

Hauptlauf (10 km) - 14:15

| Männer M80 | | | | | | | |
|------------|-------|--------------|----|------|--------|------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|------------------------|------|-----|------------|-------|--|
| 1. | 491 | Molero-Membrilla, José | 1941 | ger | Borener SV | 58:00 | |
|----|-----|------------------------|------|-----|------------|-------|--|

| Männer M70 | | | | | | | |
|------------|-------|--------------|----|------|--------|------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|----|--------------|------|-----|------|-------|--|
| 1. | 89 | Klein, Peter | 1953 | ger | ohne | 58:44 | |
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| Männer M65 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|-----------------------|------|-----|---------------|-------|--|
| 1. | 472 | Baudewig, Franz-Josef | 1958 | ger | TSV Hattstedt | 51:10 | |
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| Frauen W60 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|---------------------|------|-----|-------------|-------|--|
| 1. | 493 | Christiansen, Helga | 1963 | ger | SZ Arlewatt | 50:23 | |
|----|-----|---------------------|------|-----|-------------|-------|--|

| Männer M60 | | | | | | | |
|------------|-------|--------------|----|------|--------|------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|-----------------------|------|-----|---------------|---------|---------|
| 1. | 463 | Rudies, Bernd | 1963 | ger | Borener SV | 53:55 | |
| 2. | 451 | Mees, Sönke | 1959 | ger | www42,195.de | 55:13 | + 1:18 |
| 3. | 485 | Hansen, Dirk | 1963 | ger | TSV Goldebek | 57:05 | + 3:10 |
| 4. | 478 | Hansen, Hans-Matthias | 1962 | ger | BW Löwenstedt | 1:07:13 | + 13:18 |

| Frauen W55 | | | | | | | |
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| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|-----------------|------|-----|--------------|---------|---------|
| 1. | 484 | Schmidt, Bärbel | 1967 | ger | TSV Goldebek | 55:59 | |
| 2. | 492 | Hansen, Sabine | 1967 | ger | SZ Arlewatt | 1:07:24 | + 11:25 |

| Männer M55 | | | | | | | |
|------------|-------|--------------|----|------|--------|------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|------------------|------|-----|----------------------|---------|---------|
| 1. | 447 | Schütt , Jens | 1964 | ger | Sporttreff Sollwitt | 55:21 | |
| 2. | 87 | Hansen, Herbert | 1964 | ger | TSV Goldebek | 58:36 | + 3:15 |
| 3. | 466 | Zimmermann, Olaf | 1966 | ger | Koldenbüttel Runners | 1:07:03 | + 11:42 |

| Frauen W50 | | | | | | | |
|------------|-------|--------------|----|------|--------|------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |

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|----|-----|------------------|------|-----|------------------|---------|---------|
| 1. | 68 | Carstensen, Eike | 1969 | ger | SV Enge-Sande | 46:52 | |
| 2. | 332 | Broderson, Anja | 1970 | ger | Bredtstedter TSV | 52:43 | + 5:51 |
| 3. | 489 | Hansen, Renate | 1969 | ger | TSV Goldebek | 56:50 | + 9:58 |
| 4. | 458 | Thiesen, Anja | 1973 | ger | LTV Kiel-Ost | 1:01:23 | + 14:31 |

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| Männer M50 | | | | | | | |
|------------|-------|----------------------|------|------|--------------------------|-------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 464 | Friedrichsen, Volker | 1971 | ger | SV Enge-Sande | 41:24 | |
| 2. | 90 | Graage, Jörg | 1969 | ger | SV Enge-Sande | 44:06 | + 2:42 |
| 3. | 72 | Hinrichsen, Stefan | 1969 | ger | Lauftreff Friedrichstadt | 49:29 | + 8:05 |
| 4. | 334 | Flor , Marco | 1972 | ger | Spiridon Schleswig | 49:38 | + 8:14 |
| 5. | 482 | Röthel, Martin | 1969 | ger | Hünning Hurricanes | 57:37 | + 16:13 |

| Frauen W45 | | | | | | | |
|------------|-------|-------------------------|------|------|--------------|---------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 444 | Nielsen, Maike | 1978 | ger | TSV Goldebek | 54:49 | |
| 2. | 477 | Rohwer-Jacobsen, Sylvia | 1974 | ger | Nibøl UF | 1:09:15 | + 14:26 |

| Männer M45 | | | | | | | |
|------------|-------|--------------------|------|------|--------------|-------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 468 | Oestergaard, Jesko | 1974 | ger | Husumer SV | 39:42 | |
| 2. | 486 | Reusch , Torge | 1978 | ger | ohne | 46:34 | + 6:52 |
| 3. | 465 | Jensen, Sven | 1976 | ger | ohne | 47:04 | + 7:22 |
| 4. | 496 | Jeromin, Rafael | 1977 | ger | SZ Arlewatt | 48:34 | + 8:52 |
| 5. | 479 | Duus, Maik | 1977 | ger | TSV Goldebek | 51:33 | + 11:51 |
| 6. | 494 | Hoppe, Wolfgang | 1977 | ger | SZ Arlewatt | 52:09 | + 12:27 |
| 7. | 475 | Rohwer, Marc | 1974 | ger | Nibøl UF | 58:01 | + 18:19 |

