. M20	MOLATTA Moritz	Kaltenkirchener TS Triathlon	1:20:44	1:34:20	2:56:04	2:55:04	86:36
738.	6177	4. M70	KNAACK Jürgen	LT Reinbek	1:20:25	1:34:44	2:56:33	2:55:08	86:40
739.	6100	96. M45	MUSTROPH Thomas	Küstenläufer	1:21:02	1:34:19	2:55:51	2:55:21	86:53
740.	5323	92. M50	LANGNÄSE Gunnar	(Lübeck)	1:21:03	1:34:20	2:55:51	2:55:22	86:54
741.	6542	83. M55	FIEDLER Bodo	TU Hamburg	1:22:48	1:32:50	2:56:47	2:55:38	87:10
742.	5857	22. M65	MATZEN	BSG Beiersdorf	1:23:02	1:32:42	2:56:55	2:55:43	87:15
743.	5832	97. M45	MARTENS Andy	Bodymed Fitness Mölln	1:21:50	1:34:06	2:57:04	2:55:56	87:28
744.	5446	9. M7	REICH Kolja	(Hamburg)	1:27:13	1:28:59	2:57:54	2:56:12	87:44
745.	5618	53. M60	WILLIG Claus	(Schönau am Königssee)	1:23:32	1:32:41	2:57:57	2:56:13	87:45
746.	5914	54. M60	SCHÜMANN	doberanner	1:24:03	1:32:26	2:57:30	2:56:29	88:01
747.	5539	89. M30	STEFFEN Jakob	(Groß Grönau)	1:24:59	1:31:53	2:58:39	2:56:52	88:24
748.	6303	84. M55	HEUCK Michael	SC Laage	1:23:27	1:33:36	2:58:49	2:57:03	88:35
749.	5319	55. M60	LAFRENTZ	(Fehmarn)	1:19:34	1:37:30	2:57:42	2:57:03	88:35
750.	5987	90. M30	KROHMER Vitali	Gemütliche Meter	1:22:51	1:34:14	2:57:32	2:57:04	88:36
751.	5717	98. M45	SCHREIBER Carsten	(Schwedeneck)	1:22:35	1:34:36	2:58:30	2:57:10	88:42
752.	5540	108. M20	STEFFEN Jork	(Ratzeburg)	1:18:54	1:38:27	2:58:39	2:57:21	88:53
753.	5445	93. M50	REICH Jochen	(Hamburg)	1:27:13	1:30:17	2:59:12	2:57:30	89:02
754.	5450	23. M65	REIM Wolfgang	(Utecht)	1:20:44	1:36:53	2:58:32	2:57:36	89:08
755.	5807	91. M30	WOLTER Kevin	Bimöhler SV	1:21:33	1:36:05	2:59:20	2:57:37	89:09
756.	5306	92. M30	KREKLAU Markus	(Hamburg)	1:20:58	1:36:43	2:59:10	2:57:41	89:13

