

| Platz | Name, Vorname          | Jg | Verein / BSG / Ort      | Laufen    | Pos<br>L | Rad       | Pos<br>R | Zwischen-<br>zeit | Pos<br>ZZ | Laufen    | Pos<br>L | Gesamtzeit | Alters-<br>klasse | Start-<br>Nr. |
|-------|------------------------|----|-------------------------|-----------|----------|-----------|----------|-------------------|-----------|-----------|----------|------------|-------------------|---------------|
| 1     | Johannsen, Leif        | 97 | SG Athletico Büdelsdorf | 0:19:40 h | 3        | 0:43:25 h | 1        | 1:03:05 h         | 1         | 0:20:05 h | 3        | 1:23:10 h  | MAK2              | 87            |
| 2     | Buck, Pascal           | 92 | SG Athletico Büdelsdorf | 0:19:37 h | 2        | 0:47:25 h | 3        | 1:07:02 h         | 2         | 0:19:08 h | 1        | 1:26:10 h  | MAK3              | 92            |
| 3     | Schwarzkopf, Dieter    | 87 | Borener Sv              | 0:18:16 h | 1        | 0:50:15 h | 8        | 1:08:31 h         | 3         | 0:19:40 h | 2        | 1:28:11 h  | MAK4              | 122           |
| 4     | Wichmann, Frank        | 75 | SG Athletico Büdelsdorf | 0:21:25 h | 7        | 0:47:14 h | 2        | 1:08:39 h         | 4         | 0:22:02 h | 8        | 1:30:41 h  | M Sen2            | 117           |
| 5     | Eurich, Benjamin       | 90 | Tri-Sport Lübeck        | 0:19:42 h | 4        | 0:52:35 h | 13       | 1:12:17 h         | 10        | 0:20:06 h | 4        | 1:32:23 h  | MAK3              | 86            |
| 6     | Nahnsen, Björn         | 77 | SV Enge-Sande           | 0:20:53 h | 6        | 0:50:06 h | 7        | 1:10:59 h         | 5         | 0:21:27 h | 6        | 1:32:26 h  | M Sen2            | 97            |
| 7     | Sönksen, Heiko         | 91 | SV Enge-Sande           | 0:20:47 h | 5        | 0:51:02 h | 10       | 1:11:49 h         | 7         | 0:20:59 h | 5        | 1:32:48 h  | MAK3              | 115           |
| 8     | Krüger, Marcel         | 95 | Sport-Club Itzehoe      | 0:21:26 h | 8        | 0:50:03 h | 6        | 1:11:29 h         | 6         | 0:21:51 h | 7        | 1:33:20 h  | MAK2              | 98            |
| 9     | Todt, Mathias          | 76 | Borener SV              | 0:22:00 h | 9        | 0:49:58 h | 5        | 1:11:58 h         | 9         | 0:23:07 h | 10       | 1:35:05 h  | M Sen2            | 77            |
| 10    | Jakobs, Gerrit         | 78 | TC Ballrn e.V.          | 0:23:09 h | 13       | 0:48:43 h | 4        | 1:11:52 h         | 8         | 0:23:56 h | 13       | 1:35:48 h  | M Sen1            | 93            |
| 11    | Blase, Danny           | 88 | SG Athletico Büdelsdorf | 0:22:10 h | 11       | 0:51:43 h | 11       | 1:13:53 h         | 11        | 0:22:50 h | 9        | 1:36:43 h  | MAK3              | 79            |
| 12    | Bromberg, Norman       | 68 | Borener SV              | 0:23:02 h | 12       | 0:50:57 h | 9        | 1:13:59 h         | 12        | 0:23:47 h | 12       | 1:37:46 h  | M Sen3            | 40            |
| 13    | Paysen, Karen          | 73 | TSV Langenhorn          | 0:22:08 h | 10       | 0:57:00 h | 19       | 1:19:08 h         | 17        | 0:23:19 h | 11       | 1:42:27 h  | W Sen2            | 111           |
| 14    | Röckendorf, Niels      | 72 | TSV Bargteheide Tri     | 0:23:46 h | 14       | 0:53:32 h | 16       | 1:17:18 h         | 13        | 0:25:37 h | 15       | 1:42:55 h  | M Sen3            | 20            |
| 15    | Sönksen, Nina          | 88 | SV Enge Sande           | 0:24:05 h | 15       | 0:54:36 h | 18       | 1:18:41 h         | 16        | 0:25:17 h | 14       | 1:43:58 h  | W AK3             | 106           |
| 16    | Lütten-Junge, Jutta    | 68 | Fri Ööwingsfloose       | 0:25:59 h | 18       | 0:52:38 h | 14       | 1:18:37 h         | 15        | 0:26:52 h | 17       | 1:45:29 h  | W Sen3            | 103           |
| 17    | Günther, Paula Marie   | 99 | Sg Athletico Büdelsdorf | 0:26:05 h | 19       | 0:53:31 h | 15       | 1:19:36 h         | 18        | 0:26:51 h | 16       | 1:46:27 h  | W AK1             | 116           |
| 18    | Mannebeck, Dietmar     | 66 | TuS Holtenau            | 0:26:39 h | 22       | 0:51:57 h | 12       | 1:18:36 h         | 14        | 0:28:03 h | 20       | 1:46:39 h  | M Sen4            | 22            |
| 19    | Dannenberg, Hans-Peter | 62 | SG Athletico Büdelsdorf | 0:25:52 h | 17       | 0:54:07 h | 17       | 1:19:59 h         | 19        | 0:26:53 h | 18       | 1:46:52 h  | M Sen5            | 134           |
| 20    | Hey, Julia             | 99 | TSV Bargteheide Tri     | 0:25:51 h | 16       | 0:59:08 h | 20       | 1:24:59 h         | 20        | 0:27:37 h | 19       | 1:52:36 h  | W AK1             | 84            |
| 21    | Skroblin, Joachim      | 59 | Spiridon Oldesloe       | 0:26:21 h | 21       | 1:00:22 h | 21       | 1:26:43 h         | 21        | 0:28:56 h | 22       | 1:55:39 h  | M Sen5            | 113           |
| 22    | Lützen, Ellen          | 68 | Fri Ööwingsfloose       | 0:26:09 h | 20       | 1:03:35 h | 23       | 1:29:44 h         | 22        | 0:28:15 h | 21       | 1:57:59 h  | W Sen3            | 109           |
| 23    | Reese, Matthias        | 66 | LTV Kiel-Ost            | 0:28:20 h | 23       | 1:03:06 h | 22       | 1:31:26 h         | 23        | 0:33:15 h | 24       | 2:04:41 h  | M Sen4            | 6             |
| 24    | Molero-Membrilla, José | 41 | Borener SV              | 0:30:28 h | 24       | 1:13:08 h | 24       | 1:43:36 h         | 24        | 0:32:30 h | 23       | 2:16:06 h  | M Sen9            | 37            |