



5. Sparkassen Ostseelauf Timmendorfer Strand



05. April 2009



Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters-Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|--------------------------------------|---------|---------------|------------------|
| 1 | 566 | 00:33:29 | Raabe | Patrick | TSV Bargtheide Tri | GER-SH | M-20 | 1 |
| 2 | 708 | 00:33:34 | Kramer | Arthuer | TSV Rosenheim | GER-BAY | M-20 | 2 |
| 3 | 502 | 00:34:06 | Mehlberg | Marcus | Templin | GER-BRA | M-20 | 3 |
| 4 | 672 | 00:35:36 | Wenzel | Sascha | USC KIEL | GER-SH | M-20 | 4 |
| 5 | 671 | 00:38:06 | Wendler | Ulf | 1. LAV ROSTOCK | GER-SH | M-30 | 1 |
| 6 | 485 | 00:38:49 | Liedtke | Rainer | Klein-Nordende | GER-SH | M-45 | 1 |
| 7 | 655 | 00:39:32 | Trilke | Michael | Lübecker SC | GER-SH | M-45 | 2 |
| 8 | 445 | 00:39:57 | Jödicke | Markus | Team HH | GER-SH | M-JA | 1 |
| 9 | 323 | 00:40:23 | Behrens | Dietmar | TSV Travemünde | GER-BER | M-50 | 1 |
| 10 | 359 | 00:40:40 | Dahlmann | Matthias | Ratzeburger SV | GER-SH | M-35 | 1 |
| 11 | 598 | 00:41:14 | Sauer | Ulrich | TTC Mölln | GER-SH | M-20 | 5 |
| 12 | 429 | 00:41:15 | Heinze | Nils | Scharbeutz | GER-SH | M-40 | 1 |
| 13 | 404 | 00:41:21 | Grotherr | Christoph | Weede | GER-SH | M-20 | 6 |
| 14 | 545 | 00:41:29 | Panten | Dirk | SC ALSTERTAL-LANGENHORN | GER-HAM | M-30 | 2 |
| 15 | 657 | 00:41:39 | Tuleweit | Thomas | Lübeck | GER-SH | M-40 | 2 |
| 16 | 346 | 00:42:34 | Busch | Detlef | Bad Oldesloe | GER-SH | M-45 | 3 |
| 17 | 313 | 00:43:22 | Bartels | Ronald | Harburger SC | GER-HAM | M-45 | 4 |
| 18 | 413 | 00:43:30 | Habeck | Dan | Lowland Runners Rostock | GER-MVP | M-35 | 2 |
| 19 | 739 | 00:43:51 | Vogt | Matthias | TRI-SPORT LÜBECK | GER-SH | M-45 | 5 |
| 20 | 579 | 00:44:18 | Roemer | Roy | Hamburg | GER-HAM | M-45 | 6 |
| 21 | 462 | 00:44:20 | Kossiski | Frank | MTV Itzehoe | GER-SH | M-40 | 3 |
| 22 | 720 | 00:44:24 | Deimling | Jan Ole | MTV Lüneburg | GER-NIE | M-SB | 1 |
| 23 | 726 | 00:44:31 | Schmieder | Timm | NTSV Strand 08 | GER-SH | M-20 | 7 |
| 24 | 473 | 00:44:35 | Kuschel | Thortsen | LTAf Ahrensburg | GER-SH | M-40 | 4 |
| 25 | 568 | 00:44:37 | Radestock | Jörg | Röbel | GER-SH | M-50 | 2 |
| 26 | 685 | 00:44:38 | Witting | Benjamin | SG 03 Ludwigslust | GER-MVP | M-20 | 8 |
| 27 | 736 | 00:44:43 | Trute | Rainer | Barsinghausen | GER-NIE | M-50 | 3 |
| 28 | 351 | 00:44:48 | Claaßen | Thomas Kurt | Zatopeks Zeugen | GER-SH | M-50 | 4 |
| 29 | 664 | 00:44:52 | von Brehm | Karsten | MTV Gelting 08 | GER-SH | M-45 | 7 |
| 30 | 489 | 00:45:00 | Lu | Hanjo | Ahrensburg | GER-SH | M-20 | 9 |
| 31 | 343 | 00:45:01 | Buhrmann | Peter | Hamburg | GER-HAM | M-40 | 5 |
| 32 | 729 | 00:45:03 | Werner | Eric | Männer Ruderverein 1878 | GER-RLP | M-45 | 8 |
| 33 | 411 | 00:45:04 | Gundermann | Karl-Heinz | TRI Team Syke | GER-NIE | M-60 | 1 |
| 34 | 484 | 00:45:20 | Liedtke | Dietmar | Lübecker SC | GER-SH | M-40 | 6 |
| 35 | 468 | 00:46:25 | Krönke | Reinhard | Freiwillige Feuerwehr Beschendorf | GER-SH | M-55 | 1 |
| 36 | 330 | 00:46:30 | Böcker | Rüdiger | TSV PANSDORF | GER-SH | M-40 | 7 |
| 37 | 640 | 00:46:34 | Skroblin | Joachim | Team Erdinger Alkoholfrei | GER-SH | M-50 | 5 |
| 38 | 587 | 00:46:35 | Rühe | Guido | Winsen | GER-NIE | M-40 | 8 |
| 39 | 414 | 00:46:43 | Hagen | Bernd | GHR-Strand | GER-SH | M-40 | 9 |
| 40 | 317 | 00:46:49 | Becker | Torsten | FIS | GER-SH | M-45 | 9 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf M

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-------------|---|---------|-------------------|------------------|
| 41 | 450 | 00:46:55 | Kelzewski | Thomas | TTV Geismar (Gö) | GER-NIE | M-35 | 3 |
