

| Platz | Name, Vorname            | Jg | Verein / BSG / Ort | Zeit      | Männer<br>Ges | Männer AK | Frauen<br>Ges | Frauen AK | Start-<br>Nr. |
|-------|--------------------------|----|--------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1     | Wegert, Max              | 94 |                    | 0:19:08 h | 1             | M AK2-1   | °             | °         | 323           |
| 2     | Gräber, Fynn             | 96 |                    | 0:20:01 h | 2             | M AK2-2   | °             | °         | 322           |
| 3     | Radeleff, Marc           | 97 | Eckernförde        | 0:21:07 h | 3             | M AK2-3   | °             | °         | 369           |
| 4     | Wegert, Christof         | 66 | Owschlag           | 0:21:10 h | 4             | M AK4-1   | °             | °         | 302           |
| 5     | Danneuwnberg, Hans-Peter | 62 | Rendsburg          | 0:22:11 h | 5             | M AK4-2   | °             | °         | 380           |
| 6     | Mahrt-Thomsen, Johanna   | 97 | Damendorf          | 0:22:22 h | °             | °         | 1             | W AK2-1   | 374           |
| 7     | Lützow, Mareike          | 01 |                    | 0:22:28 h | °             | °         | 2             | W AK1-1   | 324           |
| 8     | Hildebrandt, Jule        | 01 | Eckernförde        | 0:22:49 h | °             | °         | 3             | W AK1-2   | 356           |
| 9     | Schrader, Jonas          | 01 | Eckernförde        | 0:22:50 h | 6             | M AK1-1   | °             | °         | 354           |
| 10    | Mahrt-Thomsen, Jürgen    | 65 | Damendorf          | 0:23:07 h | 7             | M AK3-1   | °             | °         | 375           |
| 11    | Wunsch, Michael          | 74 | Kropp              | 0:23:22 h | 8             | M AK2-4   | °             | °         | 320           |
| 12    | Lützow, Linus            | 03 |                    | 0:23:40 h | 9             | M AK1-2   | °             | °         | 325           |
| 13    | Maus, Jorik              | 03 | Alt Duvenstedt     | 0:23:44 h | 10            | M AK1-3   | °             | °         | 329           |
| 14    | Wolst, Tobias            | 02 | Osterrönfeld       | 0:24:14 h | 11            | M AK1-4   | °             | °         | 306           |
| 15    | Luth, Kristof            | 99 |                    | 0:24:16 h | 12            | M AK2-5   | °             | °         | 377           |
| 16    | Paul, Ulrich             | 00 |                    | 0:24:31 h | 13            | M AK2-6   | °             | °         | 378           |
| 17    | Schütz, Caroline Sophie  | 00 | Alt Duvenstedt     | 0:24:32 h | °             | °         | 4             | W AK2-2   | 303           |
| 18    | Cornelsen, Andreas       | 75 |                    | 0:24:37 h | 14            | M AK2-7   | °             | °         | 376           |
| 19    | Ramlow, Kenneth          | 00 |                    | 0:24:57 h | 15            | M AK2-8   | °             | °         | 326           |
| 20    | Ulbrich, Emil            | 02 | Fockbek            | 0:25:03 h | 16            | M AK1-5   | °             | °         | 321           |
| 21    | Tödt, Kimberly           | 00 | Alt Duvenstedt     | 0:25:04 h | °             | °         | 5             | W AK2-3   | 350           |
| 22    | Peters, Hans Joachim     | 51 | Rendsburg          | 0:25:22 h | 17            | M AK4-3   | °             | °         | 372           |
| 23    | Delfs, Felix             | 97 | Büdelndorf         | 0:26:02 h | 18            | M AK2-9   | °             | °         | 352           |
| 24    | Schulz, Willi            | 50 | Hohn               | 0:26:40 h | 19            | M AK4-4   | °             | °         | 312           |
| 25    | Jürgens, Kyra            | 97 | Alt Duvenstedt     | 0:27:03 h | °             | °         | 6             | W AK2-4   | 368           |
| 26    | Struve, Jonas            | 02 | Breiholz           | 0:27:13 h | 20            | M AK1-6   | °             | °         | 343           |
| 26    | Schudrowicz, Katharina   | 03 | Breiholz           | 0:27:13 h | °             | °         | 7             | W AK1-3   | 341           |
| 28    | Ulbrich, Astrid          | 70 | Fockbek            | 0:27:31 h | °             | °         | 8             | W AK3-1   | 379           |
| 29    | Sedlmeier, Fabian        | 98 |                    | 0:27:52 h | 21            | M AK2-10  | °             | °         | 366           |
| 30    | Heitmüller, Dieter       | 57 |                    | 0:28:05 h | 22            | M AK1-7   | °             | °         | 370           |
| 31    | Clauß, Angelika          | 52 |                    | 0:28:08 h | °             | °         | 9             | W AK4-1   | 359           |
| 32    | Osmani, Leon             | 04 | Alt Duvenstedt     | 0:28:15 h | 23            | M AK1-8   | °             | °         | 310           |
| 33    | Damerow, Bernd           | 50 | Neumünster         | 0:28:40 h | 24            | M AK4-5   | °             | °         | 371           |
| 34    | Maus, Sophie             | 02 | Alt Duvenstedt     | 0:28:44 h | °             | °         | 10            | W AK1-4   | 330           |
