

Vorlauf (5km) - 13:15

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

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|----|-----|----------------|------|-----|----------------|-------|---------|
| 1. | 308 | Paysen, Karen | 1973 | ger | TSV Langenhorn | 19:35 | |
| 2. | 309 | Petersen, Anja | 1970 | ger | ohne | 32:43 | + 13:08 |

Männer M50							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|---------------------|------|-----|-------------------------------|-------|--------|
| 1. | 198 | Ludzkowski, Andrzej | 1969 | | KB Katorznik Murowana Goslina | 22:37 | |
| 2. | 335 | Breckling, Helge | 1971 | ger | SV Enge-Sande | 30:29 | + 7:52 |

Frauen W45							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|--------------------------|------|-----|--------------------|-------|--------|
| 1. | 75 | Wasmundt, Stefanie Annik | 1978 | ger | Sport-Club Itzehoe | 24:06 | |
| 2. | 315 | Burghardt, Svenja | 1977 | ger | Nibøl UF | 32:14 | + 8:08 |

Männer M45							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|----|-------------------|------|-----|--------------------|-------|--------|
| 1. | 81 | Windmann, Sven | 1977 | ger | TSV Fahrdorf | 20:31 | |
| 2. | 76 | Ingwersen, Sascha | 1977 | ger | SG LGV Obere Arlau | 26:16 | + 5:45 |
| 3. | 84 | Thoröe, Jan Peter | 1974 | ger | SG LGV Obere Arlau | 26:43 | + 6:12 |

Frauen W40							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|------------------|------|-----|-------------|-------|--|
| 1. | 321 | Engel, Christine | 1980 | ger | SZ Arlewatt | 28:53 | |
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Männer M35							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|--------------|------|-----|--------------|-------|--|
| 1. | 320 | Jensen, Timo | 1988 | ger | TSV Goldebek | 19:26 | |
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Frauen							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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| 1. | 310 | Petersen, Selina | 1997 | ger | ohne | 26:00 | |
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Männer							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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| 1. | 24 | Grimm, Lasse | 1999 | ger | TSV Kropp | 19:19 | |
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Vorlauf (5km) - 13:15

Juniorinnen U23							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	298	Söth, Mia Magdalena	2002	ger	SV Enge-Sande	21:41	

Weibliche Jugend U18							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	319	Sandau, Andrea	2006	ger	TriSport Holstein by GHN	21:57	

Männliche Jugend U18							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	307	Paysen, Simon	2007	ger	TSV Langenhorn	20:23	

Jugend W15							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	316	Sandau, Sarah	2008	ger	TriSport Holstein by GHN	24:02	
2.	71	Breckling, Käthe	2008	ger	SV Enge-Sande	31:03	+ 7:01

Jugend M15							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	328	Nissen, Moritz	2008	ger	SV Enge-Sande	21:24	

Jugend W14							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	330	Gilde, Seike Marie	2009	ger	SV ENGE-SANDE	44:17	

Jugend M14							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	331	Herber, Lasse	2009	ger	SV Enge-Sande	25:53	

Jugend W13							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	86	Schalwat, Merle	2010	ger	ohne	30:22	

Jugend W12							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff
1.	317	Sandau, Sofie	2011	ger	TriSport Holstein by GHN	23:27	
2.	302	Jensen, Nia	2011	ger	SG LGV Obere Arlau	27:44	+ 4:17
3.	301	Carstensen, Jondis	2011	ger	SG LGV Obere Arlau	30:17	+ 6:50

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Jugend M12							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|-------------------|------|-----|--------------------|-------|---------|
| 1. | 305 | Schläger, Jaron | 2011 | ger | SG LGV Obere Arlau | 24:36 | |
| 2. | 70 | Breckling, Bendix | 2011 | ger | SV Enge-Sande | 44:22 | + 19:46 |

Kinder W11							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|----------------|------|-----|--------------|-------|--|
| 1. | 189 | Nielsen, Marie | 2012 | ger | TSV Goldebek | 29:41 | |
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Kinder M11							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|----------------------|------|-----|--------------------|-------|---------|
| 1. | 314 | Sievers, Levi Lou | 2012 | ger | Bredstedter TSV | 21:06 | |
| 2. | 77 | Ingwersen, Til Lewis | 2012 | ger | SG LGV Obere Arlau | 26:04 | + 4:58 |
| 3. | 194 | Thoröe, Jannes | 2012 | ger | SG LGV Obere Arlau | 26:42 | + 5:36 |
| 4. | 195 | Thoröe, Boyke | 2012 | ger | SG LGV Obere Arlau | 27:43 | + 6:37 |
| 5. | 200 | Carstensen, Jeppe | 2012 | ger | SG LGV Obere Arlau | 31:07 | + 10:01 |

Kinder M10							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|-----------------|------|-----|--------------------------|-------|--------|
| 1. | 318 | Sandau, Jacob | 2013 | ger | TriSport Holstein by GHN | 28:20 | |
| 2. | 322 | Görtzen, Tjorge | 2013 | ger | TSV DAB | 30:25 | + 2:05 |
| 3. | 323 | Jessen, Tade | 2013 | ger | TSV DAB | 30:27 | + 2:07 |

Kinder W9							
Rg.	StNr.	NAME Vorname	Jg	Nat.	Verein	Zeit	Diff

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|----|-----|----------------|------|-----|---------|-------|--|
| 1. | 324 | Dahlke, Frieda | 2014 | ger | TSV DAB | 30:02 | |
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Vorlauf - Mannschaftswertung (5km) - 13:15