| 42 | 436 | 00:46:58 | Hoffmann | Manfred | Lübecker Nachrichten | GER-SH | M-45 | 10 |
| 43 | 578 | 00:47:02 | Robrahn | Detlef | SC BUNTEKUH | GER-SH | M-40 | 10 |
| 44 | 686 | 00:47:06 | Wittstock | Oliver | Wankendorf | GER-SH | M-40 | 11 |
| 45 | 391 | 00:47:09 | Glage | Kai | Wankendorf | GER-SH | M-35 | 4 |
| 46 | 392 | 00:47:10 | Glindemann | Gösta | GHR-Strand | GER-SH | M-JB | 1 |
| 47 | 738 | 00:47:10 | Kolbinger | Nils | HFC Lübeck | GER-SH | M-20 | 10 |
| 48 | 385 | 00:47:14 | Gehrt | Kai | LÜBECKER RUDERKLUB | GER-SH | M-40 | 12 |
| 49 | 538 | 00:47:24 | Osthoff | Lars | Janz Informationssysteme AG | GER-NRW | M-20 | 11 |
| 50 | 549 | 00:47:26 | Peters | Kim | Lauftreff Oldenburg | GER-SH | M-20 | 12 |
| 51 | 519 | 00:47:27 | Müller | Marcus | Lübeck | GER-SH | M-20 | 13 |
| 52 | 459 | 00:47:36 | Knuth | Stefan | Pro Vital Fitness Club | GER-SH | M-45 | 11 |
| 53 | 717 | 00:47:46 | Buteweg | Helmut | Hamminkelner SV | GER-NRW | M-60 | 2 |
| 54 | 504 | 00:47:48 | Menke | Frank | Sportfreunde Menke | GER-SH | M-45 | 12 |
| 55 | 638 | 00:47:49 | Siegert | Manuel | Janz Informationssysteme AG | GER-NRW | M-20 | 14 |
| 56 | 399 | 00:47:50 | Grenheid | Fred | BSG SPARKASSE HOLSTEIN | GER-SH | M-40 | 13 |
| 57 | 451 | 00:47:52 | Kendzia | Wilfried | Lübecker Nachrichten | GER-SH | M-50 | 6 |
| 58 | 682 | 00:47:52 | Westphal | Soeren | BSG SPARKASSE HOLSTEIN | GER-SH | M-40 | 14 |
| 59 | 567 | 00:48:23 | Radden | Oliver | Kiel | GER-SH | M-20 | 15 |
| 60 | 402 | 00:48:25 | Groß | Mario | VFB LÜBECK | GER-SH | M-20 | 16 |
| 61 | 522 | 00:48:56 | Münch | Marcel | Janz Informationssysteme AG | GER-HAM | M-30 | 3 |
| 62 | 601 | 00:48:57 | Schallehn | Oliver | Team Erdinger Alkoholfrei | GER-SH | M-40 | 15 |
| 63 | 557 | 00:49:02 | Potthast | Malte | Janz Informationssysteme AG | GER-HAM | M-35 | 5 |
| 64 | 731 | 00:49:08 | Meyer | Andreas | Roggenmoor | GER-SH | M-20 | 17 |
| 65 | 512 | 00:49:21 | Möller | Fred | BSG SPARKASSE HOLSTEIN | GER-SH | M-40 | 16 |
| 66 | 530 | 00:49:25 | Neumann | Michael | Art of Life | GER-SH | M-45 | 13 |
| 67 | 418 | 00:49:26 | Händel | Ingo | GHR-Strand | GER-SH | M-30 | 4 |
| 68 | 407 | 00:49:30 | Grünewald | Dirk | Mölln | GER-SH | M-40 | 17 |
| 69 | 481 | 00:49:37 | Lepin | Thomas | Bosauer SV | GER-SH | M-40 | 18 |
| 70 | 333 | 00:49:40 | Bolz | Reimer | TuSV Bützfleth Tennis Fit & Fun Lauftreff | GER-NIE | M-40 | 19 |
| 71 | 306 | 00:49:45 | Aulfinger | Michael | Möllner SV | GER-SH | M-45 | 14 |
| 72 | 722 | 00:49:51 | Wendt | Holger | | GER-SH | M-40 | 20 |
| 73 | 517 | 00:49:55 | Müller | Alfred | Pötenitz | GER-MVP | M-45 | 15 |
| 74 | 337 | 00:49:56 | Brunner | Manfred | Stockelsdorf | GER-SH | M-40 | 21 |
| 75 | 628 | 00:49:56 | Schümann | Marco | Lübecker Nachrichten | GER-SH | M-35 | 6 |
| 76 | 326 | 00:49:57 | Beuthien | Björn | Lübeck | GER-SH | M-20 | 18 |
| 77 | 369 | 00:49:58 | Dünninger | Edgar | Lübeck | GER-SH | M-45 | 16 |
| 78 | 370 | 00:50:01 | Engelhardt | Dennys | GHR-Strand | GER-SH | M-SC | 1 |
| 79 | 555 | 00:50:01 | Pöhlisen | Hans Werner | Arnesboken-Runners | GER-SH | M-60 | 3 |
| 80 | 379 | 00:50:01 | Frahm | Lasse | SSC Hanau-Rodenbach | GER-SH | M-65 | 1 |
| 81 | 740 | 00:50:13 | Fuhrhop | Andreas | LYC | GER-SH | M-50 | 7 |
| 82 | 362 | 00:50:35 | Dohms | Rainer | Team Elektro-Schramm Tdf. Strand | GER-SH | M-45 | 17 |
| 83 | 606 | 00:50:39 | Schischke | Dieter | SSV Güster | GER-SH | M-60 | 4 |
| 84 | 419 | 00:50:41 | Hannemann | Marcel | TITTY TWISTER | GER-SH | M-35 | 7 |
| 85 | 719 | 00:50:45 | Dahl | Peter | Fun Runners | GER-SH | M-50 | 8 |
| 86 | 395 | 00:50:49 | Goldhan | Michael | LG Portugal | GER-SH | M-45 | 18 |
