

15. Sparkassen Ostseelauf Timmendorfer Strand 2019

Ergebnisliste AK Fitnesslauf über 5 km



| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|-----|------|-----|------------|--------|-------|
|------|-----|------|-----|------------|--------|-------|

Fitnesslauf über 5 km

weibliche Kinder U12

| | | | | | | |
|----|------|---------------------------|------|---------------------|-------|------------|
| 1. | 1299 | EVERS Anna | 2008 | NTSV Strand 08 | 27:20 | 27:13 (1.) |
| 2. | 1422 | FELKE Jill Summer | 2008 | Lübeck | 27:53 | 27:42 (2.) |
| 3. | 359 | HOFFMANN Greta Maxi Marie | 2008 | Timmendorfer Strand | 30:54 | 30:47 (3.) |
| 4. | 30 | MATZEN Lara | 2009 | Bad Schwartau | 31:25 | 31:20 (4.) |
| 5. | 174 | KÖNIG Mia Madita | 2008 | Timmendorfer Strand | 33:43 | 33:38 (5.) |
| 6. | 288 | SCHMELING Romy | 2009 | Hamberge | 34:12 | 34:11 (6.) |
| 7. | 1210 | PUKALL Merle | 2008 | TSV Reinbek | 35:15 | 35:00 (7.) |

männliche Kinder U12

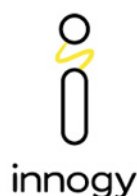
| | | | | | | |
|-----|------|-----------------|------|---------------------------------|-------|-------------|
| 1. | 936 | KOLLMEIER Jaron | 2008 | MTV Lübeck | 20:54 | 20:52 (1.) |
| 2. | 501 | GOLDSTEIN Felix | 2009 | Ahrensburg | 21:40 | 21:39 (2.) |
| 3. | 694 | RÖHRLE Lukas | 2008 | FvSG | 22:46 | 22:42 (3.) |
| 4. | 432 | DEUTSCH Fritz | 2008 | LT | 22:55 | 22:53 (4.) |
| 5. | 925 | ALPEN Jasper | 2008 | TSV Bordesholm | 22:57 | 22:54 (5.) |
| 6. | 1629 | HÖPPNER Liam | 2008 | NTSV Strand 08 | 23:26 | 23:24 (6.) |
| 7. | 953 | BOLLMANN Luan | 2009 | Lübeck 1876 | 23:44 | 23:37 (7.) |
| 8. | 1915 | SCHUBACK John | 2008 | NTSV Strand 08 | 27:43 | 27:40 (8.) |
| 9. | 1239 | FRENZEL Mats | 2009 | Tri-Sport Lübeck | 27:56 | 27:51 (9.) |
| 10. | 1260 | WUSTRACK Max | 2009 | Büchen | 30:58 | 30:42 (10.) |
| 11. | 1610 | LEHRKE Morris | 2008 | Jugendtreff Timmendorfer Strand | 47:39 | 47:34 (11.) |

weibliche Jugend U 14

| | | | | | | |
|----|------|------------------|------|---------------------------------|-------|------------|
| 1. | 161 | KOBER Anna-Maria | 2006 | Lübeck | 22:29 | 22:22 (1.) |
| 2. | 1238 | FRENZEL Lene | 2007 | Tri-Sport Lübeck | 24:35 | 24:31 (2.) |
| 3. | 427 | MOLTER Madlen | 2007 | Eutin | 26:20 | 26:13 (3.) |
| 4. | 926 | ALPEN Jette | 2006 | TSV Bordesholm | 28:19 | 28:06 (4.) |
| 5. | 31 | MATZEN Dana | 2006 | Bad Schwartau | 30:27 | 30:21 (5.) |
| 6. | 1606 | KOBER Jule | 2006 | Jugendtreff Timmendorfer Strand | 45:57 | 45:52 (6.) |

männliche Jugend U14

| | | | | | | |
|-----|------|--------------------|------|---------------------------------|-------|-------------|
| 1. | 984 | FISLER Levin | 2007 | FvSG | 22:52 | 22:47 (1.) |
| 2. | 1916 | JESCHONEK Henry | 2007 | VfB Lübeck | 23:25 | 23:22 (2.) |
| 3. | 833 | BÜNZ Florian | 2006 | Apex Team Hamburg | 25:03 | 24:53 (3.) |
| 4. | 1601 | SCHÖNING Levy | 2007 | TSV Lensahn | 26:28 | 26:19 (4.) |
| 5. | 311 | FRANTZ Jonas | 2006 | Hamburg | 27:32 | 27:23 (5.) |
| 6. | 1614 | ZIMMERMANN Lukas | 2006 | Jugendtreff Timmendorfer Strand | 32:27 | 32:23 (6.) |
| 7. | 1615 | ZESTERMANN Robert | 2006 | Jugendtreff Timmendorfer Strand | 32:30 | 32:26 (7.) |
| 8. | 1320 | PETERSEN Jason | 2007 | Strander Speedkierst | 34:50 | 34:48 (8.) |
| 9. | 1611 | THANGTHUA Jonathan | 2007 | Jugendtreff Timmendorfer Strand | 36:16 | 36:16 (9.) |
| 10. | 1616 | KENJO Saman | 2007 | Jugendtreff Timmendorfer Strand | 36:21 | 36:20 (10.) |
| 11. | 1315 | OTT Leon | 2007 | Strander Speedkierst | 36:50 | 36:46 (11.) |
| 12. | 1617 | AMADIN Joshua | 2007 | Jugendtreff Timmendorfer Strand | 47:26 | 47:25 (12.) |



