

| Platz | Name, Vorname | Jg | Verein / BSG / Ort | Zeit | Männer Ges | Männer AK | Frauen Ges | Frauen AK | Start- Nr. |
|-------|------------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 1 | Ohm, Sören | 77 | Athletico Büdelsdorf | 0:17:33 h | 1 | M45-1 | ° | ° | 99 |
| 2 | Lage, Marc | 93 | Team VOSS Küstenläufer | 0:18:27 h | 2 | M30-1 | ° | ° | 49 |
| 3 | Petersen, Tim-Luca | 08 | FC Krogaspe | 0:18:33 h | 3 | MJU18-1 | ° | ° | 25 |
| 4 | Grage, Jesper | 13 | SG Mittelholstein D-Jugend | 0:21:02 h | 4 | MJU14-1 | ° | ° | 63 |
| 5 | Rathjen, Mika | 08 | TuS Bargstedt B-Jugend | 0:21:06 h | 5 | MJU18-2 | ° | ° | 83 |
| 6 | Rathjen, Henner | 08 | TuS Bargstedt B-Jugend | 0:21:33 h | 6 | MJU18-3 | ° | ° | 87 |
| 7 | Behrens, Florian | 86 | | 0:21:43 h | 7 | M35-1 | ° | ° | 22 |
| 8 | Hülsen, Kim | 92 | B.A.S.H. Runners | 0:21:51 h | 8 | M30-2 | ° | ° | 52 |
| 9 | Noak, Jens | 71 | ALG-VfL Bokel | 0:22:11 h | 9 | M50-1 | ° | ° | 34 |
| 10 | Wegner, Max | 12 | TuS Bargstedt | 0:22:52 h | 10 | MJU14-2 | ° | ° | 47 |
| 11 | Ingwersen, Mats | 08 | TuS Bargstedt B-Jugend | 0:23:09 h | 11 | MJU18-4 | ° | ° | 94 |
| 12 | Moritz, Henry | 13 | SG Mittelholstein D-Jugend | 0:23:18 h | 12 | MJU14-3 | ° | ° | 61 |
| 13 | Bredahl, Keke | 13 | SG Mittelholstein D-Jugend | 0:23:19 h | 13 | MJU14-4 | ° | ° | 56 |
| 14 | Krause, Kevin | 90 | | 0:23:28 h | 14 | M35-2 | ° | ° | 4 |
| 15 | Gosch, Yannick | 90 | | 0:23:43 h | 15 | M35-3 | ° | ° | 40 |
| 16 | Rennekamp, Gunnar | 78 | | 0:24:17 h | 16 | M45-2 | ° | ° | 98 |
| 17 | Khalil, Noor | 13 | Heilpädagogium an der Ostsee | 0:24:21 h | 17 | MJU14-5 | ° | ° | 44 |
| 18 | Nielson, Werner | 51 | Bredenbeker Renntiere | 0:24:22 h | 18 | M70-1 | ° | ° | 77 |
| 19 | Göttsche, Henning | 75 | SG Mittelholstein D-Jugend | 0:24:29 h | 19 | M50-2 | ° | ° | 68 |
| 20 | Schuckart, Dr. Manfred | 58 | Borener SV | 0:24:42 h | 20 | M65-1 | ° | ° | 21 |
| 21 | Radestock, Sven | 69 | | 0:24:44 h | 21 | M55-1 | ° | ° | 2 |
| 22 | Fischer, Dari | 09 | TuS Bargstedt B-Jugend | 0:24:49 h | 22 | MJU18-5 | ° | ° | 81 |
| 22 | Gildemeister, Yves | 09 | TuS Bargstedt B-Jugend | 0:24:49 h | 22 | MJU18-5 | ° | ° | 93 |
| 24 | Krogmann, Hannes | 08 | TuS Bargstedt B-Jugend | 0:25:02 h | 24 | MJU18-7 | ° | ° | 88 |
| 25 | Rumpf, Oliver | 82 | | 0:25:23 h | 25 | M40-1 | ° | ° | 12 |
| 26 | Müller, Frida | 12 | SV Nienkattbek | 0:25:33 h | ° | ° | 1 | WJU14-1 | 72 |
| 26 | Vogel, Marlit | 12 | TuS Bargstedt | 0:25:33 h | ° | ° | 1 | WJU14-1 | 97 |
| 28 | Häusgen, Greta | 11 | SV Nienkattbek | 0:25:35 h | ° | ° | 3 | WJU16-1 | 74 |