| 87 | 380 | 00:50:58 | Frank | Ulrich | TSV SCHÖNBERG | GER-SH | M-35 | 8 |
| 88 | 588 | 00:51:04 | Runge | Bernd | TSV Bargteheide | GER-SH | M-50 | 9 |
| 89 | 423 | 00:51:07 | Haupt | Ferdinand | TSV Trittau | GER-SH | M-60 | 5 |
| 90 | 349 | 00:51:14 | Ciupek | Hartmut | FC Dänschendorf | GER-SH | M-55 | 2 |

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|-----|------|----------|-------------------|--------------|-------------------------------------|---------|-------------------|------------------|
| 91 | 356 | 00:51:18 | Daene | Hartmut | TSV Ratekau | GER-SH | M-65 | 2 |
| 92 | 388 | 00:51:19 | Gerson | Dietrich | Ratekau | GER-SH | M-65 | 3 |
| 93 | 511 | 00:51:26 | Mittmann | Frank | Bovender SV | GER-NIE | M-45 | 19 |
| 94 | 476 | 00:51:31 | Lange | Jörn | Ratekau | GER-SH | M-35 | 9 |
| 95 | 663 | 00:51:34 | von Appen | Werner | Team KARSTADT Mö | GER-SH | M-45 | 20 |
| 96 | 461 | 00:51:35 | Kock | Marek-Stefan | Lübeck | GER-SH | M-20 | 19 |
| 97 | 446 | 00:51:38 | Jürgensen | Kai | Kiel | GER-SH | M-50 | 10 |
| 98 | 422 | 00:51:46 | Haßler | Frank | NTSV Strand 08 | GER-SH | M-45 | 21 |
| 99 | 458 | 00:51:50 | Kluge | Harm | Escheburg | GER-SH | M-65 | 4 |
| 100 | 427 | 00:51:55 | Heine | Henning | Schwarmstedt | GER-NIE | M-40 | 22 |
| 101 | 650 | 00:52:04 | Struwe | Volker | TSV Lütjenburg | GER-SH | M-65 | 5 |
| 102 | 544 | 00:52:05 | Pannemann | Björn | VfB Oldenburg | GER-HAM | M-20 | 20 |
| 103 | 673 | 00:52:11 | Werner | Johannes | Langen | GER-HES | M-30 | 5 |
| 104 | 509 | 00:52:13 | Meyer | Willi | Ratzeburger SV | GER-SH | M-50 | 11 |
| 105 | 561 | 00:53:01 | Prohl | Uwe | Klingberg | GER-SH | M-45 | 22 |
| 106 | 554 | 00:53:06 | Pohl | Nicolas | Team Elektro-Schramm Tdf. Strand | GER-SH | M-20 | 21 |
| 107 | 713 | 00:53:10 | Biller | Frank | Bad Schwartau | GER-SH | M-40 | 23 |
| 108 | 470 | 00:53:11 | Krüger | Michael | BSG LÜBECKER HAFENGESELLSCHAFT | GER-SH | M-45 | 23 |
| 109 | 480 | 00:53:13 | Leonhard | Dieter | NTSV Strand 08 | GER-SH | M-60 | 6 |
| 110 | 548 | 00:53:18 | Paust | Dieter | ETV ELLERBEK | GER-SH | M-65 | 6 |
| 111 | 646 | 00:53:22 | Stamp | Rüdiger | SG TANTALUS KIEL | GER-SH | M-40 | 24 |
| 112 | 543 | 00:53:22 | Pallaschke | Kurt | Sierksdorf | GER-SH | M-65 | 7 |
| 113 | 394 | 00:53:27 | Gohr | Niklas | NTSV Strand 08 | GER-SH | M-SC | 2 |
| 114 | 551 | 00:53:27 | Piekenbrock | Martin | Ahrensböök | GER-SH | M-45 | 24 |
| 115 | 320 | 00:53:35 | Behnke | Stefan | Pro Vital Fitness Club | GER-SH | M-55 | 3 |
| 116 | 691 | 00:53:38 | Zimmermann | Marek | GHR-Strand | GER-SH | M-SB | 2 |
| 117 | 728 | 00:53:40 | Otta | Robert | | GER-SH | M-30 | 6 |
| 118 | 581 | 00:53:50 | Rogall | Tom | TSV Travemünde | GER-SH | M-20 | 22 |
| 119 | 675 | 00:53:57 | Weseloh | Eckhard | Bispingen | GER-NIE | M-40 | 25 |
| 120 | 444 | 00:53:57 | Jensch | Tim-Volker | Travemünde | GER-SH | M-35 | 10 |
| 121 | 518 | 00:54:05 | Müller | Karl-Heinz | Lübeck | GER-SH | M-70 | 1 |
| 122 | 624 | 00:54:07 | Schuldt | Björn | Reinfeld | GER-SH | M-20 | 23 |
| 123 | 618 | 00:54:13 | Schröder | Bernd | Ratzeburg | GER-SH | M-55 | 4 |
| 124 | 732 | 00:54:24 | Eckhoff-Rosenbaum | Thomas | Roggenmoor | GER-SH | M-30 | 7 |
| 125 | 501 | 00:54:28 | Meckelmann | Bernd | Neustadt | GER-SH | M-50 | 12 |
| 126 | 603 | 00:54:34 | Schätzle | Stephan | Lübeck | GER-SH | M-45 | 25 |
| 127 | 542 | 00:54:51 | Pähle | Harry | Stockelsdorf | GER-SH | M-50 | 13 |
| 128 | 465 | 00:54:51 | Kränicke | Gert | SG Sparkasse Holstein | GER-SH | M-50 | 14 |
| 129 | 372 | 00:54:53 | Eulert | Phillip | BSG SPARKASSE HOLSTEIN | GER-SH | M-20 | 24 |
