

| Platz | Name, Vorname       | Jg | Verein / BSG / Ort             | Zeit        | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|---------------------|----|--------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 1     | Jarck, Mathias      | 93 | LG Rendsburg / Büdelsdorf      | 0:18:22,1 h | 1             | M JgA-1   | °             | °         | 955           |
| 2     | Arndt, Ayke         | 96 | SG Athletico Büdelsdorf        | 0:18:31,2 h | 2             | M SA-1    | °             | °         | 943           |
| 3     | Hellmond, Hendrik   | 94 | SG Athletico Büdelsdorf        | 0:19:41,9 h | 3             | M JgB-1   | °             | °         | 939           |
| 4     | Preußner, Timo      | 90 | SG Athletico Büdelsdorf        | 0:19:56,4 h | 4             | M 20-1    | °             | °         | 944           |
| 5     | Unsold, Jörg        | 68 | ALG-VfL Bokel                  | 0:20:53,4 h | 5             | M 40-1    | °             | °         | 927           |
| 6     | Schließ, Torsten    | 65 | ALG-VfL Bokel                  | 0:21:25,9 h | 6             | M 45-1    | °             | °         | 929           |
| 7     | Spitzka, Tim        | 91 | Volksbank-Raiffeisenbank im Kr | 0:21:49,1 h | 7             | M 20-2    | °             | °         | 948           |
| 8     | Kolling, Sascha     | 96 | TSV Kropp                      | 0:21:51,0 h | 8             | M SA-2    | °             | °         | 910           |
| 9     | Spessart, Ralf      | 62 | SV Elsdorf                     | 0:22:02,8 h | 9             | M 45-2    | °             | °         | 937           |
| 10    | Siemers, Patrick    | 98 | SV Hörnerkirchen               | 0:22:12,1 h | 10            | M SB-1    | °             | °         | 900           |
| 11    | Buck, Pascal        | 92 | SG Athletico Büdelsdorf        | 0:22:14,5 h | 11            | M JgA-2   | °             | °         | 938           |
| 12    | Kotowski, Thorben   | 87 | Volksbank-Raiffeisenbank im Kr | 0:22:19,0 h | 12            | M 20-3    | °             | °         | 949           |
| 13    | Siemers, Kristin    | 96 | SG Athletico Büdelsdorf        | 0:22:23,6 h | °             | °         | 1             | W SA-1    | 941           |
| 14    | Helbing, Neil       | 01 | Preetzre TSV                   | 0:22:44,5 h | 13            | M SC-1    | °             | °         | 918           |
| 15    | Kolling, Kim Oliver | 96 | TSV Kropp                      | 0:22:50,9 h | 14            | M SA-3    | °             | °         | 911           |
| 16    | Landtreter, Jannik  | 98 |                                | 0:23:38,0 h | 15            | M SB-2    | °             | °         | 969           |
| 17    | Binder, Laura       | 97 | SG Athletico Büdelsdorf        | 0:23:41,8 h | °             | °         | 2             | W SA-2    | 940           |
| 18    | Hellmund, Günter    | 59 | Osterrönfeld                   | 0:23:56,2 h | 16            | M 50-1    | °             | °         | 903           |
| 19    | Hasselmann, Martin  | 69 | LG Eidersport Rendsburg        | 0:24:11,1 h | 17            | M 40-2    | °             | °         | 923           |
| 20    | Wieter, Andriano    | 97 |                                | 0:24:14,5 h | 18            | M SA-4    | °             | °         | 961           |
| 21    | Wende, Marvin       | 94 | Osterrönfelder TSV             | 0:24:19,2 h | 19            | M JgB-2   | °             | °         | 966           |
| 22    | Große, Dirk         | 69 | SG Athletico Büdelsdorf        | 0:24:22,8 h | 20            | M 40-3    | °             | °         | 964           |
| 23    | Schließ, Marcel     | 96 | ALG-VfL Bokel                  | 0:25:06,3 h | 21            | M SA-5    | °             | °         | 928           |
| 24    | Kröger, Jannek      | 01 | SV Hamweddel                   | 0:25:15,0 h | 22            | M SC-2    | °             | °         | 931           |
