

Distanz: 5 km Läufer: 69

Frauen

Gesamt-Läufer: 30

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Schuldrt Ronja	00:23:09	W35	336	6	
2	Rückert Frederike	00:23:27	W50	327	8	
3	Behnke Johanna	00:25:48	W35	280	11	
4	Leuckfeld Nele	00:25:58	WU23	311	12	
5	Matthiesen Vivien	00:27:29	W45	316	17	
6	Lüth Franziska	00:27:46	WU30	314	18	
7	Weidekamm Angela	00:27:57	W50	343	19	
8	Rupper Jennifer	00:28:22	W30	426	20	
9	Abraham Luisa	00:28:29	WU16	274	21	
10	Lütten Wiveka	00:28:36	WU30	383	23	
11	Penno Katharina	00:29:41	W30	323	30	
12	Schröder Britta	00:29:43	W30	335	31	
13	Grohnert Joanna	00:30:02	WU30	302	33	
14	Brede Anne	00:30:44	W35	284	39	
15	Tammert Maya	00:31:34	WU30	341	41	
16	Prien Levke	00:32:40	WU20	325	47	
17	Blöcker Heike	00:32:53	W60	283	48	
18	Allendorf Jessica	00:32:54	W45	278	49	
19	Sievert Katja	00:33:49	W50	432	51	
20	Steinkamp Lefke	00:33:59	W30	339	52	
21	Burger Lina	00:34:28	WU12	287	54	
22	Frohberg Frederieke	00:34:37	W40	299	57	
23	Cetin Stefanie	00:34:42	W45	289	58	
24	Heuer Sonja	00:35:11	W60	430	59	
25	Grimm Sabrina	00:35:38	W45	300	60	
26	Burger Nevenka	00:37:23	W35	288	61	
27	Bilic Rachel Dusper	00:38:24	W30	282	62	
28	Schrade-Geng Isabell	00:38:25	W40	334	63	
29	Bruhn Jaimee-Joane	00:42:56	WU23	285	65	
30	Clement Catrin	00:43:21	W60	292	67	

Männer

Gesamt-Läufer: 39

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Klindworth Jan-Hinrich	00:18:28	M35	306	1	
2	Iwers Erik	00:18:55	MU30	304	2	
3	Jansen Marc	00:19:23	M50	305	3	
4	Schreiber Torsten	00:19:59	M45	424	4	
5	Klingenberg Robert	00:22:13	M40	307	5	
6	Krause Torben	00:23:19	MU30	308	7	

7	Christoph Kundler	00:25:00	M40	290	9
8	Müller Roman	00:25:13	M45	320	10
9	Schneider Malte	00:26:22	MU16	333	13
10	Budzuhn Michel	00:26:38	MU12	286	14
11	Danker Dennis	00:26:55	M45	293	15
12	Dose Karsten	00:27:15	M60	294	16
13	Swoboda Jan	00:28:30	M35	340	22
14	Lehmann Lukas	00:28:47	MU12	310	24
15	Wilczek Sönke	00:28:53	M55	345	25
16	Allendorf Jonas	00:29:08	MU10	277	26
17	Lorenzen Simon	00:29:21	MU10	313	27
18	Lorenzen Jens	00:29:27	M45	312	28
19	Rückert Jasper	00:29:29	MU18	328	29
20	Lütten Michael	00:29:50	M55	315	32
21	Schmidt Norbert	00:30:07	M70	331	34
22	Sloman Edgar	00:30:11	M75	338	35
23	Willers Michael	00:30:25	M50	346	36
24	Rusch Markus	00:30:28	M55	329	37
25	Kruse Thorsten	00:30:34	M60	309	38
26	Mohr Henri	00:31:20	MU14	318	40
27	Bartel Bennet	00:31:35	MU30	279	42
28	Frese Karsten	00:31:39	M60	296	43
29	Mohr Tamme	00:31:42	MU12	319	44
30	Mohr Andreas	00:31:43	M50	317	45
31	Allendorf Tobias	00:32:22	M50	275	46
32	Prien Boyke	00:32:55	MU12	324	50
33	Clement Udo	00:34:06	M65	291	53
34	Helmcke Thorben	00:34:35	M35	303	55
35	Frohberg Jonathan	00:34:36	MU10	298	56
36	Numonjonova Mukhayyokhon	00:42:53	MU30	321	64
37	Widera Kay-Uwe	00:43:14	M65	344	66
38	Sadlowski Przyslaw	00:47:49	M35	330	68
39	Sump Sigurt	00:49:36	M85	427	69