| 130 | 582 | 00:54:55 | Rogler | Timo | Börnsen | GER-SH | M-JB | 2 |
| 131 | 309 | 00:55:01 | Bandilla | Andre | Hamburg | GER-HAM | M-45 | 26 |
| 132 | 474 | 00:55:02 | Lähn | Robin | GHR-Strand | GER-SH | M-SA | 1 |
| 133 | 397 | 00:55:03 | Gosch | Tilman | SV Fortuna St. Jürgen | GER-SH | M-SA | 2 |
| 134 | 353 | 00:55:07 | Czimek | Julian | GHR-Strand | GER-SH | M-SA | 3 |
| 135 | 586 | 00:55:13 | Rowedder | Juergen | TRIAS BAD SCHWARTAU | GER-SH | M-55 | 5 |
| 136 | 571 | 00:55:15 | Rahlf | Moritz | ATSV Stockelsdorf | GER-SH | M-20 | 25 |
| 137 | 611 | 00:55:16 | Schmüser | Stephan | Stubbendorf | GER-SH | M-40 | 26 |
| 138 | 498 | 00:55:18 | Martens | Axel | Lübeck | GER-SH | M-35 | 11 |
| 139 | 503 | 00:55:24 | Melchert | Dirk | Tennisverein Ratzeburg | GER-SH | M-50 | 15 |
| 140 | 406 | 00:55:26 | Grunewald | Theo | Bad Oldesloe | GER-SH | M-65 | 8 |

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|-----|------|----------|-------------|------------|-------------------------------------|---------|-------------------|------------------|
| 141 | 453 | 00:55:28 | Klautke | Christoph | VFL Oldesloe | GER-SH | M-20 | 26 |
| 142 | 583 | 00:55:28 | Rogler | Uwe | Börnsen | GER-SH | M-50 | 16 |
| 143 | 360 | 00:55:30 | Dambrowski | Rynald | GHR-Strand | GER-SH | M-SB | 3 |
| 144 | 670 | 00:55:36 | Weiss | Detlef | Malente | GER-SH | M-50 | 17 |
| 145 | 584 | 00:55:40 | Rohwer | Sönke | Schretstaken | GER-SH | M-40 | 27 |
| 146 | 688 | 00:55:50 | Zickau | Andreas | Itzehoe | GER-SH | M-40 | 28 |
| 147 | 368 | 00:55:51 | Drude | Hinrich | TSV Travemünde | GER-SH | M-35 | 12 |
| 148 | 384 | 00:55:52 | Gehm | Olaf | BSG SPARKASSE HOLSTEIN | GER-SH | M-45 | 27 |
| 149 | 616 | 00:55:52 | Schöppich | Lars | Bad Schwartau | GER-SH | M-35 | 13 |
| 150 | 361 | 00:56:07 | Dibbern | Dirk | | GER-SH | M-40 | 29 |
| 151 | 463 | 00:56:18 | Krämer | Gerd | Janz Informationssysteme AG | GER-HAM | M-45 | 28 |
| 152 | 558 | 00:56:18 | Pothast | Mario | Janz Informationssysteme AG | GER-HAM | M-35 | 14 |
| 153 | 510 | 00:56:26 | Meyer-Prinz | Frank | TuS Bothel | GER-NIE | M-50 | 18 |
| 154 | 311 | 00:56:31 | Bandow | Wolfgang | Tdf. Strand | GER-SH | M-60 | 7 |
| 155 | 626 | 00:56:32 | Schumacher | Benjamin | Stockelsdorf | GER-SH | M-20 | 27 |
| 156 | 398 | 00:56:33 | Gosch | Ulrich | Lübeck | GER-SH | M-45 | 29 |
| 157 | 678 | 00:56:45 | Wesenberg | Torben | Pönitzer Sportverein | GER-SH | M-SB | 4 |
| 158 | 677 | 00:56:46 | Wesenberg | Philipp | Pönitzer Sportverein | GER-SH | M-SA | 4 |
| 159 | 592 | 00:56:50 | Sage | Horst | Norderstedt | GER-SH | M-55 | 6 |
| 160 | 492 | 00:56:54 | Luedtke | Carsten | Scharbeutz | GER-SH | M-40 | 30 |
| 161 | 494 | 00:56:56 | Luedtke | Marius | NTSV Strand 08 | GER-SH | M-SC | 3 |
| 162 | 636 | 00:57:05 | Senkspiel | Jörg | VFB LÜBECK | GER-SH | M-60 | 8 |
| 163 | 336 | 00:57:05 | Brinkmann | Jörgen | Ahrensböök | GER-SH | M-45 | 30 |
| 164 | 478 | 00:57:10 | Lasinski | Gerald | Lübeck | GER-SH | M-35 | 15 |
| 165 | 327 | 00:57:11 | Bluhm | Frank | Groß Grönau | GER-SH | M-45 | 31 |
| 166 | 642 | 00:57:12 | Sokoll | Jonas | Team Elektro-Schramm Tdf. Strand | GER-SH | M-20 | 28 |
| 167 | 449 | 00:57:15 | Katzke | Jürgen | TUS LÜBECK 93 | GER-SH | M-60 | 9 |
| 168 | 610 | 00:57:19 | Schmull | Andreas | Sport AS Team | GER-NIE | M-50 | 19 |
| 169 | 2184 | 00:57:20 | Klann | Andreas | Team Erdinger Alkoholfrei | GER-SH | M-40 | 31 |
| 170 | 521 | 00:57:22 | Müller | Thomas | TRI-SPORT LÜBECK | GER-SH | M-50 | 20 |
| 171 | 303 | 00:57:35 | Andersen | Adolf | Neustadt | GER-SH | M-70 | 2 |
| 172 | 658 | 00:57:38 | Ulrich | Siegfried | Lübeck | GER-SH | M-70 | 3 |
