

Ergebnis Einlauf >> Hauptlauf 10,5 km (Einzel) <<

| Rang | M | W | Name | Verein | AK | SN# | Zeit |
|------|-----|-----|---------------------------|------------------------------|-----------|-----|----------|
| 1. | 1. | | Bostelmann-Arp, Jan-Eric | SC Rönna 74 | 1. M | 246 | 00:37:59 |
| 2. | 2. | | Rehberg, Kjell | Kronshagen Kieler TB | 1. MJ U20 | 183 | 00:39:07 |
| 3. | 3. | | Thimm, Volker | TSV Ratekau | 1. M45 | 226 | 00:39:31 |
| 4. | 4. | | Weckeck, Lennart | SC Rönna 74 | 2. M | 252 | 00:40:51 |
| 5. | 5. | | Norte da Silva, Adao | SC Rönna 74 | 2. M45 | 253 | 00:41:07 |
| 6. | | 1. | Teegen, Isabell | SC Rönna 74 | 1. W | 251 | 00:41:07 |
| 7. | 6. | | Severt, Paul | | 3. M | 232 | 00:41:41 |
| 8. | 7. | | Pascal, Reimers | | 2. MJ U20 | 290 | 00:41:48 |
| 9. | 8. | | Richter, Falk | SC Rönna 74 | 1. M35 | 221 | 00:42:42 |
| 10. | 9. | | Finck, Michael | Mecklenburger Seenrunde.de | 1. M40 | 270 | 00:43:59 |
| 11. | 10. | | Beilfuß, Thomas | TV Trappenkamp | 2. M40 | 241 | 00:44:10 |
| 12. | 11. | | Ehret, Remo | Segeberger Kliniken | 3. M40 | 76 | 00:44:15 |
| 13. | 12. | | Oumar, Niels | Basses Blatt | 3. M45 | 215 | 00:44:28 |
| 14. | 13. | | Ahmad, Marwan | Spiridon-Club Bad Oldesloe | 4. M | 244 | 00:44:40 |
| 15. | | 2. | Hagge, Britta | LG POWER-Schnecken Kiel e.V. | 1. W40 | 142 | 00:44:58 |
| 16. | 14. | | Mroz, Marian | | 2. M35 | 266 | 00:45:00 |
| 17. | 15. | | Jonekeit, Cedric | Gruppe 5 | 5. M | 148 | 00:45:27 |
| 18. | 16. | | Lopez, Javier | Segeberger Kliniken | 1. M30 | 175 | 00:45:45 |
| 19. | 17. | | Lintl, Michael | MLC | 1. M50 | 153 | 00:45:51 |
| 20. | 18. | | Richter, Enrico | SC Rönna 74 | 4. M40 | 254 | 00:45:52 |
| 21. | 19. | | Andersen, Sönke | Still running | 4. M45 | 95 | 00:45:55 |
| 22. | 20. | | Schröder, Arne | DLRG Wahlstedt | 6. M | 291 | 00:46:23 |
| 23. | | 3. | Abaghyan, Sonja | Sportschule Tenri | 2. W | 109 | 00:46:31 |
| 24. | 21. | | Zahn, Daniel | Hamburg | 3. M35 | 222 | 00:46:35 |
| 25. | 22. | | Cordes, Jens | | 5. M45 | 192 | 00:46:46 |
| 26. | 23. | | Wulff, Dirk | SV Sülfeld | 1. M65 | 177 | 00:46:48 |
| 27. | 24. | | Gauri, Rajiv | Segeberger Kliniken | 6. M45 | 71 | 00:46:59 |
| 28. | 25. | | Regolin, Mathias | Rehnaer SV | 7. M | 176 | 00:47:14 |
| 29. | 26. | | Grundmann, Jens | | 5. M40 | 287 | 00:47:30 |
| 30. | 27. | | Urban, Sven | Gruppe 5 | 8. M | 108 | 00:47:37 |
| 31. | 28. | | Pundt, Dr. Hardy | Segeberger Ruderclub | 2. M50 | 155 | 00:47:38 |
| 32. | 29. | | Asmus, Calvin | Kaltenkirchener TS | 1. MJ U18 | 113 | 00:48:07 |