Distanz: 10 km Läufer: 62

Frauen

Gesamt-Läufer: 19

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Paysen Karen	00:40:08	W50	392		5
2	Schuldt Lena	00:42:34	W35	401		7
3	Trapp Trixi	00:42:58	W50	417		8
4	Klindworth Charlotte	00:45:25	W35	377		15
5	Schäfers Sofia	00:52:21	WU30	397		32
6	Sorré Monique	00:53:24	W35	404		34
7	Maus Kristin	00:55:20	W45	384		39
8	Ipsen Janice	00:57:08	WU20	375		41
9	Rohwer Merle	00:57:36	WU23	396		42
10	Lehmann Greta	00:57:38	WU23	381		43
11	Urzua Sophie	00:59:01	WU30	420		46
12	Henseler-Wilczek Simone	00:59:27	W45	373		48
13	Auth Lina	00:59:36	W30	348		49
14	Müller Alina	00:59:37	W35	387		50
15	Schütt Sabine	01:00:05	WU30	400		52
16	Kaplan Kim	01:00:07	WU30	376		53
17	Eisner Carolin	01:00:12	W30	360		55
18	Eisner Julia	01:00:16	W30	361		56
19	Sparbier Heinrike	01:05:56	W55	405		61

Männer

Gesamt-Läufer: 43

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Ohm Sören	00:35:57	M45	429		1
2	Heesch Frederik	00:37:53	M40	372		2
3	Grimm Hæmir	00:38:03	MU30	367		3
4	Burger Benedikt	00:39:30	M35	358		4
5	Schiefelbein Magnus	00:40:38	M45	428		6
6	Walter Nicolas	00:43:03	M40	421		9
7	Beta Maik	00:43:20	M35	353		10
8	Möllhoff Jonas	00:43:46	M30	385		11
9	Trapp Michael	00:43:51	M55	418		12
10	Römling Lars	00:44:13	M50	395		13
11	Hagemann Dennis	00:44:41	M45	369		14
12	Schneider Thomas	00:45:49	M50	398		16
13	Fromme Roland	00:46:18	M60	365		17
14	Nielsen Bernd	00:47:47	M45	425		18
15	Knebel Michael	00:48:08	M60	378		19
16	Fock Eggert	00:48:09	M60	364		20
17	Fahje Stephan	00:48:10	M35	363		21

18	Ulrich Horst	00:48:21	M50	419	22
19	Müller Marco	00:48:23	M50	386	23
20	Schwänke Maik	00:48:33	M40	402	24
21	Gronau Bosse	00:48:45	MU30	368	25
22	Pursian Matthias	00:49:15	M40	394	26
23	Küddelsmann Klaus	00:50:24	M60	380	27
24	Sulaymonov Elyorbek	00:51:22	M30	416	28
25	Hauschild Jendrik	00:51:49	M35	371	29
26	Braun Volker	00:52:04	M50	357	30
27	Schnoor Jannik	00:52:13	M30	399	31
28	Wendland Christian	00:52:24	M45	422	33
29	Paysen Sönke	00:53:42	M50	391	35
30	Eichhoff Max	00:54:23	MU23	359	36
31	Loose Alexander	00:55:16	M55	382	37
32	Hansen Marco	00:55:19	M45	370	38
33	Willrodt Tim	00:57:07	M30	423	40
34	Boeck Louis	00:57:50	MU14	356	44
35	Boeck Jan	00:57:51	M40	355	45
36	Peter Jacques	00:59:03	M65	431	47
37	Selck Christian	00:59:46	MU30	403	51
38	Petersen Sönke	01:00:09	M40	393	54
39	Bestmann Sven	01:01:33	M50	352	57
40	Ewers Manni	01:01:34	M65	362	58
41	Stetzkamp Moritz	01:04:09	M30	406	59
42	Bähren Sebastian	01:05:42	M35	349	60
43	Knölk Benno	01:05:58	M80	379	62