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| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|-----|------|-----|------------|--------|-------|
|------|-----|------|-----|------------|--------|-------|

weibliche Jugend U16

| | | | | | | |
|----|------|---------------|------|---------------------------------|-------|------------|
| 1. | 1105 | STÜBEN Maxine | 2004 | SC Poppenbüttel, Hamburg | 20:22 | 20:20 (1.) |
| 2. | 73 | BÖGER Sina | 2004 | TSV Bargteheide Tri | 21:57 | 21:55 (2.) |
| 3. | 65 | FITSCHEN Lena | 2004 | TSV Bargteheide Tri | 23:59 | 23:56 (3.) |
| 4. | 1630 | LEVIEN Leonie | 2005 | LAV Hamburg Nord | 25:38 | 25:35 (4.) |
| 5. | 697 | RECK Klara | 2004 | FvSG | 27:12 | 27:02 (5.) |
| 6. | 693 | PRIES Carina | 2004 | FvSG | 28:07 | 27:57 (6.) |
| 7. | 1607 | PALOCH Kamila | 2005 | Jugendtreff Timmendorfer Strand | 45:57 | 45:52 (7.) |

männliche Jugend U16

| | | | | | | |
|-----|------|------------------|------|----------------------|-------|-------------|
| 1. | 67 | GARBERS Noah | 2004 | TSV Bargteheide Tri | 18:21 | 18:19 (1.) |
| 2. | 68 | ARLT Marc-Oliver | 2004 | TSV Bargteheide Tri | 19:40 | 19:38 (2.) |
| 3. | 1635 | GILLER Julius | 2005 | Tri-Sport Lübeck | 20:47 | 20:43 (3.) |
| 4. | 1150 | KOCK Tim | 2005 | SC Buntekuh, Lübeck | 22:51 | 22:47 (4.) |
| 5. | 1298 | ROGATTY Leif | 2005 | NTSV Strand 08 | 24:36 | 24:34 (5.) |
| 6. | 1334 | ROCHEL Liam | 2004 | GGs Strand | 25:16 | 25:02 (6.) |
| 7. | 1347 | BRUM David | 2005 | Kaltenkirchen | 28:19 | 28:10 (7.) |
| 8. | 1321 | LUX Finn | 2005 | Strander Speedkierst | 30:22 | 30:20 (8.) |
| 9. | 1230 | SAGER Felix | 2004 | Möllner SV | 31:19 | 31:12 (9.) |
| 10. | 1623 | BELVOIX Gabriel | 2005 | Apex Team Hamburg | 32:34 | 32:24 (10.) |
| 11. | 1319 | BRÄUER Luca | 2005 | Strander Speedkierst | 32:52 | 32:49 (11.) |
| 12. | 976 | HAASE Niklas | 2004 | TSV Zarpen | 33:18 | 32:59 (12.) |

weibliche Jugend U18

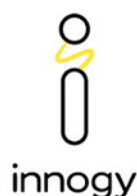
| | | | | | | |
|----|------|------------------------|------|------------------------|-------|------------|
| 1. | 858 | HANSEN Jette | 2003 | TSV Bargteheide | 20:50 | 20:49 (1.) |
| 2. | 964 | EHLERS Hannah | 2003 | RuFv Wasbek | 23:01 | 22:59 (2.) |
| 3. | 1447 | GLAGE Jette | 2002 | SV Tugendorf Triathlon | 23:29 | 23:25 (3.) |
| 4. | 72 | FRANKE Lynn-Carlotta | 2003 | TSV Bargteheide Tri | 25:13 | 25:10 (4.) |
| 5. | 696 | LINBERGA Laura | 2003 | FvSG | 28:43 | 28:33 (5.) |
| 6. | 1128 | BRADTKE Alegria | 2002 | Tri-Sport Lübeck | 29:14 | 29:06 (6.) |
| 7. | 1619 | LADEWIG Hannh Josefine | 2002 | | 42:18 | 41:58 (7.) |

männliche Jugend U18

| | | | | | | |
|----|------|---------------------------|------|----------------------------|-------|------------|
| 1. | 66 | NISSEN Oliver | 2003 | TSV Bargteheide Tri | 17:35 | 17:33 (1.) |
| 2. | 64 | ULKA Lukas | 2003 | TSV Bargteheide Tri | 18:07 | 18:05 (2.) |
| 3. | 424 | SEEHUSEN Lars | 2002 | Spiridon-Club Bad Oldesloe | 23:03 | 22:58 (3.) |
| 4. | 1333 | BEHRENS-HAGELSTEIN Calvin | 2002 | GGs Strand | 27:50 | 27:37 (4.) |
| 5. | 375 | MECKLENBURG Kevin | 2003 | Walters Erben | 28:41 | 28:38 (5.) |

weibliche Jugend U20

| | | | | | | |
|----|------|-----------------------|------|---------------------------|-------|------------|
| 1. | 69 | MICK Hjørdis | 2000 | TSV Bargteheide Tri | 20:25 | 20:22 (1.) |
| 2. | 1416 | DANNERS Michelle | 2000 | TSV Neustadt i. H. | 24:21 | 24:15 (2.) |
| 3. | 1603 | FIEBIG Marie-Caroline | 2000 | Familie am laufenden Band | 28:25 | 28:23 (3.) |
| 4. | 1638 | VON DER LINDE Maxine | 2001 | BTC Buxtehude | 29:15 | 28:54 (4.) |
| 5. | 528 | ESCHHOLZ Anna | 2001 | Gleschendorf | 36:17 | 36:10 (5.) |