| 33. | 30. | | Urbschat, Andreas | MTV Segeberg | 7. M45 | 104 | 00:48:10 |
| 34. | 31. | | Grünthal, Marcel | | 4. M35 | 114 | 00:48:11 |
| 35. | 32. | | Villwock, Dr. Andreas | Sibirien | 3. M50 | 149 | 00:48:16 |
| 36. | 33. | | Sommerfeld, Sebastian | Gruppe 5 | 5. M35 | 147 | 00:48:18 |
| 37. | | 4. | Mull, Dr. Diana | TSV Bornhöved | 1. W45 | 280 | 00:48:23 |
| 38. | 34. | | Meier, Thomas | Möbel Kraft | 1. M55 | 55 | 00:48:25 |
| 39. | 35. | | Buckmann, Kai | Ardagh Glas GmbH | 8. M45 | 206 | 00:48:28 |
| 40. | 36. | | Hauschildt, Sven Olaf | Radspport Team Neumünster | 9. M45 | 227 | 00:48:55 |
| 41. | 37. | | Dalock, Sven | Team Doppel D | 10. M45 | 231 | 00:49:16 |
| 42. | 38. | | Januschke, Nils-Alexander | Venice | 6. M35 | 275 | 00:49:23 |
| 43. | 39. | | Trillmann, Marco | | 9. M | 274 | 00:49:24 |
| 44. | 40. | | Post, Axel | Segeberger Kliniken | 6. M40 | 65 | 00:49:26 |
| 45. | 41. | | Schättler, Holger | | 4. M50 | 282 | 00:49:27 |
| 46. | 42. | | Niederdränk, Ralf | Team GENAP LAN.de | 11. M45 | 188 | 00:49:29 |
| 47. | 43. | | Ehlers, Yannik | Profis in Orange | 10. M | 167 | 00:49:38 |
| 48. | 44. | | Wieben, Jannik | SC Rönna 74 | 2. MJ U18 | 220 | 00:49:54 |
| 49. | | 5. | Petersen, Sandra | SC Rönna 74 | 2. W45 | 218 | 00:50:01 |
| 50. | 45. | | Glage, Kai | | 12. M45 | 283 | 00:50:03 |
| 51. | 46. | | Hansen, Jens | Lauftreff Neumünster | 5. M50 | 157 | 00:50:07 |
| 52. | 47. | | Timm, Marvin | Weight Watchers | 11. M | 130 | 00:50:40 |
| 53. | 48. | | Rüsbüldt, Ole | | 7. M35 | 255 | 00:50:53 |
| 54. | 49. | | Scheske, Holger | Profis in Orange | 6. M50 | 168 | 00:51:30 |
| 55. | 50. | | Spaja, Peter | Verein Ilse | 2. M55 | 13 | 00:51:33 |
| 56. | 51. | | Laskowski, Rolf | SV Henstedt-Ulzburg | 7. M50 | 6 | 00:51:34 |
| 57. | 52. | | Bausch, Martin | Weight Watchers | 3. M55 | 132 | 00:51:36 |
| 58. | 53. | | Wächtler, Stefan | Laufen in Lübeck | 2. M30 | 3 | 00:51:39 |
| 59. | 54. | | Wiese, Matthias | | 8. M50 | 191 | 00:51:40 |
| 60. | 55. | | Lange, Armin | Neversdorf | 9. M50 | 42 | 00:51:40 |
| 61. | 56. | | Pahlke, Oliver | RST Lübeck | 3. M30 | 41 | 00:51:41 |
| 62. | 57. | | Weh, Ingo | Profis in Orange | 8. M35 | 165 | 00:51:42 |
| 63. | 58. | | Guht, Christian | Segeberger Kliniken | 13. M45 | 174 | 00:51:44 |
| 64. | | 6. | Klärchen, Jana | | 3. W | 23 | 00:51:52 |
| 65. | 59. | | Harms, Florian | Profis in Orange | 4. M30 | 170 | 00:52:02 |
| 66. | 60. | | May, Erik | May | 7. M40 | 27 | 00:52:08 |
| 67. | 61. | | Schuckart, Dr. Manfred | SG Athletico Büdelsdorf | 4. M55 | 277 | 00:52:15 |