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Ergebnisliste MW+AK



Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
757.	5426	93. M30	PORTIUS Christof	(Lübeck)	1:24:59	1:32:43	2:59:29	2:57:41	89:13
758.	5326	99. M45	LAPORTE Christophe	(Bargteheide)	1:24:11	1:33:50	2:59:16	2:58:00	89:32
759.	5212	85. M55	HELLBRÜCK Horst	(Lübeck)	1:21:32	1:36:37	3:00:05	2:58:08	89:40
760.	6069	94. M50	THEDE Joachim	Irgendwann ist Jetzt	1:20:28	1:37:59	2:59:22	2:58:27	89:59
761.	5231	109. M20	HOFFMANN Tobias	(Mölln)	1:21:19	1:37:25	2:59:17	2:58:43	90:15
762.	5271	102. M40	KIRCH Jens	(Lübeck)	1:25:01	1:33:49	3:00:38	2:58:49	90:21
763.	5373	94. M30	MERKS Erik	(Hamburg)	1:25:01	1:33:49	3:00:38	2:58:50	90:22
764.	5370	95. M50	MEMMEN Niels	(Lübeck)	1:26:18	1:33:14	3:00:37	2:59:32	91:04
765.	5423	110. M20	POLAKIEWICZ Max	(Lübeck)	1:26:38	1:33:12	3:00:57	2:59:49	91:21
766.	5215	56. M60	HERRMANN Michael	(Rellingen)	1:20:14	1:40:03	3:00:25	3:00:17	91:49
767.	4938	103. M40	DOLHER Gasper	(Reinbek)	1:22:30	1:38:40	3:01:51	3:01:10	92:42
768.	5333	104. M40	LECH Sebastian	(Hamburg)	1:14:59	1:46:21	3:02:51	3:01:19	92:51
769.	5711	24. M65	REMMERS Michael	(Norderstedt)	1:25:00	1:36:20	3:02:13	3:01:20	92:52
770.	5405	86. M55	OLTERS Jan-Peter	(Lübeck)	1:19:12	1:42:24	3:03:24	3:01:35	93:07
771.	5876	90. M35	WILLERT Jan	Captains Crew Ostholstein	1:28:01	1:33:45	3:03:33	3:01:45	93:17
772.	5044	91. M35	BLANK Oliver	(Gronenberg)	1:19:31	1:42:44	3:02:51	3:02:14	93:46
773.	5189	95. M30	HANSEN Hans-Oliver	(Lübeck)	1:31:18	1:31:13	3:03:52	3:02:31	94:03
774.	5454	92. M35	REKERSBRINK Bodo	(Braunschweig)	1:22:14	1:40:18	3:02:57	3:02:31	94:03
775.	5988	111. M20	ROENSCH Henning	Gemütliche Meter	1:12:47	1:49:56	3:02:48	3:02:43	94:15
776.	5748	96. M30	MARTENS Christian	111erz	1:22:18	1:40:26	3:03:14	3:02:43	94:15
777.	5057	57. M60	BRAUN Gerd	(Wittenförden)	1:23:36	1:39:36	3:03:33	3:03:11	94:43
778.	6541	58. M60	MEIFORT Wolfgang	TSV Wacken	1:23:27	1:40:20	3:04:55	3:03:47	95:19
779.	6206	105. M40	STAPS Michael	MM Kronprinzenkoog	1:29:41	1:34:37	3:05:55	3:04:17	95:49
780.	6612	96. M50	KROHN Ronny	(Eldena)	1:28:48	1:36:05	3:05:54	3:04:53	96:25
781.	5186	10. MJ	HAMMER Mathis	(Sereetz)	1:13:53	1:51:40	3:06:03	3:05:33	97:05
782.	5774	5. M70	COHRS Hans Werner	ATSV Stockelsdorf	1:30:05	1:36:08	3:08:02	3:06:12	97:44
783.	5648	112. M20	BARTL Felix	(Norderstedt)	1:28:09	1:38:05	3:07:27	3:06:13	97:45
784.	6344	87. M55	BARTL Thomas	SG Wasserratten	1:28:09	1:38:05	3:07:28	3:06:14	97:46
785.	6068	88. M55	JUNGBLUTH Jörg	Irgendwann ist Jetzt	1:20:28	1:46:14	3:07:37	3:06:41	98:13
786.	5466	93. M35	ROSSBACH Enno	(Wedel)	1:26:04	1:41:00	3:07:24	3:07:04	98:36
787.	5011	59. M60	ANDERSSOHN Arne	(Wentorf bei Hamburg)	1:26:05	1:41:02	3:07:26	3:07:07	98:39
788.	6074	94. M35	DANKWARTH Eric	Judo-Club Ahrensburg	1:25:40	1:42:10	3:08:22	3:07:49	99:21
789.	5699	113. M20	LÜDEMANN Finn	(Ratzeburg)	1:30:10	1:37:48	3:09:40	3:07:57	99:29
790.	5340	60. M60	LENZ Andreas	(Hamburg)	1:24:41	1:44:37	3:11:22	3:09:17	100:49
791.	5381	97. M50	MÖLLENHOFF Tobias	(Ratzeburg)	1:22:32	1:46:46	3:10:56	3:09:17	100:49
792.	6482	97. M30	BUROH Marian	triabolos triathlon hamburg	1:21:52	1:47:37	3:10:57	3:09:28	101:00
793.	5803	95. M35	LÜDERS Christoph	Bimöhler SV	1:28:20	1:41:24	3:11:27	3:09:44	101:16
794.	5272	98. M30	KLEIN Lasse	(Wiershop)	1:22:53	1:46:57	3:10:15	3:09:50	101:22
795.	5266	89. M55	KANZOG Holger	(Lübeck)	1:25:31	1:46:09	3:13:25	3:11:39	103:11
796.	5388	98. M50	NADLER Holger	(Bad Schwartau)	1:30:45	1:41:02	3:13:25	3:11:47	103:19
797.	5126	99. M50	FAHLKE Sören	(Klein Scharrel)	1:28:04	1:44:16	3:14:02	3:12:19	103:51
798.	5910	25. M65	HOFFMANN	doberanner	1:24:27	1:47:55	3:13:23	3:12:22	103:54
799.	5486	26. M65	SCHIMMEL Lutz	(Reinfeld (Holstein))	1:24:32	1:48:15	3:13:38	3:12:46	104:18
800.	5019	90. M55	BACKES Henning	(Hamburg)	1:31:16	1:41:35	3:14:26	3:12:51	104:23
801.	5703	114. M20	MÖLLER Lukas	(Kiel)	1:28:13	1:45:56	3:15:15	3:14:08	105:40
802.	5916	96. M35	SCHILDHOLZ Dustin	Dustin Schildholz	1:32:18	1:42:34	3:16:58	3:14:52	106:24
803.	4933	100. M50	BUCK Sven	(Hamburg)	1:32:24	1:42:33	3:16:18	3:14:57	106:29
804.	6442	6. M70	GUMBERT Wolfgang	Team Travemünde	1:28:52	1:46:17	3:16:46	3:15:08	106:40
805.	5092	101. M50	COSANDIER-LINDING	(Wentorf bei Hamburg)	1:28:21	1:47:00	3:15:39	3:15:20	106:52
806.	5135	106. M40	FIX Sascha	(Witzeeze)	1:28:13	1:47:47	3:17:52	3:16:00	107:32
807.	5806	99. M30	WAGNER Nils	Bimöhler SV	1:21:28	1:54:45	3:17:55	3:16:13	107:45
808.	6378	115. M20	SIMONSEN Nico	Squirrel Runners	1:23:43	1:53:11	3:17:55	3:16:53	108:25
809.	6377	116. M20	LEMBKE Malte	Squirrel Runners	1:23:43	1:53:11	3:17:55	3:16:54	108:26