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|------|-----|------|-----|------------|--------|-------|
|------|-----|------|-----|------------|--------|-------|

männliche Jugend U20

| | | | | | | |
|----|-----|-----------------|------|-----------------------|-------|------------|
| 1. | 751 | MITTMANN Niclas | 2000 | Elithera Stockelsdorf | 22:12 | 21:51 (1.) |
| 2. | 681 | SARI Mark (HUN) | 2000 | 017662039371 | 23:47 | 23:34 (2.) |
| 3. | 977 | KESSLAU Dennis | 2000 | TSV Zarpen | 33:14 | 32:55 (3.) |

Frauen

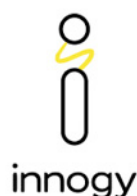
| | | | | | | |
|-----|------|-------------------|------|-------------------------------|-------|-------------|
| 1. | 1605 | BOUBAKEUR Chantal | 1998 | Elmshorner MTV | 18:53 | 18:51 (1.) |
| 2. | 1324 | GUTH Anette | 1994 | Schwobamädla | 23:52 | 23:50 (2.) |
| 3. | 1367 | DITTMANN Imke | 1992 | Hamburg | 26:48 | 26:40 (3.) |
| 4. | 504 | WRIGHT Charlotte | 1991 | OHNE VEREIN | 28:11 | 28:03 (4.) |
| 5. | 278 | FIETKAU Nele | 1992 | Hamburg | 28:53 | 28:41 (5.) |
| 6. | 1628 | SCHOENFELD Sinah | 1995 | | 29:16 | 29:01 (6.) |
| 7. | 265 | BLESKE Annina | 1990 | RuF Brennerkatzen | 31:05 | 30:53 (7.) |
| 8. | 1624 | SCHOLZ Lea | 1996 | Edda Runners | 31:09 | 30:57 (8.) |
| 9. | 1394 | KOCK Lisa | 1991 | Malente | 32:07 | 31:50 (9.) |
| 10. | 836 | REKLAT Madeleine | 1990 | Giekau | 32:24 | 32:15 (10.) |
| 11. | 170 | FEDDERN Selina | 1996 | Lübeck | 32:39 | 32:22 (11.) |
| 12. | 747 | KRISAT Lena | 1996 | Elithera Stockelsdorf | 32:59 | 32:38 (12.) |
| 13. | 1307 | SPEET Natascha | 1994 | HOCHTIEF (Infrastructure GmbH | 33:29 | 33:07 (13.) |
| 14. | 1171 | SCHINDLER Malin | 1997 | Wakendorf II | 34:41 | 34:20 (14.) |
| 15. | 1634 | PRAG Katrin | 1990 | | 35:22 | 35:09 (15.) |
| 16. | 221 | HEDDERGOTT Venera | 1990 | Hamburg | 42:18 | 41:54 (16.) |

Männer

| | | | | | | |
|-----|------|------------------|------|--|-------|-------------|
| 1. | 636 | STÜFEN Lukas | 1999 | TSV Bargtheide Tri | 17:02 | 17:00 (1.) |
| 2. | 401 | SZEMKUS Torben | 1997 | Laufen in Lübeck | 19:44 | 19:43 (2.) |
| 3. | 951 | PEECK Maximilian | 1997 | Lübeck 1876 | 19:54 | 19:53 (3.) |
| 4. | 1415 | PAULIS Lasse | 1994 | TSV Neustadt i. H. | 22:40 | 22:35 (4.) |
| 5. | 482 | STÖCKMANN Jonas | 1993 | Die X-beliebigen | 22:53 | 22:47 (5.) |
| 6. | 1631 | REBENSTÖRP Jan | 1993 | | 24:57 | 24:51 (6.) |
| 7. | 1064 | DADEN Christoph | 1995 | Diakoniewerk im nördlichen Mecklenburg | 27:26 | 27:14 (7.) |
| 8. | 503 | LINDNER Robert | 1991 | NTSV | 29:24 | 29:17 (8.) |
| 9. | 207 | SCHAPER Torben | 1994 | Lübeck | 32:40 | 32:22 (9.) |
| 10. | 1308 | OVERBERG Max | 1996 | HOCHTIEF (Infrastructure GmbH | 33:13 | 32:51 (10.) |
| 11. | 1314 | FRÖHLICH Michael | 1990 | Strander Speedkierst | 35:16 | 35:13 (11.) |
| 12. | 1061 | PENK Ricardo | 1990 | Diakoniewerk im nördlichen Mecklenburg | 36:51 | 36:45 (12.) |

Seniorinnen W30

| | | | | | | |
|----|------|------------------|------|--------------|-------|------------|
| 1. | 1132 | SÄHLOFF Laura | 1988 | Selmsdorf | 23:44 | 23:40 (1.) |
| 2. | 187 | KUBISTA Yasmin | 1988 | SG Elbmarsch | 26:46 | 26:36 (3.) |
| 3. | 662 | UHLIG Jenny | 1985 | Altenholz | 26:49 | 26:31 (2.) |
| 4. | 1914 | SCHUBACK Julia | 1988 | | 28:14 | 28:11 (4.) |
| 5. | 1643 | BUCZYNSKA Alicja | 1988 | | 28:32 | 28:14 (5.) |
| 6. | 274 | KROHN Sarah | 1987 | Hamburg | 28:54 | 28:43 (6.) |
| 7. | 276 | KROHN Nora | 1985 | Hamburg | 28:54 | 28:44 (7.) |
| 8. | 772 | PAULSEN Manuela | 1986 | Schmedeswuth | 28:56 | 28:47 (8.) |