| 29 | Wendrich, Owe | 09 | TuS Bargstedt B-Jugend | 0:25:38 h | 26 | MJU18-8 | ° | ° | 80 |
| 30 | Sievers, Oke | 12 | SG Mittelholstein D-Jugend | 0:25:45 h | 27 | MJU14-6 | ° | ° | 64 |
| 30 | Müller, Gian Luca | 13 | SG Mittelholstein D-Jugend | 0:25:45 h | 27 | MJU14-6 | ° | ° | 57 |
| 32 | Wegner, Emma | 10 | TuS Bargstedt | 0:26:02 h | ° | ° | 4 | WJU16-2 | 46 |
| 33 | Dethmann, Milo | 09 | TuS Bargstedt B-Jugend | 0:26:07 h | 29 | MJU18-9 | ° | ° | 92 |
| 34 | Wegner, Sven-Ole | 98 | | 0:26:14 h | 30 | M-1 | ° | ° | 53 |
| 35 | Tamm, Amelie | 13 | SG Mittelholstein D-Jugend | 0:26:39 h | ° | ° | 5 | WJU14-3 | 66 |
| 36 | Hansen, Willem | 12 | SV Enge-Sande | 0:26:47 h | 31 | MJU14-8 | ° | ° | 7 |

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|-------|-----------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 37 | Dröse, Henri | 13 | SG Mittelholstein D-Jugend | 0:26:59 h | 32 | MJU14-9 | ° | ° | 58 |
| 38 | Mehrens, Steffen | 84 | SSV Bredenbek | 0:27:05 h | 33 | M40-2 | ° | ° | 38 |
| 39 | Kunschke, Mika | 13 | SG Mittelholstein D-Jugend | 0:27:13 h | 34 | MJU14-10 | ° | ° | 62 |
| 40 | Röschmann, Max | 09 | TuS Bargstedt B-Jugend | 0:27:16 h | 35 | MJU18-10 | ° | ° | 84 |
| 40 | Wittmaack, Bo Jenke | 09 | TuS Bargstedt B-Jugend | 0:27:16 h | 35 | MJU18-10 | ° | ° | 89 |
| 42 | Werner, Milla | 14 | TuS Bargstedt | 0:27:34 h | ° | ° | 6 | WKU12-1 | 10 |
| 43 | Mehrens, Christiane | 76 | | 0:27:43 h | ° | ° | 7 | W45-1 | 96 |
| 44 | Rocho, Till | 17 | TuS Bargstedt | 0:27:46 h | 37 | MKU10-1 | ° | ° | 19 |
| 44 | Röschel, Martin | 76 | Feuerwehr Bargstedt | 0:27:46 h | 37 | M45-3 | ° | ° | 3 |
| 46 | Schmidt, Norbert | 52 | ALG-VfL Bokel | 0:28:13 h | 39 | M70-2 | ° | ° | 32 |
| 47 | Behrens, Claus-Dieter | 59 | | 0:28:25 h | 40 | M65-2 | ° | ° | 23 |
| 48 | Nörregaard, Uwe | 53 | ALG-VfL Bokel | 0:28:30 h | 41 | M70-3 | ° | ° | 37 |
| 49 | Volkman, Bennet Heinz | 12 | SG Mittelholstein D-Jugend | 0:28:49 h | 42 | MJU14-11 | ° | ° | 60 |
| 50 | Dibbern, Lara | 01 | | 0:28:52 h | ° | ° | 8 | F-1 | 54 |
| 51 | Rocho, Nils | 89 | TuS Bargstedt | 0:28:59 h | 43 | M35-4 | ° | ° | 69 |
| 52 | Hansen, Erik | 10 | SV Enge-Sande | 0:29:04 h | 44 | MJU16-1 | ° | ° | 6 |
| 53 | Grage, Bennet | 11 | TuS Bargstedt | 0:29:19 h | 45 | MJU16-2 | ° | ° | 78 |
| 54 | Schröder, Britta | 92 | | 0:29:20 h | ° | ° | 9 | W30-1 | 27 |
| 55 | Knopf, Sandra | 75 | ALG-VfL Bokel | 0:29:26 h | ° | ° | 10 | W50-1 | 33 |
| 56 | Green, Owen | 16 | Heilpädagogium an der Ostsee | 0:29:28 h | 46 | MKU10-2 | ° | ° | 43 |
| 57 | Rathjen, Jan | 85 | | 0:29:29 h | 47 | M40-3 | ° | ° | 14 |
| 58 | Weidekamm, Angela | 74 | | 0:29:36 h | ° | ° | 11 | W50-2 | 26 |