| Frauen W40 | | | | | | | |
|------------|-------|---------------|------|------|-----------|-------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 441 | Wünsche, Ines | 1979 | ger | STV Sörup | 46:11 | |

| Männer M40 | | | | | | | |
|------------|-------|--------------------|------|------|-------------------|-------|--------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 73 | Dethlefsen, Pascal | 1983 | ger | TSV Glücksburg 09 | 36:47 | |
| 2. | 495 | Cosmos, Jörg | 1983 | ger | SZ Arlewatt | 40:12 | + 3:25 |
| 3. | 499 | Jensen, Marc | 1983 | ger | ohne | 46:05 | + 9:18 |

| Frauen W35 | | | | | | | |
|------------|-------|-----------------|------|------|-------------------------|-------|--------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 500 | Lorenzen, Marit | 1987 | ger | 1.Flensburger Lauftreff | 41:34 | |
| 2. | 470 | Otto, Sabine | 1987 | ger | Husumer SV | 45:12 | + 3:38 |

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| Männer M35 | | | | | | | |
|------------|-------|------------------|------|------|----------------------|-------|--------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 88 | Johannsen, Finn | 1987 | ger | MTV Leck | 36:46 | |
| 2. | 457 | Voß, Leif-Erik | 1988 | ger | TSV Goldebek | 43:03 | + 6:17 |
| 3. | 438 | Haselhorst, Nils | 1988 | ger | Husumer SV | 43:05 | + 6:19 |
| 4. | 469 | Otto, Johannes | 1984 | ger | Husumer SV | 43:50 | + 7:04 |
| 5. | 459 | Hansen, Sönke | 1984 | ger | TSV Doppeleiche Viöl | 43:58 | + 7:12 |

| Frauen W30 | | | | | | | |
|------------|-------|---------------------|------|------|--------------------|-------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 74 | Jachmann, Natalie | 1991 | ger | TSV Glücksburg 09 | 36:25 | |
| 2. | 442 | Feddersen, Sirka | 1992 | ger | ohne | 51:58 | + 15:33 |
| 3. | 333 | Börnßen, Sarah-Lena | 1989 | ger | Spiridon Schleswig | 52:16 | + 15:51 |

| Männer M30 | | | | | | | |
|------------|-------|------------------|------|------|---------------------|-------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 481 | Sönksen, Heiko | 1991 | ger | SV Enge-Sande | 35:27 | |
| 2. | 460 | Alfing, Sven | 1991 | ger | ohne | 45:01 | + 9:34 |
| 3. | 483 | Holm, Helge | 1992 | ger | Märner TV | 50:07 | + 14:40 |
| 4. | 473 | Hentschel, David | 1990 | ger | Worst-Pace-Szenario | 50:40 | + 15:13 |
| 5. | 455 | Alberts, Felix | 1992 | ger | Worst-Pace-Szenario | 55:23 | + 19:56 |

| Frauen | | | | | | | |
|--------|-------|-----------------|------|------|-----------|-------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 85 | Lassen, Merethe | 1994 | ger | STV Sörup | 44:27 | |

| Männer | | | | | | | |
|--------|-------|---------------|------|------|----------------|-------|---------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 498 | Kohn, Tade | 1999 | ger | LAC Kronshagen | 33:07 | |
| 2. | 449 | Thoroë, Sören | 1994 | ger | SV Wadenkrampf | 44:19 | + 11:12 |

| Junioren U23 | | | | | | | |
|--------------|-------|----------------|------|------|----------|-------|--------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 446 | Bahnsen, Felix | 2002 | ger | ohne | 43:03 | |
| 2. | 476 | Jacobsen, Leve | 2001 | ger | Nibøl UF | 51:00 | + 7:57 |

| Weibliche Jugend U20 | | | | | | | |
|----------------------|-------|-------------------|------|------|---------------|-------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 78 | Carstensen, Lilli | 2005 | ger | SV Enge-Sande | 59:13 | |

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| Männliche Jugend U20 | | | | | | | |
|----------------------|-------|---------------|------|------|---------------|-------|------|
| Rg. | StNr. | NAME Vorname | Jg | Nat. | Verein | Zeit | Diff |
| 1. | 448 | Kohn, Patrick | 2005 | ger | SV Enge-Sande | 41:16 | |

Hauptlauf - Mannschaftswertung (10 km) - 14:15