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| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|------|------------------------|------|-----------------------|--------|-------------|
| 9. | 1206 | KOO-POEGGEL Ping (MAS) | 1989 | #läuftbeiuns | 29:13 | 29:05 (9.) |
| 10. | 491 | STAHLBERG Annika Rabea | 1985 | Hamburg | 29:38 | 29:27 (10.) |
| 11. | 905 | DÄHRING Conny | 1986 | Abendgymnasium Lübeck | 31:57 | 31:39 (11.) |
| 12. | 1005 | BUCHHOLZ Kornelia | 1988 | Böbs | 32:58 | 32:40 (12.) |
| 13. | 1352 | TEYFEL Jessica | 1986 | Klein Wesenberg | 33:42 | 33:23 (13.) |
| 14. | 962 | HOOF Johanna | 1986 | Kiel | 33:49 | 33:27 (14.) |
| 15. | 1424 | CREUTZ Christine | 1985 | Trittau | 33:56 | 33:43 (15.) |
| 16. | 1626 | LARBANOIX Louise | 1986 | | 34:40 | 34:24 (16.) |
| 17. | 745 | BEHNCKE Ramona | 1989 | Elithera Stockelsdorf | 37:54 | 37:32 (17.) |
| 18. | 195 | KORITKE Janette | 1986 | Bern | 38:20 | 38:13 (18.) |

Senioren M30

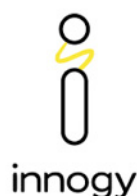
| | | | | | | |
|-----|------|------------------------|------|----------------------|-------|-------------|
| 1. | 1618 | QUELLMALZ Eric | 1988 | Jena e.V. | 16:22 | 16:21 (1.) |
| 2. | 1418 | KELSCH Alex | 1986 | TSV Neustadt i. H. | 18:55 | 18:54 (2.) |
| 3. | 1122 | SCHUNCK Kolin | 1987 | TSV Bargteheide | 21:30 | 21:25 (3.) |
| 4. | 128 | WITZEL-ROHDE Daniel | 1987 | Die X-beliebigen | 22:07 | 21:52 (4.) |
| 5. | 1414 | GEPPER Valentin | 1985 | TSV Neustadt i. H. | 22:49 | 22:44 (5.) |
| 6. | 127 | JÖST Vincent | 1988 | Die X-beliebigen | 23:19 | 23:04 (6.) |
| 7. | 1368 | PLESCHKE Ole | 1989 | Melbeck | 25:18 | 25:10 (7.) |
| 8. | 652 | LÜBKE Torben | 1985 | Bremervörde | 31:09 | 30:53 (8.) |
| 9. | 650 | HEIDNER Steve | 1987 | Team Max & Emma | 31:15 | 31:06 (9.) |
| 10. | 577 | ALBRECHT Julian-Daniel | 1988 | Bauckhof Kl. Süstedt | 31:36 | 31:15 (10.) |
| 11. | 1119 | KLAWITTER Stefan | 1986 | Herrnburg | 32:27 | 32:06 (11.) |
| 12. | 799 | DUNKEL Steffen | 1985 | TESCOM Running Team | 32:41 | 32:26 (12.) |
| 13. | 461 | KUNZE Christopher | 1987 | #läuftbeiuns | 40:32 | 40:12 (13.) |

Seniorinnen W35

| | | | | | | |
|-----|------|--------------------|------|---------------------|-------|-------------|
| 1. | 807 | WITTFOHT Sandra | 1981 | Möllner SV | 24:47 | 24:42 (1.) |
| 2. | 954 | BOLL Monika | 1982 | Lübeck | 25:04 | 25:01 (2.) |
| 3. | 535 | SCHRAMM Regina | 1984 | 1. AC Schramm | 25:27 | 25:14 (3.) |
| 4. | 118 | ZANDER Rahel | 1981 | Lübeck | 27:18 | 27:02 (4.) |
| 5. | 1384 | SEVECKE Theresa | 1983 | Bad Schwartau | 29:09 | 29:00 (5.) |
| 6. | 1445 | PLÖGER Karen | 1982 | SV Sülfeld | 29:20 | 29:12 (6.) |
| 7. | 619 | DÜRKOP Anika | 1983 | Laufen in Lübeck | 30:13 | 30:00 (7.) |
| 8. | 897 | TRETAU Tina | 1980 | Timmendorfer Strand | 30:33 | 30:23 (8.) |
| 9. | 1261 | WUSTRACK Christina | 1981 | Büchen | 30:58 | 30:41 (9.) |
| 10. | 208 | POTT Melanie | 1981 | SG Elbmarsch | 31:12 | 31:03 (10.) |
| 11. | 649 | REGEWSKI Svea | 1982 | Team Max & Emma | 31:12 | 31:03 (11.) |
| 12. | 129 | BÖHME Annett | 1981 | Die X-beliebigen | 32:15 | 32:00 (12.) |
| 13. | 655 | STEINBRINK Corinna | 1983 | Eutin | 33:15 | 32:53 (13.) |
| 14. | 234 | CHRISTENSEN Denise | 1981 | SG Elbmarsch | 36:06 | 35:56 (14.) |