| 173 | 643 | 00:57:51 | Soltmann | Michèl | ATSV Stockelsdorf | GER-SH | M-30 | 8 |
| 174 | 721 | 00:58:00 | Müller | Benno | BSG Hako | GER-SH | M-35 | 16 |
| 175 | 607 | 00:58:03 | Schliep | Jörg | Scharbeutz | GER-SH | M-45 | 32 |
| 176 | 348 | 00:58:04 | Buschke | Wilfried | Lübeck | GER-SH | M-50 | 21 |
| 177 | 363 | 00:58:08 | Dohrmann | Björn | Lüneburg | GER-NIE | M-40 | 32 |
| 178 | 448 | 00:58:09 | Kahnefend | Tino | Bad Oldesloe | GER-SH | M-20 | 29 |
| 179 | 464 | 00:58:11 | Krämer | Wolfgang | ATSV Stockelsdorf | GER-SH | M-50 | 22 |
| 180 | 597 | 00:58:12 | Sauer | Michael | Lübeck | GER-SH | M-55 | 7 |
| 181 | 526 | 00:58:24 | Neubert | Ingo | Barsbüttel | GER-SH | M-50 | 23 |
| 182 | 347 | 00:58:27 | Buschke | Jannik | Lübeck | GER-SH | M-20 | 30 |
| 183 | 737 | 00:58:44 | Kelch | Dr. Jürgen | | GER-SH | M-45 | 33 |
| 184 | 535 | 00:58:47 | Nottelmann | York | | GER-SH | M-40 | 33 |
| 185 | 585 | 00:58:54 | Romanko | Markus | Feuerwehr Böbs | GER-SH | M-40 | 34 |
| 186 | 639 | 00:59:00 | Siemers | Heiko | Wentorf | GER-SH | M-35 | 17 |
| 187 | 528 | 00:59:03 | Neuhaus | Georg | Lütjensee | GER-SH | M-50 | 24 |
| 188 | 437 | 00:59:12 | Holst | Erich | FC Dänschendorf | GER-SH | M-50 | 25 |
| 189 | 612 | 00:59:17 | Schmütz | Mario | Bad Segeberg | GER-SH | M-30 | 9 |
| 190 | 376 | 00:59:17 | Flachsbarth | David | Bad Segeberg | GER-SH | M-30 | 10 |
| 191 | 723 | 00:59:27 | Steingräber | Lucian | Ahrensböök | GER-SH | M-40 | 35 |

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|-----|------|----------|-------------|--------------|------------------------------|---------|-------------------|------------------|
| 192 | 735 | 00:59:28 | Reinert | Michael | | GER-SH | M-50 | 26 |
| 193 | 441 | 00:59:31 | Jacob | Thomas | Stadtwerke Lübeck | GER-SH | M-50 | 27 |
| 194 | 701 | 00:59:35 | Heimrich | Raoul W. | Team ZDF Küstenwache | GER-SH | M-45 | 34 |
| 195 | 703 | 00:59:38 | Doetsch | Christian P. | Team ZDF Küstenwache | GER-SH | M-35 | 18 |
| 196 | 591 | 00:59:52 | Rutkat | Hans | Klingberg | GER-SH | M-55 | 8 |
| 197 | 605 | 00:59:58 | Scheffler | Stefan | Seevetal | GER-NIE | M-20 | 31 |
| 198 | 357 | 01:00:05 | Dahlkötter | Ekkehard | Lüneburg | GER-NIE | M-45 | 35 |
| 199 | 553 | 01:00:12 | Pohl | Lukas | GHR-Strand | GER-SH | M-SB | 5 |
| 200 | 497 | 01:00:12 | Marsen | Olaf | Lensahn | GER-SH | M-35 | 19 |
| 201 | 647 | 01:00:20 | Steen | Andreas | LG Albatros Kiel | GER-SH | M-40 | 36 |
| 202 | 342 | 01:00:22 | Buhk | Volker | TuS Bothel | GER-NIE | M-50 | 28 |
| 203 | 513 | 01:00:31 | Möller | Ralf | Kiel | GER-SH | M-45 | 36 |
| 204 | 409 | 01:00:39 | Grünthal | Timo | sg holstein | GER-SH | M-30 | 11 |
| 205 | 681 | 01:00:44 | Westphal | Hans | TSV Plön Boxring | GER-SH | M-50 | 29 |
| 206 | 491 | 01:00:45 | Ludwig | Klaus | TSV Plön Boxring | GER-SH | M-60 | 10 |
| 207 | 621 | 01:00:50 | Knieling | Stefan | Karl-Schütze-Heim | GER-SH | M-40 | 37 |
| 208 | 18 | 01:00:51 | Meyer | Norbert | Lübeck | GER-SH | M-50 | 30 |
| 209 | 559 | 01:01:18 | Prieß | Heiko | Bad Segeberg | GER-SH | M-35 | 20 |
| 210 | 314 | 01:02:01 | Barthel | Dennis | Lübeck | GER-SH | M-20 | 32 |
| 211 | 734 | 01:02:15 | Richter | Norbert | Sereetzer SV | GER-SH | M-40 | 38 |
| 212 | 564 | 01:02:16 | Quednau | Marc | SV SEREETZ | GER-HAM | M-30 | 12 |
| 213 | 454 | 01:03:03 | Klautke | Klaus-Dieter | VFL Oldesloe | GER-SH | M-60 | 11 |
| 214 | 733 | 01:03:37 | Fehrs | Hans | | GER-SH | M-65 | 9 |
| 215 | 426 | 01:03:39 | Hedicke | Dirk | Carlow | GER-SH | M-45 | 37 |
| 216 | 499 | 01:03:47 | Martens | Björn | ZVO ENERGIE GmbH | GER-SH | M-JA | 2 |
| 217 | 371 | 01:05:03 | Engelhardt | Nico | GHR-Strand | GER-SH | M-SB | 6 |