| 59 | Möhring, Lucy | 08 | Armsteder Sportverein | 0:29:56 h | ° | ° | 12 | WJU18-1 | 28 |
| 60 | Tamm, Nina | 81 | FFW Bargstedt | 0:30:43 h | ° | ° | 13 | W40-1 | 24 |
| 61 | Frank, Birte | 90 | | 0:30:47 h | ° | ° | 14 | W35-1 | 79 |
| 62 | Röschmann, Ellen | 81 | ALG-VfL Bokel | 0:30:58 h | ° | ° | 15 | W40-2 | 39 |
| 63 | Wriedt, Karen | 93 | Kita Rappelkiste | 0:31:15 h | ° | ° | 16 | W30-2 | 18 |
| 64 | Lucht, Soenke | 64 | TSV05 Neumünster | 0:31:37 h | 48 | M60-1 | ° | ° | 1 |
| 65 | Rathjen, Maja | 90 | | 0:31:42 h | ° | ° | 17 | W35-2 | 13 |
| 66 | Dröse, Olaf | 76 | SG Mittelholstein D-Jugend | 0:31:44 h | 49 | M45-4 | ° | ° | 67 |
| 67 | von Rönn, Liam | 15 | ALG-VfL Bokel | 0:32:01 h | 50 | MKU12-1 | ° | ° | 36 |
| 68 | von Rönn, Amy | 12 | ALG-VfL Bokel | 0:32:04 h | ° | ° | 18 | WJU14-4 | 35 |
| 68 | Pahl, Heiner | 56 | TSV Breiholz | 0:32:04 h | 51 | M65-3 | ° | ° | 29 |
| 70 | Pastor, Lotta | 11 | SV Nienkattbek | 0:32:13 h | ° | ° | 19 | WJU16-3 | 76 |
| 70 | Freese, Marike | 12 | SV Nienkattbek | 0:32:13 h | ° | ° | 19 | WJU14-5 | 75 |
| 72 | Ziesche, Jannik | 08 | TuS Bargstedt B-Jugend | 0:32:48 h | 52 | MJU18-12 | ° | ° | 86 |

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|-------|----------------------|----|------------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| 73 | Behnke, Jasmin | 99 | Kita Rappelkiste | 0:33:03 h | ° | ° | 21 | F-2 | 11 |
| 74 | Behrens, Michel | 10 | TuS Bargstedt B-Jugend | 0:33:08 h | 53 | MJU16-3 | ° | ° | 48 |
| 75 | Boakye Yiadom, Renie | 13 | Heilpädagogium an der Ostsee | 0:33:09 h | ° | ° | 22 | WJU14-6 | 41 |
| 76 | Göttsche, Kim | 79 | | 0:33:27 h | ° | ° | 23 | W45-2 | 59 |
| 77 | Xxx, Marie | 10 | Heilpädagogium an der Ostsee | 0:33:59 h | ° | ° | 24 | WJU16-4 | 42 |
| 78 | Schwarzer, Thomas | 56 | Heilpädagogium an der Ostsee | 0:34:27 h | 54 | M65-4 | ° | ° | 45 |
| 79 | Hansen, Piet | 08 | SV Enge-Sande | 0:34:28 h | 55 | MJU18-13 | ° | ° | 5 |
| 80 | Dibbern, Jil | 84 | | 0:34:49 h | ° | ° | 25 | W40-3 | 30 |
| 81 | Schatt, Michael | 61 | Segeberger EC | 0:35:06 h | 56 | M60-2 | ° | ° | 95 |
| 82 | Bajorat, Kristin | 81 | | 0:35:20 h | ° | ° | 26 | W40-4 | 20 |
| 83 | Clements, Ingo | 60 | De Hillibillis | 0:35:35 h | 57 | M65-5 | ° | ° | 50 |
| 84 | Schroeder, Norbert | 52 | ALG-VfL Bokel | 0:37:43 h | 58 | M70-4 | ° | ° | 31 |
| 85 | Müller, Lotta | 10 | SV Nienkattbek | 0:40:14 h | ° | ° | 27 | WJU16-5 | 70 |
| 85 | Pahl, Lotta | 12 | SV Nienkattbek | 0:40:14 h | ° | ° | 27 | WJU14-7 | 73 |
| 87 | Rohwer, Milla | 11 | SV Nienkattbek | 0:40:15 h | ° | ° | 29 | WJU16-6 | 71 |