

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|----------------------|----|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Michaelis, Arvid | 00 | LAC Aschersleben | 0:36:00 h | 1 | MJ U20-1 | ° | ° | 356 |
| 2 | Kohn, Tade | 99 | TOYOTA Autocentrum Lass | 0:36:05 h | 2 | MJ U20-2 | ° | ° | 395 |
| 3 | Tönning, Jakob | 99 | SCC Hanau-Rodenbach | 0:36:19 h | 3 | MJ U20-3 | ° | ° | 394 |
| 4 | Reuter, Benjamin | 87 | SG Athletico | 0:38:29 h | 4 | M30-1 | ° | ° | 331 |
| 5 | Ehlers, Jessika | 96 | SG Athletico | 0:39:07 h | ° | ° | 1 | W U23-1 | 330 |
| 6 | Ohm, Sören | 77 | Stafstedt | 0:39:49 h | 5 | M40-1 | ° | ° | 332 |
| 7 | Surmont, Jean | 93 | Triathlon Verein Dänischer Woh | 0:40:06 h | 6 | M-1 | ° | ° | 351 |
| 8 | Riebe, Christoph | 94 | SG Athletico | 0:41:03 h | 7 | M-2 | ° | ° | 364 |
| 9 | Krüger, Michael | 67 | LG Eider-Sport | 0:43:18 h | 8 | M50-1 | ° | ° | 322 |
| 10 | Brade, Karsten | 77 | ALG-VfL Bokel | 0:43:52 h | 9 | M40-2 | ° | ° | 353 |
| 11 | Blase, Danny | 88 | SG Athletico | 0:44:27 h | 10 | M30-2 | ° | ° | 359 |
| 12 | Kömpf, Lukas | 89 | Tri-Team Neumünster | 0:44:31 h | 11 | M-3 | ° | ° | 391 |
| 13 | Mertens, Fabian | 89 | Bredenbeker Renntiere | 0:44:52 h | 12 | M-4 | ° | ° | 382 |
| 14 | Jöhnk, Alf | 62 | Cafe Klatsch | 0:44:57 h | 13 | M55-1 | ° | ° | 319 |
| 15 | Trenkel, Marie | 93 | Bredenbeker Renntiere | 0:45:57 h | ° | ° | 2 | W-1 | 384 |
| 16 | Nielson, Werner | 51 | Bredenbeker Renntiere | 0:46:01 h | 14 | M65-1 | ° | ° | 310 |
| 17 | Dammann, Rolf | 66 | LG Eider-Sport | 0:46:33 h | 15 | M50-2 | ° | ° | 350 |
| 18 | Froese, Sebastian | 83 | Borgstedt | 0:46:34 h | 16 | M35-1 | ° | ° | 369 |
| 19 | Schönbohm, Hendrik | 66 | Fockbek | 0:47:10 h | 17 | M50-3 | ° | ° | 360 |
| 20 | Sellmer, Kirsten | 68 | LG Flensburg | 0:47:29 h | ° | ° | 3 | W50-1 | 390 |
| 21 | Lahann, Thomas | 83 | BSG HanseWerk | 0:47:30 h | 18 | M35-2 | ° | ° | 358 |
| 22 | Rau, Stefan | 63 | Bredenbeker Renntiere | 0:47:49 h | 19 | M55-2 | ° | ° | 368 |
| 23 | Liekefett, Sebastian | 87 | Achterwehr | 0:47:54 h | 20 | M30-3 | ° | ° | 367 |
| 24 | Stephani, Winfried | 58 | LG Norderbrarup | 0:47:55 h | 21 | M60-1 | ° | ° | 362 |
| 25 | Frank, Peter | 58 | bgm.läuft | 0:50:11 h | 22 | M60-2 | ° | ° | 306 |
| 26 | Gawrisch, Rüdiger | 58 | TSV Vineta Audorf | 0:50:16 h | 23 | M60-3 | ° | ° | 388 |