| 218 | 623 | 01:05:08 | Schubert | Björn | GHR-Strand | GER-SH | M-SB | 7 |
| 219 | 487 | 01:06:05 | Lindemann | Wolfgang | TSV Grömitz + TSV Lensahn | GER-SH | M-65 | 10 |
| 220 | 428 | 01:07:11 | Heinrichsen | Karl-Heinz | Blau-Weiß Buchholz | GER-HAM | M-55 | 9 |
| 221 | 355 | 01:07:40 | Dabelstein | Norbert | Pansdorf | GER-SH | M-60 | 12 |
| 222 | 435 | 01:10:35 | Hoffmann | Juergen | Lübecker SC | GER-SH | M-60 | 13 |
| 223 | 573 | 01:12:02 | Reinhardt | Jens | Laufftreff MTV Amelinghausen | GER-NIE | M-40 | 39 |

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|---------------|-------------------------------|---------|-------------------|------------------|
| 1 | 705 | 00:34:21 | Hiller | Julia | LAC Quelle Fürth / München | GER-BAY | W-20 | 1 |
| 2 | 712 | 00:38:53 | Buchfelder | Natalie | MTV Ingoldstadt | GER-BAY | W-20 | 2 |
| 3 | 693 | 00:43:06 | Zwick | Nicole | Lübeck | GER-SH | W-35 | 1 |
| 4 | 613 | 00:44:05 | Schneider | Katrin | LG Albatros Kiel | GER-SH | W-30 | 1 |
| 5 | 469 | 00:44:40 | Krueger | Alexandra | Hamburg | GER-HAM | W-30 | 2 |
| 6 | 652 | 00:46:44 | Thomä | Julia Natalie | Lübeck | GER-SH | W-20 | 3 |
| 7 | 589 | 00:47:14 | Rünger | Antje | TSV PLÖN | GER-SH | W-40 | 1 |
| 8 | 575 | 00:47:29 | Remien | Svenia | RST Malente | GER-SH | W-30 | 3 |
| 9 | 710 | 00:47:39 | Tews | Anja | TSV Schönberg | GER-SH | W-35 | 2 |
| 10 | 305 | 00:48:44 | Anschütz | Monika | Freiberger Polizeisportverein | GER-HAM | W-20 | 4 |
| 11 | 304 | 00:48:56 | Aniol | Regina | TSV Ratekau | GER-SH | W-50 | 1 |
| 12 | 666 | 00:50:13 | Von Glan | Sarah | Lübeck | IRL | W-35 | 3 |
| 13 | 716 | 00:50:25 | Gröling | Julia | SV Klintum | GER-SH | W-SC | 1 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|-------------------|-----------|--------------------------------------|---------|-------------------|------------------|
| 14 | 400 | 00:50:32 | Gröhn | Kerstin | Hamburg | GER-HAM | W-20 | 5 |
| 15 | 635 | 00:50:54 | Seiler-Rabe | Silke | LG Albatros Kiel | GER-SH | W-45 | 1 |
| 16 | 576 | 00:51:10 | Reusch | Daniela | TRI-SPORT LÜBECK | GER-SH | W-30 | 4 |
| 17 | 456 | 00:51:45 | Kleinfeldt | Gundula | VFL BAD SCHWARTAU | GER-SH | W-45 | 2 |
| 18 | 338 | 00:52:06 | Bublitz | Alicia | TSV Zehlendorf von 1888 | GER-BRA | W-SA | 1 |
| 19 | 730 | 00:52:26 | Buchmann | inge | TRI-SPORT LÜBECK | GER-SH | W-35 | 4 |
| 20 | 532 | 00:52:30 | Nikuta | Stefanie | SV FRIEDRICHSORT | GER-SH | W-35 | 5 |
| 21 | 430 | 00:52:43 | Hellwig | Natalie | Kiel | GER-SH | W-20 | 6 |
| 22 | 452 | 00:53:29 | Klaus | Hannelore | SSC Hanau-Rodenbach | GER-SH | W-65 | 1 |
| 23 | 85 | 00:53:37 | Ernst | Marion | TSV Ratekau | GER-SH | W-50 | 2 |
| 24 | 594 | 00:53:52 | Saltzmann-Schnoor | Ingrid | SG Sparkasse-Holstein | GER-SH | W-40 | 2 |
| 25 | 383 | 00:53:54 | Gehm | Maria | Gothendorf | GER-SH | W-40 | 3 |
| 26 | 310 | 00:54:06 | Bandilla | Christina | Hamburg | GER-HAM | W-45 | 3 |
| 27 | 590 | 00:54:08 | Russ | Nicole | SV Preußen Reinfeld | GER-SH | W-20 | 7 |
| 28 | 374 | 00:54:22 | Fink | Jenny | Bad Schwartau | GER-SH | W-20 | 8 |
| 29 | 505 | 00:54:23 | Mews | Rebecca | GHR-Strand | GER-SH | W-JB | 1 |
| 30 | 345 | 00:54:31 | Burmeister | Ines | Vitalia Gesundheitszentrum | GER-SH | W-35 | 6 |
| 31 | 377 | 00:54:36 | Forstmann | Gabriele | Lübecker Frauen Rudergesellschaft | GER-SH | W-40 | 4 |
| 32 | 527 | 00:54:53 | Neubert-Schnegg | Susanne | ENDOKRINOLOGIKUM | GER-SH | W-50 | 3 |
| 33 | 627 | 00:54:57 | Schumacher | Juliane | Schieren | GER-SH | W-35 | 7 |
| 34 | 520 | 00:54:59 | Müller | Sonja | TRI-SPORT LÜBECK | GER-SH | W-45 | 4 |
| 35 | 477 | 00:55:04 | Lange-Schwartz | Sophie | VFL BAD SCHWARTAU | GER-SH | W-20 | 9 |