| 25    | Tuschke, Tom        | 00 | SG Athletico Büdelsdorf        | 0:25:25,5 h | 23            | M SC-3    | °             | °         | 945           |
| 26    | Dallmann, Domenick  | 95 |                                | 0:25:31,7 h | 24            | M JgB-3   | °             | °         | 962           |
| 27    | Wolst, Tobias       | 02 | Rendsburger TSV                | 0:25:40,4 h | 25            | M SD-1    | °             | °         | 905           |
| 28    | Landtreter, Frank   | 68 |                                | 0:25:46,0 h | 26            | M 40-4    | °             | °         | 970           |
| 29    | Dierks, Morten      | 98 | Rendsburg                      | 0:25:48,2 h | 27            | M SB-3    | °             | °         | 906           |
| 30    | Clauß, Angelika     | 52 | LG Rendsburg / Büdelsdorf      | 0:25:52,0 h | °             | °         | 3             | W 55-1    | 909           |
| 31    | Antonowicz, Lennart | 00 | Osterrönfelder TSV             | 0:25:54,0 h | 28            | M SC-4    | °             | °         | 972           |
| 32    | Müller, Joshua      | 00 | Osterrönfelder TSV             | 0:25:56,8 h | 29            | M SC-5    | °             | °         | 976           |
| 33    | Gierke, Francesca   | 00 | Skiclub Buntenbock             | 0:26:19,3 h | °             | °         | 4             | W SC-1    | 960           |
| 34    | Schülldorf, Silke   | 60 | Schülldorfs Lauftreff          | 0:26:23,1 h | °             | °         | 5             | W 50-1    | 953           |
| 35    | Landtreter, Jonas   | 00 | Osterrönfelder TSV             | 0:26:37,3 h | 30            | M SC-6    | °             | °         | 974           |
| 36    | Klemt, Jörg         | 71 | TSV Breiholz                   | 0:26:45,8 h | 31            | M 40-5    | °             | °         | 933           |
| 37    | Maschmann, Oliver   | 00 | Osterrönfelder TSV             | 0:26:48,1 h | 32            | M SC-7    | °             | °         | 977           |

| Platz | Name, Vorname       | Jg | Verein / BSG / Ort             | Zeit        | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|---------------------|----|--------------------------------|-------------|---------------|-----------|---------------|-----------|---------------|
| 38    | Schulz, Tim         | 02 | SSV Bredenbek                  | 0:26:49,9 h | 33            | M SD-2    | °             | °         | 907           |
| 39    | Grohnert, Laurenz   | 02 | Westerrönfelder SV             | 0:27:02,9 h | 34            | M SD-3    | °             | °         | 935           |
| 40    | Jäger, Phil         | 00 | Osterrönfelder TSV             | 0:27:06,0 h | 35            | M SC-8    | °             | °         | 973           |
| 41    | Grohnert, Thorsten  | 69 | Westerrönfelder SV             | 0:27:07,4 h | 36            | M 40-6    | °             | °         | 936           |
| 42    | Ströh, Klaus-Jürgen | 45 | BSG-Eon Hanse                  | 0:27:14,9 h | 37            | M 65-1    | °             | °         | 919           |
| 43    | Kröger, Volker      | 69 | TSV Breiholz                   | 0:27:22,4 h | 38            | M 40-7    | °             | °         | 932           |
| 44    | Reimer, Karl        | 53 | SSV Bredenbek                  | 0:27:25,4 h | 39            | M 55-1    | °             | °         | 915           |
| 45    | Mantwill, Kenneth   | 00 | Osterrönfelder TSV             | 0:27:42,0 h | 40            | M SC-9    | °             | °         | 971           |
| 46    | Pauers, Justus      | 99 | TSV Owschlag                   | 0:27:44,0 h | 41            | M SB-4    | °             | °         | 917           |
| 47    | Krabbenhöft, Hans   | 57 |                                | 0:27:46,2 h | 42            | M 50-2    | °             | °         | 968           |
| 48    | Kröger, Marius      | 97 | FC Fockbek                     | 0:28:17,5 h | 43            | M SA-6    | °             | °         | 930           |