| 27 | Emminghaus, Nadine | 80 | Holla die Waldfeen | 0:50:42 h | ° | ° | 4 | W35-1 | 328 |
| 28 | Kotzur, Nico | 75 | Alt Duvenstedt | 0:50:48 h | 24 | M40-3 | ° | ° | 318 |
| 29 | Sellmer, Ulrich | 68 | LG Flensburg | 0:50:53 h | 25 | M50-4 | ° | ° | 392 |
| 30 | Wiese, Jens | 64 | SSV Nienborstel | 0:50:57 h | 26 | M50-5 | ° | ° | 385 |
| 31 | Rathjen, Heiko | 72 | SSV Nienborstel | 0:50:59 h | 27 | M45-1 | ° | ° | 386 |
| 32 | Claußen, Lena | 89 | Bredenbeker Renntiere | 0:51:02 h | ° | ° | 5 | W-2 | 383 |
| 33 | Sator, Ralf | 66 | ALG-VfL Bokel | 0:51:22 h | 28 | M50-6 | ° | ° | 352 |
| 34 | Klegin, Gero | 64 | ALG-VfL Bokel | 0:51:30 h | 29 | M50-7 | ° | ° | 354 |
| 35 | Rickerts, Manuel | 79 | SV Holstein Pahlen | 0:52:03 h | 30 | M35-3 | ° | ° | 327 |
| 36 | Radtke, Markus | 76 | Kropp | 0:52:18 h | 31 | M40-4 | ° | ° | 342 |

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|-------|-----------------------|----|--------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Beyer, Lisa-Alexandra | 93 | Triathlon Verein Dänischer Woh | 0:52:23 h | ° | ° | 6 | W-3 | 387 |
| 38 | Abshagen, Lorenz | 07 | | 0:52:58 h | 32 | MK U12-1 | ° | ° | 374 |
| 39 | Lahann, Hans-Peter | 56 | BSG HanseWerk | 0:53:00 h | 33 | M60-4 | ° | ° | 302 |
| 40 | Pooch, Michael | 88 | LTV Kiel-Ost | 0:53:11 h | 34 | M30-4 | ° | ° | 304 |
| 41 | Stamer, Uwe | 63 | TSV Bornhöved | 0:53:20 h | 35 | M55-3 | ° | ° | 308 |
| 42 | Neumann, Gerhard | 78 | Flensburg | 0:53:48 h | 36 | M40-5 | ° | ° | 324 |
| 43 | Rohde, Kim Maurice | 89 | Kronshagen | 0:53:56 h | 37 | M-5 | ° | ° | 363 |
| 43 | Rohde, Lea | 92 | Kiel | 0:53:56 h | ° | ° | 7 | W-4 | 344 |
| 45 | Jürgens, Bernd | 62 | B & B runner | 0:54:24 h | 38 | M55-4 | ° | ° | 316 |
| 46 | Zastrow, Oke | 81 | Vfl Fosite Helgoland | 0:54:27 h | 39 | M35-4 | ° | ° | 371 |
| 47 | Albrecht, Bernd | 54 | Westerrönfeld | 0:54:50 h | 40 | M60-5 | ° | ° | 340 |
| 48 | Schülldorf, Dirk | 81 | Rendsburg | 0:54:57 h | 41 | M35-5 | ° | ° | 314 |
| 49 | Zastrow, Alfred | 51 | Vfl Fosite Helgoland | 0:55:13 h | 42 | M65-2 | ° | ° | 372 |
| 50 | Utermann, Timo | 77 | Brekendorf | 0:55:19 h | 43 | M40-6 | ° | ° | 339 |
| 51 | Hansen, Sylvia | 67 | Borener SV | 0:55:22 h | ° | ° | 8 | W50-2 | 381 |
| 52 | Thomsen, Elke | 48 | Spiridon Schleswig | 0:55:40 h | ° | ° | 9 | W70-1 | 389 |
| 53 | Detlefs, Maike | 86 | | 0:55:43 h | ° | ° | 10 | W30-1 | 393 |
