

Distanz: 5 km Läufer: 97

Frauen

Gesamt-Läufer: 43

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Hansen Marike	00:21:35	W35	122	8	
2	Miller Lena	00:21:49	WU30	133	10	
3	Bender Corinna Michaela	00:21:53	W30	111	12	
4	Walther Marina	00:22:06	WU30	149	13	
5	Schuldt Ronja	00:23:22	W35	143	16	
6	Schwarck Andrea	00:23:37	W30	144	17	
7	Wagner Diana	00:24:44	W50	148	21	
8	Hantzsch Lea	00:26:05	WU30	123	28	
9	Ruppert Jennifer	00:27:39	W30	138	35	
10	Matthiesen Vivien	00:27:56	W45	132	37	
11	Sievers Susanne	00:28:25	W55	145	38	
12	Rusch Marisa	00:28:55	WU30	139	43	
13	Ehmcke Katinka	00:29:06	W45	119	44	
14	Schröder Britta	00:29:42	W30	141	46	
15	Abraham Luisa	00:29:46	WU16	107	47	
16	Abraham Chiara	00:29:46	WU20	108	48	
17	Camacho Lea	00:29:52	WU30	115	49	
18	Krause Hanna Marie	00:30:11	WU10	129	50	
19	Dibbern Victoria	00:30:14	W35	117	52	
20	von Rönn Amy	00:30:23	WU14	147	54	
21	Weidekamm Angela	00:30:39	W50	150	55	
22	Schütt Sabine	00:30:41	WU30	142	56	
23	Korthals Karen	00:31:09	W45	127	57	
24	Sieracki Birgit	00:32:08	W60	018	61	
25	Grimm Sabrina	00:32:14	W45	121	62	
26	Timmermann Martje	00:32:21	W30	497	63	
27	Beckers Kirstin	00:32:36	W45	110	64	
28	Minak Nadine	00:32:42	W40	134	65	
29	Sievert Katja	00:33:41	W50	146	69	
30	Hinz Merle	00:33:53	WU12	496	72	
31	Ekhoff Merle	00:34:09	WU30	120	73	
32	Lindemuth Sabrina	00:34:10	W30	130	74	
33	Pantlofsky Kathrin	00:34:13	W35	135	75	
34	Allendorf Jessica	00:34:52	W45	109	77	
35	Hofmann Sandra	00:35:01	W35	124	79	
36	Berg Annika	00:35:37	W35	112	80	
37	Kapuscik Marta	00:36:24	W50	125	83	
38	Kapuscik Patrycja	00:36:24	W30	126	84	
39	Domke Janett	00:38:42	W35	118	89	

40	Budzuhn Svenja	00:40:54	W45	114	91
41	Prien Finja	00:41:01	WU23	136	92
42	Clement Catrin	00:44:17	W60	116	95
43	Regenhardt Dörthe	00:44:22	W55	137	96

Männer

Gesamt-Läufer: 54

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Grimm Lasse	00:18:31	MU30	164	1	
2	Radestock Nils Kalle	00:18:45	MU30	184	2	
3	Schlauderbach Tobias	00:19:20	M35	189	3	
4	Jansen Marc	00:19:42	M50	170	4	
5	Schultz Michel	00:20:41	MU30	193	5	
6	Mömmert Sascha	00:21:12	M40	182	6	
7	Reitz Sven	00:21:31	M30	186	7	
8	Ferch Bastian	00:21:46	M35	160	9	
9	Turowski Thore	00:21:50	M40	200	11	
10	Theune Torben	00:23:09	M35	198	14	
11	Krüger Florian	00:23:12	M30	092	15	
12	Kundler Christoph	00:23:52	M35	494	18	
13	Hebel Daniel	00:24:16	M45	166	19	
14	Igel Luis	00:24:41	MU14	169	20	
15	Stähr Andreas	00:24:59	M55	194	22	
16	Theen Hendrik	00:25:08	M30	197	23	
17	Wunsch Christian	00:25:24	M45	203	24	
18	Ehmcke Mika	00:25:31	MU14	158	25	
19	Minak Till Niklas	00:25:39	MU10	180	26	
20	Ehmcke Moritz	00:25:42	MU10	159	27	
21	Banse Thomas	00:26:08	M60	487	29	
22	Lehmann Hendrik	00:26:43	M65	175	30	
23	Friedrich Bert	00:26:49	M50	162	31	
24	Domke Mathias	00:26:50	M40	157	32	
25	Radestock Sven	00:26:54	M55	185	33	
26	Allendorf Linus	00:27:37	MU12	151	34	
27	Minak Maximilian	00:27:55	MU12	179	36	
28	Stafast Andre	00:28:27	M30	105	39	
29	Rusch Markus	00:28:47	M55	188	40	
30	Budzuhn Michel	00:28:54	MU12	155	41	
31	Schneemann Guido	00:28:54	M50	191	42	
32	Minak Torge	00:29:07	M45	181	45	
33	Krause Armin	00:30:13	M50	173	51	
34	von Rönn Liam	00:30:22	MU12	201	53	
35	Helmcke Thorben	00:31:26	M35	167	58	
36	Willuweit Martin	00:31:50	M55	202	59	
37	Stetzkamp Moritz	00:32:04	M30	195	60	