| 68. | 62. | | Bostelmann-Arp, Ekkehard | | 10. M50 | 211 | 00:52:22 |
| 69. | 63. | | Krehl, Dr. Rainer | | 5. M55 | 105 | 00:52:25 |
| 70. | 64. | | Wuster, Ole | | 5. M30 | 292 | 00:52:34 |
| 71. | 65. | | Bodenteich, Daniel | Segeberger Kliniken | 12. M | 77 | 00:52:39 |
| 72. | | 7. | Drenckhahn, Anja-Maria | Segeberger Kliniken | 1. W35 | 70 | 00:52:44 |
| 73. | 66. | | Frohnisdorf, Jens | | 14. M45 | 286 | 00:52:45 |
| 74. | 67. | | Ewers, Manfred | Profis in Orange | 6. M55 | 158 | 00:52:46 |
| 75. | 68. | | Bohn, Sebatsian | VR Bank Neumünster | 13. M | 136 | 00:52:50 |
| 76. | | 8. | Krull, Jana Alina | | 1. W30 | 28 | 00:52:52 |
| 77. | 69. | | Florian, Hannes | Mulsower SV | 14. M | 201 | 00:53:05 |
| 78. | 70. | | Diederichs, Holger | | 15. M45 | 1 | 00:53:09 |
| 79. | 71. | | Schütt, Stephan | | 8. M40 | 60 | 00:53:10 |
| 80. | 72. | | Merkert, Kai | VR Bank Neumünster | 11. M50 | 135 | 00:53:14 |
| 81. | 73. | | Flägel, Matthias | | 16. M45 | 224 | 00:53:19 |
| 82. | | 9. | Herbst, Sabrina | Segeberger Kliniken | 4. W | 92 | 00:53:29 |
| 83. | | 10. | Marxen, Laura | Segeberger Kliniken | 5. W | 74 | 00:53:30 |
| 84. | 74. | | Riechert, Kai | | 17. M45 | 53 | 00:53:30 |
| 85. | 75. | | Staeher, Andreas | TSV Trittau | 18. M45 | 242 | 00:53:36 |

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| Rang | M | W | Name | Verein | AK | SN# | Zeit |
|------|------|-----|---------------------------|------------------------------------|-----------|-----|----------|
| 86. | 76. | | Saathoff, Manfred | TSV Gadeland | 1. M60 | 239 | 00:53:38 |
| 87. | 77. | | Mull, Dante | TSV Bornhöved | 3. MJ U18 | 281 | 00:53:46 |
| 88. | 78. | | Schümann, Bernd | Profis in Orange | 7. M55 | 169 | 00:53:52 |
| 89. | 79. | | Peimann, Christian | Profis in Orange | 15. M | 159 | 00:54:21 |
| 90. | 80. | | Timmermann, Helge | Ärzttekammer SH | 9. M35 | 126 | 00:54:27 |
| 91. | | 11. | Sanne, Mirja | Das Finanzhaus Krause&Schubert | 2. W35 | 144 | 00:54:31 |
| 92. | 81. | | Krohn, Matthias | Leezener SC | 19. M45 | 205 | 00:54:52 |
| 93. | 82. | | Orlob, Konstantin | Segeberger Kliniken | 6. M30 | 69 | 00:54:57 |
| 94. | | 12. | Krause, Michaela | Das Finanzhaus Krause&Schubert | 3. W45 | 143 | 00:54:58 |
| 95. | 83. | | Oumar, Lars | Basses Blatt | 20. M45 | 216 | 00:55:03 |
| 96. | 84. | | Schiers, Ulrich | Internat. Maritimes Museum | 1. M70 | 2 | 00:55:03 |
| 97. | 85. | | Sindt, Björn | SC Rönna 74 | 21. M45 | 212 | 00:55:06 |
| 98. | 86. | | Poppitz, Holger | SC Rönna 74 | 12. M50 | 229 | 00:55:10 |