| 36 | 637 | 00:55:14 | Sieber | Kirsten | Lübecker SC | GER-SH | W-40 | 5 |
| 37 | 727 | 00:55:18 | Otta | Imke | | GER-SH | W-30 | 5 |
| 38 | 334 | 00:55:23 | Bosslet | Verena | Lübecker Nachrichten | GER-SH | W-40 | 6 |
| 39 | 433 | 00:55:34 | Hermansky | Andrea | Hamburg | GER-HAM | W-35 | 8 |
| 40 | 614 | 00:55:44 | Schoenfeld | Sinah | NTSV Strand 08 | GER-SH | W-SA | 2 |
| 41 | 529 | 00:55:57 | Neuhaus | Hanna | Lütjensee | GER-SH | W-JA | 1 |
| 42 | 375 | 00:56:09 | Fitzner | Liane | Wankendorf | GER-SH | W-35 | 9 |
| 43 | 660 | 00:56:14 | Veith | Cornelia | SGN Weilrod | GER-HES | W-50 | 4 |
| 44 | 560 | 00:56:26 | Prinz | Katrin | TuS Bothel | GER-NIE | W-45 | 5 |
| 45 | 725 | 00:56:28 | Gottschalk | Sandra | Ratzeburger SV -Triathlon | | W-30 | 6 |
| 46 | 331 | 00:56:35 | Bockholdt | Monika | Hamburg | GER-HAM | W-60 | 1 |
| 47 | 488 | 00:56:47 | Lorenz | Kristin | Reinfeld | GER-SH | W-20 | 10 |
| 48 | 593 | 00:56:49 | Sage | Katja | Norderstedt | GER-SH | W-20 | 11 |
| 49 | 648 | 00:56:51 | Steiner | Doris | BSG SPARKASSE HOLSTEIN | GER-SH | W-45 | 6 |
| 50 | 393 | 00:57:13 | Glück | Marion | HSU Hamburg | GER-SH | W-20 | 12 |
| 51 | 525 | 00:57:15 | Nehls | Lisa | Bremen | GBR | W-40 | 7 |
| 52 | 366 | 00:57:18 | Dräger | Karsta | Sport AS Team | GER-NIE | W-20 | 13 |
| 53 | 514 | 00:57:20 | Möller | Tanja | Triabolas Hamburg e.V. | GER-HAM | W-35 | 10 |
| 54 | 577 | 00:57:21 | Richter | Gabriele | TuS Bothel | GER-NIE | W-50 | 5 |
| 55 | 615 | 00:57:22 | Schönfeld | Insa | TuS Bothel | GER-NIE | W-40 | 8 |
| 56 | 432 | 00:57:29 | Henz | Evelyn | SVG PÖNITZ | GER-SH | W-50 | 6 |
| 57 | 410 | 00:57:36 | Gübel | Jasmin | Lübeck | GER-SH | W-30 | 7 |
| 58 | 339 | 00:57:39 | Buchholz | Monika | TSV Russee | GER-SH | W-50 | 7 |
| 59 | 667 | 00:57:40 | Von Hahn | Vanessa | Niederleveez | GER-SH | W-30 | 8 |
| 60 | 724 | 00:57:43 | Dahlmann | Julia | Ratzeburger SV - Triathlon | GER-SH | W-20 | 14 |
| 61 | 600 | 00:57:51 | Schäfer | Sigrun | BSG SPARKASSE HOLSTEIN | GER-SH | W-45 | 7 |
| 62 | 633 | 00:58:44 | Schwark | Angela | Bad Schwartau | GER-SH | W-45 | 8 |
| 63 | 676 | 00:59:05 | Wesenberg | Gabriele | Pönitzer Sportverein | GER-SH | W-45 | 9 |
| 64 | 401 | 00:59:21 | Gronau | Hanna | BSG SPARKASSE HOLSTEIN | GER-SH | W-55 | 1 |

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Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|--------------|---------------|----------------------------|---------|-------------------|------------------|
| 65 | 367 | 00:59:25 | Dreher | Eppi | Ventschau | GER-NIE | W-30 | 9 |
| 66 | 620 | 00:59:34 | Schröder | Kat | Y | GER-SH | W-20 | 15 |
| 67 | 315 | 00:59:36 | Barz | Petra | BSG SPARKASSE HOLSTEIN | GER-SH | W-40 | 9 |
| 68 | 387 | 00:59:37 | Geike | Sonja | Tosterglope - Ventschau | GER-NIE | W-50 | 8 |
| 69 | 684 | 00:59:53 | Wirth | Katharina | Lübeck | GER-SH | W-30 | 10 |
| 70 | 533 | 00:59:56 | Noglick | Sarah | Lübeck | GER-SH | W-20 | 16 |
| 71 | 656 | 00:59:57 | Trost | Ulrike | Rostock | GER-MVP | W-30 | 11 |
| 72 | 654 | 01:00:00 | Treder-Rabbe | Christine | Timmendorfer Strand | GER-SH | W-50 | 9 |
| 73 | 531 | 01:00:03 | Dahlkötter | Konstanze | Eutin | GER-SH | W-50 | 10 |
| 74 | 301 | 01:00:10 | Albrecht | Marie-Therese | TUS Wakendorf | GER-SH | W-20 | 17 |
| 75 | 631 | 01:00:16 | Schütt | Sinja | TSV Ratekau | GER-SH | W-JB | 2 |
| 76 | 328 | 01:00:29 | Bobkiewicz | Sarah | Seevetal | GER-NIE | W-20 | 18 |
| 77 | 644 | 01:00:37 | Speder | Lea | Timmendorfer Strand | GER-SH | W-SA | 3 |
| 78 | 325 | 01:00:37 | Berk | Katharina | NTSV Strand 08 | GER-SH | W-SA | 4 |