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Ergebnisliste MW+AK

Pl	Snr.	AK	Name	Verein (Wohnort)	12,5 km	13,5 km	Zeit	Zeit (netto)	zurück
810.	5698	97. M35	LUBLOW Stefan	(Gleschendorf)	1:27:21	1:51:27	3:19:19	3:18:47	110:19
811.	5462	100. M45	RÖHRL Philli	(Ratzeburg)	1:31:11	1:49:12	3:22:13	3:20:23	111:55
812.	6283	27. M65	SCHWARDT Ulrich	Roter Stern Lübeck	1:31:31	1:49:19	3:21:42	3:20:49	112:21
813.	6441	107. M40	KOBARG Sven	Team Sesamstraße	1:31:31	1:50:36	3:23:02	3:22:06	113:38
814.	5935	91. M55	TIMKE Marcus	Erdinger Active Team	1:30:14	1:53:00	3:24:46	3:23:13	114:45
815.	6527	92. M55	HILLGNER Thorsten	TSV Ilmer Weg	1:30:18	1:52:56	3:24:46	3:23:14	114:46
816.	5478	102. M50	SASS Ben	(Stade)	1:32:10	1:51:09	3:23:54	3:23:18	114:50
817.	5980	61. M60	EWERT Frank	Franky+Friends	1:24:08	2:00:11	3:24:36	3:24:18	115:50
818.	5514	28. M65	SCHÜREN Peter	(Lübeck)	1:31:25	1:53:41	3:26:43	3:25:05	116:37
819.	6598	1. M80	HIMSTEDT Helmut	LG Schiphorst/Zarrentin	1:31:04	1:56:06	3:28:43	3:27:09	118:41
820.	5156	117. M20	GÄTHJE Niklas	(Schleswig)	1:33:31	1:54:37	3:29:29	3:28:08	119:40
821.	5143	118. M20	FREUNDT Lasse	(Lübeck)	1:33:34	1:54:38	3:29:29	3:28:11	119:43
822.	6608	93. M55	BURR Frank		1:35:45	2:00:51	3:37:00	3:36:35	128:07
823.	5407	62. M60	OTT Stephan	(Lübeck)	1:45:54	2:00:28	3:48:12	3:46:22	137:54
	5004	M20	AKYÜZ Bektas-Mert	(Flensburg)	1:12:48			DNF	
	5085	M60	CLAUSEN Andreas	(Preetz)				DNF	
	5095	M50	DARIUS Guido	(Lübeck)				DNF	
	5109	M35	DÖRRE Yannik	(Lübeck)				DNF	
	5536	M20	STAHL Lennart	(Hamburg)				DNF	
	5577	M45	ULLMERICH Uli	(Hamburg)				DNF	
	5612	M60	WESTPHAL Wolfhard	(Hamburg)				DNF	
	5654	M40	BOHMKE Eugen	(Leipzig)	1:33:43			DNF	
	5662	MJ	DUCHNOWSKI Adam	(Sereetz)	1:18:59			DNF	
	5903	M45	SIMANN Arne	Die Simanns	1:21:37			DNF	
	6264	M30	FUCHS Marvin	Ratzeburger Adventslauf	1:07:39			DNF	
	6305	M55	GOEBEL Philipp	SC Poppenbüttel				DNF	

Anzahl Teilnehmer: 1187