| 99. | 87. | | Petersen, Gerhard | SC Rönna 74 | 2. M60 | 219 | 00:55:10 |
| 100. | 88. | | Brunswig, Carsten | TSV Trittau | 10. M35 | 187 | 00:55:27 |
| 101. | 89. | | Grefen, Jan | Eintracht Segeberg | 13. M50 | 11 | 00:55:40 |
| 102. | 90. | | Liebau, Timur | Team KVSH | 4. MJ U18 | 40 | 00:55:45 |
| 103. | | 13. | Beyer, Barbara | | 2. W40 | 217 | 00:55:47 |
| 104. | | 14. | Amer, Emma | | 2. W30 | 115 | 00:55:52 |
| 105. | 91. | | Kraski, Holger | Profis in Orange | 14. M50 | 163 | 00:55:55 |
| 106. | | 15. | Polonji, Caroline | Eintracht Segeberg | 4. W45 | 10 | 00:55:56 |
| 107. | 92. | | Ramhold, Dietmar | Dream Team | 15. M50 | 197 | 00:56:03 |
| 108. | 93. | | Hälmer, Tammo | Segeberger Kliniken | 16. M | 88 | 00:56:05 |
| 109. | | 16. | Endejan, Birthe | OCT Neumünster | 3. W35 | 15 | 00:56:06 |
| 110. | 94. | | Karlins, Udo | Team KVSH | 22. M45 | 111 | 00:56:11 |
| 111. | 95. | | Duggen, Thomas | Profis in Orange | 9. M40 | 160 | 00:56:11 |
| 112. | 96. | | Braun, Keena | | 23. M45 | 279 | 00:56:11 |
| 113. | 97. | | Ehlert, Dietrich | Spiridon-Club Bad Oldesloe | 2. M70 | 243 | 00:56:52 |
| 114. | 98. | | Schlegel, Arnd | Segeberger Kliniken | 17. M | 93 | 00:57:01 |
| 115. | | 17. | Tehsmann, Madeleine | Madeleine | 3. W30 | 31 | 00:57:04 |
| 116. | | 18. | Bernecker, Katrin | Segeberger Kliniken | 3. W40 | 79 | 00:57:10 |
| 117. | 99. | | Rainers-Hesebeck, Robert | Feuerwehr | 18. M | 110 | 00:57:14 |
| 118. | 100. | | Boelke, Robin | Grashüpfer | 19. M | 101 | 00:57:15 |
| 119. | 101. | | Müller, Jan-Philip | Dahlmannschule | 1. MJ U16 | 235 | 00:57:17 |
| 120. | 102. | | Link, Rainer | Die Eiskalten | 24. M45 | 35 | 00:57:36 |
| 121. | 103. | | Wulff, Reiner | De Löpers | 3. M70 | 194 | 00:57:43 |
| 122. | | 19. | Rohlf, Tina | SC Rönna 74 | 1. W50 | 230 | 00:57:54 |
| 123. | 104. | | Herbst, Walter | Segeberger Kliniken | 8. M55 | 91 | 00:57:54 |
| 124. | 105. | | Von dem Borne, Annette | MTV Segeberg | 10. M40 | 223 | 00:58:00 |
| 125. | 106. | | Friedl, Thomas | DFK e.V. | 16. M50 | 247 | 00:58:03 |
| 126. | 107. | | Gerke, Tim | | 5. MJ U18 | 54 | 00:58:03 |
| 127. | | 20. | Mannke, Dagmar | | 5. W45 | 43 | 00:58:04 |
| 128. | 108. | | Bünning, Nico | SC Rönna 74 | 3. MJ U20 | 258 | 00:58:17 |
| 129. | 109. | | Sandbrink, Heinz | BBZ Bad Segeberg | 9. M55 | 237 | 00:58:19 |
| 130. | 110. | | Heinrichs, Michael | | 3. M60 | 18 | 00:58:21 |
| 131. | 111. | | Petzold, Florian | Steuerberater Florian Petzold | 7. M30 | 152 | 00:58:21 |
| 132. | | 21. | Michelsen, Stefanie | Ponys | 4. W35 | 272 | 00:58:36 |
