

Distanz: 5 km Läufer: 68

Frauen

Gesamt-Läufer: 27

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Schuldts Lena	00:21:13	W35	46	3	
2	Braun Simone	00:21:31	W50	4	4	
3	Schwark Andrea	00:23:20	W30	253	5	
4	Thomsen Dorothee Mahrt	00:24:42	WU30	53	10	
5	Rusch Marisa	00:25:23	WU30	38	11	
6	Eickhoff Tanja	00:26:47	W30	13	16	
7	Matthiesen Vivien	00:27:32	W40	27	19	
8	Jennes Mareike	00:27:47	WU23	21	20	
9	Müller Marina	00:28:29	WU14	34	22	
10	Buckmann Svenja	00:28:41	W50	5	23	
11	Sorre Monique	00:29:11	W30	49	25	
12	Lorenzen Julia	00:29:47	W30	25	26	
13	Sievers Inga	00:29:56	W35	47	27	
14	Blecher Katrin	00:30:50	W40	256	31	
15	Dibbern Victoria	00:30:59	W35	7	35	
16	Grimm Sabrina	00:31:20	W45	17	41	
17	Beckers Kirstin	00:31:22	W45	258	42	
18	Minak Nadine	00:33:09	W40	29	46	
19	Müller Alina	00:33:18	WU20	33	47	
20	Prien Finja	00:33:53	WU20	36	51	
21	Allendorf Jessica	00:34:18	W40	252	52	
22	Heuer Sonja	00:35:14	W55	257	56	
23	Schmidt Susanne	00:35:39	W50	43	57	
24	Ehmke Katinka	00:36:57	W45	11	59	
25	Lohmann Elke	00:38:48	W70	24	60	
26	Bredow Sandra	00:46:29	W35	251	63	
27	Schmeets Angelika	00:47:28	W60	42	65	

Männer

Gesamt-Läufer: 41

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Iwers Erik	00:19:11	MU30	20	1	
2	Steffen Malte	00:20:43	MU20	50	2	
3	Dose Karsten	00:23:33	M55	8	6	
4	Mahrt-Thomsen Jürgen	00:23:39	M55	26	7	
5	Bodenthien Jens	00:23:52	M55	3	8	
6	Clauser Peer	00:24:20	MU14	6	9	
7	Ehmke Knuth	00:25:27	M45	12	12	
8	Fischer Elias	00:26:21	MU14	15	13	
9	Allendorf Linus	00:26:23	MU10	1	14	
10	Ehmcke Mika	00:26:31	MU12	10	15	

11	Lehmann Hendrik	00:26:53	M65	23	17
12	Elberding Urs	00:27:14	MU12	14	18
13	Schmidt Norbert	00:28:24	M70	254	21
14	Minak Maximilian	00:28:51	MU12	30	24
15	Sievers Björn	00:29:56	M50	48	28
16	Schenk Michael	00:30:03	M60	41	29
17	Allendorf Tobias	00:30:11	M50	2	30
18	Rusch Markus	00:30:52	M55	39	32
19	Boeck Louis	00:30:52	MU12	541	33
20	Schmidt Horst	00:30:54	M50	44	34
21	Klingenberg Robert	00:31:00	M40	22	36
22	Minak Till Niklas	00:31:08	MU10	31	37
23	Golland Matti	00:31:09	MU10	262	38
24	Minak Torge	00:31:12	M40	28	39
25	Golland Markus	00:31:12	M35	261	40
26	Franzen Jonas	00:31:23	MU12	16	43
27	Manke Tom	00:31:26	MU12	512	44
28	Mix Moritz	00:31:28	MU12	32	45
29	Hinz Martin	00:33:35	M45	264	48
30	Streifert Olav	00:33:36	M60	51	49
31	Prien Boyke	00:33:52	MU10	37	50
32	Bredow Paul	00:34:29	MU10	576	53
33	Nielsen Dürrik	00:34:57	MU12	35	54
34	Nielsen Bernd	00:34:57	M45	260	55
35	Tietze Stefan	00:36:12	M60	54	58
36	Schröder Norbert	00:39:10	M70	45	61
37	Schaper Stephan	00:39:40	M50	40	62
38	Guta Holger	00:46:59	M75	19	64
39	Sump Sigurt	00:48:27	M80	52	66
40	Manke Erik	00:50:44	MU10	511	67
41	Blunk Thies	00:50:45	MU10	508	68

Distanz: 10 km Läufer: 50

## Frauen

Gesamt-Läufer: 13

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Trapp Trixi	00:45:16	W45	97		12
2	Groffmann Silvia	00:48:44	W45	68		20
3	Hantzsch Lea	00:53:02	WU30	70		28
4	Villwock Britta	00:53:20	W50	101		30
5	Rocklage Nadja	00:55:07	W40	89		31
6	Overath Anett	00:55:43	W50	83		32
7	Carulla Laura	00:56:13	W30	63		33
8	Brandes Lisbeth	00:59:49	WU30	60		39
9	Klein Ida	00:59:50	WU30	77		40
10	Gerhard Stefanie	01:00:04	W35	67		41
11	Busch Susanne	01:01:51	W55	62		45
12	Buschmann Angela	01:04:26	W55	569		47
13	Mielke Johanna	01:07:00	W40	81		49

## Männer

Gesamt-Läufer: 37

Rang	Name	Zeit	Altersklass	Startnr	Rang 5km	Rang 10km
1	Paul Muluve	00:35:12	M45	84		1
2	Werner Manuel	00:35:26	M30	104		2
3	Brade Torben	00:39:22	M40	58		3
4	Villwock Jannis	00:39:29	MU30	100		4
5	Ostendorf Niklas	00:40:31	M40	82		5
6	Schurmann Sven	00:41:03	M45	93		6
7	Bramesfeld Helmut	00:43:32	M50	59		7
8	Weick Olaf	00:43:36	M40	102		8
9	Römling Lars	00:44:36	M50	90		9
10	Fromme Roland	00:45:02	M60	66		10
11	Wunsch Christian	00:45:05	M45	259		11
12	Kundler Christoph	00:45:21	M35	78		13
13	Buschmann Finn	00:45:39	MU30	568		14
14	Marten Rene	00:45:45	M50	80		15
15	Hagemann Dennis	00:46:32	M40	69		16
16	Turowski Thore	00:46:54	M40	98		17
17	Bruck Manuel	00:48:04	M30	61		18
18	Richart Rene	00:48:18	M50	88		19
19	Fock Eggert	00:49:30	M55	65		21
20	Holm Johannes	00:49:36	M30	72		22
21	Wessel Rene	00:51:02	M60	255		23
22	Horn Martin	00:51:43	M50	73		24
23	Pursian Matthias	00:51:56	M40	85		25
24	Banck Hanno	00:52:09	MU20	56		26

25	Wendland Christian	00:52:28	M40	103	27
26	Theen Hendrik	00:53:03	MU30	96	29
27	Sloman Edgar	00:56:24	M75	95	34
28	Winkelmann Jörg	00:56:31	M45	106	35
29	Raebrecht Mark	00:57:47	M45	86	36
30	Bestmann Sven	00:58:09	M50	57	37
31	Valentini Alessandro	00:58:10	M50	99	38
32	Rohwer Erhard	01:00:13	M60	91	42
33	Baas Michael	01:00:29	M55	55	43
34	Haack Wolfgang	01:00:49	M70	507	44
35	Sievers Joachim	01:04:25	M60	94	46
36	Reigardt Holger	01:06:16	M65	87	48
37	Lohmann Heiner	01:09:23	M70	79	50