38	Allendorf Tobias	00:32:50	M50	152	66
39	Gugat Jens	00:32:52	M50	165	67
40	Streufert Olav	00:33:24	M60	196	68
41	Tietze Stefan	00:33:51	M60	199	70
42	Hinz Martin	00:33:52	M45	495	71
43	Barufke Nils	00:34:41	M50	153	76
44	Hofmann Henning	00:35:00	M40	168	78
45	Prien Boyke	00:35:59	MU12	183	81
46	Lippok Ole	00:36:00	MU23	176	82
47	Kruse Thorsten	00:36:25	M55	174	85
48	Clement Udo	00:36:32	M60	156	86
49	Frese Karsten	00:36:36	M60	161	87
50	Schroeder Norbert	00:38:22	M70	192	88
51	Rocklage Thore	00:39:54	MU16	187	90
52	Hieke Bruno	00:41:01	MU14	490	93
53	Becker Ulrich	00:41:25	M75	074	94
54	Kölln Odo	00:44:25	M65	171	97

Distanz: 10 km Läufer: 57

Frauen

Gesamt-Läufer: 22

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Paysen Karen	00:40:16	W50	221		10
2	Trapp Trixi	00:42:12	W45	225		13
3	Becker Verena	00:43:12	W45	206		14
4	Rave Lene	00:45:01	WU23	222		19
5	Eckert Anna-Lena	00:45:31	W30	210		22
6	Overath Birte	00:45:38	WU30	220		23
7	Villwock Britta	00:47:29	W55	226		26
8	Heil Finja	00:47:49	WU30	492		29
9	Stoltenberg Solveij	00:47:49	WU30	491		30
10	Kalischke Olivia	00:48:20	W30	215		31
11	Groffmann Silvia	00:51:22	W45	211		35
12	Overath Anett	00:53:50	W50	219		40
13	Simonsen Christine	00:55:27	W50	224		42
14	Michalak Kathrin	00:55:53	W40	218		43
15	Berlin Annegrit	00:56:03	W55	208		44
16	Azimi Laila	00:56:44	WU30	204		46
17	Rocklage Nadja	00:57:31	W40	223		49
18	Bestmann Femke	01:00:14	WU30	209		51
19	Benit Kristina	01:00:42	W30	207		52
20	Knopf Sandra	01:03:03	W50	217		53
21	Bähren Lena	01:07:13	W40	205		55
22	Hinz Sandra	01:09:17	W50	214		56

Männer

Gesamt-Läufer: 35

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Michalak Claudius	00:32:53	M40	009		1
2	Unfug Henrik	00:33:28	M30	266		2
3	Ohm Sören	00:34:48	M45	249		3
4	Villwock Jannis	00:36:02	MU30	268		4
5	Wimmer Daniel	00:36:31	M45	071		5
6	Banck Sönke	00:37:16	M55	227		6
7	Ehlers Thorsten	00:38:03	M40	234		7
8	Ostendorf Niklas	00:38:05	M40	250		8
9	Brade Torben	00:39:32	M40	232		9
10	Rave Kalle	00:40:58	MU23	075		11
11	Korthals Tim	00:41:58	M50	246		12
12	Römbling Lars	00:43:20	M50	267		15
13	Glowala Patryk	00:44:17	M30	235		16
14	Szemkus Torben	00:44:24	MU30	064		17
15	Kapuscik Pawel	00:44:44	M50	240		18

16	Sommer Michael	00:45:03	M30	265	20
17	Prange Gerrit	00:45:26	M45	493	21
18	Overath Martin	00:46:22	M50	076	24
19	Berlin Steffen	00:47:24	MU30	229	25
20	Reigardt Silas	00:47:31	M30	272	27
21	Hardrath Nico	00:47:34	M45	237	28
22	Hagemann Dennis	00:48:55	M40	236	32
23	Knebel Michael	00:49:03	M55	243	33
24	König Rüdiger	00:51:10	M65	245	34
25	Braun Volker	00:51:30	M50	233	36
26	Klegin Gero	00:52:25	M60	241	37
27	Herrmann Sönke	00:53:08	M40	238	38
28	Klein Peter Siegfried	00:53:42	M70	242	39
29	Paysen Sönke	00:55:15	M45	269	41
30	Bestmann Sven	00:56:42	M50	230	45
31	Biss Matthias	00:57:25	M45	231	47
32	Berlin Thorsten	00:57:28	M60	228	48
33	Petersen Sönke	00:59:24	M35	271	50
34	Knölk Benno	01:03:37	M80	244	54
35	Reigardt Holger	01:14:34	M65	270	57