| 133. | 112. | | Jungclaus, Lars | Ardagh Glas GmbH | 17. M50 | 208 | 00:58:48 |
| 134. | 113. | | Eschholz, Guido | Segeberger Kliniken | 18. M50 | 63 | 00:58:51 |
| 135. | | 22. | Asbahr, Eva-Sophie | | 1. WJ U18 | 33 | 00:58:53 |
| 136. | 114. | | Damm, Matthias | Landesverein für...re Mission e.V. | 25. M45 | 123 | 00:58:54 |
| 137. | | 23. | Oppermann, Davina | Wald-Apotheke | 4. W30 | 140 | 00:58:56 |
| 138. | 115. | | Heitmann, Klaus | Familie Oestreich | 2. MJ U16 | 185 | 00:59:00 |
| 139. | 116. | | Ziethen, Rüdiger | Shut Up and Run - Just DO it! | 26. M45 | 202 | 00:59:04 |
| 140. | | 24. | Brakel, Antje | Segeberger Kliniken | 5. W30 | 86 | 00:59:09 |
| 141. | 117. | | Wrage, Tobias | | 8. M30 | 16 | 00:59:16 |
| 142. | 118. | | Dalko, Arne | Ärgertherapeuten | 27. M45 | 435 | 00:59:17 |
| 143. | 119. | | Schulz, Nicolas | BBZ Bad Segeberg | 9. M30 | 276 | 00:59:22 |
| 144. | | 25. | Behrens, Wiebke | | 5. W35 | 8 | 00:59:24 |
| 145. | 120. | | Westphal, Heiko | | 28. M45 | 44 | 00:59:34 |
| 146. | | 26. | Brakel, Liske | | 6. W | 145 | 00:59:40 |
| 147. | 121. | | Mariaca, Ariel Fernando | Segeberger Kliniken | 11. M35 | 85 | 00:59:54 |
| 148. | 122. | | Harms, Volkert | Harms | 10. M55 | 204 | 01:00:14 |
| 149. | 123. | | Heitmann, Jan | Familie Oestreich | 3. MJ U16 | 186 | 01:00:23 |
| 150. | 124. | | Jadzewski, Sven | | 29. M45 | 269 | 01:00:28 |
| 151. | 125. | | Krüger, Oliver | | 11. M40 | 256 | 01:00:42 |
| 152. | | 27. | Rittmeier-Lehning, Heike | Segeberger Kliniken | 6. W45 | 73 | 01:00:45 |
| 153. | 126. | | Saß, Tilman-Florian | Ärzttekammer SH | 30. M45 | 127 | 01:00:56 |
| 154. | | 28. | Wulff, Birgit | Bargfelder SV | 7. W45 | 36 | 01:00:59 |
| 155. | 127. | | Schulze, Thomas | | 11. M55 | 34 | 01:01:02 |
| 156. | | 29. | Jadzewski-Wohlert, Uta | Segeberger Kliniken | 2. W50 | 66 | 01:01:19 |
| 157. | | 30. | Will, Amelie | Amelie | 1. WJ U20 | 26 | 01:01:37 |
| 158. | | 31. | Fitzner, Heike | Segeberger Kliniken | 8. W45 | 84 | 01:01:41 |
| 159. | 128. | | Taube, Claus | De Löpers | 19. M50 | 182 | 01:01:41 |
| 160. | 129. | | Putzig, Dennis | | 12. M35 | 61 | 01:01:41 |
| 161. | | 32. | Löbe, Kathrin | | 4. W40 | 278 | 01:01:46 |
| 162. | | 33. | Schäkel, Carina | Erna&Berta | 7. W | 116 | 01:02:10 |
| 163. | 130. | | Steinkrauß, Manfred | | 12. M55 | 19 | 01:02:11 |
| 164. | 131. | | Chrilioiu, Adrian-Gabriel | Segeberger Kliniken | 10. M30 | 173 | 01:02:14 |
| 165. | 132. | | Bretsch, Torsten | | 13. M55 | 193 | 01:02:29 |