| 35    | Wolst, Oliver            | 06 | Osterrönfeld       | 0:28:46 h | 25            | M AK1-9   | °             | °         | 308           |
| 36    | Schütz, Elisa Antje      | 98 | Alt Duvenstedt     | 0:28:48 h | °             | °         | 11            | W AK2-5   | 304           |
| 37    | Maus, Esther             | 02 | Alt Duvenstedt     | 0:29:10 h | °             | °         | 12            | W AK1-5   | 328           |

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|-------|----------------------|----|--------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 38    | Bigus, Emily         | 02 | Rendsburg          | 0:29:15 h | °             | °         | 13            | W AK1-6   | 332           |
| 39    | Jasmer, Joachim      | 49 | Büdelndorf         | 0:30:25 h | 26            | M AK4-6   | °             | °         | 311           |
| 40    | Ott, Dennis          | 02 | Rendsburg          | 0:30:47 h | 27            | M AK1-10  | °             | °         | 338           |
| 41    | Thöming, Jan Volker  | 02 | Fockbek            | 0:30:48 h | 28            | M AK1-11  | °             | °         | 344           |
| 42    | Mungold, Neule       | 02 | Fockbek            | 0:30:49 h | °             | °         | 14            | W AK1-7   | 336           |
| 43    | Schwarzer, Thomas    | 56 |                    | 0:31:51 h | 29            | M AK4-7   | °             | °         | 367           |
| 44    | Stutt, Kirstin       | 78 | Prinzenmoor        | 0:31:59 h | °             | °         | 15            | W AK2-6   | 305           |
| 45    | Torkler, Siegfried   | 73 | Fockbek            | 0:32:08 h | 30            | M AK3-2   | °             | °         | 318           |
| 46    | Soldanski, Merle     | 03 | Fockbek            | 0:32:15 h | °             | °         | 16            | W AK1-8   | 342           |
| 47    | Torkler, Gehard      | 76 | Alt Duvenstedt     | 0:32:50 h | 31            | M AK2-11  | °             | °         | 319           |
| 48    | Giebel, Robin        | 02 | Nübbel             | 0:32:54 h | 32            | M AK1-12  | °             | °         | 347           |
| 49    | Karsten, Jannette    | 02 |                    | 0:32:56 h | °             | °         | 17            | W AK1-9   | 381           |
| 50    | Mauruschat, Horst    | 59 |                    | 0:33:19 h | 33            | M AK4-8   | °             | °         | 358           |
| 51    | Marx, Ina            | 69 | Kropp              | 0:33:38 h | °             | °         | 18            | W AK3-2   | 314           |
| 52    | Schütz, Antje        | 77 | Alt Duvenstedt     | 0:33:46 h | °             | °         | 19            | W AK2-7   | 351           |
| 53    | Schintz, Sascha      | 01 |                    | 0:34:34 h | 34            | M AK1-13  | °             | °         | 363           |
| 54    | Wolst, Daniela       | 76 | Osterrönfeld       | 0:34:42 h | °             | °         | 20            | W AK2-8   | 307           |
| 55    | Häder, Fenja         | 03 | Fockbek            | 0:34:44 h | °             | °         | 21            | W AK1-10  | 333           |
| 56    | Dornheim, Sarah      | 97 | Alt Duvenstedt     | 0:34:51 h | °             | °         | 22            | W AK2-9   | 315           |
| 57    | Schreiber, Timo      | 78 |                    | 0:36:18 h | 35            | M AK2-12  | °             | °         | 365           |
| 58    | Schreiber, Finn      | 04 |                    | 0:36:24 h | 36            | M AK1-14  | °             | °         | 364           |
| 59    | Baaske, Timo         | 96 |                    | 0:36:59 h | 37            | M AK2-13  | °             | °         | 362           |
| 60    | Bittes, Inga         | 69 | Kropp              | 0:37:58 h | °             | °         | 23            | W AK3-3   | 373           |
| 61    | Doose, Barbara       | 47 |                    | 0:38:01 h | °             | °         | 24            | W AK4-2   | 360           |
| 62    | Schröder, Tobias     | 97 |                    | 0:38:25 h | 38            | M AK2-14  | °             | °         | 361           |
| 63    | Toboj, Franziska     | 03 | Nübbel             | 0:38:38 h | °             | °         | 25            | W AK1-11  | 345           |
| 64    | Rössner, Charlotte   | 02 | Fockbek            | 0:38:41 h | °             | °         | 26            | W AK1-12  | 349           |
| 65    | Kern, Larissa Sophie | 02 | Breiholz           | 0:38:42 h | °             | °         | 27            | W AK1-13  | 335           |
| 66    | Peters, Achim        | 02 | Nübbel             | 0:40:44 h | 39            | M AK1-15  | °             | °         | 339           |
| 67    | Harms, Justin        | 02 | Fockbek            | 0:40:48 h | 40            | M AK1-16  | °             | °         | 334           |
| 68    | Luft, Erik           | 02 | Hohn               | 0:44:07 h | 41            | M AK1-17  | °             | °         | 348           |
| 69    | Syring.Marsau, Petra | 63 | Alt Duvenstedt     | 0:44:49 h | °             | °         | 28            | W AK4-3   | 316           |
| 70    | Opitz, Maurice       | 02 | Westernühlen       | 0:47:14 h | 42            | M AK1-18  | °             | °         | 337           |