Senioren M35

| | | | | | | |
|----|------|---------------|------|----------------------------|-------|------------|
| 1. | 82 | KÖNDGEN David | 1984 | Turnerbund Hamburg Eilbeck | 16:42 | 16:41 (1.) |
| 2. | 1620 | KHRO Kovan | 1984 | Laufen in Lübeck | 21:40 | 21:39 (2.) |
| 3. | 391 | KUNZ Waldemar | 1981 | Team 154 | 24:21 | 24:11 (3.) |



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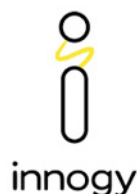
| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|------|-----------------------|------|--|--------|-------------|
| 4. | 766 | SIEBERT André | 1983 | Gross Grönau | 26:23 | 26:01 (4.) |
| 5. | 1060 | DORNBERGER Matthias | 1984 | Diakoniewerk im nördlichen Mecklenburg | 26:25 | 26:20 (5.) |
| 6. | 1654 | MEYER Jan-Hendrik | 1982 | Racebooker | 27:15 | 27:00 (6.) |
| 7. | 1251 | LANGE Björn | 1980 | Lübeck | 27:21 | 27:04 (7.) |
| 8. | 653 | WILSHUSEN Christian | 1983 | Bremervörde | 28:44 | 28:28 (8.) |
| 9. | 279 | GOSCH Thorben | 1983 | Hamburg | 28:53 | 28:42 (10.) |
| 10. | 275 | KROHN Till | 1983 | Hamburg | 28:53 | 28:42 (9.) |
| 11. | 280 | BORM Kristofer | 1983 | Hamburg | 28:55 | 28:44 (11.) |
| 12. | 1625 | BECKER Marco | 1984 | | 29:02 | 28:45 (12.) |
| 13. | 1063 | SPRÖßIG Marcel | 1982 | Diakoniewerk im nördlichen Mecklenburg | 30:42 | 30:37 (13.) |
| 14. | 1393 | MIKOSCH Daniel | 1983 | Malente | 32:07 | 31:51 (14.) |
| 15. | 819 | HÜTTENHÖLSCHER Manuel | 1980 | annalog | 33:15 | 32:56 (15.) |

Seniorinnen W40

| | | | | | | |
|-----|------|----------------------|------|---------------------------------|-------|-------------|
| 1. | 683 | BALAZS Edit (HUN) | 1977 | 017662039371 | 24:20 | 24:06 (1.) |
| 2. | 175 | LADEWIG Susanne | 1979 | Demern | 25:29 | 25:26 (2.) |
| 3. | 1371 | SCHMIDT Nina | 1977 | TV Tostedt | 26:08 | 25:58 (3.) |
| 4. | 193 | WINKEL Melanie | 1979 | Reinfeld (Holstein) | 27:00 | 26:50 (4.) |
| 5. | 787 | STURM Gesa | 1976 | LTV Kiel-Ost | 27:15 | 27:01 (5.) |
| 6. | 1917 | GUSY Melanie | 1977 | | 27:27 | 27:23 (6.) |
| 7. | 426 | MOLTER Petra | 1975 | Eutin | 28:23 | 28:17 (7.) |
| 8. | 901 | KRÖMER Tina | 1978 | Ostseesportverein | 28:29 | 28:26 (8.) |
| 9. | 1024 | BECKER Annika | 1975 | Luhdorf | 28:51 | 28:36 (9.) |
| 10. | 1120 | BOHLMANN Britta | 1977 | Reessum | 29:03 | 28:47 (10.) |
| 11. | 1448 | KRIEG Yvonne | 1976 | Sülfeld | 29:24 | 29:15 (11.) |
| 12. | 385 | ARISKIN Olga | 1976 | PC CADDIE://online | 30:13 | 29:23 (12.) |
| 13. | 383 | GADOW Tanja | 1978 | Kronshagen | 30:59 | 30:43 (13.) |
| 14. | 1434 | HAHN Rona | 1979 | Speedy Turtles | 31:00 | 30:43 (14.) |
| 15. | 266 | SCHEFFLER Daniela | 1978 | RuF Brennerkaten | 31:05 | 30:53 (15.) |
| 16. | 672 | IAKUBOVA Elena (RUS) | 1976 | Stemmen | 32:00 | 31:54 (16.) |
| 17. | 1180 | KOLOSSA Ann-Katrin | 1979 | LBV Phoenix | 32:06 | 31:59 (17.) |
| 18. | 1071 | RATH Andrea | 1979 | Fisherladies | 32:24 | 32:13 (18.) |
| 19. | 1203 | BARTSCH Susann | 1976 | Neustadt | 32:30 | 32:14 (19.) |
| 20. | 1419 | ELWERT Birte | 1976 | TSV Neustadt i. H. | 32:40 | 32:34 (20.) |
| 21. | 1147 | SOLTAU Uta | 1978 | TSV Lensahn | 33:30 | 33:10 (21.) |
| 22. | 287 | SCHMELING Anna | 1978 | Hamberge | 34:13 | 34:11 (22.) |
| 23. | 1401 | GEERDS Gitte | 1975 | Hamburg | 37:52 | 37:35 (23.) |
| 24. | 192 | TOMALA Dorota | 1979 | Reinfeld (Holstein) | 38:41 | 38:30 (24.) |
| 25. | 1612 | LEHMANN Elif | 1976 | Jugendtreff Timmendorfer Strand | 47:39 | 47:33 (25.) |