| 166. | 133. | | Thomsen, Lars | Segeberger Kliniken | 14. M55 | 62 | 01:02:29 |
| 167. | | 34. | Defke, Jana | Mrs. Sporty | 8. W | 213 | 01:02:30 |
| 168. | 134. | | Hesebeck, Jürgen | Vitalia | 15. M55 | 51 | 01:02:35 |
| 169. | | 35. | Tessmann, Cardin | | 9. W | 57 | 01:02:46 |
| 170. | | 36. | Osbahr, Astrid | LC Tonderup | 9. W45 | 294 | 01:02:48 |

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| Rang | M | W | Name | Verein | AK | SN# | Zeit |
|------|------|-----|--------------------------|------------------------------------|-----------|-----|----------|
| 171. | | 37. | Prieß, Claudia | Kalkberg | 10. W45 | 141 | 01:03:00 |
| 172. | 135. | | Hinz, Harald | FC St. Pauli Marathon | 4. M60 | 48 | 01:03:02 |
| 173. | | | Derksen, Waldemar | | 11. M30 | 257 | 01:03:04 |
| 174. | 137. | | Rath, Ulrich | Team Red Rooster | 16. M55 | 233 | 01:03:12 |
| 175. | 138. | | Petersen, Timm | Freizeit und Erholung | 12. M30 | 119 | 01:03:14 |
| 176. | | 38. | Petersen, Anika | Freizeit und Erholung | 10. W | 118 | 01:03:14 |
| 177. | 139. | | Rickers, Timo | Team KVSH | 31. M45 | 39 | 01:03:28 |
| 178. | | 39. | Wulff, Britta | Segeberger Kliniken | 3. W50 | 56 | 01:03:56 |
| 179. | 140. | | Koppe, Wulf | PSV Neumünster | 1. M75 | 190 | 01:04:00 |
| 180. | | 40. | Wendt, Esther Jessika | | 11. W | 260 | 01:04:07 |
| 181. | | 41. | Krohn, Doris | Leezener SC | 11. W45 | 156 | 01:04:20 |
| 182. | 141. | | Buchholtz, Julian | No Rest For Old Men | 13. M30 | 4 | 01:04:28 |
| 183. | 142. | | Wieczorek, Johannes | Landesverein für...re Mission e.V. | 32. M45 | 122 | 01:04:43 |
| 184. | 143. | | Möller, Matthias | Landesverein für...re Mission e.V. | 33. M45 | 120 | 01:04:58 |
| 185. | | 42. | McCormac, Marina | | 12. W | 112 | 01:05:04 |
| 186. | | 43. | Meyer, Kerstin | OCT Neumünster | 4. W50 | 14 | 01:05:22 |
| 187. | | 44. | Heins, Petra | SC Rönau 74 | 1. W60 | 200 | 01:05:22 |
| 188. | | 45. | Rahlf, Sabrina | Segeberger Kliniken | 6. W30 | 87 | 01:05:35 |
| 189. | 144. | | Krause, Volker | Profis in Orange | 20. M50 | 171 | 01:05:42 |
| 190. | 145. | | Nahnsen, Hans-Christian | | 4. M70 | 434 | 01:06:23 |
| 191. | | 46. | Dalton, Brigitte | Dalton | 12. W45 | 228 | 01:07:01 |
| 192. | 146. | | Grund, Reinhard | | 5. M60 | 267 | 01:07:07 |
| 193. | | 47. | Abaghyan, Raya | | 5. W50 | 285 | 01:07:13 |
| 194. | | 48. | Stölten, Katy | | 13. W45 | 22 | 01:07:37 |
| 195. | 147. | | Katzer, Maxim | | 20. M | 293 | 01:07:52 |
| 196. | | 49. | Schoch, Wiebke | | 6. W35 | 137 | 01:08:09 |
| 197. | | 50. | Schoch, Madita | | 1. WJ U14 | 273 | 01:08:09 |