| 54 | Bock, Karl Willi | 61 | Bredenbeker Renntiere | 0:56:19 h | 44 | M55-5 | ° | ° | 325 |
| 55 | Röschmann, Nicole | 77 | LG Eider-Sport | 0:56:48 h | ° | ° | 11 | W40-1 | 312 |
| 56 | Wagner, Anke | 69 | Spiridon Schleswig | 0:56:51 h | ° | ° | 12 | W45-1 | 337 |
| 57 | Nanos, Kostantinos | 68 | Rickert | 0:57:15 h | 45 | M50-8 | ° | ° | 307 |
| 58 | Graumann, Kay | 93 | Team Zeitenjäger | 0:57:53 h | 46 | M-6 | ° | ° | 361 |
| 59 | Helms, Jörn | 66 | HSV | 0:57:54 h | 47 | M50-9 | ° | ° | 333 |
| 60 | Reicher, Thomas | 61 | | 0:58:19 h | 48 | M55-6 | ° | ° | 375 |
| 60 | Röhe, Helge | 69 | Grün Weiß Tolk | 0:58:19 h | 48 | M45-2 | ° | ° | 366 |
| 62 | Stolley, Hennes | 63 | TLWG5L Immelmann | 0:58:57 h | 50 | M55-7 | ° | ° | 380 |
| 63 | Betker, Sebastian | 83 | Rendsburg | 0:59:06 h | 51 | M35-6 | ° | ° | 336 |
| 64 | Schülldorf, Daniela | 81 | Rendsburg | 0:59:16 h | ° | ° | 13 | W35-2 | 315 |
| 65 | Schröder, Norbert | 52 | ALG-VfL Bokel | 0:59:25 h | 52 | M65-3 | ° | ° | 355 |
| 66 | Erler, Holger | 88 | Bredenbeker Renntiere | 1:00:05 h | 53 | M30-5 | ° | ° | 347 |
| 67 | Erler, Michael | 86 | Bredenbeker Renntiere | 1:00:12 h | 54 | M30-6 | ° | ° | 346 |
| 68 | Thiesen, Anja | 73 | LTV Kiel-Ost | 1:00:51 h | ° | ° | 14 | W45-2 | 305 |
| 69 | Winter, Gerhard | 42 | 60 plus Büdelsdorf | 1:02:10 h | 55 | M75-1 | ° | ° | 370 |
| 70 | Möller, Peter | 47 | LG Rendsburg-Büdelsdorf | 1:02:42 h | 56 | M70-1 | ° | ° | 338 |
| 71 | Kilders, Susanne | 61 | Spiridon Schleswig | 1:03:15 h | ° | ° | 15 | W55-1 | 323 |
| 72 | Abshagen, Nicolai | 07 | TUS Holtenau | 1:04:52 h | 57 | MK U12-2 | ° | ° | 378 |

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| 73 | Abshagen, Maike | 71 | | 1:04:53 h | ° | ° | 16 | W45-3 | 373 |
| 74 | Bartelt, Axel | 54 | Kieler TV | 1:04:58 h | 58 | M60-6 | ° | ° | 313 |
| 75 | Theen, Angela | 53 | Dörphof | 1:05:36 h | ° | ° | 17 | W65-1 | 357 |
| 76 | Kalischke, Olivia | 92 | ALG-VfL Bokel | 1:05:53 h | ° | ° | 18 | W-5 | 365 |
| 77 | Clausen, Janina | 93 | Alt Duvenstedt | 1:08:22 h | ° | ° | 19 | W-6 | 348 |
| 78 | Hennig, Nils | 86 | Rendsburg | 1:08:31 h | 59 | M30-7 | ° | ° | 376 |
| 79 | Schatt, Michael | 61 | SG Fördesparkasse Kiel e.V. | 1:11:21 h | 60 | M55-8 | ° | ° | 379 |
| 80 | Hartmann, Kai | 69 | Bordgemeinschaft Zerstörer | 1:15:36 h | 61 | M45-3 | ° | ° | 334 |