Senioren M40

| | | | | | | |
|----|------|--------------------|------|-------------------------|-------|------------|
| 1. | 1273 | MULUVE Paul | 1979 | Praxis Klinik Bergedorf | 17:51 | 17:50 (1.) |
| 2. | 384 | ARISKIN Alexander | 1975 | PC CADDIE://online | 17:59 | 17:58 (2.) |
| 3. | 1346 | BRUM Sergej | 1979 | Kaltenkirchen | 18:28 | 18:26 (3.) |
| 4. | 1382 | BRODERIUS Benjamin | 1977 | MTV Lübeck | 22:33 | 22:30 (4.) |
| 5. | 680 | SARI Zsolt (HUN) | 1976 | 017662039371 | 25:21 | 25:08 (5.) |



15. Sparkassen Ostseelauf Timmendorfer Strand 2019

Ergebnisliste AK Fitnesslauf über 5 km



| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|------|---------------------|------|---------------------|--------|-------------|
| 6. | 798 | RÜSCHER Mathias | 1979 | TESCOM Running Team | 25:48 | 25:34 (6.) |
| 7. | 1281 | GNASS Christian | 1977 | FC Schönberg 95 | 27:14 | 27:09 (7.) |
| 8. | 856 | WITT Stefan | 1979 | Itzehoe | 28:30 | 28:11 (8.) |
| 9. | 1642 | MÜLLER Tom | 1977 | | 33:11 | 32:51 (9.) |
| 10. | 286 | SCHMELING Sebastian | 1976 | Hamberge | 34:12 | 34:11 (10.) |
| 11. | 1211 | PUKALL Markus | 1976 | TSV Reinbek | 35:18 | 35:03 (11.) |

Seniorinnen W45

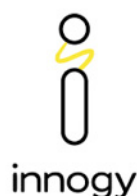
| | | | | | | |
|-----|------|-----------------------|------|-----------------------------------|-------|-------------|
| 1. | 1052 | BREMER Christina | 1973 | CBVH | 27:47 | 27:42 (1.) |
| 2. | 1070 | THIMM Edda | 1974 | OSV | 28:29 | 28:19 (3.) |
| 3. | 959 | SADATEL Andrea | 1974 | Lübeck | 28:33 | 28:14 (2.) |
| 4. | 555 | BROSIUS Susanne | 1973 | Delingsdorf | 28:56 | 28:48 (4.) |
| 5. | 1102 | RUEGGERBERG Sylvia | 1973 | Lübeck | 29:22 | 29:15 (5.) |
| 6. | 821 | BATSCHULAT Stefanie | 1971 | Laufen in Lübeck | 29:52 | 29:46 (6.) |
| 7. | 918 | MÖLLER Claudia | 1970 | Hamburg | 30:25 | 30:07 (7.) |
| 8. | 376 | MECKLENBURG Olga | 1974 | Walters Erben | 30:30 | 30:26 (8.) |
| 9. | 603 | GOETSCH Jana | 1971 | Lübeck | 30:53 | 30:44 (10.) |
| 10. | 657 | HAUSENDORF Sylvia | 1971 | Magdeburger Leichtathletik Verein | 30:56 | 30:42 (9.) |
| 11. | 497 | IWEN Janett | 1970 | OstseeRunner | 31:32 | 31:17 (11.) |
| 12. | 609 | STEGEMANN Bernhild | 1971 | OstseeRunner | 32:16 | 32:01 (12.) |
| 13. | 924 | ALPEN Annett | 1972 | Bordesholm | 32:17 | 32:04 (14.) |
| 14. | 848 | SPIERING Britta | 1973 | OstseeRunner | 32:18 | 32:03 (13.) |
| 15. | 1421 | FELKE Christine | 1972 | Lübeck | 34:09 | 33:59 (15.) |
| 16. | 1240 | FRENZEL Jeannine | 1974 | Tri-Sport Lübeck | 34:24 | 34:17 (16.) |
| 17. | 741 | ZORNOW-GERIGK Sandra | 1973 | Lübeck | 35:27 | 35:12 (17.) |
| 18. | 689 | KETELSEN Barbara | 1972 | Ferienhof Wulfshof | 35:47 | 35:38 (18.) |
| 19. | 988 | LORF-WOLLESEN Annette | 1971 | Apex Team Hamburg | 37:45 | 37:34 (20.) |
| 20. | 746 | BUSSE Julia | 1970 | Elithera Stockelsdorf | 37:54 | 37:32 (19.) |
| 21. | 1270 | POLZIN Sandra | 1973 | TSV Ratekau | 39:11 | 38:59 (21.) |
| 22. | 1369 | WELDE Christine | 1972 | Bad Schwartau | 41:59 | 41:53 (22.) |
| 23. | 137 | NIKUTA Stefanie | 1971 | SV Friedrichsort | 43:55 | 43:30 (23.) |