| 198. | 148. | | Schoch, Carsten | | 34. M45 | 138 | 01:08:09 |
| 199. | 149. | | Baran, Volker | | 35. M45 | 240 | 01:08:19 |
| 200. | 150. | | Kröska, Armin | Lauftreff SC Rönau 74 | 2. M65 | 139 | 01:08:28 |
| 201. | | 51. | Rohn, Heike | Segeberger Kliniken | 6. W50 | 72 | 01:09:09 |
| 202. | | 52. | Ramhold, Michaela | Dream Team | 14. W45 | 198 | 01:09:37 |
| 203. | | 53. | Büttner, Julia | Profis in Orange | 7. W35 | 162 | 01:09:56 |
| 204. | 151. | | Möritz, Aldo Viorel | Grashüpfer | 12. M40 | 102 | 01:10:19 |
| 205. | | 54. | Schumberg, Jannika | Grashüpfer | 13. W | 100 | 01:10:19 |
| 206. | | 55. | Lesniak, Eileen | Grashüpfer | 14. W | 98 | 01:10:19 |
| 207. | | 56. | Lesniak, Jule | Grashüpfer | 15. W | 99 | 01:10:20 |
| 208. | 152. | | Lesniak, Artur | Grashüpfer | 21. M50 | 97 | 01:10:20 |
| 209. | | 57. | Rother, Nele | Grashüpfer | 2. WJ U18 | 150 | 01:10:20 |
| 210. | | 58. | Loleit, Bärbel | De Löpers | 15. W45 | 249 | 01:10:25 |
| 211. | | 59. | Stöck, Astrid | Weight Watchers | 16. W45 | 133 | 01:10:32 |
| 212. | | 60. | Lüthje, Sandra | Friesen Apotheke Trappenkamp | 17. W45 | 259 | 01:10:43 |
| 213. | 153. | | Möller, René | Ardagh Glas GmbH | 21. M | 207 | 01:10:44 |
| 214. | | 61. | Bruun-Wefel, Brigitte | | 1. W65 | 268 | 01:11:55 |
| 215. | 154. | | Radtke-Oestreich, Holger | Familie Oestreich | 17. M55 | 184 | 01:12:19 |
| 216. | | 62. | Rothe, Sandra | SC Rönau 74 | 7. W30 | 50 | 01:13:42 |
| 217. | 155. | | Schreyer, Frank | | 22. M50 | 289 | 01:14:02 |
| 218. | | 63. | Knutzen, Lisa | Dahlmannschule | 2. WJ U20 | 234 | 01:14:23 |
| 219. | | 64. | Beckmann, Friederike | Beckmann KG | 3. WJ U20 | 214 | 01:14:27 |
| 220. | | 65. | Dülsen-Maltzahn, Birgit | Segeberger Kliniken | 1. W55 | 75 | 01:14:35 |
| 221. | | 66. | Krause, Lilly Fee | | 1. WJ U16 | 59 | 01:14:47 |
| 222. | | 67. | Flägel, Iris | | 5. W40 | 225 | 01:15:25 |
| 223. | | 68. | Rumstedt, Suzann | Weight Watchers | 7. W50 | 131 | 01:15:35 |
| 224. | | 69. | Laack, Sieglinde | | 1. W75 | 265 | 01:17:35 |
| 225. | | 70. | Bergann, Susanne | Weight Watchers | 8. W50 | 129 | 01:17:39 |
| 226. | | 71. | Reimers, Martina | Martina | 16. W | 146 | 01:23:27 |
| 227. | | 72. | Utke, Uschi | De Löpers | 2. W65 | 262 | 01:25:03 |
| 228. | | 73. | Hadian, Türkan | | 6. W40 | 199 | 01:25:03 |
| 229. | | 74. | Taube, Christiane | De Löpers | 2. W55 | 181 | 01:25:03 |
| 230. | | 75. | Feldmann, Nadine | Bummel Runde | 8. W35 | 46 | 01:26:55 |
| 231. | | 76. | Friedrich, Doreen | Bummel Runde | 9. W35 | 45 | 01:26:55 |