| 79 | 715 | 01:00:41 | Rehmer | Marnie | Bad Schwartau | GER-SH | W-40 | 10 |
| 80 | 421 | 01:00:45 | Hartmann | Elisabeth | Ratzbek | GER-SH | W-35 | 11 |
| 81 | 569 | 01:00:45 | Radestock | Martina | Röbel | GER-SH | W-45 | 10 |
| 82 | 634 | 01:00:48 | Seemann | Gisela | Klingberg | GER-SH | W-55 | 2 |
| 83 | 547 | 01:00:49 | Paulsen | Karin | Ratzbek | GER-SH | W-50 | 11 |
| 84 | 312 | 01:00:53 | Bartels | Bärbel | FC Dänischendorf | GER-SH | W-60 | 2 |
| 85 | 550 | 01:01:07 | Petters | Philippa | TRI-SPORT LÜBECK | GER-SH | W-40 | 11 |
| 86 | 324 | 01:01:21 | Bender | Farina | Lübeck | GER-SH | W-35 | 12 |
| 87 | 718 | 01:01:35 | Nych | Susanne | Reinbek | GER-SH | W-45 | 11 |
| 88 | 386 | 01:01:49 | Gehrt | Kerstin | Neustadt | GER-SH | W-40 | 12 |
| 89 | 472 | 01:01:58 | Kuns | Nicole | Techau | GER-SH | W-40 | 13 |
| 90 | 482 | 01:02:05 | Lessow | Catherine | NTSV Strand 08 | FRA | W-45 | 12 |
| 91 | 622 | 01:02:16 | Schubert | Annette | Lübeck | GER-SH | W-35 | 13 |
| 92 | 493 | 01:02:24 | Luedtke | Laura | Scharbeutz | GER-SH | W-SB | 1 |
| 93 | 479 | 01:02:25 | Lemke | Steffi | Barmstedt | GER-SH | W-35 | 14 |
| 94 | 467 | 01:02:30 | Krebs | Inge | PSV PÖNITZ | GER-SH | W-60 | 3 |
| 95 | 425 | 01:02:37 | Hebel | Anne | SSW Hamburg | GER-SH | W-20 | 19 |
| 96 | 307 | 01:02:38 | Baden | Cornelia | Bispingen | GER-NIE | W-40 | 14 |
| 97 | 447 | 01:03:00 | Jürgensen | Maren | Kiel | GER-SH | W-50 | 12 |
| 98 | 596 | 01:03:21 | Sartorius | Karin | VFL Oldesloe | GER-SH | W-60 | 4 |
| 99 | 689 | 01:03:21 | Ziele | Birgit | VFL Oldesloe | GER-SH | W-45 | 13 |
| 100 | 599 | 01:03:22 | Sauerbaum | Dinah | Plön | GER-SH | W-45 | 14 |
| 101 | 350 | 01:03:38 | Ciupek | Ruth | FC Dänischendorf | GER-SH | W-55 | 3 |
| 102 | 340 | 01:03:45 | Bückner | Birgit | TLV Germania Überruhr | GER-NRW | W-50 | 13 |
| 103 | 641 | 01:03:45 | Skrzipale | Michaela | TLV Germania Überruhr | GER-NRW | W-45 | 15 |
| 104 | 536 | 01:03:53 | Oldenburg | Ilona | Elmshorn | GER-SH | W-50 | 14 |
| 105 | 332 | 01:04:04 | Bölter | Conny | ATSV Stockelsdorf | GER-SH | W-40 | 15 |
| 106 | 572 | 01:04:05 | Reimer | Kitti | ATSV Stockelsdorf | GER-SH | W-40 | 16 |
| 107 | 570 | 01:04:23 | Radtke | Annette | GTV GLESCENDORF | GER-SH | W-45 | 16 |
| 108 | 562 | 01:04:35 | Prüß | Gilda | Helmut Schmidt Universität | GER-HAM | W-20 | 20 |
| 109 | 669 | 01:05:01 | Waldhauer | Sonja | Barmstedt | GER-SH | W-40 | 17 |
| 110 | 674 | 01:05:47 | Werner | Martina | Hamburg | GER-HAM | W-40 | 18 |
| 111 | 506 | 01:06:03 | Meyer | Claudia | SC WENTORF | GER-SH | W-35 | 15 |
| 112 | 692 | 01:06:44 | Zwecker | Evelyne | Fehmarn | GER-SH | W-35 | 16 |
| 113 | 344 | 01:07:03 | Burat | Jeanette | Lübecker SC | GER-SH | W-45 | 17 |
| 114 | 440 | 01:07:32 | Hübner | Sabine | TSV PANSDORF | GER-SH | W-45 | 18 |
| 115 | 495 | 01:08:19 | Luedtke | Nicole | Scharbeutz | GER-SH | W-40 | 19 |

Ergebnis M / W - gesamt

10 Km Lauf (10 Km)

10 Km Lauf W

| Pos | StNr | Gesamt | Name | Vorname | Verein / Ort | Nat. | Alters- Klasse | Pos Altersklasse |
|-----|------|----------|------------|-----------|-----------------------------|---------|-------------------|------------------|
| 116 | 690 | 01:09:36 | Zier | Katharina | Möllner SV | GER-SH | W-30 | 12 |
| 117 | 574 | 01:09:57 | Reinhardt | Susanne | Timmendorfer Strand | GER-SH | W-40 | 20 |
| 118 | 308 | 01:12:27 | Bahr | Bianca | Janz Informationssysteme AG | GER-HAM | W-35 | 17 |
| 119 | 500 | 01:12:50 | Mattusch | Heike | Hamburg | GER-HAM | W-35 | 18 |
| 120 | 537 | 01:18:25 | Osterdorff | Anja | Groß Grönau | GER-SH | W-35 | 19 |
| 121 | 546 | 01:24:30 | Papenfuß | Sabine | Geesthacht | GER-SH | W-50 | 15 |

Einträge in der Liste: 344