Senioren M45

| | | | | | | |
|----|------|------------------|------|-------------------|-------|------------|
| 1. | 1079 | BOLLMANN Dennis | 1974 | Lübecker SC | 22:34 | 22:27 (1.) |
| 2. | 444 | HEINE Dennis | 1974 | Tornesch | 22:41 | 22:39 (2.) |
| 3. | 1241 | FRENZEL Daniel | 1974 | Tri-Sport Lübeck | 22:59 | 22:54 (3.) |
| 4. | 917 | MÖLLER Andre | 1972 | Hamburg | 23:59 | 23:42 (4.) |
| 5. | 428 | MOLTER Christoph | 1972 | Eutin | 28:23 | 28:14 (5.) |
| 6. | 902 | KRÖMER Nils | 1970 | Ostseesportverein | 28:29 | 28:26 (6.) |
| 7. | 1204 | MOCK Tobias | 1971 | Neustadt | 33:28 | 33:11 (7.) |
| 8. | 1050 | ZEYNS Marco | 1972 | Team Portobello | 33:43 | 33:31 (8.) |

Seniorinnen W50

| | | | | | | |
|----|------|---------------|------|-----------------|-------|------------|
| 1. | 1225 | HEGGE Viola | 1965 | Trisport Lübeck | 24:49 | 24:40 (1.) |
| 2. | 1078 | PRANGE Birgit | 1966 | incito consult | 24:50 | 24:46 (2.) |
| 3. | 337 | SELLMER Maren | 1968 | Bad Odesloe | 26:19 | 26:06 (3.) |



15. Sparkassen Ostseelauf Timmendorfer Strand 2019

Ergebnisliste AK Fitnesslauf über 5 km



| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------|------|-----------------|------|---------------------------------|--------|-------------|
| 4. | 52 | BOSK Anja | 1967 | Körperakademie -Running People- | 29:10 | 28:55 (4.) |
| 5. | 1426 | ARRONET Nina | 1969 | Trittau | 29:17 | 29:05 (5.) |
| 6. | 1182 | GUTJAHR Anja | 1968 | Lübeck | 30:35 | 30:17 (6.) |
| 7. | 1149 | SCHOSKE Sigrid | 1969 | TSV Lensahn | 31:42 | 31:22 (7.) |
| 8. | 283 | FRAMBACH Britta | 1965 | Lübeck | 32:19 | 32:05 (8.) |
| 9. | 488 | MACKE Uta | 1969 | SVS Schedetal Volkmarshausen | 32:31 | 32:13 (9.) |
| 10. | 748 | KRISAT Sylvia | 1966 | Elithera Stockelsdorf | 33:00 | 32:39 (10.) |
| 11. | 1305 | DEUßER Birgit | 1968 | HOCHTIEF (Infrastructure GmbH | 33:06 | 32:46 (11.) |
| 12. | 750 | MITTMANN Nicole | 1969 | Elithera Stockelsdorf | 33:26 | 33:06 (12.) |
| 13. | 740 | ROCH Andrea | 1968 | Lübeck | 35:29 | 35:12 (13.) |
| 14. | 1604 | TACKEN Marthe | 1968 | Familie am laufenden Band | 48:21 | 48:08 (14.) |

Senioren M50

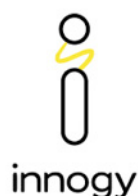
| | | | | | | |
|----|------|----------------|------|-------------------------------|-------|------------|
| 1. | 1077 | STEIN Torsten | 1967 | Bayer Kiel | 18:56 | 18:55 (1.) |
| 2. | 1082 | MÜTZE Stefan | 1967 | Running Athlete Lübeck | 22:30 | 22:26 (2.) |
| 3. | 1404 | ROMANKO Markus | 1968 | Freiwillige Feuerwehr Böbs | 22:55 | 22:47 (3.) |
| 4. | 1622 | WEHNHARDT Rene | 1966 | RSC Fuldabrück | 27:17 | 27:14 (4.) |
| 5. | 1372 | SCHMIDT Oliver | 1969 | TV Tostedt | 28:10 | 28:00 (5.) |
| 6. | 1311 | MERKEL Jens | 1965 | HOCHTIEF (Infrastructure GmbH | 32:11 | 31:50 (6.) |
| 7. | 688 | FRANK Markus | 1969 | Casterfeld | 35:48 | 35:39 (7.) |
| 8. | 25 | ZIMMER Frank | 1966 | Holtorfer SV | 36:04 | 35:47 (8.) |

Seniorinnen W55

| | | | | | | |
|-----|------|----------------------|------|------------------------------|-------|-------------|
| 1. | 1114 | HAMER Birgit | 1961 | LG POWER-Schnecken Kiel e.V. | 27:57 | 27:46 (1.) |
| 2. | 1129 | SOHNREY Kirsten | 1964 | OstseeRunner | 30:33 | 30:19 (2.) |
| 3. | 1269 | VOß Sabine | 1964 | OstseeRunner | 30:50 | 30:36 (3.) |
| 4. | 1636 | VON DER LINDE Nicole | 1964 | BTC Buxtehude | 32:30 | 32:08 (4.) |
| 5. | 595 | BANSE Anne | 1962 | Lübeck | 32:58 | 32:51 (5.) |
| 6. | 815 | POGGENBERG Ilona | 1960 | Bad Schwartau | 33:43 | 33:38 (6.) |
| 7. | 1163 | FLUTHWEDEL Nicole | 1962 | Team Portobello | 33:57 | 33:46 (7.) |
| 8. | 726 | MUNDY Elke | 1961 | Hamburg | 34:40 | 34:24 (8.) |
| 9. | 749 | OESER Anja | 1963 | Elithera Stockelsdorf | 36:36 | 36:13 (9.) |
| 10. | 1400 | ENGE Iris | 1964 | Hamburg | 37:52 | 37:36 (10.) |
| 11. | 886 | KROHN Birgit | 1962 | Spiridon-Club Bad Oldesloe | 43:40 | 43:17 (11.) |