| 49    | Harbs, Carolin      | 01 | TuS Nortorf                    | 0:28:20,8 h | °             | °         | 6             | W SC-2    | 952           |
| 50    | Schneekloth, Urte   | 00 | SSV Bredenbek                  | 0:28:36,5 h | °             | °         | 7             | W SC-3    | 916           |
| 51    | Brouer, Ulrike      | 60 | SSV Bredenbek                  | 0:29:12,8 h | °             | °         | 8             | W 50-2    | 913           |
| 52    | Jäger, Sarah        | 02 | SSV Bredenbek                  | 0:29:27,4 h | °             | °         | 9             | W SD-1    | 914           |
| 53    | Schümann, Aileen    | 00 | Osterrönfeld                   | 0:29:28,4 h | °             | °         | 10            | W SC-4    | 901           |
| 54    | Klemt, Kevin        | 98 | TSV Breiholz                   | 0:29:39,2 h | 44            | M SB-5    | °             | °         | 934           |
| 55    | Panten, Elisabeth   | 62 | Bovenau                        | 0:29:44,3 h | °             | °         | 11            | W 45-1    | 979           |
| 56    | Laßen, Werner       | 53 | Schülldorfs Lauftreff          | 0:30:01,4 h | 45            | M 55-2    | °             | °         | 956           |
| 57    | Clauß, Timm         | 49 | SV Elsdorf                     | 0:30:16,3 h | 46            | M 60-1    | °             | °         | 908           |
| 58    | Wacks, Silke        | 63 | Schülldorfs Lauftreff          | 0:30:58,1 h | °             | °         | 12            | W 45-2    | 957           |
| 59    | Hellmund, Tanja     | 71 | Osterrönfeld                   | 0:31:16,1 h | °             | °         | 13            | W 40-1    | 902           |
| 60    | Gierke, Christiane  | 68 | Skiclub Buntenbock             | 0:31:45,4 h | °             | °         | 14            | W 40-2    | 965           |
| 61    | Konowakczyk, Uschi  | 55 |                                | 0:32:00,0 h | °             | °         | 15            | W 55-2    | 967           |
| 62    | Steen, Andeas       | 68 | LG Albatros                    | 0:32:21,8 h | 47            | M 40-8    | °             | °         | 959           |
| 63    | Goldau, Jerome      | 00 | Osterrönfelder TSV             | 0:33:02,7 h | 48            | M SC-10   | °             | °         | 978           |
| 64    | Pauers, Heinke      | 67 | TSV Owschlag                   | 0:33:10,4 h | °             | °         | 16            | W 40-3    | 912           |
| 65    | André, Julian       | 94 |                                | 0:33:11,8 h | 49            | M JgB-4   | °             | °         | 963           |
| 66    | Hänjes, Christian   | 00 | Osterrönfelder TSV             | 0:33:39,5 h | 50            | M SC-11   | °             | °         | 980           |
| 67    | Marxen, Astrid      | 70 | Volksbank-Raiffeisenbank im Kr | 0:34:44,5 h | °             | °         | 17            | W 40-4    | 946           |
| 68    | Gawarecki, Andreas  | 67 | Volksbank-Raiffeisenbank im Kr | 0:34:45,8 h | 51            | M 40-9    | °             | °         | 947           |
| 69    | Voß, Rasmus         | 01 | Voß                            | 0:35:53,9 h | 52            | M SC-12   | °             | °         | 920           |
| 70    | Voß, Insa           | 68 | Voß                            | 0:35:56,2 h | °             | °         | 18            | W 40-5    | 921           |
| 71    | Greve, Gunda        | 67 | Team Voß                       | 0:37:49,2 h | °             | °         | 19            | W 40-6    | 950           |
| 72    | Greve, Hermann      | 41 | Voß                            | 0:37:50,4 h | 53            | M 70-1    | °             | °         | 922           |
| 73    | Wolst, Daniela      | 76 | DLRG Rendsburg                 | 0:38:08,0 h | °             | °         | 20            | W 35-1    | 904           |
| 74    | Meeder, Hans        | 28 | LG Rendsburg / Büdelsdorf      | 0:40:03,7 h | 54            | M 80-1    | °             | °         | 924           |