Senioren M55

| | | | | | | |
|-----|------|---------------------------|------|----------------------------|-------|-------------|
| 1. | 1627 | KATTHÖFER Peter | 1960 | LV Oelde | 24:47 | 24:40 (1.) |
| 2. | 934 | HANINGS Axel | 1962 | Hamburg | 27:07 | 26:50 (2.) |
| 3. | 1255 | LÜHMANN Dirk | 1960 | Blau-Weiss Buchholz e.V. | 27:38 | 27:25 (3.) |
| 4. | 1053 | HANSMANN Volker | 1963 | CBVH | 28:31 | 28:26 (4.) |
| 5. | 1425 | WILDE Michael | 1964 | Trittau | 29:16 | 29:04 (5.) |
| 6. | 1655 | KITTLITZ Rene | 1964 | BSV | 29:25 | 29:19 (6.) |
| 7. | 267 | HEILKENBRINKER Christof | 1964 | RuF Brennerkaten | 30:54 | 30:41 (7.) |
| 8. | 35 | SCHARFSCHWERDT Stefan | 1961 | Bad Schwartau | 31:04 | 30:57 (9.) |
| 9. | 885 | KROHN Thomas | 1960 | Spiridon-Club Bad Oldesloe | 31:06 | 30:43 (8.) |
| 10. | 1637 | RISCHKAU-V.D. LINDE Bernd | 1960 | BTC Buxtehude | 32:02 | 31:40 (10.) |



15. Sparkassen Ostseelauf Timmendorfer Strand 2019

Ergebnisliste AK Fitnesslauf über 5 km



| Rang | SNR | Name | Jg. | Verein/Ort | Brutto | Netto |
|------------------------|------|-----------------------|------|----------------------|--------|------------|
| Seniorinnen W60 | | | | | | |
| 1. | 1244 | KRAHMANN-MEIER Ulrike | 1958 | Trisport Lübeck | 28:31 | 28:28 (1.) |
| 2. | 19 | SCHWARZKOPP Annette | 1958 | LSF Münster | 30:12 | 30:08 (2.) |
| 3. | 669 | DOBRICK Margret | 1956 | Dobbrick Bau | 30:59 | 30:47 (3.) |
| 4. | 1602 | KLINGENBERG Birgit | 1959 | TSV Lensahn | 48:21 | 48:08 (4.) |
| Senioren M60 | | | | | | |
| 1. | 1265 | KIRSCHTOWSKI Jens | 1957 | VfL Oldesloe | 27:19 | 27:14 (1.) |
| 2. | 864 | SKOWRONNEK Joachim | 1959 | Seevetal | 30:22 | 30:12 (2.) |
| 3. | 490 | ROOT Ingo | 1958 | Hamburg | 30:32 | 30:20 (3.) |
| 4. | 820 | KOOP Matthias | 1959 | Lübeck | 33:29 | 33:04 (4.) |
| 5. | 462 | KUNZE Thomas | 1957 | #läuftbeiuns | 46:23 | 46:03 (5.) |
| Seniorinnen W65 | | | | | | |
| 1. | 277 | KROHN Maren | 1951 | Hamburg | 28:52 | 28:43 (1.) |
| 2. | 952 | VON SCHAMANN Cornelia | 1954 | Lübeck 1876 | 29:34 | 29:29 (2.) |
| Senioren M65 | | | | | | |
| 1. | 950 | HACKER Holger | 1950 | Lübeck 1876 | 25:31 | 25:27 (1.) |
| 2. | 1123 | SCHUNCK Volker | 1954 | TSV Bargteheide | 29:32 | 29:17 (2.) |
| 3. | 1205 | RESAGK Harry | 1952 | Neustadt | 31:44 | 31:29 (3.) |
| 4. | 453 | BRACK Christoph | 1952 | Lübeck | 38:02 | 37:43 (4.) |
| 5. | 857 | SCHMIDT Horst | 1951 | Lübeck 1876 | 40:50 | 40:33 (5.) |
| 6. | 138 | HETZER Rudolf | 1951 | SV Friedrichsort | 43:55 | 43:30 (6.) |
| Seniorinnen W70 | | | | | | |
| 1. | 568 | ROTHER Marion | 1946 | LSF Münster | 29:55 | 29:49 (1.) |
| Senioren M70 | | | | | | |
| 1. | 272 | LANDGRAEBER Michael | 1945 | LAL HH-Oldenfelde | 24:37 | 24:37 (1.) |
| 2. | 1076 | HASS Roland | 1947 | Neustadt in Holstein | 33:37 | 33:31 (2.) |
| 3. | 1632 | GUTA Holger | 1948 | LGN | 41:09 | 41:05 (3.) |
| Senioren M75 | | | | | | |
| 1. | 1633 | SUMP Siegurd | 1940 | LGN | 36:04 | 35:57 (1.) |
| Senioren M80 | | | | | | |
| 1. | 1187 | JUSKOWIAK Robert | 1937 | Ohne Verein | 44:28 | 44:09 (1.) |

